

FORT SAM HOUSTON News Leader

"HOME OF ARMY MEDICINE"

Camp Bullis welcomes community tour



Photo by 1st Lt. Bradley Williams

Sgt. 1st Class Warren Clark, Task Force Small Arms Readiness Group, coaches Joan Gaither on the M249 Jan. 14 during a community tour of Camp Bullis.

By Master Sgt. Robert Kolesar
Task Force Small Arms Readiness Group

Like most military training sites stateside, Camp Bullis has been busy lately. Once a quiet base used mainly for National Guard and Reserve weekend drills, Camp Bullis is now on a wartime footing, its firing ranges making a valuable contribution to the Global War on Terrorism.

Due to the almost-constant nature of the training being conducted and the close proximity of Camp Bullis to San Antonio, Camp Bullis' neighbors are also aware of the increased training — and the noise.

To help familiarize community members with its varied missions, two busloads of local citizens toured Camp Bullis Jan. 14 and got a first-hand view of the training on its ranges.

See **COMMUNITY TOUR P5**

Fort Sam Houston opens tax assistance center

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

The Fort Sam Houston Military Tax Assistance Center opened Jan. 17 in Building 133, directly behind the Office of the Staff Judge Advocate on Stanley Road.

U.S. Army Garrison Commander Col. Wendy Martinson cut the ceremonial ribbon, marking the beginning of another tax season and another year of free tax preparation for military members, their Families and retirees.

The tax center offers a "tremendous opportunity for us to treat Soldiers with the dignity,

respect and honor that they deserve," said Martinson during the ceremony.

"Many of us view tax season as a time of apprehension, a time to worry; and it's for that reason that I'm glad we can offer the services that we offer here at the tax center," said Capt. David Perrone, tax center officer-in-charge. "By providing free, quality and accurate tax preparation services, I'd like to think we alleviate anxiety for quite a few people."

Martinson said the tax center provides an "incredible service" to Soldiers, also highlighting past accomplishments.

See **TAX ASSISTANCE P8**



U.S. Army Garrison Commander Col. Wendy Martinson; Col. Karen Judkins, staff judge advocate; Capt. David Perrone, tax center officer-in-charge; and Staff Sgt. Mirko Maravi, tax center NCO-in-charge, participate in the ribbon-cutting ceremony to celebrate the opening of the Fort Sam Houston Military Tax Assistance Center.

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E-MAIL NEWS LEADER AT: NEWS.LEADER@CONUS.ARMY.MIL

Drunk driving task force patrols Fort Sam

By Elaine Wilson

Fort Sam Houston Public Information Office

A new police task force started patrolling the streets of Fort Sam Houston this month in hopes of eliminating an ongoing problem – drunk driving on post.

“We took the most experienced traffic officers and designated them to the task force,” said Capt. Lewis Lem, chief, traffic division, Fort Sam Houston Police. “We want to make an impact.”

The majority of drunk drivers are caught at the gates by security officers trained to detect signs of drunk driving, Lem said. However, other drivers, who may be apprehensive about entering post drunk, drive around Fort Sam Houston without a second thought.

“We’ve apprehended quite a few drunk drivers already,” Lem said. “People go to the (Sam Houston) Club and drink or pick up alcohol at the Class Six and then drive around the installation to each other’s houses.”

Once apprehended, the traffic officers are able to conduct the same tests as police officers downtown, to include the breathalyzer and standardized field sobriety testing.

“We’re 100 percent self-sufficient,” Lem said. “We’ve met all federal and state-mandated training certifications.”

Once apprehended, a simple choice to get behind the wheel

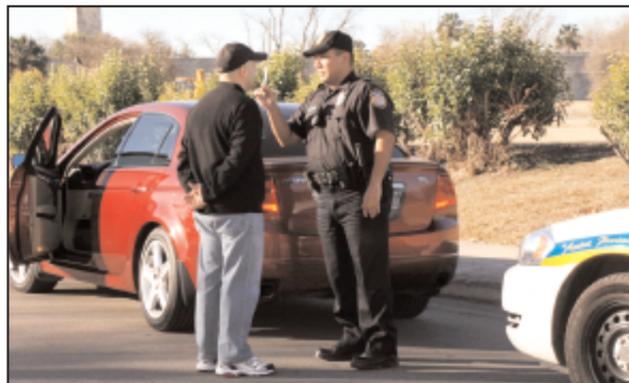


Photo by Olivia Mendoza

Fort Sam Houston Police Officer Marco Durate conducts a sobriety test on Bulent Sencalar, who portrays a drunk driver.

drunk can result in some serious complications.

“If we take a civilian into custody for driving while intoxicated, they’re arrested and processed the same as downtown,” Lem said. “Military members are also arrested, but then turned

See DRUNK DRIVING P8

News Leader

Editorial Staff

Army Medical Department Center and School and Fort Sam Houston Commander

Maj. Gen. Russell Czerw

Garrison Commander

Col. Wendy Martinson

Public Affairs Officer

Phillip Reiding

Editor/Writer

Elaine Wilson

Staff Writer

Cheryl Harrison

Layout Artist

Lori Newman

News Leader office:

1212 Stanley Road
Building 124, Suite 4
Fort Sam Houston, Texas
78234-5004, 210-221-0615,
DSN 471-0615
Fax: 210-221-1198

News Leader Advertisements:

Prime Time Military Newspapers
7137 Military Drive West
San Antonio, Texas 78227
Phone: 210-675-4500
Fax: 210-675-4577

News Leader e-mail:

news.leader@conus.army.mil

News Leader online:

www.samhouston.army.mil/pao/default.html

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News Briefs

Tax time

The Fort Sam Houston Garrison Tax Assistance Center is open and the Brooke Army Medical Center satellite office will open Monday. The Fort Sam Houston Garrison Tax Center is located in Building 133, immediately behind the Office of the Staff Judge Advocate, and the BAMC satellite office is located in the basement level of BAMC, in suite L46-8B. The garrison and BAMC centers are taking appointments. To schedule an appointment with the garrison tax center, call 295-1040; for the BAMC tax center call 916-1040.

