

**"Go Green"**  
 Recycling event  
 June 13 from 9 a.m.  
 to 4 p.m. in front of  
 the Main PX.  
 TVs and computer monitors only

# National Cancer Day gives survivors occasion to celebrate life

Story and photos by L.A. Shively  
 Fort Sam Houston Public Affairs

Sharing courage, strength and stories of endurance, nearly 1,000 patients, family members and friends celebrated life during the 3rd Annual National Cancer Survivors Day 2009 at Brooke Army Medical Center, June 6.

According to the National Cancer Survivors Day Foundation, a cancer "survivor" is anyone living with a history of cancer, from diagnosis through the remainder of life.

"As frail as the human body is, the spirit is strong. Cancer treatment is more than a process, it is a life-long commitment," said Brig. Gen. Joseph Carvalho, Jr., commander, Great Plains Regional Medical Command and BAMC, during his opening remarks.

"Cancer treatment is a very difficult time," said Patricia Babin, co-chair for the San Antonio Military Medical Center Cancer Care Committee and chief of the Tumor Registry Service. "The fact that (cancer survivors) are still here is very important and an indicator of the quality of care here."

Babin explained the celebration gives survivors a chance to meet one another and know they are not alone.

Al Walker, a Vietnam and Korean War veteran, was diagnosed with cancer and started treatment at BAMC in 1989. The diagnosis changed him.



Garrison Commander Col. Mary Garr meets a guest during BAMC's National Cancer Survivor Day 2009 celebration. Garr related her personal struggle with the disease and recovery to the audience as keynote speaker. Others shared their stories with her.

"I improved my lifestyle and my diet and the cancer has not returned," Walker said. "At 75, I don't take aspirin and have no reason to be sick." Walker attended the BAMC Cancer Survivors Day event to meet and encourage others.

Yolie Kruizenga was diagnosed with a rare form of cancer. "I'm a case study," she laughs, adding nonchalantly, "It's one of those things. I never once asked, 'Why me?'"

Jeanette Haygood, a former employee with Fort Sam Houston's Family and Morale, Welfare and Recreation, was diagnosed twice, once in 2006 and again last year. She said she credits her doctors at BAMC for her positive outlook.

"I'm a lucky person because of this hospital. I never give  
 See **CANCER DAY P8**

## Celebrating 234th Birthday of America's Army

On June 14, 1775, the Continental Congress created a volunteer Continental Army to defend our fledging republic. Spurred to defend the noble ideals of liberty and freedom, the first American Citizen-Soldiers found meaning in something greater than themselves. In securing our Nation's independence, they embodied a spirit of service. As we observe our Army's 234th Birthday, we reflect on the sacrifices of our predecessors, celebrate their service, and honor the brave men and women serving in our ranks today.

Since 1775, our Army has always stood ready to serve. This service and commitment on behalf of the American people has left an indelible mark on history. Just as we have defended liberty and freedom in the past, we remain steadfast in protecting our Nation's ideals today. American Soldiers – supported by their Families and Army Civilians – con-

See **BIRTHDAY P6**



### Editorial Staff

Army Medical Department Center and School and Fort Sam Houston

Commander

**Maj. Gen. Russell Czerw**

Garrison Commander

**Col. Mary Garr**

Public Affairs Officer

**Phillip Reidinger**

Editor/Writer

**L. A. Shively**

Staff Writer

**Lori Newman**

Layout Artist

**Joe Funtanilla**

### News Leader office:

1212 Stanley Road  
Building 124, Suite 4  
Fort Sam Houston, Texas  
78234-5004, 210-221-0546,  
DSN 471-0546  
Fax: 210-221-1198

### News Leader

### Advertisements:

Prime Time

Military Newspapers  
2203 S. Hackberry  
San Antonio, Texas 78210  
Phone: 210-534-8848  
Fax: 210-534-7134

### News Leader e-mail:

news.leader@conus.army.mil

### News Leader online:

www.samhouston.army.mil/  
publicaffairs

This Army newspaper is an authorized publication for members of the Department of Defense. Contents of the News Leader are not necessarily the official views of, or endorsed by, the U.S. government or Department of the Army. It is published weekly by the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office, 1212 Stanley Road, Building 124, Suite 4, Fort Sam Houston, Texas 78234-5004; 210-221-0615, DSN 471-0615. Printed circulation is 10,000. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The editorial content of this publication is the responsibility of the Director of Public Affairs. The News Leader is published by Prime Time, Inc., Military Newspapers, 2203 S. Hackberry, San Antonio, Texas 78210; 210-534-8848, a private firm in no way connected with the U.S. government, under exclusive written contract with the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army. Stories and photos for publication consideration may be e-mailed to news.leader@conus.army.mil by close of business Friday.

# 101 Days of Summer Safety: Prevent Heat Injuries

**By Capt. Hee Kimuthor**

Winn Army Community Hospital, Department of Preventive Medicine

Contrary to popular belief, heat injuries occur not only in extreme field settings, but in garrison and operational environments as well.

Heat injuries commonly occur during unit or individual physical training, the Army Physical Fitness Test, training exercises, recreational exertion and normal activities. Heat casualties represent a serious threat to medical readiness and fitness of our military personnel, both in garrison and during deployments.

Heat can kill, prevention works. Remember to:

- Drink enough water to replace your loss.
- Don't wait to hydrate; your body may need water before you feel thirsty.
- Remind your buddy to drink water. Refill canteens at every opportunity.
- Look at your urine. If it is dark or you have not urinated, you need to drink more.
- Do not follow low calorie diets while training in a hot environment.
- Do not take any dietary supplements containing Ephedra at any time.

- Eat meals to replace salts. Drinking too much water and not eating enough salts may be fatal.

Notify others if you are:

- dizzy;
- have a headache;
- nauseated or have vomited;
- feeling very tired or weak;
- confused or your buddy notices you are "acting differently;"
- sick or were sick yesterday; or
- taking any medication.

Commanders and NCOs are charged with preventing heat injuries. Your local medical service plays a key role supporting their efforts to

protect Soldiers and Army personnel. Heat injury prevention is detailed in TB MED 507, "Heat Stress Control and Heat Casualty Management."

That document, as well as additional

resources are available through the U.S. Army Center for Health Promotion and Preventive Medicine Web site at: <http://chppm-www.apgea.army.mil/heat>.

(Source: Army News)

Weekly Weather Watch						
	June 11	June 12	June 13	June 14	June 15	June 16
San Antonio	 97° Partly Cloudy	 97° Partly Cloudy	 99° Partly Cloudy	 99° Partly Cloudy	 97° Partly Cloudy	 97° Partly Cloudy
Kabul Afghanistan	 84° Chance of Rain	 84° Chance of Rain	 82° Chance of Rain	 82° Scattered Showers	 84° Scattered Showers	 80° Scattered Showers
Baghdad Iraq	 113° Clear	 113° Clear	 109° Clear	 109° Clear	 113° Clear	 113° Clear

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

## Sunshine on your shoulder can be deadly

**By Marcie Birk,  
Health Educator**

U.S. Army Center for Health Promotion and Preventive Medicine

Skin cancer is the most common form of cancer in the U.S. According to the Mayo Clinic, more than a million skin cancers are diagnosed annually. The number of cases of melanoma, the most deadly form of skin cancer, is increasing faster than almost any other cancer. In 1930, Americans had a 1-in-1,500 lifetime chance of developing

See **SUNSHINE P16**

## News Briefs

### **"Go Green" TV and monitor recycling event**

Sony in partnership with the Fort Sam Houston Post Exchange will host a "Go Green" recycling event June 13 from 9 a.m. to 4 p.m. in front of the Main PX. Representatives from Sony and Waste Management will help unload vehicles.

### **Fort Sam Houston Museum closures**

The Fort Sam Houston Museum will be closed to visitors June 13. The museum will resume normal operating hours June 14. Call 221-1886.

### **Fort Sam Houston Education Center**

The Fort Sam Houston Education Center, Building 2248, will change their hours of operation June 15. The new hours will be 7:30 a.m. to 4:30 p.m. Monday through Friday and 10 a.m. to 4:30 p.m. the second and fourth Thursday of each month. Call 221-9884.

### **U.S. Army Medical Department Museum closures**

The U.S. Army Medical Department Museum will close its exhibit areas for renovation June 16 and 23; and July 1, 7, 8, 14 and 15. The museum gift shop will remain open on those dates. Call 221-6358.

