

FORT SAM HOUSTON

MAY 14, 2009 • VOL. 51, NO. 19

# News Leader

*"One Team, Supporting Military Missions and Family Readiness!"*

## Military leaders break ground for tri-service lab

Story and photo by Lori Newman  
Fort Sam Houston Public Affairs

The building of the Tri-Service Research Laboratory took a step forward May 6 with a groundbreaking ceremony attended by Army, Navy and Air Force leaders.

The official party for the groundbreaking ceremony included Maj. Gen. Russell Czerw, commanding general, Fort Sam Houston and Army Medical Department

Center and School; Thomas Wells, director, 711th Human Performance Wing, Air Force Research Laboratory, Wright-Patterson Air Force Base, Ohio; Rear Adm. Richard Vinci, commanding officer, Navy Medicine Support Command, Jacksonville, Fla.; Scott Cannon, Skanska USA Building, Inc.; and Col. Christopher Martin, U.S. Army Corps of Engineers. During the groundbreaking  
**See TRI-SERVICE P9**



(From left) Scott Cannon, Skanska USA Building, Inc.; Navy Rear Adm. Richard Vinci, commanding officer, Navy Medicine Support Command; Maj. Gen. Russell Czerw, commanding general, Fort Sam Houston and Army Medical Department Center and School; Thomas Wells, director, 711th Human Performance Wing, Air Force Research Laboratory and Col. Christopher Martin, U.S. Army Corps of Engineers, raise their shovels May 6 during the groundbreaking ceremony for the Tri-Service Research Laboratory.

Maj. Gen. Russell Czerw, (right), commanding general, Fort Sam Houston and Army Medical Department Center and School, presents a bronze eagle statue with retired Lt. Gen. James Peake (left) to members of the Vaccaro family commemorating the heroism of Cpl. Angelo Vaccaro while assigned as a medic with the 10th Mountain Division. Vaccaro was awarded two Silver Star medals and two Purple Heart medals on separate occasions for placing himself in harms way, continuing heroic efforts to save lives and rendering aid to several comrades during adverse conditions. Accepting the statue are Nelson Vaccaro, father; Linda Vaccaro, mother and Dana Cippolla, wife.



Photo by Ed Dixon

## Sustainment, proficiency focus of Army EMS training seminar

By Phil Reidinger  
Fort Sam Houston Public Affairs

The week long 7th annual U.S. Army Emergency Medical Service Training Seminar held May 4 to 8 featured 80 training sessions presented by 53 subject experts.

See ARMY EMS P4

**Come join us!**  
**Learn how to survive this summer safely.**



**SAFETY DAY**

**May 20 from 11 a.m. to 3 p.m.**  
**at Army Community Service Building 2797 Stanley Road**

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## News Leader

Fort Sam Houston  
"One Team, Supporting Military Missions and Family Readiness"

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# Does anger keep you pumped up?

By James Cartwright  
U.S. Army Center for Health  
Promotion and Preventive  
Medicine

Anger is an innate response that is useful for confronting threatening circumstances. Anger rallies Soldiers to engage in combat.

"Anger keeps you pumped up, alert, awake and alive."

Anger can also stay with you after exposure to combat. On the battlefield, anger can be purposeful. On the homefront, being "pumped up" or angry and ready to do battle is an inappropriate response that damages relationships in the social environment.

After deployment, Soldiers become part of an elite group of men and women who generally share a great sense of pride and honor in having served their country. Although the experience may have been difficult, it fosters a new self-respect. For some it nurtured a meaningful and positive emotional growth. For most Soldiers, homecoming is a time to recover and reconnect with friends and loved ones. Many Soldiers readjust with very few difficulties.

Unfortunately, for a few Soldiers, homecom-

ing is the beginning of a long, nightmarish journey to recovery and readjustment.

Exposure to combat and the atrocities of war can impair the "strongest and toughest" of Soldiers. Research shows that exposure to combat, violence and atrocities increases the risk for developing post-traumatic stress disorder, or PTSD. Soldiers suffering from PTSD have problems shutting down the responses conditioned by the traumatic events of their deployments. Trauma experiences can also include military sexual trauma, sexual assault and sexual harassment in military settings by service-members.

There are specific criteria for determining if a Soldier is suffering from PTSD. Generally, the symptoms of PTSD include the following: the traumatic event is re-experienced; things that remind the Soldier of the event are avoided and reactions are numbed; and the Soldier is keyed up much of the time.

In addition, PTSD sufferers have difficulties with regulating their moods. This could include angry feelings that can lead to impulsive behaviors such as verbal abuse and

threats, or even physically violent acts. Because their brains are now wired with a short fuse, Soldiers with PTSD can be vulnerable to having conflicts with others. Since moods are difficult to regulate, anger can escalate. Soldiers succumbing to anger can unwittingly perpetrate emotional and physical harm to their girlfriends, boyfriends, spouses and children. In this manner, loved ones can become the victims of deployments too.

Uncontrolled anger can cause Soldiers to destroy meaningful relationships and lose health and productivity. Unchecked anger can ruin professional relationships and lead to loss of employment. Misguided efforts to cope with unmanageable moods can lead to substance abuse and addictions. Soldiers under the influence of drugs or alcohol will have even less control of angry feelings and could further endanger themselves and others through impaired judgments, loss of inhibitions, and impulsive or aggressive acts.

Soldiers who find that they are unable to regulate their moods after their deployments should seek help imme-

diately to learn strategies to manage angry responses before negative patterns of behavior become well established and more difficult to change.

Soldiers who develop PTSD can recover from the condition by seeking out appropriate interventions. PTSD need not be a mental illness with a lifelong journey to recovery. There are effective treatments for PTSD that can help Soldiers regain control of their lives.

PTSD treatment often includes both medication and psychotherapy. This combined approach can help improve Soldiers' symptoms and teach them skills to cope better with the traumatic event and its aftermath.

The psychotherapy treatment can be individual or group or a combination of both. Individual psychotherapy addresses the specific symptoms of PTSD that trouble Soldiers. Group

See **ANGER P7**

## Signs and symptoms of PTSD

Signs and symptoms of post-traumatic stress disorder can begin within one month of a traumatic event. In a small number of cases, PTSD symptoms may not occur until years after the event. Symptoms of PTSD include:

- Unwanted thoughts, images, memories or nightmares about an event
- Acting or feeling that the event is happening again
- Shame or guilt
- Intense distress or stress reaction in the face of reminders of the event (for example, a car backfiring)
- Trying to avoid thoughts, feelings, conversations, activities, people or places associated with the event
- Trouble remembering things
- Feeling emotionally numb
- Feeling disconnected or distant from other people
- Trouble sleeping
- Feeling irritable or angry most of the time
- Having a hard time concentrating
- Being "too aware" of what's going on around you
- Feeling jumpy
- Self-destructive behavior, such as drinking too much
- Hopelessness about the future
- Memory problems
- Not enjoying activities you once enjoyed

If PTSD symptoms last for a month or longer and cause you significant distress or impair your ability to function, talk to a health care provider immediately.

### Weekly Weather Watch

	May 14	May 15	May 16	May 17	May 18	May 19
San Antonio	90° Partly Cloudy	88° Partly Cloudy	88° Chance of Rain	86° Chance of Rain	85° Clear	88° Partly Cloudy
Kabul Afghanistan	78° Clear	77° Clear	78° Clear	82° Clear	80° Clear	82° Clear
Baghdad Iraq	102° Clear	98° Clear	100° Chance of Rain	100° Clear	102° Clear	104° Clear

(Source: Weather Underground at www.wunderground.com)

### Thought of the Week

Success lies not in achieving what you aim at but in aiming at what you ought to achieve.

— Author Unknown

(Source: Bits & Pieces, February 2009)

## News Briefs

### **Fort Sam Houston Safety Day**

Fort Sam Houston will hold a Safety Day event May 20 from 11 a.m. to 3:30 p.m. at Army Community Service, Building 2797 and in the parking lot. For more information, call Marc Johnson at 221-3846 or e-mail william.marcus.johnson@us.army.mil.

### **Fort Sam Houston Memorial Day Ceremony**

The Fort Sam Houston National Cemetery will hold a Memorial Day Service May 25 at 9:30 a.m. A musical interlude by the U.S. Army Medical Command Band will begin at 9 a.m.

### **HHC Company change of command**

Capt. Hillary Klingman will relinquish command of Headquarters and Headquarters Company, U.S. Army Garrison, to Capt. Lionel Lowery at a change of command ceremony on May 29 at 9 a.m. at the Headquarters Company, Building 2195.

### **Gazebo concert**

Installation Management Command-West and the U.S. Army Garrison will host a gazebo concert May 31 at 7 p.m. behind the post flagpole on Stanley Road.

### **Officer Candidate School interviews**

Fort Sam Houston Structured Officer Candidate School interviews will be held June 10 at Human Resources and Administration, 1706 Stanley Road, Building 2263, Room B100. Deadline for submissions of applications is June 2. For more information or to pick up a sample application, call Sylvia Villarreal at 221-0885.

# Army releases suicide rates for April

The Army released suicide data for April, May 7, reporting one confirmed active-duty suicide and six potential suicides which are currently under investigation. In April 2008, there were 12 suicides reported.

For the month of March, the Army reported 13 potential active-duty suicides, all of which were under investigation at the time. Since that report, three of those deaths have been confirmed as suicides.