Newcomers' Extravaganza

A Newcomers' Extravaganza will be held Tuesday from 9:30 to 11 a.m. at the Sam Houston Club. This event is mandatory for all permanent party military members, lieutenant colonel and below, within 60 days of arrival to Fort Sam Houston. Soldiers, civilians and Family members will have the opportunity to learn about Fort Sam Houston and San Antonio area, participate in giveaways, drawing and social activities. Commanders and supervisors are encouraged to allow Soldiers and civilian employees' administrative time to attend. Children are welcome. For more information, call the Army Community Service, Relocation Assistance Program at 221-2705 or 221-2418.

'Go Red for Women'

For the fourth year, Brooke Army Medical Center will support the “Go Red for Women” campaign Feb. 1 in an effort to support and raise awareness of the American Heart Association's national movement to help women fight back against heart disease, the number one killer of women in America. BAMC will host several events Feb. 1 in the hospital's medical mall, to include displays, informational brochures and fact sheets, stories, and performances by the Medical Command Band. The events will conclude with Dr. Pamela Berlanga, a perodontist in San Antonio, speaking at 1 p.m. in the hospital's fourth floor auditorium. As part of the Go Red for Women campaign, medical staff, civilians and patients are encouraged to dress in red attire.

Service station closure

The service station on Schofield Road is closed until the first week of February to allow the station to transition into the Firestone Car Care Center. The gas station and shoppette remain open for business.

Women's History Month volunteers

The Great Plains Regional Medical Command, in support of the Installation Equal Opportunity Office, seeks volunteers, military or civilian, to serve as committee members for the Women's History Month observance in March. For more information, call Sgt. 1st Class Matthew Crown at 295-2353 or e-mail matthew.crown@amedd.army.mil.

Taking care of Soldiers: Army releases TBI Task Force results

By Jerry Harben

U.S. Army Medical Command

The Army has aggressively sought to prevent, diagnose and treat traumatic brain injuries, but much remains to be done to understand and respond to these injuries commonly associated with the conflicts in Iraq and Afghanistan.

So concluded the Traumatic Brain Injury Task Force, a group of experts chartered by the Army surgeon general to analyze and make recommendations to improve the clinical, administrative and research processes involved with providing medical care and services to Soldiers and other servicemembers.

The group was chaired by Brig. Gen. Donald Bradshaw, commander of the Army's Southeast Regional Medical Command, and included representatives from all the military services and the Department of Veterans Affairs. They studied the issue from January to May last year, and their report now has been released. It can be found on the Army Medical Web site, www.armymedicine.army.mil, under the news and media heading.

“We wanted to bring together the best practices, policies and resources to treat and manage Soldiers and Marines diagnosed with TBI,” Bradshaw said. “We also want to identify any gaps in their medical care as they reintegrate back to their civilian lives or continue their military careers. Furthermore, we wanted to make recommendations for areas of additional research.”

“The task force completed its work in May 2007 and since that time DoD and DVA have made vast improvements in the identification, treatment, screening and education for TBI as well as establishing research processes and priorities,” Bradshaw said. “The task force findings are one contribution to this ongoing improvement in care.”

The task force visited military, DVA, and civilian facilities caring for injured servicemembers; interviewed Soldiers, Family members, caregivers and subject matter experts; and reviewed documents.

“The task force completed its work in May 2007 and since that time DoD and DVA have made vast improvements in the identification, treatment, screening and education for TBI as well as establishing research processes and priorities.”

Brig. Gen. Donald Bradshaw

Commander of the Army's Southeast Regional Medical Command

TBI is classified as mild, moderate, severe or penetrating, depending on the severity and nature of the injury. Mild TBI, commonly known as a concussion, may affect 10 to 20 percent of Soldiers and Marines redeploying from combat in Iraq and Afghanistan. It is not the same as Post Traumatic Stress Disorder, although the two conditions may produce similar symptoms, such as sleep problems, memory problems, confusion and irritability. Other mild TBI symptoms include headache, dizziness, nausea and light-sensitivity. More than 80 percent of patients treated for mild TBI recover completely.

“Our findings demonstrate that, like our civilian counterparts, the Army has a good handle on treatment of moderate to severe TBI but is challenged to understand, diagnose and treat military personnel who suffer with mild TBI. The task force identified opportunities for improvement as well as best practices and areas for additional research,” Bradshaw said.

A number of the task force recommendations already have been implemented. These include:

- A Department of Defense memorandum standardizes the definition of TBI; severity of brain injury stratification and a uniform process for reporting and data collection.

- Automated Neuropsychological Assessment Metrics testing is now conducted as part of Soldier Readiness Processing. ANAM is a cognitive assessment tool that provides a standard, objective measurement for each Soldier's reaction time, some aspects of memory, and other cognitive skills. This can be used to aid diagnosis in theater, and after redeployment, the ANAM can be used to help identify cognitive

changes, including assessing the effects of any identified mild brain trauma that may have gone unnoticed, untreated and undocumented.

- The TBI Program Site Certification guidelines, which established and standardized screening, treatment and rehabilitation based on military and civilian best practices, were released in October.

- DoD adopted Army Primary Care Clinical Management Guidance for mild TBI and the Army is funded to develop mild TBI Clinical Practice Guidelines to work in collaboration with DoD and the Veterans Health Administration.

- Various education efforts have occurred at all levels including the Defense and Veterans Brain Injury Center TBI Conference, which was attended by 388 Army health-care providers in September; and a chain-teaching program launched last July which has reached more than 1 million Soldiers in units throughout the Army.

- A standardized template was developed to document Military Acute Concussion Evaluation in theater. MACE provides a common starting point for the history and initial evaluation of concussion, and helps triage troops either onto another level of care or to further evaluate a suspected concussion.

Bradshaw said he wants Soldiers and their Families to know that TBI is a treatable condition with marked improvement in most cases – especially in concussion – and that Army leadership is proactively addressing the issue.

“We are committed to continued research in this area to help us more clearly understand the medical impacts of the war and the best ways to prevent, recognize and treat Soldiers with TBI,” he said.

Fort Sam Houston remembers Dr. King

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

The Fort Sam Houston community gathered at Army Community Service Jan. 17 for the 2008 Dr. Martin Luther King Jr. birthday commemoration celebration.

