



Fort Sam Houston News Leader



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Fort Sam Houston – Home of Army Medicine

July 12, 2007

Briefs . . .

ID Card Office opens at BAMC

A new Garrison ID Card Office at Brooke Army Medical Center is open Mondays through Fridays from 7:30 to 11 a.m. and 12:30 to 3:30 p.m. The office is located next to the TRICARE office in the basement. The office's priority is wounded warriors and their Families; however, card services are available to all eligible personnel.

Check CAC expiration date

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

'Sweet Smell of Success' dream jobs

Fort Sam Houston Morale, Welfare and Recreation and Better Opportunities for Single Soldiers have partnered with Speedstick and Army and Air Force Exchange Service to showcase the "Speed Stick 24/7 Guy Mennen Sweet Smell of Success Dream Tour" today from 11 a.m. to 6 p.m. at the Dream Job Employment Center, located between the AAFES Mini-Mall and Post Exchange. Military members and civilians can apply for a weeklong dream job. Stop by and apply for one of many positions including WWE honorary time keeper, music press agent with Sony Music and Maxim Magazine photographer's assistant just to name a few. In addition to scoring a "dream job," MWR will give away \$100 AAFES gift cards. For more information, call 221-2606.

1st LSO change of command

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

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Salute to the nation

See related story and photos on Pages 12 and 13.



Photo by Adam Martinez

Reaching new heights

Lt. Anthony Garcia climbs the aerial ladder at Building 1350 during a rescue exercise. Fort Sam Houston fire fighters practice rescues quarterly to remain proficient. For more on the Fort Sam Houston Fire Department, see related story on Page 3.

Post employs team effort for Army Medical Action Plan

By Phil Reidinger
Fort Sam Houston Public Affairs

"The Army Medical Action Plan at Fort Sam Houston rocks!" That is the message delivered to the Brooke Army Medical Center and the Fort Sam Houston community on a marquee located at the installation entrance located at the BAMC exit off Interstate Highway 35.

The message by Brig. Gen. James Gilman, Great Plains Regional Medical Command and BAMC commanding general, is a pledge that Soldiers returning from fighting the battles of war will not have to fight a bureaucracy to obtain health care and other services during their recovery at BAMC and transition afterwards.

Col Wendy Martinson, U.S. Army Garrison commander, also directed that this message be placed on all post information marquees.

During a July 6 meeting with Gilman, Martinson, and post Army Medical Action Plan planners, Fort Sam Houston installation commander Maj. Gen. Russell J. Czerw explained the command's focus stating, "Executing the Army Medical Action

Plan is a team effort on Fort Sam Houston. We are working with the Installation Management Command and the Medical Command to provide installation resources and services to Warriors in Transition and their Families. We understand, and we are committed as a team with Brooke Army Medical Center, to a plan of action that provides each Soldier and Family Member the care, dignity, compassion and respect they rightfully earned."

On May 15, Gen. Richard A. Cody, Army vice chief of staff, approved the definition for Warrior in Transition as "An Active Component or Reserve Component Soldier who meets the qualifications of Medical Hold, Medical Holdover or Active Duty Medical Extension. It also includes Active Component Soldiers who require a Medical Evaluation Board or have complex medical needs requiring greater than 6 months of treatment. Warriors in Transition do not include Initial Entry Training, Advanced Individual Training or One Station Unit Training Soldiers except in extraordinary circumstances. Exceptions to this definition must be approved by the local military treatment facility and unit commanders."

See ARMY MEDICAL ACTION PLAN on Page 4

SFAC changes name, mission remains same

By Esther Garcia
Fort Sam Houston Public Affairs Office

After three years and eight months, the Soldier and Family Assistance Center is still going strong, but will now be known by a different name.

"With the creation of the Soldier and Family Assistance Center as an administrative element of the 'Warriors in Transition' program, we decided to change the name of our original SFAC to more accurately identify what we do and whom we serve," said Col. Wendy Martinson,

U.S. Army Garrison commander.

The SFAC is now the Warrior and Family Support Center, "the" place to be for service members recovering at Brooke Army Medical Center from wounds received while supporting operations Iraqi and Enduring Freedom.

Soldiers assigned to the BAMC Medical Hold companies, visiting Family Members, Marines and Sailors being treated at BAMC and their Families quickly adopt the facility as a favorite place to meet and communicate with Family, friends and comrades still

stationed in Iraq and Afghanistan.

The center, located on the second floor of the Powless Guest House across from BAMC, first opened its doors in December 2003 with borrowed furniture, old computers and a coffee pot from the post lending closet.

Today the center has new carpet, new furniture, a big screen TV, video game machines, computers with Internet access and an area for children to play. Families and Soldiers watch movies, work on the computers, eat, read or sit

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Defense Department offers \$1 million prize for wearable power innovations

By Donna Miles
American Forces Press Service

WASHINGTON — A typical dismounted troop going out for a four-day mission carries as much as 40 pounds of batteries and rechargers in his pack. The Defense Department wants to reduce that load significantly, and it's dangling a \$1 million carrot to entice people to help them do it.

The Defense Department launched its "wearable power" prize competition July 5 to come up with new innovations to lighten warfighters' loads.

The goal is to reduce the weight for the power system that drives radios, night-vision devices, global positioning systems and other combat gear, including a recharging system, to about 2 pounds per day, explained William Rees, deputy undersecretary of laboratories and basic sciences.

"The mantra is four days, 4 kilograms," he said.

He expressed hope that a competition will attract some of the best minds in business, academia and elsewhere to help achieve that goal.

After all, he noted, it was the opportunity to win a prize that drove Charles Lindbergh to make the first non-stop trans-Atlantic flight.

The Defense Advanced Research Projects Agency has experienced similar successes using a contest to attract competitors to develop innovative unmanned vehicles able to navigate a 132-mile course through the Mojave Desert.

Now the Defense Research and Engineering Office is hoping to tap into that same competitive spirit to develop longer-duration, lighter-weight power supplies.

Three prizes will be awarded in November 2008: \$1 million, \$500,000 and \$250,000.

Competitors have until Nov. 30 to register for the competition. Everyone — private citizens, companies, international organizations — is eligible, Rees said, although the lead member of all teams must be a U.S. citizen.

"If one of them thinks that they can hit it out of the park on this, we are not prejudiced about the origin of it," Rees said. "We just want to lighten the pack load for our folks in uniform."

Entries are expected to run the gamut. Rees said he

envisioned creative ways to generate power on the battlefield, from solar generators to devices that capture the power created when a Soldier's boot hits the ground.

"We want a prototype," he said. "We want something that is a little bit more than your standard duct tape and baling wire, but it is still a prototype. It doesn't have to be a finished system, but it has to demonstrate what we need it to do."

Lightening troops' loads will go a long way toward boosting their effectiveness, he said.

"Look at what it is that drives success in battle. It's inevitably a combination of training and your ability to have decision making on your feet," Rees said. "And that ability to have decision making is directly reduced by your fatigue. The more weight we can take off your back, the better your decision making in battle."

Information about the technical details, contest rules and qualification requirements is posted on the Defense Department Web site at <http://www.dod.mil/ddre/prize>. A forum to be held in Washington in September will review these details for potential competitors.

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Mandatory ethics training

Soldiers and civilian employees must attend one hour of face-to-face ethics training taught by an ethic attorney in 2007, as directed by the Secretary of the Army. The following classes will be taught in Blesse Auditorium, Willis Hall, Building 2841:

Today from 9 to 10 a.m.

Aug. 13 from 1 to 2 p.m.
Sept. 10 from 9 to 10 a.m.
Oct. 17 from 1 to 2 p.m.
Nov. 15 from 9 to 10 a.m.
Dec. 3 from 9 to 10 a.m.
Dec. 14 from 1 to 2 p.m.

Soldiers and civilian employees whose official duties include a procurement function (this includes Government Purchase Card holders and approving officials) must also attend a second hour of acquisition ethics training. This second hour will be taught immediately following the first hour of ethics training in Blesse Auditorium on the following days:

Today from 10 to 11 a.m.
Dec. 14 from 2 to 3 p.m.

