



## Briefs . . .

### **Patriotic ceremony**

The Fort Sam Houston National Cemetery will observe Fourth of July with a wreath-laying ceremony at 9 a.m. Monday, which will include colonial uniforms, fife and drum music and firing of muskets. Lt. Gen. Robert Clark, Fifth U.S. Army commanding general, will be the keynote speaker.

### **USA Express to perform**

USA Express, a variety band of Army performers and musicians, will be at the Hacienda Recreation Center Tuesday at 7 p.m. The group tours the world to entertain military members. The event is free and open to the public.

### **Army Soldier Show**

The 2005 Army Soldier Show will present a 90-minute song and dance production, "Operation America Cares," July 7 at 7 p.m. at the Municipal Auditorium, 100 Auditorium Circle. The event is free and open to the public. See related story on Page 7.

### **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.

### **Accident avoidance training**

A privately owned vehicle accident avoidance training class will be July 7 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

See **BRIEFS** on Page 3



Photo by Elaine Wilson

Spc. James Barnes practices endotracheal intubation to open an airway on a medical mannequin while Capt. Robert Zeman, respiratory therapist and instructor, coaches him through the procedure. Barnes is attending a 21-day pre-deployment course for reservists at Camp Bullis.

# Combat medics prepare for deployment at Camp Bullis

By Elaine Wilson  
Fort Sam Houston Public Information Office

Twenty combat medics got a dose of war-time medicine during a reality-based 21-day pre-deployment course, which wrapped up June 23 at nearby Camp Bullis.

The course, which covers everything from battlefield trauma life support to rapid extrication, is tailor-made for deploying reservists who may need a refresher course in medical skills.

"Many reservists don't work in the medical field in their civilian lives," said Sgt. 1st

Class Raedona Campbell, course instructor and writer from the 13th TASS Battalion (National Health Services) in San Antonio. "In addition, many of our students received their Army medical training 10 to 15 years ago. This program provides a great refresher and also teaches new skills that are relevant to today's battlefield."

These skills will soon be put to the test. Medics who attend the course all typically deploy within six months.

"This program is extremely crucial," Campbell said. "It provides up-to-date medical training that will help medics bet-

ter deliver battlefield care."

The course, which supports the Army Medical Department Center and School's training mission, is ongoing, and taught at various Army installations throughout the country, but while the location may vary, the course does not. It starts off at a laid-back pace with refresher courses in cardiopulmonary resuscitation, emergency medical technician-basic, combat casualty care, trauma life support and rapid extrication techniques. It then kicks into high gear with pre-hospital trauma life support and a

See **COMBAT MEDICS** on Pages 16 and 17



## Fourth of July "Salute to the Union"

A display of the 50 state flags will grace the main post flagpole as Fort Sam Houston salutes the 229th anniversary of the Declaration of Independence Monday at 11:30 a.m. at the main post flagpole on Stanley Road.

The traditional ceremony will feature a cannon salute to the union fired in succession for each of the 50 states starting with Delaware. Members of the "Sons of the American Revolution," dressed in period uniforms, will ring a commemorative bell 13 times to commemorate the original 13 colonies. The Army Medical Command Band will perform patriotic music before and after the ceremony.

The public is invited to this patriotic event. Vehicles without Department of Defense vehicle decals should enter Fort Sam Houston at the Walters Street exit off Interstate Highway 35.

## Region bids farewell to Fox; welcomes Gilman

By Nelia Schrum  
Brooke Army Medical Center Public Affairs

The Great Plains Regional Medical Command and Brooke Army Medical Center bid farewell to one commander and welcomed another at a June 22 change of command ceremony at Fort Sam Houston hosted by Army Surgeon General Lt. Gen. Kevin C. Kiley.

Col. James K. Gilman, who has been selected for promotion to brigadier general, replaces Brig. Gen. C. William Fox Jr., who will retire.

Gilman, a board-certified cardiologist and internal medicine specialist, reports to his new assignment after serving as the commander of the Walter Reed Health Care System.

In taking on his new responsibilities, Gilman said his goal is to build a championship team in the 10 military treatment facilities and seven clinics that comprise

See **FAREWELL** on Page 4

# Commander advises safety first over holiday weekend

By Maj. Gen. George W. Weightman  
Army Medical Department Center and School and  
Fort Sam Houston commander

The anniversary of the Declaration of Independence is an important celebration for all Americans. Across our great land and in many nations overseas, Americans will join together to proudly display their love of country and their commitment to its ideals.

Unfortunately, important holidays are often celebrated with the overindulgence of alcohol. Outdoor activities and family vacations will be the order of the day. For many, particularly family members, this means an opportunity to

participate in activities that present potential hazards such as swimming, boating and hiking. Advanced planning and moderation will prevent many recreational accidents.

Major causes of privately owned vehicle accidents are speed, fatigue, alcohol and attitude. Involved leadership and good risk management are the keys to preventing off-duty accidents. Alcohol and driving are a deadly combination. Military and civilian members of the community should not consume alcoholic beverages and drive. Driving long distances after a full day of work greatly increases the risk of fatigue-related accidents. Safety belt and child restraint use are essential for all as they

provide the final means to prevent fatal injuries.

Additionally, leaders must emphasize sexual assault risks, prevention, and response in their holiday safety briefings; guidance is available at [www.sexualassault.army.mil](http://www.sexualassault.army.mil).

The Fourth of July is for celebrating the birth of our country, life, liberty and the pursuit of happiness, and should not be marred by tragic, senseless accidents. Let's work hard to make this an enjoyable, safe holiday.



Maj. Gen. George W. Weightman

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## Briefs cont. . . .

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 July 21, Aug. 11 and 25. To register, call Marty Dinivahi or Dwin Banner at 221-3824.

### LAO offers help

The Army Materiel Command Logistics Assistance Office can help commanders improve and sustain the readiness of Army materiel systems and logistics support while in garrison and during mobilization and other contingencies, to include natural disaster relief missions. The local office is located in Building 1000 (old Brooke Army Medical Center) on the third floor. For more information, call Heriberto Rodriguez, AMC LAO administrative officer, at 295-6373.

### Change of commands

#### 187th Medical Battalion

Lt. Col. John Collins will transfer command of 187th Medical Battalion to Lt. Col. Patricia Darnaur at a change of command ceremony July 7 at 8 a.m. at the MacArthur Parade Field. Inclement weather site is Blesse Auditorium at 11:45 a.m.

#### HHC, MEDCOM

Headquarters and Headquarters Company, Medical Command, will have a change of command ceremony Wednesday at 9 a.m. at the Spurgeon Neel DUSTOFF Memorial Plaza, Tavernier Circle and Stanley. Capt. Saudia D. Smith will transfer command to Capt. Sarahtyah T. Wilson.

#### B Co., 232nd Med. Bn.

B Company, 232nd Medical Battalion will have a change of command ceremony July 7 at 5:30 p.m. at Building 1350. Capt. Rachel Wienke will transfer command to 1st Lt. Mark Knight. To attend, call 221-3510 or e-mail Rachel.wienke@us.army.mil.

#### 470th MI Bde.

The 470th Military Intelligence Brigade will have a change of command July 22 at 8:30 a.m. at the MacArthur Parade Field.

## DENCOM, VETCOM gain new commanders



Courtesy photos

(Above) Col. Clifford Walker (left) accepts the U.S. Army Veterinary Command guidon from Lt. Gen. Kevin C. Kiley, Army Surgeon General and Army Medical Command commander, after outgoing commander Col. Charles Kelsey Jr. relinquished command. The ceremony was Friday at the MacArthur Parade Field.

(Left) Col. Russell Czerw assumes command of the U.S. Army Dental Command from Lt. Gen. Kevin C. Kiley, Army Surgeon General and Army Medical Department commander, after Col. Sidney Brooks relinquishes command during a ceremony Thursday at the MacArthur Field Parade.

## Army streamlines RC-AC transfer process

WASHINGTON, D.C. – The Army is implementing new policies and procedures for the voluntary enlistment and transfer of mobilized reserve-component Soldiers into the regular Army.

The changes are designed to ensure a seamless transfer from one component to another that is consistent with the continuum of service concept, G1 personnel officials said. Currently, the process requires mobilized RC Soldiers with less than 18 years of service to be demobilized and processed through a Military Entrance Processing Station before enlistment into the regular Army.

Under the new procedures, Soldiers will be able to apply while mobilized, at the demobilization station or while on leave after processing through the demobilization station. In most cases, they will not have to process through the MEPS.

