

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

FIGHTING FOR RECOVERY PART 1: WORK AS THERAPY

Wounded warrior still gets the bad guys



Photo by L.A. Shively

Staff Sgt. Paul Roberts (left) discusses the call-pattern organizational chart on his computer screen with another Soldier at the Drug Enforcement Administration office in San Antonio.

By L.A. Shively
FSH News Leader

Buddha-like, Staff Sgt. Paul Roberts clears his mind and focuses intently on an array of lines crisscrossing his computer screen.

The array is a pictorial representation of telephone calls he is tracking. The grid illustrates the links and identifies both originator and receiver of each of the calls.

As the diagram forms, Roberts sifts through the raw data on his call-pattern organizational chart looking for relationships between callers that may suggest a criminal network.

He methodically eliminates each non-essential call; then provides the results to Drug Enforcement Administration

investigators collecting evidence against criminals violating controlled substance laws.

"They might need information or a background check," Roberts explained. "I help facilitate their needs so they can stay out in the streets long enough to speed up their cases."

Roberts is deciphering call patterns among his other duties for the DEA in an effort to redraw the blueprint of his life.

While serving as a military policeman in Afghanistan, a roadside bomb blew up his truck. He and another of his four-man team lived through the blast, but Roberts ended up as the only survivor.

"I lost my gunner there and

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Strategic planning workshop charts future of Joint Base San Antonio

By Steve Elliott
FSH Public Affairs

Military and civilian leaders from the 502nd Air Base Wing, Fort Sam Houston, and Lackland and Randolph Air Force Bases gathered recently for a strategic planning workshop to chart the future of Joint Base San Antonio.

The workshop – conducted as part of the ongoing process for the JBSA Integrated Master Plan – was held April 25 through 27 at the City Public Service Energy Management and Training Center located near the post.

It was a diverse group of decision-makers from the Joint Base Partnership Council con-

sisting of major mission partners and mission support group commanders that got together to work with professional facilitators and physical planners to craft a vision for JBSA – today and into the future.

"The reason for the workshop was to start developing a vision of what JBSA might look like in 2030," said Col. Mary Garr, 502nd Mission Support Group commander. "The 502nd Air Base Wing brought in some community partners, including CPS Energy, San Antonio Water System, Defense Transformation Institute, City of San Antonio International and

See **JBSA, P11**



Col. Robert S. Bridgford (left), 502nd Air Base Wing vice commander, and Col. Mary Garr, 502nd Mission Support Group commander, listen to briefings during the strategic planning workshop to chart the future of Joint Base San Antonio held April 25 through 27.

Photo by Steve Elliott

WARRIOR from P1

I lost my interpreter there. Then my driver died five days later," he said.

Roberts was knocked unconscious from a blow to his skull and suffered third-degree burns across the backs of his legs.

Recovering at Brooke Army Medical Center, Roberts said he still has trouble multi-tasking and processes information more slowly. He takes notes to tweak his memory.

His Army career is on hold as a result of his injuries.

"My dream was to become a sergeant major – I always wanted to do my 20 years plus. But if the military says that's it, then I have to grab my boots and my rug and take it to the civilian world."

Even with challenges Roberts and others in

the Warrior Transition Battalion at Brooke Army Medical Center have options. Several agencies such as DEA offer internships to wounded warriors.

The DEA internships have been in place for just one year and already six Soldiers have passed through the pipeline. Several applied for permanent employment with the agency.

"This was one of the first offices nationwide to become part of the program," said Mauricio Fernandez, assistant special officer in charge of the San Antonio District Office of the Drug Enforcement Administration.

Fernandez' office is responsible for over 4,700 square miles stretching from the Mexican border to northern Texas including the cities of San Antonio, Austin, Waco, and Dallas



Photo by L.A. Shively

Staff Sgt. Paul Roberts clears his mind and focuses intently on an array of lines crisscrossing his computer screen. The array is a pictorial representation of telephone calls he is tracking that identifies both origin and destination. Roberts must delineate relationships between callers that may suggest a criminal network

and encompasses 52 counties.

