



Fort Sam Houston News Leader



Vol. 39, No. 1

Fort Sam Houston – Home of Army Medicine

Jan. 11, 2007

Briefs . . .

Dr. King commemorations

Post MLK ceremony

Fort Sam Houston will commemorate the birthday of Dr. Martin Luther King Jr. today from 10:30 to 11:30 a.m. at the Roadrunner Community Center, Building 2797. The guest speaker will be Joel Williams, director, Army Medical Department Battle Simulation Center. The event also includes a dance performance by the Cole Jr./Sr. High School Praise Team and readings by Fort Sam Houston Elementary School students. For more information, call Master Sgt. Ricky Evans at 295-0561 or Eunice Polk at 295-0552. To request reasonable accommodation for a disability, call 221-0218.

San Antonio 2007 MLK March

Join the Fort Sam Houston Equal Employment Opportunity/Equal Opportunity Special Emphasis Committee as they take part in the City of San Antonio 2007 MLK March and Commemorative Program Monday at 10 a.m. The march starts at the Eastside Boys & Girls Club/MLK Freedom Bridge, 3500 MLK Drive, and ends at Pittman-Sullivan Park, 1101 Iowa, with a commemorative program

Local hazards, traffic safety training

Personnel newly assigned to an Army installation are required to take Local Hazards Training and Soldiers under age 26 must take Intermediate Traffic Safety Training upon arrival at a new duty station. Classes will be held today from 12:30 to 3:30 p.m. in Building 4196, Public Works Scheduling Room; Jan. 25 from 12:30 to 3:30 p.m.; and Jan. 26 from 8 to 11 a.m. in Building 4197, Army Contracting Classroom. For more information or to register, call Richard Edges at 221-3857 or e-mail richard.edges@samhouston.army.mil.

SAEDA, OPSEC training

Subversion and Espionage Directed Against the U.S. Army and Operations Security training will be held Wednesday from 10 to 11:30 a.m. in Evans Theater. People should arrive early to sign in. Department of Defense personnel, to include contract employees, are required to take the training annually. Other sessions will be held throughout the year. A sign interpreter will be present. For more information, call the Garrison Security Office at 221-1906, 221-1859 or 221-9500.

AKO training

Training is available for Army Knowledge Online and Army E-Learning. To set up a briefing or hands-on training for an individual or organization, call Julie Gueller at 221-2010. Training is also available for the AKO administrator level.

Black History Month luncheon

Fort Sam Houston will commemorate Black History Month with a luncheon Feb. 8 from 11:30 a.m. to 1 p.m. at the Sam Houston Club. The guest speaker will be Master Sgt. Lee Coffee. Tickets are \$10. For tickets or more information, call Gayle Ellis at 221-7709, Jonnell Player at 221-1582, Rosemary Galvan at 221-0218, Master Sgt. Ricky Evans at 295-0561 or contact a unit equal opportunity adviser prior to Feb. 2.

Reserve Marines report for active duty

Story and photo by Esther Garcia
Fort Sam Houston Public Affairs Office

It was the second day of the New Year and already families of the 4th Reconnaissance Battalion were preparing to say goodbye to their loved ones.

One hundred local Reserve Marines were called to active duty in support of Operation Iraqi Freedom. The unit will initially report to Marine Corps Air-Ground Combat Center at Twenty-nine Palms, Calif., for pre-deployment training. The Marines will then deploy to the Middle East in support of the nation's war on terrorism.

Prior to their departure, the Marines and their families were invited to a family day at the Navy Marine Reserve Center Jan. 2 before leaving Jan. 4 to Twenty Nine Palms, Calif.

Most of the Marines were now in their second or third tour and almost all volunteered to go back. Cpl. Daniel Peters, who volunteered to go back a second time, couldn't explain why. "I wanted to go, had to go, it is hard to explain why," he said.

Wives, husbands, uncles, aunts, grandparents, nieces and friends were treated to a meal served by senior leaders including



(From left) Sgt. Maj. Benny Cuevas, inspector instructor sergeant major, 4th Reconnaissance Battalion; Marine retired Chief Warrant Officer Louis Herrera; Lt. Col. Mark House, inspector instructor commander; and Robert Larios, 27th San Antonio Postmaster, unveil a life-size picture of the Distinguished Marines stamps. The U.S. Postal Service dedicated the postage stamps to the 4th Reconnaissance Battalion during Family Day Jan. 2 at the Navy Marine Reserve Center.

Lt. Col. Mark House, inspector instructor commander, 4th Reconnaissance Battalion. A disc jockey provided music. Volunteers from Brooke Army Medical Center dressed as clowns offered face painting and animal balloons for the kids and adults and played and danced with the kids.

See **MARINES REPORT** on Page 3

Wounded warrior serves again

By Elaine Wilson
Fort Sam Houston Public Information Office

Jorge DeLeon may have lost a leg in the war, but he never lost a desire to serve his country.

Two years after his military aspirations were crushed by an anti-tank mine, DeLeon is back in Army service – this time as a Department of Defense civilian.

The former sergeant is the second civil service employee hired at Fort Sam Houston through the Army Wounded Warrior Program, and the first amputee.

The program, dubbed AW2, is designed for Soldiers severely wounded in the Global War on Terrorism. AW2 provides information and assistance to aid Soldiers

and their families through the recovery process and beyond, from medical evacuation to reintegration into the work force.

"We continue to work closely with managers to locate employment opportunities at Fort Sam Houston that match the skills of the many wounded warriors in our area," said Sharon Ferguson, director of the Civilian Personnel Advisory Center at Fort Sam Houston. "Commanders and managers are encouraged to use all available tools to provide employment opportunities for these courageous Soldiers."

DeLeon, the newest edition to the Fort Sam Houston Police Department, is now at work at Fort Sam Houston as a radio operator.

"I'm very happy to be working here,"

DeLeon said. "I'm not doing exactly what I want, but it's close."

DeLeon would have preferred to remain a Soldier. The 33-year-old joined in 2001 after eight years on the police force in Puerto Rico. He deployed four times in five years; however, he wasn't injured until the last.

The former infantryman deployed to Afghanistan in April 2004, with the 25th Infantry out of Schofield Barracks, Hawaii.

Just a few weeks in country, DeLeon and his unit were on their way back to camp after a patrol through the region. DeLeon was driving a Humvee, the lead vehicle of the convoy.

See **WOUNDED WARRIOR** on Page 4

West beats East in All-American Bowl



Photo by Daren Reehl

The East running back finds a hole during the first quarter of the All-American Bowl all-star football game that split the best players in the nation into East and West squads.

By 1st Lt. Chris Coleman
Special to the News Leader

SAN ANTONIO — America's best high school football players and more than 80 "Soldier-Heroes" shared a nationally-televised stage at the 2007 U.S. Army All-American Bowl at the Alamodome here.

The West All-Stars defeated the East All-Stars 24-7 in front of a record All-American Bowl crowd of 35,151.

The Alamodome crowd was filled with Army Combat Uniform-clad Soldiers. At least four stadium sections were filled by Advanced Individual Training students from Fort Sam Houston.

During breaks in the game, the stadium's big screens played commercials from the new "Army Strong" advertising campaign.

The commercials sparked a spontaneous and loud "Hooah" from the stands, and inspired a large number of AIT Soldiers to stand at attention and shout the Soldier's Creed in unison.

See **WEST BEATS EAST** on Page 14

Commander sends holiday safety message for MLK Day

By Maj. Gen. Russell J. Czerw
Commander, Fort Sam Houston and AMEDDC&S

On Jan. 15, Soldiers, civilians and their families will honor the life of a great American, Dr. Martin Luther King Jr. No matter where your long holiday weekend takes you, remember to be smart and avoid hazards.

Commanders and directors will ensure aggressive and positive actions are initiated to impress upon each Soldier and civilian the importance of their individual role in accident prevention. Unfortunately, our Army continues to lose

Soldiers to accidents at an unacceptable rate. Even more disturbing is the fact that 66 percent of accidental deaths in fiscal year 2007 have occurred behind the wheel in tactical or privately owned vehicles. Leader emphasis on misconduct and poor performance often are indicators of potential POV accident victims. Identify "at risk" Soldiers and employees, counsel them and take proactive measures to modify their risky behavior. As a minimum, commanders and directors will emphasize the main causes of traffic-related deaths and injuries within the U.S. Army community. These causes include but are not limited to excessive

speed for conditions, driver fatigue, inattention while driving, failing to use child restraint devices and seat belts.

Leaders must also emphasize sexual risks, prevention and response in their safety briefings; guidance is available at www.sexualassault.army.mil. Army policy promotes sensitive care for victims of sexual assault and accountability for those who commit these crimes.

I wish you all a safe holiday weekend and hope you will take advantage of this time to honor Dr. King's legacy of tolerance, peace and equality.

Please be safe – we need and rely on all of you.

Hang it up . . . Drivers still talking despite cell phone ban

By Elaine Wilson
Fort Sam Houston Public Information Office

More than a year has passed since the Department of Defense banned cell phone use while driving on DoD installations, but Fort Sam Houston leaders are concerned that drivers on post are reluctant to hang up their phones.

Fort Sam Houston police officers issue

about 30 citations to violators of the DoD policy a week, and that's just the people caught red-handed.

"It's easy to drop the phone when a driver sees a police car coming," said Master Sgt. Troy Brumley, of the Fort Sam Houston police department. "We know there's an ongoing problem with policy violators. The trick is catching them."

The DoD policy, which went into effect

in October 2005, bans drivers from using a hand-held cell phone or any other hand-held wireless communication device while driving on post unless the vehicle is safely parked or a hands-free device is used.

Drivers are also prohibited from wearing portable headphones, earphones or other listening devices while operating a motor vehicle.

"Use of those devices impairs driving

and masks or prevents recognition of emergency signals, alarms, announcements, the approach of vehicles and human speech," said Guadalupe Gomez, Fort Sam Houston safety manager.