Upon approval by the Army's deputy chief of staff, G-1, the Soldiers will be demobilized, and separated from the reserve component and accessed into the

regular Army, thus eliminating the MEPS. Soldiers may apply to transfer from the RC to regular Army within six months of their projected demobilization or release from active duty date to include time at the demobilization site.

Soldiers who have out-processed from the demobilization site, but are granted leave en route to their parent unit, may also apply for enlistment in the regular Army under this policy prior to the end date of their leave, officials said, as they have not been released from active duty. This limitation does not apply to RC Soldiers with 18 years active service currently serving on active duty; these Soldiers may apply at any time, officials said.

All requests for conditional release will be processed through the RC, where recommendations will be made regarding each request. However, the final approval for all requests for release rests with Department of the Army headquarters.

Once Soldiers have enlisted in the regu-

lar Army, they will remain with their current unit of assignment until it redeploys to the demobilization station, then they will be reassigned to a new duty station.

This is a voluntary program that requires release approval from reserve chiefs or designees, personnel officials said. They said it is purely intended to benefit Soldiers by streamlining the transfer process, and not exacerbate any shortages within the reserve-component ranks.

The Army has also taken steps to offset this policy in a manner favorable to the reserve component, which includes:

- Office of the Secretary of Defense policy relief to reduce military service obligation at the time of AC to RC transfer for commitment to serve in a Reserve unit;
- increase of the RC affiliation bonus from \$50 a month to \$10,000; and
- a 12-month mobilization deferment for active Soldiers who join a Reserve unit after a recent deployment.

(Source: G1 Public Affairs)

### Army ACP guidelines increase post safety

The Department of the Army standardized entry onto Army installations and set minimum access control point requirements in 2003. These standards are Army specific and do not reflect the operational environment of other military installations.

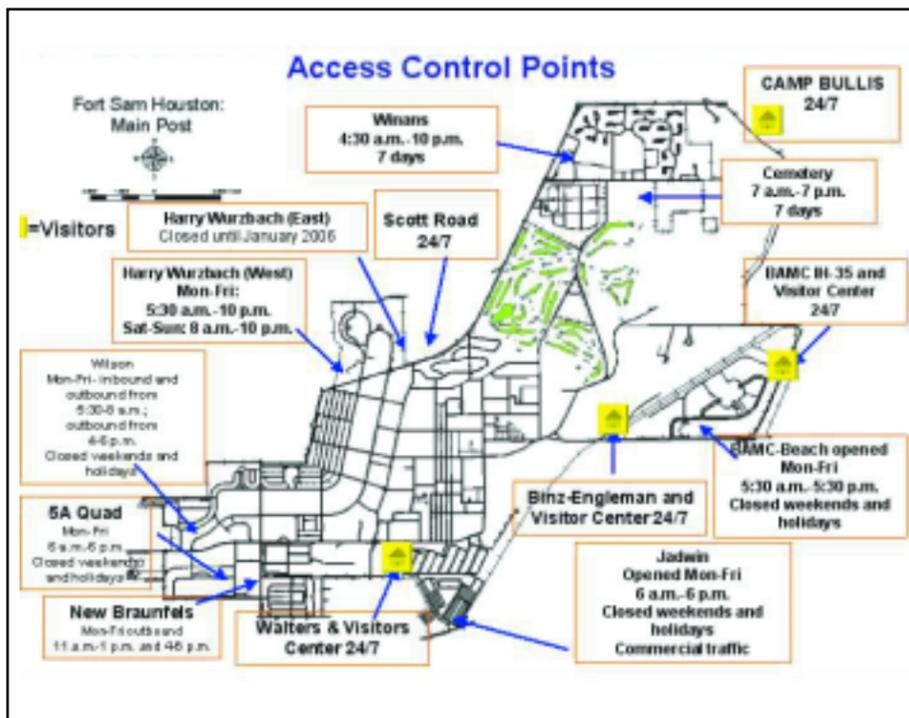
The requirements reinforce high levels of security, enable manpower savings and facilitate installations to quickly "ramp up" operations to support higher Force Protection Condition, or FPCON, levels.

The following functions are performed at ACPs:

#### Vehicle entrance and screening

– Vehicles are assessed for authorized access to the installation, such as ensuring all vehicles are registered in accordance with Fort Sam Houston Regulation 190-5.

**Personnel identification validation** – The identity of all personnel entering U.S. installations will be verified. Security personnel will inspect ID cards, security badges or other forms of personal identification



approved by the installation commander.

**Visitor controls** – Installation commanders will establish and maintain a visitors' control program to ensure only authorized individuals enter Army installations.

For more information, call Alberto Jorge, physical security specialist, at 221-0110.

### Traffic violations cost more money

Effective Friday, a new law signed by the President provides the Judicial Conference of the United States with authority to prescribe and collect a \$25 fee for the processing of violations through the Central Violations Bureau. The law includes all traffic violations, and the fee will be charged to the defendant for each violation notice issued. The violation notice will reflect the authorized forfeiture amount, and \$25 dollars will automatically be added to that amount to determine the total collateral due. For example, if the forfeiture amount, or cost of violation, is \$75, with the added \$25 processing fee, the total collateral due will be \$100. The defendant must pay the total collateral due or appear in court. For more information, call Ray Acuna, deputy provost marshal, at 221-1490.

# Peacekeepers unite in Santo Domingo for military exercise

Story and photo by Kevin W. Sieling  
US Army South Public Affairs Office

The United States Army South, in conjunction with the Armed Forces of the Dominican Republic, wrapped up another successful U.S. Joint Chiefs of Staff-directed exercise in Santo Domingo, Dominican Republic, June 10.

Peacekeeping Operations North 2005, boasted more than 240 representatives from 19 countries in Latin America, the Caribbean and the United States.

The peacekeepers converged in the capitol city to improve collaboration, cooperation and coordination between the military and nongovernmental, governmental and international organizations involved in United Nations-directed peacekeeping missions worldwide.

"PKO North 2005 is carefully structured to be informative and to draw on the experiences of those involved in peacekeeping operations across the globe," said Col. Robert D. Hudnall, exercise co-director and USARSO deputy chief of staff for the Army National Guard. "Helping countries to restore peace, dignity and return to a safe and productive life ranks as one of the highest priorities of PKO North 2005."

Hudnall's counterpart, Dominican Army Col. William Diaz Medina, reiterated the regional teamwork highlighted during the seminar.

"The exercise aims to promote regional cooperation with an objective of improving our peacekeeping capabilities while observing challenges, as well as reviewing objectives and goals involved in UN missions," he said.



International representatives attend a seminar at Jaraguas Hotel in Santo Domingo, Dominican Republic, during the Peacekeeping Operations North 2005 military exercise, which wrapped up June 10.

USARSO G-3 Tactical Exercise division is the primary planner and executes both PKO North and South with the support of all USARSO directorates. Several challenges are overcome to put on these world-class exercises.

"These exercises are extremely complicated due to the nature and level of participants," said Lt. Col. Tony Espinosa, PKO North 2005 officer in charge. "It takes between nine and 12 months to put together (PKO) and many staff elements are in the midst in making it happen. The USARSO team did an outstanding job. When I talk about the team, I do not mean only the uniformed on

active federal service, but I also include in it the Army National Guard, reservists, civilians, contractors, NCOs and officers.

"It is a team effort and the success was based on having the best putting forth their best," Espinosa said.

"I think that the primary challenge is bringing together both armies into one working team," said Sgt. 1st Class Carlos Lopez, NCO in charge of the exercise. "It is not easy to link two different armies together, because of the differences in cultures and working habits. I believe that the more our military works with other countries in Latin America and the Caribbean, the more our image improves, not only with the military population of the countries, but with the general population as well.

"I witnessed a very supportive attitude among the civilian population of Santo Domingo; there were a lot of people interested in getting information about our exercise and willing to help us in whatever we needed," he said.

Espinosa added, "Working in a foreign country and executing an exercise is always a challenge. The challenge revolves in that the host nation military (Dominican Republic) is engaged in their day to day 'battle rhythm,' while attempting to meet the exercise's expectations."

USARSO conducts two peacekeeping operation seminars annually. PKO North involves Caribbean and Central American representatives and PKO South involves South American representatives. USARSO will conduct PKO South from July 18 to 29 in Brasilia, Brazil.

## Farewell

Continued from Page 1

the Great Plains Regional Medical Command.

The new commander pledged to "lead with honor, to lead with humility and occasionally to lead with humor as we take care of the Soldiers, Sailors, Airmen and Marines and their families."

Gilman said the assignment to Great Plains and BAMC gave him and his wife,

Jeffri, a real feeling of returning home. The couple's three daughters were born at the old BAMC facility that is now the headquarters for U.S. Army South. One daughter, Kate, is a college student at University of the Incarnate Word.

