



## Briefs . . .

### DENCOM change of command

Col. Russell Czerw will relinquish command of the Dental Command to Col. Larry Hanson during a ceremony Monday at 8 a.m. at the MacArthur Parade Field.

### DENCOM change of responsibility

Sgt. Maj. Stephen Spadaro will relinquish responsibility of the Dental Command to Sgt. Maj. Richard Orona during a ceremony Monday at 5 p.m. at the Fort Sam Houston flagpole on Stanley Road.

### AMEDDC&S change of command

Maj. Gen. George Weightman will relinquish command of the Army Medical Department Center and School to Maj. Gen. Russell Czerw during a ceremony Tuesday at 8 a.m. at the MacArthur Parade Field.

### Technology expo

The 2006 Fort Sam Houston Technology Expo will be held July 13 from 10 a.m. to 2 p.m. at the Sam Houston Club. The event will include exhibits demonstrating the latest in network operations services, data warehousing, information assurance, storage solutions, hardware and software and much more. The expo is free and open to the community. For more information, call Marie Miller at 888-603-8899, ext. 222 or e-mail miller@ncsi.com.

### Mandatory training

A Subversion and Espionage Directed Against the U.S. Army and Operations Security training session will be held July 18 from 10 to 11:30 a.m. in the Evans Theater. People should arrive early to sign in. The training is a mandatory requirement for Department of Defense personnel, to include contract employees. For more information, call the Garrison Security Office at 221-1906, 221-1859, 221-9500 or 221-9611.

### Camp Bullis conference

Camp Bullis will sponsor a Users Conference Aug. 24; registration starts at 7:30 a.m. at the Camp Bullis Theater, Building 5900. The conference will be held from 8 a.m. to 4:30 p.m., with presentations in the morning and classes and a bus tour in the afternoon. Presentations include range control, safety, scheduling and operations. Outdoor Recreation will host a lunch from 11:30 a.m. to 1 p.m.; the cost is \$3.50. For more information and reservations, call Ronald Lane at 295-7592 or Pat Jennings at 295-7686.

### Force protection advice

#### Don't become a target

- Lock vehicles and secure valuables.
- Safeguard military and government documents.
- Protect ID cards, passports.
- Remove Department of Defense decals when selling a vehicle.
- Maintain situational awareness.

## Inside . . .

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Photo by Elaine Wilson

Ed Butler, from the Sons of the American Revolution, Boerne Chapter, rings the bell in tribute to the first 13 U.S. colonies while dressed in period uniform at Fort Sam Houston's "Fourth of July Salute to the Union" at the main post flagpole.

# Fort Sam celebrates America's independence

By Elaine Wilson  
Fort Sam Houston Public Information Office

Hundreds of people bypassed barbecues and pool parties Tuesday to help Fort Sam Houston celebrate America's 230th anniversary of independence with a "Fourth of July Salute to the Union" at the main post flagpole.

The ceremony included a noontime cannon salute to honor each of the 50 states in order of when they joined the nation, starting with Delaware. As the states were announced, audience members cheered for their favorite, with the loudest applause going to Texas.

The Sons of the American Revolution added a historic flair by attending the ceremony in period uniforms. They rang a bell 13 times to pay tribute to the first U.S. colonies.

"We honor those in uniform who are continuing the fight for freedoms we enjoyed these past 230 years," said Knox Duncan, president of the Boerne chapter of the Sons of the American Revolution. "Today, we pay tribute to our Soldiers, Sailors, Marines and Airmen across all military services who, along with their families, are making significant sacrifices in the war on terror."

A few of those Soldiers were present. A group of cyclists, including several wounded in the war on terrorism, stopped by to help San Antonio celebrate the national holiday after a nine-day trip from Dallas.

The cyclists are participating in various segments of the Soldier Ride National Tour 2006, a cross-country cycling event

See INDEPENDENCE on Page 3

## United Way thanks post volunteers for their service

By Elaine Wilson  
Fort Sam Houston Public Information Office

The Volunteer Center at United Way honored the city's top volunteers of the year June 15 at the Henry B. Gonzalez Convention Center in downtown San Antonio.

Of the 25 award winners, three recipients were from Fort Sam Houston.

Christen Jensen, a volunteer from the Brooke Army Medical Center Auxiliary, earned an Individual in Service – Military award; the Garza family, active Boy Scout volunteers, won for Family in Service – Military; and the BAMC Caremobile Volunteer Program was honored in the Group in Service – Military category.

The post recipients together contributed more than 7,500 volunteer hours

to Fort Sam Houston and the San Antonio community.

"It's a huge honor to win," said Jensen. "I just feel bad that I'm the only one (from the BAMC Auxiliary) who was honored. It takes a lot of other people to do what we do."

A busy mother of five, Jensen still found time to volunteer nearly 1,000 hours with the auxiliary, coordinating monthly dinners for the Soldier and Family Assistance Center, baking goods for the Fisher House and scheduling the hospital's book fairs.

"I joined the first day I moved here," Jensen said. "I didn't want to come to San Antonio at first, but I contacted the auxiliary and got tons of information about the neighborhoods and schools. I wanted to join so I could help incoming

spouses, and the wounded Soldiers, too."

Her hard work was not overlooked by the auxiliary; the members voted her Volunteer of the Year and nominated her for the United Way award.

"When you have to, you find talents you never thought you had," said Jensen, who is rarely seen without one of her children in tow. "I hope my children see my example and want to help others when they grow up."

The Garza family also had their hands full last year with a busy schedule as troop leaders. Maj. Nathaniel Garza and his wife, Sara, provided adult supervision for meetings, outdoor activities and service projects, and Sara was also the troop's volunteer coordinator. Their children,

See VOLUNTEERS on Page 4

# Tough times, great opportunity

By **Brig. Gen. John A. Macdonald**  
Director, Installation Management Agency

In the month I've been privileged to serve as the director of (the Installation Management Agency), I've become acutely aware of what you're all going through on our great installations as we work through some truly daunting funding challenges. It may not help much, you need to know we understand and appreciate the sacrifices you make, and the really hard decisions your leaders make every day in the interest of providing the most critical services to our customers. Chief of Staff of the Army Gen. Peter J. Schoomaker has declared, "Our installations are our flagships." This drives home the tremendous importance of our installations to Army readiness. The IMA stands on point to support this effort through SERVICE: Stewardship, Efficiency, Respect, Vision, Integrity, Consistency and Empowerment.

It would be great to tell you the situation will get better now that the long-awaited supplemental appropriation is approved and distributed. Quite simply, we still have a hard road ahead of us. The funding IMA received from the supplemental was reimbursement for the OMA dollars we contributed this year in support of the Global War on Terror.

As we've said very publicly, we are still more than \$500

million short of successfully completing the fiscal year at our current rate of expenditure. There is no more money coming to us, so we have to spend less to get through the fiscal year. Garrison commanders and staffs still have hard decisions to make, and we anticipate a level of austerity for the foreseeable future that is unprecedented in memory.

The shortfall in funding for installations will not be resolved by finding extra millions or billions of dollars each year to rescue us from insolvency — the trend is very much in the other direction. The situation will only be resolved by strategically changing our fundamental notion of what installations are and the services they provide. Next year's projected funding picture looks very much like this year — only we may get somewhat less. That trend means our only recourse is to plan for it and try to increase the level of predictability.

The Army leadership is very aware of our dilemma, and at the same time is committed to providing a high standard of living for Soldiers and family members. If that sounds contradictory, it's not. It means that our leaders are taking a hard look at what installations should be and how they should do their business. They are asking IMA and the garrison commanders to lead the way because we are the experts.

So the installation world is in transition, just like the

rest of the Army. And, like the rest of the Army, we are at war, and support for the war effort will be all of our top priority. As difficult and frustrating as it is right now, this is a great time to be in the installation management business because we are on the front lines of shaping the Army installations of the future. It doesn't get more important than that.

We will keep you informed of coming events and will do everything in our power to mitigate the impact on the installations. Do your best to ensure your communities are well informed and well supported within available resources.

Thanks to all of you — members of the IMA team for your unflagging dedication to our customers during this trying time. Thanks also to our customers — Soldiers and your families, senior mission commanders, installation tenant activities, members of installation communities — for supporting us as we work through the current challenges.



**Brig. Gen. John A. Macdonald**

## Fort Sam Houston News Leader

This Army newspaper is an authorized publication for members of the Department of Defense. Contents of the News Leader are not necessarily the official views of, or endorsed by, the U.S. government or Department of the Army. It is published weekly by the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office, 1212 Stanley Road, Suite 4, Fort Sam Houston, Texas 78234-5004; 210-221-0615, DSN 471-0615. Printed circulation is 10,000. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The



editorial content of this publication is the responsibility of the director of public affairs. The News Leader is published by Prime Time, Inc., Military Newspapers, 7137 Military Drive West, San Antonio, Texas 78227; 210-675-4500, a private firm in no way connected with the U.S. government, under exclusive written contract with the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army or Prime Time, Inc., The Herald Newspaper Group of the product or services advertised. Stories and photos for publication consideration may be e-mailed to [news.leader@samhouston.army.mil](mailto:news.leader@samhouston.army.mil) or turned in on a disc accompanied by hard copy, by noon Monday.

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# Independence

Continued from Page 1

that brings awareness to the needs of wounded Soldiers and assists them in their rehabilitation. More than 30 wounded warriors will ride in the nearly 4,400 mile trek by the tour's end. The rigorous journey started May 6 in Montauk, N.Y., and will end July 29 in San Diego, Calif.

"We know public interest can wane but we want to remind people that service members are still out there sacrificing and getting injured. We want to tell their stories and honor their sacrifices," said Steve Nardizzi, an attorney who has been a volunteer with Soldier Ride since its inception three years ago.

"Many of them led very active lives before their injuries and they still want to do that," he said. "Maybe some of them can't run anymore but they can still cycle."

Master Sgt. Tom Carpenter, a double amputee, was an inpatient at Brooke Army Medical Center just a year ago. He is now an avid cyclist.

"I saw it as an opportunity to get out of the hospital and do something physically demanding," he said. "It increases your confidence."

Carpenter rode in the Dallas to San Antonio segment of the tour, and hopes to complete the ride across Texas next year.

"I've seen Soldiers transformed because of the Soldier Ride, because they are part of something," said Carpenter's wife, Connie. "It's great to be an American, to be able to have the resources to heal and prove that you can do anything. I feel very proud to be an American today."

After the ceremony, a few nostalgic attendees stayed a while longer to pose for a picture with their state flag. All 50 state flags and the six territorial flags were on display near the flagpole.



Photo by Elaine Wilson

Capt. Clayton Curtis, Special Troops Battalion company commander, gives his daughter, Alicia, an up close and personal look at a cannon shortly after the cannon salute to the union.



Photo by Elaine Wilson

Soldiers from the Special Troops Battalion U.S. Army Garrison fire cannons during the salute to the union. They fired the cannons 50 times to pay tribute to each of the states starting with Delaware.



Photo by Lionel Lowery III

Participants in the Soldier Ride National Tour 2006 stopped by Fort Sam Houston on the Fourth of July to help the San Antonio community pay tribute to the nation. Their cross-country trek started May 6 in Montauk, N.Y., and will wrap up at the end of the month in San Diego, Calif.

