



# Fort Sam Houston News Leader



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Fort Sam Houston – Home of Army Medicine

July 5, 2007

## Briefs . . .

### Check CAC expiration date

People should call the ID card section for an appointment two to three weeks prior to the expiration date on their Common Access Card. If the card is already expired, then cardholders will need to bring two types of identification, such as a driver's license and Social Security card. One of the two types must be a photo ID. The expired CAC cannot be used as identification. For appointments, call 221-0415 or 221-2278.

### 232nd Med. Bn. change of command

Lt. Col. Brian Kueter will relinquish command of the 232nd Medical Battalion to Lt. Col. John Lamoureux July 12 at 8 a.m. at MacArthur Parade Field.

### 1st LSO change of command

Col. Robert Hough will relinquish command of the 1st Legal Support Organization to Lt. Col. Barry Robinson July 15 at 1 p.m. in the Roadrunner Community Center, Building 2797, Stanley Road.

### 314th change of command

Lt. Col. Christopher Himsl will relinquish command of the 314th Military Intelligence Battalion to Lt. Col. Jerome Jackson III July 19 at 7 a.m. at the Lackland Air Force Base, Texas, parade field.

### Camp Bullis User's Conference

Camp Bullis will host a User's Conference Aug. 23 from 8 a.m. to 4 p.m. starting at the Camp Bullis Theater, Building 5900. Registration begins at 7:30 a.m. Senior staff and NCOs are highly encouraged to attend if they have arrived in the past year and conduct training at Camp Bullis. There will be a slide overview in the morning and a forum and tour in the afternoon. For reservations, call 295-7686 or e-mail pat.jennings@samhouston.army.mil, or call 295-7592 or e-mail ronald.lane@us.army.mil, or e-mail mabel.rodriguez@us.army.mil.



## A look at BAMC heroes

See related story and photos on Pages 10 and 11

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Fred and Minnie Montez comply with regulations and patiently wait while Bryan Christy looks over their ID cards, matching the photo to the faces. Chenega security officers have the authority to do inspections as well as detain individuals without proper documentation.

## Chenega stands for post security

Story and photos by Cheryl Harrison  
Fort Sam Houston Public Information Office

Chenega Integrated Systems Security Services Group is a premier security service provider, named for the home of an Alaskan Native American tribe. Respect, strong relationships, fair treatment and opportunity are deeply rooted in the traditions, history and culture of the Alutiiq people, who live near Chenega Bay in Alaska.

The Chenega security officers strive to uphold those same values and principles on the job.

The Security Services Group provides professional services to 29 Department of Defense installations

located in 14 states and the District of Columbia. Fort Sam Houston is just one of the Army installations that has contracted Chenega Corporation to provide law enforcement and security to its entrance positions.

Chenega's main purpose is to provide the first line of defense against unauthorized access onto Fort Sam Houston by screening people entering the gates. Proper documentation is required to enter the installation, whether it be a Department of Defense ID, driver's license or state-issued ID and a vehicle decal.

For visitors, the Chenega security officers will check for a picture ID and issue a visitor pass. Many cars are

turned around without the proper paperwork.

Another duty of Chenega officers is to conduct random inspections of vehicles. As security officers, Chenega employees have the authority to detain, take a statement, confiscate and protect property, and then call military police for assistance. Chenega officers are not police officers; they can detain, but do not conduct investigations.

Chenega security officers have been likened to Department of Defense guards. They keep a watchful eye for suspicious people, they protect the installation and they carry weapons for

See CHENEGA on Page 4

## Hershman accepts command of 187th Medical Battalion

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

The 187th Medical Battalion welcomed a new commander during a change of command ceremony Friday at MacArthur Parade Field.

Outgoing commander Lt. Col Patricia Darnauer relinquished command to Lt. Col. Michael Hershman. Darnauer bid farewell to the command as she and her daughters, Lauren, age 14, and Erin, age 11, leave Fort Sam Houston to move to Fort McNair, Washington, D.C., where Darnauer will attend the Industrial College of the Armed Forces.

Col. John P. Cook, 32nd Medical Brigade commander, hosted the ceremony



(From left) Lt. Col. Michael Hershman, commander, 187th Medical Battalion; Lt. Col. Patricia Darnauer, outgoing commander; Col. John Cook, commander, 32nd Medical Brigade; and Maj. Herman Haggray (front), battalion executive officer, inspect the assembled troops Friday during the change of command ceremony.

See 187TH MEDICAL BATTALION on Page 4

# CRC reminds Soldiers, Families of heat-injury risks

By Lori Yerdon  
U.S. Army Combat Readiness Center

**FORT RUCKER, Ala.** – As hot weather begins posing potential risk to Soldiers and Family Members, the U.S. Army Combat Readiness Center reminds individuals that heat-injury prevention is not only a command and leadership responsibility, but a personal one, too.

Heat injuries are avoidable but can affect anyone. Individuals not accustomed to hot weather, especially when it's combined with high humidity, are particularly susceptible. Young children, individuals with a long-

term illness, and Soldiers who work in enclosed environments such as aircraft cockpits or vehicle interiors have a higher risk of becoming heat casualties. The use of supplements may also increase the chance of dehydration.

"Leaders and Soldiers must do more than just have water available," said Col. John Campbell, CRC command surgeon. "Using composite risk management to assess and mitigate the potential health effects Soldiers might suffer during hot weather is critical."

According to the Army's Office of the Surgeon, 220 heat stroke cases were documented in 2006. Of those, 57 Soldiers were

hospitalized, 163 were outpatients, and two died. The injuries happened both in garrison and operational environments, and occurred during physical-fitness training and testing, training exercises, and other activities including recreational exertion and non-exertion activities.

The best defense against a heat-related incident is prevention, Campbell said. Before engaging in an outdoor activity or mission in the heat, the identification and assessment of such potential hazards as a high-heat category or the physical exertion level of the activity can reduce an individual's chance of becoming a victim of heat-

stroke, heat exhaustion or heat cramps.

"Training is the priority and Soldiers learn how to cope in the heat," said Maj. Karl Strellner, 198th Infantry Brigade S-3 at Fort Benning, Ga. The 198th Inf. Bde. conducts training for drill sergeants four months prior to June 1, when the weather typically begins to get hot.

"Our drill sergeants practice daily man-down drills, immediate actions, checks on combat lifesavers bags, certification updates on combat lifesaver courses, IV sticks, caloric intake classes, and system checks of

See **HEAT-INJURY RISKS** on Page 4

## Fort Sam Houston News Leader

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**Army Medical Department  
Center and School and  
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Maj. Gen. Russell Czerw  
**Garrison Commander**  
Col. Wendy Martinson  
**Public Affairs Officer**  
Phillip Reidinger  
**Editor/Writer**  
Elaine Wilson  
**Staff Writer**  
Cheryl Harrison  
**Layout Artist**  
Lori Newman

# Army's Medical Hotline serves Soldiers, Families

Story and photo by Gerry J. Gilmore  
American Forces Press Service

WASHINGTON – The Army's three-month-old "Wounded Soldier and Family Hotline," established March 19, has already fielded thousands of calls from Soldiers and concerned Family members, officials said.

The hotline was created by the Army's senior leadership in the wake of a series of news reports in February that revealed shortcomings in patient care at Walter Reed Army Medical Center.

The hotline center is managed and operated by the U.S. Army Human Resources Command, said Col. Edward Mason, the hotline's director.

"The Army cares about Soldiers and Families, and we're going to take care of Soldiers and Families," Mason said. "We're going to ensure that those Soldiers and Family members have every single medical resource available in the United States Army."

Fifty-two percent of almost 1,000 issues generated by nearly 3,500 calls received by the hotline since its inception have involved medical issues, Mason said. The issues are broken down into medical, finance, legal and other categories, he said.

"One phone call could have no issues

or one phone call could have five issues," Mason explained. The ones without issues usually are just requests for information, he added, such as phone numbers for other organizations.

Military veterans have raised 28 percent of the issues on the hotline, Mason said, noting the veterans have been happy to receive call-backs from U.S. Department of Veterans Affairs officials.