The Gilman's eldest daughter, Sarah, spent the last two years working as a teaching assistant at Cole High School and will begin teaching in the Judson School District in August. Emily, the youngest of the Gilman daughters, is set to attend Cole High School.

Fox, who will retire after more than 28 years of service to the Army, was honored with a retirement parade following the change of command.

For an Army Medical Department at war in support of a nation at war, Kiley said that the contributions made by the Great Plains Regional Medical Command to the Global War on Terrorism were unsurpassed by any other organization in the Army Medical Department.

Kiley said the assembled Soldiers had cared for wounded Soldiers, while at the same time mobilizing and demobilizing to support military personnel in Iraq and Afghanistan. He said the Soldiers on the parade field represented the Warrior Ethos and all that was good about Army medicine.

The Army Surgeon General praised Fox for a career of dedication, sacrifice and service to AMEDD. Citing his work with Special Forces, Kiley said Fox held a series of commands where he was instrumental in expanding the role of medical operations in a joint environment.

Calling Fox a multifaceted commander, Kiley said, "he did all those things that are hard to do, but are necessary to support our Army as we train and deploy for war."

He said that wherever Jan and Bill Fox went, "they have given every bit of their energy."

Fox said that as he prepared his farewell remarks, he was filled with emotion that comes from having so passionately served something much greater than self. The general began and ended his career at BAMC.

"I have been privileged to serve in our Army as an officer, Special Forces doctor, surgeon in the specialty of urology and as a commander," he said.

While commander of GPRMC and BAMC, Fox said the health care team pro-

vided unparalleled health care supporting combat forces deploying and recovering those injured from the wounds of war.

"This command has shouldered with honor a very heavy rucksack full of medical responsibilities to support this war and succeeded at them all," Fox said.

He said that the passion, devotion and loyalty of the GRPMC and BAMC personnel meant excellence producing "better medical care at home and on the battlefield" while saving more lives.

Fox said his greatest honor during his two years here was to care for the more than 1,900 men and women injured in combat along with their families.

"I have never once heard an expression of regret for their service to this country, just the contrary - they have expressed their unqualified love for their fellow Soldier or Marine and the units they have served with."

He said that as he closes out his Army career, he knows "that it is what you live for, what we stand for and how we conduct our lives that count."

Congratulating the incoming commander, Fox said Col. Jim Gilman and his wife, Jeffri, were an outstanding Army couple.

"I can think of no one better trained and ideally prepared for this command than you."



Photo by Kelly Schaeffer

Lt. Gen. Kevin C. Kiley, Army Surgeon General; incoming Brooke Army Medical Center and Great Plains Regional Medical Command commander, Col. James K. Gilman; and outgoing commander, Brig. Gen. C. William Fox Jr., inspect the troops June 22 during the change of command ceremony.

## Holiday safety tips

The Fourth of July is a time of great celebration, but it can also become a time of tragedy through the improper use of fireworks.

It is important to note that fireworks are not permitted to be stored, transported or used on Fort Sam Houston according to FSH Regulation 420-5.

A special concern in this area is the lack of rainfall. Many counties are under a "no burn" band at this time. If you live in a county where fireworks are legal, take the following precautions as a minimum:

- Adults are responsible for fireworks. Children should never be permitted to do fireworks without adult supervision.
  - Clear and remove all dry vegetation within 50 feet.
  - Fireworks should be used outdoors away from structures and vehicles.
  - Read and follow all manufacturer's warnings and instructions.
  - Have a pail of water available as a place to discard spent sparklers.
- Remember that the sticks will remain hot for several minutes after burning out.
- Never attempt to relight malfunctioning fireworks.
  - Caution children to never throw sparklers.
- (Source: Fort Sam Houston Safety Office)



## Off-limits establishments

Pursuant to Army Regulation 190-24, OPNAVINST 1620.2A, AFI 31-213, MCO 1620.2C, and COMDTINST 1620.1D, Armed Forces Disciplinary Control Boards and Off-Installation Liaison and Operations, the following establishments located in San Antonio have been placed off-limits to armed forces personnel by the San Antonio Armed Forces Disciplinary Control Board to help maintain the health, morale and welfare of armed forces personnel. Soldiers entering off-limits establishments may be subject to disciplinary action per applicable service regulations and the Uniform Code of Military Justice:

Establishment/Area	Address	Effective Date
Cracker Box Palace	622 W. Hildebrand	Sept. 1, 1997
*Planet K	5619 Evers Rd.	Sept. 29, 1999
Planet K	1015 E. Mulberry	"
Planet K	2803 Goliad Rd	"
Planet K	2138 Austin Highway	"
**Club Senses (formerly X/S)	13307-A US 281 N	Feb. 21, 2001

\* Includes all locations in Bexar, Atascosa, Wilson, Guadalupe, Comal, Kendall, Medina and Bandera counties.

\*\* Also includes any off-site locations when used to host an X/S-sponsored event.

# BAMC surpasses national organ donation goal

By **Andricka Hammonds**  
**Brooke Army Medical Center Public Affairs**

With more than 88,000 patients nationwide waiting for an organ transplant, the effort to recruit organ donors is more important than ever.

Brooke Army Medical Center was recognized at separate ceremonies for its commitment to organ donation by both the Texas Organ Sharing Alliance and the Department of Health and Human Services.

BAMC surpassed the national goal (set at 75 percent) of getting organ donations by 11 percent. It received the "Life Saver Award" from

TOSA May 18 for commitment and excellence in efforts supporting and implementing the best practices in organ donation.

The DHHS awarded a plaque May 19 to BAMC in recognition of its achievement of surpassing the national goal for organ donation, making BAMC one of 184 large hospitals to receive the award from the department. A large hospital is defined as having eight or more organ donors in a 12-month period.

Only patients who are determined brain dead are considered for donation. Once the physician has determined there is no brain function, a TOSA representative will contact the family members of the patient to discuss the possibility of an organ donation.

"Here at BAMC, we ensure that the patient's family is well informed about the care their loved one receives and their condition," said



Courtesy photo

Patrick Giordano, chief executive officer for the Texas Organ Sharing Alliance, presents Brooke Army Medical Center representatives, Monica DeWitte, trauma division program manager, and Beth Tracy, trauma program manager, with the "Life Saver Award" May 18 for commitment and excellence in efforts to support and implement the best practices in organ donation.

Monica DeWitte, trauma division program manager, adding that the hospital cares for the whole family, not just the patient.

"The family members of our patients trust us," she said. "They know that we have exhausted all possible health care options before the option of organ donation is addressed."

United Network for Organ Sharing reports that more than 88,000 patients are in need of organ donations in the country.

Organs are removed in a sterile surgical procedure. Being an organ donor does not disfigure the body. Organs such as the heart, liver, pancreas, lungs, kidneys and the intestines can be transplanted. An organ donor can also donate tissues.

For more information about becoming an organ donor, call TOSA at 614-7030 or visit its Web site at [www.txorgansharing.org](http://www.txorgansharing.org).

# Family shares lasting ties with old BAMC building

By Ron Joy  
Southwest Region Installation  
Management Agency Public Affairs

You can't miss what is now called the old Brooke Army Medical Center; its seven floors stand strong against the Fort Sam Houston skyline. There are a lot of memories within the walls of the 68-year-old building officially known as Building 1000; its uniqueness draws people back throughout their lives.

Such is the case of Joe Tavernier and most of his family.

Tavernier's connection to the building began June 9, 1949, when he was born in the hospital. Today, he still enters the doors of the building as an Information Technology specialist for the Southwest, chief, Regional Information officer, Network Communication.

What's even more unique about this bond is that seven of Tavernier's 10 brothers were also born at old BAMC.

Growing up in the 1950s and 1960s, Tavernier, his brothers, father and mother were well known around the Fort Sam Houston community. The Tavernier boys — Steve, Joe, Andy, Craig, Gary, Pat, Chris, Tim, Jay, Tony and Matt — spent many hours playing baseball and other activities at Fort Sam Houston.

Tavernier remembers living at what was the old Dodd Field area. At that time, the housing in that area was converted World War II barracks and shared by four families. Two families lived upstairs and two families lived downstairs. That area is now the location of the new portion of the Fort Sam Houston National Cemetery.

Tavernier still has fond memories of the different places they lived on post throughout the years. He remembers going to school at Fort Sam Houston Elementary and his first grade teacher, Mrs. Richardson.

"All in all, Fort Sam Houston is a good place to live and grow up," Tavernier said.