The Army has reported 64 potential active-duty suicides during 2009; 35 of those deaths have been confirmed as suicides, and 29 are pending determination of

manner of death.

During 2009, among Reserve Soldiers not on active duty, there have been 12 confirmed suicides and 15 potential suicides currently under investigation to determine the manner of death. For the same period in 2008, there were 21 suicides among Reserve Soldiers not on active duty.

The Army's suicide prevention programs are designed to reach Soldiers across both the active and reserve components. Whether a Soldier is serving in an active or Reserve status, maintaining proper mental, behavioral, and spiritual health remains a top priority for commanders

and senior Army leaders.

As part of the Army's continuing response to suicide, Army Vice Chief of Staff Gen. Peter Chiarelli issued a comprehensive, multi-disciplinary Army campaign plan for health promotion, risk reduction, and suicide prevention. The plan, published April 24, encompasses the physical, spiritual, and mental health of Soldiers and their Families. Senior leaders at every camp, post, and station are executing tasks that maximize the effects of health promotion, risk reduction and suicide-related programs.

"I am personally briefed on every suicide that occurs in the Army,"

Chiarelli said. "This ensures we stay focused on this issue at the highest levels of Army leadership, and that we're able to identify the underlying causes that lead to these tragedies. It also allows us to direct immediate responses that get straight to the root of the problem."

The campaign plan is overseen by both the Army's Suicide Prevention Task Force and the Suicide Prevention Council. The council meets every two weeks and is empowered to make changes across the Army's spectrum of mental, behavioral, psychological, and resiliency programs.

The Army is taking

steps to reduce the stigma associated with seeking mental health support. Personnel accountability, involvement by the chain of command, and continuity of care continue to be identified among the most effective counter-measures available to commanders.

The Army continues to build partnerships with some of the nation's foremost experts on suicide prevention, to include the National Institute of Mental Health, to ensure Army-wide mental, behavioral, and psychological programs reflect the most current research and treatments.

(Source: Army News Release)

## Army observes National Mental Health Month

**By Jerry Harben**  
U.S. Army Medical Command

In May the Army joins the rest of the nation in observing National Mental Health Month.

The mental health of Soldiers and Soldiers' Families has received great attention in the news media, and Army leaders are putting emphasis on programs to deal with psychological issues.

"Soldiers are getting comprehensive training to deal with stressors which they may encounter. An example is Battlemind training, a program with modules specific to the phases of

the deployment cycle, as the types of stressors that Soldiers encounter are different when they are preparing to deploy, are in theater and upon return home. Battlemind also has training for spouses, as deployment has a significant impact on Families," said Col. C. J. Diebold, chief of psychiatry at Tripler Army Medical Center, Hawaii, and psychiatry consultant to The Surgeon General of the Army.

"In addition, suicide prevention is a very high priority, and the Army is being very aggressive in educating Soldiers through chain-teaching from the senior level on

down. The emphasis is on awareness of warning signs and risk factors of suicide, and being comfortable enough to ask if you are concerned about your buddy's safety and knowing how to get him the help he needs. The central theme of the program is 'ACE', which stands for 'Ask, Care and Escort,'" Diebold continued.

"An additional major initiative is emphasis on comprehensive Soldier fitness," Diebold said. "It's along the lines of taking a look at the entire person and assessing what their needs are – biological, psychological and social – to maximize the ability to

function well throughout their entire military careers. It's proactive and based on a prevention-type model, in contrast to waiting to treat a problem after it occurs."

Brig. Gen. Rhonda Cornum, a physician and combat veteran is leading a project to develop an assessment tool for all aspects of Soldier fitness.

"The best way to treat a death by heart attack is not CPR," Cornum recently told the Army News Service. "The best way is to prevent the heart attack. It's a lifestyle and culture change. And that's how we should look at mental health. Look at it with a preventative

model and enhanced health model, not a 'waiting until we need therapy' model. That's what comprehensive Soldier fitness is setting out to do."

"The Army is very cognizant of the stigma with seeking mental health care," Diebold said. "This issue is not unique to the military, but Soldiers have been reluctant to see a mental health provider due to concern over potential negative impact on one's career and being identified as 'broken' by command and fellow Soldiers. The good news is that slowly but surely the stigma in seeking

See MENTAL P10



Photos by Ed Dixon

Members of the 8th Battalion, 4th Brigade, 100th Division located in Millington, Tenn. accept the Cpl. Angelo Vaccaro award as the top Army Reserve medic training site.



Members of the 44th Medical Command, 139th Regiment located at Fort Bragg, N.C. accept the Cpl. Angelo Vaccaro award as the top Army National Guard medic training site.

### ARMY EMS from P1

More than 700 Soldiers and civilians registered to attend the education seminar focusing on sustainment of core skills and addressing new technologies and techniques that enhance casualty care.

Acknowledging the Year of the NCO, program manager James Aplin said, "The seminar theme, 'Ready for Today and Sustaining for Tomorrow' takes NCO muscle coupled with dedication and perseverance to meet the 68W transition requirement mandated for completion this year for reserve component medics while shifting the mindset to sustainment."

U.S. Army EMS supports 59,000 medics worldwide and serves as a state-level equivalent Emergency Medical Service office to the National Registry of Emergency Medical technicians. The department provides oversight of sustainment requirements, Army-wide policies pertaining to qualifications of the medical occupation specialty, development and utilization of the Medical Simulation training Center and chairing the 68W Healthcare Specialist planning team.

Addressing the officers and NCOs attending the conference, Maj. Gen. Russell Czerw, Army Medical

Department Center and School commanding general said, "Your commitment and ability training medics are your credentials on battlefields today." Czerw noted the Army pass rate for the National Registry examination, 24 percent about the national average, is a result of competency based and mastery oriented training.

"I think about our medics all the time," said former Secretary of Veterans Affairs and the former Army Surgeon General, retired Lt. Gen. James Peake. Describing a recent congressional delegation visit to Iraq that he hosted, he added "Commanders always praise their medics." Noting the nearly completed transition of Army Reserve and Army Guard medics to the 68W specialty requirements, he said that the completion of the transition will accomplish a single standard for all Soldiers.

During the conference Peake and Czerw presented the Cpl. Angelo Vaccaro Award for the first time to the top medical training sites. The Army Reserve site awarded was Headquarters, 8th Battalion, 4th Brigade, 100th Division, Millington, Tenn.; the Army National Guard site awarded was the 44th Medical Command, 139th Regiment, Fort



Members of Headquarters I Corps Medical Simulation Center located at Fort Lewis Washington accept the Cpl. Angelo Vaccaro award as the top active component medic training site.

Bragg, N.C.; and the active component site award was received by Headquarters, I Corps Medical Simulation Training Center, and Fort Lewis, Wash.

Members of the Vaccaro family present during the ceremony were father, Nelson Vaccaro; mother, Linda Vaccaro; wife, Dana Cippolla and godson, Demitris Pakkou. A bronze eagle statue was presented to the family commemo-

rating Cpl. Angelo Vaccaro's heroic efforts to save lives and perform his duties above and beyond expectations, staying true to the warrior ethos "Never leave a fallen comrade."

Vaccaro was twice awarded the Silver Star, received two Purple Heart Medals and was killed in action caring for patients while a medic with the 10th Mountain Division.

## YEAR OF THE NCO

By Lt. Col. Randy A. Martin  
U.S. Army South Public Affairs  
Office

Humble homes in St. John's Antigua collapsed in the wake of another tremor, the likes of which have rarely been felt here in over thirty years. Hospitals are flooded with the desperate, the pillars of society suddenly torn away by nature. The disaster was as unforeseen as its effects are reversible.

Such was the scenario that played out over the course of the last two weeks in April to our neighbors in Central America and the Caribbean.

Army South served as

the executive agency for Fuerzas Aliadas Humanitarias, or Humanitarian Allied Forces, also known as FA-HUM 2009. Sgt. 1st Class Roger Garcia, the Humanitarian Assistance and Disaster Relief Operation's was the non-commissioned officer in charge.

Garcia describes his responsibilities for the exercise as that of an enforcer, ensuring that everything that had been planned at the headquarters in Fort Sam Houston and everything directed by Southern Command, Army South's higher headquarters in Miami, goes as scheduled.

As he drove that

morning, evaluators from the Caribbean Disaster Emergency Response Agency were fanned out across the island country observing native and partner nation first responders react to the effects of a mock earthquake. If it had been an actual emergency, things would have gone, pretty much, according to plan.

The request for assistance to the U.S. Ambassador in Barbados was, so far, unnecessary because in this scenario, CDERA and the Antiguan National Office of Disaster Services had things under control.

Had the request come, the Army South Rapid Deployment Command

and Control center was already on hand in Antigua and practicing. FA-HUM has given the command an opportunity to train with concepts and technology that it would need as a deployed headquarters for any number of scenarios.

"It seems like this exercise gets bigger every year," Garcia said. Every day he and his coworkers at Army South's command center reported-in via video teleconference to SOUTHCOM and the Army South Main Command Post back at Fort Sam Houston using what Spc. Patrick Jacobs of the 56th Signal Battalion (Forward) called an "RRK Package."



Photo by Jose Saez

Sgt. 1st Class Roger Garcia, Humanitarian Assistance and Disaster Relief Operation's was the noncommissioned officer in charge, oversees Antiguan first responders conducting rescue training during FA-HUM April 22 in Antigua.