A former Marine, Fernandez said the DEA internships were founded because of the gratitude he and others in the agency had for those in the military. Many are prior military.

"Fact is that with-

out these young men and women in service, our roles in the civilian world would not exist," Fernandez said.

"It's a win-win arrangement – having them here is a great asset," said Tim Cahill, an enforcement group supervisor for both task

force officers and DEA agents. "They help us with their work product and their spirit. The way these guys are fighting and recovering – their attitudes, it brings up the morale in my group."

Two types of internships are available at DEA for wounded warriors: intelligence analyst and a technical position working with radio, communications gear and photography.

A military security clearance already in place allows WTB Soldiers to do things a civilian intern could not, Cahill said.

"Depending on their military occupational specialty, they may have done these types of things – intelligence gathering for instance."

Soldiers applying for an internship must build a resume and submit it using [jobs.gov, be selected and go through an interview.](http://www.usa-</p>
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Once selected, warriors receive a two- to four-week indoctrination and/or basic training. Evaluations are done every two weeks.

"We try to make it as real world as possible and we want them to feel they are contributing members of our team," Cahill said, adding that a support system is also part of the program.

Roberts explained he learned to turn his challenges into assets at DEA. His trouble with multi-tasking actually helps him read call patterns. "I lock onto one thing – it helps me find the finer lines in the work."

Although he is not out patrolling, Roberts is still in the fight catching criminals.

"The things I do now as an intel analyst is something I've come to love," Roberts said. "It's a great day when we get the bad guy and pull a lot of bad stuff off the street."

For more information about the WTB's internship program, call 916-6409.

FIGHTING FOR RECOVERY PART II: SPORTS AS THERAPY

Big challenges lead to bigger dreams for wounded warrior



Photo by Michael Molinaro

Capt. Juan Guerrero trains on the air rifle for last year's inaugural Warrior Games that were held at the Olympic Training Center in Colorado Springs, Colo. He won gold in the event.

By L.A. Shively
FSH News Leader

Capt. Juan Guerrero never thought of himself as an inspiration to others.

Born in Lima, Peru, Guerrero enlisted with the U.S. Marine Corps after graduating from Hialeah-Miami Lakes High School in Miami, Fla., and deployed in support of Operation Desert Shield/Storm.

"It was very physical and I wanted big challenges," Guerrero said with the hint of a "Ricky Ricardo" accent. He completed four years then left the Marines.

Unhappy with civilian life, he enlisted in the U.S. Army and trained in a myriad of skill sets – rigger, pathfinder, airborne, infantry.

Guerrero fought in Operation Enduring Freedom and then deployed back to Iraq twice to support Operation Iraqi Freedom. Guerrero excelled in the Army, eventually earning a commission as Quartermaster Corps officer.

Then he was seriously injured. Returning from a routine ordinance disposal escort mission during a third tour in Iraq, a roadside bomb ripped through Guerrero's Humvee, mangling both legs. Medics were able to stop the bleeding and get him to the hospital in time to save his legs.

Despite eight surgeries and several skin grafts, the bones in his right leg did not heal properly. To beat the chronic pain, he tried hypnosis, then ultrasonic stimulation to promote bone growth.

"We exhausted everything that we could possibly do. I had an implant on my back to block the nerve pain, acupuncture, drug

"Just because I'm missing a leg doesn't mean I am unable to do all the things a Soldier needs to do to get back to work."

Capt. Juan Guerrero

treatments, all kinds of stuff and none of it worked," Guerrero said. Not only was the pain a physical challenge for him, it was a mental and an emotional challenge as well.

The captain put on a heroic front. He turned toward sports and began cycling, riding from San Francisco to Los Angeles and competing in California, Texas and Washington, D.C.

"It's a way of getting back into shape and showing you that you're still able to do normal stuff – with some limitations of course," Guerrero said. "It helps not just the body but the mind."

One of the first things wounded warriors excel at is bike riding explained Janis Rozenowski, who stores the bikes for the riders and hosts weekly gatherings at her house in San Antonio.