### **Homeowners' assistance program available**

The nation is experiencing a housing crisis, but the chain of command, housing services, community services and Army One Source have free, confidential and accurate information, and resources available. Visit <http://hap.usace.army.mil/>.

# SAUSHEC ceremony honors 293 medical graduates

By Richard Boggs  
SAUSHEC Manager

Dr. Kenneth Torrington, dean of the San Antonio Uniformed Services Health Education Consortium, honored 293 physicians and allied health care providers during the annual SAUSHEC awards and graduation ceremony June 5 in the University of Texas Health Science Center at San Antonio auditorium.

SAUSHEC is the sponsoring organization responsible for all military graduate medical education in San Antonio with two major training sites at Wilford Hall and Brooke Army Medical Centers and a close partnership with UTHSCSA.

The ceremony, which marked the culmination of years of post-graduate training for Air Force, Army and civilian practitioners, was attended by more than 900 people.

Air Force Surgeon General Lt. Gen. (Dr.) James Roudebush gave the graduation address. He spoke to this year's class about how change will inevitably occur during their careers and how honoring the principles that originally interested them in medicine will enable them to

adapt to new paradigms over the years. He pointed out how the culture of military medicine has shifted from a strategy of containment to one of engagement, emphasizing that while graduates were superbly trained as individuals, they were also trained to be members of a team.

During the awards portion of the ceremony, Commanders' Awards were presented to nine residents and six fellows for excellence in research. Eight professionals were also honored. Capt. Thomas Beachkofsky and Capt. Allyson Fewell were presented the Maj. John H. Gillespie Intern Awards. The Maj. David S. Berry Resident Awards went to Maj. Jessica Powers and Maj. Dawn Torres. Veronica Lopez was named the outstanding program coordinator, while Col. Michael Sundborg and Maj. Ron England were selected outstanding faculty physicians. Finally, the 2009 Col. John D. Roscelli Award was presented to the outstanding program director, Col. James Quinn.

During the graduation portion of the ceremony, 243 graduates from 36 graduate medical education programs and 50 graduates from 13 allied health



U.S. Air Force photo by Alan Boedeker

59th Medical Wing Commander Maj. Gen. Tom Travis (left) and Great Plains Regional Medical Command and Brooke Army Medical Center Commander Brig. Gen. Joseph Carvalho, Jr. (right) present Texas Snake Stone bookends to Air Force Surgeon General Lt. Gen. James Roudebush during the San Antonio Uniformed Services Health Education Consortium awards and graduation ceremony June 5, in the University of Texas Health Science Center at San Antonio auditorium. During the graduation portion of the ceremony, 243 graduates from 36 graduate medical education programs and 50 graduates from 13 allied health care programs received diplomas.

care programs received diplomas from 59th Medical Wing Commander Maj. Gen. Tom Travis, BAMC Commander Brig. Gen. Joseph Carvalho, Jr., and Dr. Lois Bready, Associate Dean for GME at UTHSCSA.

"The 293 newly graduated SAUSHEC alumni continue the legacy begun in San Antonio in the 1940's," said Dr. Torrington.

"SAUSHEC graduates account for a significant number of active duty Army and Air Force medical and allied health care professionals today."

A reception to honor the award winners, graduates and their families was hosted by SAUSHEC immediately following the program.

## Military Spouse Career Advancement Account Program

With Congressional authorization in Public Law 110-417, the Department of Defense is implementing the Military Spouse Career Advancement Account Program, providing resources and assistance to spouses of active duty servicemembers, Guard and Reserve with a spouse on orders for one

year, supporting their pursuit of a successful, long-term, portable career.

This centralized, virtual program, accessed through Military OneSource, will provide counseling and funding, up to \$6,000, to assist with licensure, certification or education opportunities leading to

portable employment opportunities.

A spouse will call the Military OneSource Center 1-800-342-9647 and speak with a Career and Education Consultant.

The Military One Source Career and Education Consultant will assist the spouse in selecting a career goal

and entering a Career Plan into the online system "My Career Advancement Account."

Upon approval of the spouse's Career Plan for education, training, certification or licensure, Department of Defense will provide direct payment to the Payee (school, institution, or program) though the

designated government Portal.

The spouse will report back to Military OneSource upon completion of the Plan and receipt of employment. Program specifics are available for your review at [www.militaryone-source.com](http://www.militaryone-source.com).

## CHANGES OF COMMAND



### 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, 8 a.m., 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, 9 a.m., MacArthur Parade Field.

### June 30 - 187th Medical Battalion

Lt. Col. Thomas Bundt will assume command of the 187th Medical Battalion from Lt. Col. Michael Hershman at a change of command ceremony June 30, 9 a.m., 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, 7:30 a.m., Lackland Air Force Base.

## CHANGE OF RESPONSIBILITY

### 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, 9:00 a.m. at the post flagpole.

# 4th ESC deputy commander assumes command

Story and photo by Sgt. 1st Class Robert R. Ramon  
4th Sustainment Command (Expeditionary) Public Affairs Office

The deputy commander of the 4th Sustainment Command (Expeditionary) assumed command of the 4th ESC during a ceremony at Blesse Auditorium here June 6, the 65th anniversary of the D-Day invasion.

Col. Girard Seitter IV assumed command from Brig. Gen. Luis Visot who recently took command of the 377th Theater Sustainment Command headquartered in New Orleans, La.

The 4th ESC functions as an operational command post for the



377th TSC, providing operational-level sustainment support. The 4th ESC leads, plans, coordinates, synchronizes, monitors, and controls operational-level logistics within an assigned area of operations.

Visot noted the significance of the day and said it wasn't by chance that the ceremony took place on the D-Day anniversary. "It's no coincidence we're doing this (ceremony) today," said Visot. "We must remember the amount of sacrifices and the lives that were given 65 years ago in order for us to enjoy a day like today."

As the inaugural commander of the 4th ESC since it was activated in October 2008, Visot's leadership is what Seitter cred-

its for the many accomplishments made by the organization in such a short time.

"Gen. Visot has led this command with determination, enthusiasm and drive to be the premier ESC in the Army," said Seitter. "With his experience, demand for excellence and leadership abilities, it was no surprise that he was selected for (the 377th commander) position. We appreciate all (he has) accomplished here at the 4th ESC."

Seitter, who will serve as the interim commander until Brig. Gen. Les Carroll takes command next fall, looked forward to the continued success of the 4th ESC.

"I want the emphasis, while I'm serving in this interim position, to be about the importance of continuing to be ready at all times,"

See 4th ESC DEPUTY P6



Command Sgt. Maj. George Range III hands the 470th Military Intelligence Brigade colors to Col. Cheryl A. Harris, brigade commander, symbolizing the change of responsibility. His successor in the brigade, Command Sgt. Maj. Ronald Mason (right), and Sgt. Maj. Robert Suttner, commander of troops for the ceremony, look on.

## Season of change for 470th MI Brigade

Story and photo by Gregory Ripps  
470th Military Intelligence Brigade Public Affairs

During a "season of change" for the 470th Military Intelligence (MI) Brigade, the responsibilities of caring for its Soldiers transferred from Command Sgt. Maj. George Range III to Command Sgt. Maj. Ronald Mason in a ceremony on Fort Sam Houston, May 28.

While elements of the brigade stood in sharp formation near the garrison flagpole, traditional transferring of the unit's colors made the change of responsibility official.

"Today is a wonderful day for the 470th MI Brigade," said Col. Cheryl A. Harris, brigade commander. Noting that she soon will be relinquishing command of the brigade, "This summer will be a season of change, and I truly believe change is good and necessary," she said.

Harris described Range as "the best command sergeant major I have served with" in her 25 years of active military service.

Range joined the Army in 1979. Soon thereafter he focused on a career in military intelligence and took on successive assignments with increasing responsibility as a noncommissioned officer. He became the 470th MI Brigade's command sergeant major in 2007.

"The last 23 months Command Sgt. Maj. Range has stood at my side as one half of an inseparable command team with a common vision and focus for the 470th MI Brigade," said Harris. "Your contributions, your approach to soldiering, your sense of humor, and your candid interaction with Soldiers is the legacy you leave with all of us."

Turning to Mason, she said, "I know you are up to the challenge. You know what it takes to take care of our Soldiers."

Range characteristically spoke without script or notes.

