



# Fort Sam Houston News Leader



Vol. 39, No. 18

Fort Sam Houston – Home of Army Medicine

May 10, 2007

## Briefs . . .

### Army Knowledge Online training

Army Knowledge Online training will be held Tuesday from 1 to 4 p.m. and May 24 from 1 to 4 p.m. in Willis Hall, Classroom 2105C. For more information, call Julie Gueller at 221-6203 or e-mail Julie.Gueller@us.army.mil.

### AMEDD Museum Speaker Series

As part of the Army Medical Department Museum Speaker Series, Lt. Col. Evan M. Renz, Institute of Surgical Research, will make a presentation on Evacuation of Burn and Trauma Casualties from Operation Iraqi Freedom Tuesday at 5 p.m. at the AMEDD Museum on Stanley Road.

### A Co., 264th change of responsibility

An A Company, 264th Medical Battalion change of responsibility ceremony will be held Wednesday at 8 a.m. at MacArthur Parade Field. First Sgt. Paula Chavez will relinquish responsibility to 1st Sgt. Roosevelt Nettles.

### Quadrangle closure

The Fort Sam Houston Quadrangle will be closed to the public through May 17 due to training.

### Golf clinic

Award-winning celebrity golfer, Dennis Walters, a paraplegic and honorary lifetime member of the Professional Golf Association, is holding a clinic for wounded warriors May 18 at 2 p.m. at the Fort Sam Houston Golf Club. The clinic is free and open to the public. Walters will present a motivational show as part of the Disabled Sports USA Golf Promotion. This clinic ushers in new weekly clinics at the golf club designed to teach golfing techniques to wounded warriors. For more information, call the Golf Club at 222-9386.

### AUSA luncheon

The Association of the U.S. Army luncheon will be held May 18 at 11:30 a.m. at the Sam Houston Club. The guest speaker will be Lt. Gen. Thomas Turner, commander, U.S. Army North. Tickets are available at the Morale, Welfare and Recreation Ticket Office at the Sam Houston Club.

### Safety Day

Fort Sam Houston and the Army Medical Department Center and School will conduct a Safety Day event May 22 from 10 a.m. to 2 p.m. at the Sam Houston Club. Vendors will display the latest personal protective equipment and information on risk management, motorcycle and motor vehicle safety, heat stress, boating safety, swimming safety and other summer-related activities. The guest speaker will be Col. George Bilafer, deputy commander of the Combat Readiness Center.

### Asian Pacific Expo

An Asian Pacific Expo will be held May 26 from 11 a.m. to 5 p.m. at the Fort Sam Houston Commissary parking lot. The expo will feature exhibition dances, vendors, food and the talent search finals. For more information, call Master Sgt. Ricky Evans at 295-0561 or contact a unit equal opportunity adviser. To request reasonable accommodation for a disability, call 221-0218.



Photo by Cherie A. Thurlby

Defense Secretary Robert Gates signs a graduation photo for Texas A&M University graduate Marine 1st Lt. Dan Moran Friday during a tour of the burn rehab center at Brooke Army Medical Center. Gates was a Texas A&M president before becoming secretary of defense and had awarded Moran his degree.

## Defense secretary thanks wounded warriors

By Elaine Wilson  
Fort Sam Houston Public Information Office

Defense Secretary Robert Gates thanked dozens of wounded warriors for their service and sacrifice during a visit Friday to Brooke Army Medical Center.

The personal visit “really shows you care,” 1st Lt. James Barclay, a burn patient wounded in Afghanistan on Aug. 19 by an improvised explosive device, told the secretary.

“There are a lot of people who care,” Gates responded, shaking the wounded Soldier’s hand.

Gates spent time with each service member, most times bedside, asking about their medical care, hometowns and future plans.

“This is the best facility in the world for burns,” Navy Petty Officer 1st Class Robert Bruce told Gates. “They treat us very good here.”

Bruce was one of eight sailors injured Dec. 1 when a steam

pipe ruptured aboard the Guam-based submarine tender USS Frank Cable. Two sailors have since died of their injuries.

Gates passed on a personal message to the sailors. “The secretary of the Navy wanted me to make sure I met you,” he said, thanking them for their sacrifice.

When Gates asked about the food, Army Sgt. 1st Class Jeremy Henderson joked, “It’s better than in Iraq.” Henderson, from Fort Carson, Colo., was injured in Baghdad on April 15, suffering an injury to his hip from indirect fire. As Gates left the room, Henderson thanked him for coming, adding that he had just watched the secretary yesterday on TV addressing the Greater Dallas Chamber of Commerce.

“Don’t believe everything you hear,” Gates quipped, as he wished Henderson a swift recovery.

Asked by the secretary if they wanted to continue their military service, many expressed a desire to stay in the military despite the severity of their injuries.

See DEFENSE SECRETARY on Page 14

## Fort Sam Houston ISD named top small district in Texas

By Dr. Gloria Davila  
Fort Sam Houston Independent School District Associate Superintendent

In a ceremony held Monday, attended by more than 600 educators from all over Texas, Dr. Gail Siller, superintendent of Fort Sam Houston Independent School District, accepted HEB’s 2007 Excellence in Education Award in the Small 1A-2A District Category and a check for \$50,000.

Charles E. Butt, HEB chairman and chief executive officer, personally congratulated Siller and district staff, as well as the other finalist and semi-finalist winners.

“Needless to say, we are ecstatic about the award,” Siller said. “This is the result of hard work, commitment and teamwork from students, parents, community members, teachers, staff and administrators.”

FSHISD won the Excellence in Education Award over the two other Texas small district finalists: Eula ISD and Salado ISD. Richardson ISD received the large district award of \$100,000.

Supporting the district efforts at the awards ceremony were Board President Keith Toney, Vice-President Eustace Lewis, member Deborah Seabron and administrative staff members Dr. Gloria Davila, associate superintendent; Janet Bolin, director of technology; Kathy McKinney, special education director; Dr. Roland Rios, Robert G. Cole Jr./Sr. high school principal; and Jayne Hatton, Fort Sam Houston Elementary School principal.

See TOP SMALL DISTRICT on Page 4

# Heat can kill

## Heat injuries are serious threat to Soldiers' health, fitness

By Brig. Gen. Michael Cates

Functional Proponent for Preventive Medicine

When spring arrives and summer heat follows, it is time to remind commanders, NCOs and Soldiers about preventing heat injuries. The incidence of heat stroke hospitalization among Soldiers has increased almost eight-fold during the past 20 years.

In 2006, Soldiers sustained 220 heat stroke cases; of those, 57 were hospitalized, 163 were outpatients and two died. These heat injuries occurred both in garrison and operational environments, and were due to unit or individual PT, physical fitness testing, training exercise and other activities, including recreational exertion and non-exertion activities. Soldier and civilian Army personnel health and physical fitness are both top priorities for the Army. Heat casualties represent a serious threat to medical readiness and fitness of our military personnel both in garrison and during deployments.

Commanders and NCOs are charged with preventing heat injuries. Medical personnel play a key role in supporting commanders and NCOs in their efforts to protect Army personnel. The main guiding reference for heat injury pre-

vention is detailed in TB MED 507, Heat Stress Control and Heat Casualty Management. That document, as well as additional guidance and many other valuable heat injury prevention resources, are available through the U.S. Army Center for Health Promotion and Preventive Medicine Web site at <http://chppm-www.apgea.army.mil/heat/>. An updated training video, "Heat Injury Part II, Prevention and Treatment," can be viewed and ordered through this Web site.

For more information, call Paul Repaci, health systems specialist, at DSN 761-2949 or commercial 703-681-2949, or e-mail [Paul.Repaci@amedd.army.mil](mailto:Paul.Repaci@amedd.army.mil); or call Col. Scott Stanek, preventive medicine staff officer, at DSN 761-3160 or commercial 703-681-3160, or e-mail [Scott.Stanek@amedd.army.mil](mailto:Scott.Stanek@amedd.army.mil).

### Prevention works

#### Drink

- Drink enough water to replace sweat loss.
- Don't wait to feel thirsty; your body may need water before you feel thirsty.
- Remind your buddy to drink. Refill your canteens at

every opportunity.

- Look at your urine. If it is dark or if you have not urinated, you need to drink more.

#### Eat

- Eat meals to replace salts. Drinking too much water and not eating enough salt may be fatal.
- Do not follow low-calorie diets while training in a hot environment.
- Do not take any dietary supplements containing ephedra (ma-huang) anytime.

#### Notify an instructor if you are:

- Dizzy.
- Have a headache.
- Nauseated or have vomited.
- Feeling very tired or weak.
- Confused or your buddy notices you are "acting differently."
- Sick or were sick the day before.
- On any medication.

(Source: U.S. Army Center for Health Promotion and Preventive Medicine)

## Fort Sam Houston News Leader

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# Confused?

## E-mail service upgrade explained

By Cheryl Harrison  
Fort Sam Houston Public Information Office

When asked for an e-mail address, most people had a ready answer. But over the course of about two weeks, some computer users on Fort Sam Houston may not have known what e-mail address they actually had.

Needless to say, confusion ensued. However, with a new upgrade of Sam Houston e-mail service, a Common Access Card-enabled secure connection and the migration complete, the confusion should be eliminated.

The upgrade of the Sam Houston e-mail service is complete. Before the upgrade, the Sam Houston Exchange service supported only the garrison and tenant commands. Now, all of the Army's continental United States customers will be on a common Exchange service. That means contacts can be found throughout the Army's CONUS organizations.

