



Fort Sam Houston News Leader



Vol. 37, No. 28

Fort Sam Houston – Home of Army Medicine

July 14, 2005

Briefs . . .

Gate hours change

Two access control points will change their hours to better serve the Fort Sam Houston community starting Aug. 1. The Harry Wurzbach (West) Gate, which leads into Pershing Street, will be open Mondays through Fridays from 5:30 a.m. to 6 p.m., and closed weekends and holidays. The Wilson Gate, which leads into Cunningham and Broadway Streets, will be open Mondays through Fridays from 5:30 a.m. to 10 p.m., and Saturdays and Sundays from 8 a.m. to 10 p.m. Both gates are only for vehicles with decals.

Gazebo concert

Maj. Gen. George Weightman, installation commander, will host a gazebo concert July 24 beginning at 7 p.m. on Staff Post Road. The Army Medical Command Band will perform songs such as "Texas Promenade," "Big Band Signatures," "Fugue on Yankee Doodle" and "God Bless the USA." The concert is open to the public. Vehicles without government decals should enter at the Walters Gate off of Interstate Highway 35.

Antiterrorism awareness

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

Changes of Command

U.S. Army Garrison

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

470th MI Bde.

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

D Company, 187th Med. Bn.

D Company, 187th Medical Battalion will have a change of command July 27 at 7 a.m. in front of Building 1002, Gorgas Circle. Outgoing commander Capt. Donald Carden will relinquish responsibilities to incoming commander Capt. Deon Maxwell.

Technology Expo

The community is invited to the Fort Sam Houston Technology Expo today from 10 a.m. to 2 p.m. at the Sam Houston Club. More than 30 exhibitors will demonstrate the latest in technology to include communications, audiovisual systems, software services, computer hardware and network operations services.

See BRIEFS on Page 2



Capt. Randy Johnson and firefighter Juan Sanchez carry a terrorist, portrayed by police officer Tony Premo, off the field across from the military police station during a hazardous material drill Tuesday. The drill tested the response skills of the post's first responders.

Drill tests emergency services' response, on-scene skills

Story and photo by Elaine Wilson
Fort Sam Houston Public Information Office

An explosion on a chlorine-bearing pick-up truck set the scene for a Directorate of Emergency Services hazardous material response drill Tuesday.

The drill was a "mini-exercise" designed to test a specific operational capability and aimed at honing the skills of the post's first responders.

"We have to rehearse and practice to keep our response skills sharp," said Lt. Col. Darrel Andrews, director of the Directorate of Emergency Services.

"From an antiterrorism perspective, these types of drills are a critical component of preparing the post to respond to a variety of threats," said Brad Barrett, security assistant at the Fort Sam Houston Antiterrorism Office. "They allow small functional

groups, like law enforcement and firefighters, to hone their skills, evaluate how well their equipment works and test new procedures."

Various agencies were on hand including representatives from the antiterrorism office, explosive ordnance control and Brooke Army Medical Center.

The drill started with an explosion notification. Police and firefighters arrived on scene at the field opposite the military police station and immediately began assessing the situation. With chlorine involved, emergency responders had to avoid down wind areas, use detectors to determine the level of threat and set up a 360-degree perimeter to contain the area. If inhaled, a large concentration of chlorine can be deadly, as evidenced in the August 2004 train derailment in San Antonio that killed three people.

See DRILL on Page 4

DoD seeks more business with service-disabled vets

By Donna Miles
American Forces Press Service

WASHINGTON, D.C. – Veterans with service-related disabilities looking for business opportunities need look no farther than the U.S. government — and more specifically, the Defense Department.

DoD, the federal government's biggest buyer of goods and services, is working to dramatically boost the contracts it awards to small businesses owned by service-disabled veterans, according to the defense secretary's chief advocate for small business affairs.

DoD currently awards about \$500 million in contracts every year to businesses owned and operated by veterans with service-related disabilities, Frank Ramos said. But the goal is to increase that amount more than tenfold — to \$6 billion within the next five years, Ramos said.

That would bring the Defense Department in line with a law that requires all federal agencies to award at least 3 percent of their procurement dollars to small business owned and operated by service-disabled veterans. President Bush issued a presidential executive order last October requiring all agencies to develop a strategic plan to put the legisla-

tion into effect.

Boosting contracting opportunities for service-disabled veterans reflects the nation's recognition of their service and sacrifices, Ramos said.

It benefits the Defense Department, as well, by tapping into the expertise veterans with hands-on experience have with the latest military equipment and systems and their understanding of the military's needs. "There's a tremendous training ground in experience base that they bring to the table," Ramos said.

See SERVICE-DISABLED VETS on Page 4

DoD changes Emergency Data Form to prevent heartaches

By Jim Garamone
American Forces Press Service

WASHINGTON, D.C. – Two recent sad cases highlight the need for service members to designate who should receive their remains if they are killed in action.

DoD has changed the Record of Emergency Data Form -- the DD Form 93 -- to require service members to designate exactly who should be declared the "person authorized to direct disposition" of remains.

The change grew out of the cases of a Soldier and a Marine killed in Iraq earlier this year. In both cases, the men -- both unmarried -- had not designated a person authorized to direct disposition, and their parents were divorced.

"The tragedy of loss in the two cases was compounded for the surviving parents because neither one was granted sole custody of the service member when they were divorced," said John M. Molino, the deputy undersecretary of defense for military community and family policy.

Molino made the statement in letters to California Representative Sam Farr and Nevada Rep. Shelley Berkley.

The services went with long-standing rules. In these cases, the older parent received the remains. In the Soldier's case, burial waited weeks until a court ruled on the situation. The Marine's case is still being argued.

Service members could always volunteer the information on persons authorized to direct disposition of remains. The change will make that information mandatory.

Briefs cont. . . .

A/T travel requirements

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

Ethics Training

Ethics training for U.S. Army Medical Department Center and School and Fort Sam Houston Garrison units are July 29 and Aug. 31 at 9 a.m. in Blesse Auditorium, Building 2841. The training takes about one hour. The Secretary of the Army requires every Soldier and civil service employee to attend ethics training annually.

The staff judge advocate and officials from the AMEDDC&S and post will present the training and maintain sign-in rosters for commanders and supervisors to verify attendance of their employees. People can access the sign-in rosters by opening the Adobe Acrobat Reader and the SJA ethics roster folder on the G drive. For more information, call Gerald Krimbill, Shelby Tanner or Capt. Brian Underdahl at 221-2373 or 221-0485.

Fort Sam Houston News Leader

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K-9 instructors conduct training in Ecuador

Story and photos by Air Force Capt. Sarah E.M. Schwennesen
U.S. Military Group Public Affairs

QUITO, Ecuador –Sgts. 1st Class Jose Olivieri and David Barnes worked with Ecuadorian army K-9 trainers and handlers recently to assist in the development of their Military Working Dog program.

The trainers educated the kennel master and dog handlers in techniques that ranged from administering proper rewards to honing detection skills for narcotics and explosives.

This training exchange was

aimed at helping Ecuadorian MWD handlers learn ways to train their dogs in the detection of substances that are illegal or deadly.

During the weeklong training, the Ecuadorian dog handlers were shown how to train the dogs and take care of the animals' physical needs, as well as ways to determine which dogs were best for specific skills.

