

FORT SAM HOUSTON

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News Leader

“One Team, Supporting Military Missions and Family Readiness!”



Photo by Norma Guerra

Chaplain (Capt.) Valeria Vandress blesses the hands of JoAnn Mendoza, while Spc. Meghan Vest and 1st Lt. Heather Agee look on, during the Blessing of the Hands on 4 West in Brooke Army Medical Center May 7. Blessings also took place in the BAMC Chapel.

Nurses recognized for their service at BAMC

By Jen Rodriguez

Brooke Army Medical Center Public Affairs Office

More than 1,300 Brooke Army Medical Center and Institute for Surgical Research Nurses and support staff rededicated their lives to healing patients, during the hospital's celebration of National Nurses' Week "Building a Healthy America" held May 6 through 12.

National Nurses' Week recognizes the role of nurses, and concludes on Florence Nightingale's birthday. Nightingale is considered the pioneer of nursing.

According to retired Brig. Gen. William Bester,
See **NURSES' WEEK P8**

Soldiers compete for coveted Expert Field Medical Badge at Camp Bullis

By Rich Lamance

Special to the News Leader

More than 100 Army active, Reserve, and National Guard medics assigned to hospitals and medical units from throughout the United States have been competing at Camp Bullis the past two weeks for the coveted Army's Expert Field Medical Badge.

Those who pass the grueling test are considered the "best of the best" because they were able to withstand all of the challenges placed before them.

The competition, which is similar to the Expert Infantry Badge, measures the Soldier's physical fitness, mental toughness, and ability to perform to standard, a broad spectrum of critical medical and Soldier skills that realistically replicate what Army medics face on a daily basis during combat.

"For the Soldiers who are allowed to compete, when they come here, more is expected of them — these aren't the regular old Soldiers, these are the guys that have taken it to that next level, taken it to the limit," said Maj. Marcus Hurd, officer-in-charge of the EFMB site.

Open to all medical personnel, the first week of the two-week competition is the standardization phase, where the instructors review testing standards with the Soldiers, preparing them for the next phase of competition, according to Sgt. 1st Class

See **EFMB P16**



Photo by Benjamin Faske

Sgt. 1st Class Ricardo Gutierrez runs to the next obstacle at Camp Bullis while testing for the Expert Field Medical Badge. The Expert Field Medical Badge course is designed to test a Soldier's mental and physical toughness during a real-time medical evacuation.

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Be safe during Memorial Day holiday

By Maj. Gen. Russell Czerw
Commander, Fort Sam Houston
and Army Medical Department
Center and School

The Memorial Day holiday honors the memory of Americans who have made the ultimate sacrifice in the service of our great nation. This holiday weekend also kicks off the "101 Critical Days of Summer."

Summer activities usually result in a sharp increase in serious injuries and fatalities from off-duty accidents

Cell Phone policy

Drivers must use hands-free devices or park

As stated in Army Regulation 190-5, vehicle operators on a Department of Defense installation and operators of government-owned vehicles will not use cell phones unless the vehicle is safely parked or drivers are using a hands-free device. Other hands-free devices, such as portable headphones, earphones or any other listening device (except for hands-free cellular phones) while operating a motor vehicle are prohibited.

Use of those devices impairs driving and masks or prevents recognition of emergency signals, alarms, announcements, the approach of vehicles and human speech.

Any activity a driver engages in, besides the task of driving, has the potential to distract. We must remind our drivers that their primary responsibility is to drive safely.

for Soldiers and their dependants. In fiscal year 2008 we lost 48 Soldiers. The accidental loss of one Soldier is one too many; we must increase our safety awareness and prevent accidents from occurring.

Many Soldiers and their Families will participate in activities such as swimming, boating, and travelling, which may involve driving long distances in a privately owned vehicle or motorcycle. Whatever your plans, you must vigorously adopt a risk management plan before getting underway.

Remember to use the Travel Risk Planning System (TRiPs) at the

Combat Readiness/Safety Center Web site at <http://crc.army.mil/home> before departing on leave or pass. Risk planning will assist you in managing risk and awareness, therefore reducing the chance of accidents. It has been proven that most times unsafe behavior factors involve unsafe speed, alcohol, and not using seat belts.

Additionally, leaders should emphasize sexual assault awareness, prevention, and response in their safety briefings. Guidance and training is available at http://www.sexualassault.army.mil/training_packages.cfm.

Memorial Day weekend presents a wonderful

opportunity for many of you to spend well deserved time with Family and friends. I encourage all of you to enjoy the outdoor activities that the San Antonio area has to offer. Do not

let your fun turn tragic by ignoring safe practices. Enjoy your summer and this very special weekend, but more importantly, take care of yourself, your Soldiers, and your Families.

Weekly Weather Watch

	May 21	May 22	May 23	May 24	May 26	May 27
San Antonio	86° Partly Cloudy	88° Partly Cloudy	88° Chance of Rain	90° Partly Cloudy	90° Partly Cloudy	90° Partly Cloudy
Kabul Afghanistan	82° Chance of Rain	80° Clear	80° Clear	82° Clear	84° Clear	82° Clear
Baghdad Iraq	105° Scattered Showers	107° Clear	109° Clear	104° Clear	105° Clear	104° Partly Cloudy

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

News Briefs

Claims office closure

The Fort Sam Houston Claims Office, Building 153, will be closed May 22 in recognition of Memorial Day and the training holiday. On May 22 individuals filing DD Form 1840-R or other claims paperwork, can drop off the documents between 8 a.m. and 4 p.m. at Building 134, 1306 Stanley Road, on the main floor in the Legal Assistance Division.

FSH Museum closure

The Fort Sam Houston Museum will be closed May 24 in observance of the Memorial Day holiday. Regular hours of operation will resume May 27. For more information, call 221-1886.

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.

Newcomers' Extravaganza

The mandatory Newcomers' Extravaganza is for all permanent party in-processing Soldiers, lieutenant colonel and below, within 60 days of their arrival to Fort Sam Houston will be held May 26 from 9:30 to 11 a.m. at the Sam Houston Club. For more information, call 221-2705 or 221-2418.

Asian Pacific Heritage Exposition

An Asian Pacific Heritage Exposition will be held May 26 from 11 a.m. to 12:30 p.m. at Army Community Service, Building 2797. The guest speaker is Ambassador Sichan Siv, author of "Golden Bones."

Summer band concert

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

MEDCOM Band Senior NCO recipient of Army Band Award

Story and photos by
Esther Garcia
FSH Public Affairs Office

Once a year, the U.S. Army Band selects an outstanding senior non-commissioned officer band member who stands out among all others throughout the band field. At a ceremony April 23, at the annual Army Band Leader Training Conference at Little Creek Naval Air Base, Norfolk, Va., Sgt. 1st Class Jesse Bolanos, U.S. Army Medical Command Band, was named the Active Duty Army Band Senior NCO of the Year for 2008.

Bolanos first became a musician when he was 12 years old. His uncle, a pastor and a father figure, needed someone to play the piano in his church. He told me, "Get up there and play. So I did," said Bolanos.

"I learned how to play the piano by ear so well,

that my Uncle gave me his trumpet that he played with in high school. He said the trumpet would be mine if I learned how to play it. This was great motivation to get a free trumpet, so I learned how to play it," said Bolanos.

Bolanos continued with the church singing, and playing the trumpet and piano.

Born in Houston but raised in Edinburg, Texas, Bolanos continued his musical career throughout his elementary and high school years, playing the Baritone, which he loves.

Bolanos then entered the Army Band field in 1992. His first assignment was Panama. "We played lots of salsa. We play music according to the regional tastes. It's a challenge to go from place to place and change your style."

After two years in Panama, Bolanos was

assigned to Fort Hood where he remained for five years. While visiting his Family he ran into his old high school sweetheart, they got together again and eventually married. They have four children.

Bolanos also served at Fort Lee, Va., Korea, was at Fort Sam Houston for about a year, then was sent to Hawaii for three years and while there deployed to Iraq for 15 months. Bolanos returned to Fort Sam Houston in August 2008.

Of the many accomplishments that earned him the award, Bolanos figures the more prominent is his deployment to Iraq, where he spent the majority of the time as the platoon sergeant balancing the musical and tactical support for the band.

"It is a challenge when an Army Band deploys. You have to change your mission, you have to bal-



Sgt. 1st Class Jesse Bolanos was named the Active Duty Army Band Senior Noncommissioned Officer of the Year for 2008 for his outstanding accomplishments and leadership skills he has exhibited throughout his Army career in the band field. The Army Medical Command Band Sgt. Maj. Marcella Larson nominated Bolanos for this very competitive award.