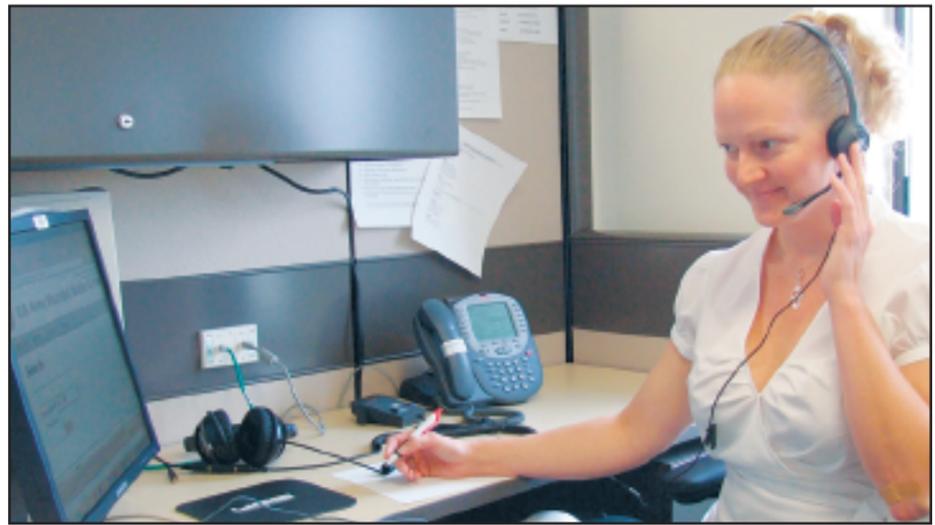
The hotline's purpose isn't to circumvent the chain of command, said call center deputy director Col. Robert Clark. However, the hotline reflects the Army's determination to address and resolve Soldiers' medical issues as rapidly as possible.

Some hotline calls come from frustrated people who need someone to listen to their concerns, Clark said, noting there are "individuals out there who maybe didn't get quite what they deserved."

"And, by calling us, we're going to make sure that they do," Clark emphasized. Providing follow-up on customers' inquiries is a key component of the hotline's mission, he said.

The hotline operation recently gained new office space in Alexandria, Va., and updated equipment, said call-center manager Jimmie Cotton.

"I love these facilities; there's a lot



Vanessa Bradchulis, a customer care representative at the "Wounded Soldier and Family Hotline" center in Alexandria, Va., often receives calls from fathers or mothers inquiring about the medical status of their wounded sons or daughters.

more open space," said Cotton, who has worked at the hotline operation since April. He said the Soldiers, government civilians and contractors who make up the center's 100-person staff work three shifts to provide around-the-clock service.

Vanessa Bradchulis, one of the hotline's customer care representatives, is a 30-year-old former Army medic and an Iraq war veteran. Bradchulis said she often receives calls from fathers or mothers inquiring about the medical status of their wounded sons or daughters.

"My medical experience has come in handy," said Bradchulis, a contractor at

the center who served in Iraq in 2003. A Soldier's mother called her, she recalled, asking about her son, who'd been wounded in Iraq and was being treated at an Army hospital in Germany.

"She was trying to get in touch with the proper medical authorities," Bradchulis said, noting the mother just wanted to speak to a doctor to determine how her son was doing.

"We put her in touch with the people who could find that out for her," Bradchulis said.

For more information on the Army's Wounded Soldier and Family Hotline, call 800-984-8523.

## Go green

### Fort Sam builds to conserve energy, save money

Buildings fundamentally impact the lives of civilians and Soldiers at Fort Sam Houston, as well as other installations worldwide.

The Army has adopted the Leadership in Energy and Environmental Design Green Building Rating System, which is the nationally accepted benchmark for the design, construction and operation of high-performance "green" buildings.

A "green" building is one that is built with energy- and cost-savings in mind, which can involve everything from low-flow toilets to automatic light switches.

"It's all about synergy," said Chris Beck, Environmental Management System/LEED program manager, Directorate of Public Works. "We can design a building to take advantage of natural lighting and pick paint that best reflects light, and that all ties into picking the most efficient heating and air conditioning system."

Recycling plays a big role in the process as well. "We purchase local materials to cut back on transportation costs and also use recycled material on buildings," Beck said. "We try for a minimum of 20 percent."

Additionally, "we divert construction debris from the dump to recycle facility," Beck said. "Combined, we have a major impact on the local area."

The green concept carries over from the inside to outside, with landscaping choices that are water efficient and environmentally friendly.

"The overall goal is to lessen energy and produce cost savings for taxpayers," Beck said. "We hope to make our money

back in seven to 10 years, basically pay for the buildings through these designs. It's a slow process but we're moving toward it."

The LEED rating system recognizes five key areas of human and environmental health: sustainable site development, water savings, energy efficiency, materials selection and indoor environmental quality.

Projects are awarded Certified, Silver, Gold or Platinum certification depending on the number of benchmarks, or credits, they achieve.

To earn certification, a building project must meet certain prerequisites and performance credits within each category. The Army goal is to achieve at least a minimum of Silver for all new construction projects per the U.S. Green Building Council rating system.

The Army sustainable design and development policy is not only designed to reduce high operating costs over the life-cycle of the building, but to also promote a safe, healthy and productive environment in which to work. LEED gives building owners and operators the tools they need to have an immediate and measurable impact on their buildings' performance.

A project is a viable candidate for LEED certification if it can meet all prerequisites and achieve the minimum number of points to earn the certified level of LEED project certification. This comprehensive approach is the reason LEED-certified buildings have reduced operating costs, healthier and more productive occupants, and conserve natural resources.

(Directorate of Public Works, Environmental Division)

## Taking care of Soldiers:

### Videos available for children whose parents deploy

By Jerry Harben  
US Army MEDCOM Public Affairs Office

"It's important to recognize your fear, but not to dwell on it," said Cameron Lucke, 17-year-old son of an Army officer. Lucke is addressing concerns of other teenagers as narrator of a video, one of three now available to help Families and communities deal with the stresses of military deployments.

"Military Youth Coping With Separation: When Family Members Deploy" is a half-hour video of teenagers discussing their feelings and how they cope with issues that arise when a parent is deployed. The video is available for viewing at the Army's behavioral health Web site in the children section, <http://www.behavioralhealth.army.mil/>, and on the American Academy of Pediatrics Web site at <http://www.aap.org/sections/unifserv/deployment/ysp-resources.htm>.

"Mr. Poe and Friends Discuss Family Reunion After Deployment" uses cartoon characters to address deployment issues affecting children ages 6 to 11. Both of the videos will also be available for viewing or download soon; preview video clips are available now on the AAP Web site.

"Talk, Listen and Connect: Helping Families Cope With Military Deployment" features the Sesame Street character Elmo dealing with the prolonged absence of his father. It is suitable for ages 3 to 5, and is available from Sesame Street Workshop at [www.sesameworkshop.org/tlc](http://www.sesameworkshop.org/tlc).

The videos are available on DVD for

"Our goal is to have a proactive, preventive package in the community before deployment."

Col. George Patrin, pediatrician, commander of the Presidio, Army Health Clinic

anyone who cannot download large files from the Web. Watch the Web sites for information.

"Our goal is to have a proactive, preventive package in the community before deployment," said Col. George Patrin, pediatrician and new commander of the Presidio of Monterey, Calif., Army Health Clinic, who helped develop two of the videos and undertook related research for his thesis in the Army-Baylor Graduate Program in Health and Business Administration.

At present, at least 700,000 children in the United States have at least one parent deployed for military duty, according to the American Psychological Association February 2007 report.

The American Academy of Pediatrics states that children's reactions to a parent being deployed may include anger, sadness, fear, confusion, and feelings of abandonment, loss, anxiety and depression. These reactions can lead to significant problems such as school absenteeism and failure,

See VIDEOS AVAILABLE on Page 4

## Videos available

Continued from Page 3

social isolation, family emotional abuse and violence, psychosomatic medical complaints and depression.

Patrin said the program will be most effective if an adult facilitator guides a discussion among the children during or after viewing the video. A facilitator's guide is available for primary-care physicians, teachers, church and Scout leaders, or any other concerned adults, along with the parent, who use the videos to support children as they deal with the stress of deployment separation.

"People often assume the only way they can get help is through the hospital. That's simply not true. If we collaborate as a community," Patrin said, "the community becomes the first level of intervention, rather than waiting for a situation to blow up and require social services or the emergency room. With an effective intervention tool like the video toolkit, the amount of child abuse should go down. People will be able to deal with their issues before they begin striking out."

"Ultimately, this is a way the entire United States community can be a part of the war effort. If

you tune in you will get a better idea what military Families are going through," he added.

The character of Mr. Poe originated in 2003, when commanders of troops returning from Southwest Asia asked Gregg Drew, a Reserve chaplain in Hanau, Germany, to develop a program to help families. Drew approached Patrin, who had experience in puppetry and video production, and Patrin brought in Lt. Col. Dave Smith, an officer in the lab at Landstuhl Regional Medical Center, who had developed Mr. Poe as a sock puppet character for children's sermons. Their pilot puppet program has just been converted into an animated feature. Mr. Poe and a variety of adult and child characters relate their experiences and feelings.

"At first, Dad was buying all kinds of food we didn't even eat. Now, just before Mom comes home, he's running all over cleaning the house," runs one exchange between the characters Sally and Laura.