"This year the commemoration marks the 22nd annual observance of Dr. King's birthday and San Antonio will celebrate the legacy of Dr. King by hosting the largest march in the nation," said U.S. Army Garrison Commander Col. Wendy Martinson, at the commemoration.

"The King holiday is the culmination of a 15-year endeavor that was initiated by Democratic Congressman John Conyers April 8, 1969, just four days after the assassination of Dr. King," Martinson said.

In 1983 Congress and former President Ronald Reagan signed the law that marked the third Monday in January as a federal holiday in recognition of Dr. King's birthday, Martinson said. "The law stated the holiday should serve as the time for Americans to reflect on the principles of racial equality and non-violent change."

"Every fire needs to be stirred up in order to be at its hottest point. If Dr. Martin Luther King Jr. was here today he would stoke the fire in our communities on how we are responding to the social ills of his time,"

said guest speaker retired chaplain (Col.) Edward Maney, former Fort Sam Houston installation chaplain. "Today it seems that we have replaced the pursuit of responsible freedom for this thing called greed."

Maney said King would be energized by a man and woman running for President because "both are offering a sense of hope and change for the future."

Maney added, "Churches are becoming irrelevant in our society because men are not turning to the churches, which used to have a great voice in our nation, because our own pastors are too busy taking care of their own business. Selfishness and greed have infiltrated our churches; so we must open up our eyes and our minds today.

"Fort Sam has a great post chapel and services for Soldiers to stir up their mind and heart to stay on the right road," Maney said.

Maney concluded with a message to servicemembers. "Wear that uniform proudly, You represent Army, Air Force, Navy, Marines and National Guard



Cynthia Taylor and Vanita Bogan visit the Dr. Martin Luther King Jr. display table to pick up complementary pamphlets after the commemoration of Dr. Martin Luther King Jr.'s birthday at the Army Community Service.

in the tradition that it represents. Stand tall as an American and never forsake the calling you have accepted because it is a matter of faith. The bottom line is fight the good fight and fight in the faith that God has a view in you and you stand together with the faith of the nation."

March to remember

The Fort Sam Houston Equal Employment Opportunity Office joined thousands of people from all races and ages at the annual Martin Luther King Jr. March and Rally Monday in honor of King, a civil rights hero. The 3-mile walk began at Freedom Bridge and concluded at Pittman-Sullivan Park in San Antonio. Organizers for the march included Master Sgt. Richard Evans and 1st Sgt. Rosalba Chambers.



Photo by Esther Garcia

32nd Med. Bde. celebrates Dr. Martin Luther King's legacy

By Staff Sgt. Janie Lindsey
264th Medical Battalion equal opportunity leader

"I have a dream . . ."

More than 125 Soldiers from the 187th, 232nd and 264th Medical Battalions attended the Dr. Martin Luther King Jr. commemoration Jan. 16 at the Hacienda Recreation Center.

The event began with an invocation by Chaplain (Capt.) Warren Haggray, from the 187th Med. Bn. Staff Sgt. Sean Lowder read San Antonio's

Proclamation signed by Mayor Phil Hardberger.

The celebration continued with a powerful rendition of the "I have a dream" speech recited by Sgt. 1st Class David Green, 56th Signal Battalion. Green asked the audience to close their eyes and focus on Dr.

King's words. Green's recitation of the speech had a significant impact on the Soldiers. The passion and devotion King had for the quest in equality for "all" regardless of the color of one's skin could be felt in the words.

The guest speaker, Chaplain (Maj.) Christopher Edwards, from the 264th

Med. Bn. shared with the audience his recollection as a 5-year-old boy when he heard the news of the assassination of King April 4, 1968, at 6:01 p.m.

He recalled as a small child going to the store for ice cream and thinking that life was good. When he reached home, his father told all his children, "No one will leave the house tonight."

Green also sang "God Bless

See KING'S LEGACY P9

COMMUNITY TOUR from P1

What made this tour different was the opportunity for guests to shoot some weapons with live ammunition.

First, tour participants received a safety brief by Task Force Small Arms Readiness Group personnel. The task force, based out of Atlanta, trains mobilized Soldiers in marksmanship and qualification before deployment overseas. Camp Bullis is the TF SARG "schoolhouse" where the task force trains its new instructors.

Tour participants then "suited up" in Kevlar and body armor and sent 5.56 and 9 mm rounds downrange while coached by task force instructors.

Almost everyone participated after a quick M249 demonstration by Sgt. Josh Adams, a senior weapons instructor with the task force.

Col. Wendy Martinson, commander, Fort Sam Houston U.S. Army Garrison, shot on the first relay and expertly emptied a belt of 5.56 mm ball into a 300-meter target. After clearing her M249 and removing her Kevlar and vest, she spoke about the purpose of the tour.

"It's important for the people to see what the Soldiers experience daily," she said. "They need to know what goes on here at Camp Bullis and how important this training is for the Soldiers."

All participants were given the opportunity to fire the M9, the M16A4 with optical sights, and the M249 SAW, on two adjoining ranges. TF SARG instructors gave pointers on marksmanship, zeroing, and the capabilities and limitations of each weapon system.

Most of the guests had never handled body armor, helmets or fired a weapon before. The M249 machine gun was the first weapon fired and proved to be the most popular, with several participants firing second belts downrange.

"That was cool," said San Antonio resident Joan Gaither, walking off the line.

"I can hear the firing all the time," said John Ehlers, who lives close to Camp Bullis. "It's picked up quite a bit lately, but it makes me feel good knowing American Soldiers are training here. Camp Bullis is working together with us and that's what it's all about."

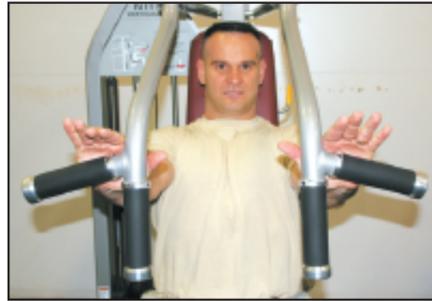
Camp Bullis management was also on hand and participated as well, answering questions about possible future camp expansion and use.



Photo by 1st Lt. Bradley Williams

San Antonio resident Katherine Murray engages targets at 300 meters with the M249 at Camp Bullis.