"What amazes me is his versatility, not only is he an excellent musician, but an entertainer who sings and is a low brass player. He is multi-faceted, not one dimensional."

*Chief Warrant Office Douglas Paarmann
Commander MEDCOM Band*

ance your musical role and tactical support, such as escort and guard duty.

"Some bases don't get visited by the USO, and you see the Soldiers coming in off patrol, grimy and dirty. The music relaxes them and reminds them a little bit of home. This is an important role for Army

bands. Our biggest challenge was cutting the band in half and we made it. We supported 700 different musical missions and we never missed a beat in the tactical support," said Bolanos.

As the platoon sergeant, Bolanos prepared the band for redeployment. **See MEDCOM BAND P6**



Sgt. 1st Class Jesse Bolanos rehearses with the Latin Band. The Latin Band is very popular in the San Antonio community; they receive many requests to perform. This group specializes in salsa, Merenge, and Tejano styles music.



Chief Warrant Officer Jeffrey Price (right), executive officer, U.S. Army Medical Command Band, congratulates Sgt. 1st Class Jesse Bolanos for his selection as the Active Duty Army Band Senior Noncommissioned Officer of the Year for 2008. Col. Robert Manning, chief of the Army Bands, presented Bolanos with the award and the Army Commendation Medal, at a training conference April 23 in Norfolk, Va.

CHANGES OF COMMAND

May 26 - 418th Medical Logistics Company

Cpt. Frank Gumataotao will assume command of the 418th Medical Logistics Company from Cpt. Francis Sullivan at a change of command ceremony May 26 at 1 p.m. at the post flagpole on Stanley Road.

May 29 - Headquarters and Headquarters, U.S. Army Garrison

Cpt. Lionel Lowery will assume command of Headquarters and Headquarters Company, U.S. Army Garrison, from Cpt. Hillary Klingman at a change of command ceremony May 29 at 9 a.m. at the Headquarters Company, Building 2195.

June 2 - Great Plains Regional Medical Command and Brooke Army Medical Center

Brig. Gen. Joseph Carvalho Jr. will assume command of Great Plains Regional Medical Command and Brooke Army Medical Center from Brig. Gen. James Gilman at a change of command ceremony June 2 at 10 a.m. at MacArthur Parade Field.

June 24 - 470th Military Intelligence Brigade

Col. James Lee will assume command of the 470th Military Intelligence Brigade from Col. Cheryl Harris at a change of command ceremony June 24 at 9 a.m. at MacArthur Parade Field.

June 12 - 232nd Medical Battalion

Lt. Col. Peter Lehning will assume command of the 232nd Medical Battalion from Lt. Col. John Lamoureux at a change of command ceremony June 12 at 8 a.m. at MacArthur Parade Field.

June 30 - 187th Medical Battalion

Lt. Col. Thomas Bundt will assume of the 187th Medical Battalion from Lt. Col. Michael Hershman at a change of command ceremony June 30 at 9 a.m. at MacArthur Parade Field.

July 23 - 314 Military Intelligence, Lackland Air Force Base

The 314 Military Intelligence Battalion change of command ceremony is scheduled for July 23 at 7:30 a.m. at Lackland Air Force Base.



CHANGES OF RESPONSIBILITY

May 28 - 470th Military Intelligence Brigade

Command Sgt. Maj. Ronald Mason will assume responsibilities of the 470th Military Intelligence Brigade from Command Sgt. Maj. George Range at a change of responsibility ceremony May 28 at 7:30 a.m. at the post flagpole on Stanley Road.

July 2 - United States Army Garrison

Command Sgt. Maj. Raymond Houston will assume responsibilities of the U.S. Army Garrison from Command Sgt. Maj. Pedro Class at a change of responsibility ceremony July 2 at the post flagpole.

Two local ISR Soldiers win 2009 Hot Technologies Contest

By Tiffany R. Holloway

U.S. Army Medical Research and Materiel Command Public Affairs

Not expecting their "simple" solution to a medical problem would turn into a winning invention – two Soldiers entered a Department of Defense 2009 Hot Technologies Contest and submitted an invention called a Medical Tube Securing Device.

Staff Sgt. Gabriel Wright and Spc. Brendan Beely of the U.S. Army Institute of Surgical Research, a subcommand of U.S. Army Medical Research and Materiel Command, recognized a problem, and invented a device for securing medical tubes and catheters intubated within a patient that will prevent damage to the incisors by locating separate bite blocks on the molars. It also helps to prevent pressure sores on patients' lips.

"The Respiratory and Pulmonary Studies Department presented a problem to us and told us that they needed a solution. We drafted up a couple of sketches and then took supplies we had on the shelf and made the device. Someone from MRMC noticed our invention and submitted it for the contest," said Beely.

That person was Paul Mele, director of the



Courtesy photo

(From left) Staff Sgt Gabriel Wright and Spc. Brenden Beely of the Army Institute of Surgical Research, Brooke Army Medical Center, won the 2009 Hot Technologies Contest by submitting an invention called a Medical Tube Securing Device, a piece of equipment for securing medical tubes and catheters intubated within a patient that will prevent damage to the incisors by locating separate bite blocks on the molars.

Office of Research and Technology Applications at Fort Detrick, Md.

"We looked for technologies that met a real Army need and also had application in the civilian sector. The medical tube securing device showed outstanding initiative and creativity on the part of MEDCOM Soldiers," said Mele.

The invention cost less than \$1,000.

The Burn Center, located in the Brooke Army Medical Center, receives about 300 burn patients each year. Often, these patients have problems breathing on their own due to scorched esophagi, damaged airways due to smoke inhalation, or organ failures.

"We wanted to help prevent tears in mouths and put the pressure

back on the molars," said Wright.

Therefore, it becomes necessary to intubate the patient so that they can breathe. The current method of securing endotracheal tubes often leaves patients with cuts or tears in their mouths. In addition, several patients have lost their incisors due to prolonged forceful clamping of the jaw on the semi-rigid bite block.

The prize for winning the DoD Hot Technologies contest is a marketing video. MRMC's technology transfer office will utilize this video to attract potential licensing partners to commercialize this technology.

If the patent is issued, each inventor will receive an additional \$250. If their technology

is licensed, the inventors split royalties under the license, and as much as an additional \$2,000 per year each on top of the royalties.

The same technology was also chosen for World's Best Technology showcase March 24 and 25 in Arlington, Texas. The WBT showcase is an event showcasing the largest collection of undiscovered technologies emanating from the world's leading universities, labs and research institutions.

For more information about the U.S. Army Medical Research and Materiel Command, visit <http://mrmc.amedd.army.mil>.

For more information about U.S. Army Institute of Surgical Research, visit <http://www.usaisr.amedd.army.mil/>.

U.S. Army Safety Center calls drivers to 'share the roads'

FORT RUCKER, Ala. - The U.S. Army Combat Readiness/Safety Center has joined the National Highway Traffic Safety Administration and other state and national organizations in May to remind motorists and motorcyclists to be extra alert during Motorcycle Safety Awareness Month.

Across the nation, motorcycle fatalities have steadily increased over the past decade. In fiscal 2008, the Army lost more Soldiers in motorcycle accidents than any other previous year going back to 1986. Since the beginning of fiscal 2009, there have been 13 motorcycle-related Soldier fatalities and peak riding season is still a few weeks away.

"May is really the beginning of the traditional riding season because, with the weather improving, more and more motorcyclists are hitting the roads," said Walter Beckman, Safety

Center driving task force program manager. "With that in mind, drivers of all vehicles need to be extra attentive and make sure they are sharing the road."

Beckman said motorists and motorcyclists alike have many responsibilities out on the road like making sure they follow the rules, remaining visible to all drivers and never driving while impaired. Motorcyclists' responsibilities also include always wearing a Department of Transportation-compliant helmet and other protective gear.

"Motorcyclists are much more vulnerable than passenger vehicle occupants in the event of a crash," Beckman said. "Research shows that motorcyclists are about 37 times more likely than a passenger car occupant to die in a traffic crash so remember to slow down and ride within your

capability."