## Military supports biggest small-town parade



Members of the Alamo Silver Wings Airborne Association from San Antonio are one of more than 100 entries in the Fourth of July parade in Seguin, Texas.



Photos by Esther Garcia

Waving to the crowd at the Biggest Small-Town Fourth of July Parade in Seguin, Texas, are (from left) Air Force Sgt. Keith Loudermill, Randolph Air Force Base; Sgt. 1st Class Craig Anderson, Basic Noncommissioned Officers Course, Noncommissioned Officers Academy, Fort Sam Houston; and Air Force Tech. Sgt. Hope Skibitsky, Lackland Air Force Base.

# Soldiers commissioned into nurse corps

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

Six enlisted Soldiers became commissioned officers in the Army Nurse Corps during an Army Medical Department Enlisted Commissioning Program ceremony Friday.

An invocation was given by Capt. Luis Lopez, chaplain, Army Medical Department Center and School, followed by introduction of special guests, by Lt. Col. Patricia Darnauer, 187th Medical Battalion commander.

Darnauer congratulated each of the Soldiers and said, "Let me say how proud we are that you chose to further your career by becoming officers in the Nurse Corps field."

Darnauer went on to introduce the

guest speaker for the ceremony, Col. Carol Pierce, chief nurse, U.S. Army Medical Command, and assistant chief, Health Policy and Services, MEDCOM.

Pierce lauded each of the Soldiers for their commitment and said, "Each of you has taken a big step. First, you joined the Army; second, you have each reached the ranks of sergeant or staff sergeant; third, you have furthered your education, on your own time, earning degrees; and fourth, you have filled the requirements to reach this point today."

Pierce presented the oath of office, commissioning the newly appointed officers, pinned them with their officer ranks and gave each their certificates.

The ceremony ended with the Army song and many photos taken of the newly commissioned officers and their families.



(From left) Second Lts. Beth Hughes, Benjamin Lalas, Samantha McHenry, Erica Franklin, Maurice Graham and Ann Calderon were commissioned in an Army Medical Department Enlisted Commissioning Program Friday.

## SGLI premium rate changes took effect July 1

Effective Saturday, the monthly premium rate for basic Servicemembers' Group Life Insurance increased by 5 cents per month for each \$10,000 of coverage, from 65 cents per month per \$10,000 to 70 cents per month per \$10,000. On the same date, Family SGLI premiums decreased across the board.

The most recent SGLI premium change occurred in July 2003 when the monthly premium rate for basic SGLI was reduced from 80 cents per \$10,000 of insurance to 65 cents per \$10,000. That change was made to reduce surplus reserve funds in the program. A small

increase in the SGLI premium rate is now necessary for the program to remain in sound financial condition, while covering the cost of peacetime claims. It is important to note that the cost of wartime SGLI claims is borne by the uniformed services, not by service members.

As a result of this increase, members who have the maximum \$400,000 of SGLI coverage will see their monthly SGLI deduction from service pay increase by \$2 a month, from \$27 to \$29, beginning with their July pay. This monthly SGLI premium

includes a \$1 per month charge for Traumatic Injury Protection coverage, which took effect Dec. 1, 2005, and provides payments of up to \$100,000 for serious traumatic injuries.

Also effective Saturday, Family SGLI monthly premium rates were reduced for all age groups by an average of 10 percent. The new rates reflect better-than-expected claims experience for each age group in the Family SGLI program. For more information, visit <http://www.insurance.va.gov>.

(Source: Department of Defense news release)

## Volunteers

Continued from Page 1

13-year-old William, 9-year-old Natalie, 6-year-old Samuel and 4-year-old Matthew, volunteered at troop events.

The family also participated in a variety of other volunteer activities, including a soccer team, Girl Scouts, at church, and on the Parent Teacher Organization.

Together, the Garza family gave more than 900 hours of volunteer service to Boy Scout Troop 23 and over 1,800 hours of volunteer service to the Fort Sam Houston and San Antonio communities.

The Caremobile Volunteer Program also accrued an impressive amount of volunteer time last year, with 44 volunteers contributing 3,800 volunteer hours.

The Caremobile program, which started in 1993, is a transportation service that delivers patients from their cars to the entrance of BAMC and back again.

Volunteer drivers work in shifts to transport up to 8,000 patients

to the hospital entrance every month. They assist everyone from elderly retirees to wounded Soldiers with rides to and from the hospital, shelter from weather conditions and even occasional calls for help.

"I've seen people who wouldn't make it to the door without us," said Bob Miller, one of 44 volunteers. Miller has been with the program for more than six years.

Miller recalls a retired Marine sergeant with a below-the-knee amputation. "He was parked way out in the last row in an old pickup," Miller said. "When I pulled up,

he was trying to get out of the cab with crutches. I helped him down, drove him to the door, got a wheelchair and took him inside. I don't know what he would have done without me."

Volunteer drivers transported more than 70,000 patients and visitors in 2005.

"It's wonderful that there are people like this around," said Elizabeth Glass, a recurring Caremobile passenger. "You don't find this kind of service very often."

Jim Goudge, co-chairman for the United Way event, thanked all of the volunteers as he addressed a crowd of 900 at the awards dinner. "These wonderful volunteers have touched the lives of thousands of children and families across our community," he said. "Their heartfelt commitment, abounding compassion and hours and hours of hard work have made a difference in those lives that truly matters."



Photo by Lionel Lowery III

Volunteer Tony Grauzer helps Margaret Drake out of a Caremobile after giving her a ride to the entrance of Brooke Army Medical Center.



Photo by Elaine Wilson

Bob Miller, Caremobile driver, gives Leslie Zickefoose and his sons, Reece (back seat) and Jake, a ride to their car. The Brooke Army Medical Center Caremobile Volunteer Program was honored by the United Way in the Group in Service – Military category.



Photo by Elaine Wilson

Christen Jensen sets up a souvenir booth at Brooke Army Medical Center. Booth sales raise money for the BAMC Auxiliary. Jensen, an auxiliary volunteer, earned an Individual in Service – Military award from United Way.

# Wounded Warrior Program leads Soldiers, families through recovery

By **Katisha Draughn**  
Army News Service

WASHINGTON — Staff Sgt. Jarod Behee was patrolling in Iraq last spring when his life forever changed, courtesy of a sniper shot to the head.

The bullet left the California National Guardsman critically wounded, and he's since endured numerous surgeries to decrease the swelling of his brain and repair damaged blood vessels.

Enter the Army Wounded Warrior Program, which has assisted Soldiers who have been severely injured while supporting the global war on terror since April 2004. Their injuries range from loss of limbs and sight to extreme burns and brain injuries.

"We want them to know there is someone here for them," said Sgt. Maj. Robert McAvoy, lead NCO for the AW2.

"They've been through a traumatic event, and they don't need anything worse."

The AW2 supports Soldiers and their families through a three-phased process: phase one is notification and evacuation, phase two is the medical care and board evaluation and phase three involves helping Soldiers reintegrate into the Army or transition to civilian employment.

"We're there to assist and advocate for

"When I see the light in Soldiers' eyes and see them interact with their families again, I know I have made a difference."

**William M. Years**  
Soldier/family management specialist

them as they face the bureaucracy in front of them, whether it be normal Army systems or the (Department of Veterans Affairs) as they transition into the civilian world," McAvoy said.

When Behee's wife, Marissa, was informed of her husband's accident, AW2 officials immediately linked her to a Soldier/family management specialist.

"The program has been great to us," said Marissa. "Our (specialist) called every week and was always there to listen to me and help. It was good just to have someone to vent to and talk to about my frustrations."

While Behee moved between hospitals and eventually to private rehabilitation facilities, Marissa had her own share of hard times. Beyond being a military wife and a mother to their 5-year-old daughter, Madison, Marissa became a constant bedside supporter to her injured husband. But looking out for his wellbeing and managing his TRICARE coverage isn't always easy.

"We've had good days and bad days, and we've hit every worse-case scenario there is," she said. "But I don't give up because I know that there are better days to come."

The AW2 has helped the Behee family and other families see better days by helping them meet financial needs. If a family has trouble paying personal and medical bills, for example, AW2 officials coordinate with non-profit organizations to seek donations that will help Soldiers and families.

William M. Years has been a Soldier/family management specialist with the AW2 for almost two years.

"When I see the light in Soldiers' eyes and see them interact with their families again, I know I have made a difference," he said.

Years is paired with Soldiers and families living in Europe and numerous states, to include New York, Vermont, Rhode Island, Michigan, Kentucky. He

visits them often, and provides information on military benefits, transportation needs, monetary issues, loans and counseling.

"We help do things that the Soldier's unit may not be able to," Years said.

Thanks to efforts of AW2 officials, Behee goes through intense physical therapy at the Casa Colina Rehabilitation Center in California. He has regained considerable movement in his left arm and hand, and can now walk without assistance.

The hospital has also given the Behee family a house on hospital grounds, making it possible for Marissa's parents to live close by and help out.

"His injury has been a blessing in disguise because it has brought our family together and helped us realize what is important," said Jan Szymanski, Behee's mother-in-law.

The AW2 stays with Soldiers for five years from the date they restart their Army careers, until they transition to the civilian community or retire.

"We want our Soldiers to know they are always Soldiers, and our Army and nation will not leave them or their families behind," McAvoy said.

For more information, call 800-237-1336 or visit [www.aw2.army.mil](http://www.aw2.army.mil).

## Team up to save gas, reduce stress with 'vanpooling'

People can reduce their gasoline expenses, along with their stress levels, through a new version of a carpool called a "vanpool."

For the vanpool program, sponsored by VIA Metropolitan Transit, six to 15 people share the ride to work, splitting the cost of a van rental and fuel. One member of the group drives and maintains the van in return for riding free.

Vans are available in seven-, 12- and 15-passenger models and are rented month-to-month so the more passengers who ride, the cheaper it is.

The cost varies depending on the size of the van, the number of riders and the commuting distance. VIA provides a subsidy of \$20 per rider per month that is discounted from the monthly fee. After the subsidy, the

monthly cost per rider can range from about \$50 to \$150. The total cost of the van is fixed and divided equally between the riders.

Riders must ride at least four times per week, except for vacation and sick days to qualify. VIA also pays for the comprehensive insurance package.

Vanpools can be set up to travel just about anywhere, as long as the trips start or end in Bexar County. Vanpools typically start at a central pick-up point that members of the group decide will work best for them, whether a VIA park-and-ride facility, grocery store, church or anywhere they can easily assemble and leave their cars for the day. At the end of the day, they all return to the same point to go home.

If an emergency arises and any member of the vanpool needs to leave work earlier or later than normal, there is a

Guaranteed Ride Home option that will provide them with transportation via taxi if the bus or vanpool is not be an option. Individual employees pay a \$5 registration fee to participate in this program.

Most vanpools designate a primary driver and two backup drivers to share driving duties. All drivers will have their driving records verified. They must be at least 25 years old and have a standard Class C driver's license. When a 15-passenger van is used, the additional required training and orientation will be provided.

For more information on vanpooling or for help recruiting a group, call VIA at 362-2555, e-mail [vanpool@viainfo.net](mailto:vanpool@viainfo.net) or visit <http://www.viainfo.net/Ride/Vanpool.aspx>.

