

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

## HONORING SACRIFICES

# WWII hero finally receives Purple Heart on Memorial Day

By L.A. Shively  
 FSH Public Affairs

Soft spoken, but still spry, 88-year-old retired Navy Lt. j.g. Warren Woods humbly accepted the Purple Heart he'd waited 65 years to receive.

Three generations of his family and an assembly of Sailors proudly watched U.S. Sen. John Cornyn pin the medal on Woods' chest during a Memorial Day ceremony at the Navy Operational Support Center on Fort Sam Houston May 31.

Sen. John Cornyn pins a Purple Heart on Navy Lt. j.g. Warren Woods' chest during a Memorial Day ceremony at the Navy Operational Support Center, Fort Sam Houston. Woods received his medal after a 65-year-old clerical error was finally rectified.

Photo by L.A. Shively

See PURPLE HEART P19



## MEMORIAL DAY CEREMONY



Photo by Lori Newman

Members of the Joint Services Color Guard post the colors May 31 during the Memorial Day ceremony at the Fort Sam Houston National Cemetery. Maj. Gen. David Rubenstein, commander, Army Medical Department Center & School, presided over the posting of the colors at the ceremony. See pages 16-17 for story and more photos.

## BAMC Logistics Division helps keep hospital green

By Jen D. Rodriguez  
 BAMC Public Affairs

Brooke Army Medical Center's Logistics Division team has taken the lead on keeping BAMC green by developing new ways of conserving energy and reducing harmful environmental wastes throughout the hospital.

The logistics team provides patient-focused health and wellness services.

"The improvements we've seen so far have been a result of individual and small-group efforts in the Facilities and Logistics areas," said Chief Engineer Kevin Nikodym.

See BAMC P14



Photo by Jen D. Rodriguez

A Brooke Army Medical Center cytologist uses the Vyleater to crush small vials and separate contents, reducing the cost of product disposal.



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# Our future is as exciting as our heritage

By Lt. Gen Guy C. Swan III  
Commander, ARNORTH and FSH

On April 30th I was designated the commanding general of Fort Sam Houston. I take this new responsibility with great pride.

I would like to share with you my thoughts on Fort Sam Houston, its unique place in history, and its dynamic role in the future.

Fort Sam Houston and Camp Bullis have a special place in the heart of San Antonio and the Department of Defense. Our place in history is as relevant and secure as the other fortress of strength with which we share this south Texas home – the Alamo.

I have the pleasure to command from one of the military's oldest continuously operating structures at the historic quadrangle. I am reminded daily of what this great place has meant for our country.

Every Soldier, Sailor, Airman or Marine that receives medical treatment from a Soldier-medic owes his or her health to Fort Sam Houston – so long the home of the Army Medical Department Center & School.

Likewise, we express our gratitude to those patients and our wounded warriors who continue their treatment at Brooke Army Medical Center, itself the model of military health care for the world.

As I travel across this installation down Artillery Post, Staff Post and Infantry Post Roads, I am reminded of the gen-

erations of service men and women that trained here and called this post their homes on their way to and from victory. And did you know that even the military planes that crisscross our sky owe their flight to a runway that began right here on Fort Sam? We are still serving and leading with cutting-edge ideas and technology.

Today, joint basing represents a new and exciting venture for our military. It is the manifestation of a process that will make us efficient and vibrant for the coming centuries and is deserving of our collective embrace. Our neighbors here in San Antonio will appreciate and support us the same as ever,



Photo courtesy FSH Museum

The Quadrangle under construction, circa 1876.

remaining true to its nickname: "Military City USA." This much I have been assured.

I am reminded also that there are many shareholders here and this military community will grow from 60-plus to

more than 100 tenants. Unlike other joint basing ventures related to the Base Realignment and Closure Act, Fort Sam Houston does not have a single hierarchy or chain of command to aid in the streamlining progress.

Multiple individual stakeholder wishes are sure to bring new and unknown challenges. Nonetheless, each will come to love this post as we do now, and they will find it to be an exceptional place to serve and grow.

You see, as I talk to other commanders on Fort Sam, I am assured that excellence is the common and uncompromising goal of every command. Every person who serves here should expect no less and is welcome to participate in the collective vision for Fort Sam Houston and Camp Bullis.

Tradition will remain a part of our culture, and foremost is the role that noncommissioned offi-

See VIEWPOINT P3

## News Briefs

### RCI Resident Assessment Survey

Within the next few days, Fort Sam Houston Family housing residents will receive a resident assessment survey through their e-mail. The e-mail will provide a web-link for residents to complete the Army's annual resident assessment survey. The survey will be administered through a third party, Educational Benchmarking, Inc., at the request of Residential Communities Initiative Army Headquarters. The survey allows residents to evaluate on-post housing. The information provided helps guide improvements to housing facilities and services. Answers are strictly confidential please offer honest responses. No personal data is tabulated. Call 221-0891.

### 106th Signal Brigade

A change of responsibility ceremony will be held June 14, 1:30 p.m. at the Fort Sam Houston Quadrangle. Command Sgt. Maj. Jacqueline Halton will relinquish responsibilities to Command Sgt. Maj. Derrick Taylor. In the case of inclement weather, the ceremony will be held at Army Community Service.

### 106th Signal Brigade

A change of command ceremony will be held June 15, 10 a.m. at the Fort Sam Houston Quadrangle. Col. Chris Miller will relinquish command to Col. Chris Haigh. In the case of inclement weather, the ceremony will be held at Army Community Service.

### Family Fun and Safety Day

A Family Fun and Safety Day will be held June 23 from 9:30-2 p.m. at Army Community Service, Building 2797 and on MacArthur Parade Field. There will be health and safety demonstrations and training, motorcycle and driving safety, the dangers of drinking and driving, animal safety, energy conservation and more. Plus, live entertainment, a petting zoo, free food, contests and prizes. Call 221-4543 or 221-0012 for more information.

# U.S. Army South returns from Haiti

By Pfc. Andrew S. Valles  
U.S. Army South Public Affairs

The last wave of Soldiers and Department of Defense civilians assigned to U.S. Army South, returned from Operation Unified Response in Haiti June 1, totaling more than 100 who have been arriving since May 9.

These Soldiers and civilians are among the more than 270 DoD personnel that have deployed from the San Antonio area, in response to the devastating earthquake that struck Haiti on January 12th.

Army South personnel served in Haiti for periods numbering between 30 and 90 days as they replaced other U.S. military personnel and ultimately oversaw command and control of Joint Task Force-Haiti.

ARSOUTH assumed responsibility of the JTF-Haiti headquarters March 15th and served as the primary planning staff for the command. Additionally, Maj. Gen. Simeon G. Trombitas, commanding general of U.S. Army South, was designated the deputy commanding general of JTF-Haiti

and later assumed command of the joint task force as the commanding general April 18.

As part of the headquarters of JTF-Haiti, Army South assisted in providing leadership and coordination for military personnel and a liaison with the United States Agency for International Development, United Nations Stabilization Mission in Haiti forces and other non-governmental organizations.

This is this is the largest military operation Army South has taken part in since Operation Just Cause in 1989. Throughout the course of Operation Unified Response, Army South, as the JTF-Haiti headquarters, joined other foreign military forces, including United Nations forces, to provide humanitarian aid to the people of Haiti.

Army South support included Soldiers and civilians with specialties in engineering, medical support, operations, logistics, security and intelligence. In addition, Army South was instrumental in coordinating the movement of over 7,000 individually displaced persons



Photo by Maj. Enrique Vasquez

U.S. Army South Soldiers and civilians organize their bags after returning from Operation Unified Response in Haiti May 14.

to new resettlement camps.

"Initially, we saw the individually displaced persons in the camps being subjected to the risk of perilous flash flooding, which translated into the possible loss of life as the rainy season approached in Port au Prince," said Trombitas.

"Although the task of mitigating the flood risk seemed insurmountable, over time we

saw the Haitian people become more resilient, as they began to become more involved in the flood mitigation and resettlement initiatives," said Trombitas.

The primary role of Army South and the U.S. military was to deliver lifesaving, life-sustaining aid to the victims of the

See ARSOUTH P13



Photo courtesy FSH Museum

The Alamo as it appeared in 1870 was a quartermaster depot. Here supplies are being delivered via covered wagon.

### VIEWPOINT from P2

cers play in maintaining standards.

There is such a thing as NCO business, and it is what other nations envy most in our arsenal. Soldiers, Sailors, Airmen

and Marines, as well as our DoD civilian workforce, will see NCOs of all uniforms out front, leading, examples to us all of how joint services work for the common good.

The final chapter for Fort Sam Houston and Camp Bullis is

not written. At every turn, there is a sign of the value that DoD and this city and state places in Fort Sam Houston and Camp Bullis. New construction and renovation are happening simultaneously.

We, the current tenants of

this land, owe it to our successors to provide a place that is better than what we inherited.

To that end, I call on everyone here to be great stewards of our treasures, natural and man-made, new and old. Let those who follow look back to our generation with as much reverence as we have for the first military tenants of San Antonio.

In my three decades of service, I have probably never served at a post that has meant so much to our nation's military.

I will reach out to you in this and other venues in the months and years ahead. I am honored to be here with you today, commanding forces that today, as before, are the strength of our nation.

# Post ceremonies celebrate Asian-Pacific American Heritage

By Ben Paniagua

Hacienda Recreation Center  
and Lori Newman  
FSH Public Affairs

Ceremonies were held throughout Fort Sam Houston recently in honor of Asian Pacific Heritage Month.

The Army Medical Department Center & School hosted a post-wide event May 25 at the Harlequin Dinner Theatre. Command Sgt. Maj. Donna Simmons, a native Hawaiian, was guest speaker for the event.

“Asian Pacific Americans are serving in leadership positions more than ever before and have contributed in significant ways in all aspects of our society,” Simmons said. “Asian Pacific Americans have added to our quality of life and helped determine the course of our nation’s future.”

“Our military is able to accomplish its tasks by realizing the strengths and experiences of each individual making diversity integral to the Army’s culture and mission,” she said.

“Throughout our history Asian Pacific Americans have answered the call to defend and protect our nation and liberty.”