As the Army heads into June, last year's deadliest month for Soldier motorcycle riders, NHTSA recommends several tips for drivers to help keep motorcyclists safe out on the roads:

- Remember the motorcycle is a vehicle with all of the rights and privileges of any other motor vehicle on the roadway. Always allow a motorcyclist the full lane width—never try to share a lane;
- Always make a visual check for motorcycles by checking mirrors and blind spots before entering or leaving a lane of traffic and at intersec-



Photo by Gregory Ripps

Staff Sgt. Ashley Snook (left) assists Lt. Col. Dennis Lewis conduct a pre-ride check during the 201st Military Intelligence Battalion's Motorcycle Safety Day. Nine Soldiers of the battalion rode from Fort Sam Houston to Spring Branch, Texas, and back. The ride and the classroom training that preceded it promoted safe motorcycle riding practices.

tions;

- Always signal your intentions before changing lanes or merging with

traffic;

- Don't be fooled by a flashing turn signal on a motorcycle — motorcycle

signals are often not self-canceling and riders

See **SAFETY P7**

Garrison commander wishes safe Memorial Day holiday

By Col. Mary Garr
Commander, U.S. Army
Garrison

This Memorial Day, we salute the fallen American servicemen and women. We mourn their passing and honor their selfless service that has guaranteed the liberties that we have enjoyed throughout the history of our nation. Their sacrifice spans generations and their willingness to serve continually inspires us all.

Originally called Decoration Day, Memorial Day was first



Col. Mary Garr
Commander, U.S. Army Garrison

observed on May 30, 1868, when flowers were placed on Union and Confederate Soldiers' graves in Arlington National Cemetery. However, even before the end of the Civil War, women in many southern

communities had started the practice of placing flowers on the graves of fallen Confederate Soldiers and Federal Soldiers who fell in battle south of the Mason-Dixon Line. Since that time we have set aside a day in May to pay tribute to those who made the ultimate sacrifice.

We also want to remember the victims of workplace fatalities. We fully understand that providing a workplace free of hazards allows our civilian family members to return home from work in the same condi-

tion as when they left.

As we gather with family and friends this Memorial Day and anticipate the start of summer please take care of each other. Use good judgment, common sense, and evaluate the risks involved with your activities. Remember those who are currently deployed.

To the Fort Sam Houston garrison team, I once again thank you for your dedication and service. Reflect on the special meaning of Memorial Day and keep your summer safe.

MEDCOM BAND from P3 ment, getting the Soldiers reintegrated in an environment they left so long ago.

Returning to Hawaii, Bolanos restarted the Audie Murphy Club, which he is a member, by redoing the charter and inducting new members.

Bolanos conducted a lot of the training in Hawaii and received commendations from the battalion commander for the training lanes he set up.

"For an Army band sergeant to be spotlighted as training other facets of the battalion was quite an accomplishment," said Bolanos.

Returning to Fort Sam Houston, Bolanos was immediately placed in charge of the Latin Band, Rock Band, contributed

to the Brass Band and was in charge of preparing for the upcoming Christmas concert.

Bolanos plans to continue with music when he retires, not as a way of life, but as a side thing.

"I've always wanted to go through Pharmacy school," said Bolanos.

As for Army bands, Bolanos believes the Army bands as a whole are under-utilized.

"We should advertise that we have this group that is free to the military and community to perform. It can improve recruiting goals and community relations and further advance the traditions of the Army. I would like to see that the Army bands here get more attention," said Bolanos.

ARNORTH gets new capability

By Lt. Col. Thomas Shrader
U.S. Army North

The Department of Defense is preparing for the upcoming hurricane and wildfire seasons by organizing another unit specifically trained to deal with these contingencies. U.S. Army North, the Army command charged with homeland defense and defense support of civil authorities, has stood up a Reserve Defense Coordinating Element to react to natural disasters or other crises.

ARNORTH currently has 10 DCEs that provide military advice to state and other government officials. These DCEs are assigned to different regions across the country mirroring the 10 Federal Emergency Management Agency regions. This organization has been sufficient to successfully respond to all crises in the past. During hurricanes, other natural disasters or national events the DCEs determine what assets Department of Defense can provide for disaster relief, support, or assistance. Examples of previous DCE actions include coordinating helicopter search-and-rescue flights during Hurricane Ike response and wildfire support to California.

Unfortunately, multiple disasters or events can occur at the same time. ARNORTH learned this during the 2008 hurri-

cane season, when Hurricanes Gustav, Hanna, Ike and Tropical Storm Josephine all occurred within a short period of time and involved the majority of the DCEs. The ARNORTH commander general recognized a potential situation where all of the highly trained and equipped DCO/Es could be committed to operations and another event occur requiring immediate response. Therefore standing up another DCE, as an operational reserve enables the Army to assist with simultaneous disasters, in the event the 10 Regional DCO/Es are committed. This action demonstrates the continued mission analysis being done at ARNORTH to always be ready and relevant.

"The Reserve DCE is a non-region focused, specifically trained, and ready team for additional Defense Support of Civilian Authorities operations support, if required beyond our current capabilities of our 10 Federal Emergency Management Agency regionally aligned teams," explained James Gillis, deputy operations officer for U.S. Army North.

He continued, "This element can perform several vital missions, including the following:

- Deployments to a disaster site, coordination with our FEMA lead, and validate and process mission

assignments.

- Deployment in support of a national security special event, such as an inauguration or a national convention.

- Deployment as a relief in place force for an ongoing long-term Defense Security Cooperation Agency effort, such as wildfire fighting.

- Deployment in support of a non-standard DSCA event, such as the Shuttle Columbia crash."

In order to forge the team, the reserve DCE participated in two major exercises April 6 to 9 and 20 to 23. Both training events revolved around a scenario of a hurricane hitting Galveston Island, as Hurricane Ike did in 2008. The commander of the DCE felt the training was productive and valuable in preparing the team for the upcoming hurricane season.

"My team is made up of people from three different Army North sections, so it was important that we all got to work together to establish some tactics, techniques, and procedures, as well as to build some unit cohesion. Conducting these two exercises was also invaluable because we got to train with both of the Army North Operational Command Posts and the Joint Task Force – Civil Support," said Defense Coordinating Officer, Col. Christopher Mitchell, who leads the DCE.

The standing up of the

reserve DCE does have its costs, but the DCO believes it's worth it.

"It's costly because the personnel making up the team come from the existing organization or 'out of hide,' as the saying goes. But Army North planners have anticipated the need for an additional DCE and DCO in future situations where we have multiple disasters at once. Forming this element better enables the Army and Department of Defense to protect the American people and save American lives. So it's definitely worth the cost and effort," Mitchell said.

SAFETY from P5

sometimes forget to turn them off. Wait to be sure the motorcycle is going to turn before you proceed;

- Allow more following distance, three or four seconds, when behind a motorcycle, so the motorcyclist has enough time to maneuver or stop in an emergency. And don't tailgate. In dry conditions, motorcycles can stop more quickly than cars.

Beckman said motorcyclists can increase their safety by:

- Wearing protective clothing including long-sleeved shirt or jacket, long trousers, full-fingered gloves or mittens made from leather or other abrasion-resistant material, motorcycle jackets and pants constructed of abrasion-resistant

materials and a DOT-approved helmet;

- Combining hand and turn signals to draw more attention to themselves;
- Positioning themselves in the lane where they will be most visible to other drivers;
- Not drinking and riding.

"By encouraging safe riding and cooperation between all motorists and motorcyclists, we can reduce the number of fatalities and injuries on our nation's highways," Beckman said. "All drivers need to slow down life is too short not to take the time enjoy it."

To learn more about motorcycle safety awareness, visit <https://safety.army.mil>.

(Source: U.S. Army Combat Readiness Safety Center)

NURSES' WEEK from P1 guest speaker of the opening ceremonies held May 6. BAMC nurses, military and civilians should feel proud about what they are doing, said Bester.

"You are on the cutting edge," he said, "It's an exciting time to be a nurse, especially a military nurse in the health-care system."

Currently appointed to the Uniformed Services University of the Health Services, vice president for Distributed Learning and acting vice-president for External Affairs, Bester served a 30 year Army career culminating as the 21st Chief of Army Nurse Corps.

Bester said nurses play a critical role in caring for wounded war-

riors; your responsibility grows along with it. "It's not just about the battlefield, but about the work that nurses do here at BAMC. You're lucky to be in the nursing program," he said. "I can't think of another profession that affords the opportunity than nursing."

During the weekly celebration, other activities included the Blessing of Hands by BAMC chaplains; a Nursing ice cream social and donuts shared with nursing units.

While encompassing the BAMC and ISR hospital theme "Nursing Sets the Standards," six nurses also earned the Nurse of the Year in a Recognition of Excellence ceremony held May 12 at the closing ceremonies.