While it is not known if being born at old BAMC had anything to do with it, all 11 brothers served collectively in every branch of the service except for the Marines. Tavernier served 29 years and retired as an Army sergeant major; brother Tony is a retired Army sergeant first class; and baby brother Matt retired recently from the Air Force as a master sergeant after 21 years. However, not one of the 11 boys could match what their father accomplished in his military service.



Courtesy photo

The Tavernier brothers: (from left, back row) Steve, Joe, Andy, Craig, Gary and Pat; (from left, front row) Matt, Tony, Jay, Tim and Chris.

Tavernier's father, Howard, served as the command sergeant major of BAMC, later as the first CSM for the newly founded Health Service Command, now the Army Medical Command. He was honored for his service with a street named after him. The driveway encircles the Helicopter Memorial at AMEDD C&S's Abel Hall and the Academy of Health Science. The road was dedicated July 9, 1997.

The street name was a tribute to the elder Tavernier's military service and his perseverance and determination in the plans for the future Academy of Health Science. For example, he discovered a problem in the original design for the Army's premier medical training center — there wasn't a delivery entrance to the building. The one loop designed was for VIPs and the senior military members. With that in mind, the senior Tavernier was determined to correct the flaw. His efforts won out and the original plans for a courtyard were replaced with a circular driveway which can be seen today.

CSM Tavernier served in the Army for nearly three decades. He retired at Fort Sam Houston in 1973 and died in 1996.

Joe and his wife, Rita, continue the Tavernier tradition as their daughter, Susan, was born at old BAMC in September 1980. Their only son, Brian, continues the military tradition as a captain in the U.S. Air Force flying C-130 cargo planes in Kuwait. Joe and Rita's other children, Christine, Sandra and Denise, stay close to the family and the military way of life.

Frances Tavernier, Joe's mother, lives in San Antonio and is still active at 79 years old.

"When I was first hired by SW RCIO and found out that I was going to work in the old BAMC building, I hoped this wasn't going to be a cradle to grave omen," Tavernier said.

"However, over the years, with 11 boys in the family, we spent a lot of time in the emergency room and delivery rooms of this building and I can't think of a better place to work. This building has been a part of my life for 56 years and will be for many more to come."

# U.S. Army Soldier Show to perform in San Antonio

Story and photo by Tim Higgs  
 United States Army Community and Family Support  
 Center Public Affairs

The 2005 U.S. Army Soldier Show will bring its show, "Operation America Cares," to San Antonio July 7 as part of a 102-performance tour stateside and overseas.

The show starts at 7 p.m. at the Municipal Auditorium, 100 Auditorium Circle. It is free and open to the public.

The 90-minute song and dance production expresses the importance of giving deployed Soldiers a touch of home.

"The message of the show is that it doesn't matter how tough we are, and it doesn't matter how fit to fight we are, Soldiers are still human

and longing for the familiar and America's affection," Soldier Show director Victor Hurtado said.

The cast and crew will attempt to bring his vision to life with musical genres rhythm and blues, new rock, country, gospel, eclectic new wave and new age, patriotic and newly arranged movie themes. Calling the show "our gift to the American Soldier," Hurtado stresses his desire to leave audiences with a sense of newfound knowledge.

"It's not just about singing and dancing; it's about each audience member getting something out of it -- being entertained, being moved, being inspired," he said. "We want to give them something to think about until next year -- lift their spirits and grow their minds."

The show will focus on how Soldiers deal with the stresses of war and long deployments, Hurtado said. In one scene, a crate stuffed with recreation kits arrives from the Army's Morale, Welfare and Recreation headquarters.

"The show is really going to focus on how we take 'home' to the deployed Soldiers," said Hurtado, who performed in the Soldier Show from 1986 through 1989 while on active duty.

While DVDs and CDs can help Soldiers combat stress, nothing boosts morale quite like personal contact from home, Hurtado said. The reinforcing feeling that everything is OK often makes a world of difference.

"We're going to continue with our efforts to not just humanize the Soldier to the American public, but to show the different facets of a Soldier," Hurtado said.

More than 400 Soldiers submitted applications to perform in the Soldier Show. Twenty-five were invited for live auditions, and 16 made the show. Three audio and lighting technicians will accompany them on tour.

The Soldier Show is one of the more than 50 programs provided to Soldiers and their families by the U.S. Army Community and Family Support Center in Alexandria, Va. The Army National Guard is the lead sponsor and partner of the 2005 U.S. Army Soldier show. AT&T is the corporate sponsor.



First Lt. Christina Fanitzi of Camp Humphreys, South Korea, sings Gwen Stefani and Eve's "Rich Girl" during rehearsals for the 2005 U.S. Army Soldier Show, which will take place in San Antonio July 7 at the Municipal Auditorium.

## Preservation of AMEDD history



Photo by Elaine Wilson

(From left) Retired Command Sgt. Maj. Sandra Townsend; retired Col. Frank Blakely; Lt. Gen. Kevin C. Kiley, Army surgeon general and U.S. Army Medical Command commander; retired Col. Frank Novier; and retired Sgt. Maj. Oscar Ramos-Rivera cut a celebratory cake at an Army Medical Department Regiment ceremony Friday. The ceremony was held to welcome Blakely and Townsend as the new honorary regiment colonel and sergeant major, and to thank Novier and Ramos-Rivera for their service. The honorary colonel and sergeant major help the Army Medical Department commander foster AMEDD traditions and perpetuate its history, which dates back to 1775. During the ceremony, Kiley thanked Novier and Ramos-Rivera for their service with a coin and certificate. He then welcomed Blakely and Townsend to the regiment. "To the new people, thank you for accepting the responsibility," Kiley said. "To those leaving, thank you for what you've done."

### ***Summertime tips from housing***

To ensure the safety of residents, particularly children, residents should ensure trampolines and pools are in fenced areas. Pools cannot be more than 18-inches deep. Additionally, residents should keep their gates locked, use safety nets with trampolines and cover their pools or empty them after use. Children must be properly supervised.

Pets are also valued residents of the community. All pets are required to be registered at the Fort Sam Houston Veterinary Clinic. Lincoln Military Housing requires a copy of the registration, vaccination paperwork and pet addendum to be on file. Pets must be in a fenced area if outside and cannot be chained or tethered. Pets should have adequate shelter, food and water while outside.

Due to the summer heat, residents need to ensure the air filters are changed regularly. The air conditioner thermostat should be set between 78 and 80 degrees to conserve electricity. Air filters should be changed every 30 to 60 days to protect the life of the air conditioner unit. Filters can be exchanged at Lincoln Military Housing's Maintenance Facility, Building 3882, Wilson Avenue.



Register on-line at  
[www.iaapweb.com](http://www.iaapweb.com)



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

**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

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



**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](mailto:stephen.welch@amedd.army.mil)  
210-367-1886  
[jose@iaapweb.com](mailto:jose@iaapweb.com)

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 \_\_\_\_\_

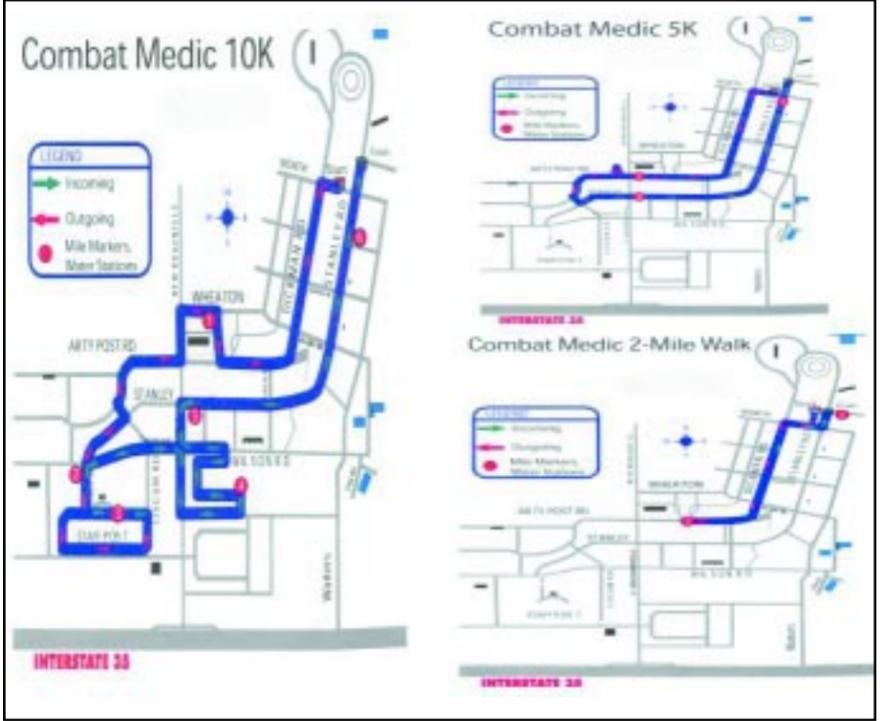
DATE \_\_\_\_\_

PARENT SIGNATURE IF UNDER 18 \_\_\_\_\_

DATE \_\_\_\_\_

# Register now for 25th annual Combat Medic Run

The 25th annual Combat Medic Run will be July 23 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. Information on road or gate closures will be released at a later date. The event is open to the public. For more information, go to [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com).