A dance group from the Aloha Grill entertained the audience performing the hula and Frank Cade provided a



Photo by Kelly Schaefer

The Chinese music band, Hua Sheng Chinese Orchestra of San Antonio, plays at the Asian Pacific American Heritage Month celebration at the Brooke Army Medical Center May 20.

martial arts demonstration.

About 450 Soldiers from the 32nd Medical Brigade celebrated Asian Pacific Americans on May 27 in the 232nd Medical Battalion’s Company A and B parking lot.

The focal point of the event was a stage setting with a striking assembly of foliage and flowers to resemble a Pacific Island paradise. Hawaiian leis were presented to all Soldiers and guests, making the event more festive.

The Hula Halau Ohana Elikapeka Dance Ensemble provided entertainment for the evening, which included mesmerizing Hawaiian dances and fire dancers.

“This demonstrates how diverse the country is becoming,” said Pvt. Ashley Mullarkey, Company D 232nd Med. Bn.

“All groups are being recognized and this makes it very refreshing to see all religions and

cultures being recognized,” she said.

Soldiers also enjoyed authentic Hawaiian cuisine, such as huli huli chicken, Kahlua pork, white rice and chocolate cake.

“This is great,” said Spc. Kathy Hysong, also from Company D 232nd Med. Bn. “Having it in the middle of the training area is very relaxing and enjoyable. It takes your mind off your studies for awhile.”

Brooke Army Medical Center celebrated and recognized Asian Pacific American Heritage Month at the BAMC medical mall May 20. The Chinese music band, the Hua Sheng Chinese Orchestra of San Antonio, was invited to play at the event and Simmons was the guest speaker.

“These types of events are extremely important on a couple of levels. It helps to remind our service members and Families how diverse our



Photo courtesy of the 232nd Med. Bn.

Soldiers dance with members of the Hula Halau Ohana Elikapeka Dance Ensemble during the event held by the 32nd Medical Brigade and the Hacienda Recreation Center May 27. The celebration included mesmerizing Hawaiian dances and fire dancers, as well as authentic Hawaiian cuisine.



Photo by Lori Newman

Command Sgt. Maj. Marshall Huffman, 32nd Medical Brigade, wows the ladies from the Aloha Grill May 25 during a celebration at the Harlequin Dinner Theatre.

country is, we are stronger because of our diversity,” Col. Mary E. Garr, 502nd Mission Support Group/Garrison commander said.

“When we don’t take time out of our busy schedules to sit back and reflect on that strength, it’s very easy to fall into patterns where we don’t work well as a team, we don’t understand and appreciate our differences and be tolerant of each other.

“We have got to ensure that the word is getting out reminding our folks [about these

events].” Garr said. “We need the command teams to bring their Soldiers and civilians out to participate so they can have a chance to see what they are a part of on a much bigger level.”

According to the website <http://asianpacificheritage.gov>, the term Asian Pacific encompasses all of the Asian continent and the Pacific Islands of Melanesia (New Guinea, New Caledonia, Vanuatu, Fiji and the Solomon Islands), Micronesia (Marianas, Guam, Wake Island, Palau, Marshall

Islands, Kiribati, Nauru and the Federated States of Micronesia) and Polynesia (New Zealand, Hawaiian Islands, Rotuma, Midway Islands, Samoa, American Samoa, Tonga, Tuvalu, Cook Islands, French Polynesia and Easter Island).

In June 1977, Reps. Frank Horton of New York and Norman Mineta of California introduced a House resolution that called upon the president to proclaim the first 10 days of May as Asian Pacific Heritage Week.

The following month, Senators Daniel Inouye and Spark Matsunaga introduced a similar bill in the Senate. Both were passed. On Oct. 5, 1978, President Jimmy Carter signed a joint resolution designating the annual celebration.

Twelve years later, President George H.W. Bush signed an extension making the week-long celebration into a month-long celebration. In 1992, the official designation of May as Asian Pacific American Heritage Month was signed into law.

# Joint Motorcycle Safety Day revving success

By Lt. Col. Anthony Cooper  
USAISR

More than 30 Soldiers, civilians and Family members from the 232nd Medical Battalion, the U. S. Army Institute for Surgical Research and Brooke Army Medical Center participated in their first joint Motorcycle Safety Day, May 7.

The 232nd Medical Battalion conducted several of these events over the past few years, as has BAMC, but this effort was an attempt to broaden each program by bringing three organizations into one ride.

One of the many underappreciated aspects of motorcycle safety is the mentorship that riders provide each other.

“The event offered riders with experience levels ranging from over 20 years to just over a week a chance to talk and learn from each other,” said Master Sgt. Birgit James, who organized the event and started riding in her native Germany over 30 years ago.

She said the event gave riders a chance to look at and discuss sport bikes versus cruisers, old bikes versus new bikes, big engines versus small, and riding technique on highways versus rural routes.

“Seating posture is different between the two types of bikes,” explained Master Sgt. James Kinser, 232nd operations

officer and group leader for the sport bikes during the ride Kinser has been riding for over 30 years.

“With a cruiser you’re sitting more upright where on a sport bike you’re leaning forward, so each bike’s handling characteristics are different,” Kinser said, adding that turning is a much different experience on each bike.

The day began with a safety class and videos showing the importance of Personal Protective Equipment, rider safety, and obeying and knowing personal and vehicular limits.

Following class, the group had instruction on hand and arm signals, conducted a route brief, and then headed out to the bikes.

In the parking lot, rid-

ers used buddy teams to inspect bikes, verify documents (license, insurance, registration, and safety card), and ensure everyone had the proper PPE. Once complete they split into two groups: sport bike enthusiasts and cruiser enthusiasts.

The planned route encompassed about 100 miles into Texas Hill Country and back. This area offers scenic views, historic places and roads as well as sharp, challenging turns for both novice and expert riders according to Hill Country Cruising’s website, <http://www.hillcountrycruising.com>.

“The route presented a great course for training,” said Sgt. 1st Class

See MOTORCYCLE P12

## Personal protective equipment



**Eye Protection**  
Face shield or impact-shatter resistant goggles or wrap-around glasses that meet ANSI Z87.1

**Helmets**  
Certified by the manufacturer to meet or exceed DOT standards and must be properly fastened under the chin. A full face helmet with proper shield provides the best protection.

**Garment Visibility**  
A brightly colored outer upper garment during the day and a reflective upper garment during the night.

**Clothing**  
Long-sleeved shirt or jacket, long trousers, and full-fingered gloves or mittens designed for use on a motorcycle.

**Sturdy Foot Wear**  
Leather boots or over-the-ankle shoes.

# NOSC Sailor of the year believes in teamwork, focusing on others

By L.A. Shively  
FSH Public Affairs

Electrician's mate turned recruiter and current Navy Counselor 1st Class Rodney Hopes is good at what he does and his shipmates agree.

The Navy petty officer was surprised to learn he was selected as the current Navy Operational Support Center Sailor of the Year after serving only six months at the command.

He said teamwork and a focus on fellow Sailors is what resulted in the positive impact he made at the NOSC when he



NC1(SW) Rodney Hopes

arrived and what put his nomination at the top of the list.

Coming to San Antonio from a very rewarding tour as a recruiter in San Diego gave him the experience and knowledge of the kinds of programs he envisioned that, once in place, could improve a Sailor's experience at the NOSC.

His first project was to organize a command sponsorship program where new individuals are assigned a mentor when they report who will help them with the challenges of assimilat-

ing into a new, joint-base environment.

"That was important to me because I wanted everyone that was coming to NOSC San Antonio to know exactly what was going to be happening," Hopes said. "There is not a lot of Navy here and I wanted them to learn the rhetoric and language the Army and Air Force speak."

He also wanted incoming Sailors to understand that although San Antonio may not have an ocean or a flotilla of ships, newcomers were welcome and the NOSC has

people that know what to do for their Navy family.

His second project solidified the reserve unit command counselors into a command retention team. He identified individuals in each reserve unit who wanted to focus on taking care of their Sailors and gave them tools to educate other reservists on the available paths and benefits of their Navy careers.

"We got that group trained and we made an immediate impact – retention was increased by 25 percent within the

first six months," Hopes said. "Enlistments went up and attrition went down," Hopes said.

He also established a tracking system for enlistments, retention and getting the word out about enlistment incentives.

His efforts put the NOSC on a retention honor roll for the fourth quarter of fiscal year 2009. The NOSC then received the Retention Excellence Award for Fiscal Year 2009, given by Admiral J. C. Harvey, commander U.S. Fleet Forces Command.

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## MILITARY LAW ENFORCEMENT OFFICER OF THE YEAR NOMINEE



Courtesy photo

Fort Sam Houston Supervisory Police Officer Timmy Pratt (center) was nominated for the "Military Law Enforcement Officer of the Year" category at the Annual Law Enforcement Appreciation Luncheon held at the Oak Hills Country Club May 13th. Pratt stands with David Hook (left) American Society for Industrial Security chairman for San Antonio Chapter 092, and Air Force Brig. Gen. Leonard A. Patrick, 502nd Air Base Wing commander.

# ARNORTH, Fort Sam Houston celebrate helping Soldiers

By Sgt. 1st Class  
Manuel Torres  
ARNORTH Public Affairs

Soldiers and community members from Army North and Fort Sam Houston banded together to contribute more than \$217,000 in donations to the Army Emergency Relief program through the 2010 Fort Sam Houston AER campaign.

To celebrate their achievements, the campaign workers hosted a Hawaiian-style luau for AER representatives and contributing units May 17.

"It's all about the Soldiers. These AER contributions help them and their Families," said Lt. Col. Jim Chaney, deputy G1, Army North. "Soldiers are the ones accomplishing the mission on the ground, and those are the ones we need to help."

Chaney provided information to Army North members on how they could support the AER campaign as well as the Military American Saves program, which encourages the military community to meet their immediate needs and to build long-term wealth through saving and debt reductions, according to a Military Saves organization pamphlet.

"It was a great turnout this year," said Staff Sgt. Lashawn Williamson, administrative assistant, ARNORTH AER representative, adding that Army North donations doubled from last year.

"You need to be very patient and very persistent," said Sgt. 1st Class Alberto Cadiz, command group noncommissioned

officer, Army North. "Continue to ask people who haven't had time to donate yet due to their busy work schedules and offer advice to those who are unfamiliar with the program. The campaign gives us an opportunity to share real-life stories of those who have been helped and saved through AER contributions."

