



Briefs . . .

Combat Medic Run

Registration is still open for the 25th annual Combat Medic Run, which is Saturday starting at 7:15 a.m. at the MacArthur Parade Field. Events include individual and team runs and a fitness walk. For more information, see related article on Page 14.

Gazebo concert

Maj. Gen. George Weightman, installation commander, will host a gazebo concert Sunday beginning at 7 p.m. on Staff Post Road. The Army Medical Command Band will perform songs such as “Texas Promenade,” “Big Band Signatures,” “Fugue on Yankee Doodle” and “God Bless the USA.” The concert is open to the public. Vehicles without government decals should enter at the Walters Gate off of Interstate Highway 35.

Accident avoidance training

A privately owned vehicle accident avoidance training class will be today from 8 a.m. to noon in Building 902. The course meets the requirement of Department of Defense Instruction 6055.4, E3.3.1, which requires military personnel under age 26 to take at least four hours of classroom instruction in traffic safety. Commanders and supervisors are encouraged to send employees who have been convicted of a serious moving traffic violation or have been determined to be at fault in a traffic accident. Future class dates are Aug. 11 and 25. To register, call Mitch Geary at 221-3824.

Changes of Command

U.S. Army Garrison

The U.S. Army Garrison will have a change of command ceremony Aug. 8 at 8 a.m. at the Fort Sam Houston flagpole on Stanley Road. Col. Garry Atkins will transfer command to Col. Wendy Martinson.

470th MI Bde.

The 470th Military Intelligence Brigade will have a change of command Friday at 8 a.m. at the MacArthur Parade Field.

D Company, 187th Med. Bn.

D Company, 187th Medical Battalion will have a change of command Wednesday at 7 a.m. in front of Building 1002, Gorgas Circle. Outgoing commander Capt. Donald Carden will relinquish responsibilities to incoming commander Capt. Deon Maxwell.

Gate hours change

The operating hours for two access control points will change to better serve the Fort Sam Houston community starting Aug. 1. The Harry Wurzbach (West) Gate, which leads into Pershing Street, will be open Mondays through Fridays from 5:30 a.m. to 6 p.m., and closed

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Pfc. Jaka Bevc, Slovenian Special Forces, secures the area during the field exercise portion of his training. Bevc attends combat medic training — one of Army Medical Department’s most popular courses. “The course offers a lot of hands-on experience,” said Bevc. “I will be deployed to the Afghan mountains when I get back, so this training will prepare us to fight.”

International military training solidifies global relationships

Story and photo by Shadi May
Fort Sam Houston Public Information Office

Training is an integral part of U.S. Army mission, and Fort Sam Houston units conduct a great amount of training. What makes this Army post’s training mission even more unique is its international military training.

Every year, hundreds of military and civilian students from more than 75 countries come to the Army Medical Department Center and School at Fort Sam Houston to gain valuable training in their respective career fields.

Students’ ranks vary from privates to general officers. Many of the students trained at AMEDDC&S are now senior

officers in highly ranked governmental positions in strategic countries.

“The new surgeons general from Afghanistan and Iraq, as well as other key members of the international military medical community are among students trained at AMEDDC&S,” said Oscar Ramos-Rivera, chief AMEDDC&S International Military Student Office.

The AMEDDC&S international training program falls under the Department of Defense Joint Security Assistance Training Program, which is designed to strengthen U.S. alliances globally and create new relationships with international partners. The international training is funded either through foreign military sales, under which the country pays for training, or through

international military education training program for which the U.S. either pays or augments training costs with congressionally appropriated funds to support operations such as counter narcotics and counter terrorism.

“The State Department and DoD execute this program to foster relationships with individual countries as part of our national security strategy,” said Ramos-Rivera. “Our mission has allowed us to build and maintain skilled coalition partners and affords many future leaders the opportunity to understand our military values. The long-term effect will be for people to remain in contact with U.S. counterparts.”

See **INTERNATIONAL** on Page 16

Army set to partner in trauma blood substitute study

By Nelia Schrum
Brooke Army Medical Center Public Affairs Office

A blood substitute that might save lives on the battlefield will be tested in San Antonio through a research protocol already under way in 22 communities across the nation.

Brooke Army Medical Center and University Hospital are participating in a ground-breaking national clinical trial to evaluate the safety and usefulness of PolyHeme, an oxygen-carrying blood substitute, in increasing survival of critically injured and bleeding patients.

Under the study protocol, treatment would begin before arrival at the hospital, either at the scene of the injury or in the air ambulance, and continue during a 12-hour post injury period in the hospital.

Since blood is not presently carried in ambulances, the use of PolyHeme in these settings has the potential to address a critical unmet medical need for an oxygen-carrying solution where blood is currently not available.

The study will compare the survival rate of patients receiving PolyHeme to that of patients who receive the current standard of care, which is saline solution.

“We are excited to be included in this groundbreaking clinical trial,” said Col. Toney Baskin, an Army trauma surgeon and the principal investigator on the study.

Trauma-related injuries are a leading cause of death among Americans under 45 according to the Centers for Disease Control and Prevention National Center for Injury Prevention and Control, Baskin said.

“Almost one in five trauma patients die from their injuries,” Baskin said. “If we can begin to treat these patients very early with an oxygen-carrying solution and keep their hemoglobin levels up, we might well see more survivors.”

Because the patients eligible for this study are unlikely to be able to provide informed consent due to the extent and nature of their injuries, the study will be conducted under federal regulations

See **BLOOD SUBSTITUTE** on Page 4

Surviving family members receive housing extension

By Joanna P. Hawkins
Army News Service

WASHINGTON, D.C. – Surviving family members of service members killed in action are receiving an extension on the time they are allowed to continue receiving basic allowance for housing or remain in government quarters rent-free.

Congress recently extended the duration from 180 to 365 days, said Col. Gerald Barrett, chief of the Compensation and Entitlements Division in the Office of the Deputy Chief of Staff Army G1.

“This extension allows us to help

relieve the stress that a family is going through after the loss of their service member. The last thing they need to be thinking about is where they are going to live,” said Barrett.

The extension authority expires Sept. 30, 2005, unless it is authorized by the fiscal 2006 National Defense Authorization Act, which sets the priorities of the Department of Defense.

The Army plans to “work this hard” to make the extension permanent, according to a written message from Vice Chief of Staff of the Army Gen. Richard A. Cody.

The extension applies only to the sur-

viving dependents of those Soldiers who die on or after May 11, 2005. Dependents of those Soldiers who die before that date continue to be entitled to the BAH benefits for 180 days from the date of the Soldier’s death.

Soldiers married to another Soldier are not entitled to receive the extension payment on behalf of the deceased Soldier because they would be entitled to receive BAH in their own right. They would also qualify for family quarters if they have dependents.

BAH is based on geographic duty location, pay grade and dependency status and

is intended to provide uniformed service members equitable housing compensation based on housing costs in local civilian housing markets. It is payable when government quarters are not provided.

Surviving family members should contact their casualty assistance officer for more information on the BAH extension and guidance on how to complete the required claim form.

“The Army is about people, and we take care of our people. We want to do everything we can to take care of our folks. That doesn’t only mean the Soldiers, but it means their families also,” Barrett said.

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Briefs cont. . . .

weekends and holidays. The Wilson Gate, which leads into Cunningham and Broadway Streets, will be open Mondays through Fridays from 5:30 a.m. to 10 p.m., and Saturdays and Sundays from 8 a.m. to 10 p.m. Both gates are only for vehicles with decals.

A/T travel requirements

Military personnel and Department of Defense civilians traveling outside the United States, its territories and possessions are required to have a destination country update within two months of travel and antiterrorism awareness training (Level I) within 12 months of travel. This applies whether people are on leave, pass or temporary duty. The requirement can be found in Army Regulation 525-13. For more information, contact a unit antiterrorism adviser or the Fort Sam Houston Antiterrorism Office at 295-0535 or 295-0509.

Antiterrorism awareness

Online antiterrorism awareness training (Level I) has moved to a new Web site at <https://atlevel1.dtic.mil/at>. Army Regulation 525-13 requires all military and Department of Defense civilians to complete antiterrorism awareness training annually. For more information, contact your unit antiterrorism adviser or the Fort Sam Houston Antiterrorism Office at 295-0505 or 295-0534.

Landscape watering

Landscape watering is necessary for fire safety reasons; however, water conservation also remains a priority. Residents should not water their lawns from 10 a.m. to 8 p.m., and use a sprinkler, hand-held hose, soaker hose or a bucket not exceeding 5 gallons. Water waste or allowing water to run is prohibited at all times.

Recreational vehicles

Residents are prohibited from parking recreational vehicles, trailers, campers, boats and motor bikes in the post housing villages. Drivers should park these vehicles inside their garage or at the Morale, Welfare and Recreation RV storage lot on Garden Street. For more information, call the Outdoor Equipment Center at 221-5225 or 221-5224.



Photo by Air Force Tech Sgt. Robert Murphy

Trucks from the Federal Emergency Management Agency host to 126 trucks and 24 employees from FEMA, the U.S. Army Corps of Engineers and the U.S. Forest Service.

Post teams with federal agencies for Hurricane Emily support

By Elaine Wilson
Fort Sam Houston Public Information Office

Hurricane Emily came ashore Wednesday but wasn't packing the wallop residents and tourists of the South Texas shore area originally expected.

While the South Padre Islands still took a beating with high winds and heavy rain, it was not enough of a blow for any of the 126 supply-laden trucks poised at a staging area at Fort Sam Houston to pull out and head south.

The trucks, loaded with everything from water and food to cots and generators, packed the field on Wilson Street Sunday night as part of a joint hurricane support effort between Fort Sam Houston, the Federal Emergency Management Agency, the U.S. Forest Service and the U.S. Army Corps of Engineers.

"The trucks are loaded with enough supplies to accommodate 100,000 South Texans for two days," said Sheila Sprague, litigation coordinator for the U.S. Forest Service. "We were ready to respond immediately if needed."

Along with contracted truck drivers, 24 employees from the federal agencies traveled to San Antonio from various locations throughout the United States for the relief effort.

Representatives from FEMA, lead agency for the support effort, and the U.S. Forest Service coordinated check-in of the trucks, and FEMA employees set up telecommunications at the staging area.

"This type of effort takes a lot of planning," said Kathleen Ziegelgruber, FEMA computer specialist. "First, we obviously needed a lot of space and also have to coordinate the arrival and departure of the trucks and track everything to make sure it



Photo by Elaine Wilson

Sheila Sprague (left), litigation coordinator and editor for the U.S. Forest Service, coordinates Hurricane Emily support Wednesday with Kathleen Ziegelgruber, Federal Emergency Management Agency computer specialist.

all gets back to where it's supposed to go."

FEMA has a long-standing relationship with Fort Sam Houston, making the post a perfect location for a staging area, said Phillip Reidinger, Fort Sam Houston Public Affairs officer.

"This is a traditional role for Fort Sam Houston," he said. "The post has worked with FEMA on readiness and training exercises, so there is a familiarity with each other that lends itself to this type of support."

The distance to the hurricane site also tipped the scale in Fort Sam Houston's favor, as well as the fact that the post is home to Fifth U.S. Army, which coordinates all military support to civilian authorities.

"Fort Sam Houston is an ideal location,"

Reidinger said. "We're happy to support this type of effort which, if the support is needed, can have a positive impact on thousands of people."

Along with providing land, post agencies also pitched in to support the effort. U.S. Army Garrison provided trash dumpsters, port-a-potties and shaded areas. Morale, Welfare and Recreation offered access to showers, food and shopping facilities while medical preventive medicine personnel inspected the staging area for health and safety issues, and the Directorate of Emergency Services provided patrols to ensure security.

"This was a great cooperative effort between federal entities," Sprague said. "It was great to see the hard work and planning pay off with a flawless operation."

BAMC medical team returns from Iraq

By Nelia Schrum
Brooke Army Medical Center Public Affairs

Brooke Army Medical Center welcomed back 18 of its personnel July 14 after a yearlong deployment to Iraq.