"I am committed to the goal of transitioning the Army from a highly decentralized Exchange environment to an environment providing a standard and more centralized environment," said Army Chief Information Officer Lt. Gen. Steven

Boutelle. "The Army will evolve the current Exchange environment to a centrally managed Army info-structure."

Prior to the upgrade, Sam Houston Exchange customers' e-mail address was `username@samhouston.army.mil`. On the upgraded service, the user's e-mail address is `first.lastname@conus.army.mil`. For customers who have forwarded their email from Army Knowledge Online (`us.army.mil`) to `samhouston.army.mil`, there is no need to forward e-mail again to the new conus address. The Director of Information Management has arranged for those customers to be redirected to the new e-mail servers — `conus.army.mil`.

During the e-mail upgrade, it was necessary to disable the auto-complete feature for e-mail addresses in Outlook for technical reasons. This is a time-saving feature that enables users to type only the first few characters of the recipient's name, and Outlook would complete the address or offer options. The auto-complete feature is restored.

During the e-mail upgrade, it also was necessary to disable Outlook's offline mode, which allowed for downloading of e-mail to local machines, a feature that was especially valuable for mobile users who

"I am committed to the goal of transitioning the Army from a highly decentralized Exchange environment to an environment providing a standard and more centralized environment."

Lt. Gen. Steven Boutelle  
Army Chief Information Officer

want to work e-mail while off the network. This feature was restored as well.

Prior to the upgrade, computer users could view contact information for a number of external organizations. Computer users may not be able to find some CONUS contacts, but are asked to be patient. As soon as those users' mailboxes have been upgraded, they will be viewable again in the Outlook global address list.

The viewing of contact information between the Army Medical Department Center and School, Medical Command Headquarters customers and garrison and tenant customers is more complicated. A utility can be installed for garrison and tenant customers to view AMEDD contacts in Outlook. The DOIM Help

Desk can assist with the setup, and the DOIM is pursuing a similar feature that would enable AMEDD customers to view contacts in the CONUS global address list.

Recently, the Army required Outlook Web Access to be shut down until access could be gained only through a CAC-enabled secure connection. The former Exchange service was not able to meet this requirement. The DOIM is now working with the Southwest Region's chief information officer to get permission to reinstate the OWA service for garrison and tenant e-mail customers.

For more information or problem solving, call the Help Desk at 221-HELP (4357).

# Defense Department releases findings of mental health assessment

## Longer, more frequent deployments cause strain

By Sgt. Sara Wood  
American Forces Press Service

WASHINGTON — The military has a robust system in place to deal with mental health issues, but longer and more frequent deployments are causing strain on service members, a Defense Department study has found.

The fourth Mental Health Advisory Team survey, MHAT IV as this survey was called, was conducted in August and September. For the first time, the survey included Marines in the study group.

The MHAT was composed of behavioral health professionals who deployed to Iraq and surveyed Soldiers, Marines, health care providers and chaplains, Maj. Gen. Gale Pollock, the acting surgeon general of the Army, told reporters at the Pentagon.

The MHAT IV team found that not all Soldiers and Marines deployed to Iraq are at equal risk for screening positive for a mental health symptom, and the level of combat is the main determining factor of a service member's mental health status, Pollock said. For Soldiers, deployment length and family separation were the top non-combat deployment issues, whereas Marines had fewer non-combat deployment issues, probably because of their shorter deployment periods, she said.

The team recommended behavioral outreach efforts that focus on units that are in-theater longer than six months and determined that shorter deployments or longer intervals between deployments would allow Soldiers and Marines better opportunities to reset mentally before returning to combat.

Pollock said these findings contributed to the Army's decision to extend combat deployments to 15 months, because it gave the units waiting to deploy more time at their home stations. Congress has authorized the Defense Department to increase the strength of the Army, she noted, which will help increase time at home between

deployments for Soldiers.

Fifteen-month deployments will be stressful for service members, Pollock acknowledged, and that's why it's important for leaders to be trained in behavioral health issues.

"We've got more attention now on the importance of leadership, and I think that's one of the strengths that the team really identified, is that with good leadership, even when people may have a bad thought, they don't act on that thought," she said. "So it's very important that we ensure that the young leaders have the training so they know how to support the troops that depend on them."

For the first time since the MHAT program was started in 2003, this assessment included questions about battlefield ethics, Pollock said. Of those surveyed, 10 percent of Soldiers and Marines reported mistreating noncombatants or damaging property when it was not necessary, she said.

The survey also found that only 47 percent of Soldiers and 38 percent of Marines agreed that noncombatants should be treated with dignity and respect. More than one-third of all Soldiers and Marines reported that torture should be allowed to save the life of a fellow Soldier or Marine, and less than half of Soldiers or Marines said they would report a team member for unethical behavior.

In the report, mistreating noncombatants was defined as either stealing from a noncombatant, destroying or damaging property when it wasn't necessary, or hitting or kicking a noncombatant.

These findings may seem alarming, Pollock said, but it is important to keep them in perspective. These troops have been seeing their friends killed and injured, and anger is a normal reaction, she said. However, what's important to note is that the troops who had these thoughts did not act on them and actually mistreat any noncombatants.

"What it speaks to is the leadership that the military is providing, because they're not acting on those thoughts," she said. "They're not torturing the people. And I think it speaks very well to the level of training that we have in the military today."

Other key findings of the report include:

- The 2006 adjusted rate of suicides per 100,000 Soldiers in Operation Iraqi Freedom was 17.3 Soldiers, lower than the 19.9 rate reported in 2005, but higher than the Army average of 11.6 per 100,000 Soldiers.
- Soldiers experienced mental health problems at a higher rate than Marines.
- Deployment length was directly linked to morale problems in the Army.
- Leadership is key to maintaining Soldier and Marine mental health.
- Both Soldiers and Marines reported at relatively high rates — 62 and 66 percent, respectively — that they knew someone seriously injured or killed, or that a member of their team had become a casualty.
- Only 5 percent of Soldiers reported taking in-theater rest and relaxation leave, although the average time deployed was nine months.
- Multiple deployers reported higher acute stress than first-time deployers. Deployment length was related to higher rates of mental health problems and marital problems.
- Current suicide prevention training is not designed for a combat environment.
- Behavioral health providers require additional combat and operational stress-control training prior to deploying to Iraq.

Since the MHAT IV report was presented to the Multinational Force Iraq commander and service leaders in November, the Army and Marines have implemented changes to improve behavioral health care, Pollock said. The Army has revised teaching curriculum and operational training to include more focus on Army values, suicide prevention, battlefield ethics and behavioral health awareness in all junior-leader-development courses, she said.

The Marine Corps has been developing deployment-cycle training since 2003, said Navy Capt. William P. Nash, coordinator of the Combat/Operational Stress Control Branch of the service's Manpower and Reserve Affairs directorate. Marines, leaders and families all receive training in identifying, managing and preventing mental health problems, he said.

# Army North deploys to Rhode Island for Ardent Sentry

By Maj. Todd White  
Special to the News Leader

**PROVIDENCE, R.I.** — Members of U.S. Army North and scores of federal, state and local organizations converged on the Cranston Street Armory in Providence, R.I., this week in support of Ardent Sentry 07, a bi-lateral exercise that involves several agencies in the United States. The exercise started April 30 and will end May 18.

The primary objective of the exercise is to give federal, state and local authorities the opportunity to work together in a simulated response to multiple disasters.

Army North's defense coordinating officer and defense coordinating element from Region I were activated at the request of the Federal Emergency Management Agency's Region I administrator to prepare for landfall of a notional storm, Hurricane Yvette.

DCO Col. Frank Kosich deployed from Maynard, Mass., to link up with FEMA pre-designated Federal Coordinating Officer James "Nick" Russo at the Rhode Island Emergency Management Agency in Cranston, R.I.

"Army North works daily with federal and state planners to prepare for defense support of civil authorities missions," said Kosich. "This training opportunity offers us the chance to exercise those plans with federal, state and local agencies."

Kosich emphasized that Army North plays a supporting role in disaster response, and that all the command's efforts support a lead federal agency working closely with state and local officials.

This exercise is designed to be challenging and complex, allowing all participants to challenge their people and resources and look at new options and solutions, Kosich said.

"This event is part of an ongoing cycle of training that prepares people to face real challenges," he said. "Exercises like this provide an excellent opportunity for federal, state and local agencies to review processes and techniques and to build stronger relationships."

One new concept being tested during the exercise is that of prescribed mission assignments, predefined packages of DoD capabilities most commonly requested during a crisis.

Following real-world experiences during Hurricanes Katrina, Rita and others, DoD developed the concept of prescribed mission assignments in an effort to reduce the time necessary to provide assistance in times of crisis, said Lt. Col. Michael Rowells, deputy defense coordinating officer for Region I.

"We looked at life-saving and life-sustaining capabilities that DoD possesses in areas such as ground transportation, airlift support and medical aid," Rowells said. "We worked with FEMA to determine potential requirements and prepared the necessary paperwork in advance to make the requesting and approval processes more efficient."



Photo by Bob Purteman

Col. Frank Kosich updates his staff on the status of Hurricane Yvette recovery operations. Kosich, the Region I defense coordinating officer, and his defense coordinating element are deployed to Providence, R.I., for Exercise Ardent Sentry.



Photo by Sgt. Wendy Hall

The prescribed mission assignments are being closely analyzed during the exercise and will be fully evaluated at the conclusion to see where things went well and where improvements can be made, Rowells said.

Army North is also employing some of its deployable communications technologies that allow responders at all levels to talk to one another regardless of the frequencies or type of equipment they are using.