"This week, we presented the basic detection skills for narcotics and explosives," said Barnes, kennel master from the 341st Training Command K-9 School at Lackland Air Force

Base, Texas. "We started out with different breeds — rottweiler, boxer and shepherd — and the handlers learned how to determine if a dog is good at detection or if it is better suited to other MWD tasks."

The training event was another in a series of events designed to develop the MWD program in the Ecuadorian army.

"I first came here around 2001 and there was not a dog program," said Olivieri, the U.S. Army South force protection NCO in the Deputy Chief of Staff Provost Marshal Force Protection Office. "There were no kennels to start with."

Olivieri said the program has come a long way since then. "In 2001, we came here and brought kennel masters to help them with basic obedience courses for the dogs and other training that pertains to MWD responsibilities. They had 30 commands and they were not standardized, now they are down to just 12 basic commands."

Sgt. Maj. Lonnie Crook, the USARSO Provost Marshal sergeant major, attended the course as an observer. "At the end of the week, the handlers and the dogs' confidence went up remarkably," Crook said. "They were shown the benefits of praising the dogs and saw the dogs mature from beginner levels to successful



Sgt. 1st Class David Barnes, kennel master from the 341st Training Command K-9 School at Lackland Air Force Base, Texas, shows how to reward and focus military working dogs.



Sgt. 1st Class Jose Olivieri, from the U.S. Army South Provost Marshal Force Protection Office, discusses dog handling with soldiers from the Ecuadorian army.

detection within only three days of seminar. These motivated handlers now know that this can be done and they are thirsting for more knowledge. They have the positive attitude needed to continue improving their MWD program.

"I was amazed by the desire for knowledge that the military police here have," he added. "They want to professionalize their corps and make it effective so that they can support their country in the way that it needs to be supported."

New BAH guidelines won't result in pay cut for service members

By Sgt. Sara Wood
American Forces Press Service

WASHINGTON, D.C. – Department of Defense officials are eliminating the "geographic rate protection" clause that ensures service members moving to a new area receive the same housing allowance as those already living there.

Geographic rate protection is expiring in January because basic allowance for housing rates have reached a level where service members no longer have to pay out-of-pocket expenses for housing, said Air Force Col. Virginia Penrod, DoD director of military compensation.

Any rate cut from year to year will not negatively affect service members who are remaining in the area where they already receive BAH, she said.

Penrod stressed that the BAH rate is set at the average housing cost for the area. Rates are further set based on military rank, with each pay-grade level having a set acceptable standard of housing. Service members may still have to pay some out-of-pocket expenses if they choose to live above that level. Conversely, if service members choose to live below the average level, they will still receive the same BAH rate.

Troops still have "individual rate protection" as long as they stay within the same geographic area. If average housing costs in a given geographic area go down, troops already living in that area continue to receive the higher amount.

However, troops moving into that area receive the lower amount. Geographic rate protection was a temporary protection put into effect to prevent troops of the same pay grade living in the same area from getting different amounts of housing allowance.

Rate protection was instituted in 2000 to ensure troops' BAH rates were the same among like-pay grade individuals living in the same area while troops were still paying part of their own housing expenses, Penrod explained. Now that BAH rates are high enough to cover service members' entire housing expenses, geographic rate protection isn't necessary, she said.

"It was a short-term program," she said. "We always had in our minds that we would eliminate the protection once the out-of-pocket (expenses) went to zero."

Under the new BAH guidelines, a service member moving to a new area will receive the appropriate BAH rate for that area, regardless of whether troops already living there are receiving a higher rate, she said.

This change makes financial sense, Penrod said. "We're adjusting rates to where they should be," she said.

Each year, BAH rates are adjusted with input from military housing offices in the area, Penrod said. If it is determined the rate needs to be increased, all service members living in that area will receive the increase.

187th changes hands



Photo by Shadi May

Lt. Col. John Collins (left), 187th Medical Battalion commander, accepts the battalion colors one last time from Command Sgt. Maj. Stephen Paskos, Army Medical Department Center and School command sergeant major, to relinquish his command to Col. Bradley Freeman, 32nd Medical Brigade commander. Incoming commander, Lt. Col. Patricia Darnauer, said "I look forward to this responsibility with eagerness," as she accepted command.

Blood is fluid of life

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

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

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



Congressman presents Purple Heart to former nominee

By Nelia Schrum
Brooke Army Medical Center Public Affairs

A congressman who showed interest in a high school senior when he nominated him for an appointment to the U.S. Military Academy in 1998 had the chance to thank his nominee for his courage and leadership in the Global War on Terrorism.

Texas Congressman Mac Thornberry presented 1st Lt. Andy Bubliss a Purple Heart at a Brooke Army Medical Center ceremony Sunday. Bubliss, a 2002 West Point graduate, sustained burn injuries and two skull fractures when he was hit by an improvised explosive device April 23 while serving in Mosul, Iraq.

During the ceremony, Thornberry recalled what Bubliss wrote on his application to West Point while a senior at Archer City High School in Texas.

"I want to be one of tomorrow's leaders by developing leadership traits and building on them," Bubliss wrote in his application. "I want to be one of tomorrow's leaders and I know that the academies can help forge my body, mind and soul into that kind of leader." Bubliss also wrote that he wanted to serve his country and "lead

men in times of peace and conflict."

In 1998, Bubliss could never have known the future challenges or evil he would confront as a member of the armed forces in 2005, Thornberry said.

"What we can know for sure is that America always produces outstanding young people to defend us — people with courage, commitment and strength; people who are the kind of leaders that Andy set out to be."

The congressman said the Purple Heart was one way the nation recognizes its wounded military for the pain and sacrifice suffered for a larger cause during battle.

The bombing in London served as a reminder to the world of the dangers that exist globally, he said.

Thornberry said terrorist events cause fear and panic in democracies and what stands between the senseless slaughter of innocent people are people like Bubliss and members of the military.

The congressman said Bubliss served as an inspiration to others.

"In doing his job in protecting us, Andy was wounded," he said.

"Courageous actions taken in pursuit of a larger cause, a noble cause, matter most,"



Courtesy photo

Texas Congressman Mac Thornberry pins a Purple Heart on 1st Lt. Andy Bubliss at a Brooke Army Medical Center ceremony Sunday. Bubliss received the medal for injuries sustained while serving in Iraq.

Thornberry said, adding that Bubliss was a leader of today and tomorrow.

After receiving his medal, Bubliss remembered friends and fellow Soldiers

who did not survive the attack.

"I never wanted a Purple Heart," Bubliss said. "The three friends I lost in Iraq will always be a part of me."

Drill

Continued from Page 1

Firefighters then put out a "fire" on the pick-up truck, established a "hot zone," and carried two terrorists, one already dead, away from the scene. The police secured the perimeter and ensured bystanders kept their distance. Once the threat was contained, the firefighters then turned control over to investigators.

Although the exercise was small scale, the significance was anything but, said Donald Hollis, fire chief and incident commander.

"This gets us ready for bigger events and ensures we can do our mission for our installation," he said.

Drills like this one will also prepare the post for a larger-scale exercise.

"The culmination of the drills is an annual installation-wide exercise that will evaluate how well Fort Sam Houston as a whole can respond to a terrorist attack or other emergency," Barrett said.

"The community can rest assured we're doing everything we need to do," said Andrews.



Photos by Elaine Wilson

(Above) Lt. Danny Sosa radios for backup during an exercise Tuesday which involved post police and firefighters.