Sgt. 1st Class Gary Visher, who serves as a senior platoon sergeant with Company C, 232nd Medical Battalion, was recognized during the luau with a certificate of appreciation and a tropical pineapple after he had amassed more than \$19,000 in donations.

Ann Mancillas, AER manager, congratulated the assembled representatives and noted that the campaign, regardless of the dollar amount, was a

success due to countless volunteers who worked diligently in getting all the events in motion.

Mancillas, who leads the Fort Sam Houston campaign, started working for AER through volunteering. She said she had never worked with the military community prior to joining the team, but she felt it was important to acknowledge the hard work the men and women in uniform do and to thank those who supported the fund-raising campaign.

"Never in my life have I been so proud of working until I came here to work with all the Military and civilians at Fort Sam Houston," Mancillas said.

Additional information is available on the Army Emergency Relief program at <http://www.aerhq.org/>.



Photos by Staff Sgt. Keith Anderson

Lt. Col. Jim Chaney, deputy G1, Army North, accepts a certificate of appreciation for his work and contributions as an Army Emergency Relief representative from Ann Mancillas, Army AER officer, and Michael Waldrop, deputy to the garrison commander, May 17 during the 2010 AER Campaign closing Luau.



Staff Sgt. Lashawn Williamson, an Army North AER representative who serves as an administrative assistant, receives a certificate of appreciation and an AER Lei from Erin Jacobs, AER campaign coordinator, May 17 during the 2010 AER Campaign closing Luau. Williamson, helped raise more than \$8,700 from Army North personnel.

# SA business leaders meet, discuss enhancing ties with ARNORTH

By Staff Sgt. Keith Anderson  
ARNORTH Public Affairs

Members of the Greater San Antonio Chamber of Commerce Military Affairs committee visited U.S. Army North at the Quadrangle May 12 to learn about the unique mission of the command, discuss a greater role for the base in city tourism, and build a closer relationship with Army North.

During the meeting, Lt. Gen. Guy Swan III, commanding general, Army North and Fort Sam Houston, took advantage of an opportunity to brief the business leaders on Army North's role in facilitating disaster response operations, such as the oil spill in the Gulf of Mexico, and the

process for state leaders to request federal disaster assistance.

The CG's briefing was appreciated by the visiting leaders.

"The goal of the Military Affairs committee is to support the military in San Antonio," said Greg Oveland, committee member and former chairman. "Visits like this really do help. We're trying to get more integrated."

Charlie Canedy, who serves as the chief of the commander's initiatives group with Army North, briefed committee members on the role of Army North in homeland defense, theater security cooperation and civil support operations.

"It's certainly important to ensure our com-

munity is informed as to how and what we bring to support each other's needs," Canedy said.

Maj. Gen. Perry Wiggins, deputy commanding general, Army North, discussed plans with committee members for a possible joint venture with the San Antonio Botanical Garden to introduce native, deer-friendly vegetation and gardens into Army North's historic Quadrangle and to encourage greater tourism to the historic facility.

The committee members said they felt such a project would be good for San Antonio.

"It's returning the Quadrangle to the city of San Antonio, in a sense," Oveland said.



Photo by Staff Sgt. Keith Anderson

Charlie Canedy, chief of the commander's initiatives group, Army North, briefs members of the Greater San Antonio Chamber of Commerce Military Affairs committee on the role of Army North in homeland defense, theater security cooperation, and civil support operations, during a committee visit at Army North's historic Quadrangle May 12.

Carroll Schubert, a committee member and newly-assigned community liaison to Lt. Gen. Swan, said that his position as liaison was creat-

ed to help integrate military and civilian communities.

"San Antonio and the Greater Chamber recognize the importance and valuable contribution of the military to our city," Schubert said. "We want to make sure our commanders are provided every opportunity to meet our citizens to tell the Army's story to the community."

The committee members said they felt that closer ties to the military are essential to San

Antonio.

"Military City, U.S.A. is not just a phrase – we mean it," said Bill Hartman, committee member and former chairman, Military Affairs committee.

The Department of Defense is the largest employer in San Antonio, according to information on the committee's website, and employs more than 195,000 people, with an economic impact to the city of an estimated \$13.3 billion.



Maj. Gen. Perry Wiggins, deputy commanding general, Army North, demonstrates the capabilities of the emergency response vehicle to members of the Greater San Antonio Chamber of Commerce – Military Affairs committee during a committee visit at Army North's historic Quadrangle May 12.

# ARNORTH leads working force protection conference

By Staff Sgt. Keith Anderson  
ARNORTH Public Affairs

Army North leaders led a force protection conference May 4-7 in San Antonio to foster greater cooperation among force protection communities and discuss challenges and the future of force protection in the U. S.

This third-annual conference, led by U.S. Army North's provost marshal's office, covered a range of subjects.

"This was a working conference where attendees from U.S. Northern Command, Continental U.S. Army commands, the Army National Guard and Department of the Army staff both vetted and provided comments on force protection way-ahead strategies for this theater," said Col. David Draeger, provost marshal, Army North.

Force protection, by military definition, is actions taken to prevent or lessen the effect of hostile actions against Department of Defense personnel, their Families, and against government resources, facilities and critical information.

Service members from the Army, Navy, Air Force and Marine Corps, along with their DoD civilian partners, participated in break-out sessions ranging from criticality assessments, intelligence and law enforcement information sharing and threat reporting to "train-the-trainer" sessions on the Core Vulnerability Assessment Management Program.

Participants witnessed demonstrations from on



Chris Frels, deputy provost marshal, U.S. Army North, provides a brief on the Fort Hood Task Force findings to attendees at the Army North Force Protection Conference at the Marriot Plaza in San Antonio.

real-time information-sharing systems under consideration. They also heard updates on the Fort Hood Task Force findings and offered input into Army North's force protection plans.

For attendees from other services, the conference served as an opportunity to glean the latest information for their organizations.

"Force protection is not unique to any one service," said Marine Lt. Col. A.J. Paige, mission assurance program manager, Marine Forces North, Naval Support Activity New Orleans. "I'm here to learn and take what I can back to my command.

"I'm very supportive of putting in [place] useful policies that will allow us to share threat information real time so commanders can be more proactive than reactive." Paige said.

One of the greatest

challenges discussed was information sharing between commands, services, and law enforcement and intelligence agencies.

"Terrorists continue to exploit divisions between law enforcement and the intelligence communities that limit the sharing of vital counterterrorism information," said Rep. Jim Sensenbrenner, who introduced the USA Patriot Act in October 2001.

It is important that the gap between services and agencies be closed, said Ron Canale, anti-terrorism officer, Tooele Army Depot, Utah, adding that conferences such as this are an important tool in helping resolve such issues.

"The more of these conferences you can have, the better to get everyone on the same sheet of music," Canale said.



Photos by Staff Sgt. Keith Anderson

Chris Valdez (right), project manager, Anti-terrorism Force Protection Readiness Management System, Science Application International Corp., explains his company's force protection program to Nathan Kathir, public works sector program manager, Defense Critical Infrastructure Program, U.S. Army Corps of Engineers, during the annual U.S. Army North Force Protection Conference at the Marriott Plaza in San Antonio.

# 'Extreme' experiment gets physical results for 470th MI Brigade

By Gregory Ripps  
470th MI Brigade

Daring to experiment "outside the box," the 470th Military Intelligence Brigade Headquarters and Headquarters Detachment tried a program that ended up noticeably improving its Soldiers' physical fitness.

Earlier this year, Chief Warrant Officer 3 Qasim Sattar approached Capt. Jessica Watson, HHD commander, and Sgt. 1st Class Christian Daniels, HHD first sergeant, about introducing the P90X exercise program to the unit.

"Initially, I was hesitant to change our physical training plan to something I associated with late-night infomercials," said Daniels.

"However, after a little research I found that this fitness plan could ultimately challenge our Soldiers and possibly re-energize our APFT [Army Physical Fitness Training] plan."

P90X is an "extreme" home fitness training workout designed to optimize muscle capabilities. It constantly introduces new moves and routines so the body is always trying to reach the next level of fitness by causing "muscle confusion."

This means that the P90X program engages more muscle groups concurrently using a larger variety of different moves – unlike traditional workouts – promising better results in less time.

Approximately 35 Soldiers began to gather



Photo by Sgt. Mitchell Caldwell

Soldiers of the 470th Military Intelligence Brigade employ a workout that utilizes "muscle confusion" to optimize their physical fitness.

in the Jimmy Brought Fitness Center multi-purpose room every Monday, Tuesday, Wednesday and Friday for an hour of the intense workouts. These workouts cover chest and back, shoulders and arms, yoga, legs, cardio, abdominals and core strengthening.

Most of the routines take about an hour (although yoga takes an hour and a half), and there is a weekly requirement to conduct the intense abdominal muscle workout that tacks on another 20 minutes.

"I would never have imagined the results the commander and I are now seeing in just a few months," said Daniels. "At this time, we currently have zero APFT failures." Daniels added that temporary profiles went down from 17 to eight, and that three out of the four Soldiers on the overweight program were removed from it.

"Since we began the P90X program in early March I have gotten

stronger and my overall physical fitness has definitely improved," said Sgt. 1st Class Pamela Bright, who is one of a number of HHD Soldiers who reported losing weight, increasing agility or strength, or improving running speed. "I now look forward to PT, and – oh, yeah – I increased my APFT score by 27 points."

While Daniels doesn't consider P90X as a universal solution for improving APFT scores, he is pleased with the results of what he refers to as the P90X "experiment."

"A command sergeant major once told me that the only Soldiers who benefit from Army PT are the Soldiers who are motivated to do so," Daniels explained.

"What this program did was make PT fun and less routine. P90X got our Soldiers excited about coming to PT."

(Spc. Natalie Sampson contributed to this story)



## TEXAS GOVERNOR'S COMMISSION FOR WOMEN



Photo by Phil Reidinger

Judith Markelz, program manager for the Warrior and Family Support Center, describes center operations for members of the Texas Governor's Commission for Women, a division of the Texas Governor's Office. The commission met at the WFSC, toured the Center for the Intrepid and ate lunch with warriors in transition at Brooke Army Medical Center. The commission is tasked to promote opportunities for Texas women through outreach, education, research and referral services. One of the commission's current efforts is to support military Families and veterans. The visit to Fort Sam Houston was designed to provide commission member's information about support to wounded service members and their Families.