For more information, call Gerald Krimbill, Shelby Tanner or Capt. White at 221-2373 or 221-0485.

Briefs

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345th warrior-citizen ceremony

Army Reserve Soldiers, their Families and employers of the 345th Mobile Public Affairs Detachment who served in Operation Enduring Freedom will be honored in a "Welcome Home Warrior-Citizen" ceremony Sunday at 10 a.m. at the Army Community Service (Roadrunner Community Center). The 345th Mobile Public Affairs Detachment began their deployment to Afghanistan in March. The unit was split into four teams to provide public affairs coverage and products throughout the area of operation. The ceremony is open to the public. For more information, call 221-4577.

Technology Exposition

The Fort Sam Houston Technology Exposition, hosted by the Directorate of Information Management, will be held Wednesday from 10 a.m. to 2 p.m. at the Sam Houston Club. There will be more than 30 exhibitors demonstrating the latest in communication technologies, systems integration, flight and vision training devices, network solutions, distance learning alternatives and much more. For more information, call Lauren Houck at 301-596-8899 ext. 216 or pre-register for check-in at www.federalevents.com.

SAEDA/OPSEC training

A Subversion and Espionage Directed Against the U.S. Army and Operations Security training will be held Wednesday from 10 to 11:30 a.m. in Evans Theater, Building 1396, Garden Avenue. The training is mandatory for Department of Defense personnel on Fort Sam Houston, to include contract employees. Personnel who have not attended the mandatory training since Oct. 1 must attend prior to Sept. 30. For more information, call the Garrison Security Office at 221-1906, 221-1859 or 221-9500.

314th change of command

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

AMEDD commissioning ceremony

The Army Medical Department Enlisted Commissioning Program will commission new second lieutenants into the U.S. Army July 20 at 2 p.m. in the 32nd Medical Brigade Classroom. AECPC provides eligible active duty Soldiers the opportunity to complete a bachelor's degree in nursing, become a registered nurse and be commissioned in the Army Nurse Corps. For more information, call Sgt. 1st Class Pamela Frank, detachment sergeant, AMEDD Student Detachment, at 221-3887 or Anna Prescott at 221-5582.

Camp Bullis User's Conference

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

Back to school immunizations

It's not too early to start thinking about back to school immunizations. Brooke Army Medical Center will offer immunizations to beneficiaries ages 6 to 23 every Wednesday in August and September from 7:30 a.m. to 4 p.m. in the BAMC Allergy Clinic, third floor Medical Mall. No appointments or consults are required. Shot records are recommended. Children age 5 and younger should see their primary provider first. For more information, call 916-3011.

First responders

Fort Sam's fire department ready for emergencies

By Minnie Jones
Fort Sam Houston Public Information Office

The Fort Sam Houston Fire Department provides fire protection and emergency medical services to Fort Sam Houston and Camp Bullis; it also provides emergency assistance to the City of San Antonio under the mutual aid agreement.

Just last January, Fort Sam Houston Fire Department was the first responders on-site when an 18-wheeler careened off Highway Interstate 35.

The department includes 47 trained civilian personnel and two station houses, one at Fort Sam Houston and the other at Camp Bullis, Texas.

Station No. 1 has two fire engines, a 100-foot ladder truck, one advanced life support rescue truck, a hazardous materials response trailer, and an incident command vehicle.

Station No. 2 on Camp Bullis, which is responsible for about 28,000 acres, mostly maneuver areas and firing ranges, has 12 firefighters, one fire engine, two bush/aircraft rescue firefighting vehicles, a special operations/wild land firefighting vehicle, two water tenders, one hazardous materials response trailer and one incident command vehicle. Firefighters at Camp Bullis also have additional training in wild land fires, said Joseph Miyasaki, battalion fire chief, Camp Bullis.

The Fort Sam Houston Fire Department does more than just fire suppression; it also provides emergency medical response, hazardous materials response, specialized rescue response and public education to more than 52,000 Soldiers and civilians on post, making this a demanding round-the-clock, 365-day operation. As the recipient of the 2006 Army Fire Department of the Year, Small Category award, Fort Sam Houston's fire department is ready to deal with any emergency that should arise.

"In 2006 we received more than 1,065 calls for emergency service, with about 71 percent of those being emergency medical

in nature. We have an average response time of about five minutes," said Eric Ruggs, assistant fire chief of training.

"Every firefighter is state certified as a basic emergency medical technician, and is trained in hazardous material spills, with some members certified in water rescue and fire safety education," said Ruggs.

The department also has a full staff of fire inspectors dedicated to fire prevention. This branch performs building inspections to ensure they comply with local and state Fire Codes, promotes fire safety and education and investigates fires. They also provide fire safety education to every elementary student on Fort Sam Houston.

"Our biggest involvement with children and with the community is during Fire Prevention Week, which occurs the second week of every year in October," said Curtis Williams, fire chief, Fort Sam Houston Fire Department.

Fire prevention is emphasized in post housing. "We are looking forward to partnering with Lincoln Military Housing by providing training to its residents. There have been several deaths in military family housing on posts throughout the Army. These were major fires in houses where people have lost their lives. We are not going to have that happen here," said Williams. "We are going to start by enlightening the residents with periodic informative articles in the post newspaper, and we also want to implement a program to provide residents with vocal smoke detectors."

The Fort Sam Houston Fire Department also has a training branch that concentrates on continuing education for the entire department to keep firefighters sharp in their professional skills.

For more information on the Fort Sam Houston Fire Department, call 221-2727. For emergencies, when calling from a Fort



Photo by Adam Martinez

Firefighters Mike Velasquez and Armando Fabela rig a rescue mannequin to a Stokes Basket on the roof of Building 1350. Firefighters properly stabilize patients medically and secure them before lowering them to the ground.

Sam Houston or Camp Bullis telephone number prefix, dial 911. Dial 554-4713 when calling from a cell phone or from anywhere on Fort Sam Houston other than post telephone number prefixes. On Camp Bullis, dial 295-7517 from a cell phone or non-Camp Bullis prefix. To obtain phone stickers for emergency numbers, call 221-5452 or visit Building 4196, Room A-37.

Dialing 911 from a mobile phone or a pay phone will not connect people directly to the Fort Sam Houston Fire Department; it will connect them to the City of San Antonio instead, which may cause a delay in response time. People should program 221-2727 in their cell phone so they can always be prepared.

National Night Out

Residents invited to host crime prevention block party

Lincoln Military Housing will host the annual crime prevention National Night Out Aug. 7. National Night Out is a nationwide crime prevention activity designed to heighten crime prevention awareness, generate support for and participation in local crime prevention programs, strengthen neighborhood spirit and police community relations, and send a message to criminals letting them know that neighborhoods are organized and are fighting back against crime.

Residents are welcome to host a National Night Out activity. Registration forms will be distributed in the LMH Quarterly

Newspaper and are also available at the Housing Office located in Building 367. Submit the registration form to the housing office in person or fax to 270-7699. The deadline for registration is July 20.

LMH may be able to sponsor a portion of the block party; however, funds are limited and will be allocated on a first-come, first-served basis. Once registered, LMH will arrange for officers and other community leaders to visit the party to meet party hosts and their neighbors.

For more information, call LMH at 270-7638. (Source: Residential Communities Initiative)

New education system benefits civilian employees

As Base Realignment and Closure takes effect, Fort Sam Houston is poised to be the recipient of future civilian job opportunities for its civilian workforce.

To prepare for future changes, more than 400 civilian employees and service members attended training sessions at Evans Theatre June 28 and 29 to learn about the Army's new sequential Civilian Education System.

The CES is a new progressive leader development program that provides enhanced leader development and educa-

tion opportunities for Army civilians throughout their careers.

The training sessions, provided by John Plifka, director, Basic Course, Army Management Staff College, and Fort Leavenworth, Kansas Campus, provided post employees valuable information on how to prepare and be competitive for promotion opportunities.