Jacobs was there as one of about 14 RDC2 members to proof newly fielded technology.

Planning for the exercise had begun in earnest back in October 2008 and was going well overall

considering the complexity and a compressed planning cycle, said Garcia. He checked the meal plan for the operations' hundreds of participants and then made his

See FA-HUM '09 P7

# Soldiers enjoy Asian Pacific American Heritage celebration

By Ben Paniagua  
Hacienda Recreation Center

Approximately 125 Soldiers from the 32nd Medical Brigade celebrated the annual Asian Pacific American Heritage celebration at the Hacienda Recreation Center May 7. The annual event celebrates the contributions of Asian Americans to American society and salutes those Asian Americans who helped make this the great country that it is.

The guest speaker for the event was retired Sgt. Maj. Julius Chan, a doctrine writer for the Army Medical Department Center and School. Chan spoke on the importance of Asian Pacific American Heritage Month, the Year of the NCO and some profound words of wisdom he wanted to impart on the young Soldiers. He was told he had to do his speech in ten minutes.

Ironically, ten minutes is the core of his philosophy for success.

"It doesn't sound like much," he said, "but if you work smarter and hard, you can definitely go places with just ten minutes."

He then gave six exam-



Photo by Paul Kotchman

U.S. Martial Arts Training Center Instructor Rhonda Payne (left) demonstrates with the help of her students, the proper Taekwondo Kick form.

ples of things he did in ten minutes that contributed to his success and how it can help those Soldiers in the audience. These included getting organized, educating yourself, looking like a Soldier, improving your shortcomings, adding harmony to your life, and setting goals for yourself and achieving these goals.

"Just try to work on achieving them one at a time; ten minutes at a time," said Chan.

"Simple as that," he said.

The Soldiers were treated to an exciting demonstration by the U. S. Martial Arts Training

Center from Converse, Texas. Their instructor, Rhonda Payne, and four of her students gave an insightful lecture and

demonstration on the fine points of Taekwondo, Hapkido and Judo. Their goal was to teach the young Soldiers how to take care of themselves, both physically and emotionally.

The event was hosted by the 187th Medical Battalion with Staff Sgt. Ivan Vasquez taking the lead in presenting the event. These ethnic celebrations are done in partnership between the Hacienda Recreation Center, the Equal Opportunity Advisor for the 32nd Medical Brigade and Directorate of Morale, Welfare and Recreation to teach young Soldiers in the Army awareness of the different cultures in our world.

## ASIAN PACIFIC AMERICAN HERITAGE KICK-OFF



Photo by Lori Newman

Col. John Cook, chief of staff Army Medical Department Center and School and Fort Sam Houston and Command Sgt. Maj. Gilbert Canuela, U.S. Army North, shake hands after cutting the cake at the opening ceremony for Asian Pacific Heritage Month May 7 at the Army and Air Force Exchange. Cook provided opening remarks for the event, sighting many famous Asian Pacific Islanders throughout history. Great Plains Regional Medical Command will host an Asian Pacific Heritage Month event May 26 from 11 a.m. to 12:30 p.m. at Army Community Service, Building 2797, the guest speaker will be Ambassador Sichan Siv. There will also be a 5K Fun Run/Walk May 30 at 9 a.m. at the Jimmy Brought Fitness Center.

### Asian Pacific Heritage Month Trivia

1. What's a "picture bride"?
2. When did Chinese workers begin to build the Transcontinental Railroad?
3. What group helped to spur passage of the 1991 Civil Rights Act?
4. Who is the Oscar-winning director of Brokeback Mountain (2005)?
5. Which Asian-American leaders were instrumental in establishing APA Heritage Month in 1977?

E-mail the answers to Julie Vasquez at [Julie.vasquez@amedd.army.mil](mailto:Julie.vasquez@amedd.army.mil) by May 18. The correct answers will be posted in next weeks News Leader along with the winners name.

**ANGER from P2**

therapy is a way to connect with others going through similar experiences.

The treatment of PTSD often incorporates learning anger and stress management skills. Soldiers learn to understand what triggers their anger. They learn to observe how thoughts translate to feelings. Soldiers are often surprised to discover that anger can be addictive and serve to give them a faulty sense of being in control when they feel overwhelmed.

Anger can serve to avoid responsibilities and uncomfortable feelings. Techniques are easily learned and include taking time-outs, communicating assertively rather than aggressively, and practicing deep breathing and other relaxation drills.

If you feel out of control, seek assistance immediately. If you commit acts of violence, PTSD is not a good legal defense. You will be held accountable by society regardless of your condition. Do not allow your acts of courage on

deployments to be diminished by a lack of courage to get help for symptoms of PTSD when you return home. You are entitled to emotional health and physical well being; it is your right and duty to feel good again. Demand to be seen and treated appropriately by a behavioral health provider if you experience any of the reactions indicated above. With professional treatment and support from family, friends, and battle buddies, you can become healthy again.

**FA-HUM'09 from P5**

way to the Emergency Operations Center where Antiguanans were engaged in disaster relief operations.

Garcia pointed out the EOC director, a man completely absorbed in managing the latest crisis derived by Army South planners back in Texas. The director moved from station to station tracking progress on a dry erase board labeled "Disaster Assessment Summary."

At the back of the room, Garcia conferred with the senior evaluator from CDERA as both men watch a video from SAR training earlier in FAHUM.

Then Garcia took the quick drive through Saint Johns, the capitol of Antigua, to check on the

training. There in the shadow of a luxury cruise ship, in a pile of broken concrete and garbage lay four, role playing "victims" crying in agony. Help had not yet arrived.

Handheld radios crackled with information passing to command centers and a helmeted rescuer called out to the entrapped. Moments later, those "victims" who had survived, were ushered to triage sites and were, at least in theory, on their way to a hospital.

Clyde Lorde, a consultant with the U. S. Foreign Disaster Relief Agency, evaluated the training. His being there was the direct result of Garcia and Army South. "A lot of countries do not have the organization or funds necessary to do this," said

Lorde, crediting Army South.

Reflecting on the day's action, Garcia said "I try to alleviate the headaches of my Officer In Charge, Lt. Col. Ted Johnson."

"Sometimes you want to jump in and do it for them but you shouldn't," said Johnson. Johnson is a member of the G10 staff at Army South, and is the officer in charge for FAHUM.

"We approached this operation from the standpoint of asking our partner nations how we, Army South, can help them." Johnson said that Army South had spent approximately \$1.8 million on FAHUM but it is worth it if CDERA emerges better prepared for their search and rescue mission.

**News Leader survey online**

Submit your feedback to help improve the News Leader. The survey is available online at <http://www.samhouston.army.mil/publicaffairs>. For more information, call 221-0615 or 221-1031.

# Army veteran invents bleeding system for wound training

FORT DETRICK, Md. – Up to 50 percent of casualties who die on the battlefield do so as the result of severe blood loss, the treatment of which requires the administration of red blood cells, plasma, and platelets or their substitutes.

Army medics learn to treat wounded warriors during Combat Medic Training at Fort Sam Houston.

Army veteran Sgt. Lynn Randall King felt the existing training tools didn't recreate the stress and difficulty of real life hemorrhage control in the field.

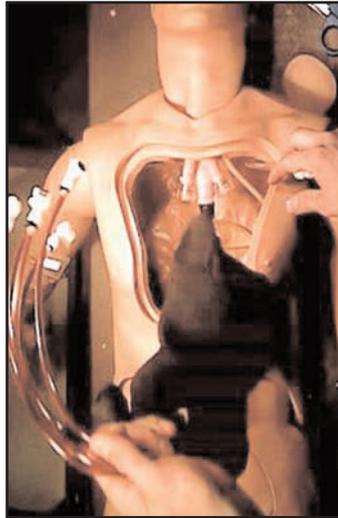
King was an Army medic trainer when he created the Field

Expedient Bleeding Simulation System.

The Army prototypes simulate several concurrent wounds, either mild or severe, from a venal nick to a pulsing arterial hemorrhage. Units are suited for retrofitting of typical mannequins already in use, or the systems can be worn by personnel in a role-playing exercise.

SKEDCO, Inc. of Tualatin, Ore. has commercialized FEBSS so medical responders learn how to treat bleeding wounds in the field.

Commercial devices resulting from the license of this Army technology,



**Courtesy photo**  
A mannequin with the Field Expedient Bleeding Simulation System retrofitted for training.

which is the subject of several U.S. provisional patent applications, were enhanced under a

Cooperative Research and Development Agreement between SKEDCO and the Army. Both agreements were negotiated by the U.S. Army Medical Research and Materiel Command's Office of Research and Technology Applications.

Early on, Col. Patricia Hastings, former director of the Department of Combat Medic Training at Fort Sam Houston, demonstrated the use of the FEBSS in hemorrhage control classes due to the realism it offers. She is now the director of the Army Emergency Medical Service Department.

"It adds a realism that even the higher fidelity mannequin cannot offer

when placed on a real human. There is an added degree of surprise because one knows the manikin will bleed and the student knows this. The 'actor' with the device is unexpected and makes the student react in ways that are more realistic. The device is light, can be remotely activated and simulate one or more areas of hemorrhage which adds to any scenario.