The returning Soldiers were assigned to the 115th Field Hospital, a reserve hospital that calls Fort Polk, La., home. Supporting the Global War on Terrorism, the Soldiers provided medical care for military members and cared for Iraqi detainees housed in the Abu Ghraib prison.

Col. John Shero, BAMC's deputy commander for administration, greeted the health care team and thanked them for taking on some of the hardest duty in the Army.

"Your team has done a magnificent job," he said. "The Army is proud of your accomplishments, and America is proud of your accomplishments. America has been watching Army medicine in action – your skill, your sacrifice,

your professionalism and your courage – as you have provided medical care while deployed to the Global War on Terrorism."

Shero said that while the Soldiers were devoted to their duties, the long separation was not easy for their families who waited for their safe return. Calling the waiting family members "quiet heroes," he said the nation and Army owed the families far more than gratitude for their sacrifices and courage.

"Americans marvel at our Army families — their resilience, their caring and their ability to endure the toughest hardships."

The returning Soldiers are Maj. Mark Hainer; Capts. Stacey Gerhardt, Gary Gulickson, Jill Ann Grant, Juliet Morah, Ann Nayback, Todd Pease and Vilma Rojas; Lts. Danielle Bozarth, Rene De La Rosa, Veronica Fayerweather, Melinda Fielding, Sarah Hayes, Selene Marvel, Nelson Nunez-Agramonte, Bryan Phelps, Robin Whitmore; and Spc. Juan Alonzoabala.



Photo by Andricka Hammonds

Capt. Gary Gulickson shares a laugh with his wife and his daughter, Belle, at the Brooke Army Medical Center welcome-home ceremony for 18 Soldiers assigned to the 115th Field Hospital, a reserve hospital that calls Fort Polk, La., home.

Marines receive Purple Hearts for OIF support

By Maj. Steven R. Moon
Brooke Army Medical Center Public Affairs

Brooke Army Medical Center conducted a Purple Heart ceremony July 14 to honor six Marines wounded while supporting Operation Iraqi Freedom.

Maj. Gen. Douglas V. O'Dell Jr., commanding general, 4th Marine Division Marine Forces Reserve, and Col. Carlos E. Angueria, deputy commander for clinical services at BAMC, presented the Purple Hearts to Sgts. Alejandro Del Rio and Randall Watkins; Cpls. Clinton Barkley and Robert Childress; and Lance Cpls. Pedro Castillo and Isaias Hernandez.

Five of the Marines have local roots; they are assigned to the 4th Reconnaissance Battalion at Fort Sam Houston.

"We are in the presence of heroes," said O'Dell. "Quoting my favorite 20th century American author, E.B. White, 'heroes from ancient times used unusual gifts to protect others.' And that's what the men and women of all our armed services are doing day in and day out in Iraq and Afghanistan."

O'Dell also praised the bravery and courage of the family members supporting the Marines. He said he had personal understanding of the sacrifices and courage of those families whose loved ones had been injured in combat.

"I knew from the moment of birth what it was like to live with an injury similar to those our Marines and Soldiers have sustained," he said, referring to his childhood memories of his war-injured father. He said his father, an Army officer, had lost a leg in the last few weeks of World War II

in Europe. "I know what challenges the families have and what courage it takes. It's an honor being in the presence of such heroism."

Del Rio, from the 4th Reconnaissance Battalion, was wounded April 4 while serving with E Company, 3rd Reconnaissance Battalion, 2nd Marine Division, in Iraq, when a double-stacked anti-tank mine detonated near him. Del Rio received wounds to both of his legs requiring amputation below his knees. He plans to stay in the Marine Corps and return to his job in reconnaissance.

Watkins, a rifleman from the 4th Reconnaissance Battalion, was wounded May 7 in Iraq while serving with the Weapons Company, 3rd Battalion, 25th Marines, 2nd Marine Division. Watkins plans to become a Marine Corps infantry officer.

Barkley, from the 4th Reconnaissance Battalion, was wounded April 4 while serving with E Company, 3rd Reconnaissance Battalion, 2nd Marine Division, when a suicide vehicle-borne improvised explosive device detonated near him in Haditha, Iraq. Barkley, who hails from Arlington, Texas, received wounds to his left leg requiring amputation below his knee. He plans to stay in the Marines in reconnaissance.

Childress, a field radio operator from the 4th Reconnaissance Battalion, was wounded April 4 while serving with the Weapons Company, 3rd Battalion, 25th Marines, 2nd Marine Division. Childress was injured when a vehicle-borne IED detonated near him, followed by a rocket-propelled grenade and a small-arms-fire



Maj. Gen. Douglas V. O'Dell (third from left), commanding general, 4th Marine Division Marine Forces Reserve, New Orleans, La., joined by Sgt. Maj. Elium (third from right), honor U.S. Marines injured in Operation Iraqi Freedom at a Purple Heart ceremony at Brooke Army Medical Center. The Purple Heart recipients are (from left) Cpl. Clinton Barkley, Sgt. Alejandro Del Rio, Lance Cpl. Isaias Hernandez, Sgt. Randall Watkins, Cpl. Robert Childress and Lance Cpl. Pedro Castillo.

ambush in Haditha. He plans to complete his rehabilitation and complete his college education.

Castillo, a field radio operator from the 4th Reconnaissance Battalion, was wounded May 7 in Iraq while serving with the Weapons Company, 4th Reconnaissance Battalion, 4th Marine Division when a double-stacked anti-tank mine detonated near him. He received injuries to his back

and legs. He plans to return to teaching.

Hernandez, a motor vehicle operator, was wounded during a rocket attack on Camp Tikrit, Iraq, Oct. 12 while serving with the 3rd Transportation Support Battalion. Hernandez, from Bristol, Conn., suffered second-degree burns along with shrapnel injuries to his arms and legs. He plans to complete his college degree in business management and information technology.

Housing office clarifies rank categories, starts redistribution process

Fort Sam Houston Family Housing, LP management has started the redistribution of ranks in post housing. The process will take several years to complete and will be accomplished through permanent change of station moves.

Family housing is allocated according to rank categories. The Department of the Army determined distribution of the post's 925 homes based on the 2002 Family Housing Market Analysis requirements and the current demand for housing.

Current rank categories for housing at Fort Sam Houston is as follows:

Officers

- General and Flag Officers (O-7 to O-10)
- Senior Grade Officers (O-6)
- Field Grade Officers (O-4, O-5, CW4 and CW5)
- Company Grade Officers (O-1 to O-3, WO1 to CW3)
- Officers Prior Enlisted (O-1E to O-3E).

Enlisted

- Command sergeants major and sergeants major (E-9)*
- Senior NCOs (E-7 and E-8)
- Junior NCOs (E-1 to E-6)

*Sergeants major may be housed with the command sergeants major or the senior NCOs.

In response to conditions identified within Fort Sam Houston housing areas, FSHFH management will redistribute rank designations within the Harris Heights Village from junior NCO to CGO and senior NCO, and the Patch Chaffee homes from senior NCO and CGO to junior NCO.

The following housing villages will reflect the end-state rank redistribution:

Rank Distribution By Village Area

	Current	End state
GFO	Staff Post	Staff Post
SGO	Staff Post, Artillery Post, Wheaton Graham Dickman and Gorgas Circle	Artillery Post and Dickman
FGO	Wheaton Graham Dickman, Artillery Post, Infantry Post and Patch Chaffee	Artillery Post, Wheaton Graham, Gorgas Circle and Infantry Post
CGO	Artillery Post, Infantry Post, Wheaton Graham, Hancock and Patch Chaffee	Infantry Post, Wheaton Graham, Hancock and Harris Heights
Senior NCO	Dickman, Infantry Post, Watkins Terrace, Patch Chaffee and Harris Heights	Harris Heights
Junior NCO	Watkins Terrace, Patch Chaffee and Harris Heights	Watkins Terrace and Patch Chaffee

For more information, call Lincoln Military Housing at 226-5597 or the Residential Communities Initiative office at 221-0948 or 221-0891.

(Source: RCI)

Blood substitute

Continued from Page 1

allowing for clinical research in emergency settings using an exception from the requirement for informed consent. Use of this provision in a study protocol is granted by the Institutional Review Board responsible for approval of the research study if the IRB finds that patients are in a life-threatening situation requiring emergency medical intervention, currently available treatments are unsatisfactory,

potential risks are reasonable and participation in the study could provide a direct benefit to the patients enrolled.

Baskin said that San Antonio Airline personnel would use the blood substitute. San Antonio Airline has a paramedic and a nurse aboard each of their flights bringing trauma patients to Level 1 facilities like BAMC.

PolyHeme looks like blood, but only stays in a patient's system for about 24 hours.

"It can buy you time in a trauma situation," Baskin said. "But it will not eliminate the need for blood banks." He said that current research indicates the product is very safe and that there are no serious adverse events attributable to the use of PolyHeme.

PolyHeme is a universally compatible, immediately available, oxygen-carrying resuscitative fluid designed for use in urgent blood loss when blood is not immediately available. PolyHeme has pre-

viously been studied in the hospital setting in trauma patients demonstrating an improved survival, according to the Journal of the American College of Surgeons, October 2002.

PolyHeme is manufactured by Northfield Laboratories Inc., of Evanston, Illinois. It requires no cross matching, making it immediately available and compatible with all blood types, and has an extended shelf-life of more than 12 months.

Post Pulse: What is your tip for a successful PCS?



"Make transportation arrangements in advance so you get the household goods pickup date you want."

Staff Sgt. Tony Brown



"Talk to someone in the unit you're going to; they can tell you all you need to know about the area."

Staff Sgt. Tawnya Alexander



"Take pictures of your valuable property before the move and after if something was damaged. It will make the claim process easier."

Lt. Col. Philip Jussel



"Do your homework about the new area. You can use resources like Army Community Service and the Internet to find out about the schools and housing."

Lt. Col. Thomas Brown

'Families First' to transform personal moves

By LaWanda York
Military Surface Deployment and Distribution Command Public Affairs

ALEXANDRIA, Va. — The process of service members moving their household goods — virtually unchanged for many years — is about to transform.

The Military Surface Deployment and Distribution Command is developing a new process called "Families First," scheduled to launch Feb. 1.

"We are extremely proud to introduce this absolutely transformed personal property program that will provide many benefits and safeguards to individual service members," said Maj. Gen. Charles W. Fletcher Jr., head of SDDC and leading proponent for Families First.

Families First is designed to alleviate some of the stress of moving by involving the service members in the process and giving them a voice in how their personal property is moved. Families First focuses on meeting the customers' needs by promoting a first-rate moving experience.

Working closely with the military services, the Office of the Secretary of Defense and Congress, SDDC partnered with the trade associations of the American moving industry to create Families First.

"Families First is dedicated to supporting the armed forces' most important stakeholders, the military and civilian service customers," said Thomas Hicks, the command's program director for personal property moves. "Our commitment to the warfighter runs parallel to our support to the invaluable work provided by America and international transportation service providers.

"The working partnership between the moving industry and the U.S. military is a longstanding, mutually productive and positive relationship," Hicks said.

Every year, about 500,000 service members and civilian employees move to new duty stations. This comprises the biggest moving population in the United States, making the stakes high for both the customer and the transportation service provider. The partnership between the two will soon enter a new dimension.

Presently, transportation service providers are selected based on the lowest cost, with little consideration for performance. Under Families First, transportation offices will use a "best value" approach that focuses on performance. Most moving business will be awarded to transportation service providers who do the best work as measured by the customer. That customer, the service member, will exercise his or her voice by completing a Web-based customer satisfaction survey to measure the performance of their movers.

"We all share the goal of providing the best customer service to those who deserve it the most, the American service member," Hicks said. "Families First unites the moving industry, the (military) services and SDDC in a sensible and cooperative manner to achieve this goal."

Transportation service providers providing the best service will receive the most business. This emphasis on customer satisfaction is expected to stimulate better quality work from all transportation service providers.