See 470th MI BRIGADE P6

## Honorable Service



**Courtesy photo**

(From left) Retirees Command Sgt. Maj. George Range, III, Sgt. 1st Class Alexandria Mayfield, Sgt. Maj. Patricia Quillen, Sgt. 1st Class Walter Bader, and Sgt. 1st Class Brenda Boatman, receive recognition for their accomplishments and dedication to duty to the U.S. Army at the retirement ceremony May 31 at the post flagpole.



**Courtesy photo**

(From left) Col. Purry Wacker, Lt. Col. Arthur Jackson, Sgt. Maj. Patricia Quillen, Lt. Col. James Upton, Chief Warrant Officer Albert Bamsch and Chief Warrant Officer Clinton Watson, pose one last time for an official picture following the retirement ceremony May 31, at the post flagpole hosted by Brig. Gen. Manuel Ortiz, deputy commander, U.S. Army South. The retirees received awards recognizing their outstanding performance and significant contributions to the U.S. Army.

## FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT SUMMER WORK HOURS

### FSHISD Administrative Office

**June 8 to July 24** Monday through Thursday, 7:30 a.m. to 5 p.m., closed Friday

**July 27** Administrative Office resumes normal business hours, 5 days a week

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

**June 8 to June 29** Monday through Thursday, 8 a.m. to 11:30 a.m. and 12:30 p.m. to 3:30 p.m., closed Friday

**June 30 to July 24** School offices closed

**July 27** School Offices resume normal business hours, 5 days a week

### Special Education Military Co-operative

**June 8 to June 30** Monday through Friday, 7:30 a.m. to 4 p.m.

**July 1 to July 24** Co-operative Office closed

**July 27** Co-operative Office resumes normal business hours, 5 days a week

### 4TH ESC DEPUTY from P4

said Seitter. "It is imperative that each of us as Soldiers continue to be physically, mentally, emotionally and spiritually ready to mobilize and deploy. It's an honor to serve with you," he said to his fellow Soldiers in attendance.

The day also marked a change of responsibility in the 4th ESC's senior noncommissioned officer position. During the ceremony Sgt. Maj. William Burt relinquished responsibility to Command Sgt. Maj. Gerald Capps.

### 470TH MI BRIGADE from P4

"The unit became my Family," he said of the brigade. "You all are number one. You have supported me in my endeavors as I have supported you in yours."

Range's successor, Mason, has been in the Army for 24 years. He has served in numerous assignments both stateside and overseas, including Korea, Germany and Iraq. Most recently he has been command sergeant major for the brigade's 201st MI Battalion, which deployed for 15 months to Camp Cropper, Iraq. There he served as Senior Enlisted Advisor for the Joint Interrogation and Debriefing Center.

"I thank God for allowing me to play a sincere role as a Soldier and as a leader," said Mason. After briefly talking about his new role, he added, "All I ask of you is that you work with me."

### BIRTHDAY from P1

tinue to serve and sacrifice to meet the challenges of the 21st Century.

We are proud of you – an Army Family that reflects the diversity of today's America. We will continue to develop culturally-astute, agile, and adaptive leaders who are prepared to lead this Nation through an era of persistent conflict. And as we recognize 2009 as the Year of the Noncommissioned Officer, we pay tribute to our Corporals and Sergeants leading from the front and serving as the glue that hold our force together.

*Kenneth O. Preston, Sergeant Major of the Army  
George W. Casey Jr., General, United States Army  
Chief of Staff*

*Pete Geren, Secretary of the Army*

---

*"As we consider the role that unfolds before us, we remember with humble gratitude those brave Americans who at this very hour patrol far-off deserts and distant mountains. They have something to tell us, just as the fallen heroes who lie in Arlington whisper through the ages. We honor them not only because they are guardians of our liberty, but because they embody the spirit of service – a willingness to find meaning in something greater than themselves. And yet at this moment, a moment that will define a generation, it is precisely this spirit that must inhabit us all."*

*~ President Barack Obama,  
January 20, 2009*

# Freed hostages return to BAMC, give thanks

Story and photos by  
Jen D. Rodriguez  
Brooke Army Medical Center  
Public Affairs Office

For more than five years, Marc Gonsalves, Kieth Stansell and Thomas Howes were held captive in Columbia until July 2, 2008 when they were rescued by the Columbian military. The men were captured in February 2003 after their drug-surveillance plane crashed in the jungles of southern Colombia.

After their rescue, the men were flown to Lackland Air Force Base, and transferred to Brooke Army Medical Center, where they began their reintegration into U.S. society.

Less than 11 months later, Gonsalves and Stansell returned to personally thank Brooke Army Medical Center medical staff, Soldiers and civilians for their warm welcome home.

“We wanted to thank you, and acknowledge what this facility did for us,” said Stansell.

“We were amazed at the care, the level of professionalism you’ve shown towards us. Thank you for the care given to us.”

Gonsalves and Stansell were greeted by a standing ovation from more



Steve Stansell and Marc Gonsalves share their story of captivity in the Columbian jungle with BAMC medical staff, Soldiers and civilians, during a return visit to the hospital.

than 50 BAMC employees assembled in the fourth floor auditorium, May 28.

“I was overwhelmed with kindness and care from the BAMC nurses and docs,” added Gonsalves. “This is a great opportunity to say thanks.”

BAMC’s medical, support and operation teams were instrumental in providing medical evaluations for the men, and helped to ease their transition back to normalcy.

“We took our mission seriously, should the men ever return (from Colombia),” said Col. David Bitterman, BAMC deputy commander of administration. “BAMC was notified to be the hospital to repatriate the men. We planned, rehearsed, and rehearsed again to await their return many times.”

Then on July 2, 2008 Bitterman said “we got the call that they had returned. It was a big HOOAH for us.”

During the May visit,



Several of BAMC’s 2-West medical staff visit with Marc Gonsalves and Steve Stansell.

the men held a question and answer session, autographed copies of their recently published book, “Out of Captivity, Surviving 1,947 Days in the Columbian Jungle,” and returned to their temporary residence on 2-West to reminiscence with the staff who cared for them. The visit con-

cluded with a tour of the Center for the Intrepid.

“Walking down the halls bought back a lot of memories,” said Stansell. “Moments after the rescue we were led through the hallways to a room. This began our reintegration into society. These are the moments, I cherish.”

**CANCER DAY from PI** up and these doctors never give up on you – these docs do things no one else can. They pull you through the darkest days. If you have to come down with cancer, BAMC is the place to come. We get the very best care here.”

Haygood’s diagnosis and treatment led her to an unusual coincidence. She was recognized at Wilford Hall Medical Center by Bill Deal, who had been the first sergeant at the 6950th Security Wing at Chicksands Air Force Base in Bedfordshire, England during the Vietnam War, in 1967. Haygood returned home to England while her husband Don was assigned to Southeast

Asia. Deal was instrumental in allowing Haygood to receive her husband’s mail, which had been unreasonably confiscated. Forty-one years later Haygood, her husband Don, Deal and his wife Villma were all at WHMC Oncology. The real kicker was that Haygood and Villma Deal were both from Bedfordshire, grew up miles apart, but finally met as a result of cancer treatment.

“This is wonderful because I am around people with similar concerns and to hear success stories puts me on top of the world,” said Deal. A simple cough led to her diagnosis. She was devastated, but Deal’s treatment has left her cancer free. Her daughter,

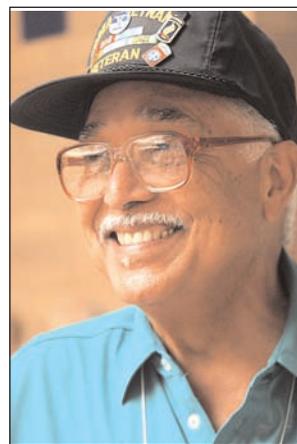
Sherry McCallum, is thrilled.

“She’s my whole life,” said McCallum.

“It’s fun to see my patients here and celebrate with them,” said Col. George Peoples, Chief Surgical Oncology and chairman for SAMMC’s Cancer Care Committee.

“You can survive and move on successfully,” said Garrison Commander Col. Mary Garr, keynote speaker. She then related her personal story of cancer survival.

Garr’s diagnosis was a surprise. Groggy from the medication after a routine colonoscopy, she woke to see her husband at her bedside. He’d been called from the field by her surgeon who discov-



Al Walker, a Vietnam and Korean War veteran, was diagnosed with cancer and started treatment at BAMC in 1989. Today he is cancer free and says he lives a healthy lifestyle.

ered a large and what appeared to be malignant lump, although follow-up tests returned negative. Garr experienced no symptoms during, what her surgeon estimated, two to four



Irish the Clown, also known as Kevin Watt, entertains children during National Cancer Survivor Day 2009. He was recently diagnosed with cancer.

years the tumor grew.