The policy was established to place more emphasis on the safety of pedestrians and motor vehicle drivers on Fort Sam Houston.

See **HANG IT UP** on Page 4

Fort Sam Houston News Leader

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, 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, 7137 Military Drive West, San Antonio, Texas 78227; 210-675-4500, 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 or Prime Time, Inc., The Herald Newspaper Group of the product or services advertised. Stories and photos for publication consideration may be e-mailed to news.leader@samhouston.army.mil or turned in on a disc accompanied by hard copy, by noon Monday.

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Marines report

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Speaking to the families, House said, "I appreciate the support you give to your Marine. I ask each of you to help each other out."

"And hopefully, we will have a bigger celebration when we come back," said House to a round of applause.

In appreciation to members of the 4th Reconnaissance Battalion, Robert Larios, 27th San Antonio Postmaster, U.S. Postal Service, unveiled a life-size picture of the Distinguished Marines postage stamps.

The Marine stamps were issued in November 2005 in conjunction with the celebration of the Marine birthday. The stamps include four legendary Marines: Gunnery Sgt. John Basilone, Sgt. Maj. Daniel Joseph Daly, Lt. Gen. John A. Lejeune and Lt. Gen. Lewis Puller. The commemoration of the stamps honors all heroic Marines who serve their country.

"It is a small tribute to give to our 4th Reconnaissance Battalion, our local Marines," said Larios.

"We appreciate this wonderful gift, and it

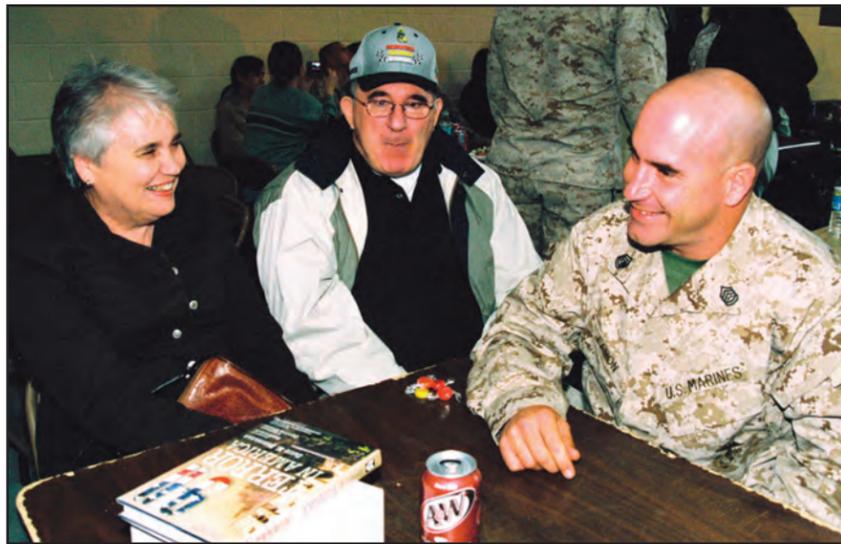
will adorn our walls here at the 4th Recon. for many years to come," said House.

"There are lots of folks we try to live up to. Look at the names. Those are all heroes that set the bar that we are trying to achieve and maintain," House continued.

"As for family day, what a wonderful way to bring people together. This is what it's all about, why we wear this uniform," said House.

A former Marine, Larios said, "When I got hired by the postal service, that was great; when I was appointed as the 27th postmaster, it was awesome; but earning the title of a Marine is priceless," said Larios.

The Marines assigned to the command specialize in being the eyes and ears of infantry ground combat commanders. They insert via air, sea and land, and operate primarily behind enemy lines, reporting enemy activity in their assigned areas. Members of the 4th Reconnaissance Battalion have also served in Iraq as part of Task Force Tarawa during Operation Iraqi Freedom I in 2003 and 2005. Currently, the 4th Reconnaissance Battalion has 100 Marines supporting OIF 2.



Photos by Esther Garcia

Gunnery Sgt. Robert Eason visits with his parents, Jane and Bruce Eason, during family day at the Navy Marine Reserve Center Jan. 2. "I want him to go fight and come back safe," said his father Bruce.



Lt. Col. Mark House serves food to the Marines and families attending family day at the Navy Marine Reserve Center. The Marines left Jan. 4 to Twenty-nine Palms, Calif., for training before deploying overseas. House hopes to have a bigger celebration when the Marines return.



Lance Cpl. Jeff Robbins and his wife, Heather, test out the equipment at the exhibit table manned by Sgt. Jerroll Arana during Family Day at the Navy Marine Reserve Center. The exhibit displayed various types of weapons and equipment the Marines use in the battlefield.



Brooke Army Medical Center volunteers dressed as clowns entertain children during family day Jan. 2 at the Navy Marine Reserve Center.



Lance Cpl. Cipriano Garcia spends time with his friend, Michelle Gonzales, during family day Jan. 2 at the Navy Marine Reserve Center. "I've known him for five years and will miss him very much," said Gonzales. She plans to keep in touch by sending letters and e-mails to him.

NCO Academy salutes fallen heroes

The NCO Academy has founded a memorial to the service members who have lost their lives in the defense of the nation. The memorial is called the Army Medical Department Enlisted Fallen Heroes of the Global War on Terrorism. The academy welcomes donations of memorabilia and photographs. People can deliver items to 1st Sgt. Richard Watson Jan. 30 from 9 a.m. to 4:30 p.m. at the NCO Academy, Building 1397. The items will be tagged with the name of the donor and put on display in the memorial. For more information, call Watson at 221-2571.

Financial disclosure report due Feb. 15

The Office of Government Ethics has revised its rules on the filing of the OGE Form 450, Confidential Financial Disclosure Report.

Effective Jan. 1, previous editions can no longer be used. The reporting period for the new report is from Oct. 1, 2005, through Dec. 31, 2006. The deadline for filing the new report is Feb. 15. To access the form, visit http://www.usoge.gov/pages/forms_publications/otherdocs/forms_publications_other_pg3.html.

Filers who have no new interests to report may still use the OGE Form 450A, Certificate of No New Interests.

The purpose of the OGE Form 450 is to help employees avoid conflicts of interests between official duties and private financial interests or affiliations.

Supervisors and commanders will determine whether employees are required to file an OGE Form 450 based on the duties and responsibilities of their position.

OGE has generally defined a filer as a GS-15 or below or O-7 or below whose duties and responsibilities require the employee to participate personally and substantially in taking a government action regarding contracting or procurement; the administering or monitoring of grants, subsidies, licenses or other federally conferred financial or operational benefit; the regulating or auditing of any non-federal entity; any activity in which the final decision or action will have a direct and substantial economic effect on the interests of any non-federal entity; or to

carry out the purposes behind any statute, Executive Order, rule or regulation applicable to or administered by the employee.

To help filers complete the new form, OGE has created an online course, "Completing the OGE Form 450," for both new and experienced filers. The course can be completed in about 20 minutes; visit http://www.usoge.gov/pages/comp_web_training/cwt_modules/oge450_wbt_06/homepage.html. For filing questions, visit OGE's Frequently Asked Questions at http://www.usoge.gov/pages/financial_disclosure/oge_450_faqs.html.

For more information, employees should contact their command's ethics counselor.

(Source: OGE)

Ethics counselors

Army Medical Department Center and School and Fort Sam Houston
U.S. Army Garrison - 221-2373 or 221-0485, Building 134, 1306 Stanley Road

Medical Command - 221-8400; Building 2792, Room 210

U.S. Army South - 295-6227; Building 1000, Room 612

U.S. Army North - 221-1515; Building 44, Suite 200

Brooke Army Medical Center - 916-2031; Building 3600, fifth floor

5th Recruiting Brigade - 221-0155; Building 2007

Wounded warrior

Continued from Page 1

As they neared the camp, the sergeant noticed a strange sight, a funeral in progress in the middle of the desert, not far from the entrance to the base. "Usually, no one is out there. But, that day, there were more than 50 people at a funeral. I immediately thought some-



Photo by Elaine Wilson

Jorge DeLeon operates the radio at the Fort Sam Houston Police Department. DeLeon is the second Department of Defense employee hired at Fort Sam Houston under the Army Wounded Warrior Program, and the first amputee.

thing was wrong."

DeLeon told the lieutenant in the Humvee his suspicions, and at that moment, the Humvee ran over an anti-tank mine.

"It was like slow motion," he said. "The Humvee lifted about 12 feet in the air before it fell."

The dashboard crushed DeLeon to his seat. His fellow Soldiers raced to pull him out. As he lay on the ground, he felt no pain – until he looked down. The bone on his left leg protruded from his skin and his right leg was gone.

"Then the pain hit me. I was conscious the whole time. On the way to the hospital, all I could think about was my wife and kids," said the father of three children ages 5, 3 and 1. "I didn't want to die."

Having taken the full brunt of the mine, DeLeon was the only one injured in the explosion.

He underwent a long, painful recovery at Walter Reed Army Medical Center in D.C. His desire to stay in the Army and support of his family kept him on the path to recovery. He finished his treatment and was soon on his way back to Schofield Barracks to join his unit — under one condition. He had to pass a PT test.

Fitted with the latest in prosthesis, a computer leg, DeLeon could walk, bike, drive, do just about anything – but run. Despite extensive running training at Brooke Army Medical

Center, he was unable to pass the test and was medically retired in March.

"I really loved the Army, loved the pride of the infantry," DeLeon said. "I'm able to do anything in my mind and heart, but my disability prevents me from doing it all."

Disappointed that his military dream was over, DeLeon turned to a former passion – law enforcement. An eight-year veteran of the force prior to the military, DeLeon tapped into his experience and applied for a job with the police department at Fort Sam Houston.

Between his military and police experience, disability aside, DeLeon was a perfect fit. He started working as a radio operator last month.

"He's doing a fine job," said Master Sgt. Troy Brumley, DeLeon's supervisor. "His background in law enforcement is a real asset. If we get a few more like him, we won't turn it down."