To be competitive for promotion, Plifka said, it is imperative that employees enroll and complete courses offered via the Civilian Education System.

Plifka also emphasized that CES is not just for supervisors, and told employees to apply for courses at Army Management Staff College since there are other factors beside grade that may qualify them.

Employees who were unable to attend the training sessions can view it on the Fort Sam Houston Intranet at <https://fsh-intranet.amedd.army.mil/>. For more information, call Cynthia Taylor, Directorate of Human Resources, at 221-0107, or visit <http://www.amsc.belvoir.army.mil>.

(Source: Directorate of Human Resources)

Summer gazebo concert



A gazebo concert will be held July 22 at 7:30 p.m. at the gazebo located on Staff Post Road. The concert will be co-hosted by Col. Wendy Martinson, commander,

U.S. Army Garrison Fort Sam Houston; and Randall Robinson, director, Installation Management Command-West.

Bring lawn chairs and blankets and enjoy an evening of music provided by the U.S. Army Medical Command Band. The public is invited to enter at the Walters gate off of Interstate Highway 35. A valid photo ID is required for everyone age 16 and older.

Army Medical Action Plan

Continued from Page 1

Cody also decided on two AMAP areas of responsibility: (1) Army Medical Command will maintain command and control for all Medical Hold and Medical Holdover Soldiers and (2) Army Installation Management Command will maintain command and control for all Soldier and Family Assistance Centers except at Walter Reed Army Medical Center.

According to Col (Dr.) Barry Sheridan, director of BAMC Healthcare Operations, "We have addressed the 'Quick Wins' at BAMC. We have created a Warrior Transition Unit at BAMC to incorporate all the Warriors in Transition. The manning of these WTUs will be filled with Army assets. We will incorporate the triad of squad leader, case managers and primary care managers."

Sheridan also noted that monthly Town Hall meetings are conducted to identify problems and areas of needed improvement for warriors and their Families. Commanders and staff from the medical treatment facility, the Warrior Transition Unit and the Garrison attend. Escorts now meet



Photo by Jen Rodriguez

Sgt. Daniel Ribbentrop Jr., of B Company, Warrior Transition Unit, has his thumbprint recorded for a new Common Access Card under the watchful eye of CAC operator Hortense Smith at the new ID Card Office at Brooke Army Medical Center. The office opened Tuesday and is primarily for wounded warriors and their Families.

Families at the airport and bring them to the Medical Treatment Facility to meet their warrior.

Sheridan said that a Soldier and Family Assistance Center is being established to provide administrative and financial assistance; assist with coordinating government entitlements, benefits and services; and provide information and assistance in obtaining non-governmental benefits and services. BAMC already provides facilities in the hospital for Veterans Health Administration and Veterans Benefits Administration liaisons.

In regard to the Army's AMAP Quick Wins, Col. David Baker, BAMC Troop Command commander, noted that visitors inspecting BAMC commented that BAMC was already setting the standard.

"BAMC was already picking up Soldiers at the airport and taking them to their rooms. Case managers were already assigned to the wounded warriors," Baker said.

He said BAMC had accountability of the Soldiers through command formations to get them out of the bed, check profiles and follow-up on Soldiers who weren't getting out of bed.

He explained, "BAMC is at the tweaking stage of AMAP, because we already set the standard. BAMC is not coming up with new things to do; we are tweaking certain things to make them better for the wounded warriors."

Some of the adjustments Baker describes are keyless entries for the burn center patients, automatic flushers for the toilets, establishing a Family Readiness Group for the wounded warriors, continuing to evaluate patients negotiating one or more wheelchairs down a sidewalk, and adding 168 employees to the staff.

"Consolidating a Soldier and Family Assistance Center into a one-stop shop will make it easier for the wounded warrior to get around. Anything that the wounded warrior needs will be in this unit. AMAP is a good thing for BAMC and good for the Soldiers and their Families. As Gen. Gilman says, the key to success is to never stop listening," Baker emphasized.

To further assist Soldiers in expediting the Medical Evaluation Board process, the MEDCOM is implementing new access to care standards for Warriors in Transition. The MEDCOM has trained ombudsmen to permit the



Photo by Elaine Wilson

John Ferguson, lead prosthetist at the Center for the Intrepid, uses a digital scanner to create a 3-D image of Spc. David Lawsen's leg for a prosthesis. Wounded warriors are a top priority at Fort Sam Houston.

identification and resolution of problems at the earliest opportunity.

"We are standing up a special team of professionals to assist in the management of Traumatic Brain Injury," Sheridan added.

The Army leadership has directed the senior commanders on Army installations to make Warrior in Transition facilities and furnishings top priorities for repairs and improvements. Fort Sam Houston Garrison Commander Col. Wendy Martinson directed the re-opening of the ID Card Office July 10 in the basement of BAMC. The office is specifically for wounded warriors and their Families. The facility is open Monday through Friday from 7:30 to 11 a.m. and 12:30 to 3:30 p.m.

Additionally, the Okubu Barracks has been designated specifically to house wounded warriors assigned to the BAMC Warrior in Transition unit. During the past few months, 36 rooms on the first floor of the barracks complex have been renovated to full Americans with Disabilities Act compliance. Recently, \$1.5 million was provided by

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10 AMAP 'Quick Wins'

Army Chief of Staff Gen. George Casey, Jr., has approved the following 10 AMAP "Quick Wins."

1. Establish Command and Control. Previously, wounded and ill Soldiers undergoing prolonged evaluation and treatment (termed Warriors in Transition) were segregated by Reserve or Active Component into separate companies that fell under different commands with varying leader to lead ratios, disparate resourcing, and often disparate billeting and support structures. The disparities favored Reserve Component Soldiers in some locations and Active Component Soldiers at others. The Army values the service of all Soldiers regardless of component. The Army Medical Command has new unified companies (Warrior Transition Units) providing leadership and support at a ratio of one squad leader to every 12 Warriors in Transition.

2. Institutionalize the Structure. Previously, the companies supporting Warriors in Transition were not formally manned. Each location was left to devise a method of manning these units by diverting personnel from other duties. In addition, the baseline manning document of the medical treatment facility was not adjusted to account for increased workload with increasing numbers of Warriors in Transition. A formal manning document now exists that authorizes personnel to provide leadership, clinical oversight and coordination, and administrative and financial support at a strength based on the size of the population supported. At the heart of this structure is the triad of the squad leader, the primary care manager and a nurse case manager to provide a synergistic level of support incorporating leadership, medical oversight, and medical coordination and management.

3. Prioritize Mission Support and Create Ownership. Army leadership has directed the senior commanders on Army installations to make Warrior in Transition facilities and furnishings top priorities for repairs and improvements. In addition, they are to conduct monthly Town Hall meetings to identify problems and areas of needed improvement for warriors and their Families. Commanders and staff from the medical treatment facility, Warrior Transition Unit and Garrison must attend.

4. Flex Housing Policies. Policies now allow for single Soldier patient attendee support to receive military or guest

house lodging in the same manner that Family Members of married Soldiers have been authorized. Warriors in Transition are now considered on par with key and essential personnel for military housing vacancies.

5. Focus on Family Support. Previously, Families arriving at medical treatment facilities in support of a wounded or ill warrior received varying levels of support. The Army recognizes the importance of supportive Families. Best Practices were institutionalized across the Army. Escorts now meet Families at airports and bring them to the medical treatment facility to meet their warrior. Soldier and Family Assistance Centers are being established to provide administrative and financial assistance; assist with coordinating government entitlements, benefits and services; and provide information and assistance in obtaining non-governmental benefits and services. A Soldier and Family Hero Handbook will be distributed to all Soldiers and Families as a further aid. Formal family support groups are being established with the support of a full-time family readiness support assistant. MEDCOM has trained ombudsmen to permit the identification and resolution of problems at the earliest opportunity. Consolidated policy is being developed to facilitate processes that support warriors in transition and their Families.