"We put a lot of effort into making the scenarios true to life and applicable to any service Family," Patrin said.

Maj. Keith Lemmon, pediatrician and adolescent medicine fac-

ulty at Madigan Army Medical Center, began development of the video for teenagers while at Brooke Army Medical Center. He explained that he became concerned after his deployment to Afghanistan. Despite his expertise in adolescent medicine and his wife's as an educator, his wife experienced depression and his 4-year-old son was irritable and acted out.

"It soon became apparent that no one is immune," Lemmon said. "I was concerned; if deployment affected us this significantly with all our strengths, what might others be facing?"

With help from Patrin and others, he obtained a grant from the American Academy of Pediatrics and arranged to interview teenagers at an Operation Purple Camp operated by the National Military Family Association.

Between introductory sections with Lucke, teenagers on the video share their experiences and how they react when a parent is deployed.

"I made the freshman basketball team while he was gone. He never got to see any of my games," said one boy.

"Almost every waking minute I worry about him," said a girl.

"The way military kids tend to get through the deployment is they stay busy," advised another boy.

"One 14-year-old boy interviewed on the video later said it was the best thing he had done in his life," Lemmon said. "He didn't think that anyone would understand; being able to talk about it really helped. It was a big burden lifted off him."

Lemmon said his objectives were to support teenagers and provide a tool to help them get through the deployment, and also to sensitize the community to what military children go through during a deployment.

"Families will order it and use it individually. Family resource groups will adopt it as a standard to use to help children understand their feelings with deployment. I hope it will get good media coverage so the community will know that military Families will definitely benefit from more support," he said.

"Youth-serving professionals say the video tool kit covers an area that just isn't covered for teenagers. This meets that need. We're getting a lot of positive feedback," Lemmon added.

Sesame Street Workshop developed the Elmo video for

preschoolers with a monetary grant from Wal-Mart, and with Col. Stephen Cozza of the Walter Reed Army Medical Center psychiatry department as an adviser. The video and supporting materials are available free of charge to schools, child-care programs, family support groups and other organizations serving the needs of military Families.

Patrin and Lemmon are conducting a formal research project at Fort Stewart, Ga., to document use of their videos and what benefits they may have for families. Volunteer Families complete questionnaires before and after viewing, with follow-ups two and six months later to see how the children are doing with the video in hand during their family's deployment experience. Additional feedback is planned by asking viewers to access and download the videos from the Army Medical Department Center and School Deployment Web site, which will soon be operational.

One question, however, remains unanswered: what exactly is the orange-brown, long-snouted Mr. Poe? Is he a dinosaur? A lizard?

"He's a critter," said Patrin, with a smile.

Col. John Cook, 32nd Medical Brigade commander, passes the 187th Medical Battalion colors to Lt. Col. Michael Hershman Friday, signifying Hershman's acceptance of command.



## 187th Medical Battalion

Continued from Page 1

and said, "Lt. Col. Darnauer has been a spectacular commander for the 187th Medical Battalion, not only setting a standard of excellence as a leader of Soldiers, but also juggled the responsibility of command and being a mother of two daughters and a dedicated deployed officers' wife."

"Tricia handles everything with passion of purpose and a positive grace," said Cook during his closing remarks.

In her parting words, Darnauer gave the incoming 187th Medical Bn. commander a word of encouragement. "Lt. Col. Hershman,

every aspect of this command will fill you with pride; I leave you a battalion of great individuals who are fully invested in our common mission of training Soldiers ... good luck with your transition."

Accepting the command, Hershman said, "187th leaders, I'm excited to be a part of a tradition of excellence; I am eager to train medical Soldiers not only to conserve our fighting strength, but also to survive on the battlefield."

Hershman comes to the 187th Medical Bn. from Brooke Army Medical Center, where he was the assistant chief, Department of Health Care Operations.

## Chenega

Continued from Page 1

their own and others' protection.

Whenever a vehicle approaches a gate, the officer on duty conducts a visual assessment of the vehicle to check for decals and assure the vehicle is registered on post and has up-to-date registrations. Also, a quick look is done of the inside of the vehicle and the passengers.

Bryan Christy, an officer at the Harry Wurzbach entrance, said, "We try to ID the face, make sure the face on the card matches the person in the vehicle."

If a vehicle is instructed to pass through the visitor lane, two forms of ID will be required and the visitor pass must be displayed in the windshield.

Officers are kept at the same gate, allowing them to become familiar with vehicles and their occupants. It may appear they are not looking closely at a form of ID, but they have become familiar with the vehicle and the driver.

As weapons' handlers, Chenega officers are required to qualify on their weapons. This is accomplished once a year at the firing range. Officers carry basically the same equipment as a police officer. They wear bulletproof vests,

carry weapons, handcuffs, pepper spray, batons and radios.

The Chenega officers provide 24-hour-a-day coverage, seven days a week, presently with three- to eight-hour shift rotations. Officers work eight hour days with only the necessary breaks.

Requirements for the Chenega contract come from the Department of the Army, and that is to have armed guards at all entry points to an Army installation.

To qualify for a position with Chenega in the security area, requirements must be met. Prospective employees must meet agility tests, qualify with a weapon, pass physical requirements, criminal background checks and be at least 21 years old. The officers must pass a 120-hour training academy prior to being assigned to the gate.

"Presently we have about 130 guards with about 10 percent of those guards being women," said Al Jorge, installation physical security and contracting officer technical representative. "Eighty-five percent of our guards are retired or prior military with at least one year experience in a security field."

Security officers process about 40,000 cars through the gates a day, and more

than 200,000 vehicles a week.

To facilitate in and outgoing traffic, two new access control points projects are in the works for 2009 — the Walters gate and the Brooke Army Medical Center Interstate Highway 35 gates. Among the future plans are guard houses, wider lanes, visitor center, turnaround areas, lighting, as well as a look that is aesthetically pleasing.

As folks enter into the gates at Fort Sam Houston the first person they will see and speak with is a Chenega security officer. A pleasant greeting can set the tone for a day of work on post. Let someone know if your gate experience was a good one. Call Mike Anderson, chief of guards, at 221-1786 to pass on feedback.

About her experience at the Walters gate, Kathy Maple of the Morale, Welfare and Recreation Marketing office, said, "It's awesome! The guards are always very personable. They call me Ms. Maple and say have a good day. At the same time they pay attention to what is on my ID card."

For more information about the Chenega Corporation or the history of the Alutiiq people, visit [Chenega.com](http://Chenega.com).

## Heat-injury risks

Continued from Page 2

the HVAC (air conditioning units)," she said.

In addition to the training that drill sergeants receive, trainees are immersed in proper hydration methods, hydration tracking mechanisms and battle-buddy care. Drill sergeants monitor heat conditions and adjust training accordingly.

By developing and implementing controls, leaders reduce the chance of a Soldier in their formation succumbing to a heat injury, Col. Campbell said. Having sufficient hydration sources and providing rest cycles as needed are some of the measures that leaders can take.

Applying similar control measures when off duty can also protect Family members. Drinking more fluids, avoiding alcohol or drinks full of sugar or caffeine, and staying indoors when possible are several ways to beat the heat. Additionally, wearing a wide-brimmed hat, sunglasses and putting on sunscreen of SPF 15 or higher diminishes the possibility of a heat-related incident.

"Soldiers have a responsibility to look out for each other and speak up when a comrade is in trouble," Col. Campbell added. "Someone always knows when a Soldier isn't at peak performance level; buddies should make leaders aware of these situations to thwart a possible heat injury."

For more information on heat injury prevention visit [chppm-www.apgea.army.mil/heat/#\\_HIA](http://chppm-www.apgea.army.mil/heat/#_HIA). For more information on the 101 Critical Days of Summer safety campaign visit <https://cra.army.mil>.

# Some dogs do learn new tricks

## Dogs offer healing therapy to wounded warriors

Story and photos by Jen Rodriguez  
Brooke Army Medical Center Public Affairs

Sweetheart, Jackson and Ellie Mae, three four-legged pooches, recently helped change the lives of wounded warriors and injured Soldiers at Brooke Army Medical Center.

The mixed beagle, German Shepherd and Lhasa Apso are therapy dogs trained to console Soldiers, Family Members and sometimes medical staff with reassuring hugs and occasionally dog kisses.

"There's a bond between humans and animals," explained dog trainer, Charlie Brugnola of Silver Lakes, Calif. "Pets help us to deal with stress and put us in a mood that is beneficial to us."

Brugnola and his wife, Sally, brought the dogs to the hospital as part of the Delta Society of San Antonio Chapter Therapy Dog Program at BAMC.