Compared to the mannequin it is very inexpensive, offers quality training, can be "reset" faster for more training and relatively indestructible," said Hastings.

Since its commercialization in the spring of

2008, FEBSS has been purchased by numerous military and civilian medic training organizations in the U.S. and abroad.

Training realism can help the medics prepare for what may be a shocking first sight for some, preparing them to take appropriate action with minimal delay in the line of duty. Effective training is especially important given that a high percentage of fatalities and disabilities result from delays in effective hemorrhage control.

(Source: U.S. Army Medical Research and Materiel Command News Release)



Courtesy of Skanska USA Building

An artist rendering of how the Tri-Service Research Laboratory will look at completion. The lab should be completed by March 2011.

**TRI-SERVICE from P1** ceremony, Czerw welcomed the Navy Medical Support Command and the 711th Human Performance Wing and their colleagues to Fort Sam Houston.

“Now we begin a new era for this installation as we begin the transition to the Defense Department Center for Excellence for enlisted medical training for all of our services,” Czerw said. “Now we become the home of military medicine.”

Upon completion, the 181,000-square-foot facility will house Navy and Air Force research programs that address the health and safety effects of exposure to a variety of stressors. These programs currently operate in a collection of buildings at nearby Brooks City-Base.

The research lab will be built on an area of Fort Sam Houston known as Pershing Range, off Holbrook Road.

The facility will enable the Navy and Air Force to simultaneously conduct directed-energy bio-effects research. TSRL is designed to increase the military’s capabilities for studying directed-energy weapons effectiveness, as

well as conduct research on ways to protect servicemembers from directed-energy devices, and improve the health and safety standards for safe exposures to directed energy.

“If you think about the battlefields of the future there will be directed energy. It is going to be different, and we need to understand the effects on human beings of these directed-energy systems,” Wells said.

“This is nothing new for any of the services to work in a tri-service arena, you are just seeing an extension or relocation of that,” Vinci said. “When we work together, when we put shovels in the ground together, when we have commonalities, we are still three distinct services. Sometimes the effect of having people located in the same place saves the taxpayers and the government an inordinate amount of money. That’s what we are doing right here. I feel that this event makes us good stewards of the government’s money.

“With the new facilities we are taking a big step forward,” he said.

Wells added, “We bring the Army, the Navy and the Air Force all together because that is how we fight, as a joint force. In this case we will be researching as a joint force. We won’t all work for the same boss, we all have our unique roles and missions, but when we put our experts together we are able to leverage each other’s research and work together to solve problems.”

The U.S. Army Corps of Engineers awarded the \$69.9 million contract to Skanska USA Building. Skanska will oversee the construction of TSRL.

“There is one commonality that everyone has for this building that is their passion,” said Cannon, a representative from Skanska. “We are going to share the passion with you. We are going to build a building that will last a very long time, and we have the best team assembled to do that.”

“This facility along with multiple other construction projects put us on track to complete over \$2.2 billion worth of construction on Fort Sam Houston and Camp Bullis by 2011,” Czerw said.

**MENTAL from P3**

mental health care is decreasing. One very important reason is because leaders at all levels have taken the initiative mandated that no Soldier is to be denied access to mental health care, there will be no reprisal for seeking care, and they will not be labeled as 'weak' or 'broken' for getting help."

The Office of The Surgeon General recently issued a fact sheet listing Army behavioral-health programs and initiatives.

Included are:

- Some 250 new behavioral-health providers and more than 40 marriage and family therapists have been hired to work in military treatment facilities in the United States.
- Health care providers receive post-traumatic stress training so that they can accurately diagnose and treat combat stress injuries.
- On average, 200 behavioral-health personnel from all military services are deployed in support

of Operation Iraqi Freedom, and about 30 in Operation Enduring Freedom.

- All Soldiers receive a Post Deployment Health Assessment on re-deployment, usually in the theater of operations. The Post Deployment Health Reassessment some 90 days later provides Soldiers the opportunity to identify any new physical or behavioral-health concerns that may not have been present immediately after redeployment. This assessment includes an interview with a health care provider.
- The Respect-Mil pilot program at Fort Bragg, N.C., integrates behavioral-health care into the primary-care setting, providing education, screening tools, and treatment guidelines to primary-care providers. It has been so successful at reducing the stigma

associated with seeking mental-health care that 15 more sites have implemented it, and another 17 sites should implement it in 2009.

- Battlemind training is a strengths-based approach highlighting the skills that helped Soldiers survive in combat instead of focusing on the negative effects of combat. It has been expanded into programs for Soldiers and spouses. The Web site [www.battlemind.org](http://www.battlemind.org) explains the program.
- Mental Health Assessment Teams deployed into theater in 2003, 2004, 2005, 2006 and 2007. Never before had the mental health of combatants been studied in a systematic manner during conflict. Based on MHAT recommendations, the Army has improved the distribution of behavioral-health providers and expertise throughout the theater.

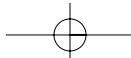
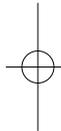
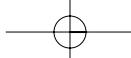
- Medical Command created a behavioral-health Web site <http://www.behavioralhealth.army.mil>; a Behavioral Health Proponency Office; and a new PTSD training course.
- Two DVD/CDs that deal with Family deployment issues are now available: an animated video program for 6 to 11 year olds, called "Mr. Poe and Friends," and a teen interview for 12 to 19 year olds, "Military Youth Coping with Separation: When Family Members Deploy." Viewing the interactive video programs with children can help decrease some of the negative outcomes of Family separation. To access the programs, go to [www.behavioralhealth.army.mil](http://www.behavioralhealth.army.mil) and click on children.
- In mid-July 2007 the Army launched a PTSD and mild traumatic brain injury Chain Teaching Program that will reach more than 1 million Soldiers, a measure that will ensure early intervention. The objective of the chain teaching package was to educate all Soldiers and leaders on PTSD and TBI so they can help recognize, prevent and treat these debilitating health issues.
- In 2008 the Defense Department revised Question 21 on the questionnaire for national security positions, regarding mental and emotional health. The revised question now excludes non-court ordered counseling related to marital, Family, or grief issues, unless relat-

ed to violence by members; and counseling for adjustments from service in a military combat environment. Seeking professional care for these mental-health issues should not be perceived to jeopardize a person's professional career or security clearance.

Failure to seek care actually increases the likelihood that psychological distress could escalate to a more serious mental condition, which could preclude a person from performing sensitive duties.

- In 2008, the Army began piloting Warrior Adventure Quest. WAQ combines existing high adventure, extreme sports and outdoor recreation activities, such as rock climbing, mountain biking, paintball, scuba, ropes courses, skiing, and others, with a leader-led after action debriefing. This helps Soldiers transition their operational experiences into a "new normal," enhancing military readiness, reintegration and adjustment to garrison or "home" life.

- This year the Army conducted a "standdown" to ensure that all Soldiers learned not only the risk factors of suicidal Soldiers but how to intervene if they are concerned about their buddies. The "Beyond the Front" interactive video is the core training for this effort. It will be followed by a chain teach which focuses on a video "Should to Shoulder; No Soldier Stands Alone" and vignettes drawn from real cases.



# CFI teams take advantage of home court

By Jen Rodriguez

Brooke Army Medical Center Public Affairs

In the second annual Brooke Army Medical Center Warrior Transition Battalion 3-on-3 Basketball Tournament held April 28, the Center for the Intrepid team took both championship wins in the wheelchair and standing basketball competitions.

CFI's team 3 Men and a Girl, Troy Hopkins, Heather Gardner, Tawan Williamson, Mike Barker and Ricardo Samudio beat team, Tru Tank Soldiers, 45-32.

3-on-3 wheelchairs basketball winners were CFI, Ricardo Samudio, Rico Roman, Heather Gardner and Roy Hopkins, who beat team, Real Deal, 17-11.

Other winners included:

Standing free-throw shootout

most in one minute: first place, Barker; second, James Deberry and third, David Henry.

Wheelchair free-throw shootout most in one minute: first place, Roman; second, Williamson; and third, Henry.

Standing free-throw shootout most in a row: first place, Barker; second, Henry and third, Deberry.

Wheelchair free-throw shootout most in a row: first place, Roman; second, Deberry and third, Williamson.

Sixteen standing basketball teams, nine wheelchair teams and 82 players for individual events competed in the tournament, which began April 21 and concluded April 28 with the best four teams competing for the championship.

The next WTB event will be dodge ball in July.



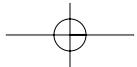
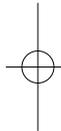
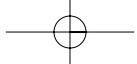
Photos courtesy of Warrior Transition Battalion Team 3 Men and a Girl, Tawan Williamson, goes up for the block against an opponent, during the Second annual Warrior Transition Battalion 3-on-3 Basketball Tournament on April 28.



CFI team, John Register, Troy Hopkins, Rico Roman, Heather Gardner and Gabriel Cardoso beat team Real Deal, 17-11, during the Second annual Warrior Transition Battalion 3-on-3 Basketball Tournament on April 28.



CFI team, 3 Men and a Girl, Ricardo Samudio, Mike Barker, Troy Hopkins, Tawan Williamson and Heather Gardner win the standing basketball game April 28, during the Warrior Transition Battalion Second annual 3-on-3 Basketball Tournament at the CFI courts.