Ferguson said she will continue to encourage wounded warriors to apply. "We are pleased with our success thus far, but recognize that there are many more positions that can be filled with wounded warriors," she said. "Our experience is that the brave warriors with whom we have worked truly exemplify the AW2 vision: 'Our Wounded Warriors and their families are self sufficient, contributing members of our community; living and espousing the Warrior Ethos knowing our Army and Nation remembers their selfless sacrifice.'"

For more information about AW2, call the Civilian Personnel Advisory Center at 221-1425.



Photo by Minnie Jones

New officers

Second Lt. Deanna Andrews pins her husband, 2nd Lt. Don Andrews, during the Army Medical Department Enlisted Commissioning Program ceremony, Dec. 28. They were among 10 Soldiers commissioned at the ceremony. The AECPP provides eligible active duty Soldiers the opportunity to complete a bachelor's degree in nursing, become a registered nurse and be commissioned in the Army Nurse Corps. Both Soldiers attended North Carolina State University in Greensboro, N.C., while in the program. After completing the Officer Basic Leader Course at Fort Sam Houston, they will be stationed at Fort Gordon, Ga.

Hang it up

Continued from Page 2

"We are making a statement that the safety of our Soldiers and workforce is paramount," Gomez said.

"If a post military or civilian employee is caught violating the policy, a Fort Sam Houston police officer will issue the driver a DD Form 1408 citation," said Master Sgt. Troy Brumley, of the Fort Sam Houston police department.

The citation will be processed at the Provost Marshal Office and then forwarded to the driver's commander, chief, activity chief or director for action. As for repeat offenders, "Maj. Gen. (Russell) Czerw (installation commander) will personally meet with anyone who receives a second citation," Brumley said.

For military or civilian visitors to the post, the police officer will issue a citation and the information will be recorded at the Provost Marshal Office. Repeat offenders may be

barred from the installation for noncompliance with installation policies, Brumley said.

The policy follows a trend of cell phone bans for drivers cropping up throughout the country. In Texas, teenagers are prohibited from using wireless communication devices

for the first six months after they get their driver's license. Bus drivers with minors on board are also unable to use them unless there is an emergency or the bus is stopped.

The risk of having a traffic accident while using a cell phone is the same as that while driving drunk, cites a New England Journal of Medicine study. And, the National Highway Traffic Safety Administration estimates that driver distraction from all sources contributes to 25 percent

of all police-reported traffic crashes.

"We either make a difference or we don't," said Gomez. "Not everyone agrees with the policy but we feel safety is a serious issue."

For more information about the policy, call the Installation Safety Office at 221-3857 or visit <https://fsh-intranet.amedd.army.mil/>.



Red Hat Society more than just a pretty hat

Group sends care packages to Fort Sam Soldiers in Iraq

Story by Cheryl Harrison
Fort Sam Houston Public Information Office

Even though the Red Hat Society fondly refers to itself as a "disorganization," one chapter of Red Hat ladies in Albuquerque pulled themselves together long enough to uplift wounded warriors by meeting their needs and encouraging and forming friendships through care packages.

The Red Hat ladies became aware of the wounded Soldiers' needs from an adopted Soldier, Maj. Ernest Edge, of Beaumont, Texas. Through a request from Edge, the group became aware that when wounded service members are sent to a hospital they only have the uniforms on their backs. Not only are their physical needs requiring attention, but they are in need of material items as well.

That was all this group of women needed to hear. They got busy, dug deep into their pockets, shopped for toiletries, snack items, T-shirts, flip-flops and other personal necessities; packed the items into boxes and got the packages to the post office. Their destination, the wounded Soldiers in field hospitals in Iraq and Soldiers from the 79th Ordnance Battalion

deployed to Iraq.

The purchases and postage was paid from their own pockets without one organized fundraiser to aid with the expense. This year, postage alone for about 45 boxes sent was \$354.75, according to Muriel Neubeck, head of the Albuquerque chapter.

Neubeck, or "Queen Mum," as the Red Hat leader is referred, said, "Our group

has been together three years and this is our third year to send the boxes. The first two years we sent them to Iraq only."

"I was very proud of the ladies. Not all of us have military connections. I am a retired Air Force wife, a mother of military kids and a grandmother of military grandchildren," Neubeck said.

Along with items the Soldiers might need, the women enclosed cards from a

local elementary school. The Albuquerque students sent warm wishes for the Soldiers' recovery. The homemade cards from the children even invited Soldiers to come over for dinner when they were well enough to travel.

Chris Neubeck, daughter of the Albuquerque "Queen Mum" and civilian employee at Fort Sam Houston, said, "It's kind of funny because these ladies are not connected to anyone here. They just cared enough to take this idea and run with it.

"I am hoping that by getting this group recognized, it will let people know that there are folks all over who are supporting our troops in whatever they need, even though they may not be affiliated with the military themselves," Chris added.

The Red Hat Society, a social organization for women over age 50, was founded in 1998 by Sue Ellen Cooper of Fullerton, Calif. The society takes its name from the opening lines of the poem "Warning" by Jenny Joseph, which opens with the familiar lines: "When I am an old woman I shall wear purple, with a red hat that doesn't go and doesn't suit me."

Members of the society wear red hats and purple attire to all functions. The society is not a sorority or a voluntary service club. There are no initiations or fundraising projects. Their aim is social interaction, encouragement, fun, silliness, creativity and friendship in middle age and beyond.



Courtesy photo

The Glitz and Glamour Red Hat Society of Albuquerque smile with satisfaction at a job well done. Their "disorganized" efforts provided wounded warriors at Brooke Army Medical Center with about 45 boxes of personal care items. The Red Hat ladies are (back row from left) Miriam Pastian, Nancy Conty, Diane Jackson, Sharon Moede, Kathleen Lingman, Marshia Spencer; (second row) Louise Micsko, Terry Plekowski; (seated from left) "Queen Mum" Muriel Neubeck and Sandy Hamlin.

BAMC enrollees can switch to civilian network

The Brooke Army Medical Center commander has authorized up to 3,000 TRICARE Prime and Plus enrollees the opportunity to change from their BAMC primary care manager to a civilian network PCM.

The PCM change does not apply to active duty service members or pediatric and adolescent patients.

The PCM switch was authorized to better accommodate Fort Sam Houston's expanding military mission and the associated medical support required by the increasing active duty population over the next several years.

Beneficiaries who would like to make the switch to a network PCM should consider the following:

- Outpatient visits to a network PCM incur a \$12 co-pay per visit for retirees and their family members (no co-pay for active duty family members).
- Beneficiaries enrolled to a network PCM may still have their prescriptions filled at BAMC or the Fort Sam

Houston Community Pharmacy if the medicines are carried on the formulary.

- Beneficiaries who enroll with a network PCM will receive their specialty and inpatient care at either BAMC or Wilford Hall Medical Center if their residence is within a 60 minute drive time of either facility and capacity exists.
- Beneficiaries who enroll with a network PCM may not be able to return to BAMC for their primary care while clinics remain closed to new enrollees.

To request a PCM change, beneficiaries should fill out a request form at one of the following San Antonio Area TRICARE Service Centers Monday through Friday from 7:30 a.m. to 4:40 p.m.:

- BAMC - 3851 Roger Brooke Drive, Fort Sam Houston, TX 78234
- Wilford Hall Medical Center - 2200 Berquist Drive, Suite 1, Lackland AFB, TX 78236

- Randolph Air Force Base - 12th Medical Group, 221 3rd Street West, Randolph AFB, TX 78150
- Brooks City-Base - 8050 Lindberg Landing, Brooks City-Base, TX 78235

The first 3,000 requests received by Humana Military Health Services will be approved and processed for change to a network PCM. Beneficiaries will receive confirmation via mail from HMHS. Until approved, BAMC Prime and Plus enrollees will continue to be seen by their BAMC PCM.

The authorization to change to a network PCM does not apply to Wilford Hall Medical Center or Randolph Air Force Base enrollees.

For more information, call a health benefits adviser at 916-2889 or 916-1876 or visit an adviser at the TRICARE Service Center Monday through Friday from 7:30 a.m. to 4:30 p.m.

(Source: BAMC)

DoD expands mental health screening guidance for deploying troops

FALLS CHURCH, Va. — The Department of Defense has issued improved policy guidance for military personnel with deployment-limiting psychiatric conditions and for those who are prescribed psychiatric medications. The new policy satisfies many requirements established in the 2007 National Defense Authorization Act signed into law Sept. 29, 2006.

Section 738 of the law requires the DoD to specify conditions and treatments that preclude a service member from deploying to a combat or contingency operation.

"This new guidance will improve mental health screening by assisting our physicians to make the best possible decisions regarding the deployment of service members who experience mental conditions," said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs. "Our finest clinical experts have worked

on these guidelines for some time. We recognize them as a major step forward in helping our service members and physicians. They also address important concerns of military family members and of members of Congress."

Early identification and treatment of mental health problems are keys to continuation of active service and return to duty. Service personnel with psychiatric conditions in remission and without duty performance impairment are generally fit to deploy.

However, these individuals must demonstrate a pattern of stability without significant symptoms for at least three months prior to deployment.

Some psychiatric disorders require extensive and long-term care and treatment. These conditions will cause service members to be unfit for duty and therefore routinely processed out of the military. Additionally,

"These are excellent guidelines that support our primary responsibility to ensure the health and wellness of our uniformed personnel."

Dr. William Winkenwerder Jr.
assistant secretary of defense for health affairs

those deployed service members determined to be at significant risk for performing poorly in an operational environment who do not respond to treatment within two weeks will be returned to home station.

While not altering existing accession, retention and general fitness for duty standards, the new guidance standardizes deployment-related mental health policy throughout the military.

The guidelines stipulate that few medications are inherently disqualifying for deployment. However, lithium and anti-

convulsants to control manic-depressive bipolar illness are considered disqualifying medications, as are antipsychotic drugs for psychotic, bipolar and chronic insomnia symptoms. Psychotic and bipolar spectrum disorders are also disqualifying.