(Source: VIA Metropolitan Transit)

## Post Pulse: Why do you think it's important to wear a bicycle helmet?



*"If you are riding fast and you are not wearing a helmet, you could fall and might have to get surgery or get really hurt."*

**William Potts, 8**



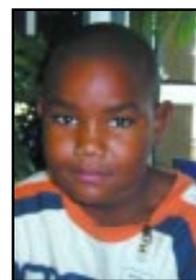
*"It's important because if you fall it will protect you."*

**Beanna Watson, 7**



*"If somebody knocks you over (while on a bike), you will be safer."*

**Eva Rudnick, 7**



*"Because when you are riding a bike (with no helmet) and you fall, you could have a head injury."*

**Michael Powell, 8**

# Bicycle safety rides into Fort Sam

Story and photos by Lionel Lowery III  
Special to the News Leader

The Fort Sam Houston Safety Office and School Age Services sponsored a Safety Helmet Clinic and Bike Rodeo June 28 at the SAS building to emphasize to children the importance of wearing a helmet.

During the event, SAS provided safety films and classroom instruction. The bike rodeo took place in the parking lot and the safety helmet clinic inside the gymnasium.

Richard Edges, from the Fort Sam Houston Safety Office, stressed the significance of wearing a safety helmet to prevent serious head injury or even death. "We hope to fit many children today," he said. "Here at the safety clinic we try our best to work together and protect as many children as possible."

Their mission was to "inform the children" and ultimately "make a difference," he said.

The safety clinic inspected and fitted the children's helmets, teaching them the proper way to wear them. If their helmet did not fit correctly, they were provided a

helmet free of charge.

The Fort Sam Houston Safety Office and volunteers also tested the bicycling skills of the participants. They practiced stopping and riding through an array of obstacles.

### Bicycle safety checklist

#### Helmet

Check to see if your helmet has a Consumer Product Safety Commission sticker. A helmet should be worn level with the forehead. Don't forget to fasten the straps; they might fly off when needed the most. If you want to ensure your helmet fits properly, call the Fort Sam Houston Safety Office at 221-3823.

#### Bike

Make sure seat, handlebars and wheels fit tightly. Check and oil the chain frequently. Check brakes to be sure they work properly and aren't sticking before every ride. Check tires to make sure they have enough air and the right tire pressure.

#### Gear

Be sure to wear bright clothes and reflectors (on you and your bike). Wear riding gloves that can help you maintain a steady grip on the handlebars.



Parent volunteer Robert Rabb guides Quiauna Smith through obstacles on a bike course to test her riding skills.

## Bicycle helmet statistics

- More children ages 5 to 14 go to emergency rooms with bicycle-related injuries than for injuries related to any other sport.
- Each year, about 567,000 people go to emergency rooms with bicycle-related injuries.
- About 350,000 of those injured are children under 15, and of those children, about 130,000 sustain brain injuries.
- Each year, bicycle-related accidents kill about 200 children under age 15.
- Between 70 and 80 percent of all critical bicycle crashes involve brain injuries.

(Source: [www.biausa.org](http://www.biausa.org))



(Above) Andrew Hudson straps on a bicycle helmet during the Safety Helmet Clinic and Bike Rodeo June 28.

(Left) Alexandria Vincent tests her maneuvering skills by navigating an obstacle set up in a "figure eight" configuration.

# Registration begins for second Military Idol competition

By Tim Hippi

Army Community and Family Support Center  
Public Affairs Office

**ALEXANDRIA, Va.** — Soldiers, Sailors, Airmen and Marines can now register for a shot at becoming the second Military Idol.

The Army Morale, Welfare and Recreation program is based on the premise of Fox's "American Idol."

Contestants - whether they're from an active, Guard or Reserve component - must be on active-duty military status and assigned to the hosting installation. There is an exception for Soldiers not assigned to the installation, but they must provide their own transportation.

Competition will run Aug. 1 through Sept. 30 on 33 Army installations and camps in the continental United States, Alaska, Hawaii, Belgium, Germany and Korea. Local winners will qualify for a chance to advance to the Armywide finals Oct. 28 through Nov. 6 at Fort Belvoir, Va.

Application forms and contest rules are available on the Internet at [www.militaryidol.com](http://www.militaryidol.com). Only vocalists need apply — the contest is closed to musicians, comedians, dancers, poets, etc. Installation-level prizes include \$500 to the winner and a chance to be among the dozen who will compete during finals week at Fort Belvoir, along with \$500 for the winner's unit funds. Local runners-up will receive \$250 and third-place performers will get \$100.

The Military Idol grand prize is \$2,000, with \$1,000 for second place and \$500 for third.

Sgt. William Glenn, an Alabama National Guardsman, was the first Military Idol when he was stationed in Darmstadt, Germany. Now in medical hold on Fort Leonard Wood, Mo., recovering from a spider bite, he plans to turn over the crown to the second annual Military Idol winner.

"One thing they can't ever take away, and I mean this from the bottom of my heart: I'm honored to be the very first Military Idol," said Glenn, a military policeman. "Whether my face ever hits another newspaper or whatever, I have that honor. That's a proud accomplishment."

Glenn offers advice to Military Idol competitors. "Have yourself well prepared when you get ready to come to the competition," he said. "Even if it's on the installation level, try to get your music prepared and have a good time and have fun."

"If you are the installation winner and you have to go to the finals, make sure all your music and everything you need you have instead of trying to scrounge for it at the last minute," he said. "And get a lot of good practice time and be comfortable with the song you're singing."

"Find your favorite song, something you do very well with, not just a popular song."

The 2006 Military Idol contest is sponsored by Armed Forces Vacation Club.

For more information on the Military Idol competition at Fort Sam Houston, call Ben Paniagua at 224-7250.



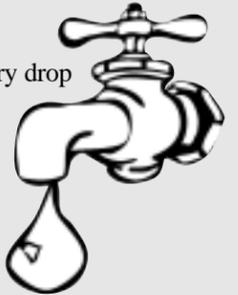
Photo by Kristy Davies

The 2005 Military Idol winner, Sgt. William Glenn (center), an Alabama National Guardsman then stationed in Darmstadt, Germany, receives the winning check from Sgt. Maj. Willie Wilson, of the Army Community and Family Support Center, while emcee Leeann Tweeden and competitors watch.

## Water-saving tips

- Do one thing each day that will save water. Even if savings are small, every drop counts.
- When the kids want to cool off, use the sprinkler in an area where the lawn needs it the most.
- Make sure swimming pools, fountains and ponds are equipped with recirculating pumps.
- Bathe young children together.
- Landscape with Xeriscape trees, plants and groundcovers. Call a local conservation office for more information about these water-thrifty plants.
- Insulate hot water pipes so it is not necessary to run as much water to get hot water to the faucet.

(Source: Fort Sam Houston Environmental Office)



# Wounded warrior thanks supporters with inspirational T-shirt

Story and photo by Norma Guerra  
Brooke Army Medical Center Public Affairs

Never has a simple T-shirt meant so much.

Marine Cpl. Merlin German never would have thought 17 months ago while fighting in the Global War on Terrorism that he would now be designing a shirt to give as a gift to people who have touched his heart.

While recovering at Brooke Army Medical Center from severe burns to more than 97 percent of his body, German has found a way to stay positive and keep a bright outlook.

The front of the T-shirt:  
Got 3% chance of living ...  
Q. What you gonna do?

The back:

- A. Fight Through
  - B. Stay Strong
  - C. Overcome because I am a WARRIOR
  - D. ALL OF THE ABOVE
- Cpl. Merlin German, USMC

German was a gunner on a convoy in Ranadi, Iraq, with the 11th Marine Regiment from Camp Pendleton, Calif., when his vehicle was hit Feb. 21, 2005, by an improvised explosive device.

The U. S. Army Burn Flight Team flew

to Landstuhl Regional Medical Center in Germany to transfer German to San Antonio. German arrived at BAMC Feb. 25 with less than a 3 percent chance of survival.

German and his family endured many long hours of pain, tears, therapy and, finally, some laughter and good times. German still has a long way to go, but he has also come a long way.

Recently German met Carol Triesch, who brings her therapy dog, Jasmine, to visit him.

German mentioned that he had envisioned a design for a T-shirt that he wanted to have made for people who have inspired him, visited, helped and motivated him along his long road. Triesch sat with him and drew it out and three days later the shirts were done.

"I could not believe when I brought the shirts to him he told me the first shirt had to go to Jasmine (the therapy dog)," said Triesch. "I just cried and cried. Jasmine just put her head on his lap as if she knew what was happening. It was amazing."

German also presented a shirt to one of his therapists. His mother, Yvonne, said German presents the shirt with a ritual. The recipient folds the T-shirts in a "Marine fold" under German's watchful guidance. Once it passes inspection, he

makes the presentation.

"It is an honor for me to have this and more of an honor to show what it means," said Stephanie Angle, burn therapist. "For him to be able to take that 3 percent chance and basically be able to someday walk out of here, there is nothing better than that."

He is such an inspiration to all of us. He is truly an amazing individual."

German's father, Hermery, stood in the corner of German's hospital room with tears in his

eyes. "I feel really good when I see my son give out one of his shirts to the people that he cares about, but mostly it demonstrates to me that he has a clear mind and he is going to have an excellent future. I am so proud of him," he said.

To date, German has handed out more than 200 T-shirts, but to most they are not being looked at as just T-shirts, but instead over 200 smiles, moments of appreciation, personal gratitude and people who will never be forgotten.



Marine Cpl. Merlin German presents Stephanie Angle, burn therapy assistant, a T-shirt as German's parents, Yvonne and Hermery, look on.

In November 2005, German was visited by street magician David Blaine. German let Blaine know that he was in New York Times Square during his Frozen in Time stunt. Blaine sent him an autographed book and German has now sent Blaine one of his shirts.

German knows he still has a long road ahead of him and would like to thank everyone in his life helping him along the way. He said he wishes he could give everyone a T-shirt — maybe someday he will.

## Humana contributes \$50,000 to Fisher House

LOUISVILLE, KY — Humana Military Healthcare Services, Inc., the TRICARE South Region managed care support contractor, contributed \$50,000 to the Fisher House June 15.

HMHS President and CEO Dave Baker presented the donation to The Fisher House at Fort Sam Houston.

"We are pleased to provide support to this very worthy cause, our men and women of the military and their families," said Baker. "The Fisher House gives the patients' families the opportunity to be nearby through the recovery process. Family support is critical to creating some normalcy in their lives during a very diffi-

cult time. We commend the (people from the) Fisher House for their efforts in creating a temporary home for our military men and women and their families."

This contribution will be matched by the Randolph-Brooks Federal Credit Union. The funds will support the new Fisher House III and IV that are currently under construction. The two new facilities will be adjacent to the new "Center for Intrepid" and are scheduled to be completed in January 2007. The Fisher Houses are temporary residences and not treatment facilities, hospices or counseling centers.

(Source: Humana Military Healthcare Services)



Photo by Ed Dixon

### 126 years of military service

(From left) Sgt. 1st Class Tracy Roberson, Sgt. 1st Class Carlton Bray, Sgt. 1st Class Harold Hickman, Sgt. 1st Class Edward Mercado, Master Sgt. Richard Meyer and Chief Warrant Officer Angela Rotier are recognized for their outstanding service of 126 combined years to the Army at the monthly retirement ceremony Friday at MacArthur Parade Field.