New equipment at gym



Photos by Elaine Wilson

(Above) Master Sgt. Larry Fenti, a member of the power-lifting team at Fort Sam Houston, tests out the new vertical chest machine Friday at the Jimmy Brought Fitness Center. The fitness center recently acquired 19 new nautilus machines as part of an equipment upgrade at the gym. Future upgrades include a nearly completed wood floor in the aerobics room, refinishing of the floors in the racquetball courts, and \$79,000 worth of lockers with built-in combination locks, which will be installed in the men's and women's locker rooms.

(Above, right) Lucian Kimble, fitness manager, Jimmy Brought Fitness Center, shows Sgt. 1st Class Monica Peterson how to work bicep muscles Friday on the new Free Motion Gym, which is located in the weight room of the gym. Novice and advanced fitness buffs can work just about every muscle on the Free Motion Gym. The equipment is part of massive upgrade and overhaul of equipment at the fitness center. For more information, call 221-2020.



Fun Run/Walk

The next 5K Fun Run/Walk will be held Saturday at 9 a.m. beginning at the Jimmy Brought Fitness Center. The event is free to all eligible Department of Defense I.D. card holders. For more information, call 221-2020.

Indoor triathlon

The Jimmy Brought Fitness Center will hold an indoor triathlon Feb. 3. There is no fee for sign-up and the triathlon is open to people 10 years and older. The triathlon features a 400-meter swim, five-mile stationary bike ride and two-mile treadmill run. For more information, call 221-1234.

B.G. Johnson Memorial 5K Run

The B.G. Johnson Memorial 5K Run is scheduled for Feb. 3 at 7:30 a.m. beginning at the Brigade Gym, located on Garden Road. For more information, call 221-3185.

Red Cross lifeguard classes

People interested in being a lifeguard can attend Red Cross lifeguard classes through May at the Jimmy Brought Fitness Center. A four-day class will be held Feb. 9, 10, 16 and 17 from 8 a.m. to 5 p.m. The Red Cross lifeguard class is a minimum requirement for employment as a lifeguard. To register, people must be at least 16 years or older and pass a pre-test that involves a 300-meter swim and a 20-yard swim holding a 10-pound object. The \$160 fee includes all books, first-aid instruction, cardiopulmonary resuscitation mask and CPR automatic external defibrillator for infants, children and adults. Payment is due after passing the pre-test. For more information or to register, call 221-1234.

Race to the Top

Can you make it all the way? Stop by the Jimmy Brought Fitness Center March 10 to 14 to prove you've got what it takes to make it to the top. This month the goal is to reach the top of the Tower of Americas, a total of 952 steps on the stepmill machines at the fitness center. This competition is free and T-shirts are \$10. For more information, call 221-1234 or 221-2020.

Intramural volleyball

Intramural volleyball begins Feb. 18 for men's, women's and coed volleyball teams. Letters of intent are due by Feb. 1. A coaches/rules meeting will be held Feb. 4 at 1 p.m. at the 32nd Medical Brigade Gym. Send letters of intent to Earl Young, 1212 Stanley

Road, Building 124, Suite 20, Fort Sam Houston, TX 78234-5020 or e-mail earl.t.young@us.army.mil. For more information, call 221-3185.

Intramural racquetball

Intramural racquetball begins Feb. 12. Letters of intent are due by Feb. 4. A coaches/rules meeting will be held Feb. 7 at 1 p.m. at the 32nd Medical Brigade Gym. Send letters of intent to Earl Young, 1212 Stanley Road, Building 124, Suite 20, Fort Sam Houston, TX 78234-5020 or e-mail earl.t.young@us.army.mil. For more information, call 221-3185.

Intramural softball tryouts

The garrison men and women's softball tryouts will be held Feb. 4 to 8 at 6:30 p.m. The rain date for the tryouts will be Feb. 11 to 15. Men will practice at the Leadership Field and women at the Lady Leadership Field. Coaches can send resumes by Monday to Earl Young, 1212 Stanley Road, Building 124, Suite 20, Fort Sam Houston, TX 78234-5020 or e-mail earl.t.young@us.army.mil. For more information, call 221-3185.

Basketball tournament results

The Brigade Intramural Basketball Championship Tournaments were held Jan. 17, C Company, 232nd Medical Battalion defeated D Company, 232nd Med. Bn. 24-21 and also won the Female Battalion Championship Tournament. B Company, 264th Med. Bn. defeated C Company, 232nd Med. Bn. 38-24 and will advance to the Male Championship Tournament against B Company, 232nd Med. Bn.

TAX ASSISTANCE from P1

"Last year, our tax center filed nearly 4,000 income tax returns with the assistance of the Soldiers who staff the tax center," she said. "Over \$4.4 million was returned to Soldiers here from the Fort Sam Houston community at a savings of almost \$700,000 (in tax preparation fees)."

The tax center is staffed with nine tax preparers, who just completed a weeklong training administered by the Internal Revenue Service. Additionally, trained unit tax advisers provide tax assistance within their units.

"The manpower we have staffing us here will be excellent this year," said Perrone. We have Soldiers assigned to us from pretty much every unit on post."

Martinson said the job comes with fringe benefits, "The experience you will have gained in helping other Soldiers will benefit you in the future," she said to the unit tax advisers. "You will always be able to do your own taxes as a result of what you have learned this year."

The tax center is open to active-duty personnel, retirees, members of the Reserve and National Guard currently on active duty orders, and the depend-

ents of active duty personnel and retirees who have a valid military ID card. To receive assistance, people must present a current, valid military ID. National Guard and Reserve members must present a copy of their orders placing them on active-duty status.

Along with the main tax center, a satellite office is located in the lower level of Brooke Army Medical Center, in suite L46-8B. The BAMC center will open Monday. To make an appointment at the main tax center, call 295-1040; for the BAMC tax center, call 916-1040. For more information, visit <http://www.samhouston.army.mil/tax/index.html>.

DRUNK DRIVING from P2

over to their unit."

Military members then face prosecution under the Uniform Code of Military Justice, which can entail the loss of a security clearance and driving privileges on post.

However, the flip side can be much worse.

"People can die from drunk drivers' actions," said Lem, a civilian police veteran. "I was involved with a case in the 70s where a six-member family was killed by a drunk driver. Another time, an 8-year-old girl was run over and killed."