"These are excellent guidelines that support our primary responsibility to ensure the health and wellness of our uniformed personnel," Winkenwerder said.

To view DoD health-related policy documents, visit <http://www.ha.osd.mil/policies>.
(Source: Military Health System)

PostPulse: Did you make a New Year's resolution and are you sticking to it?



"No. I thought of one and that is to quit smoking. I just haven't started yet."
Sgt. Chris Owens



"My resolution is to lose weight and I am kind of sticking to it."
Patsy Ann DeLeon



"To stay out of trouble."
Sgt. Shem Webler



"Yes, to lose weight. I started today and I have already fell off the bandwagon."
Mario Gomez

After the 12th pound of Christmas, my waistline was lost to me!

By Kay Blakley
 Defense Commissary Agency Home Economist

FORT LEE, Va. — A strange phenomenon is under way at your neighborhood commissary these days. Products with labels containing the words "reduced-calorie," "low-fat," "fat-free," "sugar-free," or any form of the word "diet" are flying off the shelves faster than stockers can replenish them.

Commissary workers are not showing alarm though;

it's just that "dieting season" has begun. As soon as folks have had a chance to survey the damage done by all those delicious holiday indulgences, they start to look for ways to shed any reminders of just what a good time they had.

Exactly how a person goes about losing unwanted pounds is an individual issue that needs to be tailored to individual taste buds and food preferences, but a few important concepts should be at the heart of the plan.

First and foremost, is to remember that calories do count; consuming more calories than a person burns in physical activity equals pounds gained, and reversing that ratio equals pounds lost.

It is not a matter of starving oneself in the process, but learning how to make every calorie count. The way to do that is to read a product's nutrition facts label, and understanding the information.

See **WAISTLINE** on Page 10

Waistline

Continued from Page 9

The Food and Drug Administration has recently released an interactive online learning program that makes nutrition labels a little more user friendly. Visit <http://www.cfsan.fda.gov/labelman> and an animated character called "Labelman" will walk the viewer through the process of identifying which is the better choice on any number of ordinary packaged foods. A few helpful rules-of-thumb have also been included. For instance, 40 calories per serving is low calorie, 100 calories per serving is moderate and 400 calories per serving is high.

All that reading and decision making can still bring on a headache. A smart suggestion would be to use a simpler approach. When grocery shopping, fill the cart with items from the perimeter of the commissary. That

is where the whole foods are located.

Whole foods are foods that are unprocessed or very lightly processed, with nothing added, and are still in as close to their natural state as possible. Nearly anything in the produce section is fair game, since virtually all choices are jam-packed with nutrients and fiber, and are very low in calories. Lean choices at the fresh meat case are cuts with loin or round in the name, and go for products labeled low-fat or fat-free in the dairy department. Choose whole grain breads as much as possible, and choose liquid beverages wisely. Water seems to help those pounds wash away a little faster.

Take note of the shelf talkers located throughout the commissary, which offer quick and easy messages from the Dietary Guidelines for Americans. And keep in mind, it's your choice, make it a healthy one.

Sports Briefs . . .

Basketball invitational

The Fort Sam Houston Ranger Jam IX will be held Jan. 27 and 28 at the Jimmy Brought Fitness Center. Sign-up by Jan. 22 to participate. This double elimination tournament will follow National Collegiate Athletic Association rules. There is a 12-player limit, and participation is restricted to eight men's and six women's teams. Awards will be given to the top two individual and team winners. The entry fee is \$225 per team. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Ice hockey players needed

Ice hockey players of all skill levels are invited to play. For more information, call Jason Hess at 977-3210.

264th Soldiers score \$13,000 at All-American Bowl

Pvt. Joshua Lucas and Pfc. William Herron, of C Company, 264th Medical Battalion, scored big Saturday at the Army All-American Bowl football game at the Alamodome in San Antonio. The winners of the USAA field goal challenge earned two checks totaling \$13,000, courtesy of USAA Federal Savings Bank.

For the challenge, the Soldiers were placed on the 15-yard line and given four footballs each. They had roughly a minute and 30 seconds to successfully make a field goal. Whoever kicked the field goal first won the grand prize of \$10,000; the second place prize was \$3,000.

Lucas was successful on his second attempt and took home the grand prize. Lucas also won the Punt, Kick and Pass competition, and received an autographed helmet signed by all the future stars that played in the All-American Bowl football game.

In addition to the field goal contest,



Courtesy photo

Pfc. Josh Lucas (left) and Pfc. William Herron celebrate after winning a combined \$13,000 at the Army All-American Bowl Saturday at the Alamodome.

USAA provided Fort Sam Houston 1,000 tickets to the game for Soldiers and their families. They also provided lunch for the more than 3,000 Soldiers attending the game.

(Source: 264th Medical Battalion and USAA)

Vet clinic raises prices



Due to rising costs from medical providers, the Fort Sam Houston Veterinary Treatment Facility raised its prices for some vaccines and microchipping. Housing regulations state that that all pets on post must be registered with The Fort Sam Houston Veterinary Clinic. Vaccines must be up to date and pets must be microchipped. The Fort Sam Houston Vet Clinic is open Monday through Friday from 8 a.m. to 4 p.m. and is located in Building 2635 on Harney Road behind the Harlequin Dinner Theatre. For more information, call 295-4260.

Soldier Show seeks musicians for 2007 tour

The U.S. Army Soldier Show seeks musicians for its 2007 tour.

Soldiers who play the guitar, bass, keyboard or drums have until Jan. 18 to apply for an audition. Those who are selected to be cast in the show must be released by their commander for a six-month tour of entertaining troops and their families.

Applicants must be proficient in reading basic lead sheets or chord charts. Audition videos must include a recording of a solo performance, which can be supplemented with a recording of an ensemble or band.

If sending a nomination from a U.S. Post Office mailbox or facility, mail the packet to United States Army Soldier Show, Attn: 2006 Selection Committee, P.O. Box 439, Fort Belvoir, VA 22060. Via other carriers, United States Army Soldier Show, Attn: 2006 Selection Committee, 6091 Sharon Lane, Building 1434, Fort Belvoir, VA 22060.

For more information, e-mail Victor.Hurtado@cfsc.army.mil.

Lincoln Military Housing November, December winners

November Survey of the Month winner

Sgt. Dennis Sanders

December Yards of the Month

5727-B Dean Circle 625 Infantry Post
3127 Ingram Path 109 Artillery Post

November Yards of the Month

5200-A Barkley Circle 441 Graham
3826 Garden Avenue 111 Artillery Post

December Decors of the Month

5537 A Dean Circle 563 Graham
4011 John L. Haines 115 Artillery Post

November Decors of the Month

5260-A Barkley Circle 439 Graham
3826 Garden Avenue 443 Graham

December Survey of the Month winner

Matthew Helinski



For photos and upcoming activities, residents can visit Lincoln Military Housing's interactive Web site at www.samhoustonlpc.com. For more information, call LMH at 270-7638.

**Fort Sam Houston
Independent School District
Weekly Calendar
Monday through Jan. 20**

Fort Sam Houston Elementary School

Monday
Martin Luther King Jr. Day, school holiday
Wednesday
Early dismissal, kindergarten through fourth grade, 2 p.m.
Early dismissal, fifth and sixth grade, 2:45 p.m.
Jan. 19
Spirit day
Group pictures
Science fair entry form due

Robert G. Cole Jr./Sr. High School

Monday
Martin Luther King Jr. Day, school holiday
Tuesday
Girls basketball at Cotulla, 5 and 6:30 p.m.
Boys basketball at Cotulla, 5 and 8 p.m.
Girls and boys soccer vs. St. Mary's Hall at Cole, 5 and 7 p.m.
Jan. 18
Girls soccer vs. Incarnate Word, 4 p.m.
Boys soccer vs. Antonian, 5 p.m.
Jan. 19
Girls basketball vs. Dilley at Cole, 5 and 6:30 p.m.
Boys junior varsity basketball vs. Dilley at Central Post Gymnasium, Building 961, 5 p.m.
Boys varsity basketball vs. Dilley at Cole, 8 p.m.
Academic decathlon regional competition, Somerset High School
Jan. 20
JROTC Military Ball at Holiday Inn Riverwalk, 7 p.m. to 12 a.m.
Academic decathlon regional competition, Somerset High School

Public Hearing

The Fort Sam Houston Independent School District will hold a public hearing for all parents and community members Jan. 25 at 11 a.m. in the Professional Development Center, 1902 Winans Road, Building 1908. The public discussion will be the 2005-2006 Fort Sam Houston Independent School District Annual Performance Report. The hearing will be held in conjunction with the regularly called meeting of the FSHISD Board of Trustees.

Cole football players make All-District team

By Dr. Gloria Davila
Fort Sam Houston Independent School District

The 2006-2007 Cole football season saw the team advance to the area playoffs, with many of the players being selected to the All-District 30-AA first team.

The Cougars finished the season with an overall record of 7-4. They represented District 30-AA in the state playoffs. The team won the Bi-District championship by defeating Stockdale High School 28-14. This was the first football playoff victory in 19 years. The outstanding 2006-2007 season ended with an Area Championship loss to the Refugio Bobcats.

"This was a special football season. It was one to remember," said Larry Ransom, athletic director and head coach. "We had a great group of young men who played well together and all worked

toward a common goal.

"I told them last spring that they had a great opportunity coming up in the 2006 season," continued Ransom. "They dedicated themselves to reaching the team goals and all the hard work paid off. They believed in each other and the coaches."

Cole players making the All-District 30-AA first offense team were guard Doug Raymond, tackle Jamell Huaracha, tight end Dion Lankford, receiver Damon Grant, running back Greg Washington and fullback Emerson Weber. Making the second offense team were receiver Stephen Sult and quarterback Paul Parker.