### MOTORCYCLE from P5

Gordon Corcoran, 232nd Medical Battalion.

Corcoran explained those who had never ridden with a group had the opportunity to negotiate their way off post and integrate into auto traffic as a group, learning an important lesson in motorcycle safety.

"Hand and arm signals navigated riders through downtown and a lengthy construction zone, which at one point, caused the groups to shift from staggered riding to single file in order to avoid loose gravel spilling into their lane." Corcoran said. Everyone looked good. The hand and arm signals were passed back quickly and all the riders moved right into line."

Successful through stage one; riders stopped in Castroville for their

first pit stop to discuss the ride, refuel, and refit. After a quick review of the next leg, they headed north for a completely different type of ride.

High speeds and multi-lane roads were replaced by tricky curves of rural riding around ranches and farms, stretches that can go from 55 mph straight runs to 25 mph curves very quickly.

Cornering (negotiating a curve or turn) is one of the most dangerous parts of motorcycle riding as the surface area of the wheels in contact with the ground lessens due to the "lean," and traction is reduced explained Kinser.

"As a group leader, it was one of my duties to manage the speed of the group entering several 90 degree curves, so less experienced riders could safely maneuver through the first time and gain confidence," Kinser said.

The group stopped in Lake Hills for lunch and a short rest. Again, riders discussed the second portion of the trip allowing for coaching and mentorship.

The last portion of the ride took the group from Lake Hills to the east toward Helotes on a route that increased the number of curves and turns while adding rolling hills.

"It was a little tricky," said Spc. Michael Howard, USAISR, who had only been riding for a week. He said the second leg often had riders cresting blind curves, challenging them to maintain an awareness of their surroundings.

"It was definitely better to be with the group rather than trying for the first time by myself."

"The group met for the final time in Helotes for an 'after action review,'" said Lt. Col. Peter Lehning, 232nd commander, who has been riding for about 33 years.

"Today demonstrated the value of motorcycle safety from the academics, to the ride, to mentorship," Lehning said. "Today's gathering greatly enhanced awareness, safety and skill levels of everyone that participated."

## AMEDD HONORS FALLEN MEDICS AT AUSA CONFERENCE

Staff Sgt. Peter Gonzalez, an instructor at the Army Medical Department Center & School and honor guard member, mans a memorial for fallen combat medics during the Association of the United States Army conference at the Henry B. Gonzalez Convention Center, San Antonio, May 20. Gonzalez helped visitors look up friends and loved ones in the display, and answered questions about combat medics.

Photo by Staff Sgt. Keith Anderson



## 187TH MEDICAL BATTALION'S 'O 'DAY'



Courtesy photo

Members of the 187th Medical Battalion grilled hamburgers, hot dogs and sausages during their organizational day held at the pavilion near the San Antonio zoo. The battalion offered members tickets to the zoo after the barbecue lunch. The event was lead by Company B. Commander Capt. Jose D. Carranza. "What would make more people want to come out and participate? Tickets to the zoo!" Carranza said. "When all the food was done and all the tickets were bought, total cost to the battalion was zero. No [Morale, Welfare and Recreation] funds were used as each company participated in the fundraising events. This was a total team effort to make this happen."

### ARSOUTH from P3

earthquake, to establish conditions for essential services to be restored, to focus on delivering critical medical assistance and to ensure that there is a system in place to bring shelter, food and water to the people of Haiti.

"We did a lot of good things for the people of Haiti," said Master Sgt. Elva Marquez, an Army South medical specialist. "It's good we can switch from combat type zone to a humanitarian environment."

"When the people of Haiti recall the image of the American Soldiers they will remember the helpful and selfless actions of the men and women of Army South, who came to assist during Haiti's time of need. Thus, the image of the

**"When the people of Haiti recall the image of the American Soldiers they will remember the helpful and selfless actions of the men and women of Army South."**

— *Maj. Gen. Simeon G. Trombitas, Commanding general of U.S. Army South*

American Soldier will forever be changed in both the eyes of the Haitian people and the international community," said Trombitas.

During deployment, Army South personnel continued to manage and closeout the remainder of the initial engineering assessments of roads, bridges, public works, schools, clinics, medical facilities, rubble disposal, port and transportation critical infrastructure.

Army South supervised and coordinated with JTF-Haiti military and Haitian engineers for the removal of over

65,000 cubic yards of debris, and worked to assess damage to more than 50,000 homes.

"Army South set the example as being capable of rapidly deploying personnel to man a JTF headquarters, while providing subject matter expertise to fulfill a humanitarian-aid mission," said Trombitas.

"Going on this mission to help the people and the government of Haiti is significant not only to the Haitian people but to our U.S. Army South Soldiers as well."

## RECYCLING

The hospital recycles cardboard, paper, kitchen grease, and Styrofoam. In 2009, BAMC recycled 263,000 pounds of cardboard. With the recycling policy being updated, new additions to the recycling program incorporate the placement of containers in the hallways for plastic, aluminum and glass, effective January this year.

## ENVIRONMENTALLY-FRIENDLY CLEANING

BAMC is one of the first Army hospitals to implement a program for single-use device or SUD reprocessing and has documented savings through the use of a Vyleater, which crushes small vials and separates the contents to reduce the cost of product disposal.

## ENERGY SAVINGS

Electrical consumption savings totaled an estimated \$40,000. Energy savings began when the lights were turned off in interstitial space, when not in use. Also, older tube heat exchangers have been replaced with plate heat exchangers resulting in more efficient steam usage.

## WATER SAVINGS

Motion-sensor toilets and sinks were installed, but proved to be maintenance intensive. When maintenance issues occur, the equipment is replaced with low-flow fixtures, 1.6 gallons/flush.

## CARPET REPLACEMENT

Fifty-percent of carpet replacement has been completed at BAMC. The old carpet is being recycled, and new carpet is partially recycled.



Nora Perez of housekeeping displays the microfiber mops, color coded for specific rooms throughout the hospital. Orange ones are used for the bathroom; blue, normal cleaning and grey for the inoculation rooms. Using microfiber mops in the hospital has reduced the amount of water used to mop from 18 gallons of water to two gallons. Also, the mops are used once, cleaned in an industrial laundry, and reused.

### BAMC from P1

Because of their efforts, BAMC was awarded the Practice GreenHealth Partner Recognition Award May 12 at the 2010 CleanMed Conference in Baltimore, Md.

Nikodym, who accepted the award on behalf of BAMC, said this award means that we're heading in the right direction with respect to making changes that show we are sensitive to the importance of protecting the environment.

Current environmental improvements are: recycling, environmental-friendly cleaning, energy savings, water savings and carpet recycling, which saved the hospital a significant amount of money and resources.

Nikodym said although the changes we've made are important, they represent just a fraction of what is possible.

"Our ultimate goal is to engage our entire staff to get everyone using our recycling programs and thinking of improvements they can make in their respective areas," he said.

Looking back, the chief engineer said it was hard to say how long it's taken BAMC to get to where we are now.

"We've been using recycled water in our cooling towers, before I came to BAMC seven years ago," he said. "We replaced our tube heat exchangers with plate heat exchangers about three years ago. Two years ago, we installed a



Chief Engineer Kevin Nikodym shows off the Practice GreenHealth Partner Recognition Award, near the industrial shredder to Dan Patton, Roosevelt Washington, Robert Babin, Raul Farley, Jerry Starks, Dennis Kemp, Gloria Miller, Martina Vasquez of environmental services, which is a part of the Logistics Division.



Photos by Kelly Schaefer

Environmental Services staff Roosevelt Washington, Jerry Starks, Dennis Kemp, Dan Patton, Gloria Miller Martina Vasquez, Robert Babin and Raul Farley surround Chief Engineer Kevin Nikodym, who accepted the Practice GreenHealth Partner Recognition Award on May 12 in Baltimore, Md. Five days a week bails of paper and cardboard are shredded at Brooke Army Medical Center, loaded into a semi-trailer once a week and shipped off. Environmental Services is apart of the Logistics Division.

vial crusher to reduce waste and this year we started placing containers in the hallways for plastic, aluminum and glass recycling.

"Our short-term future goals include improving our efforts to recycle bottles and cans (we do these now, but can improve) and to expand our recycling program to include battery and plastic wrap recycling," Nikodym said.

Meanwhile, the team is planning for future modifications to increase energy efficiency, such as installing a thermal storage tank that will allow the hospital to create chill water for the hospital's cooling systems during non-peak hours; a lighting retrofit that will use more energy efficient lighting; and improvements to our steam traps and cooling tower motors to cut down on wasted

energy.

The award is given within the health care sector to institutions for outstanding programs to reduce the facility's environmental footprint. A total of 274 awards were presented in eight categories to 245 facilities.

Though a partnership with Trees for the Future, each award recipient will have 100 trees planted in their honor in Haiti.

# Soldiers, Airmen read to school children

By Spc. Natalie Sampson  
470th MI Brigade Public Affairs

A group of Army and Air Force service members, equipped with books from the Pershing Elementary School Library, joined forces May 27 to read for children in some of Pershing's kindergarten to fifth grade classes.

The Joint Base San Antonio military readers program was organized by 502nd Air Base Wing Command Chief Master Sgt. Juan Lewis and Bill Gaines, 502nd Air Base Wing Office of Public Affairs chief of civic outreach.

Lewis said his passion for reading to school children encouraged him to recruit Soldiers and Airmen from Fort Sam Houston, Lackland Air Force Base and Randolph Air Force Base to join him in his effort to encourage reading in elementary schools. This year's premiere event was the first one to incorporate all three of San Antonio's major military bases.

"We always try to go out to the schools to read for the children when we're deployed, but we shouldn't forget the local schools right here in our communities," said Lewis.