6. Develop Training and Doctrine. Previously, cadre and staff in the companies supporting wounded and ill Soldiers received no formal training and no formalized standard operating procedures existed. The Army has developed standard operating procedures for the newly established Warrior Transition Units focusing on the mission of these units — to set the conditions to facilitate the Soldier's healing with the goal of returning the warrior to duty, or to facilitate the transition to active citizenship. Orientation programs for new WTU commanders and cadre have been developed and the first formal course was held June 25 and 26. MEDCOM has increased its training programs in the identification and treatment of Post Traumatic Stress Disorder with special focus on social work personnel, WTU nurse case managers and psychiatric nurse practitioners. The Army leadership has established a PTSD and Traumatic Brain Injury awareness chain teaching program for all commanders and Soldiers.

7. Create Full Patient Visibility. In previous wars, commanders often found it difficult to locate Soldiers after

they were evacuated from the battlefield. MEDCOM has greatly improved the ability to provide feedback to commanders through the Joint Patient Tracking Application and is now further improving the reach-back with a letter directly to the Soldier's commander with instructions on how to contact the Soldier and how to submit awards and evaluation reports for battlefield service. MEDCOM has established policy for reception of Soldier-patients arriving by commercial or private transportation. The Army recognizes that Soldiers requiring evacuation may prefer to receive their care close to supportive Family and has developed a system to allow Soldiers to designate a preferred treatment location as part of the pre-deployment process

8. Facilitate the Continuum of Care and Benefits. The communication between the Department of Defense and Veterans Health Administration continues to improve. As a pilot program, the Army MEDCOM is co-locating VA and Veterans Benefits Administration liaisons with the Walter Reed WTU nurse case managers to support the continuum of care and benefits, easing the transition for warriors transitioning from the military to the VA. The Army has developed formal mechanisms to seek the Soldier's approval and electronically transmit the required medical and administrative documents between the Army and the VA to expedite the continuum of care process.

9. Improve the Medical Evaluation Board Process. Previously, Soldiers undergoing an MEB had to make an appointment with their nurse case manager to find out the status of their MEB. MEDCOM has created the MyMEB Web Site on the Army Knowledge Online Web page, allowing warriors to go online and access the status and progress of their MEB. In addition, a physician dedicated to assisting Soldiers with the MEB process is being assigned for every 200 Soldiers in the process. To further assist Soldiers in expediting the MEB process, MEDCOM is implementing new access to care standards for warriors in transition. Only Soldiers preparing to deploy will have priority over warriors in transition for non-emergency appointments.

10. Enhance Physical Evaluation Board Representation. The Army called Reserve Component lawyers and paralegals to active duty to provide additional legal advocacy for warriors undergoing the PEB process, acting as legal advocates for these Warriors in Transition.

Army Medical Action Plan

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IMCOM to the Garrison to convert an additional 28 rooms to ADA-complaint quarters.

IMCOM also has validated a requirement to provide \$4.83 million to add water softeners and anti-scalding devices for burn patients and installation of TV cables. Another project is in planning to install elevators in the Okubu barracks to provide expansion of Soldiers' quarters to the second floor, if required.

The Garrison staff is also investigating ways to support travel to administrative and medical appointments for the Warriors in Transition Unit by obtaining two additional ADA-compliant buses with wheelchair lifts within the next three weeks that will be operated by the WTU in coordination with Garrison to meet appointment schedules.

Addressing another Warrior in Transition issue, the Biennial AMEDD Physical Evaluation Board Liaison Officer Training Conference was held in May in San Antonio. More than 200 Physical Evaluation Board liaison officers, physicians, administrators and other stakeholders from military installations around the world attended. The theme for the conference was "Maintain an Army Strong! Through Efficient and Compassionate PDES Processing."

Brig. Gen. Reuben D. Jones, the adjutant general of the Army in his role as commander, U.S. Army Physical Disability Agency provided the keynote address. During opening remarks, he stressed overhauling the Army Physical Disability Evaluation System is key to fixing the cumbersome, inconsistent and confusing bureaucracy for wounded and ill Soldiers and Family Members. "If there is only one action taken, this is it," he said.

Maj. Gen. Gale Pollock, commander, U.S. Army Medical Command and acting Army surgeon general, spoke during the closing workgroup session. She praised the quality of care Army medical professionals provide while recognizing that access to care is an issue of concern.

The conference consisted of dedicated training tracks and updates on Medical Hold and Medical Holdover, Medical Evaluation Board, Army Wounded Warrior program, retirement services, Social

Security and Veterans Affairs policies and procedures.

Physical Evaluation Board liaison officers and MEB physicians also received certification on the new Physical Disability Evaluation System Transformation Initiatives. The system is designed to improve and facilitate medical processing of more than 15,000 injured Soldiers in the PDES.

According to Pollock, the AMAP vision for Army Medicine, Veterans Affairs and other support agencies is the creation of a sustainable health care system open to all injured and ill Soldiers for medical treatment, vocational rehabilitation and successful return to active duty, or transition back into civilian life with follow-up health care provided by the VA.

In the June 6 issue of MEDCOM Now, Pollock notes that the Army Medical Department is providing the highest quality and most advanced medical care for Soldiers on the battlefield, saving more lives of Soldiers wounded in combat than ever before.

Army leaders and medical professionals know that some wounds lie beneath the surface and are not always visible upon first assessment.

In the weeks ahead, the Army will launch a chain teaching program to ensure all Soldiers know how to identify symptoms of Post Traumatic Stress Disorder and Traumatic Brain Injury that will reach more than 1 million Soldiers, a measure that will ensure early intervention. The goal is to educate all Soldiers and leaders to increase their awareness and understanding of these potentially debilitating health issues.

According to Pollock, brain injury and psychological stress from combat deployments are a primary health care concern for the Army leadership. "As Soldiers deploy on multiple and extended tours to the combat zone, recognition, diagnosis, treatment and prevention of PTSD and TBI are of utmost importance to our leadership, Soldiers and their Families," she noted.

(Source: MEDCOM Now)

SFAC

Continued from Page 1

around with others talking and laughing. The center offers a comfortable environment for wounded warriors from all services while they continue with outpatient treatment. It is also a welcome place for their Families to learn to be an integral part of their loved ones' recovery process.

Judith Markelz, program manager for the facility, works nonstop at the center as she answers the telephone, greets visitors, and assists Soldiers, Marines, Sailors and Airmen who are both inpatients and outpatients and family members with special requests.

In June, more than 4,000 visitors stopped by the center either to attend events or use the facility between 8 a.m. and 9 p.m., Markelz said.

"The center is open seven days a week, 365 days a year, and we do not close for the holidays. We have 46 volunteers, and Families and Soldiers help out here too. We kind of live like a family in a bad situation," said Markelz.

The Warrior and Family Support Center is supported by donations and gifts from businesses, civic and veterans' organizations and individual community members. In addition to monetary donations, the center accepts a wide variety of gifts including phone cards, baked goods and special event tickets.

"Other than the two salaried employees, the center is paid for by donations and the support of an incredible community, without which we would not have an assistance center like this," said Markelz. "But the backbone of the Warrior and Family Support Center is those people who bring the cookies every day, week after week, all



Photo by Esther Garcia

Cpl. James West and wife, Megan, from Fort Campbell, Ky., enjoy food donated from the community at the Warrior and Family Assistance Center. "We love it. At least we don't have to be stuck in the room," said Megan. James is undergoing treatment at Brooke Army Medical Center for wounds he received while in Iraq.

year. Without this city, we would not survive."

Homemade cookies are the favorite. "We are out of homemade goodies all the time. We have 18-year-olds who are still young men and women who eat a lot, and there is a certain amount of comfort in food. It is the universal language and people like to eat," said Markelz.

Although well-equipped, "We also still need things to keep the facility operating day to day. Right now we are in need of new desktops," said Markelz.

The center's more popular items include phone cards, gift cards, baby wipes, diapers, dry formula and bottled water.