"In the eyes of the wounded warriors we see a light, a light of determination and tenacity. That light glows when making contact with the eyes of Sweetheart," Brugnola said. "She looks deep into their eyes, conveying a message. A message only she and the Soldier truly comprehend. And therein lies the magic, the wonderment and the connection these animals give to humans, the ability to bond and heal in very profound ways – beyond human ability."

Sweetheart, a mixed beagle, has a direct connection with Soldiers and anyone who meets her. That connection is tied to a near fatal incident that occurred several years ago.

Left to die in a burning house, Sweetheart was rescued when a witness saw the terribly burned dog sit up and wag her tail. A doctor performed skin grafts and was amazed by the canine's determination. Several people were involved with Sweetheart's recovery.

"Sweetheart is a burn survivor that inspires, motivates and melts hearts," said



Staff Sgt. Christopher Pettway snuggles up to Ellie Mae, a Lhasa Apso, held by dog trainer and owner Charlie Brugnola at the Center for the Intrepid.

Brugnola. "Throughout her life, Sweetheart has repaid this obligation by helping other people."

"A number of patients felt a special kinship with Sweetheart, because of her experience of overcoming severe burns," said Chaplain (Col.) Daniel Moll, BAMC chief of the Department of Ministry. "A friendly nuzzle or lick from a puppy is always a positive experience for our patients here. There's a special connection for those in the burn treatment ward."

To share Sweetheart's survivor skills, the Brugnolas decided to visit the wounded Soldiers at BAMC.

"It's phenomenal what takes place here," Sally said. "We are in awe and humbled by the very men and women we strive to serve. These young Soldiers and their



Pfc. James Oppelt spends some quality time with Jackson, a German Shepherd therapy dog, at Brooke Army Medical Center while fiancé, Andrea Preston, and parents, retired Marine Sgt. Patrick Oppelt and Sue Oppelt, look on.

families are an inspiration to us."

During a three-week visit, Sweetheart and Jackson, a German Shepherd, laid next to Soldiers during mat workouts at the Center for the Intrepid, and Ellie Mae, a Lhasa Apso, rode on the laps of Soldiers in wheelchairs, all the while giving kisses.

Also, the dogs wagged a greeting to anyone within petting distance during long strolls through the hallways.

Sgt. Joy Nelson, an occupational therapist assistant, knows firsthand about the work of the therapy dogs. "Everyone I saw, I told them about the dogs. When patients talked about the pain, I'd tell them about the dogs. I'd say, a dog can't tell you how bad it hurts," Nelson said. "... and then the patient's mind would get redirected."

Nelson said one patient with a head injury had not responded as he should have, until "he played with the dogs for about five minutes."

"That afternoon, he started talking more," said Nelson. "The next day he was up, walking around, called his parents, and was discharged from the hospital."

"There's a special connection," said Moll. "Pet therapy brings a sense of home normalcy to patients who are in the healing process. Brugnola echoed Moll's remarks, "After the patient spent time with the dogs, it triggered that he had a dog and that he needed to take care of it."

"Animals, dogs, have been put on earth for very special reasons," Brugnola added. "We, as humans, are just starting to realize their special purpose."

# Sled hockey scores goal with wounded warriors

By Elaine Wilson  
Fort Sam Houston Public Information Office

Sp. Hollis Richardson glided across the ice balancing his body on just a slab of metal and two thin blades. He dug two sticks into the ice, kicking up a light mist as he rushed to propel himself to the puck. Veering to the right, he evaded an opponent and knocked the puck to a teammate just as he collided with another player, metal slashing metal.

He quickly righted himself, gained balance and glided back into the game.

Like his time on the ice, life has been a balancing act for Richardson since he was injured just over a year ago. He was patrolling in Iraq when a rocket-propelled grenade struck his right leg and shrapnel riddled his left. The medics were racing to get him on a stretcher and out of danger when he was shot in the back. He sustained massive nerve damage to his right leg and partial to his left. He also fractured his pelvic bone.

Richardson has spent the last year recovering at Brooke Army Medical Center, learning how to walk again and tinkering with car engines in his free time. He heard about a sled hockey team from his buddies at the hospital and decided to try it out, although he was a self-proclaimed non-athlete.

"I never played sports before, except for some soccer as a kid," the 23-year-old said, a little out of breath after a two-hour practice at the Ice Center at Northwoods in San Antonio. "It's been fun. I plan to keep it up; I have my own sled now and my name on my gear."

Richardson and his teammates, a mix of wounded warriors and local players, comprise the San Antonio Rampage Sled Hockey Team. The sport is a modified version of ice hockey, altered to accommodate physical disabilities. Players propel themselves across the ice with sticks a third of the regulation size while riding on metal-frame sleds balanced on two skate blades. Aside from the equipment,



Photo by Don Nelson

the rules are about the same, as are the wrenching collisions and puck battles on the ice.

The team's coach, Lonnie Hannah, is well known in the sled hockey scene – he was part of the U.S. Paralympics sled hockey team that won the gold medal at the 2002 Games and bronze in 2006.

"The sport is great therapy, not just physically but mentally," said Hannah, also a former national champion speed skater. "It gets the guys out of the hospital and into society."

Hannah speaks from experience. He was injured in a work-related accident more than 20 years ago and lost the use of his legs. But rather than being bound to a wheelchair, Hannah switched from speed skating to adaptive sports. He played wheelchair tennis and basketball before he discovered a passion for sled hockey.

"In the hospital, people are there to help, to do for you," said Hannah, who moved to San Antonio after the 2006 Paralympic Games. "But at the rink, you're carrying and putting on your equipment, doing everything for yourself.

It builds resilience."

Like the coach, the referees also are volunteers. They officiate games and help facilitate weekly practices.

One of the referees stepped onto the rink near the end of a Monday afternoon practice and sped across the ice with the ease of a lifelong skater. He moved the puck from the edges of the rink to

keep the game going, as he joked with players to keep the mood light. The referee is a familiar face on and off the rink for the players, since he's also the commander of Fort Sam Houston.

"There's a great sense of camaraderie," said Maj. Gen. Russell Czerw, who tries to squeeze as much ice time as he can into his busy schedule. "Everyone is out here working together; the sport brings a sense of team and unity.

"It's also an exhausting sport. Not so much for these guys, but for the ones who play them and aren't used to the game," he added with a smile.

Since sled hockey is not a common sport in San Antonio, teammates play each other or "stand-up" hockey players

(Left) Mike Marsh, player for the San Antonio Rampage Sled Hockey Team, reaches for the puck during a June 16 game vs. the San Antonio Men of War, which is normally a "stand-up" team. The Rampage team, comprising wounded warriors and civilians, won the game 3-1.

(Below) Maj. Gen. Russell Czerw (left), part-time sled hockey referee and full-time commander, Fort Sam Houston and Army Medical Department Center and School, discusses the game with retired Sgt. Chris Leverkus, player from the Rampage Sled Hockey Team, at the Ice Center at Northwoods in San Antonio. The sport is a modified version of ice hockey, altered to accommodate physical disabilities.



Photo by Elaine Wilson

take a seat for a game. But the game is tough for players who are accustomed to a different version of the sport.

"They had no problem beating us," said Air Force Staff Sgt. Jason Hess, member of the San Antonio Men of War, a local ice hockey team that played the Rampage June 16; Hess' team lost 3-1. "It's a lot more challenging than it looks. It takes a lot of strength and balance to play on a sled."

The teams' coordinator, Janis Roznowski, is working to beef up the opposition for the team. The creator of the nonprofit group Operation Comfort, Roznowski was the driving force behind

See **SLED HOCKEY** on Page 7

## LMH resident activities

Lincoln Military Housing recognized dads June 15 with a pizza and bowling afternoon. All family housing residents were invited to participate.

June's survey of the month winner was Master Sgt. Daniel Jermier and the yards of the month were awarded to 4015 Walter T. Bahl, 165 Artillery Post, 5200-A Barkley Circle and 521 Wheaton. Congratulations to the winners.

For photos and upcoming activities, residents can visit LMH's interactive Web site, [www.samhoustonlpc.com](http://www.samhoustonlpc.com). For more information, call 270-7638.

## Sled hockey

Continued from Page 6

the sled hockey team. She decided to start a local team after taking a group of wounded warriors on a ski trip to Sun Valley, Idaho, in 2004, where they got their first glimpse of the sport.

"The guys' eyes lit up," said Roznowski. "I thought it would be great to start a team here."

What started out as a few players knocking around the puck has grown into an organized team with national aspirations. "The San Antonio Rampage (local professional ice hockey team) adopted us, donating equipment," said Roznowski, who continues to help the players from BAMC with transportation and funding for rink time. "Our next step is build the team up and start traveling to other cities for games so we can be competitive on a national level."