The school's principal and vice principal gave a warm welcome to the service members and thanked them all for their contributions to impacting the life of the children in her school before turning them over to students selected to



Maj. John Howard, 470th Military Intelligence Brigade S-3 and Reserve Liaison, answers questions about "Bobby Bear and the Magical Bamboo Forest," a book he wrote and illustrated, from students in LaDonna Wright's third grade class at Pershing Elementary School, San Antonio. Howard was one of many Soldiers and Airmen from Fort Sam Houston, Lackland AFB and Randolph AFB who participated in the first Joint Base San Antonio school reading event May 27.

escort them to their assigned classrooms.

Among the many readers were seven Soldiers from the 470th Military Intelligence Brigade: 1st Sgt. Carlton Green, Sgt. 1st Class Mina Vasquez, Sgt. 1st Class Barbara Davis, Sgt. 1st Class Jeron Wade, Sgt. 1st Class Viet Nguyen and Staff Sgt. Rosealy Jones.

Students from LaDonna Grant's third grade class were treated to a special reading of "Bobby Bear and the Magical Bamboo Forest" written and illustrated by Maj. John W. Howard II, 470th MI Brigade assistant S-3 (operations and training officer) and Reserve Affairs liaison. Assisting Howard was Green, who read two books and continued to engage the students by letting them share their ideas and help make up other stories, which sparked excitement and



Sgt. 1st Class Mina Vasquez reads to Lizette Garcia's fourth grade class at Pershing Elementary School, San Antonio. Vasquez was one of seven Soldiers from the 470th Military Intelligence Brigade who participated in the first Joint Base San Antonio school reading event May 27.

participation.

Howard presented Grant with an Air Force commander's coin on behalf of Lewis for affording them the opportunity to read to



Photo by Staff Sgt. Keith Anderson

Sgt. Maj. Timothy Dudley, communications sergeant major, U.S. Army North, reads "Duck for President," by Doreen Cronin, for children in Mrs. Ibarra's third grade class May 27 at John J. Pershing Elementary School. More than 30 Air Force and Army senior enlisted leaders from Joint Base San Antonio took time to read books to area children and answer questions about the military. "It was just a way to get involved and give back to the community," said Command Chief Master Sgt. Juan Lewis, command chief, Joint Base San Antonio.

her class and for being an excellent teacher and role model to her students.

"The kids loved it. They were very interested in the learning about

the Soldiers and Airmen and enjoyed the readings," said Phyllis Davis, assistant principal. "This was the first time anything like this had ever been done at Pershing,

and judging by the positive outcome, it will not be the last," she said.

The next JBSA school reading event is scheduled for October or November.

Photo by Spc. Natalie Sampson

# San Antonio remembers those lost but not forgotten

## Memorial Day

By Lori Newman  
FSH Public Affairs

Thousands braved the heat to remember and pay tribute to those lost but not forgotten at the Fort Sam Houston National Cemetery on Memorial Day, May 31.

Many veterans from past wars came to honor their fallen comrades. Mothers, fathers, brothers, sisters, aunts and uncles came to pay homage to their lost relatives. Military members, civic leaders and community organizations placed wreaths in the circle beneath the American flag flying at half mast to honor fallen service members.

Before the ceremony began, Robert L. Masten, commander, American Legion Post 10 read the names of 12 Medal of Honor recipients and a few other individuals who held special significance to the San Antonio community.

American Legion members from District 20 began reading the names of all those buried at the cemetery May 26 at 8 a.m. and concluded May 30 at 10:30 a.m. with the exception of the names read by Masten on Memorial Day.

“Memorial Day is the day we pause to reflect and honor the memory and sacrifices of those who gave their lives to the service of this great country of ours, and those otherwise departed who served their country in other ways,” said retired Chief Master Sgt. Tom Nesbit, master of ceremonies.

“In honoring those who have sacrificed everything for the principles we as Americans hold dear, we have the opportunity to recommit ourselves to action based on their examples of self-sacrifice and honor. Today is also a day to reflect on those who continue to lead their lives and serve with honor and dignity, guided by the ever-present examples of those who have gone on before them,” Nesbit said.

Dr. Teresa Boyd, deputy chief of staff, South Texas Veterans Health Care System, gave the opening remarks for the ceremony.

“I am honored to represent over 3,000 men and women who are committed to providing the very best health care for the many heroes who have fought for our freedom, Boyd said.

“Today, however, we honor those we never had a chance to care for; those that gave their ultimate sacrifice on the battleground and did not make it back stateside.”

“Many Americans today do not understand the meaning of Memorial Day. For many it is a day off

from school or work, a shopping day or a weekend to start the summer fun with barbecues, swimming or just hanging out,” said Col. Mary E. Garr, 502nd Mission Support Group/Garrison commander and guest speaker for the ceremony.

“Most Americans have not served in one of the military services and many have not had Family serve. War is a remote, not a personal idea for them. However, the freedoms they enjoy are no less important.”

Garr explained the origins of the holiday originally called “Decoration Day.” Memorial Day was proclaimed by Gen. John Logan, the national commander of the Grand Army of the Republic to honor Civil War dead. It was first observed May 30, 1868 when flowers were placed on the graves of Union and Confederate Soldiers at Arlington National Cemetery. After World War I, the holiday changed to honor all who died fighting any of America’s wars.

The Fort Sam Houston National Cemetery was established in 1924, and the first interments were placed in 1926. The cemetery currently has more than 76,000 service members buried there and averages 18 burials a day.

“Freedom is not free, nor can it be taken for granted. We can live as we do today; a free nation with strong values – freedom of choice, opportunities for work, education and a chance to raise our Families in a safe and secure environment because of our military. Because of the sacrifices of men and women serving in our military, past and present, we are the greatest nation today.”

“Although we officially take one day, Memorial Day, to pay tribute to our fallen,” the colonel said.

“I believe that every day we should remember those who have given their lives in order that we can be free to live our lives as we so choose.”



Col. Mary E. Garr, 502nd Mission Support Group/Garrison commander and guest speaker addresses a crowd of more than 2,000 during the Memorial Day ceremony at the FSH National Cemetery.



Chief Warrant Officer 5 Douglas Paarmann conducts the Army Medical Command Band during the ceremony May 31. The band played patriotic music throughout the Memorial Day ceremony, including “America the Beautiful” and “God Bless America.”



Members of the Girl Scouts of Southwest Texas and the Alamo Area Council Boy Scouts of America lead the presentation of wreaths during the Memorial Day ceremony at the Fort Sam Houston National Cemetery. Military members from each branch of service and civic leaders from throughout San Antonio presented wreaths during the ceremony.

Photos by Lori Newman



Karen Paris, commander, American Legion District 20, reads the names of those buried at FSH National Cemetery May 28. Several members of the American Legion volunteered to read the more than 76,000 names. “Several Family members came out to read their loved one’s name. Some of them just wanted to hear us read it,” she said.



Members of the Alamo Metro Chorus sang several selections before and during the ceremony held May 31.



Members from community organizations throughout San Antonio carry wreaths around the circle beneath the American flag flying at half mast during the ceremony at the FSH National Cemetery on Memorial Day.



Members of the Fort Sam Houston Memorial Services Detachment fire a rifle volley during the ceremony.

# Art, ingenuity, science, medicine combine for patients at Wilford Hall

By Senior Airman Nicole Mickle  
59th Medical Wing Public Affairs

The 59th Dental Training Squadron's Maxillofacial Prosthetics Department here has recently hired an anaplastologist who will create facial prosthetics for patients.

Nancy Hansen is the only certified clinical anaplastologist in the Department of Defense. She began her interest and training while in the Air Force. Before she began work here, she was at the University of Texas Health Science Center at San Antonio.

Anaplastology is the art and science of restoring a malformed or absent part of the human body through artificial means.

Hansen is also a Certified Dental Laboratory Technician and a Diplomate in Ophthalmic Prosthetics, which is the specialty of making prosthetic eyes.

"It's part art, creativity, ingenuity, trial and error," Hansen said.

The majority of the patients that Hansen sees here are wounded warriors that have had traumatic injuries to their faces. She encourages family members to be a part of the treatment process.

"Our patients are unique. They are going through the traumatic experience of missing anatomical features," Hansen said. "We try and make this a comfortable atmosphere for them and their loved ones."

When patients come to see Hansen, she, along with the department's director and maxillofacial prosthetics fellow,

use their expertise to decide the best way to give back some normalcy to the patient. Prosthetic noses, ears, jaws, even eyes can be made with silicone or hard acrylic resin.

There are many ways that the prostheses can be attached. For a prosthetic ear, titanium implants can be surgically placed into the patient's skull and the ear magnetically attaches for ease and convenience.

Another important part of the Hansen's job is education and training.

"We conduct a 12-month 59th Medical Wing Maxillofacial Prosthetics Fellowship Program that provides a one-of-a-kind comprehensive experience, promoting interservice jointness," said Col. (Dr.) Joe Villalobos, program director of Maxillofacial Prosthetics.

"Heavy clinical emphasis and technological proficiency provide our current fellow, U.S. Army Maj. Thomas Gunnell, the training needed to function as an educator, specialty consultant and expert clinician for medical centers throughout the DoD. Hansen plays a significant part in that training.

"Ms. Hansen is also active in the Wilford Hall Medical Center Prosthodontics Residency Program teaching maxillofacial prosthetic techniques to 11 residents.

One of Hansen's patients is Marine Capt. Ryan Voltin, a pilot who was wounded in a



Marine Capt. Ryan Voltin examines one of his prosthetic ears May 7 at MacKown Dental Clinic, Lackland Air Force Base, Texas. Voltin was wounded in a training accident in May 2007 that left him with severe burns and loss of most of his ears and his left leg.



Photos by Senior Airman Nicole Mickle

Nancy Hansen, anaplastologist (left), and Army Maj. Thomas Gunnell, maxillofacial prosthetics fellow, both with the 59th Dental Training Squadron, examine Marine Capt. Ryan Voltin's prosthetic ear May 7 at MacKown Dental Clinic, Lackland Air Force Base, Texas. Anaplastology is the art and science of restoring a malformed or absent part of the human body through artificial means. Hansen is the only certified anaplastologist in the Department of Defense.

training accident in May 2007 that left him with severe burns and loss of most of his ears and his left leg.

Voltin had the remains of his ears removed in February 2009 and titanium implants were placed in his skull to attach prosthetic ears. During the three- to four-month healing process he received numerous other procedures and physical therapy.