# Deploying Soldiers take up Steel Challenge

By Gregory Ripps  
470th Military Intelligence  
Brigade Public Affairs

It started with the Army Physical Fitness Test: push-ups, sit-ups and a two-mile run. Then it got harder, eight pull-ups, eight chin-ups, 15 dips, bench press 10 times at 80 percent of body weight, and leg press 10 times at 150 percent of body weight. Finally, for those who pass these prerequisites, the final ordeal, a six-mile ruck march, with 35 pounds on the back, in 90 minutes.

Such was the schedule of events for the Steel Challenge held for the approximately 200 Soldiers of the 14th Military Intelligence Battalion. Normally a quarterly event, this would be the last opportunity for Soldiers to achieve the coveted title of "Steel Warrior" before the battalion's anticipated deployment overseas.

Forty-five took the challenge, and only five earned the title. Each "Steel Warrior" received a "Steel Warrior" T-shirt, a certificate of achievement, a four-day pass and a numbered challenge coin.

Lt. Col. Greg Meyer, battalion commander, developed the Steel Challenge as an opportunity to reinforce the value of physical and mental toughness. "It is a demanding event that

recognizes Soldiers who meet the standards of the Steel Challenge, and ultimately gets us all ready for the rigors of combat operations," said Meyer.

The challenge started before sunrise on the field across from Fort Sam Houston's main chapel. The APFT was graded factoring in gender, age and time.

"You had to score 270 out of a possible 300 to pass this part," said Staff Sgt. Joshua Kunz, one of

the two enlisted Soldiers who mastered this Steel Challenge. "You could go over and beyond (the required number in each category), but you wouldn't get any more credit."

This latter part was also true when the challenge moved into the Jimmy Brought Fitness Center. Those who could not perform the stipulated number of repetitions were no longer "Steel Warrior" candidates, but all strived to complete the remaining events.

Spc. Javin Williams, the other winning enlisted Soldier, was already starting to feel confident. He explained that he had injured his neck and hadn't run for almost three weeks. He had to obtain a memo from his doctor in order to participate in Steel Challenge.

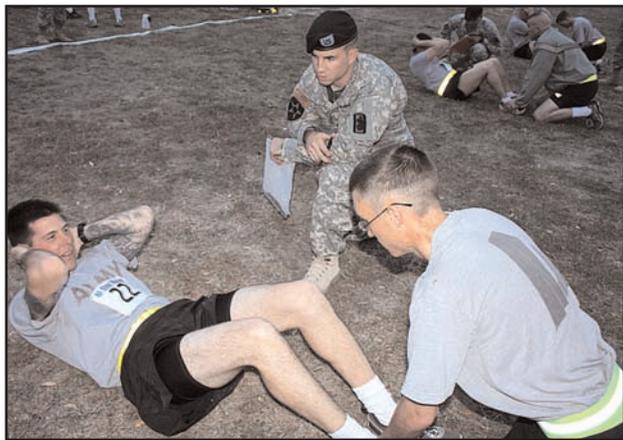
"This was my first time, and I wanted to do it," said Williams. "When I made the two-mile run, I felt I could complete the whole thing."

Kunz said the ruck march seemed the hardest part because it was the last event, but he was determined to stay even with two other "Steel Warriors," 2nd Lts. Matthew Barry and Patrick Beverly.

"We started together and we tried to stay together," said Kunz.

The ruck march, which took off on Wilson Road and continued on along Stanley Road toward Building 1000 before looping back, included carrying 35 pounds of actual deployment items, which were weighed — not including water — and checked before the event.

Steel Challenge participants, who had begun exercising early in the morning, completed the six-mile trek around 1:30 p.m. When the tallies were complete, it was official that Capt. Erik Larsen, and the two lieutenants, Kunz and Williams had triumphed.



Photos by Spc. Kelvin Reid and Spc. Anthony Perna  
Pfc. Wesley Moczygemba performs crunches with the assist of Pfc. Sean Kendall under the watchful eye of a grader during the earliest phase of the Steel Challenge.



Pfc. David Webb keeps up the pace during the ruck march portion of the Steel Challenge.

Williams advised future potential challengers, "Keep trying and work harder." Kunz advised them to work on their pull-ups and chin-ups.

"If you don't do those all the time, you're not going to be able to do them in a crunch," he said, adding that all the elements of Steel Challenge "are things Soldiers should be able to do."

## 2010 census data collection begins soon

The United States Constitution, Article I, Section II mandates the population of the United States have a full and complete count of its population every 10 years.

The official census day for the United States is April 1, 2010. The last U.S. Census population census count was April 1, 2000.

In the next couple of weeks, residents will see representatives from the Census Bureau walking through the housing areas, barracks, and camp grounds, to update the Bureau's address lists in anticipation of sending out a census questionnaire in 2010.

The U.S. Census

Bureau representatives will be wearing orange vests with Census Bureau written on the vests. The representatives will also have U.S. Census Bureau badges.

The questionnaire will request name, age, sex, date of birth, race, ethnicity, relationship to the first name on the form and housing status whether you rent or own.

The information provided by residents will be based on their households as of April 1, 2010 and will take about ten minutes to complete.

The data collected in the questionnaire is completely confidential. If every household participates, the country will

have accurate data that can be used to appropriately provide services at all levels of government.

Once the population data has been collected, the Census Bureau will provide the data to the President. In March 2011, states receive the population data to redistrict their U.S. House of Representatives districts.

Billions of dollars is distributed annually in federal money based on census statistics.

For any questions or additional information, call the Residential Communities Initiative office at 221-0891.

(Source: RCI)

## LMH follows City of San Antonio water restrictions

Lincoln Military Housing follows and abides by all water conservation restrictions established by the City of San Antonio. San Antonio Water System manages the regions water sources by using drought restrictions. These restrictions limit water use at specific levels of the Edwards Aquifer. The City of San Antonio has established new drought level triggers.

Stage 1 restrictions begin when the Aquifer level reaches 660 feet and remain in effect until cancelled or Stage 2 restrictions are implemented. Stage 1 restric-

tions include:

- Reduce water consumption by any means necessary.
- Water waste is prohibited at all times. Water waste includes allowing water to run off into a gutter, ditch, or drain or failing to report a controllable leak.
- Hand watering with a hand-held hose, drip irrigation, soaker hose, or a bucket is permitted any time on any day.
- Watering with a sprinkler once a week is permitted on the designated day by street address (see chart) from 8 p.m. to 10 a.m.
- No watering on week-



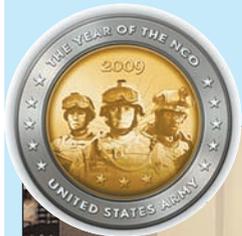
Last Digit of Street Address	Watering Day
0 or 1	Monday
2 or 3	Tuesday
4 or 5	Wednesday
6 or 7	Thursday
8 or 9	Friday

ends.

- Washing of driveways or sidewalks is prohibited.
- Fountains or waterfalls are prohibited whether indoor or outdoor unless a variance is granted for 100 percent non-potable water use.

Stage 2 restrictions begin when the Aquifer

**See WATER P23**



# 2nd Annual NCO Week a success



Photo by Lori Newman

Noncommissioned Officer Academy Commandant Command Sgt. Maj. Stephen Paskos, speaks to NCOs at the 2009 Enlisted Workshop April 29 about the role of the noncommissioned officer. The two day Enlisted Workshop, part of NCO week activities, attracted a total of 80 to 90 Soldiers. On April 27, during NCO Week at Blesse Auditorium, Command Sgt. Maj. Althea Dixon, Army Medical Command, provided an update of the medical activities across the Army. "NCO Week is an opportunity to enjoy camaraderie and recognize our NCO Corps. It is all about Esprit de Corps," said Paskos.



Photo by Sgt. 1st Class Jonathan Caro

Retired Army Col. Chaplain Willie Peacock speaks at the Noncommissioned Officers Breakfast held at Dunlap Hall April 28 during the 2nd Annual Noncommissioned Officers Week celebration. Peacock spoke about balancing whatever your source of spiritual fitness is, whether through meditation, church, spending time with family, and exercise it as you would your body.



Photo by Esther Garcia

Army Medical Department Center and School and Fort Sam Houston Command Sgt. Maj. Howard Riles; Cpl. Jason McKennon, Dental Activity; and Maj. Gen. Russell Czerw, commanding general, AMEDDC&S and Fort Sam Houston, cut the ceremonial cake celebrating 2009 Year of the Noncommissioned Officer Feb. 12. The 2nd Annual NCO Week, which began April 27, incorporates the same ideals as Year of the NCO such as education, fitness, and leadership development. NCO Week culminated with a Dining In May 1 at the Sam Houston Club. "We have been a Nation at War for so long, some events have been put aside, so we decided to have the Dining In during NCO Week. It is another event where we can recognize those that have gone before us, paid dividends and allow us to be where we are as NCOs today," said Riles.

Members of the Noncommissioned Officers Academy lower the flag during the retreat ceremony April 30 at the post flagpole. NCOs watched as the flag was lowered. "This is an opportunity for those NCOs who have never seen a retreat ceremony to see the flag lowered and to learn or understand why it is lowered," said Fort Sam Houston and Army Medical Department Center and School Command Sgt. Maj. Howard Riles. The retreat included a narration about the different folds as the flag was folded.