Army North, headquartered at Fort Sam Houston, conducts Homeland Defense and Civil Support operations and Theater Security Cooperation activities as the Army Service Component Command to U.S. Northern Command.

(Left) Army North's Master Sgt. Ira Turner, Region I defense coordinating element NCO in charge, gathers information on mass-care shelters from Walter Wasowski, of the Rhode Island American Red Cross. Both are deployed to Providence, R.I., supporting Federal Emergency Management Agency's Joint Field Office for Exercise Ardent Sentry.



Photo by Sgt. Wendy Hall

Sgt. 1st Class Victoria Dylewski and Rebecca Storey discuss the location of dams that may have been impacted by Hurricane Yvette during Exercise Ardent Sentry. Dylewski, U.S. Army North Region I defense coordinating element operations NCO in charge, and Storey, geospatial unit lead for the Federal Emergency Management Agency Emergency Response Team National Blue Team, are supporting FEMA's Joint Field Office in Providence, R.I.

## Top small district

Continued from Page 1

According to the HEB Public Affairs Office, a major goal of the Excellence in Education awards is to make a statement about the great things going on in Texas public schools, to spotlight best practices and to celebrate the work of Texas educators. This is the largest monetary awards program for educators in Texas and one of the largest in the nation.

Since 2002, HEB has supported public education with cash incentives for teachers, principals and school districts ranging from \$5,000 to \$100,000. More than \$500,000 was awarded for the 2007 Excellence in Education Award program.



Photo by Dr. Gloria Davila

Dr. Gail Siller, Fort Sam Houston Independent School District superintendent, proudly displays the HEB Award for Excellence in Education trophy presented by Charles E. Butt, HEB chairman and CEO, at an awards presentation Monday. Siller also received a check for \$50,000 for the school district as part of the award.

## Defense Department announces next Iraq troop rotation

By Donna Miles  
American Forces Press Service

**WASHINGTON** — Defense Department officials Tuesday announced the next 10 Army brigade combat teams to deploy to Iraq to replace units currently operating there.

The announcement affects about 35,000 active-duty troops, who all will deploy between August and the year's end to serve as replacement forces for those returning home, Pentagon spokesman Bryan Whitman told reporters.

The units will deploy for up to 15 months. Whitman emphasized that the announcement is unrelated to the troop surge under way to increase security in and around Baghdad.

"Let me be real clear about this," he said. "This deployment ... is not a decision with respect to the surge. It is simply identifying the next 10 units that will receive deployment orders and to provide the kind of predictability" they need to prepare.

Any decision regarding the surge will be based "entirely upon the conditions on the

ground," Whitman said.

Gen. David Petraeus, commander of Multinational Force Iraq, is expected to assess those conditions later this year and make recommendations regarding the surge to the commander of U.S. Central Command, chairman of the Joint Chiefs of Staff, defense secretary and president, Whitman said.

Major Army units receiving deployment orders include:

- 3rd Armored Cavalry Regiment, Fort Hood, Texas;
- 1st, 2nd and 3rd Brigades, 101st Airborne Division, Fort Campbell, Ky.;
- 4th Brigade, 10th Mountain Division, Fort Polk, La.;
- 1st Brigade, 4th Infantry Division, Fort Hood;
- 4th Brigade, 3rd Infantry Division, Fort Stewart, Ga.;
- 2nd Brigade, 25th Infantry Division, Schofield Barracks, Hawaii;
- 2nd Cavalry Regiment (Stryker), Vilseck, Germany; and
- 2nd Brigade, 1st Armored Division, Baumholder, Germany.

# PEO Soldier to unveil new Army combat shirt

**By Debi Dawson**

Program Executive Office Soldier Strategic Communications Office

**FORT BELVOIR, Va.** — The Army Program Executive Office Soldier will soon provide an improved Army combat shirt to Soldiers deploying to Iraq and Afghanistan.

The flame-resistant long-sleeved shirt, which retains the moisture-wicking capability, breathability and durability of other components in the ACU, also has many of its other features, including cargo pockets, infrared identification tabs and hook-and-loop fasteners for the American flag.

The new shirt has a foliage green torso and sleeves in the universal camouflage pattern and sports seamless shoulders and side panels for comfort along with integrated anti-abrasion elbow pads, and a small Army Strong logo centered on the chest.

The high-performance shirt, designed to be a base layer, can be worn directly under the Interceptor Body Armor, according to Maj. Clay Williamson, assistant product manager

for clothing and individual equipment.

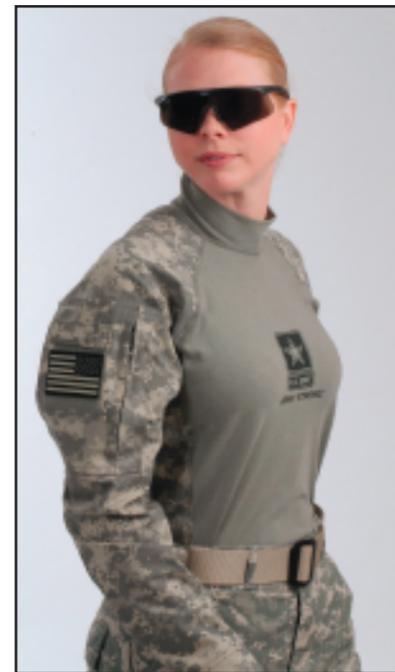
The ACS is made of an anti-microbial cotton and rayon blend fabric treated with a new process that penetrates to the fiber level. It provides fire-resistance for the life of the garment. “It is completely safe, non-toxic, and allows us to treat fibers that were once not treatable,” Williamson said.

The shirt integrates with other flame-resistant components, such as the Army combat pants, to provide head-to-toe protection against burns. The Army combat pants are the same as the ACU pants, except they are made of a flame-resistant material, according to the major. Soldiers’ hands are protected by flame-resistant gloves that have been a part of the Army’s Rapid Fielding Initiative.

This ensemble further complements the Army’s system-of-systems approach to force protection, which integrates layers of protection for Soldiers on the battlefield.

“I want to assure the American public, the Soldiers and their Families that they have the best equipment when and where they need it. If there were something better, we would buy

it; and we’re always looking for something better,” said Brig. Gen. R. Mark Brown, Program Executive Officer Soldier.



**Courtesy photos**  
The new improved Army combat shirt will be issued to Soldiers deploying to Iraq and Afghanistan.

## Mandatory ethics training

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

May 23 from 9 to 10 a.m.  
June 14 from 1 to 2 p.m.  
July 12 from 9 to 10 a.m.  
Aug. 13 from 1 to 2 p.m.

Sept. 10 from 9 to 10 a.m.

Oct. 17 from 1 to 2 p.m.

Nov. 15 from 9 to 10 a.m.

Dec. 3 from 9 to 10 a.m.

Dec. 14 from 1 to 2 p.m.

Soldiers and civilian employees whose official duties include a procurement function (this includes Government Purchase Card holders and approving officials) must also attend a second hour of acquisition

ethics training. This second hour will be taught immediately following the first hour of ethics training in Blesse Auditorium on the following days:

May 23 from 10 to 11 a.m.

June 14 from 2 to 3 p.m.

July 12 from 10 to 11 a.m.

Dec. 14 from 2 to 3 p.m.

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

# New behavioral health Web site offers answers

By Jerry Harben  
Army Medical Command Public Affairs Office

What exactly is a Post-Deployment Health Reassessment? Where can I get help for my spouse who is having nightmares about experiences in combat? My buddy said he's thinking about committing suicide, what should I do?

Such questions come to the forefront when Soldiers must deal with the stress of war. Now there is a new source for quick access to answers.

A new World Wide Web site — [www.behavioralhealth.army.mil](http://www.behavioralhealth.army.mil) — provides information for Soldiers, their families and other interested members of the public.

Topics include behavioral-health needs before, during and after deployments; pre- and post- deployment health assessments; post-traumatic stress disorder; suicide prevention; Battlemind training; and resources where Soldiers and families can get help. Links and points of contact are provided for additional information.

"Although many Web sites have information relevant to behavioral health in general, not many are relevant to Army personnel," said Col. Elspeth Ritchie, psychiatry consultant to the Army surgeon general. "We created a portal where people can find relevant and reliable information about behavioral-health needs specific to the Army."

Fifteen to 30 percent of Soldiers returning from Iraq experience post-traumatic stress symptoms or other mental-health symptoms. This is not unusual after combat. Recognizing and treating these symptoms early is key to preventing them from becoming a disorder such as PTSD.

From the new site's front page, people can navigate quickly to pages for news about military behavioral-health issues, frequently asked questions or

A new World Wide Web site — [www.behavioralhealth.army.mil](http://www.behavioralhealth.army.mil) — provides information for Soldiers, their families and other interested members of the public.

other sources of information. A page labeled "Get Answers" will allow people to submit specific questions to be answered by experts.

Other links from the front page lead to pages where information is gathered for groups of people with common interests — Soldiers, couples, children, extended families, National Guard, Army Reserve or behavioral-health providers.

"It is for Soldiers and their families — not just the nuclear families, but also members of extended families who may not be military health-care beneficiaries, but can access the Web site," Ritchie said.

Other pages provide information on specific issues, such as PTSD, suicide prevention, behavioral-health research, Battlemind training or the assessments and reassessments the Army conducts to detect health problems for deploying and redeploying Soldiers.

Some of the tools available will help families recognize symptoms of stress disorders, and help parents explain deployments to children of various ages. Army programs to help — such as the deployment assessments and Battlemind training, which teaches Soldiers how to improve resiliency and mitigate stress — are explained.