To volunteer or to donate items or for information about Warrior and Family Support Center activities, call Markelz at 241-0811.

Youth 'Speak Out for Military Kids'

By Paul Schattenberg

Texas Cooperative Extension, Bexar County

SAN ANTONIO — About 150 people attended a reception in honor of military Families at the Doubletree Hotel-Airport in San Antonio June 30. The reception capped off a day of "Speak Out for Military Kids" activities for 19 young people, including three siblings from Fort Sam Houston, who came to San Antonio from throughout the state for a day of training, camaraderie and appreciation.

The participants, to include Lindsey, Eric and Laura Rolfe from Fort Sam Houston, received presentation and speaking skills training, said Marilyn Prause, specialist for military 4-H with Texas Cooperative Extension. The youth ranged in age from 12 to 17 years old.

"The training these young people received today helps develop their speaking skills and knowledge of issues facing military Families so they can go into the community and increase public awareness of those issues," Prause said.

A reception followed the training to thank the participants and showcased some of the presentations they had worked on during the day.

Katherine Boynton, 12, of Lindale, Texas, and Marlon Moore Jr., 16, and Ariel Alexis, 14, of Houston, were each selected to give their presentations during the reception, which was attended by several representatives from Fort Sam Houston, Lackland Air Force Base and Randolph Air Force Base.

"These 19 young people have made a commitment to go out into the community and talk about the challenges military Families face, especially the challenges of 'suddenly military' children when a parent is deployed," Prause said.

Speak Out for Military Kids is a nationwide program in which hundreds of kids from both military and civilian Families work as a team to spread the word about

such issues, she said. It is the keystone program of Operation: Military Kids in Texas. Youth who participate develop lectures, public service announcements, videos and other communication materials to present to community groups and organizations, professional associations, and legislators and other decision-makers.

Events like the one held in San Antonio give young people the opportunity to get to know one another and share their thoughts and feelings with those in a similar situation, said 17-year-old Chyrelle Palumbo of Copperas Cove, Texas.

Over the past six years, Palumbo's father, William, an Army drill sergeant, has been deployed to Korea, Kuwait and Iraq, with his most recent deployment to Fort Jackson, S.C.

"I'm glad I'm here because I want to help other people understand what kids go through when there's a deployment," Palumbo said. "A lot of us don't have anyone to talk to and this gives us a chance to talk to each other and to learn how to get our message out to other people so they can understand what we're going through."

The day-long program was presented through Operation: Military Kids and co-sponsored by Accenture, a global management consulting and technology services company.

Operation: Military Kids is sponsored by Army Child and Youth Services in cooperation with 4-H, Boys and



Courtesy photo

Representatives from Fort Sam Houston, Lackland Air Force Base and Randolph Air Force Base were among the more than 150 attendees at the "Speak Out for Military Kids" reception at the DoubleTree Hotel-Airport June 30. Lindsey, Eric and Laura Rolfe, children of Col. David Rolfe and wife, Brenda, represented Fort Sam Houston at the event.

Girls Clubs of America, the Military Child Coalition, the American Legion and other organizations. It has been implemented in Texas and 35 other states. As one of the pilot states for the program, Texas has been serving the needs of children of military Families for the past three years.

For more information on Operation: Military Kids and the Speak Out for Military Kids program, visit <http://www.operationmilitarykids.org>.

Health alert

Moisture can lead to indoor mold outbreak

By Capt. J. Oscar Seda and Dr. Jacob Paz
Bayne-Jones Army Community Hospital

FORT POLK, La. — Molds are microscopic organisms that require moisture and a food source — wood, paper, carpet, foods — to flourish. They play an important role in the environment, breaking down natural wastes and recycling nutrients.

Molds can be seen as green, black, white, brown or orange discolorations on surfaces and have an earthy or musty odor. They reproduce by invisible spores that waft through the air. When mold spores land on a damp spot indoors, they may thrive by digesting the surface.

For most, mold is not a big health concern. People are exposed to mold on a daily basis without harm. But when mold grows inside in large quantities it can become a problem for people who are sensitive to it, such as asthmatics, elderly or children.

The most common health problem from molds is allergy symptoms including runny nose, scratchy throat, itchy eyes, sneezing, coughing, skin irritation, headache, sinus congestion and asthma. Dogs, cats, cockroaches and mites also can cause an allergic reaction similar to mold.

It is impossible to eradicate all molds and mold spores indoors. The way to control indoor mold growth is to control moisture.

• Any obvious water leaks or similar sources of moisture should be corrected

promptly to prevent mold growth. Visible mold on hard surfaces such as tile or vinyl should be removed through surface cleaning with a detergent or soap solution.

Mold on porous materials such as ceiling tile or wallboard requires replacement of the contaminated materials, and may need professional removal with appropriate worker protection.

• Keep humidity below 60 percent. If there is condensation on flat surfaces, humidity is too high.

• Using fans while cooking and showering helps. Make sure fans and clothes dryers vent to the outdoors.

• Ventilate and dehumidify basements, bathrooms, attics and crawl spaces.

• Maintain air conditioners and change filters regularly.

• Clean, dry or remove anything from the home that is water-damaged, particularly carpets and padding.

• Vacuum often to remove dust and debris to limit mold growth.

• Close windows during rainfall.

• Restrict dense vegetation around the house.

• Clean shower curtains.

• Keep gutters leaf-free and clear of debris.

• Do not rake leaves or hay if sensitive to mold.

If mold does appear in the home, it is not too late. Mold can be removed from most hard surfaces by cleaning and scrubbing with detergent and water. After cleaning, surfaces can be disinfected with a solution of one-quarter cup of bleach per gallon of water. Be careful preparing this solution. Protect eyes and gently add the bleach to the water while mixing.

Never mix ammonia and compounds containing chlorine. Wear rubber gloves, ventilate the area and take fresh air fre-

quently. If the area is large it needs a professional.

For more information, visit <http://www.epa.gov/mold/moldguide.html> or http://chppm-www.apgea.army.mil/mold/Mold_TriFold.pdf.

If employees encounter a case of mold or mildew covering more than 10 square feet in a cantonment building, contact a facility manager for coordination with the Directorate of Public Works for appropriate action.

Brooke Army Medical Center

July Wellness Class Schedule

Class	Dates	Time	Place
Asthma Management	Tuesday, 24 and 31	2 to 3:30 p.m.	BAMC, Health Promotion Center lower level, Room L31-9V To schedule classes, call 916-9900 and choose option No. 4.
Body Fat Testing	20	8 to 10 a.m.	For class information, call Nutrition Care at 916-7261.
Breast and GYN Cancer Support Group	Wednesday	9:30 a.m.	For class location, call 916-3352.
Diabetes Management	19, 20, 26 and 27	Call for more information	To participate, call Lila Kinser at 916-0794.
Weigh for Health - Weight Management	Today and 26	1 to 2 p.m.	For class information, call Nutrition Care at 916-7261.
Weigh for Health - Weigh to Stay - Active Duty Military	Wednesday	2 to 3:30 p.m.	For class information, call Nutrition Care at 916-7261.
Yoga	Wednesdays	Noon to 1 p.m.	BAMC, fifth floor, Room 531-14
Tobacco Cessation Orientation	Wednesday and 31	3:30 to 4:30 p.m.	BAMC, fourth floor, Room 413-11 To schedule classes, call 916-9900 and choose option No. 4.

AUSA donates to Fisher House

Fort Sam Houston Fisher House Manager Inge Godfrey accepts a check from retired Gen. Gordon Sullivan, president of the Association of the U.S. Army and Fisher House trustee, in front of a statue of the creators of the Fisher House Foundation, Zachary and Elizabeth Fisher. Sullivan presented the \$20,000 donation to the Fisher House June 19 for upkeep of the houses, to include maintenance and utilities. Sullivan and retired Lt. Gen. Ted Stroup, AUSA vice president of education, also visited with wounded warriors being treated at the Center for the Intrepid.