Chemotherapy followed surgery and intense side effects sidelined her career, her life. “I couldn’t take care of myself, let alone my Family,” Garr recalled.

“Thank God for the support of my Army Family.” Colleagues brought meals to her Family for the six months she endured treatment.

After the chemotherapy Garr was cancer free. “My nine year anniversary will be Aug. 24,” she said. Her battle with cancer left her adamant about saving lives through preventative care. “Get your screenings now,” Garr insists.

Garr closed her remarks commending those celebrating survivorship. “We will conquer cancer one day. Each one of us who lives longer than the statistics say, proves statistics are just numbers. It’s our job to beat them and give further hope to those yet to be diagnosed.”







# Sports

## FSH Triathlon #2

Fort Sam Houston Sports and Fitness Branch will host a Triathlon June 21 at the Jimmy Brought Fitness Center, beginning at 6:45 a.m. Register at the Jimmy Brought Fitness Center. Event is open to military and the local community. Call 221-1234.

## 5K Fun Run Walk

The Jimmy Brought Fitness Center will hold a 5K Fun Run Walk June 27, 9 a.m. Registration forms available on the day of the event. This is free and open to the community. Event T-shirts \$10. Call 221-1234.

## Swim Lessons

The Fort Sam Houston Aquatic

Center and the American Red Cross will hold swim lessons for children 16 years and under. 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. Register at the Aquatic Center between 11 a.m. to 7 p.m. 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, 1 p.m., Fort Sam Houston Golf Course, on the Salado Del Rio course. The tournament supports Soldiers and community programs. Sign up at [www.alamochapter-ausa.org](http://www.alamochapter-ausa.org) or pick up a registration form at the Fort Sam Houston Golf Course Pro Shop. Call 383-2728.

## Fort Sam Houston Judo Club

The Fort Sam Houston Judo Club meets every Sat. from 10 a.m. to noon and every Wed. from 7:30 to 9 p.m. Participates must have a USA Judo membership. Interested military members call 279-1742.

## ActionAirgun Competition

The Jimmy Brought Fitness Center hosts an ActionAirgun competition every Wed. from 4:30-6:30 p.m. ActionAirgun is a competitive, target-shooting sport where participants knock down the correct targets in the fastest time. Call 221-1234.

## Generous Donation



Photo by Jen D. Rodriguez

BAMC Auxiliary members, Meredith Burkett, Elizabeth Ferrell, Jimmie Ann Helmbold and Christen Jensen award a gift of \$37,000 to Fisher House manager, Inge Godfrey and Russell Fritz, assistant manager, June 4. The check represents proceeds from the 9th Annual Fisher House Charity Golf Tournament, sponsored by the BAMC Auxiliary at the Dominion Country Club. The tournament drew more than 150 golfers, including five wounded warriors. “We had a good turnout of warriors, supporters, and Fisher House and auxiliary volunteers. One hundred percent of the tourney’s proceeds go to the BAMC Fisher Houses,” said Ferrell, tournament chairperson and the auxiliary’s vice-president of service. Fritz said these donations help fund operating expenses, equipment and repairs for the Fisher Houses. “The Fisher House exists solely on donations,” he said.

# Camp Bullis finds endangered species above, below earth

## Fort Sam Houston sub-installation sees warbler population explode

By Elaine Wilson

Special to the News Leader

With about 28,000 acres of predominantly wild landscape, Camp Bullis, Texas, is a hot spot for military field exercises and battlefield training.

While the range remains a go-to place for realistic training, it recently has gained attention, not of a military nature, but for its work with Mother Nature.

Camp Bullis is not just home to a slew of military training missions, but is also home to five federally endangered species, most notably the golden-cheeked warbler.

The tiny bird, which migrates up from Mexico to Central Texas each year, likes to nest in the old, thick growth of oak and juniper common on Camp Bullis and the surrounding areas.

“Our most recent annual species surveys have estimated about 1,100 warblers at Camp Bullis, one of the bigger populations in the Texas Hill Country,” said Chris Beck, Natural Resources manager, Directorate of Public Works.

Beck is one of several full-time environmental specialists dedicated to protecting and enhancing natural resources at Camp Bullis. They have the challenge of balancing critical military training missions with a delicate ecological system.

“We work closely with U.S. Fish and Wildlife Service and other environmental agencies to ensure we are doing what we need to do in our conservation efforts,” said Beck. “We spend hundreds of thousands of dollars each year directly on conservation measures and research.”

Included in the measures is the protection of endangered species like the warbler and the lesser-seen black capped vireo plus three cave inverte-

brates, otherwise known as bugs. However, a growing population of endangered birds can be a show-stopper for training in the vicinity.

Part of compliance measures involves designating “core habitat” from warbler observations along with a seasonal (March 1-Aug. 14) 100-meter light, noise and smoke buffer zone. “Meaning increased protection in the areas during the nesting season,” Beck explained.

Additionally, the military is restricted to affecting fewer than two acres of trees a year in the areas of occupied habitat.

About 10,000 acres of Camp Bullis are identified as potential habitat. Construction is therefore concentrated in non-habitat areas to limit the impact.

Along with the airborne variety, resource managers are also looking to the ground for endangered species, including two species of beetles and one spider. These bugs seek out deep, dark crevices in underground caves, which also happen to serve as recharge features for the Edwards Aquifer. The aquifer, which is the largest sole-source aquifer in the country, provides water to about 1.7 million people.

“These caves are directly tied to aquifer recharge,” Beck said. “To prevent possible contamination, we have vegetation buffers around these caves that are dedicated to keeping the buffer area as pristine as possible.”

Because these caves occur in the recharge zones, resource managers keep a close eye on the endangered invertebrates that dwell there, since their continued existence is just as important on a human level as on an ecological one.

“These invertebrates are an indicator species,” said Beck. “We ensure they

**See CAMP BULLIS P17**

# Dermatology residents receive top scores nationally

Story and photo by Staff Sgt. Robert Barnett  
59th Medical Wing Public Affairs

Cpts. (Dr.) Layne Fielder and (Dr.) Heather Newlon, 59th Medical Operations Squadron, recently received top scores on their dermatology residency program examinations.

The San Antonio Uniform Services Health Education Consortium provides graduate mili-

tary physician education for residents at Wilford Hall Medical Center and Brooke Army Medical Center. The three-year dermatology residency program is one of SAUSHEC's programs.

Every year the American Board of Dermatology provides a national examination to all the dermatology residents. Of the 21 residents in the program, 15 scored in the top 10 percentile and 18 scored in

the top 20th percentile nationally.

Fielder and Newlon scored top honors nationally for their year groups.

"I am very grateful for their hard work and achievement and for the teachers in the program for helping them to excel and achieve at this level of excellence," said Col. Robert Gilson, 59th Medical Wing Dermatology Program director.



Capt. (Dr.) Kimberly Wonderlich (right), 59th Medical Wing staff dermatologist, elaborates on information in a textbook for Capt. Layne Fielder (left) and Capt. Heather Newton, students in the San Antonio Uniform Services Health Education Consortium dermatology residency program. Fielder and Newton scored highest nationally for their year groups on the program examination.

# Wounded Warriors push themselves at Mini-Triathlon

Story and photos by  
Jen D. Rodriguez

Brooke Army Medical Center Public  
Affairs

Warriors, visiting Canadian soldiers and a seven year-old named Cody completed the Center for the Intrepid 2nd Annual Memorial Day MiniTry, May 22, with one goal in mind: to take their rehabilitation to the next level.

The non-competitive event, which consists of a 500-meter swim, 10-mile bicycle ride and a two-mile run, followed by a community barbecue and field events, drew more than 100 participants to the post Outdoor Aquatic Center.

Participants included Soldiers wounded during Operations Iraqi Freedom and Enduring Freedom treated at Brooke Army Medical Center, a representative from Balboa Naval Medical Center and soldiers from Canada.

"The event celebrates the heart of the warriors by exposing them to different sports as a way to get them involved," said Maj. Stuart Campbell, officer-in-charge of CFI physical

therapy and MiniTry coordinator.

"It keeps them motivated," he said.