Photo by Jen Rodriguez

Nurse of the Year recipients Darlene Deters, Capt. Mark Harris, Julia Hamrick, Spc. Josefina Delfin, Spc. Michael Chapman and J.B. Arrington are honored May 12 by a crowd of more than 75 people, during the closing ceremonies of Brooke Army Medical Center Nurses' Week Celebration.

More than 75 people attended the ceremony.

"Officers, NCO enlisted, civilians and contractors make up our team," said BAMC's Deputy of Nursing, Col. Carol McNeill. "It takes all of us to do our mission here."

Nurses of the Year nominees were judged by

a panel of nurses, who received the nominating write ups. The panel then rated the nominees from 1 to 10 based on the following criteria: demonstrating excellence (professionalism); impacting others over time; influencing and inspiring; exhibiting Army values;

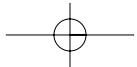
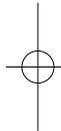
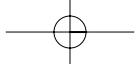
and excellence in leading others. The winners were based on the total number of points earned.

McNeill said this Recognition of Excellence ceremony is an opportunity to recognize those nurses that go above and beyond the call of duty, when it comes to taking

care of our patients.

Winners in their respective categories were: Registered Nurse military: Staff and Charge Nurse, Capt. Mark Barrows of 2 South Critical Care; General Schedule RN civilian: Advanced Practice Nurse, Darlene Deters of Critical Care; Licensed Vocational Nurse military: Spc. Josefina Delfin of 2 West Medical-Surgical; LVN civilian: Spc. Juliana Hamrick, 2 West, Medical-Surgical; Military medic: Spc. Michael Chapman, medic of 2 East /PCU Medical-Surgical; GS C.N.A civilian: J.B. Arrington of 3 East, Medical-Surgical.

In my opinion, said McNeill, "BAMC has the premier nursing staff in the world."



Pediatrics nursing assistant receives award for customer service

By Jen Rodriguez
Brooke Army Medical Center
Public Affairs

Keeping a handle on infection control is what Rodney Jordan takes very seriously.

The certified nursing assistant and infection control coordinator of Department of Pediatrics has developed and implemented a monitoring program to screen for provider hand washing compliance in accordance with Brooke Army Medical Center's infection control guidelines.

Though his efforts, Jordan has earned the BAMC BRAVO award for fiscal year 2009, second quarter.

"With the recent events

(Novel influenza A-H1N1), I have implemented this program ahead of time and helped prepare our department (Pediatric and Adolescent) to better meet this challenge," Jordan said. "With this program our staff members had established good hand hygiene habits that I like to believe prevented illness within our department."

From eight nominees including Annette Martinez of the Department of Logistics; Gwen Rogers of Orthopedics; Liezi Elliot of Endocrinology; Jennifer Schnitz of Pulmonary; Marcey Perez of Cardio; Marsha Dermont of the Resource Management Department; Danielle Viscariello and Tomeka

Brown of the Warrior in Transition team, and Selah Tisdall of Surgery; Jordan was announced as the winner May 8.

The BRAVO award recognizes the continuous display of excellent customer service and effort to do everything possible to help patients, visitors and staff at Brooke Army Medical Center," said Tony Sola, BAMC's patient advocate.

"It came as a shock of course, no one really expects to receive anything other than a paycheck from their employer," said Jordan, who has worked for BAMC for four years. Additionally, he served as a health care specialist for eight and a half years in the Army.

According to his nomi-

nation packet, Sola said Jordan demonstrated dedication by stepping forward to receive training in the performance of pulmonary function tests so that patients could receive this diagnostic test in a timely manner and not have to be deferred to the network.

As a result, the hand washing program has become the model for other patient care areas at the hospital, utilizing infection control programs.

Winning, said Jordan means that the patients I help treat in my department are being taken care of with respect, and in a professional manner. "I get plenty of self-reward when the kids leave my office with a smile and tell me

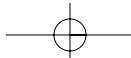
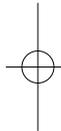
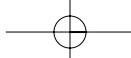


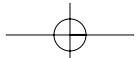
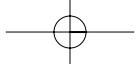
Rodney Jordan, nursing assistant and infection control coordinator of Department of Pediatrics sits at his workstation at Brooke Army Medical Center. Jordan received the BRAVO award for continuously displaying excellent customer service and doing everything possible to help the patients, visitors and staff at BAMC.

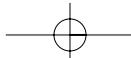
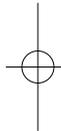
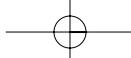
they enjoyed their visit."

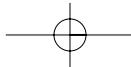
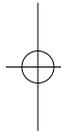
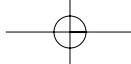
For his efforts, Jordan will be recognized at the BAMC Commander's Award Ceremony, tentatively scheduled for June 4. He'll also receive a

BAMC certificate of appreciation, \$1,000 on-the-spot cash award and a trophy to be displayed in his immediate work area for three months.









Be careful when crossing

Pedestrians, drivers should practice caution on post

Most people can remember back to their childhood when their parents told them to “stop, look and listen” before crossing a street. The safety lessons of the past still hold true today. Many pedestrians on Fort Sam Houston may need a refresher course on these principles.

So far this month we have had no vehicle-to-pedestrian collisions on Fort Sam Houston, BAMC or Camp Bullis. “Under Texas law, pedestrians don’t have the right of way until they are in the intersection, or a cross-

walk of a roadway,” said Police Captain L.G. Lem, chief, traffic unit, Fort Sam Houston Police.

Many pedestrians, unaware of the danger, step into a crosswalk on post without looking to see what’s coming.

“It takes time for a vehicle to stop. If there’s a 2,300-pound vehicle vs. a 170-pound person, the vehicle is not going to take the brunt of the force; it’s going to be the person every time,” Lem said.

Further compounding the problem is the experience level of drivers on

post. “We have predominately younger and older drivers,” Lem said. “So, we have inexperience and, in some cases, diminished capacity. It can make for dangerous situations.”

The pedestrians aren’t the only ones at fault; drivers must yield to pedestrians once they are in the crosswalk.

Last year, Fort Sam Houston had 2 vehicle-pedestrian collisions; in 2007 there were 11. Investigations showed a 50-50 split – half of the vehicle operators were at fault and the other half of

the accidents were the pedestrian’s fault. Lem said many drivers and pedestrians bring off-post driving habits on post. “Some people drive too fast; other people believe they can just walk across the street without being careful. If we catch them, then we will cite them.”

Police officers can determine speed on impact, Lem said. For instance, “if we find that a driver was going in excess of 25 mph on Stanley Road, then the driver can also be charged with speeding.”

Additionally, drivers

and pedestrians can take their case to a civil court, where they could be looking at a heavy penalty for a careless mistake it happens more than you would think.

“Military members can face prosecution in the military system, federal system and be sued in civil court,” Lem said.

Lem advises pedestrians to “make sure the vehicle is going to stop before stepping onto the roadway.”

Additionally, when running or walking at night, make sure to wear reflective gear.

Drivers also should be on the alert, particularly when traveling through parking lots or near crosswalks.

Fort Sam Houston averages 2.3 motor vehicle accidents a day, a number the police department traffic unit would like to decrease.

“Our biggest problem at Fort Sam Houston at this time is construction,” Lem said. “People just need to remember the basics and be cautious.”

(Source: Fort Sam Houston Police Department)



Photos by Lori Newman
Maj. Gen. Russell Czerw, commanding general, Fort Sam Houston and Army Medical Department Center and School, pins the Expert Field Medical Badge on Capt. Christopher Ellison, 264th Medical Battalion May 15. Ellison was the written test high scorer, with a score of 96 percent. Czerw congratulated the Soldiers saying, "I guarantee for the rest of your career, as I have for over the 20 plus years since I earned this badge, I've been very proud to wear it on my chest. I know what you went through to get this, be proud of it."



Maj. Gen. Russell Czerw, commanding general, Fort Sam Houston and Army Medical Department Center and School, shakes hands with Staff Sgt. Kissoondial Ramotar, the Soldier with the least number of "no goes," after he presents the Expert Field Medical Badge certificate. Col. Randall Anderson (right), commander, 32nd Medical Brigade and guest speaker for the ceremony addressed the Soldiers, saying, "Never stop learning; use what you have learned here to help others; and be proud of what you have done, this is a great accomplishment."



Maj. Gen. Russell Czerw, commanding general, Fort Sam Houston and Army Medical Department Center and School, pins the Expert Field Medical Badge on road march winner, Sgt. 1st Class Ricardo Gutierrez, B Company, 264th Medical Battalion, May 15 during a ceremony at Camp Bullis. "Everything you did you learned something and what you learned may add to saving a life." Czerw said.