In the meantime, the sled hockey team welcomes new players, and has an added enticement for aspiring sled hockey enthusiasts.

"You get to go out on the ice and take out your aggression," said retired Sgt. Chris Leverkus, an amputee injured in Iraq three years ago after a homemade bomb and rocket-propelled grenade hit his truck. "I love the sport. It's a great way to keep busy and experience something new."

The Rampage Sled Hockey Team practices Mondays at the Ice Center at Northwoods in San Antonio. For more information or to join the sled hockey team, call Roznowski at 826-0500.

## 'Aquatic Brats' excel



Courtesy photo

Fort Sam Houston's swim team, the "Aquatic Brats," has been competing in qualifiers in hopes of making it to state. The team has competed in three meets so far this year, with several swimmers earning medals. The coach, Ignacio Flores, welcomes new swimmers. The team practices Monday, Wednesday and Friday from 5:30 to 6:30 p.m. at the Outdoor Aquatic Center and Tuesday and Thursday from 5:30 to 6:30 p.m. at the Jimmy Brought Fitness Center pool. For more information, call Flores at 221-4887 or 221-1234.

## Sports Briefs . . .

### Softball tryouts

Players are needed for the men's and women's post softball team. For more information or to tryout, call Earl Young at 221-1180 or e-mail earl.t.young@us.army.mil.

### Intramural teams

Letters of intent for intramural flag football and intramural fall softball are due Aug. 1. A coaches' meeting will be held Aug. 6 at 1 p.m. at the Jimmy Brought Fitness Center. Leagues begin Aug. 20. For more information, call Earl Young at 221-1180 or e-mail earl.t.young@us.army.mil.

### Varsity flag football

Coaches and players are needed for the varsity flag football team. Tryouts for players are July 30 through Aug. 3 at 6 p.m.

Those interested in coaching should send resumes by July 27 to Earl Young at 1212 Stanley Road, Ste. 20, Fort Sam Houston, TX 78234. For more information, call 221-1180 or e-mail earl.t.young@us.army.mil.

### Varsity basketball

Coaches and players are needed for the women's and men's varsity basketball teams. Tryouts for players are Aug. 27 through 31 at 6:30 p.m. at the Jimmy Brought Fitness Center. Those interested in

coaching should submit resumes by Aug. 23 to Earl Young at 1212 Stanley Road, Ste. 20, Fort Sam Houston, TX 78234. For more information, call 221-1180 or e-mail earl.t.young@us.army.mil.

### Heart of Texas Triathlon #3

The Fort Sam Houston Heart of Texas Triathlon #3 will be held Sunday beginning at 7:30 a.m. at the Aquatics Center. For more information or to register, call 221-

2020 or 221-1234.

### Youth soccer registration

The Alamo Heights/Fort Sam Houston Youth Soccer team is open for registration through Aug. 31. People can register online at [www.ahfsh.org](http://www.ahfsh.org) or stop by the Youth Center for walk-in registration Aug. 25 from 10 a.m. to 3 p.m. and Aug. 29 from 6 to 8 p.m. For more information, visit [www.ahfsh.org](http://www.ahfsh.org) or call 828-7071.

### MWR Web site, Information Hotline

Access information about Morale, Welfare and Recreation events, activities and programs 24 hours a day. For more information, call the hotline at 295-3697 or visit [www.fortsamhoustmwr.com](http://www.fortsamhoustmwr.com).

# Childcare providers demonstrate excellence

Morale, Welfare and Recreation held their Quarterly Employee Recognition Ceremony on June 13. During the ceremony, several Child and Youth Services employees were presented with accreditations for all of their dedication and hard work. Maritza Ortiz, of Fort Sam Houston School Age Services, and Tina Berry, of Family Child Care, both were honored for their achievements.

Ortiz was awarded a Military School-Age Credential in recognition of outstanding work with school-age children. The MSA Credential Program is the first of its kind in the nation to recognize the individual achievements of adults working with school age children and Families.

The MSA Assessment System and Competency Standard have been developed to promote quality services to parents and children by providing specific standards, training and evaluation of child and youth program assistants and providers. Ortiz was awarded by the Council for Early Childhood Professional Recognition in Washington, D.C. which represents the early childhood profession.

Ortiz joins several other child and youth program assistants as a recipient of the MSA at Fort Sam Houston. The MSA is the only major national effort to improve childcare by evaluating and recognizing the skill of individuals providing care.

Every candidate for the MSA credential is observed working with school age children and is evaluated by a team,

which includes early childhood experts and parents. The candidate must demonstrate the ability to work with Families to develop children's physical and intellectual capabilities in a safe and healthy learning environment.

Berry was presented the National Association for Family Child Care Certification of Accreditation by Paul Matthews, MWR. This award defines the highest standards of quality in the family child care profession. Berry also received a Certificate of Achievement from U.S. Army Garrison Commander Col. Wendy Martinson for her professional dedication and commitment to Army Families.

In addition, Berry holds a Child Development Credential. As a result of these two accomplishments, she is now an Army Family Child Care Star Provider. Berry is only the second FCC provider to earn NAFCC Accreditation in the Fort Sam Houston Child and Youth Services Program. Achievement of the NAFCC Accreditation is evidence of Berry's commitment to a quality program and professional development.

For more information on CYS programs and facilities, call 221-4871 or 221-1723.

(Source: MWR)

Maritza Ortiz receives her Military School Age Credential from Paul Matthews, director, Morale, Welfare and Recreation.



Courtesy photos

Tina Berry (center) receives her Certificate of Accreditation from Paul Matthews, director, Morale, Welfare and Recreation, and Brenda Berry, division chief, Child and Youth Services.



## Child and Youth Services

### Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet July 17 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff, attend parent workshops and learn of upcoming events.

### 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 221-3828.

### Off-post childcare options

The Army Child Care in Your Neighborhood program offers military Families more childcare options in the local community. There are two childcare centers and 25 civilian providers in

areas surrounding Fort Sam Houston for use by local Army Families. The centers and providers are monitored to ensure they meet Army standards. For more information, call Family Service Association at 431-7570 or Fort Sam Houston Central Registration at 221-4871.

### Family Child Care Online

Family Child Care Online is a marketing tool that allows parents to take a virtual tour of FCC homes. In addition, parents can read about the provider's philosophy of care, hours of operation and background. This online tool can be accessed through Child and Youth Services Central Registration, Building 2797, from 8 a.m. to 4:30 p.m.

### Sport physicals

Patrons interested in summer and fall sports should make appointments for a sport physical now. Patrons will need a sport physical to register. Sports physical must be valid for the entire sport season. Patrons must be registered with

Child and Youth Services to participate in sports. For more information or registration requirements, call Central Registration at 221-4871 or 221-1723.

### Fall football, cheerleading

Register for fall football and cheerleading for ages 5 to 14. Patrons must be registered with Child and Youth Services. At registration, patrons must provide a current sport physical that is valid through the entire season, Leave and Earnings Statement, spouse's W-2 form, current shot record for kindergarten through fifth graders, child's Social Security number, two local emergency contacts, \$18 registration fee and \$60 football fee and \$50 cheerleading fee. For registration information, call Central Registration at 221-4871. For sports information, call the sports office at 221-5519.

### SKIES Unlimited classes

The Child and Youth Services SKIES Unlimited program offers language, music and

sports classes for children ages 6 to 18 who are registered with CYS. The first month's fees are due at time of registration at Building 2797. For fee information, visit the Child Development Center, Building 2530; School Age Services, Building 1705; or Middle School and Teens, Building 1630. For more information, call 221-1723 or 221-4871.

### Coaches needed

The youth sports program is in need of football and cheerleading coaches. Interested volunteers must consent to a background check and complete a coach's packet. For a packet or more information, call Central Registration at 221-4871 or 221-1723.

### PCI, Head Start applications available

Parent Child Incorporated and Head Start is currently accepting applications. This is a free childcare program for families that meet federal guidelines. For more information, call 221-3788.

# Making a splash



Photo by Olivia Mendoza

Two-year-old Isaac Mendez enjoys a cooling spray of water at the Splash Pad. The splash pad is available for open recreation Monday to Friday from 3 to 8 p.m. and Saturday and Sunday from 9 a.m. to 8 p.m. Individuals may reserve the water park for special functions through the Youth Center; a \$25 usage fee is involved. To make reservations or for more information, call 221-3502.