Sgt. 1st Class Neal Boyd, a left leg, below-the-knee amputee with nerve damage in his right leg, stayed motivated to complete the event. Supported by a cane, Boyd accomplished his longest walk ever, despite down pouring rain.

"I did well," Boyd said, wiping his face. "It's good to do this event with amputees to encourage them that they can do it too."

"I knew that he could do it," said his wife, Joyce Boyd. "It was a good challenge."

When Boyd began the two-mile walk, his wife pushed a wheelchair in case he got tired, and their daughter, Angelete Boyd tagged along for moral support. But, when the rain appeared, Joyce and Angelete went for cover, and Neal continued on, step by step.

"With the right mindset, the MiniTry revealed a lot of my goals, and let me know where I stand with my leg strength," said Boyd. "Having my family



A pack of cyclists begin the 10-mile bike ride from the Outdoor Aquatic Center on Williams Road to Holbrook Gate and back, twice, for the first event of the MiniTry.

with me was motivating and encouraging along the way."

Campbell said the MiniTry has a two-fold purpose. "It gives the CFI staff members the chance to see how far the warriors have come functionally, and the warriors experience the staff in a non-clinical way," Campbell said. "Warriors have fun and see what they can do."

"I never thought I could have finished," said Staff Sgt. Juan Amaris, a burn patient. "I'm excited. It pushed me."

Two days before the event, Amaris received a specially outfitted bike, provided by Operation Comfort, a non-profit organization focused on helping wounded Soldiers who are rehabilitating.

"I pushed hard out and back on the first leg, thinking this was easy," he said. "But,

then I saw people coming back at me saying you gotta go back for another loop."

This time Amaris paced himself, because he still had the swim and bike events to go. Both events, he said he did well, having swum before he was injured. But, cycling was all together new. Now, he's looking forward to the MS 150 Ride in October.

Joining the Boyds' enthusiasm was Barbara Golden and her husband 1st Sgt. Bobby Golden, who were equally proud of his MiniTry accomplishments. He completed the bike event in 32 minutes and the walk portion, rolling on knobby tires in a wheelchair for another 32 minutes.

The first sergeant, who has spinal injuries, was in good physical health before he was

Senior Airman  
Kevin Krogh, a  
double amputee  
heads out on the  
two-mile run.



injured.

"I loved PT and participated in 10Ks, marathons and Death Marches,"

said Bobby, who's five months ahead in his recovery. "This is just another part of life for me to get used to."

"Like rowing, it's another chink in the chain to get better on a daily basis. I got another year to be back where I was," he said. "By then I will be walking, it may be funny looking, but I'll be walking."

Summing up the MiniTry, Sgt. 1st. Class Ireshokia Henry, who participated last year, said "Don't focus on what you've lost, but what you still have."

Henry, a left, below-the-knee amputee said, "This experience has helped me to overcome some of my fears, giving me a new outlook on life to be open and try new things. Recently, I tried scuba diving and waterskiing. Nothing is impossible."



Warrior Staff Sgt. Juan Amaris keeps up the pace with 1st Lt. Bryan White, a volunteer from Dyess AFB in Abilene, during the two-mile walk of the Center for the Intrepid 2nd Annual Memorial Day MiniTry on May 22. White is the brother of Alicia White, a CFI employee.



A swimmer comes up for air in the post Outdoor Aquatic Center. Swimmers swam 10 lanes in a zigzag pattern to equate to the 500-meter swim.

# Global Medic Exercise tests skills under battlefield conditions

By L.A. Shively  
Fort Sam Houston Public Affairs Office

Combat medicine claims more than 90 percent survivability rate in Southwest Asia – the highest in the history of warfare, according to Maj. Brian Johnson, public affairs officer for the 7306th Medical Exercise Support Battalion, Fort Sam Houston.

Training is key and this year the 7306th is coordinating the 2009 Global Medic Exercise for the U.S. Army Reserve across three locations, Fort Hunter-Liggett, Calif., Fort McCoy, Wisc., and Fort Gordon, Ga., June 10 to 15. An estimated 3,000 military medical personnel will run through the scenarios during the second annual exercise.

Originally known as Golden Medic, the exercise assesses functional and operational readiness of combat medical units of the Army, Army Reserve, Army National Guard, Navy Reserve,

Air Force Reserve, Air National Guard and the Marine Corps in a joint and coalition environment.

“It gives the medics an opportunity to practice medical skills before going into theatre under stress conditions,” explains Capt. Kimberly Lopez, MESB Headquarters and Headquarters Detachment commander. “The exercise is as real-world as possible, like a forward operating base.”

Role-playing Soldiers and mannequins provide combat injury simulation explained Sgt. 1st Class Mario Lefiti, MESB noncommissioned officer-in-charge. Injuries range from minor to traumatic and everything in between.

Medics must be on their feet during the exercise, said Lefiti. A large patient load, combined with the difference between treating “live” injured and

mannequins stresses participants. “Treating a mannequin spurs thinking, a live person can tell you what’s going on, a mannequin cannot,” Lefiti said.

Units rotate designation as role players and as medics annually. “Rotation is vital because non-medical personnel get a chance to see the system work and those folks who came the following

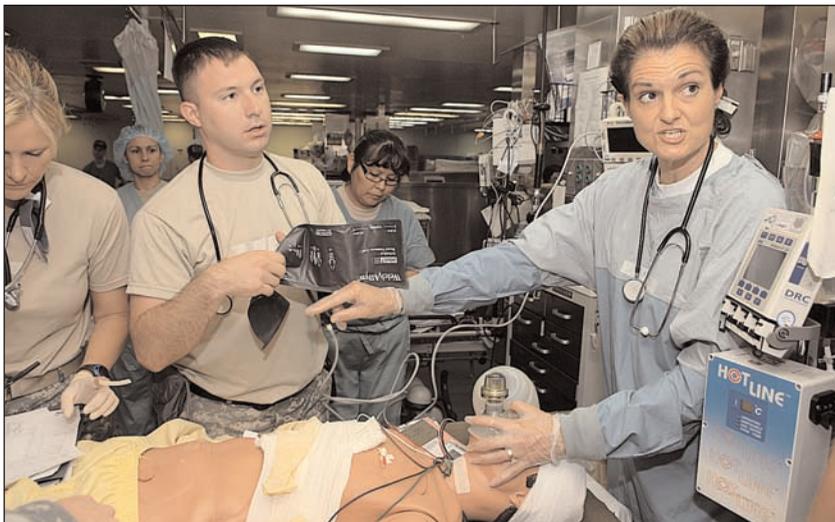
year don’t realize the turn-around time and logistics of the whole thing,” said Lefiti.

His biggest challenges last year included identifying foreign soldiers and getting accurate numbers of live role players. A better system for proper patient identification was instituted in hospital documentation as a result.



Courtesy photo

Participants in the second annual 2008 Global Medic Exercise test their skills at treating simulated injuries under battlefield conditions.



U.S. Air Force photo by Senior Airman Matthew Smith

U.S. service members perform triage on a simulated patient onboard the USNS Comfort during exercise Global Medic June 15, 2008.



U.S. Navy Capt. Annette Beadle, National Naval Medical Center, Bethesda, Md., applies moulage to Yeoman Seaman Antonio Wilson with the Naval Hospital Center, Annapolis, on board the Military Sealift Command Mercy class hospital ship USNS Comfort (T-AH-20) during Exercise Global Medic June 12, 2008.

U.S. Air Force photo by Senior Airman Matthew Smith

## FSH HOUSING UPDATE:

**Family housing move-out process**

Service members leaving Fort Sam Houston for other duty assignments must fulfill the initial term of their lease.

Residents within Fort Sam Houston Family Housing who have received new assignment instructions must provide Lincoln Military Housing the following information:

- Written notice of intent to vacate a minimum of 30 days prior to move-out date.
- Copy of PCS or retirement orders.
- If on a dependent restricted tour, a request for exception for family to remain in the home is required.

On acceptance of the notice to vacate, the resident will be provided a list of the minimum cleaning standards.

The move-out date is the day the resident returns all issued keys

and remotes to a LMH representative. A final inspection will be completed with the resident on their last day of occupancy. All personal belongings must be removed from the home at the time the resident surrenders the keys. At the completion of the final inspection, resident will be informed of charges that may be assessed. Resident will be liable for all damages caused by their negligence, beyond normal wear and tear.