Families First also will promote customer satisfaction through full-replacement value for property lost or damaged

beyond repair; direct claims settlement between the service member and transportation service provider; Web-based counseling option; and increased emphasis on direct deliveries — reducing temporary storage requirements.

Currently, service members may only receive a depreciated value for property lost or damaged beyond repair in a move. In the new program, a member is entitled to the current replacement value of the item.

For example, a five-year-old television with a replacement cost of \$200 would be valued at only \$100 if lost or damaged beyond repair now. That \$200 replacement cost is depreciated at 10 percent a year. Under full-replacement value, the transportation service providers will either replace the lost or damaged item with a new item — or reimburse the service member the full cost of a new one.

There are some exceptions where the transportation service provider may replace the lost or damaged item with a comparable used item. The exceptions list includes boats, personal watercraft, ultralight aircraft, pianos, musical organs, firearms, art objects, all-terrain vehicles and snowmobiles.

Today, moving claims are handled through the closest military claims office. In Families First, service members will file a claim directly with the transportation service provider using SDDC's Web-based claim filing process, a part of SDDC's new Defense Personal Property System. If no settlement is reached within 30 days, a service member may transfer the claim to the servicing military claims office.

In all claims processing, maximum transportation service provider limit of lia-

bility increases to \$50,000 — up from the current \$40,000.

Presently, service members receive pre-move information from the local transportation office or the Department of Defense pamphlet, "It's Your Move." In Families First, service members will have an added option and convenience to receive pre-move counseling through SDDC's Web-based Defense Personal Property System.

Families First encourages door-to-door moves with the goal of sharply reducing temporary storage. Temporary storage results in more handling, delay and expense, all of which increases risk to the shipment.

"Under the new program, we will work closely with the services to synchronize member relocations so most moves may be door to door," Hicks said. "This initiative emphasizes customer convenience and reduces the need for the double handling of property."

Families First provides a payment program feature that automates payments to transportation service providers. The introduction of automated PowerTrack payments for transportation service providers enables them to be paid for their moves within five to seven days, a special benefit to the small-business-owner sector of the moving industry. PowerTrack assists their business operations by eliminating payment delays and providing a consistency to their cash flow.

"We recognize that Families First represents a dramatic change in the way we do business," Hicks said. "The greatest challenge is managing business among competing firms."

For more information, go to <http://www.sddc.army.mil/frontDoor> and click on "Families First."

Have feedback for a customer service provider on post?

Go to the Interactive Customer Evaluation Web site at <http://ice.disa.mil> and voice your opinion today.

New test to better assess language proficiency within DoD

By Donna Miles
American Forces Press Service

WASHINGTON, D.C. (AFP) — A new language test scheduled to roll out in October will better measure language fluency in real-world situations, according to the Defense Department's senior language official.

The new test is the fifth generation of the Defense Language Proficiency Test, a battery of tests used to assess native English speakers' reading and listening skills in a wide range of foreign languages, said Gail H. McGinn, deputy undersecretary of defense for plans.

The "DLPT 5" test will be more challenging than previous language tests, McGinn said, with longer passages and, in some cases, more than one question for each passage. The test will be computer-based, making it more secure and efficient to administer. And unlike past tests that McGinn described as "scripted," the new test will rely more on actual newspapers, magazine articles and radio broadcasts.

"We want a test that measures as accurately as possible one's ability to operate in the real world," McGinn said.

Toward that end, the new language proficiency test will better measure each tester's skills in selected languages, at levels ranging from a low of zero-plus to a high of four on the Interagency Language Roundtable scale. Five is the highest level on the scale.

The new test will become "the benchmark" for DoD to assess who in the force has language skills and how proficient they are. By better measuring language skills, the new test will allow DoD officials to identify and reward those with the highest proficiency levels, McGinn said.

Test scores are part of the formula for determining language proficiency pay for language professionals and service members with specific language skills. Congress recently authorized increasing the cap on language proficiency pay from \$300 to \$1,000, but McGinn said that not all language professionals will receive the full amount.

The new test and higher language proficiency pay are keys to the Defense Language Transformation Roadmap, a major initiative to develop foreign language and cultural expertise among its military and civilian members. The initiative aims to increase language and cultural expertise within the ranks and to establish a cadre of language specialists with advanced proficiency levels.

The world situation demands that the Defense Department maintains solid language and cultural capabilities so it is prepared to carry out its missions worldwide — from humanitarian and

reconstruction efforts to combat operations, McGinn said.

"We are building alliances, we are engaged in operations in the Middle East, we are engaged in the war on terror, (and) we need to understand and interact with the people around us," she said.

The rollout schedule for the new test begins in October for Albanian, Persian-Dari, Hindi, Pashto, Norwegian and Urdu. DLPT-5 tests for Russian and Iraqi are scheduled to debut in December, and early 2006 rollouts are planned for Chinese Mandarin, Spanish and Korean.

New tests are also under development for a variety of other languages, including Egyptian, Levantine, Modern Standard Arabic, Persian-Farsi, Greek, Kurdish-Sorani, Turkish, Serbian-Croatian and Japanese. Ultimately, the DLPT-5 could cover as many as 31 languages.

McGinn urged test takers to begin their homework now using authentic materials available on the Internet and in other sources, and encouraged supervisors to re-enforce the need to prepare. The Defense Language Institute has developed an Internet site and Global Language Support System with materials and exercises to help test takers prepare. For more information, go to <http://www.dliflc.edu>.



The 2005 National Night Out has been scheduled for Aug. 2. Fort Sam Houston will once again be participating in NNO. The goal is to have all housing areas hosting at least one NNO party. The Fort Sam Houston Police cordially invites the community to be a part of the '2005 NNO' team.

NNO is designed to heighten crime prevention awareness; generate support and participation in local anti-crime programs; strengthen neighborhood spirit and police-

community relations; and send a message to criminals letting them know that neighborhoods are organized and fighting back.

Along with the traditional display of outdoor lights, Fort Sam Houston neighborhoods can celebrate NNO with a variety of events and activities such as block parties, cookouts, potluck dinners, visits from local police and fire officials, and participate in contests and games. Each neighborhood is encouraged to participate in NNO and does not have to be in a Neighborhood Watch Program to participate. NNO has proven to be an effective, inexpensive and enjoyable program to promote neighborhood spirit and police-community partnerships in the fight for a safer installation. Plus, the benefits the community will derive from NNO will most certainly extend well beyond the one night.

Party hosts will receive a commemorative T-shirt and other gifts (supplies are limited). There will be a special gift for first five confirmed parties. For more information, call Linda Furlow, crime prevention, at 221-9686 or e-mail linda.furlow@samhouston.army.mil

Name and rank: _____

Fort Sam Houston address: _____

E-mail: _____ Phone number: _____

Location of party: _____

Start time: _____ End time: _____

List any special activities (moon bounce, dunking booth, DJ, ice cream social, BBQ, potluck etc.): _____

Special request (limited availability): Police, McGruff, bike patrol, provost marshal, fire department, Sparky the fire dog; K9, garrison commander and sergeant major, installation commander and chief of staff etc.): _____

Complete and return by Friday to the Fort Sam Houston Military Police, ATTN: Crime Prevention, 2404 New Braunfels Avenue, Building 2250, Fort Sam Houston, Texas 78234, or fax 221-9173.

Contact the crime prevention section if you must withdraw from any activities.

Running safely on post reduces risk of accidents

If walking or running during hours of darkness, carry a flashlight to shine on the sidewalk in front of you. One should also be wearing light (or reflective) clothing, stay out of the roadway and be alert to traffic. Carry your own



identification: name, address, a friend or relative's telephone number. Make sure your friends or relatives know your favorite running routes. Run in familiar areas and avoid unpopulated areas, deserted streets and overgrown trails. Don't wear headphones. Run against traffic and keep the approaching automobiles in view. Wear reflective material if you must run during the hours of darkness. Runners may run on sidewalks or on the grass along the roads mentioned below.

Prohibited running and jogging roads on Fort Sam Houston are Stanley, Dickman, Artillery Post, Wilson, Scott, New Braunfels, Harry Wurzbach, Schofield, Roger Brooke and Binz-Engleman.

Need an ID card?

The ID Card Office, located in Building 367, accepts appointments from 12:45 to 3 p.m., Monday through Friday. Walk-in hours are from 7:15 to 10:30 a.m. and 12:45 to 2:30 p.m., daily. To schedule an appointment, call 221-2278 or 221-0415. You can also obtain an ID card by appointment only at the Brooke Army Medical Center ID Card Office, located in the lower floor within the TRICARE Office. To schedule an appointment, call 916-0838.



Cpl. Clinton Barkley and Sgt. Alexander Del Rio visit with their platoon in Iraq via video teleconferencing Friday at Army Community Service.

Families visit with loved ones in Iraq via VTC

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

Dressed in a Spurs outfit, 2-month-old Christian Sharpe was ready for his dad, Sgt. Kinuwan Sharpe, to see him for the first time. His mother, Sgt. Ruby Quiroga, and brother, Jesus Quiroga, waited anxiously at Army Community Service Friday for a chance to see and talk to Sharpe in Fallujah, Iraq, via video teleconferencing.

"I feel excited; he gets a chance to see the baby now instead of in five months," Ruby said.



Sgt. Ruby Quiroga, 2-month-old Christian Sharpe and brother, Jesus Quiroga, wait for the video teleconference hookup.



Yvette Rollins, wife of Maj. Wayne Rollins, plays with hula-hoops with her children, Stephen and Katrina. "Stephen took about seven steps while I was talking to my husband," said Rollins. "He saw it and was very thrilled since it was the most steps Stephen had taken by himself."

The Quiroga family was one of the 25 families assigned to the 4th Reconnaissance Battalion who came to Fort Sam Houston to see their loved ones stationed in Iraq.

"I am really excited about seeing (my son)," said Delores Murata-Essary, mother of Capt. Ryan Murata. "We communicate with him through e-mail, but seeing him physically is a whole different thing."

After talking with Ryan, Essary said, "I didn't get to ask him everything, but it was good to see him and tell him I love him. The best part was seeing him."

Cpl. Clinton Barkley and Sgt. Alexander Del Rio stopped by to say hello to their fellow Marines. They were sent home from Iraq because of injuries.

"I wish I was with them. They are like a family. We eat, breath, live together; we are one team, a family," said Del Rio, who lost both his legs during an attack on their unit. "I thanked everyone for keeping me alive."

"It was great talking to them. We joked, and I told them I hoped to see them in October when they return," said Barkley, who lost a leg.

Lance Cpl. Elan Flores, 4th Reconnaissance Battalion, said he was grateful to the staff of ACS for their support in setting up the VTC for the unit family members. ACS provided a recreation area that included snacks, toys and cartoons for the families while they waited their turn.

Use your head . . .

Children on post are required to wear safety helmets when riding a bike, skateboard or scooter.



Workshop turns military spouses into 'portable' business owners

Military spouses face unique career challenges resulting from a lifestyle that often involves frequent relocations. These moves, while necessary, not only impact employment prospects and family income, but the spouse's career progression as well.

It is a difficult situation for many, but thanks to the growth of the Internet and the emergence of the virtual assistance industry, military spouses with expertise in administrative support and related areas are finally finding it easier to spread their entrepreneurial wings and develop viable, portable careers.

Virtual assistants are self-employed people who provide off-site business support services to their clients. These services can include day-to-day administrative tasks, competitive research, Web site design, resume writing, accounting, bookkeeping services, marketing support, translation and graphic design. Work assignments are communicated through e-mail, phone, fax, mail, diskette transfer and real-time online messaging. The virtual nature of these relationships lends itself easily to the transient or "nomadic" lifestyle that is so much a part of military family life.

To help spouses launch and develop their own virtual assistant business, the Fort Sam Houston Army Community Service will sponsor a workshop Aug. 9 through 11 at ACS, Building 2797, to introduce the Portable Career and Virtual Assistant Training Program. Madonna Menne-Zimmerman, a volunteer for ACS, will teach the workshop. She was recently certified to teach the program by Staffcentrix, LLC, a company that specializes in training military spouses to become virtual assistants.