The 2009 Expert Field Medical Badge recipients are:

Staff Sgt. Kissoondial Ramator, 232nd Medical Battalion
Sgt. 1st Class Ricardo Gutierrez, 264th Medical Battalion
Capt. Christopher Ellison, 264th Medical Battalion
Lt. Dustin Mullins, 232nd Medical Battalion
Staff Sgt. Richard Asuncion, 232nd Medical Battalion
Lt. Adrain Spears, 232nd Medical Battalion
Lt. Adrian Danczyk, 232nd Medical Battalion
Capt. Silas Davidson, 187th Medical Battalion
Staff Sgt. Benjamin Buford, 187th Medical Battalion
Capt. Marco Martinez, 264th Medical Battalion
Staff Sgt. Erick Espinosa, 264th Medical Battalion
Capt. Kenneth Rodriguez, 264th Medical Battalion
Spc. Russell Pritchett, Brooke Army Medical Center
Second Lt. Kristian Lavinder, Brooke Army Medical Center
Second Lt. Elizabeth Ambriz, Brooke Army Medical Center
Capt. Cameron Richardson, Munson Army Health Center, Fort Leavenworth, Kan.
Pfc. John Evans, Munson Army Health Center, Fort Leavenworth, Kan.
Second Lt. David Bowen, William Beaumont Army Medical Center, Fort Bliss, Texas
Spc. Jonathan Jordan, Bliss Army Health Center, Fort Huachuca, Ariz.
Spc. Kenneth Simmons, Darnall Army Medical Center, Fort Hood, Texas
Staff Sgt. Timothy Kline, Darnall Army Medical Center, Fort Hood, Texas
Spc. Matthew Giersdorf, Irwin Army Community Hospital, Fort Riley, Kan.
First Lt. Christopher Morgan, 61st MMB, Fort Hood, Texas
Pvt. Ian Kuhn, 2-22 IN 1/10 BCT, Fort Drum, N.Y.
Spc. Jeremy Warnken, U.S. Army Dental Command
First Lt. Andrew Bigelow, CHPPM-South
Spc. Robert Hunt, C 2-1 AVN, Fort Riley, Kan.
Capt. James Tullis, C 2-1 AVN, Fort Riley, Kan.
Sgt. Shawn Veach, 555th FST 21st CSH, Fort Hood, Texas

EFMB from P1

William Ott, Fort Sam Houston EFMB test control officer.

"During week two, the Soldiers are subjected to warfare condition - small arms fire and explosions during testing that consists of day and night land navigation, tactical combat casualty care, medical and casualty evacuation, communication tasks, warrior skills tasks, and culminates with a 12-mile foot march," said Ott.

Ott said that, for Soldiers testing at the South Texas site, a "triple whammy" of extreme heat, difficulty with translating medical knowledge into 'real world' application and physical demands translates into a very high attrition rate, with only about 20 percent of those who test actually pinning on the badge.

"This competition is a physical and mental challenge. It pushes you to the limit and it tests your abilities," said Staff Sgt. Isagani Maawac, a surgical technician at Fort Sam Houston. "To be honest, I don't know if I would do it again, so hopefully I get a 'go,' and make it out of here the first time," said Maawac.

The EFMB was established in June 1965 as a Department of the Army special skill award to recognize exceptional competence and outstanding performance by field medical personnel.

According to Hurd, the test is a valuable tool today because the training and testing required to earn the badge helps Soldiers

keep their medical skills current during a wartime environment.

"Everything that we do on a regular basis makes us a better medic, but this competition gives us the confidence that we can do this under pressure, during peacetime or wartime. As long as you mentally prepare yourself to include your physical portion of it, you can accomplish anything with the military or whatever you do in life," added Maawac.

Soldiers apply a bandage to a test dummy at Camp Bullis while testing for the Expert Field Medical Badge. The Expert Field Medical Badge course is designed to test a Soldier's mental and physical toughness during a real time medical evacuation.

Photos by Benjamin Faske



A bandage is applied to a wounded Soldier at Camp Bullis while testing for the Expert Field Medical Badge.



Soldiers prepare to evacuate a casualty at Camp Bullis Texas while testing for the Expert Field Medical Badge.

Leadership San Antonio experiences Fort Sam Houston

Story and photos by Minnie Jones
Fort Sam Houston Public Affairs Office

Three buses loaded of potential San Antonio community leaders visited Fort Sam Houston May 6 on a tour to become more familiar with the military and the Army in San Antonio.

Leadership San Antonio, is a program created by the San Antonio City of Commerce in 1975 and was later joined by the San Antonio Hispanic Chamber of Commerce in 1992 to become a joint collaboration between the two.

The program is designed to be an educational experience, which provides a forum for identifying potential community leaders with diverse backgrounds, values and points of view to come together in a neutral setting to examine the nature and inner workings of San Antonio, and discuss the issues, challenges and problems facing the community.

Camp Bullis served as the backdrop for the first leg of the tour to Fort Sam Houston to see firsthand the training that Soldiers in the Army receive while preparing for combat.

Paul Dvorak, garrison manager, Camp Bullis, met the buses at Building 5000, jumped on the first of the three buses and welcomed the group to Camp Bullis.

Dvorak discussed the function of Camp Bullis, its mission as a support organization and the important role it plays in the training and support of Soldiers, Fort Sam Houston and other surrounding military installations.

The first stop on the Camp Bullis segment of the tour was the Virtual Combat Convoy Trainers that were developed to help train



Ron Lane, range operations specialist, explains the High Mobility Multipurpose Wheeled Vehicle, Egress Assistance Trainer, to Leadership San Antonio during a tour of Camp Bullis May 6. The HEAT teaches Soldiers proper egress procedures when exiting a Humvee after a rollover.

Soldiers recognize and respond to potential convoy threats including roadside improvised explosive devices.

The trainer enables combat crews to communicate, maintain situational awareness and acquire targets while moving at highway speeds operating in a convoy environment while incorporating realistic weapons handling.

Each potential leader was allowed to participate in the realistic training, by climbing into a full-scale HUMVEE and experiencing an actual combat scenario the same ones as Soldiers may come to experience during combat.

Upon leaving the VCCT, the group



Tech. Sgt. Jay Patterson, instructor writer, Combat Casualty Care Course (C4) Operations noncommissioned officer, Tactical Simulator, Military Medicine, Defense Medical Readiness Training Institute, in the moulage room, where mock injuries are created, shows one of the newer realistic, wireless mannequins used for patient simulation to Leadership San Antonio during a tour of Camp Bullis.

was introduced to the High Mobility Multipurpose Wheeled Vehicle, Egress Assistance Trainer that teaches Soldiers proper egress procedures when exiting out of a Humvee after a rollover.

The trainer is mounted on axles and rotated by hydraulic motors that enable it to stop in various positions, simulating a rolled Humvee.

Soldiers are trained and put to the test on how to exit the Humvee in a variety of rotated posi-

tions. Through practicing with different scenarios, Soldiers are taught to open safety restraints and to exit the vehicle through doors, maintain self control and how to overcome panic following a rollover.

The next stop on the tour was the Combined Arms Collective Training Facility, where Bobby Clark, Warrior Training Alliance, Computer Sciences Corporation, network supervisor, a partner of Raytheon took the group on a tour through a recreated Middle Eastern urban village. The village is designed to prepare Soldiers for deployment and completing their wartime mission by teaching them building entry and room clearing techniques in an urban environment. Soldiers are evaluated on proficiency and skills during training exercises.

Last stop on the Camp Bullis leg of the tour was the Tactical Simulator for Military Medicine.

A 12,000-square foot, state-of-the-art, simulated training center that enhances the training realism of the Combat Casualty Care Course taught by

the Defense Medical Readiness Training Institute, at Camp Bullis. The eight-day training exercise prepares junior officers from the Army, Air Force and Navy, who only have minimal field exposure, with knowledge critical in conducting Level I and Level II health-care operations in a combat environment.

Individuals were shown the simulator, where medical personnel are placed in scenarios, which simulate a combat environment and are also subjected to certain stressors while performing in their specialties. The exposure is real world, with sounds and voices relating to a particular environment programmed into the simulator.

"I didn't know that this type of training was going on here," said Zuani



Bobby Clark, Warrior Training Alliance, network supervisor, CSC/Raytheon demonstrates muzzle awareness with a mock M16 rifle and entry room clearing techniques during a tour of Camp Bullis to Leadership San Antonio. Clark oversees the Combined Arms Collective Training Facility at Camp Bullis.