"I think they're really comfortable bike riding because it's one of the first things they learned to do as children."

She said competition is an important motivator for Soldiers' healing.

"They help each other make the march, make the distance."

Rozenowski has been supporting and helping wounded warriors since 2003.

Sports have been successful ventures for Guerrero who competed in three categories during last year's inaugural Warrior Games in Colorado Springs, Colo. He won gold, shooting the 10-meter air rifle in the prone position.

Though competing and winning helped Guerrero endure the suffering, his leg continued to feel like he was standing on a wasp's nest. He

could ignore the blistering pain while competing, but his home front was not thriving.

"I wasn't able to play with my children. My (second) marriage went downhill," Guerrero said.

"He was lying in bed, taking naps, watching TV – that was what his life

At four months I started running, cycling, playing sled hockey."

"And now, every day he's up to something new. That's how much his life has changed," Shannon said. "Before they amputated his leg was actually the hardest to be honest. Now he's racing cars. I have to put him on leg restriction at home."

Her husband is even thinking about getting his pilot's license – fulfilling a childhood dream.

And he's planning to compete in the Ultimate Champion pentathlon at this year's Warrior Games.

But for Guerrero, the sports competitions and new challenges are just an intermission from work.

"My goal is to return to duty and deploy again. Afghanistan would be fine with me."

His biggest dream is returning to command a company of Soldiers in combat and he is planning for the best while expecting the worst.

"The medical board will, most likely, find me unfit for duty because I am missing a leg. I'll have to request a continuation of duty."

Unfazed, he is fully confident he can pass the Army's fitness test even at 40.

"I'm at an advanced age," Guerrero jokes. But he is serious about his ambition. He's completed 22 years in the Army and focused on staying for 26 to honor a 10-year commitment he made in officer candidate school.

"I'm half-way there and this is not going to stop me. I think about my kids, showing them that if you put your mind to it you can do whatever you want," Guerrero said.

"Just because I'm missing a leg doesn't mean I am unable to do all the things a Soldier needs to do to get back to work."



Photo by L.A. Shively

Guerrero prepares his bike for an afternoon ride. He will compete for the title of Ultimate Champion, a pentathlon-style event that includes cycling, part of the Warrior Games to be held May 16-21 in Colorado Springs, Colo.

was like," said Shannon Guerrero, his third wife.

"I decided it wasn't worth living the next 40 years limping as opposed to letting it go and getting a (prosthetic) leg," Guerrero said. "I made that decision two and one-half years ago and finally I took my case to the doctors and told them this is what I want."

His surgeon relented, amputating Guerrero's right leg below the knee last September.

Guerrero had no fear.

"I was not wrong. I got my first leg at six weeks after surgery and I haven't touched my crutches since.



Photo by L.A. Shively

Distance swimming is part of a daily workout for Guerrero, who is preparing to compete for the title of Ultimate Champion, a pentathlon-style event that includes a 50-meter freestyle swim, a 10-meter prone air rifle shoot, a 100-meter sprint on the track, field shot put and cycling.



Photo by L.A. Shively

Taking a break from swimming distance laps in the pool, Guerrero enjoys boogie boarding on the Flowrider at Fort Sam Houston's Center for the Intrepid.