# SPORTS

## Tee time

Joe Oldham takes a swing at the first hole of the Loma course during the 35th Annual Commanders Cup Golf Tournament Friday. The annual tournament was held at the Fort Sam Houston Golf Club.



Photo by Alexandra Nordeck

## SPORTS BRIEFS . . .

### *X-tramural basketball league*

X-tramural basketball league coaches and rules meeting is today at 1 p.m. at the Jimmy Brought Fitness Center. League play begins July 9. The entry fee is \$300 per team and includes a 10-game season plus playoffs. Awards will be given for first- and second-place team and individual. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

### *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 221-1180 or e-mail earl.young@samhouston.army.mil.

### **Intramural Golf Standings as of June 24**

MEDCOM #1	440.5
GPRMC	434
5th Recruiting Bde.	422.5
Garrison #1	407
USARSO Dawgpound	406.5
MISFITS	400
BAMC #1	398
Garrison #2	380.5
MEDCOM #2	379
Academy Bn. #1	377
DENTAC	362.5
BAMC Troop Command	355
SWRO Duffers	349.5
BUNKER Busters	340
USAISR	325.5
DENCOM Extractors	171
Academy Bn. #2	148
SWRO Scramblers	115.5
Enforcers	24
SWRO Woodhackers	0

### **Intramural Spring Softball Standings as of June 23**

TEAM	W	L
Academy Battalion	13	1
BAMC	12	3
5th Army	12	3
USARSO	9	5
War Pigs (Co A, STB)	9	6
Fire Department	6	8
NMCRC	2	13
Mil Honors	2	12
Tigers (NMCRC)	2	16



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# AMEDD names its 2004 Instructor of the Year

By Shadi May  
Fort Sam Houston Public Information Office

Staff Sgt. Justin Mankoff, an instructor and writer for environmental quality branch, is the Army Medical Department Center and School 2004 Instructor of the Year. Mankoff was selected among more than 20 recommended Soldiers.

"His selection was based on his outstanding records throughout constant evaluations," said Sgt. Maj. Jessie Pee, chief enlisted instructor.

Mankoff taught 340 students throughout 2004 and is among more than 700 AMEDD instructors.

"It's kind of flabbergasting," said Mankoff. "It's an honor for the leadership to recognize me as the best instructor. I don't think of myself as the best instructor; I am just doing my job."

While Mankoff's parents couldn't make it for

the special occasion, AMEDD staff arranged for a surprise phone call from his parents to congratulate him during the ceremony.

"I already know he is the best; now, the AMEDD leaders know it, too," said his wife, Sgt. Karla Mankoff, a laboratory technician at the Institute of Surgical Research.

Mankoff has implemented significant updates to testing protocol and procedures to meet required AMEDD and Training and Doctrine Command standards. He was instrumental in critical distance learning initiatives for the reserve components preventive health specialist course.



## TROOP SALUTE



### 187th Medical Battalion



#### Soldier of the Week

**Name:** Pfc. Thomas McNally  
**Unit:** B Company  
**MOS:** 91K, medical laboratory specialist  
**Hometown:** Bradenton, Fla.  
**Time in Service:** Seven months  
**Future Goals:** Graduate 91K course  
**Reason for Enlisting:** To serve my country and make my family proud  
**Latest Accomplishment:** Soldier of the Month

### 232nd Medical Battalion



#### Soldier of the Week

**Name:** Pfc. Christopher Bellm  
**Unit:** C Company  
**Hometown:** Belleville, Ill.  
**Time in service:** Three months  
**Future goals:** Finish medical school  
**Reason for enlisting:** Wanted to assist Global War on Terrorism  
**Latest accomplishment:** Soldier of the Week and passed a very difficult test



#### Junior Leader of the Week

**Name:** Spc. Hannah Lea  
**Unit:** C Company  
**Hometown:** Fort Smith, Ark.  
**Time in service:** Three and a half months  
**Future goals:** Graduate the 91W course with distinction and earn a medical Ph.D.  
**Reason for enlisting:** For the medical training and adventure  
**Latest accomplishment:** Commanding general's awardee at Basic Combat Training and a bachelor of science in history and political science from Arkansas Tech University

## SCHOOL NEWS

# Fort Sam Houston installation, schools honored for exemplary programs

Fort Sam Houston U.S. Army installation and the Fort Sam Houston Independent School District were honored for having an "exemplary program" by the Military Child Education Coalition during an annual conference in Atlanta, Ga.

The MCEC is a non-profit international organization that works collaboratively with military families, civilian and military leaders, educators and community members to establish support systems and to develop processes that address transition and other educational issues related to the military child.

This is the first time that MCEC has recognized outstanding partnerships forged between military installations and

the school districts that serve them.

"This recognition is significant because so many groups and individuals have collaborated to improve the quality of life for students and their families on this installation," said Keith Toney, president of the Fort Sam Houston ISD school board and school liaison officer for the installation.

"Our school district and the Fort Sam Houston installation have hosted a local chapter of the MCEC since 1999," said Dr. Gail Siller, superintendent. "Its purpose is to help find solutions to the unique issues and challenges faced by military families and their school-aged children."

A constantly evolving local action plan was developed to address issues that both the Fort Sam Houston installation and the school district could do to better meet the needs of military families. Goals include promoting students' academic success and their healthy social and emotional development, increasing parental involvement in their students' education, and maintaining effective partnerships between the installation and the schools.

Besides being honored at the MCEC conference, Fort Sam Houston and the school district will be spotlighted in a future edition of MCEC's "On the Move" magazine.

(Source: Fort Sam Houston ISD)

### Juvenile curfew hours

Curfew hours are Sunday through Thursday, 10:30 p.m. to 6 a.m. and Friday and Saturday, midnight to 5 a.m. The curfew is for children 17 or younger. Valid reasons for minors being out during the designated hours are children accompanied by a parent or guardian, attending a school-, religious-, or government-sponsored activity, or going to or coming from work.

For more information, call crime prevention at 221-9686. (Source: Provost Marshal Office)

### Post Pulse:

How will you recognize the Fourth of July this year?



*"Independence Day is a different day in Jamaica, but since I am here, I will spend the day with friends and enjoy their celebration."*

Cpl. Diane Burton-Cooper  
Jamaican Army student



*"I will be working at a celebration held through our church."*

Jeff Seaney  
International Military Student Office



*"I will be studying for my anesthesia nursing course."*

Capt. Joshua Compton



*"I will be at home relaxing with my family, and since I live outside city limits, I will be setting up fireworks."*

Capt. Marc Hagge

# 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 will be a variety of camps offered this year to include sports camp, culinary arts and computer camp. Camp will run from 6 a.m. to 5 p.m. followed by open recreation at the YC. The cost will range 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 Youth Services 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 always 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 a Fourth of July cake.

### Youth sports registration

There are still openings for the baseball, softball and T-ball season. Youth Services will be open from 10 a.m. to 7 p.m. for those interested in playing this season. The cost will be \$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 who meet Wednesdays from 6 to 7 p.m. and 8- to 12-year-olds who 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.

## Parent News

### PCI closure

Parent Child Incorporated Center will be out of session for children through Tuesday. Patrons needing assistance with child care can call Central Registration at 221-4871 or 221-1723. Beginning Tuesday, PCI will register youth. Eligibility is based on federal guidelines.

### 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 infor-

mation or child registration, call Child and Youth Services 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 July 19 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.

# Combat Medics

Continued from Page 1

tactical casualty care course that features real-world based scenarios such as a vehicle checkpoint car bomb, suicide bomber attack on a convoy and urban area evacuation of victims — all scenarios that could easily play out for the medics in Iraq.

“The training has evolved to reflect the new face of combat,” Campbell said. “We focus on applying their medical skills not only correctly, but also at the correct time and location during a mission. We also focus more on tactics for urban warfare and vehicle operations much more than in the past.”