## Religious Briefs . . .

### Vacation Bible School

The Installation Chaplain's Office will sponsor Vacation Bible School Monday to July 13 from 5:30 to 8:30 p.m. at Dodd Field Chapel's "Avalanche Ranch." Each day children will sing songs, play team-work-building games, nibble "chuck wagon chow," take on a daily challenge to celebrate God's love, experience Bible adventures and collect "Bible Memory Buddies." Each day will conclude with a "Showtime Roundup" celebration that helps participants live what they've learned. Family Members and

friends are welcome to attend the Roundup, which begins each day at 8 p.m. For more information, call Brian Merry, Installation Chaplain's Office, at 221-5006 or e-mail [Brian.r.merry@us.army.mil](mailto:Brian.r.merry@us.army.mil).

### Rebuilding New Orleans trip

Participants are needed to assist in "rebuilding" New Orleans. The trip is tentatively scheduled for the first week of August, and will be a Wednesday through Sunday evening. People are asked to call to reserve a spot as soon as possible. For more information, call Brian Merry, Installation Chaplain's Office, at 221-5006 or e-mail [brian.r.merry@us.army.mil](mailto:brian.r.merry@us.army.mil).

## Post Worship Schedule

**Main Post Chapel**, Building 2200, 221-2754

#### Catholic Services:

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

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

**Protestant Services** - Sundays:

8 a.m. - Traditional Protestant

11 a.m. - Traditional Protestant

**Jewish Services:** 379-8666 or 493-6660

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

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

**Catholic Service:** 12:30 p.m. - Mass - Sundays

#### Protestant Services:

10:30 a.m. - Collective Gospel Protestant - Sundays

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

**Samoan Protestant Service:** 8:30 a.m. - Sundays

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

#### Catholic Services:

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

11 a.m. - Mass - weekdays

#### Protestant Services:

10 a.m. - Worship Service - Sundays

12 p.m. - Worship - Wednesdays

**AMEDD Regimental Chapel**, services will be held at Evans Auditorium, Building 1396, 221-3297

**Catholic Mass:** 8 a.m. - Sundays

**Protestant/Gospel Service:** 9:30 a.m. - Sundays

**Christian education:** 11 a.m. - Sundays

**Church of Jesus Christ of Latter Day Saints:**

9:30 a.m. - Sundays at NCO Academy

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

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

1:30 p.m. - Jumma - Fridays

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

**Installation Chaplain's Office**, Building 2530, 295-2096

#### Contemporary service:

11:01 a.m. - Sundays

**Web site:** [www.samhouston.army.mil/chaplain](http://www.samhouston.army.mil/chaplain)

## Smoke-free, courageous forever

Attend smoking cessation classes in the Health Promotion Center and learn how to find the courage to give up the nicotine habit forever, whether you smoke, dip or chew. Become one of our graduates and earn your "wings." Visit the Health Promotion Center, Room L31-9V, Brooke Army Medical Center, or call 916-3352 or 916-5538.





**Photo by Norma Guerra**  
Staff Sgt. Nathan Reed (right) helps fellow wounded warrior Staff Sgt. Dan Barnes with his prosthetic leg following a therapy session at the Center for the Intrepid. Both Soldiers sustained their injuries from improvised explosive devices while serving in Iraq. The bond between warriors is a strong one and helps during the therapy and recovery processes.

# Salute to BAMC heroes

Heroes found at Brooke Army Medical Center go beyond the Webster's Dictionary definition of a man of distinguished courage or ability, admired for his brave deeds and noble qualities.

At BAMC, the heroes are not only the wounded warriors, but also their families, comrades, BAMC staff, therapists, doctors, mentors and volunteers who transform ordinary tasks into extraordinary

feats by simply providing a helping hand.

Whether it's a friendly wave, a smile, pat on the back, an opened door, cheers through therapy or treatment, kind words or helping a Soldier get from here to there, their assistance is greatly appreciated.

Our heroes are everyday people who give because they care.

(Source: BAMC Public Affairs)



**Photo by Michael Dulevitz**  
Lance Cpl. Brian McGonagle (right) talks with fellow wounded warrior Spc. Terry Ligman outside of the Center for the Intrepid. Warrior helping warrior is an essential part of the healing and recovery process at Brooke Army Medical Center as these warriors lean on one another, challenge one another and aid one another through the process. They are truly a "band of brothers."



**Photo by Michael Dulevitz**  
(From left) Case manager assistant Debbie Neitch escorts Sgt. Eric Horton to his appointment at Brooke Army Medical Center. Horton was injured May 1 by a rocket propelled grenade suffering bilateral amputations above the knee. Case managers and wounded warriors develop very close ties during the recovery process.



**Photo by Michael Dulevitz**  
Pfc. Joshua Miller, injured June 12 while serving in Baghdad, watches as shuttle driver Gloria Arocha helps Cpl. John Joss, who was injured on Memorial Day in Iraq. Miller is Joss' battle buddy at BAMC. Soldier helping Soldier is a positive factor in the recovery process.



Photo by Norma Guerra

Staff Sgt. Thomas Lee, who suffered a right below-the-knee amputation as a result of an improvised explosive device explosion while serving in Iraq, works out at the Center for the Intrepid with physical therapist Troy Hopkins. The staff at the CFI takes great pride in their work and relationships with the wounded warriors rehabilitating there. It is the staff's goal to challenge and inspire the wounded warriors on their road to recovery.



Photo by Michael Dulevitz

(From left) Marianne Vendella of Arizona pours milk for her son, Staff Sgt. Travis Vendella, who was injured by a roadside bomb in February 2007 while serving in Iraq; he lost both legs. The Vendellas are staying at one of the Fisher Houses adjacent to the Center for the Intrepid.



Photo by Norma Guerra

(From left) Staff Sgt. Junior Paau, injured in Iraq when his Bradley Fighting Vehicle struck a roadside bomb, meets Archbishop Jose Gomez of San Antonio during his visit to Brooke Army Medical Center. Gomez performed a high mass for the wounded warriors, Family Members and staff.



Photo by Michael Dulevitz

Center for the Intrepid Case Manager Dan Blasini (right) counsels Spc. Craig Hall, injured April 27 while serving in Iraq. Hall was injured by an improvised explosive device and suffered a left below-the-knee amputation. The case manager-wounded warrior relationship is an essential one during the recovery process at Brooke Army Medical Center.



Photo by Norma Guerra

Spc. Ricky Price walks and talks with his wife, Stephanie, en route to an appointment at Brooke Army Medical Center. Family support and involvement is essential to all of the warriors both on the battlefield and off.

## Community Recreation

### Equestrian Center youth camp

Registration for the Summer Youth Horsemanship Camp will continue until classes are full. Camp is for youth ages 7 to 17 and consists of a one-week session held from 9 a.m. to 3 p.m. each day. The last session ends Aug. 10. The registration fee is \$195 with a \$25 deposit. For more information, call 224-7207.

### Outdoor pool is open

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

### Summer swim lessons

Registrations for Red Cross swimming lessons will continue until classes are full at the Aquatic Center. Individuals must register in person Monday through Friday from 11 a.m. to 6 p.m. The cost is \$40 per student and includes lessons, certificate of completion, class photo and T-shirt. Payment is due at time of registration. Lessons are conducted in two-week sessions held Monday through Friday from 8:15 to 9:15 a.m. and 10:45 to 11:45 a.m. Four summer sessions will be offered. For more information, call 221-4887 or 221-1234.

### Golf Course, 222-9386

#### Women's golf clinic

The Fort Sam Houston Golf Course will host two women's golf clinics – Friday to July 27 and Aug. 3 to 24 from 6 to 7 p.m. The cost for each session is \$120. For more information, call James Benites at 355-5429.

#### Warrior's Monthly Scramble tournament

Register up to four players to participate in the Warrior's Monthly Scramble held the first Friday of each month at the Fort Sam Houston Golf Club. The next tournament will be Friday with a shotgun start time at 12:30 p.m. The entry fee is \$20 per person and includes cart rental, prizes and social following the scramble. Participants must be in an

### Coushatta Casino resort trip

The MWR Ticket Office and the Sam Houston Club will sponsor a trip to the Coushatta Casino Resort in Kinder, La. The bus will depart from the Sam Houston Club Aug. 7 at 7 a.m. and return Aug. 8 at 10 p.m. The cost is \$49 per person and includes roundtrip motor coach transportation, overnight hotel accommodations, continental breakfast at hotel and one \$23 coupon from the casino. Patrons must be at least 21 years old and possess a valid photo ID at all times. Make reservations at the ticket office by Aug. 1. For more information, call 226-1663 or 224-2721.

authorized pass or leave status. For more information, call the Golf Club's Pro Shop at 222-9386.

## Dining and Entertainment

### Sam Houston Club, 224-2721

#### Texas Hold 'em

Sign up now for a new round of Texas Hold 'em July 13 at the Sam Houston Club from 6 p.m. until a winner is declared. Register by Wednesday for \$20, which includes a special meal and unlimited soft drinks. The first-place winner will receive a \$700 travel voucher for Southwest Airlines, second place receives a \$300 Army and Air Force Exchange Service gift card and third place receives a \$200 AAFES gift card. For a complete list of prizes and official rules, visit the Sam Houston Club. Players must be at least 21 years old to participate. For more information or to reserve a seat, call 224-2721 or 226-1663.