Linebacker Chris Casey, tackle Jamell Huaracha, end Emanuel Yates, and strong safety Emerson Weber were selected for the All-District 30-AA first defense team. Linebacker Doug Raymond and end Damon Grant were selected for the second

defense team.

Greg Washington, sophomore running back, had an outstanding season, according to Ransom. He earned Cole High School's second highest season total for rushing – 1642 yards, which is 40 yards shy of the record set in 1986 by Dion Cockrell. Greg scored 25 touchdowns and tied Dion Cockrell's record of most points scored in one game – 32.

"Greg Washington is a special young man who has God-given football talent. His statistics show he had a special season in 2006," said Ransom. "He is also a hard worker and a team player. He puts team goals first and I admire him for this. Greg Washington has a great future ahead of him."

Assistant football coaches for the season were coaches Howard Baer, Eric Boehme, Darrell Kurek and Brian Sotak.

Cole basketball season is under way

By retired Lt. Col. Robert Hoffmann
Robert G. Cole Jr./Sr. High School

Cole High School girls basketball season is off to a fantastic start this school year. With an overall record of 22-1 and a District 30-2A mark of 4-0, the Lady Cougars are far exceeding preseason expectations. Starting the season with only nine players, the team is now down to six due to injuries and grades. With the same problems befalling the junior varsity team, the team was disbanded and the remaining players were brought up to fill out the varsity roster.

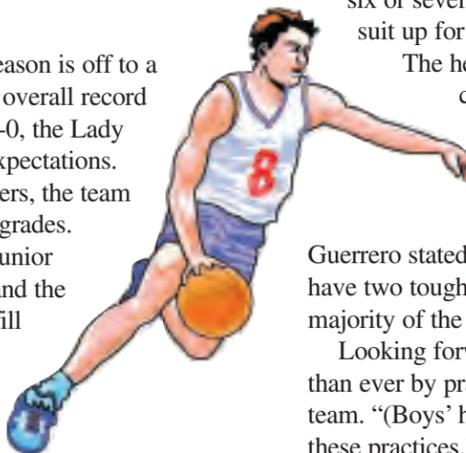
Explaining how this lean of a team could have had such great success, 12th-year head coach, Tina Guerrero said, "These girls play with a lot of

fight. They have played through adversity all season with only six or seven suiting up at times. You never know who would suit up for a game."

The hefty record has not come against light-weight competition. The Lady Cougars placed first in both the Pleasanton and Pearsall tournaments and third in the Hondo tournament, where they saw their only loss.

With the undefeated district mark, Coach Guerrero stated, "I feel good about our chances in district. We have two tough games remaining in the first round, then the majority of the games will be here at home."

Looking forward to the playoffs, the girls are training harder than ever by practicing against the Cole Junior Varsity boys team. "(Boys' head) Coach (Herb) More has helped us a lot with these practices," Guerrero said. "The rest of the season should be quite interesting."



Religious Happenings . . .

Catholic Women of the Chapel

The Catholic Women of the Chapel meet Fridays at 9 a.m. for fellowship and enrichment studies. Childcare is provided. For more information, call Kate Schupbach at 212-7842.

Musician, choir director needed

The U.S. Army Contracting Agency, Southern Region Contracting Center-West is soliciting a musician and choir director for the 8 a.m. Catholic service at the Army Medical Department Regimental Chapel. For more information or to obtain a copy of the solicitation, call Christina Sylvester at 221-5367.

Protestant Women of the Chapel spring kickoff

The Protestant Women of the Chapel will hold their spring semester kickoff Wednesday from 9:30 to 11:30 a.m. at Dodd Field Chapel. All women from the local military community are invited. Free childcare is provided for children up to age five. The theme for the year is "Unity – to let the world know." Six different Bible studies will be offered. PWOC will meet Wednesdays from 9:30 to 11:30 a.m. and Thursdays from 6:30 to 7:30 p.m. Childcare is provided. The evening study will begin Jan. 18. For more information, call Lois Griffith at 226-1295 or visit www.samhouston.army.mil/chaplain/pwoc.



Post Worship Schedule

Main Post Chapel, Building 2200, 221-2754

Catholic Services:

4:45 to 5:15 p.m. - Confessions - 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. - Traditional Protestant

11 a.m. - Traditional Protestant

Jewish Services: 379-8666 or 493-6660

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

11 a.m. - Mass - Sundays

11 a.m. - Mass - weekdays

Protestant Services:

10 a.m. - Worship Service - Sundays

12 p.m. - Worship - Wednesdays

AMEDD Regimental Chapel, Building 1398, 221-4362

Catholic Mass: 8 a.m. - Sundays

Protestant Service: 9 a.m. - Sundays

Christian education: 10 a.m. - Sundays

Gospel Service: 11 a.m. - Sundays

Church of Jesus Christ of Latter Day Saints:

9:30 a.m. - Sundays at Evans Auditorium

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

Catholic Service: 12:30 p.m. - Mass - Sundays

Protestant Services:

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

9:30 to 11:30 a.m. - Women's Bible Study (PWOC) - Wednesdays, child care is provided.

Samoan Protestant Service: 8:30 a.m. - Sundays

FSH Mosque, Building 607A, 221-5005 or 221-5007

10:30 a.m. - Children's Religious Education - Sundays

1:30 p.m. - Jumma - Fridays

7:30 p.m. - Adult Religious Education - Thursdays

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

Contemporary service: 11:01 a.m. - Sundays

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

Catholic Services:

8:30 a.m. - Mass - Sundays

Web site:

www.samhouston.army.mil/chaplain



Photos by Esther Garcia

The nation's top high school players competed at the Alamodome during the 2007 U.S. Army All-American Bowl Saturday. The West All-Stars defeated the East All-Stars 24-7 in front of a record crowd of 35,151. Twenty-five hundred

Soldiers from the 32nd Medical Brigade attending Advanced Individual Training were on hand to cheer the teams.

West beats East

Continued from Page 1

During the "Army Strong Pre-game" more than 80 Soldiers who have been awarded a Bronze Star, Silver Star or Purple Heart were honored as "Soldier-Heroes."

Capt. Scotty Smiley, an Accessions Command Soldier who was blinded during a suicide car bombing in Iraq but has fought to stay in the Army, flipped the coin during the opening coin toss.

Smiley, a Pasco, Wash., native, joked that he was selected because "they just knew my thumb just worked that well."

"I love every opportunity to be an example for the Army," Smiley said.

At halftime, 100 Delayed Entry Program Soldiers from the San Antonio area marched onto the field to take the oath of enlistment from Army Vice Chief of Staff Gen. Richard A. Cody.

Bryan Elkins, an 18-year-old Lehman High School student from San Marcos, Texas, said he was proud to take the oath.

"I love the military, and I've always wanted to serve my country," Elkins said.

Additionally, Gen. William S. Wallace, commander, Training and Doctrine Command, administered the oath of office to two officers.

Second Lt. Jennifer Oviedo, formerly a St. Mary's college ROTC cadet, and 2nd Lt. Daniel Barnhart, formerly a University of Texas at San Antonio cadet, were - in Cody's words — "the Army's newest lieutenants."

"It was awesome. How many people can say that they had a general officer administer their oath," Oviedo said.

West All-Star Ian Harris, the nation's 24th best tight end prospect according to Scout.com, said he appreciates the sacrifices the more than 80 "Soldier-Heroes" have made.

"What the Soldiers do is intense. You cannot compare that to football," he said.

The game provided Soldiers an opportunity to meet former NFL players, notable contemporary music acts and NASCAR icon Mark Martin.

Pvt. Kacie Kremer, an AIT soldier from Lancaster, Calif., volunteered to push the stage out for country music's Lonestar, who performed a 45-minute concert in honor of Soldiers and their families after the game.

"We are pumped up," she said.

Many "Soldier Heroes" honored at the game and during the Lonestar performance said the game was the perfect finale to a week of All-American Bowl celebrations.



Soldiers assigned to C Company, 187th Medical Battalion were a portion of the 2,500 Soldiers from the 32nd Medical Brigade who attended the Army All-American Bowl Saturday at the Alamodome.

Post 'Army Strong' at All-American Bowl

Story and photos by Esther Garcia
Fort Sam Houston Public Affairs Office

The 2007 U.S. Army All-American Bowl is more than just a football game recognizing the nation's top high school football players.

Pre-game activities involving the Fort Sam Houston and San Antonio community, Army leaders, Soldiers and veterans kicked off the Army-sponsored football game.

A special fanfare Jan. 3 at the Marriott River Center hotel honored 80 of America's heroes from the active Army, the Army Reserve and the Army National Guard who served in Operations Iraqi or Enduring Freedom.

Lt. Gen. Thomas H. Turner, commanding general, U.S. Army North, said, "These Soldiers are all decorated veterans, they have volunteered to answer the call to duty. They represent the finest that America has to offer. They are our brothers, sisters, sons and daughters, and many are parents themselves.