Lem said the police department is committed to ending drunk driving on post. "We're not going to give up."

To drivers who may be thinking about drinking and driving, particularly after Super Bowl parties, Lem has a few words of advice. "Be careful," he said. "We're on patrol."

KING'S LEGACY from P4

America" as a tribute to King, Soldiers and civilians who help keep America safe. Pfc. Tania Haddock, A Company, 264th Med. Bn., followed with a gospel medley, so uplifting Soldiers in the audience got to their feet to join along.

Edwards and his Family displayed their musical talent with a gospel song resulting in a standing ovation.

A trivia questionnaire challenged the Soldiers. Having the correct answers about King's legacy earned five lucky winners gift cards.

When asked about the event, Pvt. Monica Fotusky, A Company, 264th Med. Bn. said, "I felt that the presentation tonight showed how far we have come as a nation. Without the words and wis-

dom of Dr. Martin Luther King Jr., America would not be as it is today. As an American Soldier, I now see how important it is to have civil rights and to come together as one. I can say with great pride that I am proud to be an American."

Another Soldier from A Company, 264th Med. Bn., Pfc. Jamie Silveira, said, "I really liked Chaplain Edwards' speech and the singing by his four daughters and his wife. Another part I liked was the 'I have a dream' speech by Sgt. Green. It gave me chills."

The successful event was hosted by the 264th Med. Bn., led by Staff Sgt. Janie Lindsey and company equal opportunity leaders. The event was presented in partnership between the Hacienda Recreation Center and the 32nd Medical Brigade equal opportunity advisers.

Blood is fluid of life

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

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

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

**Fort Sam Houston Fiesta & Fireworks T-Shirt Design Contest****Calling all artists!**

The Fort Sam Houston military and civilian community is invited to participate in the post's Fiesta and Fireworks T-shirt Design Contest.

Fort Sam Houston Fiesta & Fireworks is scheduled to take place April 20 beginning at 1 p.m. and ending with fireworks at 9 p.m. Events include entertainment, military ceremony, military equipment display, carnival rides, games, food and drinks.

Design format: 8 inches wide by 10 inches long, and must represent Fort Sam Houston. Select no more than five bright colors for the T-shirt.

Submit entries to: E-mail lucille.miller@us.army.mil or esther.garcia1@us.army.mil or bring a DVD to Building 124, Lucy Miller, Morale Welfare and Recreation, or Esther Garcia, Public Affairs Office.

Deadline: Feb. 29

Judging will take place March 4 by senior leadership from the various tenant commands.

Prizes: One winner will be selected. A military winner will receive \$100 cash, the first printed T-shirt, framed, and \$100 for the company/unit fund. A civilian winner will receive \$100 cash and the first printed T-shirt, framed. The T-shirt will be sold at the post fiesta event.



MWR

Morale Welfare & Recreation

Recreation and Leisure

Win a Flip Video camcorder

Go to <http://www.armymwr.com/portal/recreation/promotions/data/comedy.asp>, find the topic of the day on the movie promo Web page and enter your joke or humorous comment. Family and MWR Command will select one winner each day to receive a Flip Video camcorder. All Department of Defense ID card holders can enter to win.

Outdoor Equipment Center hours

The Outdoor Equipment Center is open Monday through Friday from 8 a.m. to 5 p.m. and Saturday from 8:30 a.m. to 4:30 p.m. For more information, call 221-5224 or 221-5225.

Warriors Monthly Scramble Golf Tournament

Register up to four players to participate in the Warriors Monthly Scramble Golf Tournament held the first Friday of each month at the Fort Sam Houston Golf Club. The next tournament will be Feb. 1. with a shotgun start at 12:30 p.m. The entry fee is \$20 per person and includes cart rental, prizes and a social following the scramble. Participants must be in an authorized pass-or-leave status. For more information or

to register, call the Golf Club Pro Shop at 222-9386.

Equestrian Center trail rides

One-hour trail rides are offered at the Equestrian Center Saturdays and Sundays to individuals 7 years and older. A parent must accompany children younger than 12 years old. The cost is \$20 per person. The first trail ride begins at 8:30 a.m. The last ride is at 2 p.m. For more information, call 224-7207.

Dining and Entertainment

MWR Ticket Office

The MWR ticket office is open Tuesdays through Fridays from 10 a.m. to 5 p.m. Discounted tickets are available for local attractions, as well as theme parks like Disney World and Universal Studios. For more informa-

See MWR P14

Soldier pays high price for driving drunk

By Elaine Wilson
Fort Sam Houston Public Information Office

Staff Sgt. Hughie Gray spent a night in jail, owes thousands of dollars in fines, and has seriously hin-

dered his chances at promotion, but he has no regrets. He figures it's all much better than the alternative.

"I could have killed myself or someone else that night," said Gray, from the 314th Military Intelligence

Battalion at Lackland Air Force Base, Texas.

Gray is referring to June 1, 2007, the night he decided to meet up with a friend for a few drinks at a local bar. In less than two hours, Gray chugged four Long Island Iced Teas and slammed two shots. He then stumbled out of the bar, got behind the wheel and headed home.

The cops stopped him for speeding; he was going 89 mph in a 60 mph zone. Noticing his bloodshot eyes, they gave him a sobriety test, which he failed.

Gray doesn't remember a thing. As far as he's concerned, one minute he was drinking at the bar and the next, he was in handcuffs.

"I drank until I blacked out," said Gray, who was able to piece some of the night together by watching a video from the cop car. "I was obliterated."

Gray was no stranger to alcohol, although this was the first time he'd been caught for drunk driving. Always a heavy drinker, Gray's habit had spun out of control when he was stationed in Korea and found out that his wife of one year, also a Soldier, was cheating on him with a co-worker.

Devastated by news of the affair, Gray started drinking alone at home, often to the point of black out. Most days he woke up without a hangover, a condition that Gray later learned was indicative of alcohol dependency.

Gray quit drinking while deployed to Iraq last year, where alcohol is off limits, but hit the bars again upon his return to San Antonio in May. And then hit rock bottom the night he was arrested.

Looking back at the night he was pulled over, Gray said he was grateful that he was caught before he hurt someone else or himself.