#### All-American Super TGIF

The Sam Houston Club will hold an All-American Super TGIF July 20 beginning at 4:30 p.m. Free food and cold drinks will be available with music provided by a live D.J. For more information, call 224-2721.

#### MWR Ticket Office, 226-1663

The MWR Ticket Office has discounted tickets for Splashtown. The tickets are \$8 for daily entrance. Also available are tickets for the Daytona International Speedway's 2007 Pepsi 400,

### Great Getaways Sweepstakes

Register for a chance to win an all-inclusive grand prize vacation package for two at one of four Armed Forces Recreation Centers. The sweepstakes is open to service members, retirees, Department of Defense civilians and their Families, age 18 and older, through Aug. 31. For more information or to enter, visit <http://www.afrcresorts.com/sweepstakes>.

### Garage Sale

The next post garage sale will be held Aug. 4 from 7 a.m. to 1 p.m. at the MacArthur Pavilion parking lot. There is no cost to participate, but individuals selling items must pre-register. A valid Department of Defense ID card is required to participate. Participants may rent tables and chairs on-site from the Outdoor Equipment Center. Table rentals will be on a first-come, first-served basis as supplies last. The selling of firearms, animals, arts and crafts, or food and beverage items is not permissible. To register or for more information visit [www.fortsam-houstonmwr.com](http://www.fortsam-houstonmwr.com) or call 221-5224 or 221-5225.

SeaWorld season passes and more. The ticket office is open Tuesdays through Fridays from 10 a.m. to 5 p.m., Saturdays from 10 a.m. to 2 p.m. and closed Sundays and Mondays. For more information, visit [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com) or call 226-1663 or 224-2721.

### Vet treatment facility

The Fort Sam Houston Veterinary Treatment Facility provides physical examinations and vaccinations for privately owned animals by appointment. The clinic does not provide boarding or grooming services. Walk-ins are seen on a space-available basis. Sick call and vaccinations are scheduled by appointment only. Post registration may be done on a walk-in basis; call ahead of time to ensure the clinic is open. Pet care products may be purchased Monday through Friday from 8 a.m. to 4 p.m. Clinic appointment hours are Monday through Wednesday from 8:30 a.m. to 3 p.m. for veterinarian appointments and vaccinations, and Thursday and Friday from 8:30 a.m. to 11:30 a.m. for vaccinations only. For more information or to schedule an appointment, call 295-4260 or 295-4265.

## Brooke Army Medical Center

### July Wellness Class Schedule

Class	Dates	Time	Place
Asthma Management	Tuesday, 17, 24 and 31	2 to 3:30 p.m.	BAMC, Health Promotion Center Lower Level, Room L31-9V To schedule these classes, call 916-9900 and choose option No. 4.
Blood Pressure Management	Wednesday	9 a.m. to 12 p.m.	BAMC, Health Promotion Center lower level, Room L31-9V. To schedule these classes, call 916-9900 and choose option No. 4.
Diabetes Management	19, 20, 26 and 27	Call for information	To participate, call Lila Kinser at 916-0794.
Diabetes Management - Pre-Diabetes	11	Call for information	To participate, call Lila Kinser at 916-0794.
Diabetic Foot Care	Monday	1 p.m.	To schedule, call Family Medicine Service at 916-7932.
Weigh for Health - Weight Management	12 and 26	1 to 2 p.m.	For class information, call Nutrition Care at 916-7261.
Weigh for Health - Weigh to Stay - Active Duty Military	Tuesday and 18	2 to 3:30 p.m.	For class information, call Nutrition Care at 916-7261.
Yoga	Wednesdays	Noon to 1 p.m.	BAMC, fifth floor, Room 531-14

## Use your head . . .

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



## Events

### Children's Reading Hour

The NCO Wives' Club will host a children's reading hour today and July 12 at 1 p.m. at the Keith A. Campbell Memorial Library, 2601 Harney, on the corner of Harney at Chaffee Road. For more information, call Jennifer Koranyi at 437-2788 or e-mail [jennykor@aol.com](mailto:jennykor@aol.com).

### Youth essay contest

Military children are invited to participate in a youth essay contest on the topic, "The Person I Admire." The contest is open to children age 18 and younger eligible to use Services and Morale, Welfare and Recreation facilities at participating bases. The contestants' essays should include name, age, telephone number and the base with which they are associated. Essays should be postmarked before Tuesday and mailed to: San Antonio Missions Baseball Club, Post Cereal Youth Essay Contest, 5757 Highway 90 W., San Antonio TX 78277.

### NCO National Job Fair

The Noncommissioned Officers Association will host a National Job Fair Wednesday from 10 a.m. to 2 p.m. at the Live Oak Civic Center, 8101 Pat Booker Road. More than 70 companies will be in attendance. The job fair is free and open to the public. Dress appropriately, bring plenty of copies of your resume and be prepared to meet with local and national recruiters who are hiring in all industries. For more information, call Tony White at 653-6161, ext. 222.

### 'Sweet Smell of Success' dream jobs

Fort Sam Houston Morale, Welfare and Recreation and Better Opportunities for Single Soldiers have partnered with Speedstick and Army and Air Force Exchange Service to showcase the "Speed Stick 24/7 Guy Mennen Sweet Smell of Success Dream Tour" July 12 from 11 a.m. to 6 p.m. at the Dream Job Employment Center, located between the AAFES Mini-Mall and Post Exchange. Military members and civilians can apply for a weeklong dream job. Stop by and apply for one of many positions including WWE honorary time keeper, music press agent with Sony Music and Maxim

Magazine photographer's assistant just to name a few. In addition to scoring a "dream job," MWR will give away \$100 AAFES gift cards. For more information, call 221-2606.

### Freedom Alliance Scholarship

The Freedom Alliance Scholarship Fund honors the bravery and dedication of Americans in the armed forces. Freedom Alliance is accepting applications for the 2007-2008 academic year from children of U.S. military personnel who have been killed or permanently disabled in the line of duty during the war on terror and in other theaters of operation. Students must be enrolled or accepted at an accredited college, university or vocational school. The deadline for applications is July 20. For more information or an application, visit [www.freedomalliance.org](http://www.freedomalliance.org).

### 2007 Military Long Drive

The MWR Long Drive Championship, presented by Cadbury Schwepps, will be held Aug. 12 at 8:30 a.m. at the Fort Sam Houston Golf Club. This one-day program is a qualified Long Drivers of America event and is open only to active duty service members, Reserve and National Guard (inactive status may participate). All competitors will compete in an open division. Prizes will be awarded for first, second and third place finishers. The active duty service member who hits the longest qualified drive during the military division will win \$10,000 and be featured on the ESPN coverage of the event. The top long drive competitor at each of the five geographical zones who records the longest drive will win an all-expenses-paid trip to compete in the military division at the championship in Mesquite, Nev. The San Antonio military installation that provides the most contestants will win \$1,000 worth of AAFES gift cards. For more information, call 222-9386 or visit [www.mwrpromotions.org](http://www.mwrpromotions.org).

### USAA Military Appreciation Night

USAA salutes Fort Sam Houston at Military Family Appreciation Night with the San Antonio Missions Baseball organization July 22 at Wolff Stadium. The game begins at 4:05 p.m. There will be several pre-game activities for the military. Military Family nights are

meant to recognize and thank military personnel in San Antonio and surrounding areas for their service and dedication to protecting our country. Ticket vouchers can be picked up July 19 at the Fort Sam Houston Bowling Center, Golf Club, Sam Houston Club, Library, Jimmy Brought Fitness Center or Army Community Service. The vouchers may be converted to free general admission tickets at Wolff Stadium or may be used to upgrade seats with a small additional payment. For more information, call 221-2606 or 221-990.

### Boerne Walks kick-off

The Randolph Roadrunners volksmarch club will host a kick-off to their three 10k year-round walk events Saturday from 6 to 11 a.m. at the Holiday Inn Express in Boerne, 35000 IH-10 West. For more information, call Larry Cook at 723-7711 or visit [www.geocities.com/randolphroadrunners/](http://www.geocities.com/randolphroadrunners/).

### Format and Fun Run

The 37th Services Fitness and Sports Bang for the Buck 4th of July base wide run will be held Wednesday at 7 a.m. at Lackland Air Force Base. For more information call Ken Hack at 671-3490.