Villarreal, director of development, San Antonio Food Bank, "But more than anything realizing..." as she pointed to the pictures of injuries in one of the notebooks on a desk in the moulage room, that this is real life, these injuries are real – it actually happens to somebody."

In addition to touring Camp Bullis the Leadership San Antonio also toured several other facilities on Fort Sam Houston including the Center for the Intrepid.



Religious Briefs

PWOC Bible study

Fort Sam Houston's Protestant Women of the Chapel will begin a six-week summer Bible study, Discerning the Voice of God by Priscilla Shirer, June 4 from 6:30 to 8 p.m. at Dodd Field Chapel. Childcare is available for children birth through 5 years old, reservations are required. For more information, call Jenifer Sones at 271-3174 or e-mail jecsones@earthlink.net; or Rosario Seelen at 314-

6860 or e-mail devotedto-prayers@yahoo.com.

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.



Sports

Memorial Day Scramble

The Fort Sam Houston Golf Club will host a two-person scramble May 25 with a 1 p.m. shotgun start. Cost is \$35 for FSH Golf 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.

Asian Pacific 5K fun/walk

A 5K fun run/walk will be held

May 30 at 9 a.m. at the Jimmy Brought Fitness Center. For more information, call Master Sgt. Megan Grant at 295-6800.

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 is ongoing 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 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.

Army Ten-Miler

The Army Ten-Miler is celebrating its 25th anniversary this year on Oct. 4 in Washington, DC. This unique road race has both its start and finish lines at the Pentagon. Race weekend activities include a two-day race expo, fitness clinics, youth runs, post race party and HOOAH tents from Army installations around the world. The mission of the Army Ten-Miler is to promote the Army, build esprit de corps, support fitness goals, and enhance community relations. For more information, visit www.armytenmiler.com.

Run/Walk for your life program

Get in shape and stay in shape with this self-paced, progressive distance running program. Broken into three phases, the run/walk for your life program is designed to improve the physical fitness and general health of all participants. For more information, call 221-1234.

Thought of the Week

"The only fellow whose troubles are all behind him is a school bus driver."

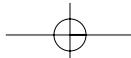
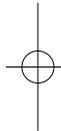
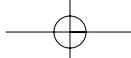
(Source: "Quips, Quotes, and Quests," by Vern McLellan, Harvest House Publishing, Eugene, OR)

Community centers closed

Lincoln Military Housing will close the community centers May 28 at 2 p.m. for training. The LMH Office, Building 407, will be open.

Limited staff at LMH

Lincoln Military Housing will have limited staff June 3, 4 and 8 the offices will be closed for lunch from 12 to 1 p.m. on these days.



Warriors, Families participate in 3rd Annual Warrior's Weekend

Photos by Lt. Col. William McCaskill



Master Sand Sculptor Jon Woodworth of Leander, Texas puts the finishing touches on his Army seal. Woodworth spent a full day to get the American eagle "just right" to honor Army personnel attending Warriors Weekend. Three 18-wheel trucks brought 75 tons of sand to create the six-day project, according to Project Coordinator Gloria Fric of Victoria, Texas. The sculpture also included seals of the U.S. Marine Corps, U.S. Navy and U.S. Air Force. A shark rests at the base of the Army seal. High winds caused damage to one exhibit, two hours before the warriors arrived. World Champion Sand Sculptor Brad Goll managed to repair the damage as buses were pulling into the parking lot.



Field of Honor: Over 4,300 American flags honoring American servicemen and women who gave their lives during the Global War on Terror are displayed at the Port O'Connor Community Center to remember those who gave the ultimate sacrifice.

Calhoun County Sheriff, B.B. Browning leads a motorcade of buses transporting wounded warriors from Houston George Bush airport. On hundred Houston law enforcement motorcycle officers escorted the warriors to the Harris County line. Fort Bend County Sheriff's Deputies shut down highway 59 South to ensure the warriors owned the highway. South Texas sheriff's deputies, Veterans of Foreign Wars and American Legion motorcycle clubs also provided escort. San Antonio Warrior and Family members were treated to breakfast, courtesy of the medical center chick-fil-a on their bus trip to the coast.



A U.S. Coast Guard Cutter provides a "crow's nest" view of 170 fishing boats waiting to pick up 300 wounded warriors and the Families for a day of fishing on the waters of the Texas Gulf Coast. Five hundred spectators and school children with American flags and banners were on hand to greet warriors as they exited the buses.



Col. James Gardon; wife Cecelia; Cpl. Dewey Head; wife Deana; and Audrey Hall of A Co., Warrior Transition Battalion show off two of the 100 fish they caught during the fishing tournament. Head placed third with his Sand Trout, while his wife Deana placed first in the Drum category.



Staff Sgt. Steven Turner, of the Wounded Warrior Bn. (East), Brooke Army Medical Center shows his third place winning Drum.



Sgt. Maj. Mary Hayes of the Warrior and Family Support Center poses with her 35 pound, 2nd place winning Jack Crevalle fish.

Cpl. Brandon Cortez, A Company Warrior Transition Battalion shows his 21-inch Redfish weighing in at 2.86 pounds.



Staff Sgt. Aric Zern, C Company, Warrior Transition Battalion; Boat Captain Mike Cox of Victoria, Texas; and Staff Sgt. Nicholas Milosevich, B Co., Warrior Transition Battalion pose with their award winning stringer. Zern placed 2nd in the Speckled Trout category, while Milosevich placed 2nd in the Sand Trout category.

Family Reunion: Sgt. Michael Cody, B Co. Warrior Transition Battalion, Fort Riley, Kan. hugs his mother Madeleine Tidball of Beeville, Texas. Cody was wounded in Afghanistan while serving as a combat medic and licensed practical nurse. "I had not seen my son since he returned from Afghanistan. Warrior's Weekend made it possible," Tidball said. Soldiers and Marines from Walter Reed Medical Center, Fort Bragg, Fort Riley, Fort Campbell, Fort Bliss, Fort Hood and Brooke Army Medical Center rounded out the 300 attendees. Warrior's Weekend is a "no cost to the government" event. Corporate sponsorships and private donations paid for all warrior travel, meals, and souvenirs. One hundred seventy South Texas fishing boat captains donated their boats and time to make the event a success. "This is all about the Soldiers and Marines" said Ron Kocian, Warrior's Weekend president and co-chairman of Victoria, Texas.



Cole Cagers sign to play collegiately

By retired Lt. Col. Robert Hoffmann

Robert G. Cole High School

Robert G. Cole High School seniors Shawnay Gibson-Carmichael and Jullian Jones signed athletic letters of intent May 13 to play college basketball this next season.

"I have been playing since I was 8 years old," said Gibson-Carmichael. "This is the day I have been waiting for, my mom



Courtesy photo

Sgt. 1st class David Jones, Jullian Jones, Shawnay Gibson-Carmichael, Sgt. 1st Class Harold and Trinita Carmichael.

and dad are beyond thrilled!"

Shawnay, who played

three years at Judson High School and this

See **COLE P25**

Notice of public meeting

The Fort Sam Houston Independent School District will hold a public meeting May 28 at 10 a.m. in the Professional Development Center located at 1908 Winans Road, San Antonio. The purpose of this meeting is to discuss the school district's budget. Public participation in the discussion is invited.

Comparison of proposed budget with last year's budget

The applicable per-

centage increase or decrease (or difference) in the amount budgeted in the preceding fiscal year and the amount budgeted for the fiscal year that begins during the current tax year is indicated for each of the following expenditure categories:

- Maintenance and operations 7.5 percent increase.
- Total expenditures 7 percent increase.

Fund balances

The following estimated balances will remain at the end of the current fiscal year and are not encumbered with or by a corresponding debt obligation, less estimated funds necessary for operating the district before receipt of the first state aid payment:

- Maintenance and Operations Fund Balance(s) \$7,000,000
- Interest and Sinking Fund Balance(s) \$-0-

FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT WEEKLY CAMPUS ACTIVITIES - MAY 25 TO 30

Fort Sam Houston Elementary School

- May 25 – Memorial Day, school holiday
- May 26 – Accelerated reader luncheon in Room 5; Step Up and Fly High, 2 p.m.
- May 28 – Pre-K through fourth grade field day; FSHISD budget hearing in Professional Development Center, 10 a.m. FSHISD school board meeting in Professional Development Center, 11 a.m.
- May 29 – Spirit day; Public Broadcasting Service Waterworks reward day

Robert G. Cole Middle and High School

- May 25 – Memorial Day, school holiday
- May 26 – Senior semester exams – first and second period final exams
- May 27 – Senior semester exams – third and fourth

period final exams

Incoming sixth grade orientation in middle school mall, 1 to 3 p.m.