The resident may request a pre-inspection. A pre-inspection walk-through will be completed by a LMH representative and the sponsor, spouse or designated representative and scheduled 10 days from the date of the acceptance of notice to vacate. The original move-in condition form documenting the

condition of the home will be used during the final inspection and pre-inspection to ensure that noted deficiencies are not charged to the resident upon move-out.

Residents are not liable for deficiencies noted on the move-in condition form.

At the completion of the final or pre-inspection, the resident will be informed of any charges assessed. If the resident prefers, he or she may hire a company to clean the home at their expense, provided the vendor is able to complete the cleaning before the final walk-through and meets minimum cleaning standards.

Damages identified during the final inspection will be documented in writing and by photograph. The extent of the damage will be detailed

and a preliminary accounting will be completed after the final inspection. This process will be delayed in the event that a bid from an outside contractor is needed. Bids include carpet repairs or replacement, flooring repairs or replacement, and any other items that must be contracted.

Residents will need to settle their account with LMH on the day of move-out, paying all outstanding balances in full, including utility charges owed. Final ISTA utility bills will be mailed in about 60 days. All balances owed must be paid in full by the due date or collection procedures will be implemented.

To submit a service request, call 225-5564. For more information, call 270-7638.

**SUNSHINE from P2**  
melanoma. By 2000, odds rose to 1-in-90.

Soldiers are typically exposed to more sunlight than someone with an indoor occupation. Unit and individual physical training, training exercises, and mission-essential tasks frequently occur outdoors. Current operations in theater may require Soldiers to be frequently outdoors. This increased sun exposure can increase the risk for skin cancer.

Soldiers can take measures to protect themselves from the harmful effects of the sun. Use your uniform to cover arms and legs. A wide-brimmed hat can protect the head and neck. Seek shade between 10 a.m. and 4 p.m. Use a sun block with a high "Sun Protection Factor," or SPF, and reapply every two hours at minimum.

Soldiers and their

Families should also protect themselves from the sun during recreational and family activities. Reapply sun block after swimming or exertion. Don't be fooled into thinking you don't need sun block. When it's cloudy – up to 80 percent of the sun's harmful rays make their way through light cloud cover; 60 percent through heavy cloud cover. Sunburns can also occur during the winter, especially when there is snow on the ground. Use sun block whenever you are going to be outside.

But consider this fact: one in five Americans will develop skin cancer over the course of a lifetime. Sun block is one of the most effective ways to protect your skin.

For more information, visit [www.osha.gov/Publications/osh3166.pdf](http://www.osha.gov/Publications/osh3166.pdf) or [www.cancer.gov/cancer-topics/pdq/prevention/skin/patient](http://www.cancer.gov/cancer-topics/pdq/prevention/skin/patient).

**CAMP BULLIS from P12** are thriving. If they're healthy, that means the aquifer is healthy."

As a result of their efforts, the endangered species at Camp Bullis are flourishing. However, a significant increase in the warbler population has been a source of concern – and celebration – in recent years. "The warbler population has increased 50 percent over the past five years," Beck said.

Developers are swiftly closing in on the installation, cutting a wide

swath into the forests around Camp Bullis and forcing the warblers to seek refuge on post.

"Endangered species don't stop at the fence line," Beck said. "According to longstanding federal law and U.S. Fish and Wildlife Service guidelines, everyone, not just the military, is prohibited from 'taking' endangered species.

"The military is a good steward of the environment, as we should all be," he said.

"However, we cannot shoulder the burden of

environmental compliance alone.

According to Jim Cannizzo, an Army environmental lawyer, Fort Sam Houston leaders have called for legislation that would require developers to give notice when construction that involves significant tree clearing, two acres and up, is within a five-mile radius of Camp Bullis.

Also, developers and realtors would be required to inform buyers that they are purchasing property adjacent to a busy military

facility that may routinely cause noise and other issues.

Other efforts under way include a request for counties to require use of dark-sky lighting within 3 miles of Camp Bullis. The lower-intensity lighting is angled toward the ground, making the lighting friendly for next-door neighbors as well as military neighbors.

The goal is to protect Camp Bullis so it can continue serving as a military training ground for the Army, Air Force, Navy and a host of other

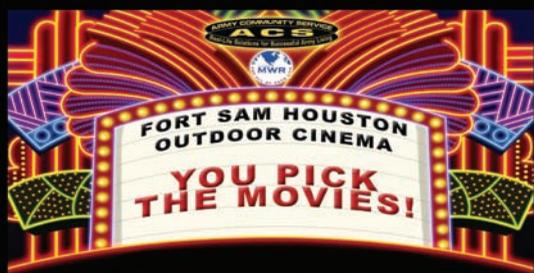
federal agencies, Cannizzo said, which is a mission directly tied to the continued viability of Fort Sam Houston.

Under the Base Realignment and Closure initiative, the Fort Sam Houston community is slated to grow by more than 11,000 personnel by 2011. The growth is, in part, based on the proximity of Camp Bullis' field training grounds, Cannizzo said.

"The field training area (Camp Bullis), along with a large clinical facility (Brooke Army

Medical Center) and medical training facility (Medical Education Training Campus) make Fort Sam Houston a logical choice for centralizing medical training here," Cannizzo said. "But if you knock off one of the legs off the three-legged stool, it collapses."

"We'll continue our work toward ensuring the viability of species here," Beck said. "I think that speaks volumes for the military's dedication to natural resources and conservation."



101 Dalmatians	Finding Nemo	Seven Dwarfs
A Bug's Life	Freaky Friday	Swiss Family
A Goofy Movie	(remake)	Robinson
Aladdin	Freaky Friday	The Apple Dumpling
Alice in Wonderland	(original)	Gang
Bambi	Herbie: Fully Loaded	The Apple Dumpling
Beauty and the Beast	Herbie: The Love Bug	Gang Rides Again
Bedknobs and	Lady and the Tramp	The Cat from Outer
Broomsticks	Marry Poppins	Space
Bedtime Stories	Monsters, Inc.	The Emperor's New
Beverly Hills	National Treasure	Groove
Chihuahua	National Treasure:	The Incredibles
Bolt	Book of Secrets	The Lion King
Bridge to Terabithia	Peter Pan	The Little Mermaid
Cars	Ratatouille	The Shaggy Dog
Cinderella	Shark Tale	The Wild
College Road Trip	Shark Tale	Toy Story
Dumbo	Sky High	Toy Story 2
Enchanted	Snow Buddies	Underdog
	Snow White and the	

Army Community Service will continue to offer Outdoor Movie Nights through the summer. ACS is giving the Families the opportunity to choose the movies they would like to see. Choose 2 movies from the list, e-mail your choices to [vote@fsh-movies.info](mailto:vote@fsh-movies.info) or return the form to ACS, Building 2797.



## Announcements

### Youth horsemanship camp

The Fort Sam Houston Equestrian Center will host a camp for children ages 7 to 17 from 9 a.m. to 3 p.m. Camp dates are June 15-19 and 22-26; and July 6-10, 13-17, 20-24 and 27-31; and Aug. 3-7. The cost of each session is \$195. Additionally, a \$25 non-refundable deposit is due at the time of registration. To register, call 224-7207.

### Spurs, Silver Stars summer basketball camp

Child, Youth and School Services is currently registering

children ages 9 to 17 to participate in a summer camp. Registration is ongoing through June 15 from 8:30 a.m. to 4:30 p.m., Building 2797, CYSS Central Registration. Cost is \$45 per child. Child must have a current immunizations and health assessment on file to register. Call 221-4871 to inquire about Army Family Covenant eligibility.

### Summer reading program

Children can sign up anytime during June and July for the summer reading program. Books must be on or above child's reading level. Participants track the hours they read. Prizes given with every 10 hours of reading. Readers are eligible to enter a grand prize drawing once for every 10 hours of reading completed. For complete program details, call 221-4702.

### 'Broadway Bound'

The Harlequin Dinner Theatre presents "Broadway Bound," a

comedy by Neil Simon, Thurs. through Sat. evenings, June 11-July 11. Doors open for cocktails and dinner at 6:15 p.m. Show begins at 8 p.m. For reservations, call 222-9694.

### "Powerhouse Divas"

The Harlequin Dinner Theatre presents "Powerhouse Divas," a dynamic cabaret-style lounge act. Performances are held Sat. 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 applies. A full service cash bar will be available. Patrons must be 21 years old to purchase and consume alcohol. Late night karaoke follows the show. Call 222-9694.