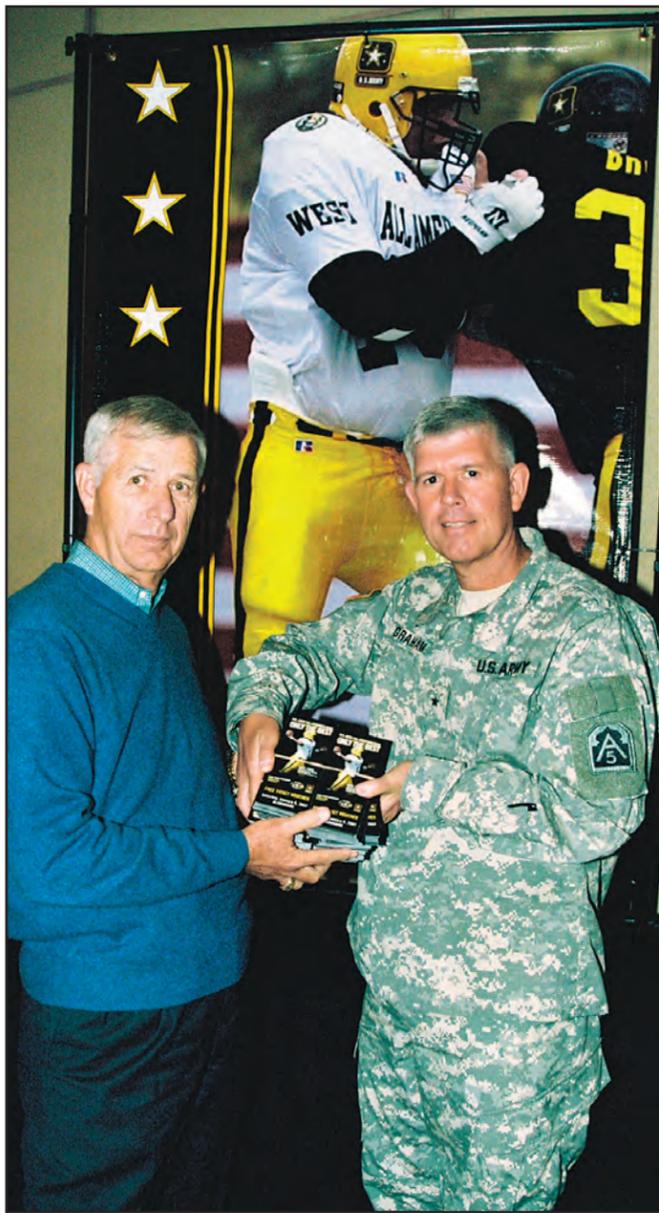
They are a part of the Army and are the epitome of 'Army Strong.'"

Other keynote speakers included Councilwoman Sheila McNeil, District 2 and Councilman Richard Perez, District 4.

Participants included the Catholic High School Junior ROTC Army military band under the direction of Arnold Garza; the Texas Children's Choir, under the direction of Thomas Hardaway; and the Army Medical Department Center and School Color Guard.

A tour of the post for coaches and educators with the All-American Bowl visited the 32nd Medical Brigade, the post museums and Brooke Army Medical Center.

Prior to the game military exhibits filled the Sunset Station area at the entrance to the Alamodome. The record crowd that exceeded 35,000 passed through displays by Fort Sam Houston; Fort Lewis, Wash.; Fort Bliss, Texas; Fort Jackson, S.C.; and Fort Lee, N.J., promoting Army missions and career opportunities.



Brig. Gen. Mark Graham, deputy commander, U.S. Army North, accepts 1,000 tickets for the Army All-American Bowl from retired Sgt. Maj. of the Army Jerry Alley, USAA, on behalf of Morale Welfare and Recreation and the Fort Sam Houston community.



Lt. Gen. Thomas Turner (right), commander, U.S. Army North, salutes during the presentation of the colors by the Army Medical Department Center and School at the Soldier Recognition Ceremony Jan. 3 at the Marriott River Center. Eighty Soldiers who served in Operations Iraqi and Enduring Freedom were recognized and represented all of the Soldiers who have served and are currently serving in support of the Global War on Terrorism.



Brig. Gen. Mark Graham, deputy commander, U.S. Army North, meets members of the Central Catholic High School Junior ROTC Army Military Band. Band members cut their holidays short to perform at the Soldier Recognition Ceremony held at the Marriott River Center Jan. 3 and during the bowl game.



Chief Warrant Officer Robert Sparks (left) and Sgt. 1st Class Andre Rush, 49th Quartermaster Group, Fort Lee, Va., demonstrate their skill at ice carving at the Army All-American exhibit fair held at Sunset Station. Sparks and Rush are instructors assigned to the Army's Culinary Arts School.



(From left) Chris Kwader, 32nd Medical Brigade, joins members of the 628th Forward Surgical Team, Staff Sgt. Christopher Glade, Staff Sgt. Gregory Hood, Sgt. Anthony Mangano, and commander, Lt. Col. Carolyn Scott, to support the FST display at the Army All-American Bowl exhibit at Sunset Station Jan. 5 and Saturday. Kwader displayed the Patient Simulator, a high-tech training device designed to simulate a human patient used by medical educators to train health care specialists on post.



(Right) John Manguso, director, Fort Sam Houston Museum, is ready for visitors at his exhibit explaining the history of the Army in San Antonio. Also on display was the Stryker Medical Ambulance provided by the 32nd Medical Brigade Training Support Company.

Community Recreation

3-D archery shoot

The next 3-D Archery Shoot will be held Jan. 27 and 28 with registration from 8 to 10 a.m. The competitive shoot includes 30 3-D animal targets placed at unknown distances ranging from 10 to 40 yards in a woodland setting. Awards will be given to the top three in each class. The cost is \$15 per person. Minis and cubs shoot free with a paid adult and a playground is available for younger children. For more information, call the Camp Bullis Outdoor Recreation Center at 295-7577.

5K run/walk

In observance of Healthy Weight Week, a 5K Fun Run/Walk will be held Jan. 27 at 9 a.m. at the Jimmy Brought Fitness Center. The registration fee is \$10 per person. To register or for more information, call Will Lloyd or Lucian Kimble at 221-2020 or 221-1234.

Post garage sale

A post garage sale will be held Feb. 3 from 7 a.m. to 1 p.m. at the Macarthur Pavilion parking lot. There is no cost to participate, but individuals selling items must pre-register. A valid Department of Defense ID card is required to participate. Participants must bring their own tables to the event or may rent them from the Outdoor Equipment Center by calling 221-5225. To register or for more information, call 221-2601 or 221-2523.

Coushatta Casino Resort trip

The MWR Ticket Office and the Sam Houston Club will sponsor a trip to the Coushatta Casino Resort in Kinder, La. The bus will depart from the Sam Houston Club Feb. 13 at 7 a.m. and return Feb. 14 at 10 p.m. The cost is \$49 per person and includes roundtrip motor coach transportation, overnight hotel accommodations, continental breakfast at hotel and one \$23 coupon from the casino. Participants must be at least 21 years old and possess a valid photo ID at all times. Make reservations at the ticket office by Feb. 7. For more information, call 226-1663 or 224-2721.

Dining and Entertainment

Sam Houston Club, 224-2721

Super TGIF

The Sam Houston Club will offer a Super TGIF Jan. 19 at 5 p.m. in the Seguin room. Free hors d'oeuvres, popular music by Triple Nickel and drink specials will be provided. For more information, call 224-2721.

Family-style Sunday brunch

Brunch is held the first and third Sunday of each month from 10 a.m. to 1:30 p.m. at the Sam Houston Club. The next brunch will be held Jan. 21. Features include a kids' meal station, a chocolate fondue station, complimentary champagne and an international food station. The cost is \$13.95 for non-members, \$11.95 for members and \$7.95 for children 6 to 11 years old. Children 5 years old and under eat free. For more information, call 224-2721.

Black History Month stage play

Antonio "Huggie Bear" Fargas will star in the stage production of "Just Another Lie!" Feb. 7 and 8 from 7 to 9 p.m. at the Sam Houston Club. Advance tickets are \$12 and \$15 at the door. For more information, call 226-1663 or 224-2721.

All-you-can-eat lunch buffet

An all-you-can-eat-lunch-buffet at the Sam Houston Club is served Tuesday through Friday from 11 a.m. to 1 p.m. A deluxe salad bar, soup and dessert are offered daily as well as main entrees. A take-out service is available and also delivery for a minimum of 10 orders. The cost is \$6.95 for non-members; \$5.95 for members. For more information, call 224-2721.

Big Bucks Bingo

Big Bucks Bingo offers a guaranteed prize money pool of \$10,300 Feb. 3 at the Sam Houston Club. The doors open at 12:30 p.m. For more information, call 224-2721.

Catering services at ACS

Patrons can reserve the Army Community Service facility for special events and unit functions by contacting the Sam Houston Club's catering office. Reservations for the facility's main auditorium and two adjacent meeting rooms are available. Catering service fees may apply.



Photo by Kelly Jones

Prize winner

Jeff Burch, of Beacon Assurance Group, awards Pfc. Kandice Kubis, B Company, 232nd Medical Battalion, with her prize selection valued at \$250 for participating in the Beacon Assurance Group "Survival Tactics" Drop Box Promotion. "I am very surprised and happy I won," said Kubis. Military members and their families once again have the opportunity to enter into the promotion to win a "Survival Tactics" book and prizes valued up to \$250. Drop boxes are located at several Morale, Welfare and Recreation facilities such as the Jimmy Brought Fitness Center and the Bowling Center.

To make reservations or for more information, call 224-2721.

Golf Club, 221-4388

Warriors Scramble golf tournament

Register up to four players for the Warriors Monthly Scramble held the first Wednesday of each month at the Fort Sam Houston Golf Club. The next tournament will be held Feb. 7 with a shotgun start time at 12:30 p.m. The entry fee is \$20 per person and includes cart rental, prizes and a social following the scramble. Participants must be in an authorized pass or leave status. To register or for more information, call the Golf Club's Pro Shop at 222-9386.

Harlequin Dinner Theatre, 222-9694

The Agatha Christie mystery, "The

Mousetrap," will be performed at the Harlequin Dinner Theatre through Feb. 17. Performance tickets are \$24.95 Wednesdays and Thursdays and \$27.95 Fridays and Saturdays. Doors open for salad bar and cocktails at 6:15 p.m. with a buffet from 6:30 to 7:30 p.m. The play begins at 8 p.m. Military discounts are available. To make reservations or for more information, call 222-9694.

MWR Ticket Office, 221-1663

Tickets for the 2007 San Antonio Stock Show and Rodeo are on sale at the MWR Ticket Office located inside the Sam Houston Club. The Rodeo will be held Feb. 1 through 18. The ticket office is open Tuesday through Friday from 10 a.m. to 5 p.m. For more information, call 226-1663 or 224-2721.

Child and Youth Services

Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet Tuesday from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet the staff and learn of upcoming events and parent education opportunities.