Workshop participation is limited to 12 participants who will be selected based on the information they provide in their training application. The application deadline is Aug. 5.

Candidates for the program should have a minimum of two years experience in the skills listed above, Internet access, a good working knowledge of basic software, a computer with a Windows 95 or newer operating system, and, above all, a strong desire for employment or employment change.

Active-duty Army military spouses who would like to participate in this free training program should complete and submit the online application at http://www.msvas.com/application_samhouston.htm. For more information, call Gabriele Diaz, ACS, at 221-0516.

(Source: ACS)

BAMC volunteers recognized by United Way

By Andricka Hammonds
Brooke Army Medical Center Public Affairs Office

Brooke Army Medical Center volunteers were recognized at the city-wide United Way 16th Annual Volunteer of the Year Awards June 23 at the Henry B. Gonzalez Convention Center.

The burn unit volunteers were among those acknowledged. These volunteers help in a variety of ways including being a listening ear and a shoulder to cry on to a family member coping with their loved one's injury, fundraising and support groups, and Eucharist services.

"The people I have met here are extraordinary ... not just the patients, but the families as well," said retired Master Sgt. Art Garza, a BAMC Retiree Activities Group burn unit volunteer. "Most of the time spent volunteering for the intensive care unit is spent assisting the families, not the patients, because the patients are usually sedated and are in need of rest."

Volunteers serve as a source of information concerning housing arrangements, clothing and, in some cases, money.

The fundraising and support groups were a result of the efforts of David Jayne who was severely burned while on active duty serving in Vietnam. He and his wife, Jane, have been fundraising and facilitating support groups including serving cookies to patients over the past 20 years. They have recently expanded their services to the burn unit waiting room as well.

Tom Haake has served Eucharist to burn patients for more than 20 years. Haake has also been the burn unit waiting room coordinator.

Among the volunteers recognized was retired Chaplain (Col.) Whitfield McMillan, who was awarded the United Way Volunteer of the Year Individual Service Award.

McMillan volunteers at the BAMC Pain Clinic where, after nine years of volunteer service, he has become a vital part of the management of patient care and staff organization.



Courtesy photo

Brooke Army Medical Center Retiree Activities Group member, retired Col. Whitfield McMillan, volunteers his time in the BAMC Pain Clinic attending to administrative duties.

McMillan works three days a week for eight or more hours acting as a receptionist. This year, he contributed more than 1,023 hours, for a grand total of 7,006 hours in the past nine years.

As a retired military minister, his time on Vietnam battlefields and military locations throughout the world has prepared him to serve as an effective listener and patient care provider.

McMillan's dedication is appreciated by both the patients and the BAMC staff.

"Patients often share their story about McMillan's strong influence in their recovery and how they regard him as a friend and their own personal pastor," said Kim Phillips, clinic secretary.

"I'm always amazed at how often I bump into someone who I've known and been able to help here at the clinic," McMillan said. "They tell me that they are doing better now. We just don't always realize the impact we have on others' lives when we care about them and show it."

The BAMC Retiree Activities group consists of more than 200 volunteers who perform an array of services. To become a volunteer, call Jessica Veillux or Laura Hansbrough at 916-5083.

Physician assistant students volunteer at summer C.A.M.P.

Despite a busy schedule, four Interservice Physician Assistant Program students found time to volunteer July 15 at the Children's Association for Maximum Potential Camp in Center Point, Texas.

Chris Johnson, a former Air Force physician, founded C.A.M.P. Camp in 1980 with a grant from the Air Force Aid Society and the help of private donations. Johnson wanted to give children, regardless of the severity of their disabilities, the opportunity to participate in activities such as camping, horseback riding, boating and basketball in a safe environment.

First Lt. Veronica L. Judon, Interservice Physician Assistant Student Society president, coordinated the IPAP volunteer effort with C.A.M.P. Camp volunteer coordinator, Anne Bishop.

The volunteers — Judon, 1st Lt. Lillie Walker, officer candidate Valerie Atwood, and Air Force officer trainee Kim Price — helped with camper registration. They conducted pre-medical screenings for 110 campers.

"The experience of working with these children was far greater than any classroom lecture," Walker said.

Although the PA students were only available for one day, this was just the

beginning of the weeklong session for the more than 100 volunteers at the camp.

"I just want to make a connection with C.A.M.P. Camp and the Fort Sam Houston medical community," Judon said. "We will be graduating soon and C.A.M.P. Camp is in need of volunteers. If this program did not exist these children would never get opportunities to participate in events that we take for granted."

"It is difficult to explain the wonderful experience of working with the campers, but the most rewarding moment of the day was watching the 100-plus teenagers sing camp songs and play games with the campers," Judon added. "We have heroes overseas protecting our land, but we also have heroes right here in Texas making a difference in the lives of others."

Volunteers with medical experience such as doctors, physician assistants, nurses, medical technicians and physical therapists are needed to help meet the often expansive medical needs of the children; however, medical experience is not required to volunteer. The camp is always in need of volunteers to staff the cafeteria, offer assistance during the weekly check-in period and work one on one with each



Courtesy photo

(From left) Officer trainee Kim Price, 1st Lt. Lillie Walker, officer candidate Valerie Atwood and 1st Lt. Veronica Judon take a break from their volunteer efforts to pose with Anne Bishop, Children's Association for Maximum Potential Camp volunteer coordinator, and Dr. Paul Furukawa, C.A.M.P. Camp executive director.

of the campers as a camp counselor.

Counselors must be at least 14 years old.

For medical providers, there are specific weeks during the summer when volunteers can receive continuing education credits.

For more information, call Anne

Bishop at 292-3566 or visit the C.A.M.P.

Web site at www.campcamp.org.

(Source: A Company, 187th Medical Battalion)



Spotlight your unit

The Public Information Office welcomes articles, photos or story idea submissions for the Fort Sam Houston News Leader.

To submit a story or idea or for more information, call 221-0615, e-mail news.leader@samhouston.army.mil or stop by the office in Building 124 (second floor).

Blood is the fluid of life

The Brooke Army Medical Center Blood Bank is running critically low on O Negative blood.

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

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



TROOP SALUTE



187th Medical Battalion



Officer of the Week

Name: Capt. Robert C. Drury II
Unit: A Company
AOC: 63A, dental officer
Hometown: Las Vegas, Nev.
Time in service: Commissioned in 2005
Future goals: Graduate the Academy of General Dentistry with honors
Reason for enlisting: To use my dental skills to help America's Soldiers
Latest accomplishment: University of Southern California Dental School graduation



Soldier of the Week

Name: Pvt. Matthew Farr
Unit: C Company
AOC: 91E, dental specialist
Hometown: Baytown, Texas
Time in service: Seven months
Future goals: Earn a bachelor's degree
Reason for enlisting: To serve my country proudly
Latest accomplishment: Graduated as distinguished honor graduate from advanced individual training

232nd Medical Battalion



Soldier of the Week

Name: Sgt. Rob Gaeta
Unit: D Company
Hometown: San Diego, Calif.
Reason for joining the Army: "I joined the Army to go into combat with a line unit as a combat medic."
Previous Military Experience: U.S. Navy deep sea diver



Junior Leader of the Week

Name: Spc. Debbie Hernandez
Unit: D Company
Hometown: Lovington, N.M.
Reason for Joining the Army: "I wanted to be a part of an elite fighting force that would challenge me both physically and mentally. To be in the Army, you have to have heart and a belief that this country is worth fighting for. I enjoy my freedom and therefore stand proudly in the uniform I wear."

Ethics Training

Ethics training for U.S. Army Medical Department Center and School and Fort Sam Houston Garrison units are July 29 and Aug. 31 at 9 a.m. in Blesse Auditorium, Building 2841. The training takes about one hour. The Secretary of the Army requires every Soldier and civil service employee to attend ethics training annually. The staff judge advocate and officials from the AMEDDC&S and post will present the training and maintain sign-in rosters for commanders and supervisors to verify attendance of their employees. People can access the sign-in rosters by opening the Adobe Acrobat Reader and the SJA ethics roster folder on the G drive. For more information, call Gerald Krimbill, Shelby Tanner or Capt. Brian Underdahl at 221-2373 or 221-0485.

CAREER CLIPS

Wellness Director: Supervise, mentor and train care professionals; coordinate the delivery of services outlined in the personal service plans and monitor to ensure they meet the health needs of the residents and promote wellness; assist in the development and updating of personal service plans.

Supervisory Medical Records Administrator: Provide advisory service to professional staff on all phases of medical record activities; provide technical assistance and guidance in defining specific goals; monitor withdrawal and screening of records and abstracting and tallying of data; furnish information on data available in support of hospital teaching and research projects; explain services available from the department.

Operations Manager: Strong managerial experience can be substituted, high moral character and unquestionable integrity, ability to handle multiple tasks and set priorities, quality oriented and customer focused.

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

Outstanding Soldier



Photo by Esther Garcia

Col. Bradley Freeman (left), commander, 32nd Medical Brigade, congratulates Sgt. 1st Class Harold Hixson after receiving the Meritorious Service Medal. Hixson received the award for his outstanding contributions to the Soldiers and families of Fort Sam Houston and surrounding communities while assigned as the NCO of the Academy Battalion S-4. Hixson and his wife, Rose, are transferring to Alaska.

Need a FREE credit report?

Soldiers and Department of Defense civilians may obtain a free credit report. For more information, call 221-1612.



Emergency numbers

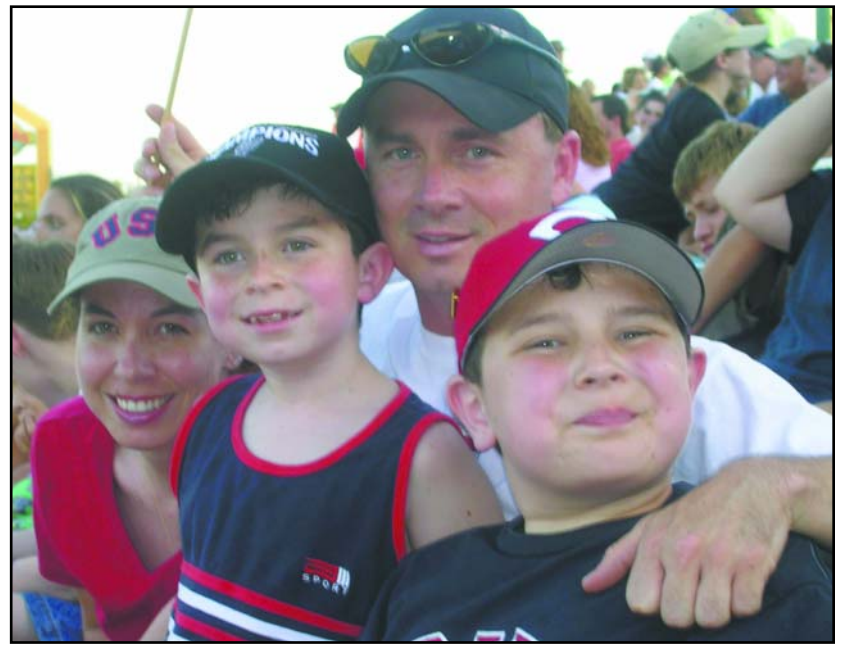


Dial 911 when calling from a Fort Sam Houston or Camp Bullis telephone number prefix.

Dial 554-4713 when calling from a cell phone or from anywhere on Fort Sam Houston other than the post telephone number prefixes.

On Camp Bullis, **dial 295-7517** from a cell phone or non-Camp Bullis prefix.

The fire prevention office has phone stickers for both numbers. Stop by Building 4196, Room A37 or call 221-5452.



Courtesy photo

The Simeon family — Laura, Ashton, John and Justice — enjoy a summer concert at Wolfe Stadium with IMPACT, a support group for military families with special-needs children.