Photo by Jen Rodriguez

Congratulations to June graduates

The Army Continuing Education System congratulates the June graduates from Wayland Baptist University:

Master Sgt. Lamer Nealy

Sgt. 1st Class Sherry Blackwell

Sgt. 1st Class Scott Blanchard

Sgt. 1st Class Cedric Davis

Sgt. 1st Class Cesar Fuentesmaynez

Sgt. 1st Class Victor Lopez

Sgt. 1st Class Winston Nicholson

Sgt. 1st Class Harry Smith

Sgt. 1st Class Gladys Ziegler

Staff Sgt. Denny Archibek

Staff Sgt. Esther Benson

Staff Sgt. Stephanie Thompson

Staff Sgt. Loretta Whitehurst

Debra Barresi

Joseph Bender

Thad Conerly

Jorge DeHoyos

Sheron Encarnacion

Taotafa Lefiti

Monica McLeod

Kim Miller

Herminio Pabon

Jason Reveles

Robert Shingleton

(Source: ACES)

Almost there . . . 'Losers' near end of six-month journey

By Elaine Wilson
Fort Sam Houston Public Information Office

(This is the fifth in a series of articles about "The Biggest Loser" program, a weight loss and healthy eating competition at Fort Sam Houston. Each month, the "News Leader" checks in with contestants to track their progress.)

The six-month quest for a slimmer silhouette and healthier lifestyle is drawing to a close for the 33 participants of "The Biggest Loser" competition at Fort Sam Houston.

The weight-loss and healthy-eating competition will end in less than a month with a final taping and weighing Aug. 2 to determine the top three participants with the most significant physical change.

For a few "losers," the competition already has reaped some jaw-dropping results, thanks to smaller portions, healthier foods and a regimen of calorie-burning workouts.

"I've lost just over 20 pounds," said Sunshine Jeane, mother of five, who works out at the gym in her limited spare time. "I feel smaller but not small enough. I've figured out how bad it feels to be big in a small world.

"This isn't a short term thing; I have to

change my eating and exercise habits for life," she said.

"When I started with this program I weighed 252 pounds and now I'm at 223," said Phyllis Bergen. "My friends comment that I'm melting away. I wish it was that easy.

"It takes a made-up mind, determination and a lot of hard work, and I'm dedicated to keeping up my daily exercise program."

For others, the results have been life-changing on a more personal level.

"The Biggest Loser contest has been very inspirational," said Minnie Jones, who has dropped 15 pounds so far. "It jump-started me into making a difference in my appearance and in my life. I'm motivated to eat healthier.

"But the biggest difference is in my attitude about myself. I don't dread looking in the mirror anymore," she said.

"I feel physically better and that has helped immensely with my body image," said Jennifer Morris, who attributes her 7-pound weight loss to belly dancing lessons. "Dance class is a blast. I plan on continuing long after this competition is over."

For the competition, participants follow their own diet and exercise plans, but check in for weekly weigh-ins at the Jimmy Brought Fitness Center, a method of accountability many plan to continue long

after the competition ends.

"Even though the contest will be over, I'm going to try to continue weigh-ins on Fridays," said Laura Nalls, who said she lost nine pounds by walking four miles, five days a week. "Since I already started, I don't want to lose track again."

Weigh-ins can be a useful weight-loss tool; however, the numbers can be needlessly discouraging. Weight can fluctuate throughout the day due to hydration status, according to a Cornell University, Gannett University site. To gain a consistently accurate number, the best time for people to weigh themselves is in the morning, prior to eating and drinking.

Along with a trip to the scale, workout partners help aspiring losers stay on track. Jacqueline Fairclough has a live-in workout partner — her husband, David. The pair joined the Biggest Loser program together.

"Joining forces has helped a lot as we have the same goal and that just makes the journey easier," said Jacqueline, who has lost 20 pounds.

The teamwork is paying off for her husband as well. David also has lost 20 pounds. "I can feel the difference when I walk up and down the stairs. I've made a big change in my life because of this program, particu-

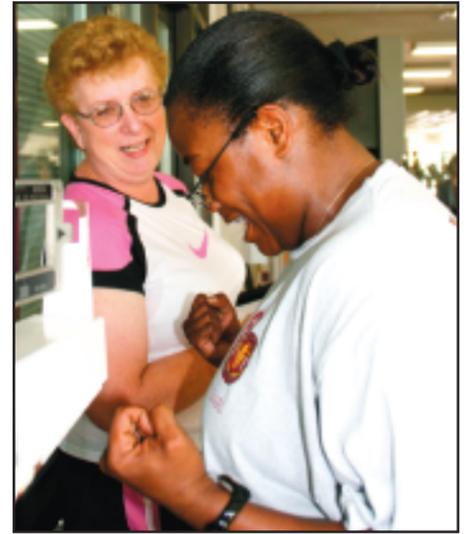


Photo by Cheryl Harrison

Sharon Hodges is exuberant to hear from Barbara Lucas that her weight has gone down Friday at the Jimmy Brought Fitness Center. Hodges and Lucas are two of the 33 participants in Fort Sam Houston's weight loss competition, dubbed "The Biggest Loser."

larly with what I eat and how much I eat."

Whether competitors have gained, lost or maintained, Cathleen Burrell, Biggest Loser fitness consultant, urged all to disregard the looming end of the program.

"Many of you started this program with hopes of changing your life," Burrell said. "Some of you wanted to fit into a smaller size and others wanted to do it for medical

reasons. Whatever your reasons, the program is not over and it ultimately never will be — so long as you stay focused."



(Above) Members of the Granaderos & Damas de Galvez Fife and Drum Corps, dressed in Spanish colonial period uniforms, participate in the 23rd annual Fourth of July patriotic ceremony at the Fort Sam Houston National Cemetery.



(Right) Protected from the rain, retired Lt. Gen. Ricardo Sanchez speaks at the 23rd annual Fourth of July Order of Granaderos & Damas de Galvez patriotic ceremony at the Fort Sam Houston National Cemetery.

Salute to the nation

Fourth of July rain fails to dampen spirit of patriotism on post

Story and photos by Esther Garcia
Fort Sam Houston Public Affairs

Honoring the 231st anniversary of the birth of the nation, more than 100 people braved the rain July Fourth to watch the U.S. Army Garrison Guns and Flags Platoon fire a 50 cannon salute to the union, under the direction of platoon sergeant, Sgt. 1st Class Paul Phillips.

Due to heavy rains, the event was scaled down from the traditional ceremony, which includes patriotic music, ringing of the bell to commemorate the first 13 states that formed the union, and a display of the 50 state flags.

"We are going to honor the birth of our country, our freedom. It is why we wear these uniforms, to protect our Soldiers," said Maj. Gen. Russell Czerw, commanding general, Army Medical Department Center and School and Fort Sam Houston.

Asked if the rain was a bother, Phillips said, "Ours is not much of a sacrifice compared to other military personnel who are out there in worse conditions than we are here."

In a special ceremony following the cannon salute, Congressman Henry Cuellar, representing the 28th District of Texas, presented World War II medals posthumously to Tech. Sgt. Harold Wideen. Sandra Cleary accepted the medals on behalf of her father. Wideen joined the Army Sept. 22, 1937. Wideen, who also served in the Korean War and in various assignments in the United States, retired May 31, 1960. He died Dec. 14, 1984.

"This Fourth of July was especially symbolic to me and to all those attending the medal presentation ceremony because we recognized a true World War II hero, Harold Wideen. It was an honor to present Wideen's daughter, Sandra Cleary, with seven medals and three certificates in the name of her father's unwavering heroism and patriotism for this great nation. It was an emotional moment of pride for his whole family. I would also like to personally thank Commanding General Russell Czerw and Fort Sam Houston for their kindness and hospitality," said Cuellar.

The medals awarded were the Bronze Star Medal, Bronze Star Medal with "V" device, Second Oak Leaf Cluster, Purple Heart Medal, Army Good Conduct Medal, American Defense Service Medal, European African Middle Eastern Campaign Medal with three Bronze Service Stars, the Army of Occupation Medal with German clasp, and the Combat Infantryman Badge.