- May 28 – Senior semester exams – sixth and seventh period final exams; FSHISD budget hearing in Professional Development Center, 10 a.m. FSHISD school board meeting in Professional Development Center, 11 a.m.

- May 29 – Senior semester exams – fifth and eighth period final exams; AMEDD Dental presentation during first, second, third, sixth and seventh period physical education classes

- May 30 – Cole varsity band and choir pool party at FSH outdoor pool, 10 a.m. to 12 p.m.

Cookies for Soldiers

Girl Scout Troop 1064 from Bulverde, Texas pose for a photo with 1st Sgt. Corey Winn (left) and Capt. Dennison Segiu (center), A Company, 232nd Medical Battalion May 9. The Girl Scouts sponsored a cookie drive and donated more than 400 boxes of cookies to



Courtesy photo

members of A Co., 232nd Med. Bn. Pictured are: Leta Cunningham, troop leader and Beulah Pritz, assistant troop leader; and Girl Scouts Riana Andrews, Mariah Bartlett, Leta Rebecca Cunningham, Elizabeth Delgado, Rebecca Harrell, Sarah Harrell, Caitlyn Johnson, Cheri McCammon, Kayla Sulak and Samantha Weissgarber.

COW Day

Sgt. Bobby Hauk, Department of Emergency Services talks to Fort Sam Houston Elementary School second graders and explains how he uses his radar gun May 14 at the 6th annual Career on



Photo by Kathy Salazar

Wheels Day hosted by the Education Service Center, Region 20. COW day provides the opportunity for students to explore vehicles and talk to their operators about their careers and the vehicles they represent.



Announcements

Aquatic Center opens

The Fort Sam Houston Aquatic Center opens May 22. Hours of operation are noon to 8 p.m. daily. The pools are free and open to all valid I.D. card holders and one guest. For more information, call 221-4887 or 221-1234.

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 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

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.

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 27 – Publisher and May 29 – Visio, from 8 a.m. to

noon at ACS, Building 2797 in the computer lab. Registration is required. For more information or to register, call 221-2518 or e-mail jennifer.lopez@us.army.mil.

Lunchtime matinee

The Harlequin Dinner Theatre will host a Legends of Las Vegas, lunchtime matinee, every Saturday from 11 a.m. to 1:30 p.m. beginning May 23. The matinee show is open to the public. Ticket prices are \$25 for civilians and \$23 for military with valid I.D. card, student and group rates are available. Doors open at 11 a.m. for general admission seating. For

more information, call 222-9694.

Musical theater classes

The Harlequin Dinner Theatre in conjunction with Center Stage Academy is now accepting students 6 to 17 years of age for the summer session of musical theater classes. Classes will be held Tuesdays and Wednesdays from 5 to 6:30 p.m. under the direction of Missy Berlet and Joyce Brannon. Tuition is \$100 per month with discounts offered for siblings and Military I.D. card holders. For more information or to register, call 222-9694.

'Powerhouse Divas'

The Harlequin Dinner Theatre presents "Powerhouse Divas," a dynamic cabaret-style lounge act. Performances are held Saturdays from 10:15 p.m. to 2 a.m. through Aug. 29. A cover charge of \$3 for military with a valid I.D. card or \$5 for all others will apply. A full service cash bar will be available. Patrons must be 21 years old to purchase and consume alcohol. Late night karaoke will follow the show. For more information, 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

Calendar of Events

april.nias@us.army.mil

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

See MWR P24

MWR from P23

more information, call the Relocation Program at 221-2418.

Children's story time

The Keith A. Campbell library will host a children's story time May 21 beginning at 3:30 p.m. Toddlers and preschoolers can enjoy story time, arts and crafts and sing songs. For more information, call 221-4702.

MAY 22**Sam Houston Club closure**

The Sam Houston Club will be closed May 22 due to the training holiday and will resume regular operating hours May 23. For more information, call 224-2721.

MAY 23**3-D Archery Shoot**

Camp Bullis will host a 3-D Archery Shoot Out May 23 and 24. Registration is from 8 to 10 a.m. with a California start. Competitive shoot costs \$15 per day; Non-competitive shoot costs \$10 per day. Patrons may participate both Saturday and Sunday. For more information, call 295-7577.

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 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 26**Family Readiness Support Leadership Academy**

The Army Community Service Mobilization and Deployment Program will hold Family Readiness Support Leadership Academy May 26 and 27 8 a.m. to 4 p.m. at ACS, Building 2797. For more information or to register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

MAY 27**You and Your Baby class**

Army Community Service Family Advocacy program will offer a class entitled, You and Your Baby, May 27 from 8 a.m. to noon at ACS, Building 2797. For more information or to register, call 221-0349.

Youth hunter education

Camp Bullis Recreation Area in conjunction with Texas Parks and Wildlife will host a Youth Hunter

Education Course May 27 from 5 to 7 p.m. Must be at least 12 years old to be certified by the Hunter Education program. For more information or to make reservations, call 295-7577.

MAY 28**Infant massage class**

Army Community Service Family Advocacy program will offer an infant massage class May 28 from 10 to 11:30 a.m. at ACS, Building 2797. For more information or to register, call 221-0349.

Trails and Tales of Fort Sam Houston

Army Community Service Relocation Program will offer a tour of local ghost haunts on Fort Sam Houston May 28 from 9 a.m. to noon. Enjoy the sites and learn about the area where you work, live and play. This tour is open to military and civilian I.D. card holders. Meet at ACS, Building 2797. For more information or to register, call 221-2418.

Army Family Team Building - Level 1

Army Family Team Building - Level 1 will be held May 28 and 29

from 9 a.m. to 2 p.m. at ACS, Building 2797. The training is designed to provide resources and confidence if a servicemember deploys to the field or elsewhere. For more information or to register, call 221-2611.

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.

Asian Pacific Heritage Month Trivia

1. Who is the Chinese-American architect who designed the glass pyramid of the Louvre?
2. Who was the Chief of Staff of the U.S. Army?
3. Who was the first Chinese-American governor of the United States?
4. Which Asian-American entrepreneur is co-founder and "Chief Yahoo" of his Yahoo! portal?
5. What is the classical Chinese system for seeking harmony?

The answers for last week's trivia questions are: 1. An Asian woman who agrees to an arranged marriage through the exchange of photographs; 2. 1865; 3. Filipino American workers in the Alaskan salmon canneries; 4. Ang Lee; 5. Norman Mineta and Daniel Inouye.

The winner of last weeks Asian Pacific Heritage Month trivia contest was Joshua Gonzales.

E-mail the answers to Julie Vasquez at Julie.vasquez@amedd.army.mil by May 26. The correct answers will be posted in next weeks News Leader along with the winners name.



Community

Announcements

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 292-2842.

Centering Pregnancy Program

The Wilford Hall Medical Center

Obstetrics Clinic offers the Centering Pregnancy Program to women in their first trimester. The program alters routine prenatal care by bringing women out of exam rooms and into groups for their care. This program gives pregnant women a community of friends; relaxed time with their provider; an opportunity to talk about pregnancy, birth, and parenting; a chance to set personal goals; and lots of time for discussion and fun. For more information, call the OB Clinic at 292-6311 or ask about the program at the OB Clinic front desk on the fifth floor.

Obesity study

Brooke Army Medical Center and Wilford Hall Medical Center are seeking military Family mem-

bers who are overweight or obese adolescents, ages 12 to 17, for an intensive multidisciplinary approach that will incorporate medical follow-ups, behavioral therapy, nutrition counseling and the use of medication over a 12 month period. For more information, call 916-0607 or 916-3440 or e-mail Maj. Jorge Cabrera at Jorge.luis.cabrera@us.army.mil.

Calendar of Events

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, transportation will be provided back to Connally Memorial Medical Center. For more information, call 830-534-5061 or e-mail army_mom91@yahoo.com.

MAY 26

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 is the guest speaker. For more information or reservations, call 822-6559.

COLE from P21

year at Cole, averaging 21.3 points, 4.5 steals, and 7 rebounds her senior year, will attend Lon Morris College in Jacksonville, Texas. She is slated to play point guard there.

"I played every posi-

tion here at Cole," she added. "I especially loved playing for Coach Tina Guerrero. She's tough, but awesome."