## Calendar of Events

### JUNE 11

#### Spouses' quarterly orientation

The Army Community Service Family Employment Readiness

Program will offer a spouses' quarterly orientation June 11, from 10 a.m. to 12 p.m. at ACS, Building 2797. The orientation is designed to introduce people to available resources, support services, employment opportunities, and classes or training offered at ACS.

### Immigration Naturalization Services

Representatives will be available June 11, from noon to 2 p.m. at Army Community Service, Building 2797, for anyone with questions regarding Immigration forms and problems with Immigration. Call 221-2418.

### JUNE 12

#### Microsoft Office 2007 Word Level 2

Microsoft Office 2007 Word Level 2 class June 12 from 8 a.m. to noon, at ACS, Building 2797, in the computer lab. To register, call 221-1841.

See MWR P19

### Upcoming free movie nights

#### June 19 - "Jumanji"

8:20 p.m. at the post flagpole

#### June 20 - "The Goonies"

8:20 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 will be the Army Community Service auditorium, Building 2797, movies begin at 7 p.m. Call 221-2418 or 221-2705.

### MWR from P18

#### 2009 Army Birthday Celebration

A 2009 Army Birthday Celebration will be held June 12 at 4 p.m. at the Fort Sam Houston Child Development Center, Building 2530. Cake and refreshments will be served. Child, Youth and School Services patrons are invited. Call 221-4871.

#### JUNE 14

##### Military Appreciation Night at the Missions game

Come out and recognize Fort Sam Houston Soldiers and Families at the San Antonio Missions Baseball Military Family Appreciation Night June 14 at Wolff Stadium. The game begins at 4:05 p.m. There will be several pre-game activities. Ticket vouchers can be picked up from the Sam Houston Club Ticket Office, Jimmy Brought Fitness Center and Keith A. Campbell Memorial Library. A

limited number of vouchers are available. The vouchers may be redeemed for a free general admission ticket at Wolff Stadium or used for upgraded seating for a small additional payment. Call 221-0012.

#### JUNE 15

##### Microsoft Office Excel 2007 new features

Army Community Service's Microsoft instructor will offer a Microsoft Office Excel 2007 new features class June 15 from 8 a.m. to noon at ACS, Building 2797, in the computer lab. Registration is required, call 221-1841.

##### Identity theft class

Army Community Service Financial Readiness will offer an identity theft class June 15 at 2 p.m. at ACS, Building 2797. Class space is limited. To register, call 221-1612.

##### Pre-deployment planning

##### training

Mobilization and Deployment will offer a pre-deployment planning training June 15 from 9 a.m. to 3 p.m. at Army Community Service, Building 2797. To register, call 221-2705 or e-mail [samh.acs.mob.deploy@conus.army.mil](mailto:samh.acs.mob.deploy@conus.army.mil).

#### JUNE 16

##### Vacation budgeting class

Army Community Service Financial Readiness offers a vacation budgeting class June 16, 8:30 p.m. Space is limited. Call 221-1612.

##### Women Encouraging Women

Army Community Service Family Advocacy Program will hold a Women Encouraging Women lunchtime seminar June 16, noon to 1 p.m. at Army Community Service, Building 2797. Topic is "Tips for Moms to Support Dads." Call 221-0349 or 221-0600.

#### JUNE 17

##### Microsoft Office 2007 Excel Level 1

Microsoft Office 2007 Excel Level 1 class June 17, 8 a.m. to noon at ACS, Building 2797, in the computer lab. To register, call 221-1841.

##### Survivor spouse forums

Army Community Service will host two survivor spouse forums June 17, 9-10 a.m. and 6-7 p.m. at ACS, Building 2797. The forum gives surviving Family members an opportunity to voice concerns and provide feedback on processes and programs. Call the Survivor Outreach Services Coordinator at 221-1841 or 221-2705.

##### Stress management

Family Advocacy Program offers a stress management class June 17, 1-2:30 p.m. at the Red Cross, Building 2650. To register, call 221-0349 or 221-2418.

##### Getting ready for childbirth

##### class

Army Community Service Family Advocacy Program offers a Getting Ready for Childbirth class June 17, 5:30-8:30 p.m. and an evening class June 17, 5:30-8:30 p.m., ACS, Building 2797. To register, call 221-0349 or 221-2418.

#### JUNE 21

##### Father's Day brunch

The Sam Houston Club will host a Father's Day brunch June 21, 10 a.m. to 1 p.m. Price is \$21.95 for non-members, \$18.95 for members and \$8.95 for children ages 6-11, all inclusive and children 5 and under eat free. For reservations, call 226-1663 or 224-2721.

##### Father's Day golf scramble

The Fort Sam Houston Golf Club will host a two-person scramble June 21 with a 1 p.m. shot gun start. Cost is \$25 for FSH Golf Club members and \$40 for non-members. To register, call 222-9386.



## Religious Briefs

### Vacation Bible School: This Dock Rocks

The Fort Sam Houston chapel community is diligently preparing for this year's Vacation Bible School. The Vacation Bible School program will be June 15 to 19 from 5:30 to 8:30 p.m. at Dodd Field Chapel, 1721 Dodd Blvd. A small dinner will be served for all participants beginning at 5 p.m.

The theme this year is Crocodile Dock: Where Fearless Kids Shine God's Light. Get ready for an exciting adventure, discovering God's presence, power, love, life and care.

Children start each day by forming small groups called Bayou Crews. All the Bayou Crews gather at Sing and Play Swamp Stomp to sing and do fun motions to upbeat Bible songs that introduce kids to the concepts that they will be learning that day. Then Bayou Crews visit five different Bayou Stations. They sample tasty Snack Shack treats, go on adventures at Bible Bayou, make crazy creations in Crawfish Crafts and Missions, race around at Gator Games, and meet Chadder Chipmunk on DVD. Then everyone comes together for

the closing Firefly Finale. Plus kids work on a special project called Operation Kid-to-Kid.

Registration is open online at [www.samhouston.army.mil/chap-](http://www.samhouston.army.mil/chap-)

lain. Click the Crocodile Dock icon. For information call 221-5006.

(Source: Fort Sam Houston Garrison Chaplain Office)



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

#### Catholic Services:

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

#### Protestant Services - Sundays:

8 a.m. - Collective Protestant  
11 a.m. - Collective Protestant  
**Jewish Services:** 379-8666 or 493-6660  
8 p.m. - Fridays - Worship and 8:30 p.m. - Oneg Shabbat

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

#### Protestant Services:

10 a.m. - Worship Service - Sundays

#### Episcopal/Lutheran Rite services:

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

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

#### Christ for the Intrepid services:

5:30 p.m. - Coffee and fellowship - Sundays  
6 p.m. - Contemporary worship - Sundays

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

#### 32nd Medical Brigade Student services

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

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

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

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

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

8:30 a.m. - Sundays

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

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

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

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

#### Catholic Services:



# Community

## Announcements

### Cloverleaf Communicators Club

Meets the first and third Thurs., 11:45 a.m. to 1 p.m. at the San Antonio Credit Union, Stanley Road, in the conference room. Open to military, civilians and Family members interested in developing and enhancing leadership and communications skills. Call 221-7835, 221-6517 or 916-3406.

### Sergeant Audie Murphy Club

Hosts a study group for the boards Tues. and Thurs., noon to 1 p.m., Building 1394, Room 215. Call 221-4028.

### Youth interested in a fire service career

Fort Sam Houston Fire and Emergency Services is currently seeking young men and women interested in a career in the fire service. Fire Service Exploring is a worksite-based program for youth who have completed the eighth

grade and young adults under 21. Fire Service Explorer posts help youth gain insight into a variety of programs that offer hands-on career activities.

### Obesity study

BAMC and WHMC are seeking overweight or obese adolescent military Family members, ages 12 to 17, for an intensive multi-disciplinary approach that will incorporate medical follow-ups, behavioral therapy, nutrition counseling and medication over a 12-month period. Call 916-0607 or 916-3440.

### "You Made the Grade" program

AAFES recognizes students who maintain a "B" average or better with a complimentary "You Made the Grade" booklet of coupons. Each booklet also contains an entry form for a quarterly drawing for savings bonds in \$2,000, \$3,000 or \$5,000 denominations. Students must present a valid military I.D. card and proof of grade average to their local Main PX.

Students receive one booklet per qualifying report card, but may enter the drawing only once per calendar year. Contact an AAFES store manager.