With everything from “postal workers to social workers” in the course, the training is understandably basic, but also keeps advanced students’ interest with education on new or evolved medical techniques. The variety is necessary. While some of the students are years removed from active duty, others are seasoned veterans with military jobs reflected in their civilian careers.

“I’ve been a combat medic for six years but am learning a lot,” said Sgt. Jeffery Burns, a National Guardsman from Dallas. “It’s a good refresher on old techniques that may be rusty due to non-use. I’m also learning new trauma techniques.”

A few medics in the course were from the Individual Ready Reserve, which is a limited military obligation after active duty. Soldiers in IRR are vulnerable to call-up while their contract is in effect, as Sgt. Evan Grady, from North Carolina, found out. He was working as a civilian licensed practical nurse when he got the call to duty.

“It was shocking but part of my contract when I joined,” he said. “The course has

been easier for me because I am in the medical field in my civilian job, but the training is great because there are different techniques in combat than in the civilian world.”

Interspersed with the combat training are a few civilian-based classes that Grady probably found familiar. While gaining a wide range of combat-related medical skills, the Soldiers also acquire knowledge they can apply in their civilian medical careers.

“This is a civilian course the military adapted for its needs so there are a lot of civilian-based elements,” said Master Sgt. Audra Debarros, assistance NCO in charge. “The course is standardized so students benefit from both civilian and military knowledge.”

For example, during the rapid extrication portion of the course, students are taught how to rapidly remove an infant in a car seat from a vehicle, a scenario not likely to be faced in combat.

As an added bonus, since the course is regulated by civilians, attendees can earn their national certifications in CPR, EMT-basic and PHTLS while also gaining vital combat medical skills.

“Students have to pass the standard to earn their certificates,” Debarros said. “It’s challenging. For instance, EMT is normally a full semester course, but we teach it in eight days.”

Although many of the students are not experienced, the course instructors said they all performed like pros.

“This group of students did exceptionally well,” said Capt. Patrick Walsh, continuing operations officer. They exceeded our expectations.”



(Above) Pfc. Samuel Lovejoy assesses a “casualty” in pain during a training exercise.

(Right) (From left) Spc. Daniel McMurray, Sgt. Evan Grady and Staff Sgt. Steven Ewers prepare a “patient” for placement on a spine immobilization board.



Photos by Elaine Wilson

Pfc. Joshua Cabral checks for an infant’s pulse after securing the baby to a backboard. The “baby” was removed from a truck involved in a simulated motor vehicle accident. Infant extrication is one of the civilian portions of the mostly combat-related pre-deployment course.



Spc. Daniel McMurray (left) maintains cervical spine stabilization while Sgt. Evan Grady performs an assessment on a patient. In this training scenario, the “patient” is a 32-year-old pregnant woman who fell off an escalator at the mall.





(Left) Staff Sgt. George Mills and Spc. Melissa Robinson carry a casualty to a collection point while being observed by instructor Maj. Carol Coley. The "casualty" was wounded when a suicide bomber walked up to a convoy.

Photos by Elaine Wilson



Pfc. Joshua Cabral completes a field medical card for his "patient" as Sgt. 1st Class Sheila Cowans-Johnson, instructor, ensures accuracy during a training exercise.

Staff Sgts. Miguel Luna (front) and George Mills carry a "patient" to an ambulance for evacuation.



(Left) Staff Sgt. Miguel Luna places a dressing on a head injury sustained from a simulated improvised explosive device explosion.



Sgt. John Rowell helps load a "casualty" into a military ambulance.

# MWR

## Recreation and Fitness

### Leisure Needs Survey online

People can give their opinion about Fort Sam Houston's Morale, Welfare and Recreation programs such as child care, recreational activities and Army Community Service support by completing the 2005 Leisure Needs Survey online at <http://www.ArmyMWRSurvey.com>. The survey is open to all members of the Fort Sam Houston community to include active duty, civilian employees, military spouses and retirees. The information will allow MWR to better serve the Fort Sam Houston community. For more information, call 221-2926.

### Water safety day

Visit the Fort Sam Houston recreation area at Canyon Lake Friday from 9 a.m. to noon for a water safety class. Training includes life jacket fitting, fingerprinting and ID for children, and information about electric safety.

### 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.

### 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 at 6 a.m. on Mondays and Wednesdays.

### Yoga and Pilates class

Yoga and Pilates class is offered at the Jimmy Brought Fitness Center on 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 at the Auto Craft Shop

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.fortsamhoustonsmwr.com](http://www.fortsamhoustonsmwr.com) for a \$5 off coupon. For more information, call 221-3962.

### Aquatic Center

The Aquatic Center is now open. The 50-meter Olympic size swimming pool is open daily from noon to 8 p.m. The center has 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

Two week-long swimming lessons are available at the Aquatic Center July 11 to 22 and July 25 to Aug. 5. For more information, call the Aquatic Center at 221-4887 or visit [www.fortsamhoustonsmwr.com](http://www.fortsamhoustonsmwr.com) under the recreation link.

## Dining and Entertainment

### Sam Houston Club, 224-2721 Sunday brunch

The Sunday brunch will be from 10 a.m. to 1:30 p.m. The cost is \$11.95 for members and \$13.95 for nonmembers and will include a complimentary glass of champagne.

### 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

#### San Antonio military double tournament

This tournament is scheduled for July 23 and 24. 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 just \$5.95

#### Youth bowling clinic

The Bowling Center sponsors a youth bowling clinic July 16, 17 and 18 from 8 a.m. to 4 p.m. The clinic is open to youth bowlers ages 12 to 18 of all skills levels. The cost is \$50 (a \$400 value). The registration deadline is July 8; call now to reserve.

#### Adult bowling clinic

There will be an adult bowling clinic July 22, 23, 24 and 25 from 8 a.m. to 4 p.m. The clinic is open to adult bowlers of all skill lev-

els. The cost is \$100 (a \$400 value). The registration deadline is July 16.

#### 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

#### Summer Junior Camp at Golf Club

Instruction on putting, chipping, etiquette, safety, irons, driver, fairway and woods is available at the Golf Club. The cost is \$110 and includes a new set of clubs.

#### Golf lessons

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

#### Harlequin Dinner Theatre

The theater presents "Crimes of the Heart" featuring Beth Henley through Saturday. Discounts are available for military and students. For show times and tickets, call the box office at 222-9694.

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

## Coastal retreat



Courtesy photo

The post chapel sponsored a two-day retreat for single Soldiers throughout Fort Sam Houston at a resort in Corpus Christi. Twenty-seven single Soldiers enjoyed the trip to the Texas Coast. Owen Mullen, the supporting team chaplain from the University of San Diego, led two discussions during the retreat on finding the personal strength for the journey of life. The event included food, worship and fun. "We had all-'I'-can-eat buffets," said Sgt. Roosevelt Moore, the NCO in charge of the trip. For more information on chapel-sponsored retreats and events, contact a unit chaplain or chaplain assistant.

## RELIGIOUS HAPPENINGS . . .

### **Catholic Vacation Bible School**

The Catholic community will sponsor a Vacation Bible School program at Dodd Field Chapel July 11 to 15. The theme will be "Serengeti Trek: Where Kids Are Wild About God." The program will include fun, memorable scripture-based activities. Each day, youth will sing songs, play teamwork-building games, take on a daily Bible challenge, experience Bible adventures, collect Bible memory buddies and create Bible point crafts. Registration is under way and is open to children from pre-kindergarten through sixth grade. For more information or to register, call Brian Merry at 221-5005 or e-mail [brian.merry@samhouston.army.mil](mailto:brian.merry@samhouston.army.mil).

### **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](mailto:michelle.h.taylor@us.army.mil).

### **OCF Bible study**

The Officers' Christian Fellowship will study Colossians. The group will meet for dinner at 6 p.m. followed by Bible study at 7 p.m. Friday, July 8, 15 and 29; 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](mailto:rgriffith3@satx.rr.com).

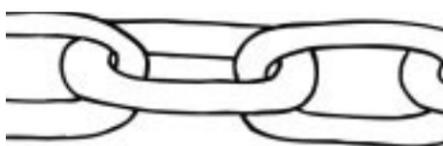
## INTERFAITH CALENDAR . . .

**July 6 – Birth of Dalai Lama** \*\* - Buddhist observation with traditional dances, picnics and singing. Each Dalai Lama is seen as a reincarnation of predecessor.

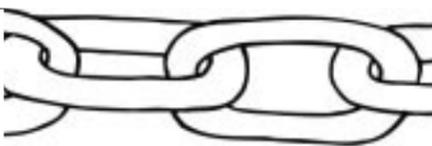
**July 9 – Martyrdom of the Bab** \* - Baha'i. Ali Mohammed was executed in 1850 by Persian political and religious powers. The day is observed by abstaining from commerce and work.