"I believe the police saved my life and possibly someone else's that night," he said.

Gray was lucky enough to get a second chance, but there are thousands of other drunk drivers who don't. In 2004, 16,694 people in the United States died in alcohol-related motor vehicle crashes, which represent 39 percent of all traffic-related deaths, according to the National Highway Traffic Safety Administration. In fact, alcohol-related motor vehicle crashes kill someone every 31 minutes and injure someone every two minutes, according to the NHTSA.

Gray quickly sobered up after a 15-hour stay in jail, after which he was turned over to his first sergeant.

"He was driving me home and turned to me and said, 'I can't say anything to you that will make you feel worse than you already do,'" Gray said.

But it did get worse for Gray. He lost his on-post driving privileges for a year and was given a General Officer's memorandum of reprimand, which hurts Gray's chances for promotion to sergeant first class. Additionally, his Top Secret clearance was locally suspended, a restriction that prevents him from carrying out his duties as a signals intelligence analyst. He is now filling in as an in-processing NCO, a difficult job without a car.

And that's just the military consequences.

On the civilian side, Gray faces a maximum \$2,000 fine, 90-day occupational license restriction, court fees, attorney's fees, and he must attend a drunk driver victim class, taught by a friend or family member of someone killed by a drunk driver.

"Added up, it totals about \$6,000," Gray said.

Although the consequences were many, Gray didn't turn back to his long-time friend, alcohol, to mask the pain and embarrassment of his mistake. He decided it was time to stop a long-running pattern of alcohol use and turned to the Army for help.

"I self-referred myself to the Army Substance Abuse Program," he said. "I knew it was time to change."

The Army program is designed to train Soldiers and leaders to detect early signs of substance abuse and provide information on avenues of help, such as counseling and treatment. ASAP counselors are available to talk to individual Soldiers or units about the negative impacts of substance abuse.

"We are able to help many people, and they can continue with a productive career," said Steve Henry, ASAP risk reduction program coordinator at Fort Sam Houston. "Others are in denial; they don't realize how addicted they are. But there are serious consequences, such as loss of career, loved ones, or a license or practice."

Once evaluated by an ASAP counselor, Gray was referred to a local Alcoholics Anonymous chapter. "It helped me a lot," Gray said.

Gray proudly declared he's been sober for four and a half months now and said he's in the best shape of his life.

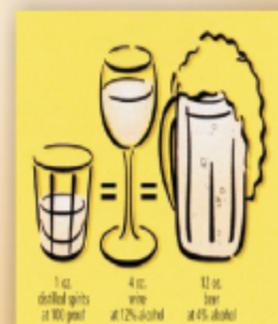
"I feel physically better," said Gray, who has aspirations to become a personal trainer and enter the sports medicine field. "My workouts are more effective and I sleep better."

Once Gray helped himself, he focused his attention on others by volunteering to teach an alcohol

Do You Know How Much You Are Drinking?



One oz. of distilled spirits, one 4 oz. glass of wine, one 12 oz. beer all contain the **SAME** amount of alcohol.



1 oz. distilled spirits at 100 proof 4 oz. wine at 12% alcohol 12 oz. beer at 4% alcohol

A drink with 80-proof liquor would contain 40% **PURE** alcohol.

A woman who consumes 2 oz. of liquor will experience about the **SAME** effects as a man who consumes 4 oz.

Sources: WAABC Department & AAA Traffic Safety Department



Photo by Lori Newman

Alcohol Risk Chart

Consider what you want from alcohol:

- .02 Non-tolerant drinkers feel relaxed
- .04 Most people begin to feel relaxed
- .06 Judgment impaired, at risk for poor decision
- .08 legal blood alcohol content limit for driving**
- .10 Clear deterioration of motor ability and judgment
- .15 Balance and movement affected, risk of blackouts
- .25 Speech and movement difficulty, risk passing out
- .30 Many people lose consciousness, 1 percent die
- .40 Risk of death

(Source: Army Substance Abuse Program Fort Sam Houston)

awareness class to people in his unit.

"A Soldier approached me after the training session and admitted he had a problem," he said. "He needed someone to talk to who could understand. I think my story helped him admit he has a problem."

Gray's advice to others is to talk about emotional issues before turning to alcohol to forget them. Also, "if someone you know is having a tough time, talk to him or her. I think a lot of my problems could have been avoided if I had opened up to someone about what I was going through."

For more information or to find out about alcohol prevention and awareness training and classes, visit the Fort Sam Houston ASAP at 2010 Stanley Road, Building 2797, or call Teana Martin, alcohol drug and control officer at 221-1254, Steve Henry at 221-0133, or ASAP counselors at 916-6840. Military and civilian personnel at Fort Sam Houston can access online ASAP training at <http://www.samhouston.army.mil/hra/asap/asap.htm>.

MWR from P11

tion, visit www.fortsamhoustonmwr.com or call 221-1663 or 224-2721.

Sam Houston Club**MWR, BOSS present: Texas Hold 'Em**

Sign up for a new round of Texas Hold 'Em Feb. 8 at 6 p.m. at the Sam Houston Club. Registration is \$20, which includes a special meal and unlimited soft drinks. The one-day event will continue until a winner is declared. 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 register, call the Sam Houston Club at 224-2721 or 226-1663.

Karaoke Fridays

Come by the Sam Houston Club Fridays at 5 p.m. for free karaoke. Practice your vocals or just come out and have fun with friends to celebrate the end of another long work week. For more information, call 224-2721.

Harlequin Dinner Theatre**'Appointment with Death'**

The Agatha Christie mystery, "Appointment with Death," is playing through Feb. 16 at the Harlequin Dinner Theatre. Tickets are \$28 Wednesdays and Thursdays and \$31 Fridays and Saturdays. Doors open at 6:15 p.m. for salad bar and cocktails, with a buffet from 6:30 to 7:30 p.m.; the show begins at 8 p.m. Military discounts are available. For more information or to make reservations, call 222-9694.