# Post teen examines veterinary career

By Lionel Lowery III  
Special to the News Leader

*Note: Lionel Lowery III is writing a series of articles on various careers and volunteer opportunities military youth can pursue. This week, Lowery explored what it takes to be in the field of veterinary medicine...*

This past week I had the opportunity to explore what it takes to be a veterinarian. I was privileged to not only visit the appointment clinic, but the operating room as well.

I was taken into the surgery room where I was shown all the machines that are hooked up to the animals during surgery for monitoring. All of the machines were similar to ones that are used for humans, but on a much smaller scale.

Capt. Rosalind Pineda, chief of Fort Sam Houston Veterinary Services, explained that before entering an operating room, everyone uses a special soap called chlorohexadine to scrub their hands cleansing away any

possible germs that could cause infection. Gloves and a face mask are also worn to reduce possible contamination. All the tools used in surgery are sanitized and wrapped in three layers of paper reducing any further exposure to microorganisms.

Once a surgical procedure is complete the animals are then taken to the recovery chamber until they wake up and are ready to go home.

"While in the recovery chamber, this is the prime time for an animal to try to chew on their stitches. We not only have to monitor them during the surgery but, afterwards it is just as important," said Sgt. Christopher Nestor, NCO, FSH Veterinarian Treatment facility.

After the surgical room experience, I accompanied Dr. Gary Hanna, non-appropriated funds veterinarian and retired Army colonel, while he conducted clinic appointments. He did check-ups on military service dogs, diagnosed a dog's heart that was infected by heartworms and a teeth cleaning.

The veterinarian also examined a dog a family had found at their home after a vacation. They described his condition when they first found him, as a bag of bones with patches of hair. Nothing like the healthy looking pooch they now have adopted as their own pet.

Later I had the opportunity to ask Pineda what the most rewarding thing about being a vet was, "It means so much to me to provide a service that can save or relieve pain from an animal and that same animal displays nothing but unconditional love," Pineda said.

"The hardest part of my job is that the work is very hard, very competitive and we work extremely long hours. It is also difficult not being able to save them all the time, but I do the best that I can. I take one animal at a time," said Pineda.

I also learned that Pineda not only works with animal care but also inspects



Courtesy photo

Lionel Lowery III brushes his dog Roxie's teeth as part of the dog's daily routine. Caring for a dog's teeth is a vital part of overall health and maintenance. Dental disease in dogs can cause serious health issues as the bacteria from infected gums and teeth can "spread" to other parts of the body and affect vital organs.

food to make sure it is suitable for human consumption. Pineda goes to different sites such as the commissary, to ensure that the quality and standards of the food are maintained.

#### Future opportunities

An animal care specialist in the military can have a future civilian career as a veterinary aide or assistant at a veterinary hospital. With continued education, an individual may qualify for certification as an assistant laboratory animal technician.

#### Interested in a veterinarian career?

Get some experience under your belt by volunteering at the San Antonio Zoo. For more information and deadlines, visit <http://www.sazoo-aq.org/general/volunteer.html>. Also, volunteers are needed at the Animal Defense League of Texas. Visit the Web site at <http://www.animaldefense-league.org/volunteer.htm>.



Courtesy photo

## Cole campus has summer growth

The construction of the Robert G. Cole Jr./Sr. High School media center began with the excavation of the staff parking lot next to Pryor Hall. The media center will include a library and research areas, college and career center, study room, classroom, a computer lab and various study areas.

# Golfers celebrate Independence Day

Gordon Zambrano, tournament coordinator, receives a watch donated by Rudy Pena, of Pena & Associates Appraisals and Fine Jewelry to be given as a door prize. Sponsors provided door prizes at the Red, White and Blue Golf Tournament Sunday. Tournament sponsors included Morale, Welfare and Recreation, Brook Owens of Keller Williams Realty, First Command Financial Planning, Texas Department of Veterans Foreign Affairs, Eisenhower National Bank and Caliber Collision Center.



(Right) Staff Sgt. Kraig Feh and wife, Jennifer, warm up for the Red, White and Blue Golf Tournament Sunday at the Fort Sam Houston Golf Club. More than 45 golfers participated in the tournament, which was coordinated by Morale, Welfare and Recreation in celebration of the nation's independence. The Fort Sam Houston Golf Course is planning a Labor Day Golf Tournament. For more information, call the Golf Club Pro Shop at 222-9836.



Photos by Esther Garcia

## Sports Briefs . . .

### 'For the Soldier' tournament

The Alamo Chapter Association of the U.S. Army will sponsor the "For the Soldier" golf tournament July 17 at 1 p.m. at the Fort Sam Houston Golf Club. The tournament will help the chapter's continuing efforts to provide support to Soldiers and community programs. People can sign up their team or enter individually at [www.alamochapterausa.org](http://www.alamochapterausa.org). For more information, call retired Command Sgt. Maj. Carlos Correa at 771-3514.

### Summer soccer camp

An Alamo Heights Fort Sam Houston summer soccer camp will be offered July 31 to Aug. 4 and includes a free ball and T-shirt. For more information, call 828-7071, e-mail [sfirth@challengersports.com](mailto:sfirth@challengersports.com) and reference the Alamo Heights Fort Sam Houston Summer Soccer Camp or visit <http://www.ahfsh.org>.

### Boxers, coaches needed

The Jimmy Brought Fitness Center seeks individuals interested in participating as boxers and coaches in Boxing at the Brought III. The event will be held in October. Boxers and coaches must be registered with USA Boxing

and training 30 days prior to the event. Pre-registration and pairing of boxers will begin Sept. 28. For more information on USA Boxing registration and Boxing at the Brought III, call the Morale, Welfare and Recreation Sports Branch, Boxing Club at 221-1532 or 221-1342 or e-mail [douglas.stanley@samhouston.army.mil](mailto:douglas.stanley@samhouston.army.mil) or [john.m.rodriguez1@samhouston.army.mil](mailto:john.m.rodriguez1@samhouston.army.mil).

### Intramural fall softball

Intramural fall softball for men, women and co-ed teams begins Aug. 14. Letters of intent are due Aug. 1. A coaches and rules meeting will be held Aug. 4 at 1 p.m. at the Jimmy Brought Fitness Center. For more information, call Earl Young at 221-1180 or e-mail [earl.young@samhouston.army.mil](mailto:earl.young@samhouston.army.mil).

### Intramural flag football

The intramural flag football season begins Aug. 21. Letters of intent are due Aug. 1. A coaches and rules meeting will be held Aug. 7 at 1 p.m. at the Jimmy Brought Fitness Center. For more information, call Young at 221-1180 or e-mail [earl.young@samhouston.army.mil](mailto:earl.young@samhouston.army.mil).

### Post soccer team tryouts

Tryouts for coach and player positions on the post soccer team will be held Aug. 14 through 18 at 6:30 p.m. daily at

Leadership Field. Resumes or letters of intent for coach positions are due by Aug. 7. Call Earl Young at 221-1180, or e-mail [earl.young@samhouston.army.mil](mailto:earl.young@samhouston.army.mil).

### Post men's basketball team tryouts

Tryouts for coach and player positions on the post men's basketball team will be held Sept. 5 through 8 at 6:30 p.m. daily at the Jimmy Brought Fitness Center. Resumes or letters of intent for coach positions are due by Aug. 25. Call Earl Young at 221-1180, or e-mail [earl.young@samhouston.army.mil](mailto:earl.young@samhouston.army.mil).

### Post women's basketball team tryouts

Tryouts for coach and player positions on the post women's basketball team will be held Sept. 5 through 8 at 6:30 p.m. daily at the Jimmy Brought Fitness Center. Resumes or letters of intent for coach positions are due by Aug. 25. Call Earl Young at 221-1180, or e-mail [earl.young@samhouston.army.mil](mailto:earl.young@samhouston.army.mil).

### Intramural Spring Softball Standings

Team	Win	Loss
264th Med. Bn.	14	3
USARSO	12	4
Fifth Army	13	5
Fire Department	8	10
Bad News Bears (STB)	4	12
NMCRC	4	12

BAMC	4	13	
<b>June 26</b>			
264th Med. Bn. 14	NMCRC	2	
Fire Dept	12	BAMC	11
264th Med. Bn. 16	NMCRC	5	
USARSO	15	Bad News Bears (STB)	6
Fifth Army	18	Bad News Bears (STB)	3
<b>June 28</b>			
Fifth Army	11	USARSO	5
USARSO	18	BAMC	1
Fire Dept	20	Bad News Bears (STB)	5
264th Med. Bn. 13	Bad News Bears (STB)	7	

### Intramural golf standings

Place	Team	Points
1st	GPRMC	274
2nd	5th Recruiting Bde	255
3rd	USAG #2	253
4th	*USARSO #1	244.5
5th	Bunker Busters	236
6th	*ISR #1	232.5
7th	*MEDCOM #1	231.5
8th	BAMC	223.5
9th	264th Med. Bn.	220
10th	USARSO #2	216.5
11th	MEDCOM #2	209.5
12th	DMS Demons	209.5
13th	ARNORTH	166.5
14th	DMRTI	166.5
15th	MWR	165.5
16th	ISR #2	116.5

\*Commander's Cup Rep

# New tourniquet named one of Army's 10 greatest inventions

By Karen Fleming-Michael

Army Medical Research and Materiel Command Public Affairs Office

WASHINGTON — A tourniquet tested by Army researchers and recommended as the best to give to every deployed Soldier in Iraq and Afghanistan was honored June 21 as one of the Army's 10 Greatest Inventions for 2005.

The Combat Application Tourniquet was tested along with eight other tourniquets in 2004 at the U.S. Army Institute of Surgical Research in San Antonio. The evaluation was prompted because many deploying Soldiers and units were purchasing tourniquets off the Internet, but the tourniquets' effectiveness had not been determined. Once testing was complete, the institute's researchers recommended the Combat Application Tourniquet be pushed to deployed troops to stop otherwise lethal blood loss.

"If USAISR hadn't done the work, there still wouldn't have been an effective tourniquet out there," said Dr. Tom Walters of the institute that studies how to save the lives of Soldiers who are wounded in combat.

Up until that point, he added, the tourniquets that were available through the military's supply system included a cravat-and-stick tourniquet that Soldiers were taught how to use in basic training and the strap-and-buckle tourniquet that dated back to the American Civil War. The latter "had always been known to be ineffective," Walters said.

"The ISR's efforts resulted in removing this tourniquet from the inventory and a removal of its national stock number." A third tourniquet, called the one-handed tourniquet, was also available but, while it worked on arms, it didn't work well on legs.

In the "tourniquet-off" held at the institute during the summer of 2004, 18 volunteers helped evaluate the nine tourniquets' ability to cut off blood flow. When the results were in, the CAT, as well as two other tourniquets, came out on top. The CAT had a smaller learning curve than the others, so researchers recommended it for the Army. The Marine Corps has adopted it as well.

"Soldiers carry them on their body at all times when outside the wire," said Col. John Holcomb, commander of USAISR, who has been deployed eight times as a trauma surgeon in Iraq.

The lightweight CAT uses a windlass to tighten its strap and can be locked in place once the bleeding has been stopped. It can also be applied with one hand, though that capability hasn't often been needed during current operations, Walters said.