IMPACT offers support to Fort Sam families with special-needs children

By Robin Philbrick
Special to the News Leader

Families with special-needs children have an avenue for support — Inspiring Miracles: Parents and Children Together, or IMPACT, a Fort Sam Houston-based parent support group.

The group is for parents of children with a disorder or disability that requires specialized medical treatment or an individualized education plan at school. IMPACT has been recognized for excellence in community service by the United Way of San Antonio and Fort Sam Houston and is celebrating its seventh anniversary this year.

When a child is diagnosed with a disability, parents may feel a sense of loss or grief for the child who might have been, followed by a desire to provide normalcy and the best possible treatment and education for the child. Parents can find a shared sense of solace and camaraderie in support groups.

The group's parents educate, problem solve and encourage each other, recognizing that when it comes to effective parenting and advocacy for their children's unique needs, they are the experts.

Parents serve as basketball, baseball and bowling coaches, activity directors and social skills trainers. Their children participate in activities that otherwise might not be available to them, such as basketball, baseball and bowling. While the inclusion model may be successful at school, a high school student with Down syndrome may not

be able to participate on a community basketball team. The IMPACT Spurs can fill that gap. The IMPACT Bowling League and family bowling offer the opportunity for social interaction and family fun.

IMPACT members also join post-sponsored activities, such as the Fall Mini-Marathon, which includes a modified lap for those who need extra help around the track. They frequently participate in activities in and around the city, such as the Fiesta Flambeau Parade, Fourth of July with the San Antonio Missions baseball team, and family night at the Witte Museum.

Each activity and event offers the opportunity to educate and train IMPACT children and help them become members of the community.

IMPACT families will celebrate seven years of meeting the needs of special-needs military children with its first annual IMPACT Summer Fest Aug. 6 at 6 p.m. at the splash pad between Youth Services and School Age Services. Activities will include a family potluck dinner, mini-Olympics, arts and crafts, splash pad water fun and a family game of kickball. New families are welcome.

IMPACT membership is open to active duty, retired military and Fort Sam Houston civilians who have children with special needs.

For more information, call Robin Philbrick, IMPACT president, at 497-6310, e-mail rphilbrick@sbcglobal.net, or call Jeanne Warren, Youth Services program manager, at 221-3502.

Brooke Army Medical Center Health Promotions July Class Schedule

Class	Date	Time
Breast and GYN Cancer Support Group	today	1:30 to 3 p.m.
Getting Ready to Quit Tobacco	today	3 to 4:30 p.m.
Breast-feeding Support Group	Friday	1 to 2:30 p.m.
Learn to Manage Your Child's Asthma	Friday	2 to 3:30 p.m.
Diabetes Management	Monday	12:45 to 4:30 p.m.
Weight Management		
Winning Combinations	Monday	1 to 2:30 p.m.
Diabetes Management	Tuesday	12:45 to 4:30 p.m.
Office Yoga	Wednesday	12 to 1 p.m.
Breast-feeding Support Group	July 29	1 to 2:30 p.m.

For Diabetes Management class, call 916-5000. For all other classes, call the BAMC Health Promotions at 916-3352.

Army Community Service

Family Advocacy Program July Class Schedule

Class	Date	Time
Boys Only! Ages 9-10	Friday	10 to 11 a.m.
Building Effective Anger Management Skills Series (3-6)	today and 28	11 a.m. to 12:30 p.m.
Getting Ready for Childbirth 1 and 2	today and 28	9 a.m. to 12 p.m.
Girl Talk! Ages 9-10	Wednesday	10 to 11 a.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	Tuesday	9 to 11 a.m.
S.T.E.P. Program for Parents of School Age Children	today	1 to 3:30 p.m.
S.T.E.P. Program for Parents of Teens	Tuesday	11 a.m. to 12:30 p.m.
You and Your Baby	Wednesday	8 a.m. to 12 p.m.

Class space is limited. To register for classes or for more information, call the Army Community Services Family Advocacy Program at 221-0349 or 221-2418.

Waiving TRICARE deductibles and cost shares is illegal

Uniformed Services beneficiaries who use TRICARE Standard and Extra are responsible, under law, to pay annual deductibles and cost-shares associated with their care.

The law prohibits health care providers from waiving TRICARE beneficiary deductibles or cost-shares and requires providers to make reasonable efforts to collect these amounts.

Health care providers who offer to waive deductibles and cost-shares or who advertise that they will do so may be investigated for program abuse and suspended or excluded as authorized providers.

"TRICARE prohibits any scheme designed to waive a patient's deductible or cost-share," according to Rose M. Sabo, director, TRICARE Program Integrity, TRICARE Management Activity.

"One type of scheme comes in the form of a supplemental insurance program which covers co-payments or deductibles only for items or services provided by the entity offering the insurance," Sabo said. "These programs can be identified when the 'insurance premium' paid by the beneficiary is insignificant and the premiums

are so low that they are not based upon actual risks, but instead are a sham used to disguise the routine waiver of co-payments and deductibles. Such a scam can result in excessive use of items and services."

When Congress established beneficiary deductibles and cost-shares, their intent was to make the beneficiary a financial partner with the government. The cost-share encourages responsible beneficiary health care decisions when faced with choices, and acts to avoid waste of taxpayer dollars. Beneficiaries who have a financial risk associated with their health care decisions are more likely to choose cost-effective treatment for their medical conditions.

For more information on deductibles and cost-shares, beneficiaries can contact their local TRICARE service center. For a list of TRICARE service centers and telephone numbers, go to <http://www.tricare.osd.mil/tricare-servicecenters/default.cfm>. If beneficiaries suspect provider or insurance fraud, they may report it by e-mailing fraudline@tma.osd.mil.

(Source: TRICARE news release)

SPORTS

Register now for 25th annual Combat Medic Run

The 25th annual Combat Medic Run will be Saturday starting at 7:15 a.m. at the MacArthur Parade Field. Events include 5K and 10K individual runs, a five-Soldier guidon team event, a 2-mile fitness walk and a 5K Soldier formation run. Numerous awards will be present at the conclusion of the race. Anniversary T-shirts will be presented to all registered runners. The event is open to the public. For more information, go to www.footsamhoustonmwr.com.



7:15am - 5K
7:30am - 10K & 2M Walk

Register on-line at
www.iaapweb.com

OPEN TO THE PUBLIC



DATE: Saturday, July 23, 2005
PLACE: MacArthur Parade Field, Fort Sam Houston, TX
TIME: 7:15am
DISTANCE: 10K Individual and 5-Person Guidon Team
 5K Individual Run
 5K 28-Soldier Formation Run
 2M Fitness Walk

ENTRY FEE: Early Fee: until July 16 Late Fee: After July 16 Race Day Fee
 Civilian: \$15 Civilian: \$20 \$25 for all
 Military: \$12 Military: \$15

AWARDS: 10K — Male and Female (3 deep)
 Age 14 and under, then every 5 years to 75 and over
 5-Person Guidon Team — Top 3 teams
 All 5 members must cross the finish together
 5K Formation Run — Top 3 units
 Judging Criteria: uniforms, alignment, and Esprit de Corps
 2 Mile Fitness Walk — Ribbons to the first 200 finishers

PRE-REGISTRATION

IN SAN ANTONIO:
 Fleet Feet Sports
 Roger Soler's Sports (All locations)
 Run.Gear.Run

MAIL IN:
 Combat Medic Run
 1212 Stanley Rd., BLDG 124
 Fort Sam Houston, TX 78234
(MAKE CHECKS PAYABLE TO MWR)

INFORMATION:
 (210) 221-4558
 (210) 221-4227
 Email: stephen.welch@amedd.army.mil
 210-367-1886
jose@iaapweb.com

Packet pick-up will be held July 21-22, from 10:00am to 7:00pm at Jimmy Brought Fitness Center, Bldg. 320, Wilson Rd, Fort Sam Houston, TX
 (210) 221-4558
 (210) 221-4227




NAME: _____ **DOB:** _____ **Age on 7-23-05:** _____ **SEX:** (circle) M F
ADDRESS: _____ **T-Shirt:** (circle) S M L XL XXL
CITY: _____ **STATE:** _____ **ZIP:** _____
PHONE #: _____ **Email:** _____

EVENT: (circle one) 10K Individual 10K 5-Person Guidon 5K Individual 5K 28-Soldier Formation 2-Mile Walk
 (check one) Civilian Active Duty Military Military Dependent

HOW DID YOU HEAR ABOUT THE COMBAT MEDIC RUN?
 Internet Magazine Newspaper TV Other _____

WAIVER OF CLAIM (Must be signed and submitted with registration) I know that this event is a potentially hazardous activity I should not participate unless I am medically able and properly trained. I know that although police protection is provided, there is traffic on the course route. I assume the risk of being in traffic. I also assume any and all risks associated with doing this event including, but not limited to, falls, contact with other participants, the effects of weather, and the condition of the roads, all such risks being known and appreciated by me. As signer of the entry blank, being fully aware of these facts, and in consideration your accepting my entry, I do hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf covenant not to sue, and waive. I release and discharge THE CITY OF SAN ANTONIO, THE LOCAL OFFICIALS, VOLUNTEERS, FORT SAM HOUSTON, U.S. GOVERNMENT, and all sponsors including their agents, employees, or anyone for or on their behalf from any and all claims of liability for death, personal injury or property of any kind or nature or record of this event for any purpose. Application for minors is accepted only with a parent's or guardian's signature. I further understand that my entry is NONREFUNDABLE.

_____ / _____ / _____
 SIGNATURE DATE PARENT SIGNATURE IF UNDER 18 DATE

SPORTS BRIEFS . . .

Fall intramurals

Letters of intent are due for flag football and softball by Aug. 1. Coaches and rules meetings will be Aug. 4 and 5 at 1 p.m. at the Jimmy Brought Fitness Center. Season will start Aug. 15. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Referee training

The Alamo Heights Fort Sam Houston Youth Soccer league will offer referee training at Fort Sam Houston. Graduates will be awarded a 2006 United States Soccer Federation certification that will qualify them to officiate for both youth and adult soccer leagues in the San Antonio area. Entry level training for new referees is split into three sessions: Tuesday from 6 to 10 p.m., July 28 from 6 to 10 p.m. and July 30 from 8 a.m. to 5 p.m. All three sessions are mandatory. A recertification class for experienced referees will be July 31 from 1 to 6 p.m. Recertification is open to referees who were certified in 2004 or 2005; referees with older certifications must attend entry-level training. All training will take place in the fourth floor auditorium at Brooke Army Medical

CHILD AND YOUTH SERVICES

Youth Happenings

Summer camp registration

The middle school and teen summer camp registration is ongoing for sixth through 10th graders at the Youth Center Monday through Friday from 10 a.m. to 8 p.m. There are a variety of camps to include sports camp, culinary arts and computer camp. Camp runs from 6 a.m. to 5 p.m. followed by open recreation at the YC. The cost ranges from \$65 to \$80 per week. Camp price includes breakfast, lunch, snack and activities during the week. Some camps have limited spaces. For more information, call the Youth Center at 221-3502.

Youth horsemanship camp

Students ages 7 through 18 can learn proper riding forms as well as a variety of horse care techniques during any of the eight five-day sessions available through August. The cost is \$175. For registration information, call 224-7207.

Youth Services volunteers

YS is looking for volunteers to assist with youth programs such as golf, roller hockey and tennis. They also need sports coaches, computer-skilled people, craft experts and clerical experts. For more information, call the Youth Center at 221-3502.

Cooking classes

Cooking classes are held every Friday afternoon from 4 to 5 p.m. This Friday, youth will make strawberry brownie delight.

Youth sports registration

There are still openings for the baseball, softball and T-ball season. Youth Services is open from 10 a.m. to 7 p.m. for those interested in playing this season. The cost is \$45 for the first child, \$40 for the second and \$35 for the third child of the same family. Children must be registered with Child and Youth Services and bring a birth certificate and proof of a physical. The cost for 3- and 4-year-olds first step T-ball is \$30 per child. For more information, call 221-3502 or 221-5513.