Instructors needed for SKIES

The Schools of Knowledge, Inspiration, Exploration and Skills seeks in beginning, intermediate and advanced instructors in the following areas:

- Dance - ballet, jazz, lyrical, tap and hip-hop
- Swimming
- Cooking
- Self Defense - Judo, Karate and Tae-Kwon Do
- Art - drawing
- Voice
- Gymnastics
- Ceramics - Clay
- Stained Glass
- Basic Automobile - parent and youth maintenance
- Rollerskating - rollerblading
- SAT/ACT preparation
- Astronomy
- Basic budgeting
- Science exploration
- Languages - Spanish, Arabic, Japanese, Chinese, German
- Sewing - crochet, knitting, quilting

SKIES instructors must successfully pass background clearances, be current in infant, child and adult cardio pulmonary resuscitation and first aid. Classes will be taught at Fort Sam Houston for ages 3 to 4 through 18, when age appropriate. For more information, call 221-0497.

'Start Smart'

Parents with children enrolled in the Fort Sam Houston Child Development Center have an opportunity to help their

children develop sports skills through a program called "Start Smart." Parents learn how to properly teach their children basic motor skills, such as throwing, catching, kicking and batting; skills needed to participate in sports. Sessions are six weeks long and are held Mondays through Fridays from 8:30 to 11:30 a.m. year round. For more information or class dates, call Jill Marcott, Lisa Schott or Yolanda Crowley at 221-5013 or 221-5002.

Before- and after-school program

Register youth for the before- and after-school program for middle school and open recreation. Participants must have a Child and Youth Services membership. To register for membership, patrons will need to provide a leave and earnings statement or W-2 form, two local emergency designees, \$18 registration fee and youth's Social Security number.

Hourly childcare

Child and Youth Services provides hourly care for patrons seeking intermittent childcare. Patrons must be registered with CYS. Care is based on availability and must be reserved in advance. School Age Services provides 10 free hours of open recreation to registered SAS users Monday through Friday from 3 to 6 p.m. for first through fifth grade children. Must not exceed two days per week. For more information, call Central Registration at 221-4871 or 221-1723.

Headstart seeks applicants

Parent Child Incorporated is seeking applicants for the Headstart program. This is a free childcare program designed to help Soldiers, E-5 and below and low income Department of Defense civilian employees. Applicants must meet federal guidelines, and entry is based on annual income. For more information, call 221-3788.

Pre-k before- and after-school care

The Child Development Center offers before- and after-

school care for the Fort Sam Houston Elementary pre-kindergarten program. Children must be enrolled in the elementary pre-k program. Patrons must be registered with Child and Youth Services. Spaces are limited. For more information, call Central Registration at 221-4871 or 221-1723.

Pre-kindergarten Jump Starter program

A Pre-K Jump Starter program will be held in the fall for patrons who would like a part-day enrichment program for preschool children 4 and 5 years old. To participate, patrons must be registered with Child and Youth Services. For more information, call 221-4871 or 221-1723.

Family Child Care Online

Family Child Care Online is a marketing tool that allows parents to take a virtual tour of FCC homes. In addition, parents can read about the provider's philosophy of care, hours of operation and background. This online tool can be accessed through the Child and Youth Services Central Registration office at Building 2797 from 8 a.m. to 4:30 p.m.

FCC providers

Family Child Care is looking for family members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3820 or 221-3828.

Off-post childcare options

The Army Child Care in Your Neighborhood program offers military families more childcare options in the local community. There are two childcare centers and 25 civilian providers in areas surrounding Fort Sam Houston for use by local Army families. The centers and providers are monitored to ensure they meet Army standards. For more information or to inquire about childcare, call Family Service Association at 299-2480 or Fort Sam Houston Central Registration at 221-4871 or 221-1723.

AFAP 2007: People invited to submit issues, concerns

People are invited to submit issues for inclusion in the 2007 Fort Sam Houston Army Family Action Plan conference, which will be held Feb. 21 and 22.

The AFAP process lets the Army family — Soldiers, Department of Army civilians, retirees and their families — identify what is working and what is not working in their community and the Army world-wide to Army leadership. Issues can involve housing, childcare, recreational activities, post security or any other area of concern important to quality of life.

AFAP alerts commanders and Army leaders to areas of concern that need their attention and provides a mechanism for keeping the local community informed on the progress of the issues submitted.

The Army is the only branch of the Department of Defense that has such a program. This process has resulted in the enhancement of local programs and quality of life, change in regulations and enactment of new legislation in support of military components.

Be a part of this important process. Submit issues to

the 2007 Fort Sam Houston AFAP conference by Jan. 29.

Additionally, people representing all facets of the Army community are needed as delegates for the conference. DA civilian employees, Soldiers' spouses and retirees are welcome to apply. Soldier delegates will be identified by their units.

Delegates are required to participate in the entire two-day AFAP conference. For more information about the AFAP process or for a delegate application, call Chris Neubeck, AFAP program assistant, at 221-0275.

(Source: Army Community Service)

Events

OCSC bingo luncheon

The Officer and Civilian Spouses' Club January Luncheon will be held Tuesday at 11 a.m. in the Sam Houston Club. This month's theme is "Italian Bistro Bingo." Italian food will be served for lunch and bingo will be played. The cost is \$14. For reservations, call Sigrid Reitstetter at 226-8806. The OCSC welcomes new members at any time of the year. For more information on membership, call Susan Luciano at 475-9973.

Texan Cultures 'Old Ironsides'

The Institute of Texan Cultures presents 209 years aboard "Old Ironsides," life aboard the USS Constitution, Jan. 18 at 7 p.m. with a private reception at 6 p.m. Other presentations will be held Jan. 20 at 10 a.m. and 6 p.m. and Jan. 21 from 12 to 5 p.m. The events are free and open to the public. For more information or reservations, call 458-2345 or visit www.ussconstitutionmuseum.org or www.TexanCultures.com.

MOAA-Alamo Chapter luncheon

The Military Officers Association of America-Alamo Chapter will host a luncheon Jan. 18 at 11 a.m. at the Randolph Air Force Base Officers Club, in the Randolph Room. The guest speaker will be Cmdr. Thomas C. Graves, commander of the USS Constitution, and the USS Constitution Museum's Executive Director, Burt Logan. The cost is \$15. For more information or reservations, call 228-9955 or e-mail moaa-ac@sbcglobal.net.

'Military2Civilian' job fair

CivilianJobs.com will host the "Military2Civilian" job fair Jan 25 from 9 a.m. to 2 p.m. at the Sam Houston Club. Attendees should bring copies of their resume and be prepared to meet with local and national recruiters; more than 35 employers will be at this event. Dress appropriately; military uniform is acceptable. For more information or registration, call 866-801-4418 or visit www.CivilianJobs.com.

Free Valentine's Day message

Stars and Stripes is offering a free Valentine's Day message posting service.

Greetings will be published in the European, Pacific and Middle East editions of the Stars and Stripes and on Stripes.com Feb. 14, and possibly Feb. 13. To send a free message, go to Stripes.com and click on the "Valentine's Day Message" button. Stars and Stripes will publish only messages written in English and received online by the Jan. 30 deadline.

'The Mousetrap' at Harlequin

The Harlequin dinner theatre presents "The Mousetrap," a mystery by Agatha Christie, through Feb. 17 Wednesday through Saturday evenings. Prices are \$27.95 Fridays and Saturdays and \$24.95 Wednesdays and Thursdays. Military and students discounts are available. The house opens at 6:15 p.m., with shows beginning at 8 p.m. The box office is open from 12 to 5 p.m. weekdays and 1 to 5 p.m. on Saturdays. For more information, or reservations, call 222-9694.

SA Symphony military discounts

The San Antonio Symphony 2006-2007 concert series consists of 12 classical concerts, six pops concerts and four special events. The concerts are held Fridays and Saturdays at 8 p.m. at the Majestic Theatre. Military discounts are available. For reservations, call Karen Cramer at 554-1000 or e-mail cramerka@sasymphony.org. For dates and feature artist, visit www.sasymphony.org.

Meetings

OCSC January outing

The Officer and Civilian Spouses' Club January outing will be Jan. 19 at the Artisans Alley, located at 555 W. Bitters Road. The outing will include lunch at Apple Annie's at 11:30 a.m. and a choice of shopping or attending a 90-minute pottery lesson. The cost of the pottery lesson is \$20, due the day of the class. Class size is limited. The pottery class will begin at 1 p.m. For more information or reservations, e-mail Alicia Utz at a-to-z@earthlink.net before Tuesday.

SAMC study group

The Sergeant Audie Murphy Club, SMA Van Autre Chapter, conducts a study group Tuesdays and Thursdays from 11:45 a.m. to 12:45 p.m. in Building 1350 for Soldiers preparing for competition boards. For more information, call Master Sgt. Adrienne Berkley at 295-4545 or 737-4540 or e-mail Adrienne.Berkley@us.army.mil; or call Sgt. 1st Class Tiffany Reid at 295-4442 or e-mail Tiffany.reid@amedd.army.mil.

BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meets the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldiers input to the commander, who uses the committee's recommendations to improve single Soldiers' Morale, Welfare and Recreation programs. For more information, call Staff Sgt. Mossaab Benhammou at 295-4014.

Training

FRG Basic Leadership training

The Family Readiness Group Basic Leadership training and workshop will

be held Jan. 18 from 8:30 a.m. to 1:30 p.m. in Building 2797, Stanley Road. This training is required for FRG leaders and unit liaisons. The workshop will cover the basics for establishing a FRG; attendees will receive additional tools for continued success. For more information or to make reservations for future training, call the Army Community Service at 221-0946.

University of the Incarnate Word

A representative from the University of the Incarnate Word will be available Monday, Jan. 29, Feb. 12 and 26, and March 12 and 26 from 2 to 4 p.m. in the Education Center, Room 201. For more information, call Vanessa Carrasco at 829-2769 or e-mail vcarrasc@uiwtx.edu.