"Based on all the information that I've been getting from the theater, the original scenario where someone is wounded in a firefight or urban warfare situation and they apply it to themselves just hasn't been the way it's been working out," Walters said. "The vast majority of the wounds have been (improvised explosive devices) and usually a tourniquet has been put on by somebody else

that didn't get as injured."

Hundreds of thousands of the tourniquets have gone with Soldiers to the U.S. Central Command's area of responsibility. Based on reports Walters receives from institute personnel who are deployed to Iraq, tourniquets are much more common than ever before.

"Tourniquets are being used on almost every extremity injury, and they are saving lives," said Holcomb, who was recently deployed as a surgeon at the 10th Combat Support Hospital in Iraq. "Tourniquets were rarely seen early in the war, and now it's abnormal to see a severe extremity injury without a functional tourniquet in place. There is no pre-hospital device deployed in this war that has saved more lives than tourniquets."

The ceremony honoring the Army's 10 Greatest Inventions was held in Crystal City, Va. Accepting honors for the CAT were Mark Esposito, inventor of the CAT, and Bill Howell, the principal assistant for acquisition, U.S. Army Medical Research and Materiel Command, headquarters for the USAISR.

The winning team for the CAT include Dr. David G. Baer, USAISR; Holcomb; Walters; Howell; Dr. Joseph C. Wenke, USAISR; Sgt. 1st Class Dominique J. Greydanus, USAISR; Donald L. Parsons, U.S. Army Medical Department Center and School; Master Sgt. Ted C. Westmoreland II, Headquarters, U.S. Special Operations Command; Esposito, LLC; and Phil Durango, LLC.

## Electronic coordination of claims enhances TRICARE Pharmacy Benefit

FALLS CHURCH, Va. — Effective immediately, TRICARE beneficiaries with other health insurance no longer have to file paper claims for prescriptions filled at most retail pharmacies. Retail pharmacists can immediately submit electronic claims to TRICARE when a beneficiary purchases medications.

"It is a great example of how collaboration with our pharmacy contractor significantly enhances our pharmacy program," said Maj. Gen. Elder Granger, deputy director, TRICARE Management Activity. "This new process will significantly reduce the hassle factor for our beneficiaries."

Beneficiaries may still submit

paper claims from pharmacies that do not yet participate in this new system.

Previously, TRICARE paid claims for beneficiaries with other health insurance through a manual process. TRICARE required the beneficiary to mail a claim form and their receipt to Express Scripts Inc., the pharmacy contractor. The

new process allows a pharmacy to receive TRICARE's payment before requesting a co-payment from the beneficiary. In many instances, the beneficiary can leave the pharmacy with lesser out-of-pocket expenses and no requirement to file a claim.

Beneficiaries and pharmacies are pleased with the program.

"The ability to coordinate TRICARE claims has been very positive for our pharmacy," said Joe Amaro, a pharmacist at Allen Drugs in Jones County, N.C. "Our customers are grateful when we inform them that they don't have to fill out any paperwork."

(Source: TRICARE news release)

# Researcher develops better way to detect shock

By Karen Fleming-Michael  
U.S. Army Medical Research and Materiel Command

A novel medical device in development may give providers a better measure than traditional means in gauging just how well a severely injured patient is faring, especially during long evacuation flights.

"It is not uncommon for injured Soldiers in Iraq to be considered stable ... only to destabilize during transport (to Germany or the United States)," said Dr. Babs Soller, of the University of Massachusetts Medical School. "Our device should help alert the caregiver of impending problems."

Developed by a team at the medical school, the device is a noninvasive sensor that caregivers could use to monitor oxygen and acid levels in muscles — two known indicators of circulatory shock, a life-threatening condition that can occur after a patient loses a lot of blood. To detect shock, medical providers currently depend on the tried, true and inadequate markers of blood pressure and heart rate.

Soller is a spectroscopist, a scientist who studies the interaction between light and matter. Her device works by letting providers see how much oxygen a patient's tissues are getting because when blood flow to the muscle starts to decrease, it's an indicator that blood flow to the internal organs has also decreased.

"These changes happen earlier in shock than changes in the heart's ability to pump blood, which is what is measured with blood pressure and heart rate," said Soller.

Her device is based on the physiological fact that when oxygen supply decreases to a critical level, tissues start producing lactic acid. This acid production decreases the pH of the tissue, causing changes in tissue spectra, which Soller is adept at measuring. Since embarking on this project almost a decade ago, she and her colleagues have developed hardware, software and algorithms to calculate muscle pH, oxygen and hematocrit from near infrared spectra readings.

"These parameters together allow us to investigate how well oxygen is being delivered to tissue and if the available oxygen is adequate to meet the cells' energy requirements," Soller said.

"Blood samples have also been used in medical settings to determine oxygen levels, but those samples aren't ideal for predicting shock," said Dr. Vic Convertino, a research physiologist with the U.S. Army Institute of Surgical Research in San Antonio whose job includes developing tools that help medics make better decisions.

"When you take a blood sample, it usually represents a

mixture of contents coming from all the tissues, so the change that you measure may not be nearly as large as that being produced in the tissues. It may not give as critical a signal early on," he said. "Eventually content changes in the blood will catch up to that in the tissue, but by then the patient may really be in trouble. Getting information at the tissue level, noninvasively, is the novel part of Dr. Soller's technology."

Soller's research endeavors were funded, in part, by a grant from the Department of Defense's Peer Reviewed Medical Research Program. Congress created the program in 1999 to promote research in health issues the military faces. Since its inception through 2005, the program has spent almost \$300 million to fund nearly 200 projects in a range of medical topics, including combat casualty care and technology and infectious disease research.

With four patents issued and three patents pending, the sensor system is currently being put through its paces at Soller's school, NASA Johnson Space Center in Houston and the USAISR in San Antonio. In developing the sensor, Soller's team addressed variables like skin pigmentation and fat while considering what the military would need in the device, like stable output that's not interrupted during a medical evacuation.

Though it's user friendly, Soller said she wants to make future versions of the sensor lighter and more portable for the military. A system for hospital use is being developed by Nimbis Medical, which has rights to Soller's patents.

Convertino said early tests of the system at USAISR have gone well. Earlier this year 10 people volunteered to have the lower part of their body placed in a lower body negative pressure chamber with an airtight seal formed around their waist. Researchers then vacuumed the air from the chamber, which sucked the blood away from their hearts and mimicked what happens during hemorrhage.

"We can reduce the blood flow to the heart and brain progressively by decreasing the negative pressure and produce an effect on the cardiovascular system almost like a continuous bleed," Convertino said. "Eventually a



Courtesy photo

Dr. Babs Soller tests her noninvasive device that detects shock in a lower body negative pressure chamber at the U.S. Army Institute of Surgical Research in San Antonio. The chamber lets researchers reduce blood flow to the heart and produce an effect on the cardiovascular system almost like a continuous bleed.

person will develop symptoms much like an individual going into shock and may eventually become unconscious. We take individuals right to the point where they get symptomatic, and then turn the negative pressure off so that the blood returns immediately to the head and heart and they're fine."

Preliminary data from the chamber tests arrived April 18 and looked promising, Convertino said. "Dr. Soller's device is doing what we think it was supposed to do," he said. Another researcher at the institute, Dr. Andriy Batchinsky, will soon begin collecting data on patients at the Burn Center at Brooke Army Medical Center. This summer, researchers from Virginia Commonwealth University will test the sensor to ensure that what Soller believes she's measuring is actually what's being measured.

"It is incredibly exciting to create a noninvasive instrument that we can then give to a physiologist or physician to use in their work," Soller said. "A noninvasive device lets them easily explore new methods of providing better care for patients. We look forward to the day when it will actually be used to help care for patients."

For more information on the DoD's Peer Reviewed Medical Research Program, visit <http://cdmrp.army.mil/prmrp/default.htm>.

## Daily sun protection may reduce risk of skin cancer

**NEW YORK** — In addition to protecting against sunburn, premature aging and skin cancer, daily use of sunscreen can reduce the number of sunspots or precancers and may even help existing sunspots disappear.

An Australian researcher uncovered that daily use of SPF 15 may decrease the risk of skin cancer in the long run. This study is especially significant in a time when there is so much controversy and confusion about sunscreen and skin cancer rates are at epidemic levels.

"These findings have very positive implications and have gone largely unreported," said Robin Marks, a senior lecturer at the University of Melbourne. "It means that cancer is not inevitable even though you may have gone down the pathway toward cancer in some tissue, sufficient for it to become clinically appar-

ent in the form of an actinic keratosis or AK."

### Effect on precancers

The goal of the study was to determine the effect of sunscreens on precancers or actinic keratosis and can be likened to smoking research which showed how the body can heal itself after smoking cessation. By removing or reducing the carcinogen, i.e. cutting down sunlight exposure, the force pushing the keratinocyte toward skin cancer is reduced. An immune response or other genetic mechanisms is likely correcting the defect because the carcinogen has been removed. It is a very important factor in giving people hope, even though they may have been exposing their skin to excessive sunlight for many years.

### Long-term implications

This study is very reassuring in that it confirms the notion that regular sunscreen use can decrease the risk of skin cancer. However, in order to be truly effective, sunscreens must be used as an adjunct to other sound sun-protective practices to see a reduction in the incidence and mortality rates of skin cancer.

### Skin cancer prevention tips

- Seek the shade, especially between 10 a.m. and 4 p.m.
- Do not burn.
- Avoid tanning and UV tanning booths.
- Use a sunscreen with an SPF of 15 or higher every day.
- Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or after swimming or toweling off.

- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- Keep newborns out of the sun. Sunscreens should be used on babies over the age of six months.
- Examine your skin head-to-toe every month.
- See your doctor every year for a professional skin exam.

The Skin Cancer Foundation is the only global nonprofit organization solely devoted to the prevention, detection and treatment of skin cancer. The mission of The Skin Cancer Foundation is to reduce the incidence of skin cancer through the promotion of prevention, early detection and effective treatment of skin cancer. For more information about the foundation, call 800-SKIN-490.

(Source: [skincancer.org](http://skincancer.org))

## Blood is fluid of life

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

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

Contact the donor center to lend a helping hand.

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



## 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."

Health Promotion Center  
Room L31-9v, Brooke Army Medical Center  
916-3352 or 916-5538



# Brooke Army Medical Center

## Health Promotions – July Class Schedule

Class	Dates	Time	Place
* Asthma Management	Tuesday, July 18 and 25	2 to 3:30 p.m.	BAMC, Health Promotions lower level, Room L31-9V
* Blood Pressure Management	July 19	9 a.m. to 12 p.m.	BAMC, seventh floor, Hospital Education conference room
Body Fat Testing	July 17	8 to 11 a.m.	For class information , call Nutrition Care at 916-7261
Breast and GYN Cancer Support Group	Wednesday	9:30 a.m.	Call for location, 916-3352
Cholesterol Management	July 19 Tuesday and July 25	1 to 2:30 p.m. 10 to 11:30 p.m.	BAMC Health Promotions (This class is by consult only)
Diabetes Management	Monday, Tuesday, July 17, 28, 24 and 25	Call for more information	BAMC, Call Lila Kinser at 916-0794 to participate
Diabetic Foot Care	Monday	1 p.m.	BAMC, fourth floor conference room, Room 413-11
* Tobacco Use Cessation A	Monday, July 17, 24 and 31	3 to 4:30 p.m.	Army Community Service Building 2797, Stanley Road
* Tobacco Use Cessation B	Tuesday, July 18 and 25	5 to 6:30 p.m.	BAMC, fourth floor conference room, Room 413-11
* Tobacco Use Cessation C	Today, July 13, 20 and 27	3 to 4:30 p.m.	BAMC, fourth floor conference room, Room 413-11
Weigh for Health (Weight Management)	Friday, July 14 and 21	1 to 2 p.m.	Call Nutrition Care at 916-7261 for class information
Weigh for Health (Weigh to Stay) Active Duty Military	Wednesday	2:30 to 3:30 p.m.	Call Nutrition Care at 916-7261 for class information
Yoga	Wednesday, July 19 and 26	12 to 1 p.m.	BAMC, fifth floor, Room 531-14

\* To schedule these classes, call 916-9900, option # 4. For more information, call 916-3352.