### Technology Exposition

The Fort Sam Houston Technology Exposition, hosted by the Directorate of Information Management, will be held July 18 from 10 a.m. to 2 p.m. at the Sam Houston Club. There will be more than thirty exhibitors demonstrating the latest in communication technologies, systems integration, flight and vision training devices, network solutions, distance learning alternatives and much more. For more information, call Lauren Houck at 301-596-8899 ext. 216 or pre-register for check-in at [www.federalevents.com](http://www.federalevents.com).

### Army Family Team Building

The Army Family Team Building encourages new spouses and Family Members to find out about Army life. Classes will be held July 23 to 25 from 9 a.m. to 2 p.m. at Army Community Service. Class level 1 teaches acronyms, rank structure, chain of command/concern, community resources, cus-

toms/courtesies and much more. Lunch will be provided. For more information or to sign up, call ACS at 221-0946.

### ASMC July Luncheon

The Alamo Chapter of the American Society of Military Comptrollers invites all members and non-members to attend a July 25 luncheon from 11 a.m. to 1 p.m. at Aladco's Restaurant, Sunset Station. The guest speaker will be Julie Johnston, who will discuss plans for the Alamo City Chapter's hosting of the 2009 Professional Development Institute. For reservations, call Master Sgt Frank Remington at 969-2522, by July 20.

### Free ballet tickets

The United Services Organization of San Antonio has free tickets to the upcoming performance of The Royal Ballet of London's Sleeping Beauty at The Lila Cockrell Theatre for active duty, reservists, Guard, retired military members and their Families. The performances are today at 7:30 p.m., Friday at 7:30 p.m. and Saturday at 2 and 7:30 p.m. For tickets, e-mail [jnichols@alamouso.org](mailto:jnichols@alamouso.org) with name, military affiliation, number of tickets, preferred performance date and time, then pick up tickets at the USO San Antonio Downtown Community Center, 420 E. Commerce St. For more information about the ballet, visit <http://www.artssanantonio.com/performances/viwevent.asp#13695>.

### Free Missions tickets

USAA salutes Fort Sam Houston at Military Family Appreciation Night with the San Antonio Missions baseball organization July 22 at Wolff Stadium. The game begins at 4:05 p.m. Attendance is free for all with a voucher. There will be several pre-game activities for the military. Ticket vouchers can be picked up July 19 at the following Fort Sam Houston locations: Bowling Center, Golf Club, Sam Houston Club, Library, Jimmy Brought Fitness Center or Army Community Service (Roadrunner Community Center). The vouchers may be converted to free general admission tickets at Wolff Stadium or used to upgrade the seats with a small additional payment. For more information, call 221-2606.

# Family care

## FRGs provide flow of information, resources

By Cheryl Harrison

Fort Sam Houston Public Information Office

The Family Readiness Group is a part of the unit Family Readiness Plan. In the adage "it takes a village to raise a child," the Army adage could equally state it takes the FRG to care for a unit.

The FRG acts as an extension of the unit in providing official, accurate command information to all members of the unit, Soldiers, spouse and children, extended Families (mothers, fathers). Department of the Army civilians and their Families. It provides mutual support between the commander and the FRG membership as an advocate for more efficient use of available community resources.

The FRG mission activities identify the needs of the unit Soldiers, civilian employees and their Families.

"The FRG is unique to the Army and is a volunteer-run organization. The primary mission is to provide a timely information flow between the unit and the Family Members," explained Sue York, Army Community Service Mobilization Deployment Program Manager. "FRG leaders and other positions within the FRG, such as the treasurer, are all volunteer positions."

One of the tools the FRG leaders use to keep the information flow is the chain of

concern, a telephone chain where information is passed from the commander to the Family Members through key callers. The phone tree is designed to facilitate the most accurate information to the Family Members.

Many units have an FRG page on the Web. The sites are password protected ensuring the security of the Families. The sites continue the information flow advertising dates of activities and more up-to-date information.

Frequently units will have a newsletter. This method is important because many times Family Members are not at the same site. Volunteers are from the units; usually a Family Member within the unit, and sometimes parents of the Soldiers. Every member of the unit is included.

FRGs are not clubs with dues; they are supported by the unit budget. Social activities are included and fundraising is permissible. FRG funds fall under the same guidelines as the military.

A training course for FRG leaders and command teams is held every six weeks and workshops are offered on specific topics. A lunch time training is also available to bring new information to leaders and the opportunity to network with each other.

"We also go to the unit if requested. We do deployment and reunion briefings. We offer trainings and workshops with lots of

available resources," said York. "We try to cover all the bases with a flexible schedule. We try to meet the needs of our Families, many of which are dual-working Families. Parents of the Soldiers are also included. And if needed we will meet individually."

FRGs are a point of information and resources, such as programs that assist a Family Member. Family Members are independent and resilient, but sometimes they might have a problem, such as a glitch in pay, or have the joy of welcoming a new baby. The FRG is able to offer help with where to go for pay problems or maybe parenting classes, both of which are offered through the ACS. The FRG is a resource and at times offers activities for social and morale support.

Jutta Aviles, a former FRG leader said, "I was a FRG leader for about nine years. Being a leader gives you pride. I had a sense of purpose. I enjoyed helping the other spouses."

Aviles now works for ACS Mobilization and Deployment training future FRG leaders.

FRG volunteers are rewarded for their

"Being a leader gives you pride. I had a sense of purpose. I enjoyed helping the other spouses."

Jutta Aviles  
former FRG leader

efforts through commander's awards and certificates.

The Texas governor has the Yellow Rose Award and volunteers are recognized through annual post-wide volunteer recognitions.

"The FRG leaders are absolutely my favorite group. They are change managers. They are so resilient, so independent. To be an FRG leader is a big responsibility," said York.

FRG leaders and volunteers care and that is critical. The Family is important to the Soldiers. Before the Soldier was a Soldier, he was a member of a Family.

"The Army has recognized the impact of the Family on its mission. A well-established FRG group can really increase the morale of the mission," added York.

For more information on the FRG program, call Sue York at 221-9821 or Jutta Aviles at 221-0946.

### Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve

military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit a Fort Freebie, e-mail [news.leader@samhouston.army.mil](mailto:news.leader@samhouston.army.mil) or fax to 221-

1198. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.



**For Sale:** Sheer curtains and several neutral area rugs. Call 222-1784, leave message.

**For Sale:** 1992 Cadillac Deville, needs a head gasket, \$600 obo. Call 532-3740.

**For Sale:** 2000 Toyota 4-Runner, leather, sunroof, automatic, four wheel drive, tow package, 83K miles, \$11,000. Call 380-6788 or 380-7139.

**For Sale:** Jazzy motorized wheelchair with detachable foot rest and instruction booklet, \$1,050. Call 661-3765.

**For Sale:** 1994 Corvette, red, power windows and locks, pioneer stereo system, leather seats, \$13,500. Call 680-1079.

**For Sale:** Golden retriever, male, four years old, obedient, \$125; Coach bag, \$45; Nine West bag, \$12; red and white female Boston terrier, \$245; exercise equipment, \$75. Call 633-3859.

**For Sale:** Brunswick Ventura pool table set, mahogany, 9 feet long, four element solid brass table light, color matched wall-mount cue rack and chalk holder, cues and accessories, \$2,700. Call Jim at 221-6656 or 859-7605.

**For Sale:** Hardwood table, 48 inches by 36 inches, rustic finish with four chairs, \$500; Pennair Legend II pool cleaner, \$250; Samsonite rolling tote bag, black, three compartments, \$35; Canon AE-1 Program 35mm camera, includes

two lenses, flash and extras, \$200. Call 697-9261 or 363-4056.

**For Sale:** Little Tikes 8-in-1 adjustable playground, includes two slides with crawl through tunnel, in excellent condition, \$225. Call Anne at 945-8577.

**For Sale:** Volvo 240 Series original replacement interior door pockets, \$25 each; HP monitor MX704, 1280X1024, \$40; Pro golf bag, new, red and white leather, \$25. Call 481-1981.

**For Sale:** INSTY patio-car cover, 12 feet by 20 feet, \$100; Canon BJC-5000 printer, \$25; two 25 pound weights, \$20. Call 370-3123.

**For Sale:** Color 10-inch TV, \$25;

white bookshelf, 30 inches wide by 70 inches long, \$25; complete single bed, \$250; complete queen size bed, \$325. Call Sandy at 241-1291.

**For Sale:** Rectangular coffee table, 66 inches wide by 25 inches long, solid wood with three black marble inlays, very heavy, \$150. For more information and photos, call 271-3661.

**For Sale:** 2004 Nissan Sentra, SE RS Spec V, six speed with upgraded wheels and tires, stereo system, 31K miles, \$11,799. Call Ron at 221-8455 or 334-1816.

**For Sale:** Little Tikes playground with slide, great condition. \$100. Call 373-7095