(Right) Firefighters Andrew Reese and Devin Gonzalez and Capt. Randy Johnson establish a "hot" zone to keep people a safe distance away from the scene of a simulated explosion Tuesday.



Service-disabled vets

Continued from Page 1

In addition, many of these veterans already possess the security clearances required to bid on some military contracts, he said.

To help get the word out to service-disabled veterans about business opportunities with the Defense Department, the DoD Office of Small and Disadvantaged Business Utilization is conducting an extensive outreach and education program.

They've teamed up with the Small Business Administration and launched a Web site to help educate service-disabled, veteran-owned businesses about government contracting and subcontracting opportunities. In addition, they're encour-

aging business owners to join the Central Contractor Registry, used to award DoD contracts and subcontracts.

Service-disabled veterans — particularly those new to the business community or thinking of starting their own businesses — "need to understand what the processes and requirements are" when contracting or subcontracting with the federal government, Ramos said.

The first National Veterans Small Business Conference, in June, helped get the word out about business opportunities in DoD to more than 700 attendees. Most of them were service-disabled veterans who own small businesses.

While emphasizing DoD's interest in awarding more contracts to service-disabled veterans, Ramos stressed that

"there's no guarantee that just because you're a disabled veteran, that you'll get a contract."

Whether they're bidding on a contract to build a roadway, refurbish a building, provide computer consulting or deliver another service or product, they have to be able to meet a specific need in a professional manner, Ramos said.

"You must bring forward a solution and some competency to it," he said.

"Whatever you produce for the department must be the best. There is no room for mediocrity."

That standard is critical, because America's warfighters rely on the products and services contractors deliver to the department. "And if it fails, it could be catastrophic," Ramos said. "So we

want the best of the best."

Ramos encourages service-disabled veterans interested in contracting with the Defense Department to evaluate the department's needs and come forward with concrete ways to meet them. "They need to come in and say, 'What solutions can I provide the Department of Defense? What can I bring to the table?'" Ramos said.

For those interested in sharing their skills and expertise, Ramos predicts big opportunities ahead.

More information is posted on the Small Business Administration and DoD Office of Small and Disadvantaged Business Utilization Web sites at <http://www.sba.gov/> and <http://www.acq.osd.mil/sadbu/programs/veterans/index.htm>.



Show time

A scene from the 2005 United States Army Soldier Show depicts this year's theme for the production, "Operation America Cares." The theme focused on the importance of giving Soldiers a touch of home, whether it is a package from family and friends or a caring gesture by an anonymous citizen.

Photos by Esther Garcia



Staff Sgt. Tenisha Colbert shows off the gift presented to the cast and crew of the 2005 United States Army Soldier Show by Maj. Gen. George W. Weightman, Army Medical Department Center and School and Fort Sam Houston commander. The gift was presented on behalf of the Fort Sam Houston and San Antonio communities in appreciation of the Soldier Show performance July 7 at Municipal Auditorium.

(Right) Col. Bradley Freeman, commander, 32nd Medical Brigade, and Col. Garry Atkins, commander, U.S. Army Garrison, present a thank-you gift bag and T-shirt to Soldier Show cast member Sgt. Tony Cooper. Cooper auditioned for the fourth season of American Idol, making it to the Hollywood round. Gifts were presented to the cast and crew of the Army Soldier Show during a reception held in their honor July 6 at the Sam Houston Club.



(Left) More than 2,000 initial entry students assigned to the 32nd Medical Brigade attended the Army Soldier Show July 7 at Municipal Auditorium.

Rockin' BAMC



Photo by Nelia Schrum

Rock 'n' roll performer Ted Nugent entertains wounded warriors July 7 at Brooke Army Medical Center's amputee care center. He visited BAMC to thank wounded warriors for their service to the nation. Nugent encouraged recovering service members to give their recovery process the same enthusiasm they gave the nation while deployed in support of the Global War on Terrorism. Nugent played for troops in the amputee care center and in BAMC's burn center.

Need a FREE credit report?

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



Medical Service Corps celebrates 88th birthday

By Maj. Cheryl M.K. Zeise
Army Medical Department

The Fort Sam Houston Silver Caduceus Society sponsored a celebration in honor of the Medical Service Corps' 88th birthday June 30 at the Army Medical Department Museum.

More than 85 people attended the event, including 84-year-old retired Col. John Mathis, a World War II veteran.

The Medical Service Corps evolved from the World War I Sanitary Corps which was established June 30, 1917, to provide physicians with relief from a variety of administrative, technical and scientific duties. The Sanitary Corps was demobilized following the war. However, the need for a permanent medical ancillary organization led to the establishment of the Medical Administrative Corps on June 4, 1920. In 1947, the MAC was re-established as the Medical Service Corps and added pharmacy, supply and administration, medical allied sciences, sanitary engineering and optometry.

Today, MSC provides the administrative, planning, programming and budgeting of every AMEDD effort.



Courtesy photo

Col. James Mundy, president of the Fort Sam Houston Silver Caduceus Society, 2nd Lt. Kimberly Lutz and World War II veteran retired Col. John Mathis cut a birthday cake in celebration of the Medical Service Corps' 88th birthday June 30 at the Army Medical Department Museum. Mathis and Lutz became new members of the society at the event.

ICE

**Have feedback
for a customer
service provider?**

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



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

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

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

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

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

Name and rank: _____

Fort Sam Houston address: _____

E-mail: _____ Phone number: _____

Location of party: _____

Start time: _____ End time: _____

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

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

Complete and return by July 22 to the Fort Sam Houston Military Police, ATTN: Crime Prevention, 2404 New Braunfels Avenue, Building 2250, Fort Sam Houston, Texas 78234, or fax 221-9173.

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

Housing plan to improve post homes, community

Fort Sam Houston Family Housing, LP development division has begun implementation of its five-year initial development period plan, which includes renovations and replacement of homes throughout post.

To keep residents informed, housing officials will give periodic updates on the plan's progress and any changes made to the original plan.

IDP plan update

The plan includes the demolition and replacement of 181 homes in Harris Heights. The project is broken into two phases. Phase I is under way with 73 homes already demolished. Phase II is beginning with the relocation of residents and demolition that will last until October. The first 20 houses are scheduled to be completed by the end of January. Each subsequent month 18 to 20 homes will be completed, and final move completion is scheduled for November.

The plan calls for the major and minor renovation of 684 homes, to include 386 historic homes. A minor renovation project may include kitchen and bathroom upgrades, exterior paint-

ing, re-grading and landscaping and other repairs. A major renovation project may also include floor-plan reconfiguration, detached garages, roof replacement and porch replacement. Based on the scope, renovations should take 60 to 90 days and take place during vacancies to minimize inconvenience and reduce intra-post moves.

- Reconfiguration of historic Patch Chaffee homes from three bedroom to two bedroom homes will begin in the second year of the IDP. The renovations in Patch Chaffee should be completed in the fourth year of the IDP.

- The former Officers' Club will be converted to a 13,860-square-foot Residents' Center with 6,120 square feet of office space. Renovation of the Residents' Center is scheduled to start in the fourth quarter of 2005 and completed by the fourth quarter of 2006. Additionally, two village resident centers with pools, walking and running trails, sports courts and tot lots within a five-minute walk will be built at Watkins Terrace and Harris Heights. The Harris Heights Village Resident Center will be finished in 2006.