Auditions for 'The Star-Spangled Girl'

The Harlequin Dinner Theatre will hold open auditions Feb. 25 and 26 from 7 to 8:30 p.m. for "The Star-Spangled Girl," a comedy by Neil Simon. Don Patterson is directing this comedy. There are roles for two men and one woman, ages 20s to 30s, as well as other volunteers including an assistant director, stage manager, light and sound technicians, props and stage crew. Performances will be Wednesday to Saturday evenings from April 9 to May 10. For more information and directions to the theatre, call 222-9694.

Army Community Service**Couple's enrichment class**

The Family Advocacy Program will offer a three-part couple's enrichment class that focuses on reconnecting with your partner. Understanding gender differences, commitment and intimacy are just a few of the topics to be discussed. Talking with other married couples can help improve your own relationship. For more information or to register, call 221-0349 or 221-2055.

Financial planning

The Financial Readiness Program will offer a financial planning class Tuesday and Jan. 31 from 2 to 4 p.m. in Building 2797. The financial planning class provides important information on savings, credit and establishing a budget. Seating is limited. For more informa-

tion or to register, call 221-1612.

Identity theft prevention

The Financial Readiness Program will offer an identity theft prevention class today from 2 to 4 p.m. at Army Community Service, Building 2797. The class provides information on how to avoid becoming a victim, how to recognize signs and what to do if you become a victim. Seating is limited. For more information or to register, call 221-1612.

'Precious Minds'

This eight-week parenting education program focuses on giving parents, grandparents, expectant parents and caregivers insight into seeing the world through the eyes of children. Participants learn interesting topics focusing on the development of children from birth through 48 months. Refreshments will be provided, as well as free child care. Classes are Feb. 5, 12, 19 and 26 from 6 to 8 p.m. For more information, call 221-2705.

Commanders' training

This mandatory Family Advocacy Program training will be held Feb. 28 from 8 to 9:30 a.m. The class is required for commanders and first sergeants within 45 days following assumption of command. The training provides a FAP overview and insight about the command role in reporting domestic violence. The class examines leadership roles, how to report abuse and prepare for the Case Review Committee to support Soldiers and their Family members. For more information, call 221-

2720.

Child and Youth Services**Parent Advisory Council**

The next Child and Youth Services Parent Advisory Council meeting is Feb. 19 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. PAC meetings are held the third Tuesday of each month. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff, attend parent workshops and learn about upcoming events. For more information, call 221-4871 or 221-1723.

Youth talent show

Sign-up to participate in the 2008 Youth Services Talent Show by Friday. Comedians, dancers, models, steppers, poets, speakers, singers and musicians are needed for the show Feb. 23. Stop by any Child and Youth Services facility to sign-up. Applicants must be between the ages of 3 and 18. For more information, call 221-4871 or 221-1723.

Undergraduate scholarships

Completed applications for the National Oceanic and Atmospheric Administration Undergraduate Scholarship must be received by Feb. 8. Participants may receive up to \$8,000 in assistance per school year for full-time study. For more information, call School Liaison Services at 221-2214 or 295-4806.

Community**Events****Annual Veterans Summit/Expo**

The League of United Latin American Citizens will hold its Third Annual Veterans Summit Thursday through Saturday at El Tropicano Hotel in downtown San Antonio. The summit will address the needs of veterans. The LULAC expo, health fair, education fair and workshops are free and open to the public Friday and Saturday from 9 a.m. 4 p.m. For more information or to register, call 733-0406 or visit the Web site <http://www.lulac.org/>.

Black Employment Program workshop

The Black Employment Program Committee will sponsor a workshop, "Tearing Down Walls-Building Opportunities," Feb. 13 from 7:30 to 11 a.m. at the Sam Houston Club. The following topics will be discussed: managing change, tools for success and Civilian Personnel Advisory Center updates. For more information or to pre-register, call Phyllis Bergen at 221-7070; for disability accommodations, call 221-9356 or 221-0218.

Multiple Sclerosis walk

More than 2,000 San Antonio residents will take steps toward making a world free of Multiple Sclerosis during the 2008 Walk MS, March 1. Registration begins at 7 a.m. and the MS walk starts at 9:30 a.m. at the AT&T Center. Participants can walk, run or skate the 1K or 5K route.

For more information, call Debbie Pope at 800-323-4873 ext. 2286, e-mail Debbie.pope@txh.nmss.org or visit www.walkmstexas.org.

NAF job fair

The Civilian Personnel Advisory Center Non-appropriated Funds division will hold a job fair March 1 from 9 a.m. to 3 p.m. at the Sam Houston Club. Positions available include recreation aids, custodial workers, child and youth program assistants, summer hire positions and much more. Participating organizations will conduct on-the-spot job interviews. For more information, call the NAF human resources office at 221-1600 or 221-9058.

Women's Healthcare Forum

Registration is open for the Women's Healthcare Forum, which will be held April 4 and 5 at the George R. Brown Convention Center in Houston, Texas. Fort Sam Houston health care professionals are invited to participate in the highly acclaimed continuing medical education conference on comprehensive and integrative health care for women. Health care professionals can register for \$75; a 50 percent discount. To obtain the discount, register using priority code WHFH804. To register, visit <https://www.expotracsshows.com/whf/2008/houston>. For more information, visit <http://www.womenshf.com>.

Veterinary clinic

The Fort Sam Houston Veterinary Treatment Facility provides physical examinations and vaccinations for

privately owned animals by appointment. Walk-ins may be seen on a space-available basis for pet registration and microchip services. Sick call and vaccinations are scheduled by appointment only. Clinic appointment hours are Monday through Wednesday from 8:30 a.m. to 3 p.m. for veterinarian appointments and vaccinations; and Thursdays and Fridays from 8:30 to 11:30 a.m. for vaccinations only. The clinic is closed the last day of every month. The clinic does not provide boarding or grooming services. For more information or to schedule an appointment, call 295-4260 or 295-4265.

Meetings**Warrant Officer Association meeting**

The Lone Star Silver Chapter of the U.S. Army Warrant Officer Association will host a meeting Feb. 18 at 7 p.m. at Chacho's & Chulucci's, 8614 Perrin Beitel (near Loop 410). All active duty, retired, Reserve, National Guard warrant officers and Family members of current or retired warrant officers are invited. For more information, call Juan Gomez at 295-6596 or e-mail juan.gomez@us.army.mil, or Suzan Farrell at 378-0422 or e-mail suzan.farrell@us.army.mil.