\* Usually begins at sundown the day before this date.

\*\* Local customs may vary on this date.



# COMMUNITY LINK



## Happenings

### **Patriotic concert**

Alamo City Community Marching Band, American Legion will celebrate patriotism with "An American Salute" concert Saturday at 2:30 p.m. at the American Legion, Post 2, 3518 Fredricksburg Road. Texas Congressman Henry Cuellar has accepted an invitation to play with the band for this performance. For more information, call 733-0120.

### **Combat medic book signing**

Kerry Pardue, a disabled veteran and combat medic, will sign his book "Poems in the Keys of Life: Reflections of a Combat Medic," at the Army Medical Department Museum Wednesday through July 8 from 12 to 3 p.m. Kerry will read excerpts from his book to the medics and nurses in training. People can order a copy of the book at <http://www.freewebs.com/kerrypardue>.

### **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 at Timberwood Park**

The Fort Sam Houston Rainbow Kids will perform free at Timberwood Park's July Fourth celebration. The show will begin Saturday at 7 p.m. at the park's event center. The performance will include routines from the 1920s, '30s, '40s, '50s, '60s, Broadway, some modern and country and western. For more information, call the group's director, Ron Joy at 348-8014 or 295-2093.

### **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 six 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](mailto: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 July 25, and items must be delivered by Aug. 5.

### **Back to school supply drive**

The Alamo City Chapter of the American Society of Military Comptrollers will sponsor a "Back to School Supply Drive" to benefit Dare To Love and The Rainbow Room. Collections will continue through July 12. For more information, call Michele Buckley at 536-3563 or e-mail [Michele.Buckley@brooks.af.mil](mailto:Michele.Buckley@brooks.af.mil).

### **Patriotic Pop concert**

The Coker United Methodist Church will host this family event Sunday at 6 p.m. at the church grounds at 231 East North Loop Road. For more information, call 494-3455.

### **Race Unity Day**

Celebrate diversity at the next annual

Race Unity Day July 17 from 1 to 9 p.m. at Villita Assembly Building, 104 Villita St. There will be free food and entertainment for all. For more information, call 281-9628.

### **MSC birthday celebration**

The Fort Sam Houston Silver Caduceus Society, an independent organization established to provide camaraderie, mentorship and Corps information, will celebrate the Medical Service Corps' 88th birthday today from 3 to 5 p.m. at the Army Medical Department Museum. The cost is \$5, payable at the event. For more information, call Maj. Steve Owens at 221-9942 or e-mail [steve.owens2@amedd.army.mil](mailto:steve.owens2@amedd.army.mil).

### **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](http://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, 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](http://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](http://www.herosalute.com).

## Volunteer

### **Community service opportunity**

The Alamo City chapter of the American Society of Military Comptrollers will sponsor a community service activity July 9 at Sunshine Plaza, 455 East Sunshine Drive. The Sunshine Plaza is an assisted living apartment complex of fixed-income residents. It will be a great chance to give time to members of the community. Activities will begin at 9 a.m. and end by noon. For more information, call Celeste Carrola at 536-4180 or e-mail [Celeste.Carrola@brooks.af.mil](mailto:Celeste.Carrola@brooks.af.mil).

### **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 will 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](http://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](http://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

### **Battle, force tracking courses**

Army Medical Department Center and School will offer its next training courses in today's art and science of warfare to include the Army Battle Command Systems July 18. For more information, call Marvin Danzy at 221-0640 or e-mail [marvin.danzy@amedd.army.mil](mailto:marvin.danzy@amedd.army.mil).

### **Free training**

Army offers both Soldiers and civilians access to more than 1,500 Web-based information technology, business and self development courses. IT certification is available for some of the courses. For more information, go to [www.us.army.mil](http://www.us.army.mil) and select "My Education" under Self Service and click "Army e-Learning" or visit [www.dls.army.mil](http://www.dls.army.mil) and click on "Digital Training Facilities."

### **St. Mary's offers teaching degree**

St. Mary's University is taking applications for the master of arts in educational leadership for fall 2005. Qualified candidates may become teacher certified in Texas with 18 hours of graduate work while pursuing the master's program. Classes are held on Fort Sam Houston and campus. Active duty and retired military, Department of Defense employees and spouses of these groups can receive 50 percent off tuition per three-hour course. For more information, call Judy Olivier, 226-3360 or visit their office in Building 2248, Room 206.

### **Free computer training**

Family members of active duty military personnel may receive computer training to prepare for the job market through the family employment readiness program. Automated, self-paced training is available on all Microsoft Office software (Word, Excel, Access, PowerPoint), Windows, Outlook, QuickBooks (accounting), customer service, clerical and typing skills. Typing instruction is also available in Spanish. For more information, call Katja Lunsford at 221-0427.

## Meetings

### **Audie Murphy Club meeting**

The Sergeant Audie Murphy Club Sgt. Maj. of the Army Leon Van Autreve Chapter will meet July 20 from 12 to 1 p.m. at Sam's Sports Bar, H Club. All SAMC and Sgt. Morales members are welcome to attend the meeting and to become a member of the local chapter.

### **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](mailto:cap_dejesus@yahoo.com).

### **USAWOA Lone Star Chapter**

The Lone Star Chapter of the United States Army Warrant Officers Association will meet at 7 p.m. on the third Monday of each month at VFW Post #8541, 2222 Austin Highway (between Rittiman and Eisenhower). All active duty, retired, Reserve, National Guard and family members of current or former warrant officers are invited to attend. For more information, call Randy Blackburn at 295-2143 or e-mail [randy.blackburn@samhouston.army.mil](mailto:randy.blackburn@samhouston.army.mil).

### **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.

# 2004 Drinking Water Quality Report

## Consumer Confidence Report – Fort Sam Houston

### Special notice for the ELDERLY, INFANTS, CANCER PATIENTS, people with HIV/AIDS or other immune problems:

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. The Environmental Protection Agency/Centers for Disease Control and Prevention guidelines on appropriate means to lessen the risk of infection by cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline at (800) 426-4791.

### Public participation opportunities

Date: Monday to Friday  
Time: 8 a.m.-5 p.m.  
Location: Ft. Sam Houston Bldg 4196 St 13  
Phone No. 210-221-5169

### Our drinking water meets or exceeds all federal (EPA) drinking water requirements

This report is a summary of the quality of the water we provide our customers. The analysis was made by using the data from the most recent U.S. EPA required tests and is presented here. We hope this information helps you become more knowledgeable about

what's in your drinking water.

**WATER SOURCE:** The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds reservoirs, springs, and wells. As water travels over the surface of the land and through the ground, it dissolves naturally occurring minerals, and in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity. Contaminants that may be present in source water before treatment include: microbes, inorganic contaminants, pesticides, herbicides, radioactive contaminants, and organic chemical contaminants.

### En Español

Este report incluye la informacion importante sobre su agua beber. A obtener una copia de esta informacion o traducir en Espanol, ilamar 221-5169.

### Where do we get our drinking water?

Our drinking water is obtained from Ground water sources. It comes from the EDWARDS AQUIFER. TCEQ completed an assessment of our water and results indicate that some of our sources are susceptible to certain contaminants. The sampling requirements for our water system are based on this susceptibility and previous sample data. Any detections of these contaminants will be found in this report. If we receive or purchase water from another system, their susceptibility is not included in the assessment. For more information on source water assessments and protection efforts at our system, please contact us.

### ALL drinking water may contain contaminants.

When drinking water meets federal standards there may not be any health-based benefits to purchasing bottled water or point of use devices. Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effect can be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline (1-800-426-4791)

The charts below list all of the federally regulated or monitored constituents which have been found in your drinking water. U.S. EPA requires water systems to test up to 97 constituents.

### Definitions

**Maximum Contaminate Level (MCL)**  
The highest permissible level of a contaminant in drinking water. MCL's are set as close to the MCLGs as feasible using the best available treatment technology.

**Maximum Contaminant Level Goal (MCLG)**

The level of a contaminant in drinking water below which there is no known or expected health risk. MCLGs allow for a margin of safety.

### Treatment Technique (TT)

A required process intended to reduce the level of a contaminant in drinking water.