Ritchie said specific information for unit commanders will be added to the site, and other additions are being made to adjust to changing needs of Soldiers and their families.

## National Military Appreciation Month



Photo by Esther Garcia

## Tie a yellow ribbon

(From left) Christen Jenson, Joyce Roberts, Michelle Czerw and Sarah Tozier hang yellow ribbons around trees on Stanley Road as a show of support to service members deployed in support of Operations Iraqi and Enduring Freedom. Jenson, Roberts and Tozier are spouses of deployed Soldiers. The Army Medical Department Center and School Coffee Group sponsored the event, with extra help from members Rose Maness and Teresa Parker, who created the bows.

Serve Your Country  
One Patient  
at a Time  
210-692-7376

HEALTHCARE.GOARMY.COM

U.S. ARMY

# 'Biggest Losers' confront roadblocks, enjoy successes

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

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

Fort Sam Houston's "Biggest Losers" have 10 weeks of weight loss and fitness efforts under their belts. Some have gained, some have maintained, and a few are on their way to the store to buy new belts.

Two "losers," Jacqueline Fairclough and Nancy Hardin, have lost a combined 25 pounds since the on-post competition began March 2. The ladies are two of the 33 participants who committed to the six-month program to shape up and slim down.

"I'm finally feeling like I have proceeded past a personally constructed wall, and want to continue down this path," said Fairclough, budget analysis for U.S. Army Garrison Fort Sam Houston. "I know my blood pressure has gone down, and people are noticing that I have lost weight, which is always good for the ego."

"My husband on the other hand is looking fantastic," she added. Her husband, David Fairclough, also a Biggest Loser contestant, has lost 12 pounds since the competition began. The couple attributes their success to cutting back on portion sizes and working out daily.

Phyllis Bergen has lost 19 pounds since she signed up to be a Biggest Loser. Her overall weight loss is even more impressive; in September she was 285, and now weighs in at 233.

"My goal is to get under 200," Bergen said. "My blood pressure is down and my doctor is happy. I'm trying to encourage other people now."

Contestants follow their own weight-loss plans,

which vary from portion control to calorie cutting, but just about all have incorporated physical activity into their daily routine.

"I think I've lost a total of 14 pounds, which isn't too bad," said Sunshine Jeane. "I started working out with Carolyn (Gardner, another contestant) and she's kicking my butt. She's been the best motivation."

Workout partners can be great motivators, said Cathleen Burrell, volunteer Biggest Loser fitness consultant. "A partner can give you that extra push on those days you don't feel like working out, and make working out more fun."

"The weight is coming off gradually," said Jan Eagan, who said her weight was "stuck" last week. "I'm trying to hit the gym after work, do Pilates Tuesdays and Thursdays, and the treadmill the rest of the time. I'd like to drop faster than I am, but it's healthier the way it's going so I'm not going to complain."

Experts say a one to two pound weight loss per week is healthy, and recommend 30 minutes of moderate-intensity physical activity on most days of the week. Along with weight loss, physical activity can help people avoid type 2 diabetes, heart disease, stroke and high blood pressure, according to the National Institutes for Health.

While some are well on their way to beach-worthy bods, others are having a harder time kick-starting their program.

"I have only lost about three pounds," said Debra Byus, San Antonio Recruiting Battalion facility manager. "I wanted to lose at least five a month, but I have a terrible sweet tooth. I have increased my exercise to four days a week, but the lack of willpower is ruining it all."

See 'BIGGEST LOSER' on Page 9



First Sgt. Gwendolyn Mason, "Biggest Loser" contestant, checks out "fat tubes," which provide a visual of how much fat content is in various foods, during a nutrition briefing at the Jimmy Brought Fitness Center. Capt. Renee Cole, chief, Outpatient Nutrition Health Promotion at Brooke Army Medical Center, speaks monthly to the contestants to encourage healthy eating and weight loss.

## Sports Briefs . . .

### Softball tryouts

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

### Volleyball tournament

The 2007 Asian Pacific Heritage Month Volleyball Tournament will be held Saturday from 8 a.m. to 5 p.m. at the Jimmy Brought Fitness Center, 320 Wilson Road. The tournament is open to military, family and unit teams. For more information, e-mail Staff Sgt.

Trapanger Stephens at trapanger.stephens@lackland.af.mil or trapanger.stephens@us.army.mil.

### MS 150 'Bike to the Beach'

Registration is open for the 2007 Valero Multiple Sclerosis 150 "Bike to the Beach" for the National Multiple Sclerosis Society, Lone Star Chapter. The MS 150 will begin at the AT&T Center Oct. 20, with an overnight stay at Coastal Bend College in Beeville, Texas, and finish in Corpus Christi at the Texas State Aquarium. Register online at [www.ms150.org](http://www.ms150.org) or in person at the National Multiple Sclerosis Society South Texas Regional Office, 9830 Colonnade Blvd., Suite 130, by May 31. Registration fee is \$25 per person with a minimum pledge of \$300.

## Results of Fort Sam Houston Ten Miler

The Fort Sam Houston Sports and Fitness Branch held the FSH Ten Miler, Sunday. The event was a 10-mile run with the route winding through historic Fort Sam Houston. This event served as the first of two official qualifiers for the Army Ten Miler in Washington, D.C. The Sports and Fitness Branch chose the best male and female participants with the best times to represent the Fort Sam Houston team. A total of 10 members were selected. The race began and finished with 59 participants, 24 of which were active duty Soldiers from Fort Sam Houston.

**The overall male winner** - 2nd Lt. Jason

Mitchler, D Co., 187th Medical Battalion - Time, 1:07.

**The overall female winner** - Pattie McClinchy - Time, 1:16.

**The overall female military winner** - 2nd Lt. Heather Lopez, D Co., 187th Medical Battalion - Time, 1:177

**The top three finishers overall** with times of one hour and 7 seconds:

2nd Lt. Jason Mitchler, D Co., 187th Med. Bn.  
2nd Lt. Ben Wunderlin, D Co., 187th Med. Bn.  
Maj. John Parsons, South Texas Veterinary Service.

(Source: Jimmy Brought Fitness Center)

## 'Biggest Loser'

Continued from Page 8

Jeane has lost 10 pounds, but is worried about veering off course.

"I lost a bunch right away and then started to slow down," she said. "I started slacking in the food department when that happened."

Weight loss plateaus are common, and can be attributed to a variety of sources, according to the National Institute for Fitness and Sport. Plateaus occur when the body becomes more efficient at certain exercises, so fewer calories are burned in a typical workout. Also, people tend not to adjust their calorie intake as their body shrinks; a smaller frame requires less calories. The solution, according to the institute, is to intensify fitness routines and cut calories.

Whether they've lost, gained or stalled, the contestants shouldn't look back, said Burrell. "Every day is a new day," she said. "Don't be ashamed if you've stopped the effort. That is not an excuse to quit. There is never a bad time to start back up.

"I'm proud of all the contestants for making the decision to lead a healthier life," she said. "Many are making extraordinary improvements in their health."

"The Biggest Loser" competition will end Aug. 2, and the contestant with the best overall improvement will be featured in the following week's News Leader.

While there will only be one "Biggest Loser," many contestants say they already feel like winners.

"This is just the beginning of a lifelong journey," said Lori Newman, who has dropped 10 pounds since March. "I'm finally enjoying shopping for clothes again. I feel great."

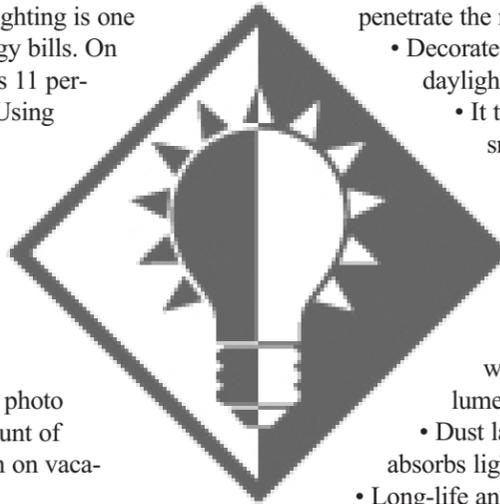
## Conservation tips

# Cut energy bills with lighting improvements

Making improvements to lighting is one of the fastest ways to cut energy bills. On average, a household dedicates 11 percent of its energy to lighting. Using new lighting techniques can reduce energy use by 50 to 75 percent.

### Indoor lighting tips

- Turn off the lights in any room not being used.
- Consider installing timers or photo cell sensors to reduce the amount of time lights are on — use when on vacation.
- Use task lighting instead of brightly lighting an entire room; focus the light where it's needed. For example, use a table lamp instead of an overhead light when reading at a desk.
- Consider three-way lamps. They make it easier to keep lighting levels low when bright light is not necessary.
- Consider electro-luminescent or four-watt, mini-fluorescent night lights. They are more efficient and cool to the touch.
- Consider replacing halogen lamp torchieres with compact fluorescent torchieres. They use 60 to 80 percent less energy and can produce more light. Halogen lamps can also be a fire hazard because of the high amount of heat they release.
- Take advantage of daylight by using light-colored, loose-weave curtains on windows to allow daylight to



penetrate the room while preserving privacy.

- Decorate with lighter colors that reflect daylight.
- It takes more energy to run two small wattage bulbs than one bulb with a higher wattage; so use one higher wattage bulb instead of several smaller ones. For example: two 50-watt bulbs use the same amount of energy as a 100-watt bulb; however, you get more lumens from a 100-watt bulb.
- Dust lamps and light bulbs. Dust absorbs light.
- Long-life and rough-service bulbs are less efficient.