Photo by Kathy Salazar



Photo by Sgt. 1st Class Jonathan Caro

Noncommissioned Officers representing their organizations competed in various sporting events from April 28 to April 30 during NCO week and included flag football, a bowling tournament and a 3-on-3 basketball tournament.

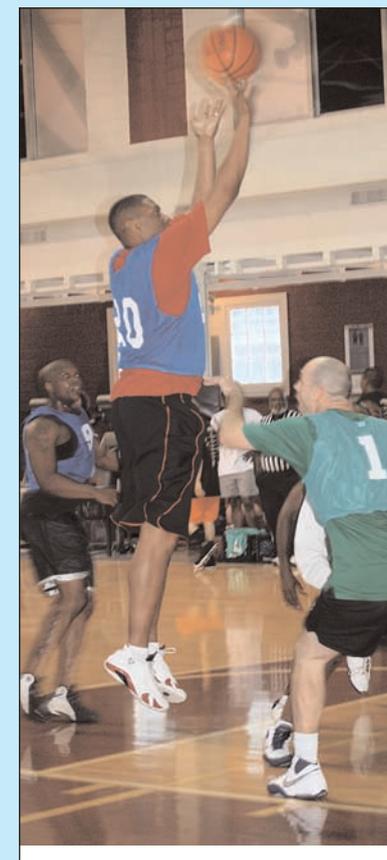


Photo by Kathy Salazar.

NCOs compete at the 3-on-3 basketball tournament during NCO Week. NCO week is in line with Year of the NCO and incorporates mental fitness, spiritual fitness and physical fitness.

# Military Spouses enjoy appreciation day at ACS

Photos by Lori Newman

Col. Mary Garr, commander, U.S. Army Garrison, delivers opening remarks during the Military Spouse Appreciation Day event May 8. Garr said she also is a military spouse and she appreciates all spouses do for their Soldiers and Families.



Army Community Service provided food and drinks for military spouses as well as a variety of information about ACS; Family Morale, Welfare and Recreation programs; Child, Youth and School Service; Community Health Nursing; and Family Advocacy.



Lisa Black, Nichole Bartlett and Brenda Eddins get tips from Mary Kay consultant Diane Villarreal May 8 at Army Community Service. On the other side of the partition was Petra Lopez, cosmetologist and facialist, providing free waxing for the military spouses.



Janie Briones (right) from Amani's Beauty and Wellness gives Brenda Nicholson, military spouse, a free manicure May 8 during Military Spouse Appreciation Day.



Sandra Welsh, registered massage therapist, gives Elisabeth Rivera a massage May 8 during Military Spouse Appreciation Day at Army Community Service.



Military spouses enjoy food and beverages as well as manicures, waxing, and massages during Military Spouse Appreciation Day at Army Community Service. About 320 military spouses took advantage of the free pampering.



Claire Sorge, 4, daughter of 1st Lt. Joshua Sorge, D Company, 187th Medical Battalion, enjoys playing in one of the many bouncers May 8 during Military Spouse Appreciation Day. The children could play outside and enjoy popcorn and cotton candy while their parents got pampered inside Army Community Service.



## Announcements

### Summer Youth Bowling League

The Fort Sam Houston Youth Summer Bowling League will begin June 6 at noon. Cost to bowl weekly is \$6. Registration will be held May 30 and 31 from noon to 2 p.m. at the Fort Sam Houston Bowling Center. A \$13 registration fee will apply. For more information, call 221-4740 or Don Johnston at 657-1363.

### Junior summer golf camp

The Fort Sam Houston Golf

**Upcoming free movie nights**

**May 22 - "The Tales of Despereaux"**  
8:15 p.m. at the Post flagpole

**May 23 - "The Chronicles of Narnia: The Lion, the Witch and the Wardrobe"**  
8:15 p.m. at the field between Youth Services and the Dodd Field Chapel

Moviegoers should bring lawn chairs, blankets and beverages. In case of inclement weather or muddy fields the alternate site for movie night will be the Army Community Service auditorium, Building 2797, movies will begin at 7 p.m. For more information, call 221-2418 or 221-2705.

Club will hold a summer golf camp June 1 to 5 and June 22 to 26 from 8 to 10 a.m. for children 8 to 17 years of age. A registration fee of \$70 will apply for each session. For more information or to register, call 222-9386.

### CYSS sports

Child, Youth and School Services is accepting registration for tackle football, flag football

and cheerleading for children 5 to 14 years of age now through May 29 at Central Registration, Building 2797, Stanley Road. Child's current shot record; sports physical; child's social security number; name, address and phone number for two local emergency contacts; and proof of total family income are required at the time of registration. For more information, call 221-4871.

### BOSS variety show auditions

The Fort Sam Houston Better Opportunities for Single Soldiers program is seeking talent for the upcoming New York street-style variety show entitled, "Boulevard of Music Dreams." BOSS variety shows have won first and second place in the Army Festival of the Performing Arts in previous years. There will be parts for a variety of talents to include singing, dancing, instrumentals, graffiti artists and break dancers. For more information or to schedule an audition, call Ben Paniagua at 224-7250.

### Microsoft Office 2007 classes offered

Army Community Service's Microsoft instructor will offer the following Microsoft Office 2007 classes May 15 – Excel Level 2; May 18 – PowerPoint Level 1; and May 20 – PowerPoint Level 2 from 8 a.m. to noon at ACS, Building 2797 in the computer lab. Registration is required. For more information or to register, call 221-1841 or e-mail [jennifer.lobos@us.army.mil](mailto:jennifer.lobos@us.army.mil).

### Harlequin Dinner Theatre

The Harlequin Dinner Theatre will feature "Angel Street," a Victorian thriller by Patrick

Hamilton, Thursday through Saturday evenings through May 23. This Broadway hit tells the story of the Manningshams, who live on Angel Street in 19th century London. For more information on show times or to make a reservation, call 222-9694.

### EFMP Support Group

Army Community Service Exception Family Member Program offers a support group Wednesday evenings from 6 to 7:30 p.m. at the School Age Service, Building 1705, Dodd Blvd. Each week the group is facilitated by Mutual Enrichment through Learning and Discovery and is open to Soldiers and military Families with special need members. Also MELD Special provides childcare and dinner. Registration is required. For more information or to register, call April Nias, EFMP program assistant at 221-2604 or e-mail [april.nias@us.army.mil](mailto:april.nias@us.army.mil).

## Calendar of Events

### MAY 14 Immigration Naturalization Services

Immigration and Naturalization Services representatives will be available May 14 from noon to 2 p.m. at Army Community Service, Building 2797 for anyone with

questions regarding immigration forms and problems with immigration. Questions about citizenship, how to become a citizen, petitioning for the Family and adopting and bringing a child to the U.S. will be answered. For more information, call 221-2418.

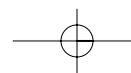
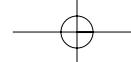
### MAY 15 Texas Hold'em tournament

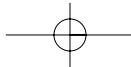
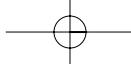
The Sam Houston Club will host a Texas Hold'em tournament May 15 from 6 p.m. until completion. Prizes will be awarded to the top eight players. A participation fee of \$20, to include a meal and drinks is due at the time of registration. For more information or to register, call 226-1663.

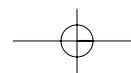
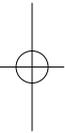
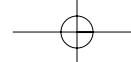
### MAY 16 Gun hunter's class

Camp Bullis Outdoor Recreation will hold a Texas state approved two-day gun hunter's safety course May 16 and 17. All patrons hunting at Camp Bullis are required to complete a State approved Hunter's Education Course. Cost for each course is \$15 and includes all study materials. Reservations are required. For more information, call 295-7577 or 295-7529, or e-mail [andy.keith@us.army.mil](mailto:andy.keith@us.army.mil).

**See MWR P23**







## Sports

### Memorial Day Scramble

The Fort Sam Houston Golf Club will host a 2 person scramble on May 25 with a 1 p.m. Shot Gun start. Cost is \$35 for FSH Golf members and \$ 50 for all non-members. This event is open to all DoD ID card holders and Government Contractors. For more information or to register call 222-9386.

### Swim lessons

The Fort Sam Houston Aquatic Center in conjunction with the American Red Cross will hold swim lessons for children 16 years and under beginning in June. All sessions have two classes, 9 to 9:45 a.m. and 11 to 11:45 a.m. All sessions have a parent and child class at 11:15 to 11:45 a.m. for children 4 years old and under. Each session includes eight days

of lessons, class photo, T-shirt and a certificate of completion.

Registration fees are \$40 for ages 16 and under and \$35 for Parent Child classes. Registration begins

May 5 from 11 a.m. to 7 p.m. at the Aquatic Center. For more information, call 221-1234 or 221-4887.

### 'For the Soldier' golf tournament

The Alamo Chapter-Association of the U.S. Army will sponsor a "For the Soldier" golf tournament July 20 at 1 p.m. at the Fort Sam Houston Golf Course. The tournament will help the chapter's continuing efforts to provide support to the Soldiers and community programs. This year the tournament will be held on the recently remodeled Salado Del Rio course.

Interested players should sign up early. Players can sign up as a team or enter individually at [www.alamochapterausa.org](http://www.alamochapterausa.org) or pick up a registration form at the

Fort Sam Houston Golf Course Pro Shop. For more information, call retired Col. Brad Freeman at 383-2728.