"The staff here was really flexible, working with me and around my other surgeries and procedures," Voltin said.

Many steps are taken to give the prosthesis a realistic look, including pigment, fibers to represent veins, hair, even a pierced ear if the patient requests it.

"I kept telling myself the day that I got them, that it wasn't going to look right no matter what because I have gone over a year not having ears and I would be overanalyzing it and looking for flaws. I didn't think they would look realistic, but as I was leaving the building it was as if I had them the whole

time," Voltin said.

"They were very comfortable, I got used to them very quickly. They just feel really natural. I really liked the way they looked right off the bat. I couldn't have asked for anything better. They really did an excellent job shading them and making sure they fit comfortably."

The prostheses are tried on and adjusted until they meet the patient's needs and comfort.

"Nothing is like mother nature," Hansen said. "We will always be a resource for them and they can come back to us for follow-up treatment."

Many of the patients that Hansen sees have been through multiple surgeries and have traveled here to be treated.

"We are not just making them an ear, they become a part of our family," Hansen said.

Many of the patients talk to each other for support while going through the treatment process.

"In the last month, I have

had many other patients come and ask me questions about the prosthetics," Voltin said. "Just to see now how much it changes my face, the way I look and everything, I get a lot more people who are interested because they are able to see the finished results."

"Our wounded warrior patients are amazing, they give us inspiration. We get to see them blossom through the treatment process," Hansen said.

According to the International Anaplastology Association, it is the primary goal of prosthetic therapy to restore and/or uphold patients' self image during this traumatic time of physical and psychological adjustment.

"I'm just so thankful that I was getting further along in my recovery and I was able to look up and out enough to find out about this procedure being available," Voltin said. "It's important for others to know this, too. I have had an amazing experience."

## PURPLE HEART from P1

“This is an unusual length of time and I have to ask, ‘How in the world did you get the federal government to move that quickly?’” jokingly inquired Navy Cmdr. Mark Hofmann, NOSC commander, during his congratulatory remarks.

“This is a happy occasion on a rather somber day where we remember the service of others,” said Cornyn.

“I think it’s great after 65 years of delay to get Lt. Woods the decoration that he’s earned, but also put a face and a name on the sacrifices so many others are making today and have made throughout the course of our history.”

Cornyn explained that 186,000 service members are currently deployed to Afghanistan and Iraq together with others serving in other capacities around the world.

“There are a lot of people who are not home on this Memorial Day, separated from their Families and putting themselves literally in harm’s way between us and the dangers we face.”

“There is no better way to celebrate this day than with one of our shipmates who is still with us and that we can honor,” said Navy Counselor 1st Class Rodney Hopes, NOSC Sailor of the Year.

Woods was severely wounded while assigned as a gunfire liaison officer to the 295th Joint Assault Signal Company in 1945 during the Battle of Mindanao on the Philippine Islands.

The 295th included several hundred U. S. Army, Air Corps, and Navy personnel trained to link land, sea and air operational elements; its mission was communication and directing Naval gunfire support and close air support.

“I volunteered with the Navy and ended up with the Army,” Woods said.

Fought between March 10 and Aug. 15, 1945, U.S. forces and allied Filipino guerrillas



Navy Lt. j.g. Warren Woods (left) gives Navy Cmdr. Mark Hofmann the first piece of cake he cut during a reception in his honor at the Navy Operational Support Center. Woods was awarded a Purple Heart he earned during WWII correcting a 65-year-old clerical error in his record.

waged the battle to recapture the southernmost areas of the archipelago, securing them from remaining Japanese forces.

The Battle of Mindanao was part of a larger campaign to liberate the Philippines during World War II. The plan called for securing a beachhead at Illana Bay, then driving eastward more than 100 miles through jungle and mountains to launch a surprise strike from the rear. The rugged, mountainous terrain and few roads on the island complicated travel.

While waiting to move out, Woods was standing near an Army jeep when a 20-millimeter shell struck the hood of the vehicle. Multiple shrapnel impaled him and Woods lost



Navy Cmdr. Mark Hofmann hugs Betty Woods, wife of Navy Lt. j.g. Warren Woods, after the ceremony honoring her husband.



Photos by L.A. Shively  
Navy Lt. j.g. Warren Woods (left) shows his great grandson Gavin Thornton, 2, his Purple Heart he received during a ceremony in his honor at the Navy Operational Support Center.

his right arm. He was also critically burned along with other injuries. He was evacuated and after a three-month recovery, was discharged in June 1946.

Woods was not really interested in pursuing his award.

But, with prodding from his granddaughter, Kristen Faith, the 65-year-old clerical error was rectified.

“They’d spelled it Wools,” Woods said adding that he could not understand how a

name such as his could ever be misspelled.

“Its lots of sticks,” he joked. “I was perturbed.”

“I brought my laptop over and he spoke and I just recorded everything he said,” Faith recalled. “It’s neat to hear the stories and I think it’s important to learn the history. He’s my grandfather, so it’s fun to see him honored that way because I’ve always known he’s special.”

Faith then typed and submitted the request letter to Cornyn’s office.

“It means everything to me because it is everything to him,” said his wife of 53 years, Betty Woods. His experience in WWII never dampened his zest for life she said.

“He has a very great determination.”

## STAR OF LIFE AWARDEE HARRIS

Emergency Medical Technician Harold "Ben" Harris of American Medical Response received the American Ambulance Association's Star of Life award at ceremonies in Washington, D.C. May 4. AMR is the medical transportation contractor for Brooke Army Medical Center. Harris, assigned to BAMC as transport coordinator, won the award for excellence in coordinating medical transportation for injured and sick members of the military. In 2009, he coordinated ambulance transports for more than 3,000 patients for BAMC, Fort Sam Houston, Randolph Air Force Base and Camp Bullis. He has been an EMT since 2002 and he joined AMR in April 2008. From 1995 to 2007, he was a respiratory therapist in the U.S. Air Force.

Photo by Leslie Maier



## BULLIS FAMILY REMEMBERED ON MEMORIAL DAY

Texas Yellow Roses were laid at the gravesites of Gen. John Lapham Bullis, by Adriana Araujo, a relative of his second wife, Josephine, through their Canary Island heritage. The same flowers were also placed at the grave of daughter Anita, who is buried at San Fernando Cemetery No.1.

Photo by R.L. Whynot



# AER campaign closes with luau fun

By Cheryl Harrison  
ACS Marketing

The Army Emergency Relief Campaign began March 12 with a pep rally kick off and ended May 17 with a show of financial support at the Army Community Center.

The closing celebration was held in luau-fashion complete with leis, pineapples and a non-alcoholic pina colada machine.

Awards were presented to individuals who went the extra mile in an effort to gain support from Soldiers for Soldiers. The 232nd Medical Battalion was applauded for raising more money this year than the entire garrison raised during the 2009

campaign.

Anne Mancillas, AER program manager said, "The 232nd is very dedicated to AER."

The "Super Soldier" award was presented to Sgt. First Class Gary Visher, 232nd Med. Bn. for raising almost \$19,000. Donning a red super-hero cape, he was applauded and cheered for his work.

Fort Sam Houston Garrison Deputy Commander Michael Waldrop said, "AER is awesome! The amount raised was \$217,435.58! My quick math says that is a 60 to 70 percent increase over last year."

AER is "the Army's own emergency financial assistance organization" offering interest-free

loans, grants and tuition money for Soldiers and Family members at Fort Sam Houston. It is a private nonprofit organization incorporated in 1942 by the Secretary of War and the Army Chief of Staff.

Support for the AER assistance program comes from contributions from Soldiers (active and retired) solicited during the Army's annual fund campaign for AER. Contributions are also accepted at any time from Army or civilian individuals or organizations.

For information about the AER program, call 221-1612, or stop by ACS Building 2797 and speak with a representative.



Photo by Cheryl Harrison

Sgt. First Class Gary Visher, 232nd Medical Battalion was awarded the title of "Super Soldier" during the Army Emergency Relief closing ceremony May 17. Visher alone raised about \$19,000 for the campaign efforts which is Soldiers helping Soldiers.

## Weekly Weather Watch

	June 3	June 4	June 5	June 6	June 7	June 8
San Antonio	92° Chance of Rain	94° Partly Cloudy	95° Partly Cloudy	95° Partly Cloudy	95° Partly Cloudy	94° Partly Cloudy
Kabul Afghanistan	78° Chance of Rain	68° Scattered Showers	78° Clear	78° Clear	82° Chance of Rain	87° Chance of Rain
Baghdad Iraq	113° Scattered Showers	113° Clear	114° Clear	111° Scattered Showers	104° Clear	105° Clear

(Source: Weather Underground at [www.wunderground.com](http://www.wunderground.com))

### Thought of the Week

Dignity and humility are the cornerstones of compassion. – Theodore Isaac Rubin  
(Source: Bits & Pieces, May 2009)

### News Leader survey online

Visit <http://www.samhouston.army.mil/PAO>. For more information, call 221-0615 or 221-2030.



## CELEBRATING RETIREMENT



Photo by Ed Dixon

Col. (chaplain) James Boelens, U.S. Army South; Master Sgt. Michael Fia, 32nd Medical Brigade; Master Sgt. Brian Morris, U.S. Army South; and Sgt. 1st Class Wilfredo Osorio, U.S. Army South celebrate their retirement from active duty during a ceremony May 27 at the post flag pole. Maj. Gen. David Rubenstein, Army Medical Department Center & School commander, hosted the ceremony.

## Summer move-out process detailed

By Patricia Baker

RCI Housing Management

The summer months are fast approaching, as is time for service members leaving Fort Sam Houston for other duty assignments.

Residents planning to move out must provide Lincoln Military Housing with the following information:

- Written notice of intent to vacate a minimum of 30 days prior to move-out date
- Copies of PCS or retirement orders
- Request for exception if on a dependent-restricted tour, for Family to remain in the home.

Residents will be provided a list of the minimum cleaning standards on receipt of notice to vacate.

Residents must return all issued keys and remotes to an LMH representative on the move-out date. All personal belongings must be

removed from the home at the time the resident surrenders the keys. A final inspection will be completed on the last day of occupancy.