MOAA Alamo Chapter

The Military Officers Association of America Alamo Chapter is actively recruiting new members. The Alamo Chapter is part of the nation's largest and most influential association of military officers and warrant officers. Members represent all branches of the armed services, including active duty, reserves, National Guard, retirees and their spouses. For more information, call 228-9955 or e-mail moaa-ac@sbcglobal.net.

NCO Wives' Club

The Fort Sam Houston Noncommissioned Officers' Wives Club invites all spouses to join them the first Tuesday of the month at 10 a.m. at the Sam Houston Club. For more information, call Angie Luna at 333-0821 or 386-8265.

Cloverleaf Communicators Club meeting

The Cloverleaf Communicators Club hold meetings the first and third Thursday of each month from 11:45 a.m. to 1 p.m. at the post San Antonio Credit Union in the conference room. The club is open to military, civilians and Family members who are interested in developing and enhancing leadership and communications skills. For more information, call Anthony Jones at 221-7835 or e-

mail anthony.r.jones@us.army.mil; Deborah Bowman at 221-6517 or e-mail deborah.bowman@us.army.mil; or Mariea Shelton, at 916-3406 or e-mail at mariea.shelton@us.army.mil.

Training**American Red Cross classes**

American Red Cross will host the following classes: "Community First-Aid and Safety" consisting of first-aid, cardiopulmonary resuscitation (infant to adult) and automated external defibrillator training Feb. 16 and March 15; and "babysitting" classes Feb. 2 and March 1 in Building 2650, on the corner of Patch and Hatch roads. For more information, call 221-3355.

Volunteer**Wilford Hall seeks volunteer workers**

Wilford Hall Medical Center seeks volunteers for "step saver" cart drivers or administrative duties in the hospital clinics. Volunteers must be 15 years or older. People interested in volunteering can stop by the Volunteer Services Office, Room 1C33. Hours of operation are Monday through Friday from 8:30 to 11:30 a.m. and 12:30 to 3:30 p.m. For more information, call 292-6591.



School

School to hold public hearing at board meeting

The Fort Sam Houston Independent School District will hold a public hearing Jan. 31 at 11 a.m. in the Professional Development Center, 1902 Winans Road, Building 1908. All parents and community members are invited to attend the hearing for public discussion of the 2006-2007 FSHISD Annual Performance Report. The hearing will be held in conjunction with the regularly called meeting of the FSHISD Board of Trustees.

Fort Sam Houston Independent School District Weekly Calendar - Monday to Feb. 2

Fort Sam Houston Elementary School

Jan. 31

FSHISD school board meeting in professional development center, 11 a.m.

Feb. 1

Spirit day

Robert G. Cole Middle and High School

Monday

Boys' soccer at Holy Cross, 4 p.m.

Tuesday

Boys' basketball vs. Gervin Academy at Moseley Gym, 5 and 6:30 p.m.

Jan. 31

FSHISD school board meeting in professional development center, 11 a.m.

Feb. 1

Girls' basketball at Natalia, 5 and 6:30 p.m.

Boys' basketball at Natalia, 5 and 8 p.m.

Feb. 2

UIL Region VII swim meet at Davis Natatorium, TBA



Have feedback for a post customer service provider?

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

For Sale Fort Freebies

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is close of business Friday. 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@conus.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 221-0546.

For Sale: Hand-made solid cherry heirloom cradle, \$500; small antique oak rocker, \$150; antique oak dresser/buffet, \$350. Call 370-3123.

For Sale: 1993 Ford van with wheelchair lift, \$3,995 obo; Frigidaire refrigerator, 18 cubic-feet, needs door seal, \$49 obo. Call 830-522-0424.

For Sale: Bose Acoustimass 6 Series III home theater speaker system with Onkyo amplifier and two wall mounts, \$600 obo. Call 249-1252 or 872-3744 after 5 p.m.

For Sale: Vacuum cleaner, \$25; mini refrig-

erator freezer, \$25. Call 319-9801.

For Sale: Tall wood and glass hutch, \$50; modern oak desk, \$50; matching four drawer file cabinet, \$50; matching book shelf, \$25. Call 832-9619.

For Sale: Oversized love seat, \$30; narrow black bookcase, 74 inches high by 18 inches wide by 12 inches deep, \$10. Call 251-3596.

For Sale: Big office chair, \$29; two bar chairs, \$129; leather couch and matching recliner with insurance, \$750 obo. Call 829-4741, leave message.

For Sale: Hotpoint side-by-side refrigerator with water and ice in door, 25 cubic-feet, \$700; solid oak full-size bedroom set with mattress and box springs, \$650; wrap-around three piece bookcase entertainment center with glass doors, white and pine, \$400; 19-inch color TV and stand, \$50. Call 314-5775 or 253-278-6810.

For Sale: Sealy crib mattress, \$10; free solid pine coffee table with drawers and shelves, free box of Disney VHS videos. Call 727-667-8302.

For Sale: RCA 52 inch projection TV, \$400; loveseat with twin sleeper, \$225. Call 650-0337.

For Sale: Rustic wood buffet/hutch, 21 inches long by 81.5 inches wide by 71 inches high, \$700. Call 379-3887.

For Sale: Pekingese, male, six months old, \$295; bookcase/entertainment center, \$95; bike trailer for kids, \$100; musical baby swing with flip out toys, \$35; Volvo 1990 to 1999, dash mat, \$30. Call 633-3859.

Religion

Gospel music benefit concert

The Collective Protestant Gospel Service cordially invites the Fort Sam Houston community to the 2008 Gospel Music Workshop and Benefit Concert Wednesday at 6:30 p.m. in the Dodd Field Chapel. The event will feature gospel music, spiritual dance, Samoan Protestant Service Choir and Band, instrumental praise and the Word of God in song. The director, Grammy Award nominee, James Bignon, will be interviewed live on AM 1480 Feb. 2 from 8 to 9 p.m. Tune in to hear his latest CD release entitled "God is Great." Bignon will sign autographs Jan. 31 from 11 a.m. to 1 p.m. at the Fort Sam Houston Main Post Exchange. For more information, call 462-7676 or e-mail lpjordan@liberty.edu.