### Outdoor Lighting Tips

- Exterior lighting is the best place to use compact fluorescent lightbulbs because of their long life.
- Use timers, photo cell or motion sensors so that lights will turn on only at night or when someone is present. A combined photocell and motion sensor will increase energy savings even more.
- Solar-powered lights soak up sunlight during the day and cast a gentle glow on patios or pathways at night — no buried cables, no extension cords.

For more information, call Lincoln Military Housing at 270-7638 or e-mail [questions@samhoustonlpc.com](mailto:questions@samhoustonlpc.com).

(Sources: City Public Service; U.S. Department of Energy and Energy Star)

# Fort Sam celebrates Asian Pacific American Heritage Month

By **Jonnell Player**  
Garrison SEP Committee Member

It has become an annual tradition in May for Fort Sam Houston to publicly observe the achievements of Asian Pacific Americans and their rich contributions to the history of the United States.

Throughout the nation, May is set aside to observe the achievements and collective accomplishments that Asian Pacific Americans have made to the nation by hosting luncheons, cultural and traditional performances, food samplings and educational contests.

The Asian Pacific American community comprises a person having origins in any of the original peoples of the Far East; Southeast Asia; Hawaii, Guam, Samoa or other Pacific Islands; the Indian subcontinents including Cambodia, China, India, Japan, Korea, Malaysia, Pakistan, the Philippine Islands, Thailand and Vietnam, according to Department of Defense Directive 1350.2 and Army Regulation 600-20.

The idea of introducing and recognizing Asian Pacific heritage on a national level was first presented in 1977. Representatives Frank Horton and Norman Mineta and Senators Daniel Inouye and Spark Matsunaga asked the president to declare the first 10 days of May as Asian Pacific Heritage Week. The month of May

was chosen for two reasons: to commemorate the arrival of the first Japanese immigrants to the United States in May 1843 and the completion of the transcontinental railroad, labored largely by Chinese immigrants in May 1869.

A year after the resolution was introduced, President Jimmy Carter recognized it as an annual event. In 1990, a presidential proclamation by President George H.W. Bush officially announced the entire month of May to be Asian Pacific American Heritage Month.

People are encouraged to learn something new about Asian Pacific American history by taking part in the News Leader weekly trivia contest throughout May; visit Asian Pacific American events, art and other programming in action at a neighborhood martial arts class; and meet diverse Asian Pacific Americans from all walks of life by visiting <http://www.info-please.com/spot/asianbios.html>.

The Fort Sam Houston community is invited to celebrate the heritage of Asian Pacific Americans by attending an on-post event. The Volleyball Tournament will be held Saturday from 8 a.m. to 5 p.m. at the Jimmy Brought Fitness Center and the Asian Pacific Expo will be May 26 from 11 a.m. to 5 p.m. at the Fort Sam Houston Commissary parking lot. For more information on the volleyball tournament, call 671-3400.

## ***Asian Pacific American Heritage Trivia Contest***

1. Who was the first Chinese-American governor of the United States?
2. Which Korean-born conductor was appointed the Bruno Walter resident conductor of the San Antonio Symphony in 2004?
3. Who was the first Asian and Chinese-American to perform a spacewalk? What year did this event occur?
4. "Gung Hay Fat Choy" is a famous saying celebrating what Asian holiday? What zodiac sign is represented for 2007?
5. What is a paper son or daughter?

Submit all answers to [Julie.vasquez@amedd.army.mil](mailto:Julie.vasquez@amedd.army.mil). The first person to answer all five questions correctly will receive a prize. The correct answers will post in the next edition of the News Leader.

Congratulations to Norma Ruiz, the winner of last week's Asian Pacific American Heritage Month Trivia Contest.

### **May 3 answers:**

1. Patsy Takemoto Mink, 1964; 2. Angel Island; 3. To prohibit the immigration of Chinese laborers to the U.S. The Chinese Exclusion Act banned immigration of Chinese laborers for 10 years.; 4. Yellow Power Movement. The Yellow Power Movement was inspired, in part, by the Black Power Movement of the 1960s. The driving force of the movement was second-generation students who refuted the idea of the "passive Oriental" and established a new Asian American identity.; 5. Tiger Woods.

# Season of Remembrance begins

By Robert Schell  
Army News Service

Soldiers, civilians, veterans and Family Members, as well as other members of the armed forces have historically made great contributions to the nation. Each year from May through July there are many holidays and events to recognize and remember those contributions. May 1 began this unofficial time period on the calendar — the Season of Remembrance.

This two-month season starts at the same time as Military Appreciation Month, which is May, and continues through the events of the Army's 232nd birthday. Other events included in this time frame are Memorial Day, the kick-off to the Twilight Tattoo season and July Fourth.

Legislation for Military Appreciation Month began in 1999 with original sponsorship by Senator John McCain. After a 2004 revision and reintroduction of the legislation, both Houses of Congress unanimously passed that May would be National Military Appreciation Month and is recognized with a presidential proclamation each year. In a similar vein, President Harry S. Truman led the effort to establish a single holiday for citizens to come together and thank military members for their patriotic service in support of the country. This effort became known as



Photo by Kathleen T. Rhem

The gravestones at Arlington National Cemetery are graced by U.S. flags on Memorial Day. Fort Sam Houston will conduct a Memorial Day ceremony May 28 at 9:30 a.m. at the Fort Sam Houston National Cemetery. A musical interlude will begin at 9 a.m.

Armed Forces Day and is celebrated May 21 each year.

This year will mark the 232nd birthday of the United States Army. The Army birthday is recognition of the Army's history, traditions and service to the nation. Since its establishment June 14, 1775, the U.S. Army has

played a vital role in the growth and development of the nation. American Soldiers have fought in 10 wars, from the American Revolution through the Cold War, the Gulf War and the current war on terrorism.

Memorial Day has generally signified the beginning of summer to many Americans. Historically, Memorial Day was first known as Decoration Day because it was a time set aside to honor the nation's Civil War dead by decorating their graves. It was first widely observed May 30, 1868, and commemorated the sacrifices of Civil War Soldiers. During the first celebration of Decoration Day, Gen. James Garfield made a speech at Arlington National Cemetery. After this speech, 5,000 participants helped decorate the graves of the more than 20,000 Union and Confederate Soldiers buried in the cemetery.

More recently, the White House Commission on the National Moment of Remembrance was established by Congress. It promotes acts of remembrance throughout the year and asks Americans to pay a debt of gratitude in memory of our fallen by giving something back to the nation. The Commission is also tasked to unite the country in the National Moment of Remembrance at 3 p.m. on Memorial Day.

For more information on the Season of Remembrance and related events, visit [www.army.mil/remembrance](http://www.army.mil/remembrance).

## Soldiers remember the Holocaust

By Ben Paniagua  
Hacienda Recreation Center

Soldiers from the 32nd Medical Brigade solemnly watched and listened as they learned about the horrific details of the Holocaust during the annual Days of Remembrance event May 2 at the Hacienda Recreation Center.

The program was part of a year-long

series of ethnic celebrations sponsored by the 32nd Medical Brigade Equal Opportunity Advisor Office in partnership with the Hacienda Recreation Center.

"However, this event was not a celebration, rather a solemn remembrance of what happened during the Holocaust and about the hope that this will never happen again in our history," said Sgt. 1st Class Rosalba Chambers, EO

adviser for the 32nd Medical Brigade and Army Medical Department Center and School.

The Soldiers watched "The Diary of Anne Frank," the 1959 movie which starred Millie Perkins as Anne Frank and Shelly Winters. The movie tells the story of a 13-year-old Jewish girl who hid with her family and several other people in the attic of a home in Amsterdam for two

years to escape capture by the Nazis. Frank documented the events with a diary her father had given her. The movie appeared to have a strong impact on the Soldiers.

"The more you bring the nation together, the stronger we become," said Pvt. Lamar Nixon, from E Company, 232nd Medical Battalion. "That is why these programs are so important."

# Post Worship Schedule

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

**Catholic Services:**

4:45 to 5:15 p.m. - Confessions - Saturdays  
5:30 p.m. - Mass - Saturdays  
9:30 a.m. - Mass - Sundays  
11:30 a.m. - Mass - weekdays

**Protestant Services** - Sundays:

8 a.m. - Traditional Protestant  
11 a.m. - Traditional Protestant

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

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

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

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

**Protestant Services:**

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

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

Wednesdays, child care is provided.

**Samoan Protestant Service:**

8:30 a.m. - Sundays

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

**Catholic Services:**

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

11 a.m. - Mass - weekdays

**Protestant Services:**

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

10 a.m. - Worship Service - Sundays

12 p.m. - Worship - Wednesdays

**AMEDD Regimental Chapel**,

services will be held at Evans Auditorium, Building 1396, 221-3297

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

Sundays

**Protestant/Gospel Service:**

9:30 a.m. - Sundays

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

Sundays

**Church of Jesus Christ of**

**Latter Day Saints:**

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

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

10:30 a.m. - Children's

Religious Education - Sundays

1:30 p.m. - Jumma - Fridays

7:30 p.m. - Adult Religious

Education - Thursdays

**Installation Chaplain's Office**,

Building 2530, 295-2096

**Contemporary service:**

11:01 a.m. - Sundays

**Web site:**

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

**Protestant Women of the Chapel**

The Protestant Women

of the Chapel meet

Wednesdays from 9:30

to 11:30 a.m. and

Thursdays from 6:30 to

7:30 p.m at the Dodd

Field Chapel. Childcare is

provided for up to age 5. Visitors are wel-

come. For more information, call Lois

Griffith at 226-1295 or visit [www.sam-](http://www.samhouston.army.mil/chaplain/pwoc)

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



## 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.



Defense Secretary Robert Gates visits with Staff Sgt. Randal Young at Brooke Army Medical Center.