### ActionAirgun competition

The Jimmy Brought Fitness Center will host an ActionAirgun competition every Wednesday from 4:30 to 6:30 p.m. ActionAirgun is a competitive, target shooting sport where participants compete for the fastest time. Participants will shoot air guns at positioned targets which are determined by each week's "course of fire." The goal of the competition is to knock down the correct targets within the fastest time. For more information, call 221-1234.

### Run/Walk for your life program

Get in shape and stay in shape with this self-paced, progressive distance running program. For more information, call 221-1234.

## Cole National Honor Society students help build home for local family

By Lori Fuller

Cole High School National Honor Society

The Cole High School National Honor Society recently took six of its members to work on a Habitat for Humanity house in San Antonio. Kaitlan Vasquez, Jamie Wong, Megan Renz, Taylor Kane, Casey Gresenz, and Steven Wade spent their weekend painting, hammering, roofing and laying floor covering in a house for a San Antonio family.

Vasquez said "What we did not only gave a family a beautiful home, but this experience gave me an indescribable feeling of happiness."

Louis Sifuentes, Cole math teacher, served as



Courtesy photo

Cole National Honor Society students Megan Renz and Casey Gresenz lend a helping hand, painting a house for a deserving family through the Habitat for Humanity organization.

coordinator for the service project, working with National Honor Society sponsors.

"We all worked hard to paint the house, build a shed, and even install the roof. The best part

about helping Habitat for Humanity is that we got to meet and work alongside future homeowner, Darlene. It feels great to help build a home for such a deserving homeowner." shared Gresenz.

## FSHISD school board meeting

The Fort Sam Houston Independent School District will meet May 28 for a budget hearing at 10 a.m. followed by a regular board meeting at 11 a.m. at the FSHISD Professional Development Center, 1908 Winans Road, San Antonio.

### FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT WEEKLY CAMPUS ACTIVITIES MAY 18 TO 23

#### Fort Sam Houston Elementary School

May 21 – Cougar Connection: summer survival tips with April Blanco, fun activities to keep your child's skills sharp over the summer for grades Pre-k to fifth grade), 11:30 a.m. to 12 p.m.  
May 22 – Rising Stars lunch, 11 a.m. to 1 p.m.  
Spirit day

#### Robert G. Cole Middle and High School

May 18 – Cole band and choir booster meeting in Cole band hall, 6:30 p.m.  
May 19 – TAKS/TAKS M eighth grade math retest

Second semester Athletic C awards in Cole gym, 6 p.m.

May 20 – Junior National Honor Society, National Honor Society and National Spanish Honor Society induction ceremony in middle school mall, 4:15 p.m.

May 21 – Middle school spring concert in Moseley gym, 7 p.m.

May 22 – Middle school award ceremonies:  
Sixth grade, 2:21 to 3:03 p.m.  
Seventh grade, 9:19 to 10:01 a.m.  
Eighth grade, 1:34 to 2:16 p.m.

**WATER from P15**

level reaches 650 feet and remain in effect until cancelled or Stage 3 restrictions are implemented. Stage 2 restrictions include:

- Watering with drip irrigation or soaker hoses is permitted from 3 a.m. to 8 a.m. and 8 p.m. to 10 p.m. any day. Watering with a head-held hose is allowed at any time on any day.
- Watering with a sprinkler is permitted once a week from 3 a.m. to 8 a.m. and 8 p.m. to 10 p.m. on the designated day by street address see chart above.
- Filling of new or existing swimming pools is prohibited unless at 20 percent of the water is

from another source other than the Aquifer.

- Fountains are prohibited unless treated wastewater is used.

Water restriction information is provided by SAWS at [www.saws.org](http://www.saws.org).

LMH is committed to protecting our water resources. Please do your part by following the Water Conservation Requirements. LMH will place signs in each housing area to indicate water restriction stages as well as notifying residents by e-mail. Report any abuse to the Military Police at 221-2222. For any questions or additional information, please call the LMH office at 270-7638.



**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.

**MWR from P18****Night at the Missions**

San Antonio Missions Baseball will host a Fort Sam Houston Night May 16. Tickets are \$6 and includes a reserved seat in the Fort Sam Houston section. Tickets may be purchased through the Morale, Welfare and Recreation ticket office located in the Sam Houston Club, Building 1395, Chaffee Road. For more information, call 226-1663.

**MAY 19****WEW salutes Mothers**

Army Community Service Family Advocacy Program will hold a Women Encouraging Women lunchtime seminar May 19 from noon to 1 p.m. at ACS, Building 2797. The topic will be, "How to be a Winning Communicator." For more information or to register, call 221-0349 or 221-0600.

**MAY 20****Volunteer Appreciation ceremony**

The Army Community Service Volunteer Program will honor Fort

Sam Houston volunteers with a ceremony and reception May 20 from 10 a.m. to noon at the Sam Houston Club. The public is invited to attend. For more information about the volunteer program, call Brian Dougherty at 221-1563 or 221-2705.

**Getting Ready for Childbirth**

Army Community Service Family Advocacy program will hold a Getting Ready for Childbirth class May 20 from 5:30 to 8:30 p.m. For more information or to register, call 221-0349.

**MAY 21****Sponsorship training**

Servicemembers, spouses and civilians selected to be sponsors are encouraged to attend sponsorship training May 21 from 2 to 3 p.m. at Army Community Service, Building 2797. This training provides step-by-step instructions and practical advice on how to understand the duties and responsibilities of being a sponsor. For more information, call the Relocation Program at 221-2418.

**MAY 25****Memorial Day Scramble**

The Fort Sam Houston Golf Club will host a two-person scramble May 25 with a 1 p.m. shot gun start. Cost is \$35 for FSH Golf Club members and \$ 50 for all non-members. This event is open to all Department of Defense I.D. card holders and government contractors. For more information or to register, call 222-9386.

**MAY 28****Four-person mixed summer league**

The Fort Sam Houston Bowling Center will offer a four-person mixed summer league beginning May 28 at 6:30 p.m. League will

consist of adult and youth mixed. Cost to bowl weekly is \$8. Registration is ongoing with the registration fee to be determined. For more information or to register, call 221-4740.

**JUNE 10****PBA experience summer league**

The Fort Sam Houston Bowling Center will offer a Professional Bowling Association experience summer league beginning June 10 at 6:30 p.m. Cost to bowl weekly is to be determined. Registration is ongoing with the registration fee to be determined. For more information or to register, call 221-4740.

**News Leader survey online**

[www.samhouston.army.mil/pao/default.html](http://www.samhouston.army.mil/pao/default.html)



## REMINDER CALENDAR

<b>May 11 to 15</b>	Elementary Early Registration for current students living on Fort Sam Houston
<b>May 14</b>	Elementary Pre-Kindergarten and Kindergarten registration
<b>May 15</b>	Elementary early release, 11 a.m.
<b>May 20</b>	Army Volunteer of the Year Awards, 10 a.m. to noon at the Sam Houston Club
<b>May 20</b>	Fort Sam Houston Safety Day "Army Safety Campaign for 101 of Days of Summer"
<b>May 20</b>	Cole National Honor Societies Induction Ceremony, 4:15 p.m. at Cole Media Center
<b>May 21</b>	Cole Middle School Spring Concert, 7 p.m. at Moseley gym
<b>May 22</b>	Training holiday
<b>May 22</b>	Aquatic Center opens
<b>May 22</b>	MWR Outdoor Movie Night, Parade Field at the Flag Pole at dusk "The Tale of Despereaux"
<b>May 22 to 24</b>	Commissary Case Lot Sale



## Community

### Volunteers needed

Volunteers are needed for the Crocodile Dock Vacation Bible School camp June 15 to 19 at Dodd Field Chapel. No experience is necessary. A first aid class will held May 30 for all volunteers. For more information or to volunteer, call Brian Merry at 221-5006 or e-mail [brian.r.merry@us.army.mil](mailto:brian.r.merry@us.army.mil).

### Diabetes, cardiovascular research study

Volunteers are needed for a Department of Defense research study called, "Diabetes and Cardiovascular Risk Reduction Program for the Military Population," at Wilford Hall Medical Center. Military medical beneficiary between the ages of 18 to 62, who are overweight, and do not have type 2 diabetes, may qualify for this Group Lifestyle Balance Program, directed at controlling weight and improving physical activity levels. For more information, call Athena Martinez at 292-2842.

### MAY 14

#### Law Enforcement Appreciation luncheon

ASIS International San Antonio

Chapter will honor outstanding law enforcement officers, military, and federal agents from San Antonio and surrounding communities during its 19th Annual Law Enforcement Appreciation luncheon May 14 at 11:30 a.m. at Oak Hills Country Club. This year each installation submitted a nominee to compete for the military winner and possibly the distinguished ASIS International San Antonio Chapter, Officer of the Year Award. The nominations are Department of the Army Police Officer Todd Cooley, Fort Sam Houston, Air Force Master Sgt. Scott Lassiter, Randolph Air Force Base and Master Sgt. Richard Brunet, Lackland Air Force Base.

### MAY 15

#### King William District walk

The Randolph Roadrunners club will host a 5k and 10k walk May 15 starting between 4 to 6 p.m., finishing by 9 p.m. at the Beethoven Maennerchor Halle Und Garten, 422 Pereida St. For information call Nancy and Tony Paulson at 658-8324, e-mail [nantony6@hotmail.com](mailto:nantony6@hotmail.com) or visit [www.geocities.com/randolphroadrunners/](http://www.geocities.com/randolphroadrunners/).