## RELIGION

### Religious Happenings . . .

#### Guitarist needed

The Army Medical Department Center and School Regimental Chapel is looking for a guitar player for the Protestant Sunday service from 7 to 9:30 a.m. and Wednesdays from 6:30 to 7:30 p.m. For more information, call 221-4362 or fax 221-3103.

#### Bible study break

The Sunday afternoon Officers' Christian Fellowship Bible study will not be held during the summer. A Bible study will begin in September with full details to be publicized at a later date. A Tuesday study will be held from 11:30 a.m. to 12 p.m. in Room 1408 of Willis Hall, Building 2841. For more information, call Lt. Col. Bob Griffith at 385-8451 or e-mail robert.griffith1@amedd.army.mil.

#### Chapel youth group

The Fort Sam Houston chapel youth group will break for the month of July and start back Aug. 27 with a new school year kick-off program. For more information, call Joanne Benson at 599-0157 or joeyntx@satx.rr.com.

#### Women's summer Bible study

Protestant Women of the Chapel will hold a summer Bible study today from 6:30 to 8 p.m. at Dodd Field Chapel. The study, "Extraordinary Women: Refresh Your Spirit," will feature nationally recognized speakers on DVD, including Lois Evans, Ruth Graham, Michelle McKinney Hammond, Lisa Whelchel and Julie Clinton. Free childcare will be provided for children 5 and under. For more information, call Lois Griffith at 226-1295.

## 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 Services:** 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, Building 1398, 221-4362**

**Troop Catholic Mass:**

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

**Troop Protestant Gospel Services:**

9:45 a.m. - 32nd Med. Bde. Soldiers - Sundays

**Troop Protestant Service:** 8:30 a.m. - 32nd Med.

Bde. Soldiers - Sundays

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

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

1:30 p.m. - Jumma - Fridays

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

**Evans Auditorium, 221-5005 or 221-5007**

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

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

**Contemporary service:** 11:01 a.m. - Sundays

**Web site:** www.samhouston.army.mil/chaplain

## Troop Salute

### 232nd Medical Battalion



#### Soldier of the Week

**Name:** Pfc. James Stewart

**Unit:** E Company

**Hometown:** Babylon, N.Y.

**Reason for joining the Army:** I joined for adventure and to serve my country in a time of war.



#### Junior Leader of the Week

**Name:** Pfc. Donique Battle

**Unit:** E Company

**Hometown:** Chicago

**Reason for joining the Army:** To gain experience in the medical field, to travel, to pay off student loans, finish my degree in biology and to pursue a master's degree in physical therapy.

**Serve Your Country One Patient at a Time**

210-692-7376

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U.S. ARMY



Photo by Lionel Lowery III

Spc. Cassandra Buzian and her civilian dance partner and instructor, Ram Rodriguez, wrap up their salsa dance with flair June 29 during the "BOSS Presents Dancing with Soldiers" at the Hacienda Recreation Center.

# Thursday night fever

## Soldiers, civilians move to the music in 'Dancing with Soldiers'

By Ben Paniagua  
Hacienda Recreation Center

A standing-room-only crowd filled the auditorium of the Hacienda Recreation Center June 29 to watch a dance off between Soldier and civilian dancing partners.

Five couples vied for cash prizes in "BOSS Presents Dancing with Soldiers," a dancing competition similar to TV's "Dancing with the Stars."

For the competition, each Soldier paired off with a civilian instructor, who taught the Soldier a dance routine. After four weeks of choreography, planning and rehearsals, they were ready for the dance off. The results turned the competition into a dazzling show that thrilled the crowd.

The couples, dressed in eye-catching costumes, showed off their dancing skills as they showcased a variety of music and dance styles, including the Paso Doble, tango, salsa, cha-cha, hip-hop, African and Tejano.

A panel of three civilian judges — Kathleen Salazar, Trini Reiter and Francesca Anderson — scored the contestants and gave critiques after each dance. In the end,

only one couple was left standing, Capt. Rosalind Pineda, chief of Fort Sam Houston Veterinary Services, and her civilian partner and instructor, Angel Santiago. The couple danced a Paso Doble, winning first place, \$300 and a trophy.

"This was such a thrill to have the opportunity to dance and perform with such a talented and professional dancer as Angel Santiago," Pineda said. "This whole experience has changed me for the rest of my life and I will never be the same."

Sgt. Nikkia Blackburn, of Headquarters and Headquarters Company at Brooke Army Medical Center, and her civilian partner and instructor, Charles Wilborn, took second place, winning \$200 and a trophy. The couple danced the tango and an African dance routine that wowed the audience.

"It was an amazing new experience for me. It helped me break out of my shell and find a new side of myself that I didn't know I had. It was so much fun," Blackburn said. "I found a new family through this and a memory that I will always cherish."

The third place winners were Sgt. Mossaab Benhammou, from the South Texas Branch Veterinary Services, and his dance partner and instructor, Vanessa Rivas. Benhammou, who is also president of the Fort Sam Houston Better Opportunities for Single Soldiers Program, and Rivas took home \$100 in cash plus a trophy for dancing a cha-cha and hip-hop combination



Photo by Elaine Wilson

Angel Santiago, a civilian dance instructor, and Capt. Rosalind Pineda, impress the judges with daring moves like this one, scoring first place for their Paso Doble dance.



Photo by Lionel Lowery III

Capt. Rosalind Pineda and her dance partner, Angel Santiago, are all smiles as they learn they are first place winners of the dance off.

dance routine that brought audience members to their feet.

The other dancers were Spc. Cassandra Buzian with Ram Rodriguez and Capt. Ruben Garcia with Allision Hrcir.

The program also included musical entertainment by singers Staff Sgt. Robin Farland, Staff Sgt. Ivella Dennis and Felix Alvarado, and a performance by the Ronnie Garza Dancers.

The event was Fort Sam Houston's entry in the 2006 U.S. Army Festival of the Performing Arts Competition. All monetary awards from the competition will go to the Fort Sam Houston BOSS Program to further improve the quality of life of single Soldiers living on the installation.

Balfour Military Rings, Army and Air Force Exchange Service and DeVry University sponsored the show.



Photo by Elaine Wilson  
Staff Sgt. Ivella Dennis, one of several vocalists at the dance off, wows the audience with her powerful voice as she sings "Midnight Train to Georgia."



Photo by Elaine Wilson  
(Above) Sgt. Mossaab Benhaummou and his civilian dance partner and instructor, Vanessa Rivas, show off one of their more difficult dance moves from a cha-cha and hip-hop dance combination.



(Left) Sgt. Nikkia Blackburn and Charles Wilborn dance a tango and daring African dance routine with moves that earned them second place for the competition.

Photo by Elaine Wilson



Photo by Lionel Lowery III  
Ronnie Garza, of the Ronnie Garza Dancers, wraps up the dance off with a musical number.



Photo by Elaine Wilson  
Capt. Ruben Garcia and Allision Hrcir give a local flair to the dance off with Tejano dancing.

### 2006 Combat Medic fest

The Combat Medic run has been rescheduled and is no longer held in July. It is now the featured event at the Fort Sam Fall Fest Oct. 21. The merging of both events translates into the best festival ever. Activities begin at 7:15 a.m. until 6 p.m. at the MacArthur Parade Field and include the Combat Medic Run's traditional 5K, 10K and 10-mile run or walk, a parade, barbecue cook-off, arts and crafts fair, live entertainment, games, contests and children's activities. More information is coming soon. To register as an arts and crafts or food vendor, call 221-5225. For information on event activities, call 221-3003 or 221-9904.

## Community Recreation

### Post garage sale

The next post garage sale is scheduled for Aug. 5 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 by calling 221-2601 or 221-2523. A valid Department of Defense identification card is required to participate. Participants must bring their own tables to the event or may rent them from the Outdoor Equipment Center by calling 221-5224.

### Therapeutic massage

Therapeutic massage is available at the Jimmy Brought Fitness Center by appointment only Monday through Friday from 8 a.m. to 8:30 p.m. and Saturday and Sunday from 8 a.m. to 5:30 p.m. Services include neuromuscular therapy, lymph drainage therapy, decongestive physiotherapy, Swedish massage, Reiki, herbal body wraps, hot stone massage and Myoskeletal Alignment Techniques. For more information and to make an appointment, call Theresa Medellin at 221-9915 or 710-7457 or Douglas Stafford at 710-7925.

### Children's music, sing-along time

Children 2 to 5 years old can have fun singing popular kids' songs together with Owen Duggan, a local singer, songwriter and musician, at the Children's Music and Sing-Along Time at the Fort Sam Houston Library July 29 from 11 a.m. to 12 p.m. For more information, call 221-4702 or 221-4387.

### Heart of Texas #3 triathlon

The Heart of Texas #3 triathlon will be held Sunday starting at 7:30 a.m. at the Aquatic Center. For more information, call

Will Lloyd or Lucian Kimble at 221-2020 or 221-1234.

### CAT III bow hunters stand selections

The CAT III bow hunters stand selection will be held Saturday at 9 a.m. at the Camp Bullis Outdoor Recreation Center. For more information, call 295-7577.

### Bow hunter education class

A bow hunter education class will be held July 15 and 16 from 8 a.m. to 3 p.m. at the Camp Bullis Outdoor Recreation Center. The registration fee is \$15 and is payable on the first day of class. Reservations are required. The bow hunter education class is mandatory for all bow hunters that want to hunt on Camp Bullis. Attendees should bring their own bows to class each day. The course is open to anyone age 12 and older. For more information and to register, call 295-7577 or 295-7529.

### Equestrian summer youth camp

Register for the Equestrian Center Summer Youth Horsemanship Camp for youth ages 7 to 17. Camp consists of a one-week session held from 9 a.m. to 3 p.m. each day. Registration fee is \$175 and a \$25 deposit is required. For more information, call 224-7207.

### Swim class registration

People can register for Red Cross swimming lessons from 11 a.m. to 7 p.m. at the Aquatic Center. The cost is \$35 per person for two-week lessons. Classes are Monday through Friday from 8:30 to 9:15 a.m. and 11 to 11:45 a.m. through Aug. 4. For more information, call 221-1234 or 221-4887.

### Instructors wanted

The Outdoor Recreation Center seeks contract instructors to lead classes, trips and programs of outdoor recreational activities. Call Jeffrey Heagerty at 221-5225 or e-mail jeffrey.heagerty@samhouston.army.mil.