Photos by Norma Guerra

## Defense secretary

Continued from Page 1

“I want to stay in as long as I can,” said Staff Sgt. Scott Adams, who was injured in Iraq in January. “This is my life.”

Some service members were just as excited to meet a former Texas A&M University president as they were to meet the secretary of defense, particularly Marine 1st Lt.



Defense Secretary Robert Gates visits with Spc. Robert Stephenson at Brooke Army Medical Center Friday.

Daniel Patrick Moran, a burn patient. The Marine had met Gates at his college graduation in 2003 when the former A&M University president awarded Moran his college degree. Moran had brought the pictures of himself and his brother with Gates at graduation and asked the secretary to sign them.

“I can’t tell you what an honor it is to see you again,” said Moran, with fellow “Aggie” and wife, Teal, and 4-week-old daughter, Macy, by his side.

Along with the autographs, Moran had another request. He asked the secretary if he would officiate at his Purple Heart Medal ceremony sometime in the near future. “He said yes,” said Moran, calling Gates one of the greatest A&M presidents ever.

With A&M on his mind, Gates couldn’t resist ribbing Navy Chief Petty Officer Peter Johns about wearing a University of Texas hat, A&M’s primary rival. “That’s why I wore it,” Johns joked.

Maj. Gen. Russell Czerw, commander of the U.S. Army Medical Department Center and School and Fort Sam Houston, said these types of visits carry more weight than any commission, report or study could. “Nothing can take the place of coming down and seeing how much the people here really do care,” he said. “You have to see it firsthand to truly understand.

“I could see by their expressions that the patients felt extremely special,” Czerw said of the secretary’s visit.

For many wounded warriors, a few visits from leaders like Gates go a long way.

“It means a lot when someone comes here in person,”



Defense Secretary Robert Gates meets Navy Petty Officer 1st Class Robert Bruce, one of eight sailors injured Dec. 1 when a steam pipe ruptured aboard the Guam-based submarine tender USS Frank Cable. Gates passed on greetings from the secretary of the Navy.

Sgt. 1st Class Robert Culbertson told Gates. “We don’t need more medals or money, just someone to say thanks.”

“Thank you for your service,” Gates replied.

Gates wrapped up his visit by expressing his appreciation to the hospital staff for providing the “best care.”

“We encourage other senior leaders to come visit,” said Col. Carlos Angueira, acting medical center commander. “We’re glad the secretary had the opportunity to see Fort Sam Houston and how important the care of wounded warriors is to us.”



Defense Secretary Robert Gates "shakes" Marine Cpl. Merlin German's hand during a bedside visit at Brooke Army Medical Center. German is recovering from burns sustained in the Global War on Terrorism.

# Defense secretary visits 'amazing' Army rehabilitation center

By Elaine Wilson and Norma Guerra  
Fort Sam Houston Public Information Office

Defense Secretary Robert Gates visited Fort Sam Houston May 3 to meet wounded warriors and take a firsthand look at the Center for the Intrepid, the Army's state-of-the-art physical rehabilitation center.

"Amazing," Gates said, summing up his opinion of the center with one word.

The \$50 million facility, built thanks to the generosity of 600,000 Americans, is dedicated to the nation's military heroes wounded in support of Operations Enduring and Iraqi Freedom. The facility, designed with the latest generation's interests in mind, includes an indoor running track, firing range, wave pool, climbing wall, prosthetic center, gait lab and a computer assisted rehabilitation environment known as CAREN.

As Gates toured the 60,000-square-foot center, he stopped to thank each wounded warrior he met along the way for their service and sacrifice, and he presented each with a secretary of defense coin.

During a tour of the therapy gym, amputee Spc. Robert Price demonstrated the two-story rock wall, then had a challenge for Gates. "Sir, it's your turn next," Price said.

Gates laughed as he declined the offer, but did present Price with a coin.

At the wave pool, called The Flowrider, Spc. Patrick Moore and Navy Petty Officer 2nd Class Derek McGinnis rode "boogie boards" to demonstrate how the pool strengthens core muscles and improves balance.

Gates followed up his visit to the center with a tour of one of two new Fisher Houses adjacent to the rehab facility. Fisher Houses serve as a home away from home for families of patients receiving medical care at major military and Veterans Affairs medical centers. The addi-



Photos by Norma Guerra

Defense Secretary Robert Gates (left) speaks with Pfc. Patrick Moore (right), Marine 1st Lt. Kelly Bowman (center) and Navy Petty Officer 2nd Class Derek McGinnis during a visit to the Center for the Intrepid. McGinnis rode a "boogie board" on the wave pool to demonstrate how the pool strengthens core muscles and improves balance.



Spc. Domingo Soto-Santana, a left-arm amputee, meets Defense Secretary Robert Gates outside of the Center for the Intrepid while Installation Commander Maj. Gen. Russell Czerw looks on. The 60,000-square-foot center features state-of-the-art physical rehabilitation equipment.

tional houses, which opened Jan. 29 in conjunction with the center, bring the on-post total to four.

The 21-room homes are built in the newer Fisher House style with a sprawling 16,800 square feet. Each home is equipped with a full-service kitchen, formal dining room, several sitting rooms and bedrooms equipped with DVD/VCR systems and flat-screen TVs.

Gates said he was impressed by the size and the capacity of the homes and called the Fisher Houses "a great service for the families."

He met with residents, including two Army wives, who asked for coins on behalf of their husbands recovering at Brooke Army Medical Center.

At the tour's conclusion, Gates thanked the Fisher House staff for all that they do for the service members and their families.

Shortly after visiting the Fisher House, Gates met with the Commission on Care for America's Returning Wounded Warriors.

The president established the commission March 6 to conduct a comprehensive review of military medical care at both Department of Defense and Department of VA hospitals and outpatient facilities. Bush asked its members to recommend ways to improve the transition to other military service or civilian life, ensure high-quality services for wounded troops and increase their access to benefits and services.

To that end, the nine-member committee, co-chaired by former Kansas Sen. Robert Dole and former Secretary of Health and Human Services Donna Shalala, had earlier in the day privately met with service members, family members, health care providers and other interested parties at BAMC.

## Housing activities

### Salsa cook-off

Lincoln Military Housing celebrated Cinco de Mayo with a salsa cook-off Friday. Many residents came to celebrate the spirit of Cinco de Mayo and Fiesta by sharing their best salsa with friends and neighbors. The Fort Sam Houston Fire Department judged the salsa entries. Congratulations to the Casares Family who took first place, and the Griffith Family who won second place for their salsa entries.

### Mother's Day poetry

Mother's Day is Sunday. Lincoln Military Housing encouraged children of

on-post residents to submit a poem about their Mom to housing. The best poet will win a spa gift certificate for their Mom. The winner will be notified today.

### Breakfast-On-The-Go

Stop by and visit on Breakfast-On-The-Go booths for on-post residents May 24 from 7 to 8 a.m. Lincoln Military Housing representatives will serve a breakfast treat with juice.

For photos and upcoming activities, visit [www.samhoustonlpc.com](http://www.samhoustonlpc.com). For more information, call Lincoln Military Housing at 270-7638.

(Source: Residential Communities Initiative)



Courtesy photo

## Principal's students of the month

Each month Cole Jr./Sr. High School recognizes one student from each grade level for outstanding attitude, citizenship and overall contribution to the school. The students are nominated by their teachers and then one student is selected by the faculty of each grade level. The recipients for April 2007 are (from left) Dallas Williams, 12th grade; Katie Stonecipher, 11th grade; Gretchen Newcomer, eighth grade; Francesca Mercado, seventh grade; Alexis Aaron, 10th grade; and Yearlis Cabrero-Rivera, ninth grade.

## April Survey of the Month

Staff Sgt. George Henderson

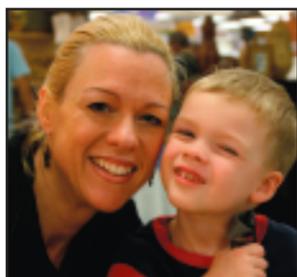
## April Yards of the Month

707 Patch  
678A Infantry Post  
6785B Meeks Circle  
563 Graham



## Sunday is Mother's Day

# Post Pulse: What would you like for Mother's Day?



"I asked for Spurs tickets. It's the playoffs."

**Julianna Lester** with son **Christopher**



"I like perfume."

**Maritza Gomez**



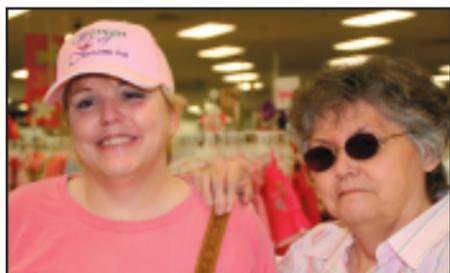
"I am so fortunate to have everything. I'd like every woman to be blessed."

**Gloria Knighten**



"I would like to get a report from the doctors that my Aunt Mae has a clean bill of health and the cancer has not returned. That would make my Mother's Day."

**Maj. Vernell Jordan**



"I'd like to stay home and relax, and my other daughter may come over to take me to dinner."