FIGHTING FOR RECOVERY PART 3: FAITH AS THERAPY

Wounded warriors find strength, healing through spiritual growth

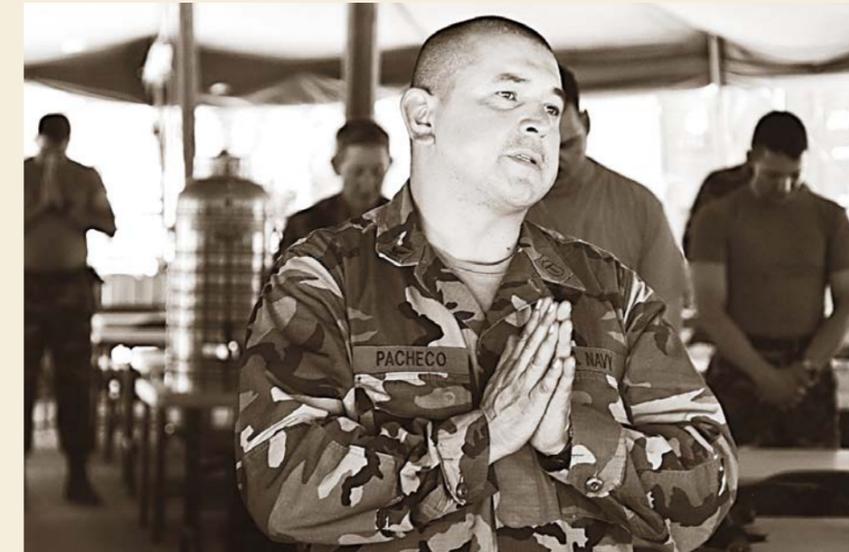
By L.A. Shively
FSH News Leader

Maj. Shirley Crumpton flits about the large kitchen, stacking dirty dishes in the sink, checking on a casserole she just slid into the oven to warm, and she asks every wounded warrior she passes if he or she would like something more to eat.

She lifts a huge serving bowl and, tilting it toward her with one hand, scoops coleslaw into a smaller bowl with a utensil in the other hand. The serving bowl is at least half as wide as she is tall, but the major deftly handles its girth, enthusiastic to be in a place where she feels she can help.

Although the lunch rush is over, wounded warriors hang out at the Warrior and Family Support Center swapping stories, watching television, relaxing and perhaps looking for a snack.

Crumpton said she loves to cook and takes every opportunity to assist with a meal, or make snacks for fellow service members visiting the WFSC. Helping others as a critical care nurse for 15 years had been her focus, until she was



Photos by L.A. Shively

Navy Hospital Corpsman 3rd Class Richard Pacheco prays during a Catholic Mass while in the field at Fort Hunter Liggett in California. Military in the field often depend on their faith to get them through, according to Chaplain Maj. Gary Goodson.

diagnosed with breast cancer.

When she heard her diagnosis, her world seemed to tilt. "After I was

told it was cancer, it took me awhile. First I asked, 'Why me?' I went through a grieving process."

But her instincts as a nurse and her faith took over.

"Then I said, 'Why not me? I can help others with it.'" Like the food she serves up, she said her faith nourishes and gives her hope.

"When I got injured, I thought I had the weight of the world on my shoulders," said Staff Sgt. John Keith.

Injured in Baghdad, Iraq in 2008, Keith said his Humvee was hit with a rocket-propelled grenade. He lost his left leg above the knee.

Guiding his wheelchair through the crowd at the WFSC, Keith finds a shaded table on the veranda and joins the lone Soldier already sitting there. He digs into his plate of barbecue.

"I was married, had two kids and had to figure out a way to support them," he said between mouthfuls. "I just put it into God's hands. I could get an ulcer worrying about it; but I have put my trust in Him – gave Him the



Navy Chaplain Lt. William Stewart comforts and prays with a fellow Navy Seabee during a two-week field exercise at Fort Hunter Liggett in California.

problem and relinquished my control, which was the hardest part."

His wife and children chattering happily around him, Sgt. Joe Urzua said his brain tumor may have slowed his thinking a bit; but as a result of his illness, he has been able to recognize the most important aspects of life, like family.

"Having this happen to me has given me a chance to sort things out," Urzua said. "And in my quiet moments, to



A Catholic priest blesses the host, lifting it high so that everyone may see it during Mass in the field at Fort Hunter Liggett in California.

actually develop my relationship with God – I never realized how much I believe."

Spirituality is the foundation of life for 1st Lt. Mark Bressler, who is suffering from Post Traumatic Stress Disorder after a tour in Afghanistan last year. Leaning forward on the big leather ottoman he occupies, he emphasizes his words.