### JUNE 11 San Antonio Herb Society meeting

The San Antonio Herb Society will present information and recipes on the use of Bay Laurel June 11, 6:30 p.m. at the San Antonio Garden Center, the corner of Funston and N. New Braunfels roads. Free and open to the public. Visit [www.sanantonioherbs.org](http://www.sanantonioherbs.org).

### JUNE 13 Fredericksburg walk, swim

The Volkssportverein Friedrichsburg volksmarch club will host a 5K and 10K walk, June 13 starting between 8 a.m. and noon, finishing by 3 p.m. at the Tin Star Ranch, 456 Tin Star Road, Fredericksburg, Texas; and a 300-meter swim June 13 between 8:30 a.m. and noon, finishing by 1 p.m. at the Lady Bird Johnson Park, 341 Golfers' Loop in Fredericksburg. Call 830-685-3873 or [lazywood-stx@yahoo.com](mailto:lazywood-stx@yahoo.com).

### JUNE 15 Warrant Officer Association

The Lone Star Silver Chapter of the U.S. Army Warrant Officer Association

will meet June 15, 7 p.m. at Chacho's & Chulucci's, 8614 Perrin Beitel Rd. near Loop 410. All active duty, retired, Reserve, National Guard warrant officers and family members of current or retired warrant officers are invited. Call 295-6596 or 666-9818.

### JUNE 16 Association of the United States Army luncheon

The AUSA luncheon will be held June 16 at 11:30 a.m. at the Sam Houston Club. The guest speaker is retired Maj. Gen. Josue Robles Jr., the president and chief executive officer of the United Services Automobile Association.

### JUNE 17 Teaching English as a Second Language

The Department of Bicultural-Bilingual Studies and Career Services at the University of Texas San Antonio will hold a free Teaching English as a Second Language workshop, June 17, 6 to 7:30 p.m. at the San Antonio Library in the auditorium. The workshop is for anyone interested in teaching English in the U.S. or abroad. Call 458-4767.

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

## REMINDER CALENDAR



June 12	232nd Medical Battalion change of command at 7:30 a.m. at MacArthur Parade Field
June 12	Army Birthday celebration, 10:30 a.m. at post flagpole
June 13	Electronics recycling event from 9 a.m. to 4 p.m. Fort Sam Houston post exchange
June 13 to 15	Texas Folklife Festival, San Antonio
June 14	Flag Day
June 15 to 19	Vacation Bible School at Dodd Field Chapel
June 17	Giant Voice Test
June 19	MWR Outdoor Movie Night at 8:20 p.m., Parade field at the flagpole, "Jumanji"
June 20	MWR Outdoor Movie Night at 8:20 p.m., Dodds Field, "The Goonies"
June 21	Father's Day
June 21	Triathlon #2 at 6:30 a.m. at the Fort Sam Houston Aquatic Center



The Society for the Preservation of Historic Fort Sam Houston will hold a meeting, June 18, 11:30 a.m. at the Stilwell House, 626

Infantry Post. The topic will be "My Views of the South Vietnamese Army" presented by Lt. Gen. Neal Jaco. Call 822-6034.

### Thought of the Week

Thus sayeth the Lord: "I want you to trust me in your times of trouble, so I can rescue you, and you can give me glory." — Psalm 50:15

## Rocco Dining Facility Menu

Building 2745, Schofield Road

### Friday - June 12

*Army's Birthday Celebration Meal*

*\$7 Holiday meal rate*

*Carry-Out closed for Lunch meal*

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

Rib eye steak, fried shrimp, deep fat fried fish, barbecued ribs, baked macaroni and cheese, rice pilaf, cheese enchiladas with cheese sauce, seasoned corn

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

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

### Saturday - June 13

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

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

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

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

### Sunday - June 14

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

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

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

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

### Monday - June 15

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

Jambalaya, Szechwan chicken, spinach

lasagna, beef lasagna, baked chicken, fried rice

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

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

### Tuesday - June 16

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

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

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

Roast pork, Swedish meatball, chicken fajitas, ginger pot roast, vegetable stuffed peppers, Spanish rice, cottage fried potatoes

### Wednesday - June 17

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

Chipper perch, beef and broccoli, fried chicken, cheese manicotti, baked potatoes, oven brown potatoes, fried rice

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

Chinese 5-spice chicken, broccoli quiche, sauerbraten, beef pot pie, baked ham, oven-glo potatoes, candied sweet potatoes, seasoned Brusselssprouts,

### Thursday - June 18

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

Cantonese pork ribs, baked chicken, broccoli, cheese and rice, pork fried rice, fried egg roll, collard greens

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

Bulgogi, turkey nuggets, spaghetti with meat ball, roast beef, fried rice, cottage fried potatoes, egg noodles

*Menus subject to change without notice*

# For Sale Fort Freebies

**For Sale:** Coleman 48-quart cooler, \$15; Rubbermaid 48-quart cooler, \$20; 20.6 cubic feet GE frost free refrigerator, \$275. Call 216-4027 or 907-440-1141.

**For Sale:** Porch swing on stand, \$40; park bench, \$20; large lawn cart with tools, \$40 or will sell separately; electric trimmer, \$25. Call 475-9973.

**For Sale:** Set of three wood shelves, 5 feet tall, 7 1/2 feet wide total, \$30; set of two large heavy duty plastic shelves, 6 feet tall, 6 feet wide total, \$40; Christmas tree in box, 7 1/2 feet tall, \$40; girl's small dresser, one drawer, two doors, \$25. Call 475-9973

**For Sale:** 2001 Yamaha V Star 1100 Custom motorcycle, 33K miles, garage kept, Cobra pipes, bags, windshield, light bar, mucho

chrome, 45 mpg, maintenance records, \$6,000. Call 860-9217.

**For Sale:** Dog kennel by Clipper, 42 inches by 30 inches by 31 inches, meets international airline requirements, used once, \$150; tri-fold dog ramp by Jeep, holds up to 200 pound dogs, \$75; Bottom's Up leash, provides rear support for elderly or disabled dogs, like new, \$20. Call 507-7558 leave message.

**For Sale:** Solid oak dining room table with four chairs, \$175 obo; black metal dining room table with four chairs, and black velvet pastel and mauve pads, great condition, \$100 obo; teal and pink hanging picture, 3 1/2 feet by 4 feet, \$60. Call 797-1891.

**For Sale:** Exercise Power Plus Gazelle, great condition, \$200 obo; riding lawnmower, red, about 8

years old with red pull trailer, works great, all for \$350 obo; Weidner corner gym from Sears, \$245 obo; dog kennel, 4 feet, never used, \$200 obo; Shopsmith Mark V, table saw, 4-inch planer, lathe, 10-inch disk sander and drill press all in one, all attachments included with manual, \$650 obo. Call 618-8457.

**For Sale:** Two-piece wood-grained entertainment center, \$250 obo; loveseat and sofa, purple, \$375 obo. Call 265-3193.

**For Sale:** Desk, espresso finish, large pullout keyboard shelf and filing drawers, seldom used, \$75. Call 818-6585.

**For Sale:** Tahoe cargo security shade, \$75; 90s Volvo dash mat, beige, \$30; 4-foot truck bed extender, \$225; Resistol hat, brown, size 7 1/4, \$50; Igloo pet house with covered entrance, \$75. Call 221-2690.

**For Sale:** Antique Honda motorcycle, needs work, \$200. Call 633-0881.

**For Sale:** Framed Korean flag, 3 feet by 3 feet, \$195; framed and numbered ballet art, 3 feet by 3 feet, \$195; tap and ballet shoes and outfits, \$5 up; male pug, black, 2 years old, \$225; Everflo baby backpack, \$35. Call 633-3859.

**For Sale:** Lawn table, four chairs, umbrella, \$50; porch swing, \$20; lawnmower, \$25; tool box for Chevy Silverado, \$100; various lawn tools, \$2.50 each. Call 595-8789.

**For Sale:** Small dresser, \$35; wood computer desk, \$35; Extreme exercise machine, \$45; metal filing cabinet, two drawers, \$25; mid-size pet travel case, \$20. Call Sandy at 241-1291.

**Yard Sale:** Steubing Ranch off O'Conner, 17323 Garwood Chase, two family garage sale June 13 from 8 a.m. to 1 p.m.; electronics household items, rugs, Christmas decorations, washer and dryer, Soloflex furniture, Ethan Allen loveseat, ceiling fans, lamps and more.