**Nell Harris (right)** and daughter **Tammy Leeroff**

## Fort Sam Houston Independent School District

### Weekly Calendar Monday through May 19

#### Fort Sam Houston Elementary School

**Monday**  
Sixth grade girls scoliosis screening  
**Tuesday**  
Fifth grade TAKS math retest  
Sixth grade boys scoliosis screening  
**Wednesday**  
Early dismissal, kindergarten through fourth grade, 2 p.m.  
Early dismissal, fifth and sixth grade, 2:30 p.m.  
**May 17**  
PTO board meeting, 10 a.m.  
Spring concert at Cole High School, 7 p.m.  
**May 18**  
Spirit day

#### Robert G. Cole Jr./Sr. High School

**Monday**  
Cougar Pride Club meeting, 5:30 p.m.  
**Tuesday**  
AP chemistry exam, 8:30 a.m.  
Honor Society inductions in cafeteria, 3:45 p.m.  
**Wednesday**  
AP art history test, 12 p.m.  
**May 17**  
AP world history, 8:30 a.m.  
Seventh and eighth grade survivor party during sixth and seventh period  
Junior high band concert in Moseley Gym, 7 p.m.  
**May 18**  
Sixth grade orientation at Cole cafeteria, 1:15 to 2:15 p.m.  
Cole talent show, TBA  
**May 19**  
Band and choir banquet at the Roadrunner Community Center, 6 p.m.



## Community Recreation

### **MWR Web site, Information Hotline**

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

### **Vaccination clinic**

A vaccination clinic for healthy pets will be held Saturday from 8 a.m. to 12 p.m. at the Fort Sam Houston Veterinary Treatment Facility. For more information or to schedule an appointment, call 295-4260 or 295-4265.

### **Gun Hunter Education Class**

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

### **Equestrian Center summer youth camp**

The Equestrian Center is accepting registrations for youth ages 7 to 17 for its Summer Youth Horsemanship Camp. The camp consists of a one-week session held from 9 a.m. to 3 p.m. each day. The first session begins June 11; the last session ends Aug. 10. The registration fee is \$195 and a \$25 deposit is required. For more information, call 224-7207.

### **Coushatta casino resort trip**

The MWR Ticket Office and the Sam Houston Club will sponsor a trip to the Coushatta Casino Resort in Kinder, La. The bus will depart from the Sam Houston Club June 5 at 7 a.m. and return June 6 at 10 p.m. The cost is \$49 per person and includes roundtrip motor coach transportation, overnight hotel accommodations, continental breakfast at hotel and one \$23 coupon from the casino. Participants must be at least 21 years old and possess a valid photo identification at all times. Reservations are needed at the ticket office by June 1. For more information, call 226-1663 or 224-2721.

### **West Corporation job fair**

The Family Employment Readiness Program will hold a small hiring seminar with West Corporation May 25 from 10 a.m. to 2 p.m. at Army Community Service, Building 2797. In-bound customer service and call center positions will be filled. For more information, call Jennifer Swiger at 221-0516.

### **Summer reading club**

The Keith A. Campbell Library's summer reading club begins June 1. "Sail Away with Books!" is the theme for youth interested in exploring the wonderful world of books. The program is open to students in preschool through eighth grade. Prizes are available to participants who meet the reading requirements. The program continues through August. For more information, call 221-4702 or 221-4387.

### **Bowling Center, 221-3683**

#### **Military doubles bowling tournament**

The Fort Sam Houston Bowling Center will host the third annual San Antonio Military Doubles Bowling Tournament Sunday, May 19 and 20. Tournament bracket times begin at 11 a.m. or 1:30 p.m. each day. The cost to participate in the handicap division is \$40 per team or \$55 per team for participation in both the handicap and scratch divisions. Cash prizes will be awarded to the top finalists. A flat screen television will be awarded to the first player who bowls a 300 scratch game. Participants must be at least 18 years old. For more information or to register, call 221-4740.

## Dining and Entertainment

### **Sam Houston Club, 224-2721**

#### **Family-Style Sunday brunch**

There is something for the entire family at Sunday Brunch. Brunch is held the first and third Sunday of each month. The next brunch will be held May 20 from 10 a.m. to 1:30 p.m. at the Sam Houston Club. Features include a chocolate fondue station, complimentary champagne and an international food station. The cost is \$15.95 for nonmembers, \$13.95 for members and \$7.95 for children 6 to 11 years old. Children 5 years old and younger eat free. For more information, call 224-2721.

#### **Mother's Day Brunch**

The Sam Houston Club will host a Mother's Day Brunch Sunday from 10 a.m. to 1:30 p.m. The brunch will

### **Arts and crafts contest**

The Fort Sam Houston Outdoor Recreation Center seeks artisans and craftsmen to participate in an installation arts and crafts contest. The top five selections on the installation will advance to compete at the Army level. Entries are now being accepted; Wednesday is the deadline for submissions. The judging will take place May 17. Awards will be given to the top three submissions and honorable mentions in each category and group. The contest is open to Department of Defense ID cardholders on Fort Sam Houston. For more information, call John Rodriquez at 221-5554 or visit the Outdoor Equipment Center at Building 1111, Forage Road.

feature a chocolate fondue station, complimentary champagne and an international food station. Moms will receive a free carnation. The cost is \$17.95 for nonmembers, \$15.95 for members and \$7.95 for children 6 to 11 years old. Children ages 5 and younger eat free. Reservations are encouraged. For more information or to make reservations, call 224-2721.

### **Harlequin Dinner Theatre, 222-9694**

The George Furth comedy, "The Supporting Cast," will play at the Harlequin Dinner Theatre through Saturday. Performance tickets are \$24.95 Wednesdays and Thursdays and \$27.95 Fridays and Saturdays. Doors open for salad bar and cocktails at 6:15 p.m., the buffet is from 6:30 to 7:30 p.m. and the show begins at 8 p.m. Military discounts are available. For more information or to make reservations, call 222-9694.

### **MWR Ticket Office, 226-1663**

#### **Pepsi 400 NASCAR tickets**

Tickets are available at the Morale, Welfare and Recreation Ticket Office for the Daytona International Speedway's 2007 Pepsi 400 July 7. Buy the All-American package for \$72, a savings of \$20, and receive one Pepsi 400 Grandstand ticket and event hat. A pre-race pass to the Nextel Fanzone is \$46.50. This is a NASCAR-sponsored event. Parking is free. To purchase a ticket, stop by or call the ticket office at 226-1663 or 224-2721. For more information, visit [www.daytonainternationalspeedway.com](http://www.daytonainternationalspeedway.com). The ticket office will operate with extended summer hours through August. The ticket office is open Tuesday through Friday from 10 a.m. to 5 p.m., Saturdays from 10 a.m. to 2 p.m. and closed Sunday and Monday.

## Child and Youth Services

### Summer camp registration

Summer camp registration for School Age Services and Middle School and Teens is ongoing at Central Registration, Building 2797, from 8 a.m. to 5 p.m. until spaces are full. Children must be registered with Child and Youth Services. To register, patrons must provide sponsor's Leave and Earnings Statement and spouse's W-2 form, two local emergency designees, an \$18 registration fee per child, and child's Social Security number. A current immunizations record and a health assessment for kindergarten through fifth grade is required. There is a non-refundable deposit for School Age Services.

### Parent Advisory Council meeting

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

### Off-post childcare options

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

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

### Family Child Care Online

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

### FCC providers

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

### Sport physicals

Patrons interested in summer and fall sports should make appointments for sport physicals now. Patrons will need a sport physical to register. Patrons must be registered with Child and Youth Services to participate in sports. For more information or registration requirements, call Central Registration at 221-4871 or 221-1723.

## SKIES Unlimited classes available

The Child and Youth Services SKIES Unlimited program will offer classes for children ages 6 to 18 who are registered with CYS.

### School of Languages

- German: Monday, 30-minute classes from 9 to 10:30 a.m. for beginner, intermediate and advanced students, located in Building 2530.
- German: Monday through Wednesday, 90-minute classes, from 3:30 to 5 p.m. and 5 to 6:30 p.m. for beginner, intermediate and advanced students, located in Building 1630A.
- Arabic: Thursday, 90-minute classes from 3:30 to 5 p.m. and 5 to 6:30 p.m. beginner and intermediate students, located in Building 1630A.

To determine the child's skill level and for prices, call the instructor, Rabiaa Gardner, at 744-2304.

### School of Music

Piano lessons will be held every Tuesday in 30-minute increments from 10 a.m. to 12 p.m. and 4 to 6 p.m. one half hour per week, in Building 2018. The cost for each lesson is \$20. Lesson books are to be purchased by the students.

### School of Sports

Tennis lessons will be held Monday through Friday from 3:30 to 4:30 p.m. for 5- to 6-year-olds and 3:30 to 6:30 p.m. for 6- to 18-year-olds. Lessons are held at the tennis court on the corner of Hardee and Scott Street on Fort Sam Houston. Children must furnish own tennis racket and missed lessons will not be made up. The cost is \$50 a month for the one-hour class and \$150 a month for the three-hour class.

Payment is due on a monthly basis and registration is required with Child and Youth Services prior to the first class. The first month's fees are due at time of registration at Building 2797. Fees are due and payable at the beginning of each month, and can be paid at the Child Development Center, Building 2530, School Age Services, Building 1705, or the Middle School and Teens, Building 1630. Missed lessons will not be made up. For more information, call 221-1723 or 221-4871.