### Outdoor pool open

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

### Outdoor X-posure tubing trip

Outdoor Recreation will sponsor an Outdoor X-posure float trip down the Comal River July 22 from 9 a.m. to 5 p.m. To participate, pre-register by July 14. The cost is \$25 per person and includes transportation, lunch, tube and a photo CD. Available slots are limited. For more information and to register, call 221-5225.

### New travel trailers

New 22-foot Mallard travel trailers are now available for issue at the MWR Travel Camp.

The units have three beds that can accommodate two adults and are fully contained with a shower, toilet, three sinks, refrigerator, freezer, stove, oven, microwave, air conditioning and hot water heater. Rates are \$100 per night, \$200 for the weekend or \$400 for a week. A down payment of \$100 is required to make reservations. To view the interior of the trailers or make reservations, call 221-5502 or stop by the Travel Camp at 3514 W.W. White Road.

### AC service

Air conditioning service is available at the Fort Sam Houston Auto Craft Center. The Auto Craft Center has a certified ac technician on staff with 30 years of experience. Cost is \$30 and includes ac service, freon, oil and environmental fee. A \$5 off coupon is available at various MWR facilities, or online at the Auto Craft Shop Web page, www.fortsamhoustonmwr.com. No appointment is necessary. For more information, call 221-3962.

## Dining and Entertainment

### Sam Houston Club, 224-2721

#### Family-style Sunday brunch

The next Sunday brunch will be held July 16. Brunch include a kids' meal station, chocolate fondue station, complimentary champagne and an international food station. Cost is \$13.95 for nonmembers, \$11.95 for members and \$7.95 for children 6 to 11 years old. Children 5 years old and under eat free. For more information, call 224-2721.

#### Super TGIF, 'Down-Home Barbecue'

Enjoy live entertainment, free barbecue and a \$2.75 drink special at Super TGIF, "Down-Home Barbecue" Friday from 5 to 9 p.m. at Sam's Sports Bar inside the Sam Houston Club. For more information, call 224-2721.

### Bowling Center, 221-3683

#### Eighties day

Bowl for 80 cents a game and rent shoes for 80 cents every Sunday from 2 to 8:30 p.m. For more information, call 221-3683.

#### Family fun bowling

The Family Rent-A-Lane special is every Friday from 5 to 8:45 p.m. through Sept. 1. The cost is \$20 per lane, and includes unlimited bowling and shoe rentals. The offer is available to groups up to eight people. Smaller groups and individual bowlers can still enjoy unlimited bowling for \$5.95 every Friday from 9 p.m. to 12 a.m. For more information, call 221-3683.

#### "101 Days of Summer" bowling

Youth in kindergarten through 12th grade can participate in "101 Days of Summer" bowling through Sept. 4. Every day, eligible youth can receive one free game of bowling

with one paid game. Family members of Department of Defense ID cardholders are eligible to participate. Youth can earn up to 101 free games. Every time a youth participates in the promotion, the youth will receive a game card. At the end of the promotion, one game card per youth can be entered into a drawing for the chance to win a prize. Prizes include a DVD player, iPod Shuffle, video games, and the soundtrack and book from the movie "Hoot." The first place grand prize includes an all-expense paid trip for four to an Aly and AJ concert sponsored by Hollywood Records. Trip includes airfare, two overnight hotel accommodations, show tickets and \$500 cash. The second grand prize includes a private screening of New Line Cinema's "How to Eat Fried Worms" for the winner and 50 guests. Only family members of Department of Defense ID cardholders are eligible to win the first and second place grand prizes. For more information, call 221-3683.

### Golf Club, 221-4388

#### Ladies Golf Clinic

A Ladies Golf Clinic for beginners will be held Friday, July 14, 21 and 28 from 6 to 7 p.m. Cost is \$120. For more information and to register, call 355-5429.

#### Junior golf lessons

Junior golf lessons are scheduled for every Saturday from 9 to 10 a.m. at the golf course. Junior lessons are available for youth 7 to 16 years old of any level of experience. Cost is \$7. For more information and to register, call 355-5429.

### Harlequin Dinner Theatre

The latest Neil Simon comedy, "London Suite," will play at the Harlequin Dinner Theatre July 19 through Aug. 19. The play comprises four vignettes that take place in the same room of a London hotel. The production features humorous interactions between a cast of characters; little criminals; a long suffering bellboy; a mother and daughter; two characters from Neil Simon's previous play, "California Suite" a doctor; and an American couple attending Wimbledon. Performance tickets are \$23.95 Wednesdays and Thursdays and \$26.95 Fridays and Saturdays. Military discounts available. For more information or to make reservations, call 222-9694.

### MWR Ticket Office

The MWR Ticket Office has extended its hours of operation through August and is open Tuesday through Friday from 10 a.m. to 5 p.m. and Saturday from 10 a.m. to 2 p.m. For more information, call 226-1663 or 224-2721.

## Child and Youth Services

### Youth Services registration

Youth Services registration is Mondays through Fridays from 8 a.m. to 5 p.m. at the Roadrunner Community Center, Central Registration, Building 2797, Stanley Road. Central Registration takes walk-ins and appointments. To register, parents need to bring current shot records, name and telephone number of two local emergency contacts, physical exam or well baby check completed within the last 12 months with physician's signature affixed, child's Social Security number and proof of total family income such as a current leave and earnings statement or pay stub. There is an \$18 annual registration fee per child, maximum \$40 per family of three or more registering participants. For more information, call Roxanne Lacy at 221-4871 or Arlene Alvarez at 221-1723.

### Summer camp registration

Summer Camp registration for middle and high school teens, grades six through 12 is ongoing at the Roadrunner Community Center, Central Registration, Building 2797. Registration is required for camps even if currently using the

program. A one-week non-refundable deposit will be required. A current Child and Youth Services membership is required to participate. For membership registration, parents must bring a current leave and earnings statement or pay stub and two local emergency designees. An \$18 registration fee is required for membership. For more information, call Central Registration at 221-4871 or 221-1723.

### Splash Pad availability

The Splash Pad, a sprinkler park located in the Dodd Field area, is reserved for School Age Services Monday through Friday from 1 to 4 p.m. The Splash Pad is available for birthday parties for a \$25 dollar fee. For party reservations or more information, call Youth Services at 221-4882 or 221-3502. Reservations have priority at the Splash Pad.

### Youth Services volunteers

Youth Services is looking for volunteers to assist with youth programs such as golf, roller hockey, tennis, computers and arts and crafts. Volunteers with typing or filing skills are needed for the administrative office. For more information, call the Youth Center at 221-3502.

### Pre-kindergarten Jump Starter program

A Pre-K Jump Starter program will be held in the fall for patrons who would like a part-day enrichment program for

preschool children, 4 and 5 years old. To participate, patrons must be registered with Child and Youth Services. For more information, call 221-4871 or 221-1723.

### Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet July 18 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, learn of upcoming events and attend parent education opportunities.

### Home-based child care

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

### CDC waiting list

To remain on the waiting list for the Child Development Center parents are required to check their status every 90 days; not checking will result in deletion from the waiting list. To check status, call the Child and Youth Services Central Registration office at 221-4871 or 221-1723.

## Events

### 'Ready To Learn' workshops

KLRN in partnership with local libraries will host the "Ready To Learn" workshops now through August throughout San Antonio. The workshops help prepare children for school. Sessions are free and open to parents and children up to 8 years old. Each session includes a free book and activity to take home. For more information and workshop locations, call Melissa Galvan at 270-9000, ext. 2256 or visit <http://www.klrn.org/Learning/ReadyToLearn/workshops.aspxor>.

### IT, telecommunication expo

The Fort Sam Houston Information Technology & Telecommunication Expo will be held July 13 from 10 a.m. to 2 p.m. at the Sam Houston Club, Building 1395. Fort Sam Houston military and civilian personnel are invited. No fee or pre-registration is required. However, to avoid lines and view a list of participating exhibitors, pre-registration is available online at [www.federalEvents.com](http://www.federalEvents.com). Refreshments and giveaways available while supplies last. For more information, call Marie Miller at 301-596-8899 or e-mail [miller@ncsi.com](mailto:miller@ncsi.com).

### Cyber security information session

Our Lady of the Lake University weekend college will host an information session to discuss the cyber security industry July 13 from 6 to 8 p.m. in the Library Community Room. OLLU offers a bachelor's degree in Computer Information Systems and Security and a master's degree in E-Business Information Systems. Both degrees are certified by the National Security Agency. Courses offered include computer and network security, system analysis, software engineering and databases management. For more information, call 210-431-3995 or visit [www.ollusa.edu](http://www.ollusa.edu).

### Squiggy to speak about MS

Actor David L. Lander, best known for playing Squiggy on TV's "Laverne & Shirley," will speak about Multiple Sclerosis July 19 from 5:30 to 8 p.m. at the Cowboy Dancehall, 3030 NE Loop 410 and Interstate Highway 35 in San Antonio. Lander will kick off the Valero MS 150 bike ride at the Cowboys Dancehall with a retro 50s style party called "Leather, Grease and Bobby Socks" at 5:30 p.m. to help raise MS awareness. To pre-register, call 800-344-4867 and press 1. For more information, call Ashley Altieri at 202-955-6222, ext. 2567 or e-mail [aaltieri@spectrumsience.com](mailto:aaltieri@spectrumsience.com) or Lauren Wilson 202-955-6222, ext. 2548 or e-mail [lwilson@spectrumsience.com](mailto:lwilson@spectrumsience.com).

### Free Academy Band concert

The U.S. Air Force Academy Band will host a free concert July 23 at 4:15 p.m. at the Municipal Auditorium, 100 Auditorium Circle, San Antonio. Music of Academy Award winner John Williams, composer of "Star Wars," "Jaws," "E.T." and "Indiana Jones," will be presented. Tickets are available at National Furniture stores or by sending a self-addressed, stamped envelope requesting the number of tickets to Air Force Academy Band Concert, P.O. Box 781812, San Antonio, TX 78230.

### Auditions for 'The Rainmaker'

The Harlequin Dinner Theatre will hold auditions July 24 and 25 from 7 to 8:30 p.m. for "The Rainmaker," a comedy by N. Richard Nash. Bruce E. Shirky will be directing. There are roles for six men and one woman; however, volunteers are needed as assistant director, stage manager, light and sound technicians, props and stage crew. Performances will be held Wednesday through Saturday evenings from Sept. 6 to 30. For more information or directions to the Harlequin Dinner Theatre, call 222-9694.

### Labor management conference

The Texas Labor Management Conference will be held July 25 to 27 at the

Hyatt Regency Riverwalk Hotel, 123 Losoya St.; the cost is \$225 per person. Keynote speakers will include Stephen M. Gower, president of The Gower Group, Inc.; Lt. Cmdr. Joseph J. Leonard, U.S. Coast Guard; Stephen R. Sleigh, director, Strategic Resources; and Art Rosenfeld, director, Federal Mediation and Conciliation Service. For more information and registration, visit [www.txlmc.com](http://www.txlmc.com) or [www.sanantonio.feb.gov](http://www.sanantonio.feb.gov); fax registrations to 616-8155.

### Force Health Protection Conference

The U.S. Army Center for Health Promotion and Preventive Medicine will sponsor the ninth annual Force Health Protection Conference Aug. 8 through 11 in Albuquerque, N.M. Workshops will be held Aug. 6 and 7. For more information and registration, visit <http://chppm-www.apgea.army.mil/fhp/>.