Army ROTC Lateral Entry Program

The Army ROTC program at The University of Texas at San Antonio is looking for individuals with prior military service or members of the National Guard or Reserve who wish to become officers. The Lateral Entry Program allows eligible students to contract into ROTC as cadets when they are academic juniors, seniors or graduate students with four semesters of coursework remaining before graduation. For more information, call Capt. Varela at 458-5607, e-mail chez.varela@utsa.edu or visit www.armyrotc.utsa.edu/.

Green to Gold program (UTSA)

The Army ROTC program at The University of Texas at San Antonio is seeking enlisted Soldiers who are interested in becoming Army officers upon completion of a bachelor's degree. For more information, call Capt. Varela at 458-5607, e-mail chez.varela@utsa.edu or visit <http://www.armyrotc.utsa.edu/>.

Green to Gold Briefings

The Fort Sam Houston Education Center will host Green to Gold briefings for Soldiers interested in the ROTC program. Learn about the Active Duty Option, the Full Scholarship Option and the Two-Year Non-scholarship Option. Briefings will be held Wednesday at 9 a.m. and 1 p.m. For more information, call Amy Gagnon at 295-2005.

Warrant Officer Recruiting Team

Headquarters, U.S. Army Recruiting Command will brief qualifications and application procedures to applicants interested in becoming U.S. Army Warrant Officers Jan 22, 23 and 24 at 9:30 a.m. and 1:30 p.m. at the Roadrunner Community Center, Building 2797 on Stanley Road. For more information, call Chief Warrant Officer Carlos Negron at 502-626-0458, DSN 536-0271 or e-mail carlos.negron@usarec.army.mil.

Financial Readiness classes

Army Community Service will offer the following financial readiness classes in January: "Understanding Your Credit Report," "Financial Planning," "Identity Theft" and "Checkbook Maintenance." "Understanding Your Credit Report," starts today. All classes are free and open to the public and begin at 2 p.m. in Building 2797, Training Room 1, 2010 Stanley Road. Class space is limited. For more information or to register, call 221-1612.

Homeland Security courses

The University of Texas at San Antonio offers graduate certificates in Security

Studies: Homeland Security and Defense. Classes begin in the spring semester. For more information, call James Calder at 458-7671 or e-mail james.calder@utsa.edu.

Guard seeks officer candidates

The Texas Army National Guard seeks officer candidates with prior enlisted military service to attend the state's Officer Candidate School. The OCS training program is 12 to 18 months long. Candidates must have at least 60 credit hours toward a bachelor's degree or higher, and have served in the Army, Navy, Air Force, Marine Corps or Coast Guard. For more information, call Capt. Teri Bossard at 512-782-5547, e-mail Theresa.Bossard@us.army.mil or visit www.agd.state.tx.us/rr/OCS/.

Special Forces seeks applicants

The U.S. Army Special Forces invites male officers from "Year Group 04" to apply. Officer packets will be accepted through Feb. 15. Early submission is recommended. For more information, visit www.bragg.army.mil/specialforces.

Employment assistance for families

The Family Member Employment Readiness Assistance Program offers standard job search assistance as well as career counseling for those contemplating a career change. The assistance program provides training in Microsoft software applications, administrative and clerical job skills, and one-on-one counseling tailored to the needs of the individual. For more information, call Gabriele Dias at 221-0516.

English as a Second Language

English as a Second Language classes are held Tuesdays and Thursdays from 6 to 8:30 p.m. at the Roadrunner Community Center, Building 2797. ESL classes are designed to help foreign-born spouses of military increase reading comprehension, vocabulary and pronunciation. For more information, call 221-2418.

Computer certification

St. Mary's University and New Horizons Computer Learning Center will have a representative available to discuss computer certifications Tuesdays from 9 a.m. to 4 p.m. at the Fort Sam Houston Education Office, Room 206. For more information, call 226-3360 or visit <http://www.stmarytx.edu/continuingstudies/>.

St. Mary's University education office

A St. Mary's University representative is available Mondays through Thursdays from 8:30 a.m. to 4 p.m. and Fridays from 8:30 a.m. to 12:30 p.m. in Building 2248, Room 206, to assist individuals interested in a master's degree in teacher certification. For more information, call Iona Million at 226-3360.

Volunteer

Salvation Army seeks volunteers

The Salvation Army seeks volunteers for their child and youth programs, especially coaches. Pick up an application at Army Community Service, located in Building 2797, Stanley Road. For more information, call Sue York at 221-9821 or e-mail Norrie_Arcaya@uss.salvationarmy.org.

NAF 'Cash and Carry' sale

The Nonappropriated Fund, "Cash and Carry" sale, will be held Jan 24 and 25 from 9 a.m. to 3 p.m. in Building 4192, Bays "A" and "D." There will not be a prior viewing of sale property. To receive a list of sale items by e-mail, e-mail Lonnie.O'haver@sambhouston.army.mil. Cash and personal checks with a picture ID are acceptable. All sales are final, and items must be removed at the time of purchase. For more information or directions, call the MWR Warehouse at 221-4449 or 221-4950.

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate ads will not be

published. To submit a Fort Freebie, e-mail news.leader@samhouston.army.mil or fax to **295-0512**. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.



For Sale: Burberry Nova Check, hobo tote with dust jacket, in excellent condition, \$175; mauve big boy recliner, \$40; twin head and foot boards, nightstand, mirror, desk with hutch, off white, \$300. Call 666-0374.

For Sale: Tony Little Gazelle glider with counter, \$60. Call 875-5890.

For Sale: 1992 Ford Conversion Van by Magnum, loaded, four reclining captain's chairs, electric sofa, window blinds and screens, hauling package, TV/VCR, AC, service records available, \$2,498; computer desk with drawers, \$35. Call 659-6741 and leave message.

For Sale: Antique brass bed with double mattress and box springs, in excellent condition, \$650; professionally made double quilt and matching dust ruffle, \$85; sheet sets, \$20 set. Call 822-1785 and leave message.

For Sale: Mikasa (Bob Van Allen) stone china dishes, Santa Fe pattern, \$15. Call 566-1390.

For Sale: Baby gerbils, \$5 each; puppies, \$5 each. Call 393-2864.

For Sale: Solid brass queen bedframe with extra support for conversion to king. Call 403-2125.

For Sale: 21-piece Magic Bullet, \$50. Call 945-4828 after 6 p.m. or leave message.

For Sale: Bowling ball, 10 pounds, \$10; two-story doll house on wheels, \$75; girl's 24-inch bike, \$15. Call 260-3975.

For Sale: Computer station with files, keyboard, storage. Call 656-6772.

For Sale: Round glass dining table with four chairs, brown micro fiber cushions, \$450 obo; electric fireplace with mantle, \$400 obo; twin sofa sleeper, \$300 obo; big screen RCA 52-inch TV with wood wall unit, \$1,400. Call 650-0337.

For Sale: Two sets of twin beds with frames, \$75 each or both \$125; sectional couch, \$275; tuxedo couch with four back pillows, two small pillows, \$130; entertainment center with book cases, \$225. Call 637-0299.

For Sale: Royal electric typewriter with cover, \$50; steel student desk, formica top, adjustable legs with shelf, \$25; Dayton jet pump motor, rebuilt, slotted shaft, capacitor start, reversible rotary, \$80 each or both \$150; Champion 12-volt side terminal auto battery, limited warranty, 630 cold crank amps, new, \$50; Emerson double adjustable pulley, 1/2 HP motor, 1725/1140 RPM with pigtail, non-reversible rotation. Call 655-7417.

For Sale: Boxer puppies, four months old, fawn,

brown and white female, \$300 obo; brindle male, \$350 obo; both house broken, have papers. Call 825-1882 or 669-0460.

For Sale: Pro Form 995 SEL treadmill, like new, \$799. Call 380-5116.

For Sale: Couch with reversible cushions, \$125; TV stand with DVD/audio component shelves, \$40. Call 495-2296.

For Sale: General Electric solid surface electric stove, bisque, self-cleaning oven, \$275. Call 365-7954.

For Sale: Maintenance-free portable dog home, \$30; Canon AE-1 program 35 mm camera, includes two lenses, flash, extras, \$200 obo; Medicus 2000 dual-hinged golf swing trainer, includes DVD, manual, adjustment tool, like new, \$95 obo; Affinity 60 degree lob wedge, \$15; golf pull cart, \$15. Call 697-9261 or 363-4056.

For Sale: Pro-Form 820 elliptical exerciser, \$250. Call 404-0537 or 416-8169.

For Sale: Sauder TV cabinet holds 32-inch TV, dark wood, \$125 obo; wedding dress, size 4 to 6, short sleeves, beading, includes veil, 9-foot train and crinoline, \$65 obo. Call 475-9973.

For Sale: New, 2-inch receiver hitch with mounting

hardware and installation instructions for 1994 or newer Ford Ranger or Mazda, \$75 obo; one Goodyear RH tire RWL, size P225/70R15, \$45 obo. Call 295-3210 days or 494-8401 evenings.

For Sale: Queen-size water bed mattress with base, \$200; women's 5-speed bike, \$35; 32-gallon aquarium with fish, filter and stand, \$75; Wurlitzer upright piano, \$750 obo. Call 212-6495.

For Sale: Computer station with files, keyboard and locked cabinet. Call 656-6772.

For Sale: 1994 Plymouth Voyager van, quad seats, seven passenger, front and rear AC, power windows and locks, V6, 3.0 liter, one owner, \$2,890. Call 490-8786.

For Sale: 2001 Super-Crew Cab F150 blue camper shell, \$500 obo. Call 378-4007.

For Sale: Two gray vertical blinds, 69.5 to 70-inches wide by 46 to 46.5-inches long, \$40. Call 218-2975 or 221-2509.

For Sale: 1996 Dodge Avenger, 123K miles, \$1,000 obo. Call 821-5479 or 587-5972.

Free to Good Home: Medium-size mixed breed female dog, spayed, housebroken, one year old, with dog house, needs good home with yard. Call 844-1516.