Youth cheer clinic

Youth Services sponsors a weekly cheer clinic at the Youth Center. There are two different age groups: 5- to 8-year-olds meet Wednesdays from 6 to 7 p.m. and 8- to 12-year-olds meet Mondays from 6 to 7 p.m. The cost is \$30 per month per child. All participants must be registered with Child and Youth Services. For more information, call 221-3502 or 221-5513.

Fort Sam Houston ISD Board of Trustees meeting

The Fort Sam Houston Independent School District Board of Trustees will meet July 28 at 11 a.m. in the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road.

SPORTS BRIEFS CONT. . . .

Continued from Page 14

Center. The fee for either class is \$20. An additional \$25 for a United States Soccer Federation registration is required for those who pass the test. For more information, call Mike Burkett at 946-4535 or e-mail mburkett@satx.rr.com.

Flag football

Coaches and players are needed for the post flag football team. Tryouts for players are Aug. 22 to 26 at 6 p.m. at Leadership Field. Coaches should send resumes by Aug. 15 to Earl Young, 1212 Stanley Road, Building 124, Suite 20, Fort Sam Houston, TX, 78234. For more information, call 221-1180 or e-mail earl.young@samhouston.army.mil.

Men's and women's basketball

Coaches and players are needed for the Fort Sam Houston men's and women's basketball teams. Tryouts for players are Sept. 6 to 9. Coaches should send their resumes by Aug. 29 to Earl Young, 1212 Stanley Road, Building 124, Suite 20, Fort Sam Houston, TX, 78234. For more information, call 221-1180 or e-mail earl.young@samhouston.army.mil.

Free after school program

Youth Services offers a free after school program for sixth to ninth graders Monday through Friday until 6 p.m. YS will pick up children from the school (either the elementary or the high school). At the Youth Center, they have a snack, work on homework, participate in clubs and do fun, innovative projects at the 4-H club, photography club and the computer tech club. Youth must be registered with Child and Youth Services for an \$18 annual fee, but there is no cost for the program. For more information, call 221-3502.

Parent News

PCI enrollment opportunity

The Parent Child Incorporated Child Development Center is currently taking applications for enrollment. This is a free child care program. Eligibility is based on federal guidelines. For more information, call 221-3788.

ArmyFCC.com

Fort Sam Houston Family Child Care Program is now on ArmyFCC.com, a Web-based information and referral tool for parents interested in FCC. The Web site includes both a public and a private section describing each installation's program and more information on providers. Soldiers and qualified civilians must be registered through Child and Youth Services to benefit from any CYS programs to include FCC. For more information, call Central Registration at 221-4871 or 221-1723.

FCC providers

Family Child Care is looking for family members

interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3820 or 221-3828.

Home-based child care

Family Child Care offers home-based child care for ages 4 weeks to 12 years on and off post with certified providers. FCC offers full day, part day, before and after school care, hourly care, extended hourly care and long term care. For referral information or child registration, call Central Registration at 221-4871 or 221-1723.

CDC preschool program

The Child Development Center is conducting a survey for interest in the fall 2005 part day preschool program. Part day options would be three- and five-day preschool from 9 a.m. to 2 p.m. and would run through the school year. Lunch would be provided. To put your child's name on the preschool list, call Central Registration at 221-4871 or 221-1723.

PAC meeting

The next Child and Youth Services Parent Advisory Council meeting will be Aug. 16 from 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funtston. Lunch will be provided. This is CYS parents' opportunity to learn about upcoming events, meet staff and address concerns.

Check wait list

Patrons on the full-time day care wait list at the Child Development Center should check their status on the wait list to avoid losing status. To check status, call Central Registration at 221-4871 or 221-1723.



Pfc. Jaka Bevc, Slovenian Special Forces (right), helps carry a wounded Soldier during a simulated attack to a secure area.



Pfc. Aleksander Bratkovic, Slovenian Special Forces, draws blood from an injured back home," said Bratkovic. "At home, if soldiers are hurt, we pick them up and tak

International

Continued from Page 1

The AMEDDC&S mission is to train, sustain and evaluate U.S. and international military health care personnel of all DoD branches and allied countries so they can ensure optimal health and readiness of America's military forces and its coalition partners anytime, anywhere.

"The world is getting much smaller today, so establishing relationships with other people in this small world is important," said William Lesjak, associate dean, Academy of Health Sciences. "We have the privilege of conducting medical training and give key leaders and troops of other countries the opportunity to experience our culture. In a war setting, established relationships and a common link are important."

U.S. Soldiers train alongside of old allies, Britain, Australia and Canada, as well as newly acquired friends from Kyrgyzstan, Slovenia and Slovakia.

"My country is a young country, so we have to learn a lot," said Kyrgyzstan Lt. Col. Amanbay Matisakov, who is attending the AMEDD Officer Advanced Course for Medical Logistics. "American Army and Soldiers have a lot of experience. The U.S. is the most modern and powerful Army in the world, so it's good to learn from them."

While the students learn a great deal during their training at AMEDDC&S, they also contribute quite a bit to its mission. Many of the students are experts in their specialties. They are educators, publishers, instructors and deans of their respective countries' military academies.

Some conduct extensive research and have written articles for AMEDD Journal – a quarterly publication geared toward the medical community worldwide.

With two deployments to East Timor and the Solomon Islands, and having taught medical logistics courses in Australia, Capt. Kate Elphick, a pharmacist, has shared with

American Soldiers how Australians perform their job in Australia and in the field.

"My course (health services materiel officers' course) will give me skills to work in a coalition force," said Elphick. "The purpose of my course is to experience the U.S. Army's medical logistics system and to give me objectivity as a student and when making decisions back home or out in the field. Right now, it's a good time to be here because we have coalition forces in Iraq."

Of more than 200 courses available at AMEDDC&S, 67 are offered to the international students. Most popular courses are combat medic, preventive medicine specialist and officer leadership courses.

"The preventive medicine training brings theory and practice together, and it will be invaluable when we are deployed," said Sgt. 1st Class Sven Jagers, an occupational health nurse in Royal Netherlands Air Force. "People over here have a lot of experience. One of my instructors is the instructor of the year. When we will deploy and will work with Americans, we will know what you do, so all preventive medicine experts will be able to work together."

"I am here for the preventive medicine course because I may be going to my country's Army Medical School to teach, so it's going to be a valuable tool," said Korean Maj. Taekyu Hwang, an army orthopedic surgeon. "I am a clinician, and the function of clinical medicine is to maintain strength of the military, but preventive medicine is necessary nowadays because it helps prevent illnesses such as Malaria, which is a big problem in South Korea."

The U.S. Army deploys a great number of troops to South Korea annually.

"I think by attending this course, I can also help my fellow U.S. classmates understand our culture and way of life should they come to Korea for a tour of duty or for assisting with a national emergency," said Hwang. "We are exchanging quality knowledge."

The foreign students aren't the only ones

benefiting from this interaction. These courses are great opportunity for some U.S. Soldiers who have never set foot outside the continental U.S. to become familiar with other cultures and gain indispensable skills for future assignments.

"It's good to interact with military members of other countries," said Pvt. Casey Cummings, Kansas National Guard. "I am in class with a St. Lucian soldier. I am learning from him and becoming familiar with how things are done in St. Lucia should there be a tropical storm, for example, and we need to go help."

"What I like is you get to interact with the international students while you are training instead of being in the real-world action and not understanding each others' ways of doing things," said Pfc. Dawn Rossi, an operating room specialist with 28th Infantry, Johnstown, Pa., while in training with a Jamaican lab specialist. "We are learning their ways in their military."

The annual student load has been going up since Sept. 11 because of the Global War on Terrorism.

"My training will enhance my skills and expose me to more sophisticated medical equipment," said Capt. Jupiter Dolloso, Philippines army, attending an observation course for trauma surgeons. "Here, I am exposed to field work and also to forward support group skills which will also help me in my country in our ongoing fight against terrorist group, Abu Sayyaf, a militant group based in Southern Philippines related to al Qaeda."

The U.S. Army training at AMEDDC&S is vital to prevailing against foes and reaching out for a global partnership consistent with the center's mission to "conserve fighting strength."

"Training in the medical arena plays a key role in the Global War on Terrorism and provides common levels of skills from basic to advanced," said Lesjak. "Whether it is helping a mother giving birth in a refugee tent, a sick child or a wounded Soldier, regardless of nationality, proper medical training pays great dividends to the U.S. and its allies."



Spc. Stephen Martin, St. Lucia, move toward the area where field training, and the intera





Photos by Shadi May

Soldier during his combat medic training. "We don't have field treatment them to the hospital. The combat medic training is beneficial to us."



Cpl. Diane Burton-Cooper, Jamaican Defense Force, cleans Capt. Matthew Johnson's teeth. Burton-Cooper attends the U.S. Army Medical Department's Dental Hygienist Course.



ian Coast Guard medical technician, helps secure the field as Soldiers the wounded await medical care. "I am exposed to more hands-on in this ion helps a great deal," said Martin.



Capt. Abdul Saleem, a Pakistani army veterinarian, listens to Thomas Amen, a basic animal care specialist course instructor, as he explains how to set up an anesthesia machine.



(Left) Lance Cpl. George Stewart (right), Jamaican Defense Force, carries a wounded Soldier toward an ambulance during a combat medic training field exercise. "The training here exposes you to more reality scenarios than simulation," said Stewart. "The use of mannequins, ambulances and helicopters helps you understand what war-type scenarios are."



First Lts. Ann Jacob and Leen Wilmaerts, Belgian army veterinarians (center), and U.S. Capt. Lauren Pecher (right), observe their instructor, Staff Sgt. Clayton Pollock, as he shows how to inspect meat. Veterinary tracking phase of officer basic course is among 67 courses offered to the Army Medical Department Center and School's international students.

RELIGIOUS HAPPENINGS . . .

Praise band musicians needed

The Fort Sam Houston chapels are starting a new contemporary Protestant worship service. Volunteer Christian musicians are needed, to include drummers, electric guitarists (lead), keyboard players, bass guitarists and other instrumentalists and vocalists. If interested in attending a jam session for the praise band, call Michelle Taylor at 829-1670 or e-mail michelle.h.taylor@us.army.mil.

Protestant Vacation Bible School

The Protestant Vacation Bible School will be Monday to July 29 from 6 to 8:30 p.m. at the Dodd Field Chapel, and is open to children from 4 years old through the fourth grade. The theme is "Ramblin' Road Trip: Which way do I go?" Children will "cruise" across the United States for an adventure-filled getaway, visiting various locations to reach the final destination – a relationship with Jesus. Children will read Bible stories, do crafts and enjoy music and recreation. For more information, call Robb Wood at 221-5428 or e-mail robb.wood@samhouston.army.mil. To register, go to www.samhouston.army.mil/chaplain/vbs.

OCF Bible study

The Officers' Christian Fellowship will study Colossians. The group will meet for dinner at 6 p.m. followed by Bible study July 29 at 7 p.m.; and Aug. 19 and 26 at 6 p.m. at 1008 Gorgas Circle (near the old Brooke Army Medical Center). For more information, call Lt. Col. Bob Griffith at 226-1295 or e-mail rgriffith3@satx.rr.com.

Chaplain Corps anniversary celebration

The Fort Sam Houston community is invited to the Fort Sam Houston Unit Ministry Team Chaplain Corps Anniversary Worship-Luncheon July 29 at Dodd Field Chapel. The Chaplain Corps' former chief, retired Maj. Gen. Gaylord Gunhus, will speak at the 11 a.m. service and also at the complimentary luncheon following the service. For luncheon reservations, e-mail Chaplain (Lt. Col.) James Benson at james.benson@samhouston.army.mil. The community is also invited to the Fort Sam Houston congregation-wide picnic at Salado Creek July 29 at 5 p.m. This free Texas barbecue will include a petting zoo, roasted corn and a live band. No reservations are needed.