Residents may request pre-inspection by an LMH representative and sponsor, spouse or designated representative, scheduled 10 days from the date of acceptance of notice to vacate.

At completion of the final and/or pre-inspection, residents will be informed of potential charges that may be assessed. The original form documenting condition of the home will be used to ensure noted deficiencies are not charged to the resident. The resident is financially responsible for damages to the home beyond normal wear and tear and for damage caused by negligence.

If the resident prefers they may hire a company to clean the home at their own expense, provided

the vendor is able to complete the cleaning for the resident before the final inspection minimum cleaning standards are met. See the village manager for a list of cleaning companies.

Preliminary accounting of damages will be completed after the final inspection and documented in writing and by photograph. This process will be delayed in the event that a bid from an outside contractor needs to be obtained.

Vacating residents must pay all outstanding balances in full at move-out including utility charges. Failure to pay can affect credit applications, home purchases or rentals, etc.

Service requests can be submitted by calling 225-5564. For information, call LMH at 270-7638 or send e-mail to [fitsamhoustonquestions@lpsi.com](mailto:fitsamhoustonquestions@lpsi.com).

## SUPPORTING SOLDIERS



Photo by Phil Reidinger

Retired Command Sgt. Maj. Armando Ramirez (center) presents a donation to Sgt. Aaron Davis to support Better Opportunities for Single Soldiers activities. Accepting the check on behalf of the command are Paul Kotchman, Command Sgt. Maj. Raymond Houston, Paul Matthews and Sgt. Sharon Aitchison.

## News Leader survey online

Visit <http://www.samhouston.army.mil/PAO>. For more information, call 221-0615 or 221-2030.

## SUMMER YOUTH PROGRAMS

**Youth Horsemanship Camp**  
**Monday-Friday, 9 a.m.-3 p.m.**  
**at the Equestrian Center**  
**Dates: June 7-11 or 14-18,**  
**July 12-16, 19-23 or 26-30.**

Children 7 to 17 years old will learn how to ride and care for a horse. Limited seats available. Call 224-7207 to register or for more information.

**Voyage to Book Island**  
**Summer, May 28-Aug. 22**

Summer reading program at the Keith A. Campbell Library readers can register to participate in the program any time throughout the summer, choose books from any library or personal collection (as long as books are on or above child's reading level), and track of the hours he or she reads. Readers will have the chance to win prizes. The grand prize winner will get a four-pack of tickets to SeaWorld! Call 221-4702.

**Teen Summer Trips**  
**Mon. – Fri. 9 a.m.- 6 p.m.**

The Middle School and Teen Center will host trips to water parks and amusement parks all over south Texas from Houston, New Braunfels, Corpus Christi, Austin and more. For children in ninth to 12th grades, must be reg-

istered with Parent Central 221-4871. Call 221-3164.

**Swimming Lessons**  
**Monday-Friday, 9-9:45 a.m.**  
**or 11-11:45 a.m.**  
**Dates: June 7-18, June 21-**  
**July 2, 12-23, July 26-Aug. 6**

Fees: Ages 4-16, \$40 per DoD child, Ages 6 months-3 years \$35 per DoD child. An adult must accompany children ages 3 and under. Register at <https://webtrac.mwr.army.mil/> or call 221-1234.

**Youth Center Summer Day Camp**  
**Monday-Friday, 6 a.m.-5 p.m.**

Specialty camps offered weekly include: culinary arts, computers, digital arts/photography, crafts and sports. There will be weekly field trips to ZDT's, Malibu San Antonio, roller skating, ice skating, Silver Stars games, Splashtown, swimming, bowling and more! For children in sixth to 10th grade. To register, call Parent Central at 221-4871. For information about the program, call 221-3502.

**EDGE! Summer Activities**  
**Monday – Friday, 8:30 a.m.-**  
**12:30 p.m.**

Activities include: art, fitness,

cooking, kayaking, golf, boot camp, horse camp, field trips, hiking and more! For children in first to 12th grade. Child must be registered at Parent Central 221-4871 before enrolling in this program. Enrollment may be done at <https://webtrac.mwr.army.mil/> or through Parent Central. For information about the program, call 221-9754.

**SAS Summer Camp**  
**Monday-Friday, 6 a.m.-6 p.m.**

Activities include swimming, field trips, crafts, sports, outdoor adventures, computer time and more. For children in first to fifth grades. To register call Parent Central at 221-4871. For information about the program call 221-4466.

**Jr. Golf Clinic, Mon. – Fri., 9 a.m. - 11 a.m.**  
**Dates: June 7-11, July 12-16,**  
**or August 9-13**

The Jr. Golf Clinic will teach children age 7 to 17 years old proper swinging fundamental, golf etiquette and rules. Children are welcome to bring their own clubs, for those who do not have a set can borrow a pair from the Golf Club. For additional information, call 222-9694.



## Announcements

### Lunch Buffet Price Change

The Sam Houston Club has increased the price of the lunch buffet to \$7.95/member and \$8.95/non-members.

### Pool Time

The Aquatic Center, Building 3300, Williams Road, is now open daily, noon-8 p.m. Lounge chairs are available, infants and toddlers can splash around in the kiddie pool and older children will have a blast on the three amusement park-style water slides. The pool can be reserved for private parties for \$100 per hour before opening or after regular pool hours. Must be a DoD I.D. cardholder, there is no limit to the amount of non-card holder guests. Call 221-4887.

### Martial Arts Lessons

Child, Youth and School Services and the EDGE! Program will offer Kuk Sool Won Korean Martial Arts lessons throughout the summer. This study covers the entire spectrum of martial fighting arts and techniques

of body conditioning as well as mental development and training. Call 221-9854 or 771-2148.

### HIRED! Apprenticeship Program

Are you 15-18 years old and looking for some extra cash this summer? Application deadline for the next 12-week HIRED! term is June 11. Work experience and training is extremely valuable for a highly competitive job market. Get field experience in child and youth development, marketing and graphic design, library and information science, food and beverage management, recreation and tourism management, information management, sports management, veterinary services and auto craft. Call 221-2336 for more information.

### Soldier Entertainers Needed

If you can sing, dance, do comedy or play an instrument, now is your time to shine. The U.S. Army Entertainment Division and Family and Morale, Welfare and Recreation Command will judge entertainers and shows at all participating installations. The Festival of the Performing Arts Competition will feature the Fort Sam Houston Better Opportunities for Single Soldiers Variety Show entry called, "A Musical Rendezvous," June 20 at the Hacienda Recreation Center. For more information or to schedule an audition, call 224-7250.

### Summer Activities/Camps

### for Kids

School will be out soon, avoid the stressors of who will be watching the kids when you're at work. From toddlers to teens, there will be no summer blues with the Child, Youth & School Services child care summer camps and field trips. Call Parent Central at 221-4871 to register your children, limited seats available.

## Calendar of Events

### June 3

#### Mandatory Initial First Term Financial Readiness

The class is 10 a.m.-noon at Army Community Service, Building 2797 in the computer lab. Call 221-1612.

### June 4

#### Getting Ready for Childbirth

The class is 1-4 p.m. at Army Community Service, Building 2797. Call 221-0349.

#### Monthly Warrior Golf Scramble

The scramble begins at 1 p.m. at the Sam Houston Golf Club, 1050 Harry Wurzbach Road. The entry fee is \$25 per person, which includes cart rental and social immediately following the scramble. Must be an I.D. cardholder. Register at the Golf Club Pro Shop or call 222-9386.

#### Meet 'n' Greet

Say hello to the newest members of the Fort Sam Houston community at the Welcome to the Neighborhood

event June 4, 4-8 p.m. at the Sam Houston Club. There will be fun for the whole Family, including a DJ, face painting, moon bouncer, giveaways, arts and crafts vendors, free food and drinks. Mark Christopher Lawrence from NBC's "Chuck" will be there for a meet and greet. Call 224-2721.

### June 5

#### Big Bucks BINGO

The first round of bingo starts at 12:50 p.m. at the Sam Houston Club. Family and MWR patrons who bring a guest, 10 years or older, get a free six on bingo card. A chance to win \$13,000! Call 221-2721.

### June 7

#### Unit Family Readiness Training

The training is 9-10 a.m. at Army Community Service, Building 2797. This training will define the phases of the deployment cycle, identify stresses, and Soldier and Family issues related to deployment. Call 221-1829/2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

#### Budget Development

The class is 2-4 p.m. at Army Community Service, Building 2797. To register, call 221-1612.

#### Doctor Dad

The class is 5:30-7 p.m. at Army Community Service, Building 2797. The four-part series will teach how fathers how to be involved in every aspect of their children's lives. Call 221-0349.

### June 8

#### Microsoft Excel Level 1

The class is 8 a.m.-noon at Army Community Service, Building 2797 in the computer lab. To register, call 221-2518.

#### Post Deployment Planning

The training is 9-10:30 a.m. at Army Community Service, Building 2797. This training is designed to increase the spouse's ability to face reintegration with resilience and strength, allowing smoother reunions. To register, call 221-1829/2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

#### H.U.G.S. playgroup

The playgroup for parents and children ages newborn to 5 years old meets 9-11 a.m. at Dodd Field Chapel, Building 1721. Registration is not required. Call 221-0349/2418.

#### Baby Talk

The group meets 1-2:30 p.m. at Dodd Field Chapel. This is an informative discussion group for parents with children birth to 12 months old. Call 221-0349/0655.

#### Using Credit Wisely

The class is 2-4 p.m. at Army Community Service, Building 2797. To register, call 221-1612.

### June 9

#### Microsoft Word Level 1

The class is 8 a.m.-noon at Army Community Service, Building 2797 in the computer lab. Basic computer

skills and registration required. Call 221-2518.

### Bringing Baby Home

The class is 9 a.m.-12:30 p.m. at the Red Cross, Building 2650. Join this two part series and learn how to care for your newborn baby. Dads are welcome and encouraged to attend. Call 221-0349.

### Overseas Orientation

The class is 10 a.m.-5 p.m. at Army Community Service, Building 2797. To register, call 221-2418/2705.

### Single Parenting

The class is June 9 and 16, 11 a.m.-12:30 p.m. at Army Community Service, Building 2797. Topics include dating, children, separation and more. Call 221-0349.