### MAY 18

#### Warrant Officer Association meeting

The Lone Star Silver Chapter of the U.S. Army Warrant Officer Association will hold a meeting May 18 at 7 p.m. at Chacho's & Chulucci's, 8614 Perrin Beitel Rd. 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](mailto:juan.gomez@us.army.mil); or Jim Gonzales at 666-9818 or e-mail [rgonzales879@satx.rr.com](mailto:rgonzales879@satx.rr.com).

### MAY 19

#### Spouses' Club luncheon

The Spouses' Club will host a luncheon May 19 at 11 a.m. at the Sam Houston Club. Business will include the 2009 Scholarship and Welfare Award, and the induction of the 2009-2010 board members. Vendors will also be on hand. A spring menu will be featured. For more information or reservations, call Kelly Pinsky at 233-8401, or e-mail [kelly.pinsky@us.army.mil](mailto:kelly.pinsky@us.army.mil).

### MAY 21

#### Society for the Preservation of Historic Fort Sam Houston

The Society for the Preservation

of Historic Fort Sam Houston will hold a meeting May 21 at 11:30 a.m. at the Stilwell House, 626 Infantry Post. The topic will be "The Irish Flats: A Ghost from San Antonio's Past" presented by Dr. Gilbert Cruz. For more information, call 822-6034 or 527-9513.

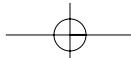
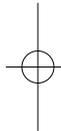
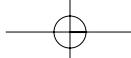
### MAY 23

#### Walk to Remember

The Blue Stars Military Families of Wilson County will host a Walk to Remember, Salute America - Support our Troops, May 23 starting from Connally Memorial Medical Center, Floresville, Texas walking 2.5 miles to the Veterans Memorial Wall in downtown Floresville. There will be a small ceremony afterwards transportation will be provided back to Connally Memorial Medical Center. For more information, call Linda Valdez at 830-534-5061 or e-mail [army\\_mom91@yahoo.com](mailto:army_mom91@yahoo.com).

#### Retired Officers' Wives' and Widows' luncheon

The Retired Officers' Wives' and Widows' luncheon will be held May 26 at 11 a.m. at the Sam Houston Club. Joann Woodruff, assistant criminal district attorney will give a very informative presentation. For more information or reservations, call 822-6559.



## Rocco Dining Facility Menu

### Friday – May 15

#### Lunch - 11 a.m. to 1:30 p.m.

French fried shrimp, deep fried fish, chicken stir fry, baked chicken, baked fish, red beans with rice, baked macaroni and cheese, southern greens, collard greens, spinach, cauliflower combo, fried rice

#### Dinner – 5 to 7 p.m.

Baked tuna and noodles, chicken chow main, meat loaf, cheese enchiladas, cottage fried potatoes, steamed rice, corn O'Brien, spinach

### Saturday – May 16

#### Lunch – noon to 1:30 p.m.

New England boiled dinner, mushroom quiche, roast turkey, Salisbury steak, steamed rice, mashed potatoes, brown rice, asparagus, corn, jalapeno corn bread, baked potatoes

#### Dinner – 5 to 6:30 p.m.

Baked chicken, Italian veal steaks, baked chicken and rice, chili con carne, spinach tortellini, rice, rissole potatoes, sliced carrots, steamed broccoli

### Sunday – May 17

#### Lunch – noon to 1:30 p.m.

Ginger pot roast, chicken fillets, vegetable fried rice, pork chop suey, seasoned succotash, mashed potatoes, Brussels sprouts, orange rice, carrots

#### Dinner – 5 to 6:30 p.m.

Baked stuffed pork chops, barbecued beef cubes, pepper steak, mustard-dill baked fish, steamed rice, rice pilaf, glazed sweet potatoes, broccoli, cauliflower combo, oven browned potatoes

### Monday – May 18

#### Lunch – 11 a.m. to 1:30 p.m.

Jambalaya, Szechwan chicken, spinach lasagna, lasagna with beef, baked chicken, mashed potatoes, fried rice, seasoned green beans, black eye peas

#### Dinner – 5 to 7 p.m.

Cheese ravioli, beef ravioli, lemon baked fish, turkey curry, beef brogogi, O'Brien potatoes, steamed rice, seasoned mixed vegetables

### Tuesday – May 19

#### Lunch – 11 a.m. to 1:30 p.m.

Roast beef, Rock Cornish hens, hot tamales with gravy, cheese enchiladas, steamed rice, Mexican rice, egg noodles, seasoned corn, asparagus, corn on the cob

#### Dinner – 5 to 7 p.m.

Roast pork, Swedish meatballs, chicken fajitas, ginger pot roast, vegetable stuffed peppers, Spanish rice, cottage fried potatoes, green beans, seasoned carrots

### Wednesday – May 20

#### Lunch – 11 a.m. to 1:30 p.m.

Chipper perch, beef and broccoli, fried chicken, pork Schnitzel, cheese manicotti, baked potatoes, oven brown potatoes, fried rice, cauliflower parmesan, corn

#### Dinner – 5 to 7 p.m.

Chinese five-spice chicken, broccoli quiche, sauerbraten, beef pot pie, baked ham, oven-glo potatoes, candied sweet potatoes, mixed vegetables, seasoned Brussels sprouts, baked potatoes

### Thursday – May 21

#### Lunch – 11 a.m. to 1:30 p.m.

##### special Asian Pacific menu

Garbi – beef short ribs, baked chicken, spicy pork, Swiss steak with brown gravy, tempura fried fish, mashed potatoes, steamed rice, broccoli cheese and rice, clear noodles, vegetable stir fry, zucchini, collard greens, black eyed peas, radish salad, cucumber salad, Kim chi salad

#### Dinner – 5 to 7 p.m.

Bulgogi, turkey nuggets, spaghetti with meat balls, roast beef, fried rice, cottage fried potatoes, egg noodles, cauliflower, spinach



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

#### Catholic Services:

4:45 p.m. - Reconciliation - 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. - Collective Protestant

11 a.m. - Collective Protestant

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

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

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

#### Catholic Services:

9:15 to 11:15 a.m. - Catholic Women of the Chapel Enrichment or Bible Study - Mondays

12:30 p.m. - Mass - Sundays

#### Protestant Services:

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

9:30 to 11:30 a.m. - Protestant Women of the Chapel meeting - Wednesdays, child care is provided

6:30 to 7:30 p.m. - Protestant Women of the Chapel meeting - Thursdays, 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

#### Protestant Services:

10 a.m. - Worship Service - Sundays

#### Episcopal/Lutheran Rite services:

12:30 p.m. - Traditional worship - Thursdays

### Center for the Intrepid, first floor, 916-1105

#### Christ for the Intrepid services:

5:30 p.m. - Coffee and fellowship - Sundays

6 p.m. - Contemporary worship - Sundays

### AMEDD Regimental Chapel, Building 1398, 221-4362

#### 32nd Medical Brigade Student services

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

**Contemporary Protestant Service:** 9:30 a.m. - Sundays

**Muslim Jumma:** 1:30 p.m. - Fridays

### Fort Sam Houston Library, Building 1222, 221-4702

#### Church of Jesus Christ of Latter Day Saints:

8:30 a.m. - Sundays

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

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

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

## 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 and employment ads will not be published. To submit a Fort Freebie, e-mail [news.leader@conus.army.mil](mailto:news.leader@conus.army.mil) or fax to 221-1198. Freebies run for one week unless the submitter calls to renew. Limit of five items per entry. For more information, call 221-0546.

**For Sale:** Solid oak wall-unit entertainment center, 73 inches high by 59 inches wide by 22 inches deep, excellent condition, \$175; twin-size bed, solid wood, good condition, support board, mattress, \$150; dresser, 40 inches high by 25 inches wide by 16 inches deep, \$30; kitchen table, four chairs, with hide-away butterfly leaf, \$100; Murray 21-inch lawnmower with Briggs and Stratton engine, \$25. Call 858-4259.

**For Sale:** Left-handed golf clubs, 1-3-5 woods, 3-9 PW irons, \$150; Left-handed hybrids 2-3-4-5 woods, graphite shaft, \$250; Ham two-meter transceiver, all-band, \$225. Call 227-6590 leave message.

**For Sale:** Coleman 48-quart cooler, \$15; hose reel with hand crank, holds 200 feet of hose, \$15;

GE refrigerator, 20.6 cubic feet, \$290. Call 216-4027 or 907-440-1141.

**For Sale:** 2009 Harley Fat Bob, less than 400 miles, \$15,999.99. Call Ron at 566-2884 or 221-6900.

**For Sale:** Craftsman yard tractor, 42-inch cut, 20 HP, Kohler engine, neck nose-roller to prevent scalping, excellent condition, originally \$2,400, asking \$1,200 firm. Call Master Sgt. Bob Blume at 270-312-8373.

**Yard Sale:** May 16 from 7 a.m. to 3 p.m. at 267 Mink Dr., San Antonio, clothes, furniture, and household items. Call Stephen at 485-8948.

**Yard Sale:** May 16 and 17 from 9:30 a.m. to 5 p.m. at 519 Timberlane, San Antonio, many household items.