Gospel concert

Bill Gaither, the Grammy Award-winning gospel artist, will launch his 10th anniversary homecoming tour this fall. He will be at the SBC Center Sept. 17. For more information, call (888) 217-0301 or visit www.gaithernet.com.

POST WORSHIP SCHEDULE

Main Post Chapel, Building 2200, 221-2754

Catholic Services:

4:45 to 5:15 p.m. - Confessions - Saturdays

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

Protestant Services - Sundays:

8 a.m. - Traditional Protestant

11 a.m. - Traditional Protestant

Jewish Services: 379-8666 or 493-6660

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

Dodd Field Chapel, Building 1721, 221-5010 or 221-5432

Catholic Services - Sundays:

12:30 p.m. - Mass

Protestant Services:

10:30 a.m. - Collective Gospel

Protestant - Sundays

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

Brooke Army Medical Center Chapel, Building 3600, 916-1105

Catholic Services:

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

11 a.m. - Mass - weekdays

Protestant Services:

10 a.m. - Worship Service - Sundays

Noon - Worship - Wednesdays

AMEDD Regimental Chapel, Building 1398, 221-4362

Troop Catholic Mass: Sundays:

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

Troop Protestant Gospel Services:

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

Troop Protestant Service:

Sundays: 9 a.m. - 32nd Med. Bde. Soldiers

Samoan Protestant Service:

Sundays: 12:30 p.m.

FSH Mosque, Building 607A, 221-5005 or 221-5007

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

Education - Sundays

1:30 p.m. - Jumma - Fridays

7:30 p.m. - Adult Religious

Education - Thursdays

Evans Auditorium, 221-5005 or 221-5007

Mormon Services: 9:30 to 11:30 a.m. - Sundays

Web site:

www.samhouston.army.mil/chaplain

Post's lifeguards take first place in city competition

By Dave Waugh
Special to the News Leader

The San Antonio Parks and Recreation hosted a citywide lifeguard competition July 11 at the San Antonio Natatorium. Fort Sam Houston entered two teams in the competition, and one of those teams was named the overall first-place winner.

Members of the team were Kevin Smith, Katie Bruce, Alex Dochnal and Scott Gibson. The second team, which finished in third place, included Ben Carter, Cody Oswald, Caitlin Simmons and the competition's most valuable player, Seana Grady.

The competition included nine lifeguard events and a water talent show. The first event was "report for work." The second event was a timed written test on lifeguarding procedures and city questions. The "ultimate relay," where each lifeguard wore full sweats, and swam 25 yards was the third event, followed by a "passive victim relay," in which each lifeguard tows a passive victim 25 meters and then switches to the next lifeguard. The fifth event was a "deep water spinal rescue." Each team had to rescue a victim with a neck injury from a 13-foot depth. Event number six was "ranger pushups," where the team members form a square by putting their feet on their teammates' back and doing as many pushups as the team can in one minute. Cardio-pulmonary resuscitation was event number seven, followed by "lungs of steel," where the lifeguard team members hold their breaths as long as they can. Event number nine was a one-person "iron man" competition. The water talent was the last event.



(Left) Seana Grady tows Caitlin Simmons during a lifeguard competition at which each lifeguard tows a passive victim 25 meters.



(Right) (from left) Scott Gibson, Alex Dochnal, Kevin Smith and Katie Bruce pose with their first-place trophy at a San Antonio lifeguard competition.

MWR

Recreation and Fitness

Silver Stars woman's basketball

Discount tickets are available for the San Antonio Silver Stars woman's basketball team. Tickets are \$12 for the Saturday military appreciation night game vs. Phoenix. The cost of the ticket includes a Spurs championship coin, hotdog, soda and ice cream. The game will honor fallen and injured Soldiers as well as all those who have served and are serving in the war. There will also be a special recognition of female service members and military spouses and family members. For more information, call 221-2926 or 221-9904 for a ticket order form, or visit any Morale, Welfare and Recreation activity such as the Bowling Center, Jimmy Brought Fitness Center, library and Army Community Service.

Military Idol

The Fort Sam Houston Military Idol competition will begin Aug. 3 and will continue through Sept. 21. Performers have until July 29 to apply. Eligible contestants must be on active duty. This includes members of all branches of service assigned to the installation. The competitions will be held at the Sam Houston Club. Installation-level prizes include \$500 and temporary duty costs covered for the first-place winner to compete in the Army-wide finals. The first-place winner's unit will also receive \$500. Second-place performers will receive \$250, and third-place performers will receive \$100. For more information, call 224-7250.

MWR garage sale

The next Morale, Welfare and Recreation garage sale will be Aug. 6 from 7 a.m. to 1 p.m. at the MacArthur Pavilion parking lot, corner of Harry Wurzbach and Stanley Roads. Sellers must have a valid Department of Defense ID card. There is no cost; however, participants must pre-register by calling 221-2926. Participants must bring their own tables, or may rent one at the Outdoor Equipment Center by calling 221-5224.

Archery lessons

The Outdoor Equipment Center offers individual and group archery lessons. Instruction is given at the level of experience. Children are welcome, but must be accompanied by an adult if under the age of 18. Participants should wear full-covered shoes and not wear oversized shirts or pants. For more information, call the Archery Shop at 221-5225.

Aquatic Center

The Aquatic Center is open daily from noon to 8 p.m. The center has a 50-meter Olympic size swimming pool, three amusement park-style water slides, a kiddie pool and locker rooms with showers. For more information, call the Aquatic Center at 221-4887.

Swimming lessons

A two-week-long swimming lesson is available at the Aquatic Center Monday to Aug. 5. For more information, call the Aquatic Center at 221-4887 or visit www.portsamhoustonmwr.com.

Aerobics classes

The Jimmy Brought Fitness Center offers a variety of aerobics classes Monday through Friday. Visit the fitness center for a schedule including yoga, water aerobics, step and cycling classes.

Free morning aerobics

Free morning aerobics classes at the Jimmy Brought Fitness Center are Monday through Friday at 5 a.m. There is also a free step aerobics class Mondays and Wednesdays at 6 a.m.

Yoga and Pilates class

Yoga and Pilates class is offered at the Jimmy Brought Fitness Center Tuesdays from 4:45 to 5:30 p.m. The cost is \$2 per class or \$24 for a 16-class pass.

Summer hours for catfish pond

The catfish pond at Camp Bullis is open Saturdays and Sundays from 4 to 8 p.m. The pond is pay-as-you-go. Catfish are \$1.75 per pound, live weight. Catch

and release is not authorized. A fishing license is not required, and there is no daily fee. For more information, call 295-7577.

AC service

Beat the heat with air conditioning service at the Auto Craft Shop. All AC services are \$30 plus the cost of Freon and a \$2 environmental fee. Visit the MWR Web site at www.portsamhoustonmwr.com for a \$5 off coupon. For more information, call 221-3962.

MWR car wash

Stop by the Fort Sam Houston Morale, Welfare and Recreation Auto Craft Shop in Building 2410, on the corner of Funston and Schofield Roads, to use one of the two car wash bays. The center also features an automobile vacuum. The hours of operation are Wednesday through Friday from 1 to 9 p.m., and Saturday and Sunday from 9 a.m. to 5 p.m. For more information, call 221-3962.

Dining and Entertainment

Sam Houston Club, 224-2721

Bingo

Come play bingo every Thursday and Friday; doors open at 5 p.m. and Saturday the doors open at 11 a.m. Youth 10 and older may play when accompanied by an adult. There is a free buffet for all bingo players.

Lunch buffet

The Sam Houston Club features an "All You Can Eat" lunch buffet which includes beverage, deluxe salad bar, soup and dessert Monday through Friday from 11 a.m. to 1 p.m.

Bowling Center, 221-3683

Military doubles tournament

This tournament is scheduled for Saturday and Sunday. Registration is \$30 per doubles team and open to all Department of Defense ID cardholders. A \$400 first prize will be awarded.

Unlimited bowling

There will be unlimited bowling every Friday from 5 to 10 p.m. for \$5.95.

Adult bowling clinic

There will be an adult bowling clinic Friday through Monday from 8 a.m. to 4 p.m. The clinic is open to adult bowlers of all skill levels. The cost is \$100 (a \$400 value). The registration deadline is Saturday.

Family bowling day

Every Sunday, adults and children 12 and up pay \$1.75 per game (children under 12 bowl free). Shoe rental is \$1.

Soldier appreciation

Soldier appreciation day is Saturdays from noon to 6:45 p.m. The center offers free shoe rental and medium soda with purchase of game.

Cyber Bowl

Cyber Bowl is Saturdays from 7 to 9 p.m. The cost is \$10 per person 12 and up and \$5 per person under 12.

Golf Club, 221-4388

Junior clinic

Instruction on putting, chipping, etiquette, safety, irons, driver, fairway and woods is available at the Golf Club.

Golf lessons

Private customized and personalized instruction are offered at the golf course.

Vera's Barbershop

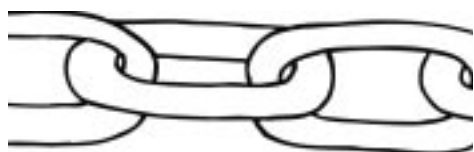
Vera's Barbershop specializes in military cuts. It is located in the former Officers' Club, 407 Dickman Road.

Around the Corner Frame Shop

The frame shop specializes in engraving plaques, medals and trophies, as well as combat medic statues, military coin racks and flag cases. It is located at the lower level of the former Officers' Club, 407 Dickman Road.

MWR Ticket Office

The ticket office has discount tickets available for various events. Through August, ticket office hours are Tuesdays through Fridays 10 a.m. to 5 p.m., Saturdays 10 a.m. to 2 p.m., and closed Sundays and Mondays. For more information, call 226-1663 or visit www.portsamhoustonmwr.com.



COMMUNITY LINK



Happenings

NAF cash and carry sale

Fort Sam Houston's non-appropriated funds office will conduct a sale from 9 a.m. to 3 p.m. Wednesday in Building 4191, Bay E. Cash and personal checks with picture identification will be accepted forms of payment. All sales are final, and property will be sold as is, where is. Items must be removed at time of purchase. For more information, call Lonnie O'Haver at 221-4449 or 221-4950.

BAMC computer sale

FSM Leasing will offer employees and contractors the opportunity to purchase one or more of the IBM computers currently used at Brooke Army Medical Center for \$249 per machine plus \$19.92 Texas sales tax. Forms of payment will be cash, money order, certified checks, credit cards or personal checks. For more information, call Maj. Jennifer Cradier at 916-5114.

Jewish center theater presentation

The Barshop Jewish Community Center of San Antonio will present "Once on this Island" July 30, 31, Aug. 1 and Aug. 6. The show is a twist on the traditional "Little Mermaid" tale, and tells the story of Ti Moune, a poor peasant girl who falls in love with Daniel, an upper class boy whose life she saves after a car crash. Admission is \$9, and a reservation is required. For more information, call 302-6828.

Commissary carnival

The Fort Sam Houston Commissary will have a carnival from 9 a.m. to 4 p.m. July 29 and 30. There will be free popcorn, sno cones, bounce house and balloons.

Palo Alto College scholarships

The Conjunto Music Program at Palo Alto College will offer scholarships, which range from \$500 to \$1,000 per semester, to musicians who successfully pass an audition, enroll at PAC and join the program's performing ensemble. Interested musicians should be proficient as a vocalist or in one or more of the following instruments: button accordion, bajo sexto, bass or drums. Proficiency in other instruments such as the guitar, saxophone, keyboards and percussion will also be considered. Auditions will be conducted throughout July and August. For more information, call 531-9505.

Publication seeks war stories

War Stories Journal, a new e-publication produced by S. Daniel Smith, requests stories from current and former members of the armed forces. The quarterly's launch will mark the first journal that tells history from the first-person viewpoint of those who were there. First-person narratives and photos will depict wartime and peacetime activities. Fiction writing will also be showcased, according to the publisher. Writers can find submission guidelines on the quarterly's Web site at <http://sdansmith.tripod.com>.