### Free admission to theme parks

Anheuser-Busch offers a free one-day admission to its theme parks for service members and three direct dependents. Any active duty, active reserve or Ready Reserve service member or National Guardsman is eligible for free admission under the program. Register online at [www.herosalute.com](http://www.herosalute.com) or in the entrance plaza of any participating park, and show a Department of Defense photo ID. SeaWorld is an Anheuser-Busch theme park located in San Antonio.

## Meetings

### BAMC chess club

The Brooke Army Medical Center chess club meets Wednesdays from 5 to 7:30 p.m. in the BAMC Medical Mall. The club is open to military and their dependents, civilians and patients; experience is not necessary. People can bring a chess set, or sets can be provided on site. For more information, call Sgt. Michael Veri at 513-3435 or e-mail [michael.veri@cen.amedd.army.mil](mailto:michael.veri@cen.amedd.army.mil).

### Seamless Transition Program

The Seamless Transition Program is a collaboration between the Department of Defense and the Department of Veterans Affairs to ensure continuity and improved coordination of health care and benefits for seriously disabled service members returning from theaters of combat operations. Seriously disabled service members or their families may be entitled to VA benefits while on active duty and can receive case-managed care of their issues. For more information, visit Brooke Army Medical Center, Room 513-7 or call 916-7897.

### 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. Micaela Reyes at 221-8947.

## Training

### Green to Gold briefings

Fort Sam Houston's Education Center will sponsor Green to Gold briefings for Soldiers interested in the ROTC program. Briefings are July 19, Aug. 23 and Sept. 20 from 9 to 11 a.m. and 1 to 3 p.m. in the Army Learning Center, Building 2247, Stanley and New Braunfels roads. The ROTC cadre from a San Antonio local university and the 12th ROTC Brigade will be available to answer questions.

### Health career scholarships available

The United Health and PacificCare Foundations' African American Scholars Program offers 30 \$2,000 scholarships to African American students pursuing careers

in the health care industry. To qualify, applicants must have a minimum grade point average of 3.0 or "B" average and reside or attend schools in California, Georgia, Maryland or Texas for the 2006-2007 school year. For more information about the African American Scholars program and to download an application, visit [www.pacific-care.com/aahs](http://www.pacific-care.com/aahs). The deadline for applications is July 31.

### Military intelligence recruiting

The 6th Battalion, U.S. Army Reserve, seeks Soldiers to fill military intelligence positions at Camp Bullis. For more information, call Sgt. 1st Class Barbara Richardson at 295-7629.

### Webster University

The Webster University staff is available for all military personnel interested in pursuing a master's degree. The Webster office is located in the Army Education Center, Building 2248, and is open Monday through Friday from 7:30 a.m. to 4 p.m. For more information, call 226-3373.

### St. Mary's University education office

A St. Mary's University representative is available Monday through Thursday from 8:30 a.m. to 4 p.m. and Fridays from 8:30 a.m. to 12:30 p.m. in Building 2248, Room 206, to assist individuals interested in a master's degree in teacher certification. For more information, call Iona Million at 226-3360.

### Army online training

Army e-Learning is available for all Army personnel. People can access more than 2,600 distance learning courses to include business skills, interpersonal skills, computer professional and computer user skills, environmental, safety and health courses, 29 foreign languages and more than 80 information technology vendor certification exams. Army e-Learning offers personal mentoring for most IT certifications, in addition to promotion points and college credits. Also included is temporary access to more than 8,000 online books so people can assess their value to the workforce. This is a free service. For more information, visit <https://usarmy.skillport.com/rkusarmy/login/usarmylogin.cfm>.

### Free training available

The Human Relations/Equal Employment Opportunity Office offers the following classes at no charge: Prevention of Sexual Harassment, Diversity, Basic EEO, Disability Etiquette, Communicating with Hearing Instrument Users, Reasonable Accommodation Procedures and Communicating Effectively. For more information or to schedule a class, call Marie Jangaon at 221-9194 or Glennis Ribblett at 221-9401.

## Volunteer

### Neighbors helping neighbors

The Arena District Neighborhood Association is currently accepting donations for the first annual back to school, back to basics collection drive. Children's hygiene and school products are needed. The last date to donate is July 28. For more information, call 534-2103 or visit [www.geocities.com/arenadistrict](http://www.geocities.com/arenadistrict) or [arenadistrict@yahoo.com](mailto:arenadistrict@yahoo.com).

### Volunteers need for AAU track, field

Volunteers are needed for Amateur Athletic Union Track and Field events for area youth Saturday and July 13 to 15. All volunteers will receive complimentary breakfast and lunch. All events will be held at the Alamo Stadium. For more information, call Joe Barnes at 336-8100, Augustus Bray at 669-6471 or e-mail [staa@satx.rr.com](mailto:staa@satx.rr.com).

### USO seeks volunteers

The United Services Organization Council of San Antonio has volunteer positions available in the following areas: the

airport reception center, the downtown community center, events and programs, and the business office. For more information, call Julie Nichols at 227-9373, ext. 12 or e-mail [jnichols@alamouso.org](mailto:jnichols@alamouso.org).

### Children's Shelter seeks families

The Children's Shelter seeks new foster and adoptive parents to care for children in Texas. Children's ages range from newborn to 17 years old. The Children's Shelter is a nationally accredited agency that provides a safe haven and emergency care for children who have been abused, abandoned or neglected. For more information, call Alejandra Chavez at 212-2500, ext. 6701 or e-mail [achavez@chshel.org](mailto:achavez@chshel.org).

### Pediatric dental patients needed

The pediatric dental department at Lackland Air Force Base will offer dental screenings for eligible military medical beneficiaries under the age of 13 Wednesday and July 26 and Aug. 9 and 23 from 8 to 11 a.m. The screenings will be held at the Lackland Sky Lark Community Center, Building 6576 in the Longhorn Room on the first floor. No appointment is necessary. Children will receive a dental screening exam, an evaluation of the child's dental condition and treatment recommendations or alternatives. Parents should bring a copy of their child's treatment plan, or referral letter from their private dentist. For more information, call Col. Jeffrey Mabry at 292-3327 or Staff Sgt. Monica Williams at 292-4072.

### Fiesta Commission poster entry

Fiesta San Antonio Commission seeks artists to design the official Fiesta 2007 poster. The contest is open to artists ages 18 and older who live within 60 miles of San Antonio. The winning artist will receive \$5,000, will be honored at the Fiesta San Antonio Poster unveiling and recognized in the Fiesta Magazine. For more information, call the Fiesta Commission office at 227-5191 or visit [www.fiesta-sa.org](http://www.fiesta-sa.org).

### Essay contest

Kraft Foods "Salute to Military Families" program is sponsoring a youth essay contest that will award three \$1,000 U.S. Savings Bonds to military youth in the San Antonio area. The essay cannot exceed 1,000 words and must be written by the military child on the topic of "The Person I Admire." The contest is open to military children 18 years old and younger. "Salute to Military Families" is sponsored by Kraft Foods and Milk Bone, Post Cereals and Oscar Mayer products. Essays should be postmarked before Aug. 1 and mailed to the San Antonio Missions Baseball Club, Post Cereal Youth Essay Contest, 5757 Highway 90 West, San Antonio, Texas, 78277. For more information, call 675-7275 or 221-2606.

### Canine assistant program

Kraft Foods will offer a canine assistant to military families with a member who qualifies to have one. These specially trained dogs assist people with disabilities and cost nearly \$15,000. Kraft pays the entire cost. For more information, call 675-7275 or 221-2606.

### Missions bat boy, girl program

Kraft Foods is looking for military children to participate in its honorary bat boy and girl program. Honorary bat boys and girls receive a San Antonio Missions baseball cap and T-shirt, tickets for their families to attend the game, and will participate in opening ceremonies on the field at home games Fridays, Saturdays and Sundays. The program is open to youth 18 years old and younger who are authorized to use the Defense Commissary Agency and Morale, Welfare and Recreation programs. Youth interested in participating must register by mailing a postcard to the San Antonio Missions Baseball Club, Kraft Singles Honorary Bat Boy, 5757 Highway 90 West, San Antonio, Texas 78277. For more information, call 675-7275 or 221-2606.

## 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 to [news.leader@samhouston.army.mil](mailto:news.leader@samhouston.army.mil) or fax to **295-0512**. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.



**For Sale:** 2005 Heritage 36-foot travel trailer, custom ordered with many upgrades, excellent condition, triple axles, two super slides, garden tub, washer and dryer, ceiling fan, NADA retail is \$36,330, must sell, \$20,990 firm, Call 688-7700.

**For Sale:** General Electric 24.9 cubic foot side-by-side refrigerator, white, new, still in box, \$800 obo. Call Jack or Cathy at 658-1643 and leave a message.

**For Sale:** Refrigerator, washer, dryer, \$50 each; lawnmower, \$25; 10-foot by 10-foot blue rug, \$20; Direct TV receiver, \$10; exterior door with glass pane and doggie door, 34 1/2-inch wide by 78-inches high, \$30; blue recliner, \$40. Call 462-1334.

**For Sale:** Futon with deluxe mattress,

cover and two matching pillows, wooden frame, great condition, \$300. Call 946-4530.

**For Sale:** Receiver hitch, 2 inches, will fit 1994 or newer Ford Ranger, installed but never used, \$75 obo. Call 221-1020 days or 494-8401 evenings.

**For Sale:** Kenmore refrigerator/freezer, 21 cubic feet, automatic icemaker, white, excellent condition, \$300. Call 277-7634.

**For sale:** Yamaha 650 VSTAR Classic motorcycle, excellent condition, one owner, 6,300 miles, with saddlebags, \$4,000 obo. Call 885-9096.

**For Sale:** Set of four, 1-inch Diablo Bianca rims; three tires, \$1,000 obo. Call 621-3237.

**For Sale:** 2003 Toyota Sequoia, V8 Limited, two-wheel drive, power sunroof, rear seat DVD entertainment system, JBL six disc in-dash CD changer, leather interior, third row seating, luggage rack, towing package, 50,700 miles, with Toyota extra care vehicle service agreement, valid until April 2009 or 91,339 miles, \$25,000 obo. Call 386-4076.

**For Sale:** InSTEP, 5 K, two-seat premium jogging stroller, \$150. Call Laura at 657-7627.

**For Sale:** CKC American bulldog puppies, parents on site, father weighs 115 pounds, mother weighs 85 pounds, six males left, first shots, six weeks old, \$500. Call 823-6350.

**For Sale:** Cherrywood dinette set with six chairs and cherrywood china cabinet, two pieces, \$1600 obo; cherrywood coffee and two end tables \$200 obo; all pieces for \$1700. Call 527-8553.

**Free to good home:** 11-month-old yellow Labrador retriever. Call Jinty at 478-0656.

**Garage Sale:** Saturday from 8 a.m. to 1 p.m. at 3419 Ponytail in Redland Oaks Subdivision near Jones and Redland roads; suitcases, refrigerator, microwave, sewing machine, kids books and toys.

**Garage Sale:** Three families, July 14 and 15, 146 Bolerio, Universal City, across from HEB, household goods, clothing, computer items, amplifier, much more.