The ceremony included a message from Marine Gen.



Staff Sgt. James Flynn, firing battery NCO in charge, prepares to signal Spc. Keith Devan, Staff Sgt. James Jackson, Spc. Edward Moore and Sgt. Saul Salas, members of the U.S. Army Garrison Guns and Flags Platoon, to fire the cannons during the Fourth of July cannon salute ceremony at the post flagpole. The ceremony featured one cannon fire for each of the 50 states. The cannon crew also included Sgt. 1st Class Paul Phillips, Staff Sgt. JoAnn Jeter, Sgts. Cuahutemoc Simpson, Gregory Ochoa, Francisco Ruiz and Spc. Leslie Ruggs.

Peter Pace, chairman of the Joint Chiefs of Staff. The message read, "As our nation celebrates Independence Day, many of you will miss the family gatherings and hometown parades. You stand guard protecting the freedoms we all cherish. To you — and to your Families who sacrifice and serve as well as anyone in uniform — you have my heartfelt thanks and the joint chiefs and I are privileged to serve alongside you, and we are forever grateful for your commitment that this holiday honors."

The July Fourth celebration continued with Congressman Lamar Smith, District 21 of Texas, visiting the Warrior and Family Support Center to kick off his participation in the Veterans History Project. The VHP honors veterans and civilian workers by collecting stories of their service. The VHP, created by Congress in 2000, relies on volunteer efforts to document stories of America's veterans. The collections are archived at the

Library of Congress and made available to researchers and the general public.

"This project will preserve past memories so that future generations understand what protecting freedom means to these veterans," Smith said. "I am glad to participate in this memorial collection that shows the sacrifices made by all veterans."

At the Fort Sam Houston National Cemetery, heavy rains cut short the 23rd annual Fourth of July Order of Granaderos & Damas de Galvez patriotic ceremony. The ceremony is a celebration of the nation's founding and independence, and honors all men and women who fought for freedom or have given their lives in the defense of our country. Retired Lt. Gen. Ricardo Sanchez was the keynote speaker. The ceremony concluded with a 21-gun salute by the U.S. Army Garrison Guns and Flags Platoon followed by taps.



Maj. Gen. Russell J. Czerw (left), commanding general, Army Medical Department Center and School and Fort Sam Houston, presents Sgt. 1st Class Paul Phillips, platoon sergeant for the U.S. Army Garrison Guns and Flags Platoon, with commander's coins thanking platoon members for their participation in the Fourth of July ceremony at the post flagpole.



Congressman Henry Cuellar, District 28 of Texas, poses with members of the cannon crew following the Fourth of July ceremony at the post flagpole.



Congressman Henry Cuellar, District 28 of Texas, presents Sandra Cleary, daughter of World War II veteran Harold Wideen, seven medals posthumously for Wideen's contributions during his military career. Cuellar's office was instrumental in helping the family of Wideen secure his military decorations. Maj. Gen. Russell J. Czerw, commanding general, Fort Sam Houston, and U. S. Army Garrison Command Sgt. Maj. Pedro Class assist with the presentation.



(Left) Using the canopies as cover from the rain a crowd watches the cannon salute, one for each state, celebrating the birth of the nation.

Brett Phillips, son of Sgt. 1st Class Paul Phillips, platoon sergeant for the U.S. Army Garrison Guns and Flags Platoon, entertains himself in a rain puddle near the post flagpole during the Fourth of July ceremony.



Photo by Phil Reidinger
Congressman Lamar Smith, 21st District of Texas, interviews Marine Lance Cpl. Eric Monrante July 4 and records his experiences with Operation Iraqi Freedom at the Warrior and Family Support Center. The interview kicked off the Veterans History Project at Fort Sam Houston. The VHP honors veterans and civilian workers by collecting stories of their service.

Post Worship Schedule

Main Post Chapel, Building 2200, 221-2754

Catholic Services:

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

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

Protestant Services - Sundays:

8 a.m. - Traditional Protestant

11 a.m. - Traditional Protestant

Jewish Services: 379-8666 or 493-6660

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

p.m. - Oneg Shabbat

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

Catholic Service: 12:30 p.m. -

Mass - Sundays

Protestant Services:

10:30 a.m. - Collective Gospel

Protestant - Sundays

9:30 to 11:30 a.m. - Women's Bible

Study (PWOC) - Wednesdays,

child care is provided.

Samoan Protestant Service: 8:30

a.m. - Sundays

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

Catholic Services:

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

11 a.m. - Mass - weekdays

Protestant Services:

10 a.m. - Worship Service -

Sundays

12 p.m. - Worship - Wednesdays

AMEDD Regimental Chapel,

services will be held at Evans

Auditorium, Building 1396, 221-3297

Catholic Mass: 8 a.m. - Sundays

Protestant/Gospel Service: 9:30

a.m. - Sundays

Christian education: 11 a.m. -

Sundays

Church of Jesus Christ of Latter

Day Saints:

9:30 a.m. - Sundays at NCO

Academy

FSH Mosque, Building 607A, 221-

5005 or 221-5007

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

Education - Sundays

1:30 p.m. - Jumma - Fridays

7:30 p.m. - Adult Religious

Education - Thursdays

Installation Chaplain's Office,

Building 2530, 295-2096

Contemporary service:

11:01 a.m. - Sundays

Web site:

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

chaplain

Child and Youth Services

Parent Advisory Council meeting

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

FCC providers

Family Child Care is looking for Family Members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3828.

Off-post childcare options

The Army Child Care in Your Neighborhood program offers military Families more childcare options in the local community. There are two childcare centers and 25 civilian providers in surrounding areas of Fort Sam Houston for use by local Army Families. The centers and providers are monitored to ensure they meet Army standards. For more information, call Family Service Association at 431-7570 or Fort Sam Houston Central Registration at 221-4871.

Family Child Care Online

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

Sport physicals

Patrons interested in summer and fall sports should make appointments for sports physicals now. Patrons will need a sport physical to register. Sports physicals must be valid for the entire sport season. Patrons must be registered with Child and Youth Services to participate in sports. For more information or registration requirements, call

Central Registration at 221-4871 or 221-1723.

Fall football, cheerleading

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

SKIES Unlimited classes

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

Coaches needed

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

PCI, Head Start applications available

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

Religious Briefs . . .

Rebuilding New Orleans trip

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

Community Recreation

Gun Hunter Education Class

A two-day Gun Hunter Education Class will be held Saturday and Sunday from 8 a.m. to 3 p.m. at the Camp Bullis Outdoor Recreation Center. The \$15 registration fee is payable on the first day of class. Reservations are required. The class is mandatory for all rifle hunters who wish to hunt on Camp Bullis. Firearms cannot be brought onto Camp Bullis. To register or for more information, call 295-7577 or 295-7529.

Garage Sale

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

Coushatta Casino resort trip

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

www.fortsamhoustonmwr.com or call 221-5224 or 221-5225.

Equestrian Center youth camp

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

Outdoor pool is open

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

Summer swim lessons

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

Vet treatment facility

The Fort Sam Houston Veterinary Treatment Facility provides physical examinations and vaccinations for privately owned animals by appointment. The clinic does not provide boarding or grooming services. Walk-ins are seen on a space-available basis. Sick call and vaccinations are scheduled by appointment only. Post registration may be done on a walk-in basis; call ahead of time to ensure the clinic is open. Pet care products may be purchased Monday through Friday from 8 a.m. to 4 p.m. Clinic appoint-

Great Getaways Sweepstakes

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

ment hours are Monday through Wednesday from 8:30 a.m. to 3 p.m. for veterinarian appointments and vaccinations, and Thursday and Friday from 8:30 a.m. to 11:30 a.m. for vaccinations only. For more information or to schedule an appointment, call 295-4260 or 295-4265.