(Source: Residential Communities Initiative)

Show of patriotism



Photos by 1st Sgt. Eduardo Martinez

Soldiers assigned to the Basic NCO Course Class 005-05 of the NCO Academy march in the Fourth of July parade in Startzville, Texas. The Soldiers were recognized for their service supporting combat operations in Iraq and Afghanistan.



The NCO Academy's Basic NCO Course color guard leads the July Fourth parade through downtown Startzville, Texas.

Brooke Army Medical Center Health Promotions July Class Schedule

| Class | Date | Time |
|--|-----------|--------------------|
| Body Fat Testing | Friday | 8 to 11 a.m. |
| Breast-feeding Support Group | Friday | 1 to 2:30 p.m. |
| Cholesterol Management | Monday | 9 to 11:30 a.m. |
| Diabetes Management | Monday | 12:45 to 4:30 p.m. |
| Arthritis Management | Tuesday | 9:30 to 11 a.m. |
| Diabetes Management | Tuesday | 12:45 to 4:30 p.m. |
| Getting Ready to Quit Tobacco | Tuesday | 5 to 6:30 p.m. |
| Blood Pressure Management | Wednesday | 9 a.m. to 12 p.m. |
| Office Yoga | Wednesday | 12 to 1 p.m. |
| Breast and GYN Cancer Support Group | July 21 | 1:30 to 3 p.m. |
| Getting Ready to Quit Tobacco | July 21 | 3 to 4:30 p.m. |
| Breast-feeding Support Group | July 22 | 1 to 2:30 p.m. |
| Learn to Manage Your Child's Asthma | July 22 | 2 to 3:30 p.m. |
| Diabetes Management | July 25 | 12:45 to 4:30 p.m. |
| Weight Management Winning Combinations | July 25 | 1 to 2:30 p.m. |
| Diabetes Management | July 26 | 12:45 to 4:30 p.m. |
| Office Yoga | July 27 | 12 to 1 p.m. |
| Breast-feeding Support Group | July 29 | 1 to 2:30 p.m. |

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

Army Community Service Family Advocacy Program July Class Schedule

| Class | Date | Time |
|---|----------------|-----------------------|
| Basics of Breast-feeding | Wednesday | 10 to 11:30 a.m. |
| Boys Only! Ages 9-10 | 22 | 10 to 11 a.m. |
| Building Effective Anger Management Skills Series (3-6) | 21 and 28 | 11 a.m. to 12:30 p.m. |
| Coping with Difficult People | Monday | 1 to 2:30 p.m. |
| Getting Ready for Childbirth 1 and 2 | 21 and 28 | 9 a.m. to 12 p.m. |
| Girl Talk! | | |
| Ages 9-10 | 27 | 10 to 11 a.m. |
| Healthy Pregnancy | Monday | 9 a.m. to 12 p.m. |
| Helping Us Grow Securely (H.U.G.S.) Playgroup | Tuesday and 26 | 9 to 11 a.m. |
| S.T.E.P. Program for Parents of School Age Children | today and 21 | 1 to 3:30 p.m. |
| S.T.E.P. Program for Parents of Teens | Tuesday and 26 | 11 a.m. to 12:30 p.m. |
| Stress Management I and II | Tuesday | 1 to 2:30 p.m. |
| Truth or Consequences? | Tuesday | 4:30 to 5:30 p.m. |
| You and Your Baby | 27 | 8 a.m. to 12 p.m. |
| Saturday Marathon! | Saturday | 9 a.m. to 5 p.m. |

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

Army programs combat rising divorce rate

By Monica Barrera
Army News Service

WASHINGTON, D.C. – An increase of divorces among active-duty Soldiers has Army chaplains undertaking a number of programs to combat the rising trend and help Soldiers cope.

Divorces among officers tripled from fiscal year 2002 to 2004, according to statistics compiled by the Defense Manpower Data Center. After Operation Iraqi Freedom began, there was an increase of 3,024 divorces Army-wide.

“These statistics are a sign of a loss of a dream. People don’t get married to divorce,” said Army Chaplain Col. Glen Bloomstrom, director of the Ministry Initiatives Directorate for the Office of the Chief of Chaplains.

Several programs now help Soldiers cope with life and parenting after divorce. Divorce care support groups and divorce parenting classes are mandatory for Soldiers at Fort Hood, Texas.

“We recognize (Soldiers) come because they are required,” said Lt. Col. David Scheider, director of Family Life Chaplain Training Center at Fort Hood. “But it is difficult to get time off on a duty day, so the requirement makes leaders willing to let them go.”

Also available is Army OneSource which is a toll-free nationwide number as well as a Web site that allows Soldiers to contact a consultant regarding life’s issues. Through this service, Soldiers and their families have access of up to six in-person counseling sessions at no cost.

Although deployment is an indicator of the stress on the force, both Bloomstrom and Scheider agreed that the problem is that many couples do not have the skills needed to make their marriage work. “Anytime there is a lot of stress, there is a higher opportunity for people to stray,” said Scheider.

Marital skills have been studied by researchers at the University of Denver. The study was funded by the National Institute of Mental Health through the Prevention and Relationship Enhancement Program. Through PREP findings, Army chaplains are teaching Soldiers and their families coping skills and the skills needed to make a marriage successful. Chaplains have

established several programs and services in the Army that are designed to help couples manage stresses associated with the military lifestyle.

The Building Strong and Ready Families program “was the first marriage education program that was systemically and systematically implemented in the Army,” said Bloomstrom, who has been involved with the program since its origin in 1999. BSRF was first established at Hawaii’s 25th Infantry Division Artillery.

BSRF is not marriage counseling, said Bloomstrom. It is marriage education. As stated in the 2002 Executive Summary interim report of BSRF, “While the Army has developed and deployed numerous programs to treat and respond to family and couple issues, the strengths in the underlying design of BSRF lie in a focus on prevention rather than reactive, crisis management.”

Retreats for couples in BSRF are called Strong Bonds retreats. This year, there are about 600 retreats scheduled Army-wide, each with 20 to 50 couples attending. For Army Reserve and National Guard Soldiers, there are weekend retreats. Active component Soldiers have one-day events and overnight retreats. All U.S. states and territories have an event scheduled.

Chaplains and chaplain assistants are also available to assist Soldiers wanting to talk.

“They have a relationship usually with that unit,” Bloomstrom said of battalion and brigade chaplains. “There is a real benefit having them involved, as opposed to someone you don’t know.”

There has been a doubling of total Army divorces from the 2000 fiscal year to the 2004 fiscal year – an increase of nearly 5,000 divorces over this period. A year before Sept. 11, total active-duty Army divorces were at 5,658 among 255,353 marriages. Divorces rose a year later to 7,049 from 248,180 marriages.

“We recruit a Soldier, and retain a family,” he said. “We need to listen to the other part of the fighting force which is the family that stays home and supports the Soldiers.”

For more information or a schedule of related classes, call the Family Advocacy Program at 221-2705. To access Army OneSource, call (800) 464-8107 or go to <http://www.armyone-source.com>.

TROOP SALUTE



232nd Medical Battalion



Soldier of the Week

Name: Pvt. Karen Shuback

Unit: B Company

Hometown: Middletown, N.Y.

Plans for the future: Continue my education in the medical field

Reasons for joining the Army: To begin an education and experience different places, people and cultures



Junior Leader of the Week

Name: Pfc. Rachel Hecht

Unit: B Company

Hometown: Merrill, Iowa

Plans for the future: Finish a degree in agriculture education

Reason for joining the Army: To serve my country and gain a more extensive field of knowledge

187th Medical Battalion



Officer of the Week

Name: 2nd Lt. Joseph J. Triplet

Unit: A Company

AOC: 70B, health services administration

Hometown: Buffalo, N.Y.