### Mandatory Initial First Term Financial Readiness

The training begins at noon at the Education Center, Building 2248. Class space is limited. To register, call 221-1612.

### June 18

#### Movie at the Aquatic Center

Enjoy the free flick, "Over The Hedge," under the stars afloat or poolside at the Aquatic Center. Inner tubes will be allowed for safety purposes, no floats or rafts. Concession stands will be open. Call 221-4887.



## Calendar of Events

### June 5 D'Hanis, Texas Walk and Bike Events

The BTC Oddsports volksmarch club is hosting a 5k walk, 10k walk

and 26km bike event starting at the D'Hanis High School Football Stadium, 6751 CR 5216, D'Hanis, Texas. Event starts between 8 a.m. and 1 p.m., finish by 4 p.m. Call 204-9301 or visit [http://faculty.sul-ross.edu/cbaulch/index\\_files/Page615.htm](http://faculty.sul-ross.edu/cbaulch/index_files/Page615.htm).

### June 10 Concert Under the Stars

The San Antonio Botanical Gardens will host a concert by jazz and cabaret singer Ken Slavin. Gates open at 6 p.m., concert begins at 7

p.m. Admission is \$5. The Botanical Garden is located at 555 Funston Rd. Call 829-5100 or visit <http://www.sabot.org>.

### June 11-13 Texas Folklife Festival

The 2010 Texas Folklife Festival is June 11-13 at the Institute of Texan Cultures UTSA HemisFair Park Campus, 801 E. Durango Blvd. The Texas Folklife Festival is a three-day celebration of Texas' rich cultural diversity, with 10 stages featuring music and dance, more than 150 unique menu items and 65 unique arts and crafts vendors. Admission is adult \$10 advance/\$15 gate, children 6-11 years old \$5 advance/\$6 gate, 5 and under are free. Call 458-2300 or visit <http://www.TexasFolklifeFestival.org>.

### June 12 National Cancer Survivors Day at BAMC

Brooke Army and Wilford Hall Medical Center's cancer care committees proudly announce the 4th Annual National Cancer Survivors Day event 3-5 p.m. at the BAMC medical mall. All DoD beneficiaries are invited. Rudy's BBQ will be served. Reserve by June 4 at 916-5778.

### American Society of Military Comptrollers

The American Society of Military Comptrollers is sponsoring the Dare To Love's 12th Annual Bowl For Kids at the Bandera Bowl, 6700 Huebner Rd. There will be pizza, soda, trophies, T-shirts, door prizes, music and more. Cost is \$125/team or

## REMINDER CALENDAR

June 3	Last Day of School
June 4	Warriors Monthly Scramble Golf Tournament, 1:30 p.m., FSH Golf Club, \$25 entry fee
June 4	264th Medical Battalion Change of Command, 8 a.m., MacArthur Parade Field
June 4	Cole High School Graduation Ceremony, 7 p.m., Laurie Auditorium, Trinity University
June 6	Triathlon No. 1, 6:30 a.m., FSH Aquatic Center
June 9-10	Coushatta Casino Trip, bus leaves Sam Houston Club at 7 a.m. June 9, returns 8 p.m. June 10
June 11	SMA Van Autreve Wreath Laying Ceremony, 5 p.m., FSH National Cemetery
June 12	BAMC National Cancer Survivors Day, 3-5 p.m., BAMC medical mall
June 14	Army Birthday/Flag Day, 10 a.m., post flagpole
June 14	106th Signal Bde. Change of Responsibility, 1:30 p.m., Quadrangle

\$25/individual, three games per session. Call 337-3304 or visit <http://www.daretolove.info>.

### June 21 Warrant Officer Association Meeting

The Lone Star Silver Chapter of

the U.S. Army Warrant Officer Association will meet at 7 p.m. at Chacho's & Chulucci's, 8614 Perrin Beitel Rd. All active duty, retired, reserve and National Guard warrant officers and Family members of current or retired warrant officers are invited. Call 375-9895 or 666-9818.

# Religious Briefs

## High Seas Expedition for Children

Come join us for Vacation Bible School! It's a High Seas Expedition for children where they are "Exploring the Mighty Love of God." This year's Vacation Bible School sets sail for the imaginary high seas at Dodd Field Chapel. Each day will be filled with Bible learning experiences for kids to see, touch, and even taste. We will have Clipper Ship Crafts, Bible Story Voyages, Singing, Ship-Rec Games, and a whole lot of fun. The High Seas Expedition Vacation Bible School is for children in preschool through (those who have completed) fifth grade. Register online at <http://www.samhouston.army.mil/chaplain/vbs>. We set sail every day, from June 13 through 17, 5:30 to 8:30 p.m. For more information e-mail [robb.wood@us.army.mil](mailto:robb.wood@us.army.mil) or call 221-3749.



**For Sale:** 1969 Ford Mustang fast-back, nice light yellow paint job, new black carpet, two door, air conditioning, new battery, power steering, 302 V-8 engine, two barrel carburetor. Call 722-3378.

**For Sale:** Golf club set, right hand, irons, metal woods, bag and dozen balls, \$35 set; Clinical laboratory manuals, US Army! 1960, \$25; large ice chest, \$8; four heavy dining chairs, beige and brass, \$8 each. Call 646-6563.

**For Sale:** Large living room furniture, sofa, loveseat and ottoman, must sell \$150; oak roll-top desk,

\$300; Arkansas Traveler 14-foot aluminum boat, no trailer, \$200; plants, Fichus trees and planters for sale. Call 370-3262.

**For Sale:** Maytag washer and dryer, beige, good condition, all attachments, \$160 set. Call 845-2707, leave a message.

**For Sale:** Television entertainment stand, dark cherry finish, \$69; analog TV, \$49; both for \$100; 1994 Cougar XR-7, \$1,200; 1992 Ford Econoline E-150 custom conversion van, loaded, electronic rust prevention, new alternator, TV/VCR, selling "as is," \$1,200; three gym-style full length metal lockers linked together, \$49. All sales cash only. Call 659-6741.

**Group Sale:** June 5, 9 a.m.-5 p.m., 4311 Dysart St. behind HEB on W.W. White Road and MLK Street. Most items \$1, some buy one, get one free. Clothes, shoes and items for all ages, some furniture, kitchen items, jewelry, vacuums and books.

## Rocco Dining Facility Menu

Building 2745, Schofield Road

### Friday - June 4

**Lunch - 11 a.m. to 1 p.m.**

Barbecued chicken, turkey porcupines, meat loaf, fried catfish, baked kielbasa sausage, macaroni and cheese, baked potatoes, mashed potatoes, northern beans

**Dinner - 5 to 7 p.m.**

Breaded pork chops, teriyaki baked chicken, chicken and Italian vegetable pasta, potato frittata, cornbread dressing, baked potatoes, lyonnaised rice, tomato and okra gumbo, cauliflower combo

### Saturday - June 5

**Lunch - noon to 1:30 p.m.**

Scalloped potatoes and ham, fried chicken, grilled tuna patties, sweet Italian sausages, red beans and rice, mashed potatoes, baked potatoes, glazed carrots, pinto beans, Brussels sprouts

**Dinner - 5 to 6:30 p.m.**

Grilled knockwurst, Swiss steaks with brown gravy, ham, macaroni and tomatoes casserole, salmon croquettes, broccoli, rice and cheese

casserole, lyonnaised rice, au gratin potatoes, mixed vegetables, green beans and corn, asparagus

### Sunday - June 6

**Lunch - noon to 1:30 p.m.**

Roast turkey, barbecued spareribs, blackened catfish, mushroom quiche, mashed potatoes, oven-glow potatoes, brown rice, wax beans, corn on the cob, turnip greens

**Dinner - 5 to 6:30 p.m.**

Chili macaroni, breaded pork fritters, lemon garlic baked fish, chicken fajitas, baked egg noodles and cheese, steamed harvest brown and wild rice, Mexican rice, stir-fry vegetables, French-fried okra

### Monday - June 7

**Lunch - 11 a.m. to 1 p.m.**

Cheddar chicken and broccoli Alfredo, beef lasagna, roast fresh ham, honey-ginger chicken breast, fried catfish, rice frittata, au gratin potatoes, steamed rice, baked potatoes, French-fried eggplant

**Dinner - 5 to 6:30 p.m.**

Spicy Italian pork chops, country-

fried steaks, honey-glazed Cornish hens, turkey stuffed cabbage rolls, marinara sauce with rigatoni noodles, baked potatoes, harvest brown and wild rice, mashed potatoes

### Tuesday - June 8

**Lunch - 11 a.m. to 1 p.m.**

Barbecued chicken, roast beef, cheese enchiladas, chicken enchiladas, Cajun baked fish, Spanish rice, steamed rice, parsley-buttered new potatoes, Mexican corn, black-eyed peas, spinach

**Dinner - 5 to 7 p.m.**

Beef fajitas, meat loaf, chicken cordon bleu, grilled ham steaks, broccoli quiche, refried beans with cheese, mashed potatoes, rice pilaf, calabasita squash, peas and carrots, fried cabbage

### Wednesday - June 9

**Lunch - 11 a.m. to 1 p.m.**

Sauerbraten, roast turkey, onion-lemon baked fish, country fried steaks, sweet Italian sausages, red beans and rice, baked potatoes, grilled potato patties, mashed pota-

toes, herb broccoli, mixed vegetables, sweet and sour red cabbage

**Dinner - 5 to 7 p.m.**

Grilled knockwurst, spaghetti with meat sauce, baked chicken, vegetable lasagna, cottage fried potatoes, lyonnaised rice, baked potatoes, wax beans, asparagus,

### Thursday - June 10

**Lunch - 11 a.m. to 1 p.m.**

Pepper steak, grilled turkey patties, roast pork, fried chicken, baked egg noodles with cheese, harvest red and brown rice, garlic-roasted potato wedges, fried rice, lyonnaised green beans, Chinese fried cabbage, cauliflower au gratin

**Dinner - 5 to 7 p.m.**

Salisbury steaks, lemon baked fish, chicken stir-fry, grilled pork chops, vegetable stuffed peppers, au gratin potatoes, steamed rice, baked potatoes, peas, yellow squash, vegetables stir fry

*Menus are subject to change without notice*