### Action Level (AL)

The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

### Maximum Residual Disinfectant Level Goal (MRDLG)

The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

NTU - Nephelometric Turbidity Units

### Secondary constituents

Many constituents (such as calcium, sodium or iron) which are often found in drinking water, can cause taste, color and odor problems. The taste and odor constituents are called secondary constituents and are regulated by the State of Texas, not the EPA. These constituents are not causes for health concerns. Therefore, secondaries are not required to be reported in this document but they may greatly affect the appearance and taste of your water.

**MFL** - million fibers per liter (a measure of asbestos)

**pCi/l** - picocuries per liter (a measure of radioactivity)

**ppm** - part per million, or milligrams per liter  
**ppt** - part per trillion, or nanograms per liter

**ppq** - parts per quadrillion, or picograms per liter

**ppb** - parts per billion, or micrograms per liter

### Inorganic Contaminants

Year (Range)	Contaminant	Average Level	Minimum Level	Maximum Level	MCL	MCLG	Unit of Measure	Source of Contaminant
2002 2003	Arsenic	1.125	0	4.5	10*	0*	ppb	Erosion of natural deposits; runoff from orchard runoff; from glass and electronics production wastes
*These arsenic values are effective January 23, 2006. Until then, the MCL is 50 ppb and there is currently no MCLG.								
2002 2002	Barium	0.080	0.0492	0.111	2	2	ppm	Discharge of drilling wastes; Discharge from metal refineries; erosion of natural deposits.
2002 2002	Chromium	2.120	1.77	2.47	100	100	ppb	Discharge from steel and pulp mills: erosion of natural deposits.
2002 2004	Fluoride	0.831	0.188	1.5	4	4	ppm	Erosion of natural deposits; water additive which promotes strong teeth; discharge from fertilizer and aluminum factories.
2002 2004	Nitrate	1.888	1.83	2	10	10	ppm	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits.
2002 2002	Gross alpha	0.950	0	2.4	15	0	pCi/L	Erosion of natural deposits.

### Organic Contaminants NOT TESTED OR REPORTED, OR NONE DETECTED

### Maximum Residual Disinfectant Level NOT TESTED OR REPORTED

Systems must complete and submit disinfection data on the Disinfection Level Quarterly Operating Report (DLQOR). Failure to do so WILL result in violation(s).

### Disinfection By-Products

Year (Range)	Contaminant	Average Level	Minimum Level	Maximum Level	MCL	Unit of Measure	Source of Contaminants
2004 2004	Total Haloacetic Acids	4.650	0	15.7	60	ppb	By-product of drinking water disinfection.
2004 2004	Total Trihalomethanes	2.767	0	6.2	80	ppb	By-product of drinking water disinfection.

### Unregulated Contaminants NOT TESTED FOR OR NOT DETECTED

### Lead and Cooper

Year	Constituent	The 90th Percentile	Number of Sites Exceeding Action Level	Action Level	Unit of Measure	Source of Constituent
2004 2004	Cooper	0.4510	1	1.3	ppm	Corrosion of household plumbing systems; erosion of natural deposits. Leaching from wood preservatives.
2004 2004	Lead	11.5000	3	15	ppb	Corrosion of household plumbing systems; erosion of natural deposits.

### Availability of Unregulated Contaminant Monitoring Rule Data (UCMR)

We participated in gathering data under the UCMR in order to assist EPA in determining the occurrence of possible drinking water contaminants. If any unregulated contaminants were detected, they are shown in the tables elsewhere in this report. This data may also be found on the EPA's Web site at <http://www.epa.gov/safe/water/data/ncod.html>, or you can call the Safe Drinking Water Hotline at (800) 426-4791.

### Secondary and Other Not Regulated Constituents

(No associated adverse health effects)

Year (Range)	Constituent	Average Level	Minimum Level	Maximum Level	Limit Level	Unit of Measure	Source of Contaminant
2002 2002	Bicarbonate	195.500	195	196	NA	ppm	Corrosion of carbonate rocks such as limestone.
2002 2002	Calcium	63.800	62.7	64.9	NA	ppm	Abundant naturally occurring element.
1999 1999	Chloride	23.000	23	23	300	ppm	Abundant naturally occurring element; used in water purification; byproduct of oil field activity.
2002 2002	Copper	0.043	0.00945	0.0773	NA	ppm	Corrosion of household plumbing systems; erosion of natural deposits. Leaching from wood preservatives.
2002 2002	Hardness as Ca/Mg	223.500	218	229	NA	ppm	Naturally occurring calcium and magnesium.
2002 2002	Lead	1.330	0	2.66	NA	ppb	Corrosion of household plumbing systems; erosion of natural deposits.
2002 2002	Magnesium	15.600	15	16.2	NA	ppm	Abundant naturally occurring element.
2002 2002	Manganese	0.530	0	1.06	50	ppm	Abundant naturally occurring element.
2002 2002	Nickel	1.525	1.43	1.62	NA	ppb	Erosion of natural deposits.
2002 2002	pH	7.625	7.58	7.67	NA	unit	Measure of corrosivity of water.
2002 2002	Sodium	9.845	9.49	10.2	NA	ppm	Erosion of natural deposits; byproduct of oil field activity.
2002 2002	Sulfate	17.500	16.2	18.8	300	ppm	Naturally occurring; common industrial byproduct; byproduct of oil field activity.
2002 2002	Total Alkalinity as CaCO3	195.500	195	196	NA	ppm	Naturally occurring soluble salts.
2002 2002	Total Dissolved Solids	261.500	259	264	1000	ppm	Total dissolved mineral constituents in water.
1999 1999	Total Hardness CaCO3	235.000	235	235	NA	ppm	Naturally as occurring calcium.
2002 2002	Zinc	24.800	0	49.6	5000	ppb	Moderately abundant naturally occurring element; used in the metal industry.

# 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](mailto: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:** Sears car top carriers; molded fiberglass, large, \$99, medium, \$39; portable basketball backboard; base fills with water or sand for ballast and moves easily on two wheels, \$49. Call 659-6741.

**For Sale:** Girls Nojo baby bedding, two window valances, bumper, bed skirt, comforter and four sheets, \$15; Graco baby swing, green safari pattern, \$15. Call 566-9608.

**For Sale:** Ten-year-old Baldwin piano, paid \$2,195, moving and must sell, \$500 obo; microwave, \$10; typewriter, \$20. Call 224-1690.

**For Sale:** 1994 automatic Jeep Grand Cherokee, fully loaded, a/c, power locks and windows, towing package, six cylinder,

135K miles, \$5,000. Call 771-7480.

**For Sale:** Stereo TV and cabinet, solid oak, \$150 obo; Technics AV control stereo receiver, \$50 obo; Sherwood CD player, \$30 obo; Sherwood stereo double cassette deck, \$40 obo; will sell all three for \$100. Call 590-4854.

**For Sale:** 1994 tan Nissan Pathfinder, XE-V6, four door, a/c, power locks and windows, premium sound CD and cassette player with eight speakers, \$3,200 obo. Call 373-8591.

**For Sale:** GE two-door, almond refrigerator, \$69. Call 481-1706, leave a message.

**For Sale:** Trampoline, 2002 model, 14 feet (without safety net), \$50. Call Matt at 661-3201 after 6 p.m.

**For Sale:** Maytag washer and dryer,

heavy duty set, \$275; five-piece bedroom set, includes double headboard, night stand, chest of drawers, triple dresser and mirror with shelf unit, \$475; four-piece bedroom set, includes double headboard, mattress frame, night stand, triple dresser and mirror with closed shelf unit, \$250; Sealy double mattress, box spring and frame, \$200; two-piece dining room hutch, base with drawers and glass enclosed top, \$400. Call 495-2296.

**For Sale:** Window a/c, \$50; queen mattress and box spring, \$100; two bookcases, \$5 each; futon with mattress, \$30; various small kitchen appliances. Call 218-5324.

**For Sale:** Office desk with bookcase, \$40; beige Maytag wood-top portable dishwasher, \$80; two-piece antique oak dining

room hutch, \$220; Kenmore electric 220-volt stove with oven, \$80; wood frames with beautiful landscapes, \$15 obo. Call Alicia at 824-6404.

**For Sale:** Four Goodyear Eagle GT-II tires, size P255-60/R15, never mounted, \$300 obo; one Goodyear Eagle RH, size P225-70/R15, used as spare for 100 miles, \$50 obo. Call Fred at 494-8401 in evening.

**For Sale:** Pool pump motor, \$50; Folklorico girl's dance outfit, medium skirt, blouse, belt, \$50; Flamenco skirt (child's medium), hat and scarf, \$30; video chair, \$10. Call Victor Ortiz at 697-9261.

**Free:** Female black lab, 6 1/2-years-old, all shots up to date, spayed, Call 452-7026 or 452-7027.