Time in service: Commissioned in 2005

Future goals: Obtain a residency in radiology

Reason for joining the Army: To serve those who protect our freedom



Soldier of the Week

Name: Pvt. Mandy Seger

Unit: B Company

MOS: 91K, medical laboratory specialist

Hometown: Wilson, N.C.

Time in service: Eight months

Future goals: Graduate as a 91K

Reason for enlisting: To serve my country and get money for school

Rewarding excellence



Photo by Esther Garcia

(Front row, from left) Brian Freno, Shavanta Royster, Benjamin Carter, Lydia Fletcher and Jacquelyn Longoria receive \$1,500 scholarships from the Scholarships for Military Children Program. (Back row, from left) Marty Jackson, commissary director; Col. Garry F. Atkins, commander, U.S. Army Garrison; and Russell Fritz, assistant Fisher House manager, presented the scholarships at a ceremony July 7 at the Fort Sam Houston Commissary. The program is administered by the Fisher House for the Defense Commissary Agency on behalf of program sponsor, Pactiv Corp. This year, 500 scholarships will be presented to military children who will attend a four-year college or university. Scholarships are based on children's grades, community activities and leadership.

Retiree recognition



Courtesy photos

(From left) Sgt. Maj. Rosalino Villaflor, Master Sgt. Bonnielace Premdas, Master Sgt. Dorris Mitchell, Sgt. 1st Class Antonio Reyes, Master Sgt. Robert Marroquin and Master Sgt. Mario Rangel are recognized for their service to the nation at the retirement ceremony June 30 at the MacArthur Parade Field.



(From left) Col. Doris Henderson, Col. David McGrady, Col. Timothy King, Lt. Col. Susan Anderson, Maj. Dorris Varnado and Chief Warrant Officer Hugh Murphy are recognized for their contributions to the Army at the awards and retirement ceremony June 30 at the MacArthur Parade Field.

Texas to waive hunting, fishing license fees for active duty

AUSTIN, Texas — The Texas Parks and Wildlife Commission will waive all hunting and fishing license fees for Texas residents currently on active duty, including reservists, starting Sept. 1.

The Texas Resident Active Duty Military "Super Combo" Hunting and All-Water Fishing Package (Type 510) includes all five-state stamp endorsements (archery, freshwater fishing, migratory game bird, saltwater fishing with a red drum tag and upland game bird). The federal waterfowl (duck) stamp is not included.

To qualify for the free package, service members must have continuously resided in Texas for more than six months before obtaining the license.

A member of the military who does not qualify as a Texas resident for the purpose of obtaining a military "Super Combo" Texas may purchase any resident hunting and fishing license. For more information, call (512) 389-4846.

(Source: Camp Bullis Outdoor Recreation Program)

SPORTS BRIEFS . . .

Academy Battalion wins softball championships

Academy Battalion won the intramural and post season softball championships. Late in the post softball championship, Brooke Army Medical Center took a 4 to 2 lead in the fifth inning. In the sixth inning, Academy Battalion scored two runs on one error to tie the game. It came down to all or nothing for BAMC having to win to force an "if game." In their half of the seventh inning, they scored one run to take a 5 to 4 lead. In the Acad. Bn. half, they scored two runs to win by a final score of 6 to 5.

Fall intramurals

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

Referee training

The Alamo Heights Fort Sam Houston Youth Soccer league will offer referee training at Fort Sam Houston to people age 12 and up. Graduates will be awarded a 2006 United States Soccer Federation certification that will qualify them to officiate for both youth and adult soccer leagues in the San Antonio area. Entry level training for new referees is split into three sessions: July 26 from 6 to 10 p.m., July 28 from 6 to 10 p.m. and July 30 from 8 a.m. to 5 p.m. All three sessions are mandatory. A recertification class for experienced referees will be July 31 from 1 to 6 p.m. Recertification is open to referees who were certified in 2004 or 2005; referees with older certifications must attend entry-level training. All training will take place in the fourth floor auditorium at Brooke Army Medical Center. The fee for either class is \$20. An additional \$25 for a United States Soccer Federation registration is required for those who pass the test. For more information, call Mike Burkett at 946-4535 or e-mail mburkett@satx.rr.com.

SCHOOL NEWS

School officials remind parents to update shots

Story and photo by Andricka Hammonds
Brooke Army Medical Center Public Affairs

Even though school children are still enjoying their summer vacations, school bells will soon ring to announce the start of a new academic year. Without the required immunizations, some children will be barred from starting school.

School district officials throughout San Antonio are emphasizing the importance of parents getting their children's immunizations updated. Students with delinquent immunizations will not be allowed to start school in August. State law requires that medically validated, up-to-date immunization records be on file for all students.

"While we do not want any child to miss school, it is imperative that parents fulfill their responsibility and get their children immunized. It is the law," said Shirley Schreiber, Northside Independent School District Health Services director.

Parents should start planning now to get the necessary shots for their children and submit the official documentation to the school office prior to the start of school.

The clinic does not accept walk-ins for immunizations, so parents need to call ahead to get an appointment in time, said Pat Dougherty, head nurse at the Brooke Army Medical Center Pediatric Clinic.

"It is important that parents make appointments for school immunizations now," Dougherty said. "At this point, it may take a couple of weeks to actually get an appointment if you were to call today."



Erika Silvia holds her son, 4-year-old Erick, as Johnny Heath, a nurse at Brooke Army Medical Center's Well Baby and Immunizations Pediatric Clinic, administers a shot.

For children who need a sports physical, the BAMC Pediatric Clinic can administer these physicals by appointment only. Parents need to bring the sports physical form from the athletic department of the school or organization to the appointment.

If there are religious or medical reasons why a child needs an exemption from immunizations, official documentation must be on file.

For more information on exemptions, call the Texas Department of Health Services in Austin at (512) 804-7147. To make an immunization appointment, call 916-5791. To schedule a sports physical, call 916-9900.

Board of trustees meeting

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

RELIGIOUS HAPPENINGS . . .

Praise band musicians needed

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

Protestant Vacation Bible School

The Protestant Vacation Bible School will be July 25 to 29 from 6 to 8:30 p.m. at the Dodd Field Chapel, and is open to children from 4 years old through the fourth grade. The theme is "Ramblin' Road Trip: Which way do I go?" Children will "cruise" across the United States for an adventure-filled getaway, visiting various locations to reach the final destination – a relationship with Jesus. Children will read Bible stories, do crafts and enjoy music and recreation. For more information, call Robb Wood at 221-5428 or e-mail robb.wood@samhouston.army.mil. To register, go to www.samhouston.army.mil/chaplain/vbs.

OCF Bible study

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

Chaplain Corps anniversary

The Chaplain Corps anniversary celebration will be July 29 starting at 11 a.m. with a worship service at Dodd Field Chapel followed by a luncheon at 12:30 p.m. The event continues with a memorial service at the Fort Sam Houston National Cemetery from 1:30 to 2:30 p.m. and a congregational picnic at 5 p.m. at Salado Creek. The picnic features the Catholic band, vendors and a petting zoo. For more information, call Chaplain (Lt. Col.) James Benson at 221-2755 or e-mail james.benson@samhouston.army.mil.