Rainbow Kids' audition

Fort Sam Houston's Youth Services will hold open auditions for this performing arts group Aug. 6 at 4 p.m. at the School Age Services, Building 1705, located on Winans and Dodd Roads across from the chapel. The audition is for boys and girls ages 6 to 13 who like to sing, dance and perform comedy or special acts. For more information, call the Youth Center at 221-3502 or 221-4882, the SAS at 221-4466 or Ron Joy at 348-8014 or 295-2093 or via e-mail at rj96707@yahoo.com.

Adopt-a-child back-to-school

Daughters of Charity Services will sponsor their annual "Adopt-a-Child Back-to-School" program to help children with school clothes and supplies. Suggested sponsorship

costs are \$100 per child which includes a pair of shoes, new pants, top, socks, underwear and school supplies. For more information or to register, call at 921-0071. Registrations must be done by Monday, and items must be delivered by Aug. 5.

Poster contest

The Fiesta 2006 poster contest is under way. The Fiesta Commission will accept entries through noon Aug. 5. The winner will receive \$5,000. For more information, visit www.fiesta-sa.org.

Early On Bright Ideas Café

KLRN will sponsor a series of free classes for parents, child care providers and children during the summer. Each session will provide families with hands-on learning activities, which prepare preschool children for success. For more information, call 270-9000, extension 2246.

Kraft youth essay contest

Kraft Foods, under its "Salute to Military Families" program, will sponsor a youth essay awarding three \$1,000 U.S. Savings Bonds. To enter the contest, military children should write an essay, not to exceed 1,000 words, on "The Person I Admire." The essay should be postmarked before Aug. 1 and mailed to San Antonio Missions Baseball Club, Post Cereal Youth Essay Contest, 5757 Highway 90 West, San Antonio, TX, 78277. For more information, call 221-2307.

Bat boy (girl) opportunity

Kraft Foods will honor military children with its bat boy program. The honorary bat boys (or girls) will receive a Missions cap and special T-shirt, tickets for the family to attend the game, and participate on the field for the opening ceremonies at home games Friday, Saturday or Sunday. To register for bat boy (girl), send a postcard to the San Antonio Missions Baseball Club at Kraft Singles Honorary Bat boy, 5757 Highway 90 West, San Antonio, TX, 78277. For more information, call 221-2307.

Free SeaWorld admissions

Anheuser-Busch adventure parks will salute the men and women of the armed forces and their families throughout 2005 under its "Here's to the Heroes" special. Military members 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. Eligible members can either register online at www.herosalute.com or in the entrance plaza of participating parks, and must show a Department of Defense photo ID. For more information, visit www.herosalute.com.

Volunteer

SAMM volunteer opportunity

San Antonio Metropolitan Ministry, a non-profit organization that runs the largest homeless shelter and transitional housing program in San Antonio, seeks volunteers for its various charity missions. For more information on upcoming projects, call Betty Schwartz at 340-0302, extension 224.

Pediatric dental patients needed

The Lackland Pediatric Dental Service seeks pediatric patients for its dental training programs. Dental screenings will be provided for all eligible military medical beneficiaries between ages 7 and 13 from 8 to 11 a.m. Wednesday at the Skylark Community Center, Building 6576, in the Longhorn Room on the first floor at Lackland Air Force Base. No appointments are necessary. Children will receive a dental screening exam, appropriate treatment and follow-up recommendations or alternatives. If available, parents should bring a copy of their

child's treatment plan (or referral letter) from their private dentist. For more information, call Staff Sgt. Shannon Lilley at 292-4072.

Exchange student sponsorship

Host parents, with or without children, are needed to sponsor international exchange students for the 2005-2006 academic year. The students (ages 15 to 18) will arrive in early August. The parents will need to provide a bed, meals, friendship and share the American way of life. The students speak English, have medical insurance and their own spending money. For more information, call Yvette Coffman at SHARE Southwest Regional Office at (800) 941-3738 or visit the Web site at www.sharesouthwest.org.

Volunteer ombudsmen needed

The Alamo Area Council of Governments' Alamo and Bexar area agencies on aging are looking for caring individuals to become certified volunteer ombudsmen. Ombudsmen are advocates for elders' rights. The ombudsmen programs are composed primarily of volunteers. AACOG staff administers a specialized training program, certified by the Texas Department of Aging and Disability Services, to teach volunteers how to advocate for the elderly in long-term care. For more information, call 362-5226 for Bexar County or 362-5223 for the Alamo Region or visit www.aacog.com/aging.

UFE procedure available

The department of interventional radiology at Wilford Hall Medical Center is accepting patients for nonsurgical treatment of symptomatic uterine fibroids. Uterine artery embolization is a minimally invasive, safe and effective procedure that can be performed for most patients with symptomatic uterine fibroids. People who desire an evaluation should call 292-5262 and ask for Maj. George Leon, Lt. Col. David Condie or Lt. Col. Thomas Seay.

WHMC periodontics seeks patients

The Wilford Hall Medical Center Department of Periodontics at Lackland Air Force Base seeks patients with specific needs for treatment in the periodontics residency program. Applicants must be a military retiree, family member of a retiree or family member of an active duty member and have been recently determined by a dentist to have an existing periodontal condition. Eligible patients must have a written consult from their referring dentist and can either bring it to MacKown Dental Clinic or fax it to 292-5193. For more information, call 292-7273.

BAMC needs volunteers

Brooke Army Medical Center seeks volunteer drivers for its caremobiles, which transport patients from the BAMC parking lot to the clinic entrance. The hospital also needs volunteers for its patient library to distribute materials to clinics and patients. For more information, call Laura Hansbrough at 916-5083 or Jessica Veilluex at 916-3862.

Professional Development

NCOA job fair

The Non Commissioned Officers Association will host a national job fair Wednesday at the Live Oak Civic Center, 8101 Pat Booker Road, from 9 a.m. to 3 p.m. The event is free and open to all job seekers. Several copies of resume and business attire (military uniform acceptable) are recommended. For more information and a list of participating companies, visit www.militaryjobworld.com or call 653-6161, ext. 271.

Digital training

Army Medical Department Center and

School will offer its next training courses in today's digital warfare to include the Force XXI Battle Command Brigade and Below Monday. For more information, call Marvin Danzy at 221-0640 or e-mail marvin.danzy@amedd.army.mil.

DMRTI courses

The Defense Medical Readiness Training Institute will host the Joint Operations Medical Managers from July 31 to Aug. 5 at the Saint Anthony Hotel. The institute will also host the Military Medical Humanitarian Assistance Course Aug. 6 and 7 at the same location. For eligibility and more information, call Charles Moed at 221-9143 or Staff Sgt. Brady at 221-9218 or visit the Web site at <http://dmrti.us>.

Emergency war surgery course

The Defense Medical Readiness Training Institute will conduct this war surgery course, formerly known as the trauma refresher course for surgeons from Aug. 8 to 10 at Wilford Hall Medical Center, Lackland Air Force Base. For more information, call Maj. Alan Murdock at 292-5129 or e-mail Alan.Murdock@lackland.af.mil or Senior Airman Tiffany Hill at 292-4925 or e-mail Tiffany.hill@lackland.af.mil.

St. Mary's representative on post

St. Mary's University has a representative available on post Mondays to Thursdays from 8:30 a.m. to 4 p.m. and Fridays from 8:30 a.m. to 12:30 p.m. For more information, call Judy Olivier at 226-3360, or visit the St. Mary's office in Building 2248, Room 206.

Meetings

549th MI reunion

The 549th Military Intelligence Battalion will have a reunion Aug. 6 at VFW Post 4443 in Austin, Texas. For more information, call John Stegall at (512) 263-5493 or Jim Valentine at 221-5533.

Association seeks members

The Alamo Silver Wings Airborne Association, VFW 9186, seeks members for its organization. Join the spirit and tradition of airborne. Meetings are every third Thursday. For more information, call Joe Turella at 657-0028.

Civil Air Patrol seeks members

Civil Air Patrol is the civilian auxiliary of the U.S. Air Force and is organized along military lines. For more than 50 years, the CAP has performed three congressionally-mandated missions: aerospace education, cadet programs and emergency services. The organization is looking for both young people and adults. For more information, call 1st Lt. Mark DeJesus at 221-9655 or e-mail cap_dejesus@yahoo.com.

SMA seeks new members

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month at 6 p.m. in the Sam Houston Club. Command Sgt. Maj. Timothy W. Burke, president of the association, invites active duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to the meetings. For more information, call Sgt. Maj. Danielle Lewis at 916-4114 or Sgt. Maj. Kyong In Nichols at 221-1266.

BOSS seeks single Soldiers

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

FORT FREEBIES



Freebies are published on a first-come, first-served basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit paid classified ads or commercial advertising, call Prime Time at 453-3300. To submit a Fort Freebie, e-mail to news.leader@samhouston.army.mil or fax to 221-1198. Ensure your military and Fort Sam Houston civil service status, phone number and name appear on request. Freebies run for one week unless submitter calls to renew. There is a two-week maximum and a limit of five items per entry. For more information, call 221-1031.

For Sale: One Goodyear Eagle RH tire, size P255-70/R15, like new, used briefly as spare, \$45 obo. Call Fred at 494-8401 in the evenings.

For Sale: New TV, \$27; like new helmet, \$20; computer desk, \$65; small fridge, \$54; gas BBQ grill, \$60; and more items. Call Miguel at 313-0061.

For Sale: Whirlpool side-by-side refrigerator, model ED2FHEXN, 21.8 cubic feet with filtered water, ice maker and dispenser, paid \$779, will sacrifice for \$500. Call 667-1880.

For Sale: Playstation 2 games, Splinter Cell: Chaos Theory, \$20; Dead to Rights, \$10; Medal of Honor: Rising Sun, \$10. Call 568-3883 or e-mail anarmyfamily@gmail.com.

For Sale: 1965 Pontiac Tempest, four-

door, runs great, one owner, \$4,500 obo. Call 240-9693.

For Sale: Nine-inch color combination TV/VCR with remote control and car power cord, great for travel, \$50. Call Jeff at 226-1173.

For Sale: 1994 Bayliner boat with trailer, 20 feet, V6, 4.3L inboard motor, recent tune-up completed, carries up to eight people, \$5,000. Call 260-6010 or 662-4091.

For Sale: Two-year-old Sony Trinitron flat television, 36-inch, with matching stand, remote and cordless headphones, \$650. Call 454-9038.

For Sale: Fence, \$100; 55-gallon aquarium with oak stand, \$200. Call Denise 382-0766.

For Sale: Kitchen table, wood with four chairs, \$65; five-piece bedroom set, includes double size headboard, night stand, chest of drawers, triple dresser, mirror with shelf unit, \$475; four-piece bedroom set, includes double size headboard, mattress frame, night stand, triple dresser, mirror with closed shelf unit, \$250; Sealy double size mattress, box spring and frame, like new, \$200; two-piece dining room hutch, base with drawers and glass enclosed top, \$400. Call 495-2296.

For Sale: 2001 Ford Windstar, excellent shape, 70K miles with extended warranty, five-door, V-6, automatic, roof rack, power steering and brakes, front and rear AC, AM/FM cassette, overhead console, everything works well, \$7,950; wanted: fresh

figs. Call 673-9649.

For Sale: Fisher Price Ocean Wonders aquarium swing, \$45; Fisher Price Kick 'N Play bouncer, \$15; Fisher Price Motion and Music gym \$15; Graco infant car seat with base, \$30; bassinet, \$10; all can go for \$100. Call 822-7620.

For Sale: 1985 Honda Nighthawk motorcycle, 650cc, includes windshield and trunk, \$1,500. Call 682-4722.

For Sale: Five-piece dinette set, \$100; black entertainment center, \$35; microwave, \$20; computer desk with hutch, \$40. Call 241-1291 or 637-7322.

Free: Chocolate Weimaraner female dog, likes children, does not like cats, indoor or outdoor pet. Call 930-4962.