Shawnay is the daughter of Sgt. 1st Class Harold and Trinita Carmichael. She will play two years at Lon Morris,

under a full-ride, before advancing to a four year institution her junior and senior years.

Jones will play point guard at Riverland Community College in Austin, Minn. Also coming to Cole for his senior year, he averaged 12.7

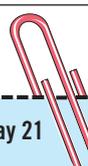
points, 4.1 assists, and 3.2 steals per game as the Cougars shooting guard. He started playing Amateur Athletic Union ball at the age of 5; and has played all four high school years at the varsity level.

Commenting on his

full-ride scholarship, Jones said, "I just want to thank God, my family, coach (Herb) More, coach (Cavin) Leonard, and Cole too. My dad (Sgt. 1st

Class David Jones) thinks being away from home will make me a better man. I need this experience."

REMINDER CALENDAR

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- May 21** Cole Middle School Spring Concert, 7 p.m. at Moseley gym
 - May 22** Training holiday
 - May 22** Aquatic Center opens
 - May 22** MWR Outdoor Movie Night, Parade Field at the flagpole at dusk, "The Tale of Despereaux"
 - May 22 to 24** Commissary Case Lot Sale
 - May 23** Billy Morgan Band entertains troops at the United Service Organization from 12 to 4 p.m., 203 W. Market St.
 - May 23** MWR Outdoor Movie Night at Dodds Field at Dusk, "The Chronicles of Narnia"
 - May 25** Memorial Day
 - May 26** USO hosts spaghetti and more luncheon from 11:30 to 1 p.m. at the Warrior and Family Support Center
 - May 26** Asian Pacific Heritage Month Exposition from 11 a.m. to 12:30 p.m. at ACS
 - May 26** Fort Sam Houston Newcomers' Extravaganza
 - May 28** Fort Sam Houston Independent School District school board meeting at 11 a.m. at FSHISD Professional Development Center
 - May 28** Consolidated retirement ceremony
 - May 30** 5K Fun Run Walk at 9 a.m. at the Jimmy Brought Fitness Center
 - May 31** Summer band concert at 7 p.m. behind the post flagpole on Stanley Road
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For Sale Fort Freebies

For Sale: Set of three shelves, 5 feet tall by 7 1/2 feet wide (total), a bit beat up but very useable, \$30; small girls' dresser, white, \$20; dining room buffet chest with drawers and doors, solid wood, \$75; loveseat with matching chair, navy/burgundy/tan plaid, excellent condition, \$100 for both or will sell separately. Call 475-9973.

For Sale: Nintendo Game Cube with controller and Game Boy adapter, good condition, \$40; Mad Catz universal steering wheel for Nintendo and Playstation games, \$25; two kitchen high chairs, green, wicker, \$10 each; Pentair pool cleaner, excellent condition, \$200. Call 697-9261.

For Sale: Two Rubbermaid 70-quart coolers with wheels and luggage handle, \$25 each; Ingloo 70-quart cooler, \$20; Rubbermaid 48-quart cooler, \$18; octagon table

with aluminum top, 48 inches by 48 inches by 27 inches high, folds, steel frame and zippered carry bag, \$35. Call 216-4027 or 907-440-1141.

For Sale: Elliptical machine, \$75; Total Gym, \$65. Call Diane Johnson at 637-0299.

For Sale: Casio keyboard with ac adapter, like new, \$90; Sketcher four-wheel roller skates, men's size 9, very good condition, \$30; three pairs men's Army boots, two size 7 1/2 W, one size 7, very good condition, \$25 pair; two Sanyo speakers, model ST-80 8 OHM Impedance, \$30 for set; king-size bed ensemble from JCPenneys, burgundy and gold pattern, with two pair of drapes, valances and tiebacks, dust ruffle, two shams, and bed skirt, all in very good condition, \$95. Call 592-8759.

For Sale: Maytag Plus refrigera-

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 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.

tor/freezer almond colored clean and good condition \$125, Call 592-8759.

For Sale: Full-size washing machine, like new, \$125 obo; full-size mattress and box spring set, \$50. Call 271-9250.

For Sale: Mahogany computer desk, \$55; leather chair, swivel, \$35 obo; wood sitting bench, \$35 obo; antique lamp with design, 1920s, make offer; two oriental rugs, make offer. Call 262-3892.

For Sale: Entertainment center, solid wood, glass and solid doors, two drawers, great shape, \$200; room-size carpet, about 17 feet by 18 feet, blue, \$30; two bar stools with blue removable pads, oak,

\$10; pair of new 60-inch half moon, arched wreaths, \$40; Kenmore side-by-side 24 cubic feet refrigerator, ice and water dispenser in door, very clean and ready for pick up. Call 530-4132 or 254-258-5909.

For Sale: Filing cabinet, two drawers, metal, \$15; dresser, nine drawers, \$55; full-size bed, box spring, frame and headboard, \$65; computer desk, \$35; upright piano with bench, \$350. Call Sandy at 241-1291.

For Sale: Three compound bows, one case, set of broad and target point arrows, \$100. Call 288-6077.

For Sale: Two children's electric scooters, goes up to 15 mph, \$45 each obo; Children's Peddle Go-Kart, \$50 obo; three antique school desks. Call 288-4435.

Free to good home: Dalmatian and retriever mix, medium-size, 15 months old, potty and kennel trained, knows basic commands, loves people and other dogs. Call 592-8759.

Rocco Dining Facility Menu

Friday – May 22

Lunch – 11 a.m. to 1:30 p.m.

Fried catfish fillet, baked pork chops, pepper steak, country fried steak, orange rice, mash potatoes, baked macaroni and cheese, squash, black eyed peas

Dinner – 5 to 7 p.m.

El Rancho stew, veal parmesan, grilled ham, lemon baked fish, home fried potatoes, steamer rice, rice with parmesan cheese, seasoned Brussels sprouts, seasoned carrots

Saturday – May 23

Lunch – 12 to 1:30 p.m.

Barbecued pork ribs, ground beef cordon bleu, spinach tortellini marina, chicken in orange sauce, egg noodles, Filipino rice, Spinach, corn, brown rice

Dinner – 5 to 6:30 p.m.

Salisbury steak, simmered knock-wurst, corn beef, Lyonnais rice, red beans and rice, mashed sweet potatoes, calico cabbage, Lyonnais carrots, green beans, oven-browned potatoes

Sunday – May 24

Lunch - 12 to 1:30 p.m.

Spaghetti with marinara, spaghetti with meat sauce, shrimp scampi, roast pork, baked chicken, steamed rice, mashed potatoes, corn on the cob, zucchini

Dinner - 5 to 6:30 p.m.

Roast turkey, chicken fillets, Yankee pot roast, cheese manicotti, rice pilaf, parsley potatoes,

stewed tomatoes, green peas, asparagus, orange rice

Monday – May 25

Lunch – 12 to 1:30 p.m.

Sweet-sour pork, grilled steak, Italian veal steak, baked chicken breast, rice parmesan cheese, baked potatoes, mashed potatoes, calico corn, spinach

Dinner – 5 to 7 p.m.

Beef Brogul, baked Italian sausage, parmesan fish, vegetable stuffed pepper, baked stuffed pork chops, steamed noodles, steamed rice, cauliflower, broccoli parmesan

Tuesday – May 26

Lunch – 11 a.m. to 1:30 p.m.

Beef fajitas, roast turkey, breaded pork chops, cheese enchiladas, baked potatoes, Mexican rice, mashed potatoes

Savory-style beans, jalapeño corn bread, sliced carrots, broccoli

Dinner 1700-1900

Sukiyaki beef, simmered Polish sausage, pork adobo, Cornish hens, red beans and rice, brown rice, O'Brien potatoes, Brussels sprouts combo, mixed vegetables, brown rice

Wednesday – May 27

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

Cantonese ribs, sweet and sour chicken, sauerbraten, baked chicken, hopping john, steamed rice, mashed potatoes, collard greens

Dinner - 5 to 7 p.m.

Chicken adobo, pork schnitzel, baked fish, cheese manicotti, country-style steak, rissole potatoes, orange rice, corn on the cob, asparagus

Thursday – May 28

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

Oriental steak, spaghetti with meat sauce, cheese enchiladas, roast turkey, beef and noodles, mashed potatoes, pork fried rice, corn, cabbage

Dinner – 5 to 7 p.m.

Caribbean chicken breast, beef pot pie, barbecue pork loin, Brogul beef, steamed rice, noodles Jefferson, egg noodles, Chinese cabbage, cauliflower, broccoli

All menus subject to change without notice