POST WORSHIP SCHEDULE

Main Post Chapel, Building 2200, 221-2754

Catholic Services:

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

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

Protestant Services - Sundays:

8 a.m. - Traditional Protestant

11 a.m. - Traditional Protestant

Jewish Services: 379-8666 or 493-6660

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

Shabbat

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

Catholic Services - Sundays: 12:30 p.m. - Mass

Protestant Services:

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

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

(PWOC) - Wednesdays, child care is provided.

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

Catholic Services:

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

11 a.m. - Mass - weekdays

Protestant Services:

10 a.m. - Worship Service - Sundays

Noon - Worship - Wednesdays

AMEDD Regimental Chapel, Building 1398, 221-4362

Troop Catholic Mass: Sundays:

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

Troop Protestant Gospel Services:

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

Troop Protestant Service: Sundays: 9 a.m. -

32nd Med. Bde. Soldiers

Samoan Protestant Service: Sundays: 12:30 p.m.

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

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

Sundays

1:30 p.m. - Jumma - Fridays

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

Evans Auditorium, 221-5005 or 221-5007

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

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

CHILD AND YOUTH SERVICES

Youth Happenings

Summer camp registration

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

Youth horsemanship camp

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

Youth Services volunteers

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

Cooking classes

Cooking classes are held every Friday afternoon from 4 to 5 p.m. This Friday, youth will make rocky road bars.

Youth sports registration

There are still openings for the baseball,

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

Youth cheer clinic

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

Free after school program

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

SAS registrations

Early onsite registration for the before

and after school program at School Age Services will begin Monday to July 22 at Building 1705 from 9 a.m. to 6 p.m. Patrons will need to register for this program even if they are currently enrolled at SAS. To register, bring updated shot records, current physical records, pay vouchers and an \$18 fee per child if CYS membership is not current. For more information, call 221-4871 or 221-1723.

Parent News

PCI enrollment opportunity

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

ArmyFCC.com

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

FCC providers

Family Child Care is looking for family members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more informa-

tion, call 221-3820 or 221-3828.

Home-based child care

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

CDC preschool program

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

PAC meeting

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

Check wait list

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



Haunted by war

Military programs can ease pain of p

By Elaine Wilson
Fort Sam Houston Public Information Office

Spc. David Avila sings his favorite song, "La Bamba," to his son almost every night. It isn't just the entertainment value; it's his way of conveying his wartime experiences to his son.

La Bamba sounds like boom in English, a sound Avila heard just about every night in Iraq. It is a sound he says he'll never forget.

Avila deployed to Fallujah, Iraq, in February 2004 and went on his first convoy in April, a day after four American contractors were brutally beaten, killed and found hanging over a bridge. His convoy got bombed every 50 meters, he said, but made it safely to Kuwait. It was just the first of many convoys for Avila.

"On a convoy, we would sleep under our trucks," he said. "You stop worrying about snakes and scorpions; you worry about an attack."

A month later, the attack came. Avila was a rear gunner on a convoy returning to Fallujah from Baghdad's international airport.

"A car kept coming in and hitting the back of the field truck," he said.

It was a suicide bomber. Moments later, Avila heard a loud explosion and saw a cloud of smoke.

"My truck went sideways," Avila said. "I jumped off and checked on the Soldiers in the field truck. I was standing in front of the car that hit the truck and heard an Iraqi on the ground screaming and pointing at the car."

Avila saw a woman's body hanging out of the back window. "The car was on fire; I could feel my skin tighten from the heat." He dragged the screaming Iraqi away from the car.

"He was trying to tell me something, begging me," Avila said. "I looked inside the car and saw a baby engulfed in flames, an innocent child."

The image never left him. A few months later, Avila was sent home when an explosion at a Marine camp in Fallujah added to the damage already done to his back and the nerves in his right ear.

He may have left the battlefield, but Avila is unable to leave the images he saw behind. He is haunted by his thoughts and vivid nightmares, and startles at any sudden movements.

"I hear that baby screaming in my nightmares," Avila said. "It's too vivid, too clear. I still hear bombs going off at night. It's been a year; it should be over but it doesn't go away."

Avila is one of thousands of veterans haunted by war, and one of the 10 to 20 percent who will subsequently develop post traumatic stress disorder, a psychiatric disorder that occurs after a life-threatening event, such as personal assault, natural disaster or, as in Avila's case, military combat. The affects of PTSD can be debilitating with symptoms ranging from severe nightmares and flashbacks to insomnia and increasing social isolation.

In recent years, the focus for the military has been on the rising occurrences of combat-related disorders as more and more Soldiers return from war, said Dr. Harry Howitt, a clinical psychologist and acting chief of the Community Behavioral Health Service.

"Combat is uniquely different from other traumas," said Howitt. "Unlike most other traumas, it goes on day after day for a few hours or days; it goes on day after day."

It's common for Soldiers to deal with symptoms such as insomnia, nightmares and family issues; the duration and intensity that differentiate normal stress from the diagnosis of PTSD.

"It's normal to be affected by combat, but the nightmares become so vivid and horrible that they keep the Soldier from sleep or the Soldier develops symptoms that become problematic. If the symptoms continue for six months, PTSD is a strong possibility."

Only time and distance from combat can help the healing process begin, but while war wounds can heal, the psychological impact will last much longer.

"Our brains don't have erasers; it's just a matter of time," Howitt said. "But you can learn to deal with the pain and gain control of your life again."

To start the healing process, psychiatrists use a variety of methods, such as relaxation techniques, cognitive behavioral therapy, and in some cases, medication. Each military branch has its own support group, and the Department of Defense has free counseling sessions. At Fort Sam Houston, there is a support group to give Soldiers a safe outlet to share their experiences in detail, which can help process their trauma.

"Unfortunately, spouses and family members are also affected by PTSD."



ost-war trauma

er types of PTSD,” combat doesn’t end in a after day.”

ost-combat depression, however, it’s the dura-reactions from a diag-

Howitt said. “It’s when le they wake the a profound anger that e and other symptoms possibility.”

n help the healing deal with time, the psy-

recorded forever,” h the emotions and

s recommend a variety sleep strategies and, in ch has programs for its terans Affairs offers ton, Howitt created a to talk about their ote healing, he said. nbers don’t always say

the right things,” he said. “In a group setting, these Soldiers can be open about their experiences with others who understand what they’ve been through.”

Along with talking about their experiences, Howitt encourages Soldiers to resume their normal routines. “Do fun things even if you don’t feel like it,” he said. “Get down on the floor and play with your kids; play a game of golf. Whatever it is, do something you enjoy.”

Above all, Howitt said people should seek help early. “There are positive outcomes for Soldiers who ask for help,” he said.

Avila is a prime example of that. Although recovering from back surgery in medical hold at Brooke Army Medical Center, Avila is turning the focus from himself to others. He hosts barbecues for other recovering Soldiers at his home and attends various events as a guest speaker.

“I have a friend who lost both eyes in the war,” Avila said. “Another buddy has 40 percent of his body burnt. They both have good attitudes. If they can get back on track after that, then there’s hope for all of us.”

For more information on PTSD or VA assistance, go to the National Center for Post-Traumatic Stress Disorder Web site at <http://www.ncptsd.va.gov>. People can also contact their local military mental health facility.

(Editor’s note: The Soldier and Army images shown are for illustration purpose only.)