Golf Course, 222-9386

Women's golf clinic

The Fort Sam Houston Golf Course will host a women's golf clinic Aug. 3 to 24 from 6 to 7 p.m. The cost is \$120. For more information, call James Benites at 355-5429.

Dining and Entertainment

Sam Houston Club, 224-2721

Texas Hold 'em

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

All-American Super TGIF

The Sam Houston Club will hold an All-American Super

TGIF July 20 beginning at 4:30 p.m. Free food and cold drinks will be available with music provided by a live D.J. For more information, call 224-2721.

Harlequin Dinner Theatre, 222-9694

The Arthur Long comedic production "Never Too Late" will be presented at the Harlequin Dinner Theatre Wednesday through Aug. 18. Performance tickets are \$24.95 for Wednesdays and Thursdays and \$27.95 for Fridays and Saturdays. Doors open for salad bar and cocktails at 6:15 p.m., the buffet from 6:30 to 7:30 p.m., and the show begins at 8 p.m. Military discounts are available. To make reservations or for more information, call 222-9694.

MWR Ticket Office, 226-1663

The MWR Ticket Office has discounted tickets for Splashtown. The tickets are \$8 for daily entrance. Also available are tickets for the Daytona International Speedway's 2007 Pepsi 400, SeaWorld season passes and more. The ticket office is open Tuesdays through Fridays from 10 a.m. to 5 p.m., Saturdays from 10 a.m. to 2 p.m. and closed Sundays and Mondays. For more information, visit www.fortsamhoustonmwr.com or call 226-1663 or 224-2721.

Silver Stars Military Appreciation Night

Tickets are available for the Silver Stars Military Appreciation Night July 27. The game starts at 7 p.m. at the AT&T Center. Tickets may be purchased for \$12 at the MWR Ticket Office in the Sam Houston Club. For more information, call 226-1663.

Events

Volunteer Advisory Council Meeting

All volunteers working with organizations on Fort Sam Houston are encouraged to send a representative to the Volunteer Advisory Committee meeting Tuesday from 9 to 10 a.m. at Army Community Service. For more information, call Chris Neubeck at 221-0275.

NCO Wives Club

The Non-Commissioned Officers' Wives Club will host a bingo social Tuesday at 12 p.m. at the Sam Houston Club. Members and non-members are invited. Membership is open to ranks E-4 and above. For more information, call Jennifer Koranyi at 437-2788, or e-mail jennykor@aol.com.

Children's Reading Hour

The NCO Wives' Club will host a children's reading hour July 19 and 25 at 1 p.m. at the Keith A. Campbell Memorial Library located at 2601 Harney, on the corners of Harney at Chaffee. For more information, call Jennifer Koranyi at 437-2788 or e-mail jennykor@aol.com.

Freedom Alliance Scholarship

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

Missions Family Appreciation Night

USAA salutes Fort Sam Houston at Military Family Appreciation Night with the San Antonio

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

Army 101

Army Family Team Building encourages spouses, Family Members, Soldiers and Department of the Army civilians to attend classes about Army life. Classes will be held July 23 and 24 from 9 a.m. to 2:30 p.m. at Army Community Service. Level 1 teaches acronyms, rank structure, chain of command and concern, community resources, customs and courtesies and much more. For more information or to register, call ACS at 221-0946.

ASMC July Luncheon

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

MOAA Luncheon

The Military Officers Association of America-Alamo Chapter will host a luncheon July 26. Social hour begins at 11 a.m., with lunch and program at 11:45 a.m. at the Randolph Air Force Base Officers' Club. The price is \$15 per person. Special guest Air Force Col. Richard Clark, com-

mander of 12th Flying Training Wing, Randolph Air Force Base, will discuss the mission of the 12th Flying Training Wing and support provided to the war. For more information, call 228-9955 or e-mail moaa-ac@sbcglobal.net. The registration deadline is July 23.

2007 Military Long Drive

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

Military audition, talent show

A military talent show will be held Sept. 19 at 7 p.m. at the Jo Long Theatre, Carver Community Cultural Center, 226 N. Hackberry. The overall winner, first runner-up and second runner-up will perform as special entertainment Oct. 14 at the "Our Part of Town" finals. For more information about audition locations and talent show, call 207-3115 or visit www.sanantonio.gov/parksandrec.

Seeking Cub Scouts

Boys going into first grade (or 7 years old) through fifth grade are invited to join Cub Scouts Pack 23 at Fort Sam Houston. Pack 23 offers a fun summertime program that includes water

sports, hikes and den meetings. To register a new scout or to transfer a scout into Pack 23, e-mail Jennifer Tucker at jtuckerpack23@yahoo.com. For more information, e-mail Peter Moons at peter.moons@us.army.mil.

Volunteer

Operation HomeFront Backpack Program

Operation Homefront is partnering with Mattress Pro stores in San Antonio to collect school supplies for children of deployed service members. School supplies can be dropped off at any of the Mattress Pro Stores through Aug. 6. For more information, call 659-8039 or visit www.operationhomefront.net/texas.

Volunteers needed

The Texas State Guard is looking for volunteers, ages 17 to 65; prior military service is not required. The Texas State Guard meets on the third Saturday of the month at 8 a.m. at the Texas State Guard Armory, 4255 Interstate Highway 35 North. For more information, call Capt. Fred Balderrama, at 830-985-3067.

Hosts for exchange students needed

The American Field Service needs host families for foreign high school exchange students who will be arriving this summer. Families will receive the support of local AFS volunteers and staff. For more information, e-mail Diane Soto at dsoto@afs.org or call 1-866-AFS-USA1.

Meetings

Chess club

The on-post chess club meets Mondays from 5 to 7 p.m. in the Brooke Army Medical Center Medical Mall. The club is open to military and their Family Members, civilians and patients; experience is not necessary. Chess sets are provided on site. For more information, call Michael Oakes at 550-3153.

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit a Fort

Freebie, e-mail news.leader@samhouston.army.mil or fax to **221-1198**. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.



For Sale: Three-piece oversized living room set, sofa, loveseat and matching chair, \$450 obo. Call Tony at 859-0337.

For Sale: Like new, tall BDUs, \$20 per set; field jackets, \$25; patrol caps, \$1.50; Gore-tex jacket, \$50. Call for sizes at 496-9099.

For Sale: 1997 Dodge Grand Caravan, 42K miles, DVD player and Sirius radio, new tires, replaced timing belt, automatic, \$10,500 obo. Call 621-3237.

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

For Sale: Suncast garden shed, 7 feet wide by 7 feet long, extra-wide front opening for storing tractors, yard

equipment, bikes and furniture, includes floor, in good condition, \$400; Rubbermaid, vertical, double-deep storage shed, 5.5 feet wide by 6 feet long by 6.5 feet high, \$300. Call Anne or Steve at 945-8577.

For Sale: Boessling 8-foot Pro Quality pool table, \$1,400 with set-up, or \$1,000 if you move. Call Clyde Landry at 295-4143 or 656-6466.

For Sale: 1992 Ford family travel conversion van, loaded, four reclining captain's chairs and electric sofa bed, trailer hitch, front and rear AC, AM/FM radio, TV/VCR, automatic locks and windows, roof luggage rack, runs fine, service records available, \$1,795. Call 659-6741.

For Sale: New grill, \$75; solid wood double-sided

bookshelf, \$125; executive desk, \$700; display cabinet, \$120; back seat couch for minivan, \$50. Call Sandy at 241-1291.

For Sale: Brand new ping-pong table with net and paddles, \$75. Call 658-2454, leave message.

For Sale: Fisher Price cradle swing with mobile, \$50; Baby Trend infant carrier with base, \$50; toddler bed, \$30; small sofa rocker, \$20. Call Christine at 946-4530.

Moving Sale: Bedroom furniture, lawn equipment, baby crib, computer desk and numerous items. Call 830-980-3006.

Free to Good Home: Gray, female, floppy ear rabbit with cage, water bottle and house. Call 826-3459, 632-2228 or 632-4564.