## Emergency numbers



**Dial 911** when calling from a Fort Sam Houston or Camp Bullis telephone number prefix.

**Dial 554-4713** when calling from a cell phone or from anywhere on Fort Sam Houston other than the post telephone number prefixes.

On Camp Bullis, **dial 295-7517** from a cell phone or non-Camp Bullis prefix.

The fire prevention office has phone stickers for these numbers. Stop by Building 4196, Room A37 or call 221-5452.

## Use your head . . .

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



## Events

### **Texas Christian prayer breakfast**

The 27th Annual Texas Christian Military Prayer Breakfast will be held Saturday at 7:30 a.m. at the Marriott Rivercenter Ballroom in San Antonio. The guest speaker will be retired Marine Lt. Gen. Jeffrey Oster. The Texas military prayer breakfasts in San Antonio are planned and conducted by a steering committee of active, retired and former service members from a spectrum of Christian churches. Tickets are \$14 each. For more information, call 364-7972 or e-mail [adorsey1@satx.rr.com](mailto:adorsey1@satx.rr.com).

### **OCSC May luncheon**

The Officer and Civilian Spouses' Club will sponsor a luncheon Tuesday at 11 a.m. at the Sam Houston Club. Lunch will be a large chef salad with dessert and coffee. The cost is \$14. Club members and those interested in becoming club members are welcome to attend. Reservations are needed by noon Friday. For more information, call Sigrid Reitstetter at 226-8806.

### **NCO Wives Club**

The Noncommissioned Officers' Wives Club will host their annual scholarship luncheon Tuesday at 11 a.m. at the Sam Houston Club. Four students will receive scholarships. Members and non-members are invited. Tickets are \$12 per person. For more information, call Jennifer Koranyi at 437-2788 or e-mail [jennykor@aol.com](mailto:jennykor@aol.com).

### **Military Appreciation Car Show**

To commemorate Military Appreciation Month, the Security Hill Top 3 Association at Lackland Air Force Base will sponsor a Classic Car Show and Blood Drive in honor of veterans wounded in the Global War on Terrorism May 19 from 11 a.m. to 4 p.m. at the Cowboys Dancehall parking lot, 3030 N.E. Loop 410. Registration is from 8 a.m. to 12 p.m. The entry fee is \$25, vendor fee \$35 and free to spectators. For more information, call Greg Polizzi at 595-1913 or Darr Keim at 265-9653.

### **Military Treasure Day**

The Brig. Gen. John C.L. Scribner Texas Military Forces Museum will host Military Treasures Day May 19 from 10 a.m. to 4 p.m. at Camp Mabry in Austin, Texas. Members and the general public are invited to bring their military souvenirs and artifacts for analysis and identification by specialists in the following categories: edged weapons, firearms, military gear and equipment, insignia and more. For more

information, call 512-782-5770.

### **Retired Officers' Wives, Widows Club**

The Retired Officers' Wives and Widows Club will meet May 22 at 11 a.m. at the Sam Houston Club. For more information, call Arline at 822-6559.

### **Financial planning**

The Army Career and Alumni Program Center will host financial planning seminars that focus on those preparing to separate or retire from active duty May 23 at 1 and 2:30 p.m. and May 30 at 9 and 11:30 a.m. at the ACAP classroom, B100, Building 2263. The seminars provide valuable information concerning the various situations people need to plan for prior to separation/retirement. For more information or to reserve a seat, call Liz Gum at 277-7258.

### **Military Officers Association of America**

The Military Officers Association of America-Alamo Chapter luncheon will be held May 24 at 11:45 a.m. at the Sam Houston Club. The guest speaker will be retired Navy Capt. Shelley Marshall, MOAA's National Scholarship Fund development officer. The cost for the luncheon is \$16 per person. For more information or to make reservations, call 228-9955 or e-mail [moaa-ac@sbcglobal.net](mailto:moaa-ac@sbcglobal.net). Reservations will be accepted through May 21.

### **Free Father's Day message**

Service members can send free Father's Day messages online to [www.stripes.com](http://www.stripes.com) through May 25. Messages will be published June 16 in Stars and Stripes Mideast, European and Pacific editions. Greetings will also be online for viewing at [www.stripes.com](http://www.stripes.com) starting June 16. For more information, call Maria Luisa Hernandez at 202-761-0914.

### **Auditions for Harlequin Dinner Theatre**

The Harlequin Dinner Theatre will hold open auditions for "Never Too Late," a comedy by Sumner Arthur Long, May 28 and 29 from 7 to 8:30 p.m. Performances will be in the evenings July 18 to Aug. 18. For more information, call 222-9694.

### **Memorial Memories**

The community is invited to view "Memorial Memories" May 27 at 2:30 p.m. at The University of Texas at San Antonio Institute of Texan Cultures, 801 S. Bowie Street. Memorial Memories is a musical tribute to America's military men and women, past and present. The event includes swing sounds of the 1940s and 1950s performed by the

Sentimental Journey Orchestra, the Memphis Belles singing trio and songstress Jesse Boatright. The event is free. For more information, call 458-2330.

### **Army Birthday Ball**

The Army Birthday Ball celebrates the U.S. Army's 232nd birthday. The ball will be held June 16 at the Hilton Washington Hotel in Washington, D.C. Soldiers, family members, Department of Army civilians, retirees and veterans are welcome. For more information or to register, visit [www.army.mil/birthday/232/ball/default.htm](http://www.army.mil/birthday/232/ball/default.htm).

## Training

### **Scholarship for vets**

The Dwyer Group will sponsor an annual \$2,500 veteran scholarship to assist military veterans pursuing college-level studies in franchising or entrepreneurship. To be eligible, candidates must have received an honorable discharge from any branch of the United States military or Coast Guard and be enrolled or about to enroll in an entrepreneurial course of study at an accredited college or university. For applications, call 202-628-8000 or visit [www.franchise.org](http://www.franchise.org).

## Volunteer

### **101st Screaming Eagle Vets sought**

The 101st Airborne Division Association, with headquarters at Fort Campbell, Ky., is seeking "lost" Screaming Eagle veterans who served with the division during its history from World War II to Iraq. Activities include Memorial Day 2007 ceremonies at Arlington National Cemetery and the Vietnam Memorial May 25 to 28 in Washington, D.C.; the 62nd National Reunion in Omaha, Neb., August 8 to 11; and special programs to comfort wounded warriors and assist today's Eagles and their families. For more information, call 931-431-0199, ext. 35, or visit [www.screamingeagle.org](http://www.screamingeagle.org).

### **Lackland seeks dental patients**

The Periodontics Department of the Comprehensive Dentistry residency at the Dunn Dental Clinic on Lackland Air Force Base is screening patients for dental care limited to periodontal disease in the dental residency. All eligible recipient categories are screened, including retirees and dependents. To schedule an evaluation, people should have their general dentist fax a consultation to the Periodontics Department at 292-2681 or call 292-6365.

### Submission guidelines:

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

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



**For Sale:** Authentic Burberry Nova check small hobo tote with dust jacket and strap, in excellent condition, \$175; bassinet with mattress, \$30; three-tier blue diaper cake, \$30; baby shower corsage blue, \$10; Longaberger baskets with liner and protectors, various styles. Call 666-0374 after 6 p.m.

**For Sale:** Two recliner couches, blue, in excellent condition, \$300 each obo; four Corvette chrome wheels, make offer. Call 324-5104 after 6 p.m.

**For Sale:** Bassinet with mattress, \$125; AKC male golden retriever, \$195; black leather sofa and recliner, \$375; AKC male English bulldog, \$975; trailer, \$195. Call 633-3859.

**For Sale:** Maytag Performa washer and dryer, extra-large capacity, \$500 both, available early July. Call 499-1466, leave message.

**For Sale:** RCA 52-inch projection big screen TV, \$500; loveseat with twin sleeper, \$275. Call 650-0337.

**For Sale:** 2001 Jeep Wrangler, four-wheel drive, two-door, gray, soft top, AM/FM stereo, 44K miles, in great condition, \$8,000 obo. Call 267-1766 or 380-2763.

**For Sale:** 1996 Nissan Altima, GXE-V6, four-door, tan, A/C, power-lock doors and windows, AM/FM/CD stereo, in great condition, \$3,000 obo. Call 838-0819.

**For Sale:** Retro-style table with red vinyl and chrome trim, L-shaped bench seat, \$50; twin metal bunk beds and one mattress, \$25; two-drawer night stand, white, \$50; Bassett crib no mattress, \$100; Yugioh cards, packs of 10, \$1.50. Call 826-0882 or 542-3281.

**For Sale:** His and hers Lazy Boy recliners, blue, \$60 each; queen-size headboard, bookcase, \$75; 1994 Plymouth Voyager van, quad seats, seven passenger, front

and rear A/C, power windows and locks, V6, 3.0 liter, one owner, in good condition, \$2,300. Call 490-8786.

**For Sale:** Left-handed golf clubs, \$150; antique Underwood typewriter, \$60; color TV 21-inch, \$55; tube tester, \$15; TEAC receiver with turntable, \$50. Call 227-6590, leave message.

**For Sale:** Sony DPL 65-inch big screen, \$1,000 obo, German shrunk, \$2,000 obo; proto rail paintball gun with after-market trigger, \$400 obo. Call 918-0345.

**Garage Sale:** Northeast, 17323 Garwood Chase, household items, electronics, furniture accessories, dishes and young men's clothing, Saturday from 8 a.m. to 1 p.m.

**Garage Sale:** Converse, 8215 Cantura Mills, kids' toys, household items, furniture, Saturday from 8 a.m. to 1 p.m.