A spouse’s perspective

After months of separation, Margie Avila couldn’t wait for her husband, Spc. David Avila, to come home from Iraq. His arrival was a last-minute surprise since the homecoming was because of a war injury.

Shortly after his arrival, Margie became concerned, not by the extent of damage to his body, but the damage to his mind.

“I just wanted him home,” Margie said. “No one prepared me for what would happen after that.”

It started with the nightmares. “What do you do when he starts freaking out at night?” she said. “He would hear noises and keep asking me if I heard them too. I didn’t, but didn’t want to tell him that.”

One night, the couple took their son to see Spiderman II at the movies. “There was a child in a burning building in the movie and David had witnessed that in Iraq. He started shaking. I thought, ‘it’s just a movie.’ I didn’t know what to do.”

His reactions, coupled with a growing anger and depression, left Margie feeling helpless.

Spouses are often at a loss when it comes to post traumatic stress disorder, said Dr. Harry Howitt, a clinical psychologist and acting chief of the Community Behavioral Health Service.

“When their husbands talk about their experiences, wives often say, ‘I understand,’” Howitt said. “That shuts down communication. There’s really no way for the spouse to fully comprehend what their loved one has been through.”

Over time, Margie said she is beginning to understand just how “surrealistic” David’s experience was. “At the same time I was taking care of my son and going to work, my husband was being shot at and shooting others on a daily basis,” Margie said. “That was his day at work. How can I relate to that?”

Howitt recommends that spouses encourage their loved ones to talk it out and listen patiently. “It’s better to say, ‘tell me more, I want to be here to support you.’ than pretend to relate and understand.”

The keys are patience and understanding, Howitt said. “Most importantly, don’t take things personally. It’s not about you.”

Howitt encourages spouses who are dealing with PTSD to seek help. For information on free counseling services, spouses can go to Military OneSource at <http://www.militaryonesource.com> or call a OneSource consultant at (800) 464-8107 24 hours a day, seven days a week.

Post Pulse: What is your favorite Web site and why?



"CNN.com is my favorite site because I love sports, so I mostly look up its sports section to keep me informed of the latest news. It also has the best world news coverage."

Lucy Miller
Morale, Welfare and Recreation



"I like msn.com because it has all the information that I need."

Rex Murphy
Child and Youth Services



"My favorite Web site is <http://commtechlab.msu.edu> / because I am learning sign language for my church, and it helps me learn the basics of sign language."

Deanna Love
On temporary duty from Fort Sill, Okla.



"I'd say google.com because it offers a variety of information and a good search engine."

Keith Toney
Army School Liaison Services

AAFES raises price challenge

The Army and Air Force Exchange Service has announced it is raising its limit on verbal price challenges from \$5 to \$10. If a customer finds a lower price, all AAFES locations will now accept the customer's word and charge the lower price up to a difference of \$10. The price reduction will be approved immediately. No competitor's ad or any other proof is required.

CAREER CLIPS

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

Program Manager: Responsible for development of high quality, cost effective new products and transferring the information learned from projects to other groups and the appropriate design, implementation and reporting of studies. Develop and manage a program budget.

Departmental Administrative Assistant: Duties will include handling new hire paperwork and processing time cards in Microsoft Access. Will also answer phones and handle customer service calls.

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

Military Idol opens competition for military vocalists

Soldiers will have a chance to sing their songs like their American Idol predecessors on 34 Army installations around the world this summer during Military Idol.

Performers have until July 29 to get involved in the competition based on the principles of the popular American Idol show. The Fort Sam Houston Military Idol competition will begin Aug. 3 and continue through Sept. 21. Competition dates are Aug. 3, 17, 24 and 31, and Sept. 5, 1, 8, 14 and 21. The dates may vary depending on the number of contestants.

The first competition, which is Aug. 3 at the Sam Houston Club, will be a capella. At that competition, one or more Soldiers will be eliminated. After that, Soldiers will perform with music tracks and one Soldier will be eliminated each week until there are three left for the final performance where the post's Military Idol will be selected. The U.S. Army finals week is set for Oct. 17 through 22 and local winners will compete



at Alexander Hall on Fort Gordon, Ga. Eligible contestants must be on active duty military status assigned to the local hosting installation, including members of all branches of service assigned on the installation. Active duty Soldiers not assigned to the installation where they will compete also are eligible, but they must provide their own transportation. This competition is for vocalists only.

Installation-level prizes include \$500 and temporary duty costs covered to compete in the Army-wide finals for the first-place winner, along with \$500 in unit funds. Second-place performers will receive \$500, and third-place performers will receive \$250.

The Pentagon Channel will air a 90-minute live broadcast of the Military Idol finals.

Complete rules of the contest are available at <http://www.mwrpromotions.org>.

(Source: U.S. Army Community and Family Support Center)

MWR

Recreation and Fitness

Silver Stars woman's basketball

Discount tickets are available for the San Antonio Silver Stars woman's basketball team. Tickets are \$12 for the July 23 military appreciation night game vs. Phoenix. The cost of the ticket includes a Spurs championship coin, hotdog, soda and ice cream. The game will honor fallen and injured Soldiers as well as all those who have served and are serving in the war. There will also be a special recognition of female service members and military spouses and family members. For more information, call 221-2926 or 221-9904 for a ticket order form, or visit any Morale, Welfare and Recreation activity such as the Bowling Center, Jimmy Brought Fitness Center, library and Army Community Service.

MWR garage sale

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



Archery lessons

The Outdoor Equipment Center offers individual and group archery lessons.

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



Aquatic Center

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

Free morning aerobics

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

Yoga and Pilates class

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

Summer hours for catfish pond

The catfish pond at Camp Bullis is open Saturdays and Sundays from 4 to 8 p.m. The pond is pay-as-you-go. Catfish are \$1.75 per pound, live weight. Catch and release is not authorized. A fishing license is not required, and there is no daily fee. For more information, call 295-7577.

AC service

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

Swimming lessons

A two-week-long swimming lesson is available at the Aquatic Center July 25 to Aug. 5. For more information, call the Aquatic Center at 221-4887 or visit www.fortsamhoustonmwr.com.

Aerobics classes

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



MWR car wash

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

Dining and Entertainment

Sam Houston Club, 224-2721

Sunday brunch

The Sunday brunch will be July 17 from 10 a.m. to 1:30 p.m. the cost is \$11.95 for members and \$13.95 for non-members and will include a complimentary glass of champagne.

Bingo

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

Lunch buffet

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

Bowling Center, 221-3683

Military doubles tournament

This tournament is scheduled for July 23 and 24. Registration is \$30 per doubles team and open to all Department of Defense ID cardholders. A \$400 first prize will be awarded.

Unlimited bowling

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

Youth bowling clinic

The Bowling Center sponsors a youth bowling clinic Saturday through Monday from 8 a.m. to 4 p.m. The clinic is open to youth bowlers ages 12 to 18 of all skills levels. The cost is \$50 (a \$400 value). The registration deadline is Friday;



call now to reserve.

Adult bowling clinic

There will be an adult bowling clinic July 22, 23, 24 and 25 from 8 a.m. to 4 p.m. The clinic is open to adult bowlers of all skill levels. The cost is \$100 (a \$400 value). The registration deadline is Saturday.