"It pulls you up when things are down," he said. "It builds you – mind, body and spirit. Without it, the rest of 'you' would go un-nurtured and die out."

Crumpton, Keith, Urzua, and Bressler had joined approximately 200 other warriors and their families to munch on barbecue and listen to Warrior Transition Battalion Chaplain Gary Goodson during the monthly Chaplain's Night at the WFSC.



Maj. Shirley Crumpton lifts a bowl nearly half her stature while she cleans up the kitchen after lunch at the WFSC.

"What isn't spiritual?" asks Goodson. "When you're in war, you're dealing with life and death. It's a spiritual experience."

He adds the reality of war is that everyone gets wounded and stresses to the Soldiers to take time for their families who need healing as well.

"There's a triad of healing or people feel there is; and that's the healing of the mind, body and spirit," explained Judith Markelz, program manager for WFSC.

Markelz said she feels the center supports healing those intangible wounds.

"We make people laugh a lot. When you laugh, it somehow makes a big difference." She also ensures her staff regularly attends a workshop at Brooke Army Medical Center she calls "Happiness 101."

"Some wounds are invisible inside the heart, soul, and spirit of the warrior," writes retired Maj. Gen. Bob Dees in his essay, "Spiritual Solutions for Combat Trauma."

Currently executive director of the Campus Crusade for Christ Military Ministry, Dees explains that unseen wounds are often the most difficult because they must heal from the inside out.

Healing can and does occur in many other areas of life besides the physical level according to Dr. Harold Koenig, Director, Center for Spirituality, Theology and Health, Professor of Psychiatry & Behavioral Sciences and associate professor of medicine at

Duke University.

Koenig spoke at length to a BAMC audience of health practitioners about the role spirituality plays in healing wounded warriors.

"Healing can occur in terms of relationships with others. People who are sick or injured may be at a point where they will forgive someone for the first time, let something go," Koenig said. "Illness, disability and dying can bring people together like no other thing can."

Koenig goes on to explain why spirituality and belief systems are vital elements of cultures across the spectrum.

"Religion is the only source for answers to questions such as, 'Where did I come from? Why am I here and where am I going?'" Medicine and science have no answers," Koenig points out.

"Religion is a powerful coping behavior for stresses in war, stresses in family, stresses in work and stresses in life."

Recent research correlates religious practice with less fear, better pain control, less depression, and as a survival mechanism.

The New England Journal of Medicine questioned a random sampling of the general population in the U.S. during the week after 9/11, and reported that 90 percent of Americans surveyed turned toward religion to manage the stress. Prayer was the most common coping behavior after talking with others about the event.

"Religion has the hallmarks of an

evolved behavior, meaning that it exists because it was favored by natural selection," reports Nicholas Wade of The Wall Street Journal.

Wade's discussion of the findings of archeologists – that religious behavior occurred in societies at every stage of development and in every region of the world – led him to conclude that religious practice is universal because it was hardwired into our neural circuitry.

Molecular biologist Dean Hamer's recent work, "The God Gene: How Faith is Hardwired into Our Genes," supports Wade's claim. Hamer professes to have found a gene responsible for human spirituality.

"For Soldiers, religion psychologically integrates bad things," Koenig said. "If you can explain and make the world predictable again, it helps you to move on. Religion provides an alternative to drugs and alcohol and instead, provides a social support system, both human and divine."

Have things changed since Keith turned his situation over to God?

"Yeah – with my type of injury, usually people have to get out. But I wanted to stay in. I put (my request) at His feet and it all worked out. I am staying on active duty."

"If you have faith, that belief strengthens you," Crumpton said, adding that prayer is an important part of her healing process. "When I pray, there is a feeling that is indescribable. I can feel the presence of God."



Warrior Transition Battalion Chaplain Maj. Gary Goodson speaks to the 200 or so wounded warriors and family who came to Chaplain's night at the Warrior and Family Support Center. He discussed the importance of caring for each other and was available to anyone for one-on-one counseling during the evening.



Staff Sgt. John Keith helps himself to the plentiful buffet of barbecued goodies and nachos.