Family bowling day

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

Soldier appreciation

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

Cyber Bowl

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

Golf Club, 221-4388

Junior clinic

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

Golf lessons

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



Vera's Barbershop

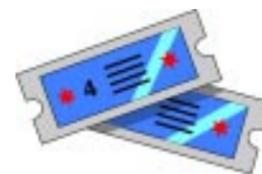
Vera's Barbershop specializes in military cuts. It is located in the former Officers' Club, 407 Dickman Road.

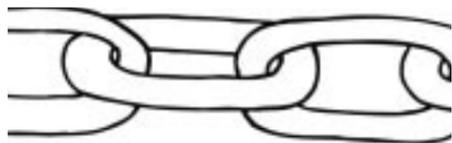
Around the Corner Frame Shop

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

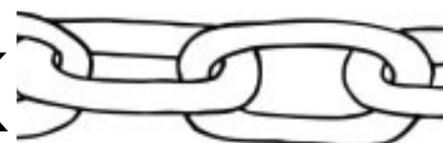
MWR Ticket Office

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





COMMUNITY LINK



Happenings

NAF cash and carry sale

Fort Sam Houston's non-appropriated funds office will conduct a sale from 9 a.m. to 3 p.m. July 27 in Building 4191, Bay E. Cash and personal checks with picture identification will be accepted forms of payment. All sales are final, and property will be sold as is, where is. Items must be removed at time of purchase. For more information, call Lonnie O'Haver at 221-4449 or 221-4950.

BAMC computer sale

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

Jewish center theater presentation

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

Commissary carnival

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

Palo Alto College scholarships

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

Publication seeks war stories

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

Rainbow Kids' audition

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

Adopt-a-child back-to-school

Daughters of Charity Services will sponsor their annual "Adopt-a-Child Back-to-

School" program to help children with school clothes and supplies. Suggested sponsorship costs are \$100 per child which includes a pair of shoes, new pants, top, socks, underwear and school supplies. For more information or to register, call at 921-0071. Registrations must be done by July 25, and items must be delivered by Aug. 5.

Back to school supply drive

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

Race Unity Day

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

Poster contest

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

Early On Bright Ideas Café

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

Kraft youth essay contest

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

Bat boy (girl) opportunity

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

Free SeaWorld admissions

Anheuser-Busch adventure parks will salute the men and women of the armed forces and their families throughout 2005 under its "Here's to the Heroes" special. Military members and as many as three direct dependents may enter any one of Anheuser-Busch's SeaWorld, Busch Gardens or Sesame Place parks with a single-day complimentary admission. Eligible members can either register online at www.herosalute.com or in the entrance plaza of participating parks, and must show a Department of Defense photo ID. For more information, visit www.herosalute.com.

Meet walkaround Elmo

Elmo from Sesame Street will come to San Antonio to Ingram Park Mall, 6301 NW Loop 410, Saturday from 10 a.m. to 2 p.m. Early ON and the KLRN Kids Club will host this free event open to the public. Elmo will be available to meet children, and parents are encouraged to bring their

camera and take a picture of their child. For information, call 210-270-9000 or visit www.klrn.org/klrnkids.

King William Historic District German Fest Walk

The Randolph Roadrunners Volksmarch club will sponsor a 10-kilometer (6.2 miles) and 5-kilometer walk in the King William District in San Antonio Friday. The start point is at the Beethoven Mannerchor Halle und Garten, 422 Pereida Street, between 4 and 6 p.m., finishing by 9 p.m. Walkers will follow a trail through the district and along the Riverwalk. Paid walkers will receive a free ticket to the German Fest after completing the walk where they can enjoy German food, drinks and music. For more information, call Tony and Nancy Paulson at 658-8324, e-mail nantony6@hotmail.com or visit www.geocities.com/randolphroadrunners.

Volunteer

SAMM volunteer opportunity

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

Pediatric dental patients needed

The Lackland Pediatric Dental Service seeks pediatric patients for its dental training programs. Dental screenings will be provided for all eligible military medical beneficiaries between ages 7 and 13 from 8 to 11 a.m. Wednesday at the Skylark Community Center, Building 6576, in the Longhorn Room on the first floor at Lackland Air Force Base. No appointments are necessary. Children will receive a dental screening exam, appropriate treatment and follow-up recommendations or alternatives. If available, parents should bring a copy of their child's treatment plan (or referral letter) from their private dentist. For more information, call Staff Sgt. Shannon Lilley at 292-4072.

Exchange student sponsorship

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

Volunteer ombudsmen needed

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

UFE procedure available

The department of interventional radiology at Wilford Hall Medical Center is accepting patients for nonsurgical treatment of symptomatic uterine fibroids. Uterine artery embolization is a minimally invasive, safe

and effective procedure that can be performed for most patients with symptomatic uterine fibroids. People who desire an evaluation should call 292-5262 and ask for Maj. George Leon, Lt. Col. David Condie or Lt. Col. Thomas Seay.

WHMC periodontics seeks patients

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

BAMC needs volunteers

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

Professional Development

Digital training

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

DMRTI courses

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

Emergency War Surgery course

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

St. Mary's representative on post

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

Meetings

Audie Murphy Club meeting

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

FORT FREEBIES



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

For Sale: Hitchhiker II, 25 feet, fifth wheel with slide out, new commode and new tires, with or without tow vehicle, 3/4 ton Dodge diesel, must sell. Call Robert Everest at (830) 885-6015 or (830) 660-8701.

For Sale: New mini pocket bike, goes up to 40 mph, 150 stickers, mixing bottle for gas, owner's manual, bike stand and tools included, \$250. Call Vivian at 843-8943 or 824-7034.

For Sale: Kenwood 600-watt stereo system, six speakers plus free CD player, \$200; Homedics anti-gravity reclining heat and massage chair, \$150; oak entertainment center, brand new, \$300; bunk bed with computer station, \$200; 27-inch Sharp TV, \$150. Call Gina or Eric at 595-6863.

For Sale: Kitchen table, wood with four

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

For Sale: HealthRider elliptical cross trainer, original cost was more than \$600, asking \$275. Call 481-5258.

For Sale: Navy blue and plaid Graco stroller and car seat combo, \$50; Evenflo ultra saucer (bouncer), \$15; First Year's adjustable bathtub, \$5; Jencraft patio shade

for sliding glass door, \$20. Call 271-3459 or 316-9793 after 5:30 p.m.

For Sale: Pro-Form Cross Walker Plus treadmill, fully electronic and features a manual mode and four preset workout programs, \$150 obo. Call 590-4854.

For Sale: Brass and glass dining room light, excellent condition, \$75; recliner, blue corduroy, fair condition, \$75; GE white side-by-side refrigerator, 24.9 cubic feet, model # GSS25KGPWW, brand new, still boxed, \$800. Call 658-1643 after 6 p.m.

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

For Sale: Beige patio set, all weather,

glass table with six reclining chairs, \$150. Call 491-0534.

For Sale: Tan and brown plaid sleeper sofa, \$100; GE microwave, 900 watts, \$50; Pioneer stereo cabinet, wood with glass doors and wheels, \$25. Call 455-3146.

For Sale: Scotsman John Deere lawnmower, 46-inch cut, works well, everything new, \$600; refrigerator, \$150. Call 221-0045 or 269-1443.

For Sale: Hard side impact resistant car top carriers, large, \$99; medium, \$49. Call 659-6741.

Free: Moving boxes, all sizes. Call 348-8014 or 601-3489.

Free: Seven-week-old kittens, two black and two classic tabby. Call 821-5479.