



Fort Sam Houston News Leader



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Fort Sam Houston – Home of Army Medicine

Feb. 8, 2007

Briefs . . .

Black History Month luncheon

Fort Sam Houston will commemorate Black History Month with a luncheon today 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 or Master Sgt. Ricky Evans at 295-0561.

BAMC Blood Drive Month

Brooke Army Medical Center will kick off BAMC Blood Drive Month today from 11 a.m. to 1 p.m. in the BAMC Medical Mall. Blood drives will be held Feb. 15, 21 and 28. For more information, call Sammie Edwards, armed services blood donor recruiter, at 295-4655 or 295-4989.

Stock Show & Rodeo military days

Military Family Appreciation Days will be held Friday and Feb. 16 at the 2007 Stock Show and Rodeo. Active duty military personnel and their families will receive free admission to the grounds with a military ID card. Military families can upgrade their admission to attend the rodeo or concert by purchasing a rodeo ticket for \$6 at the Rodeo Ticket Office located on the southwest corner of the AT&T Center. Parking admission is not included. For more information, call 221-2606 or 221-9904.

Valentine's Day flower delivery



People can send their sweetheart a rose for Valentine's Day through a program sponsored by the Fort Sam Houston Better Opportunities for Single Soldiers. Purchase one long stem sweetheart rose with vase for \$8 and two long stem sweetheart roses with vase for \$12. The flowers will be delivered for free on post. The deadline to order is Friday. For more information, contact a BOSS representative or call Sgt. Jennilyn Bruce at 295-3097, Spc. Nicole Campbell at 916-2222 or Spc. Williams at 916-3338.

National Prayer Breakfast

The installation chaplain will host the Army Medical Department Center and School and Fort Sam Houston National Prayer Breakfast Wednesday from 6:15 to 8 a.m. at the Sam Houston Club. The guest speaker will be Army Chief of Chaplains Maj. Gen. David H. Hicks. The cost is a \$2 donation. For tickets, contact a Unit Ministry Team member.

ID card office closure

The ID card office located in Building 367 will be closed to the public Monday through Wednesday to enable the office to upgrade their system software, which will enhance service to customers. If a card is lost or expires during that time, customers should contact one of the following ID card offices: Randolph Air Force Base at 652-2276 or Lackland Air Force Base at 671-4178 or 671-6006.

Newcomers' Extravaganza rescheduled

February's Newcomers' Extravaganza will be held Feb. 20 from 9:30 to 11 a.m. at the Sam Houston Club. Attendance is mandatory for all permanent party military members E-1 through O-6 within 60 days of arrival to Fort Sam Houston. For more information, call Alicia Tyson at 221-2705 or 221-2418.

See BRIEFS on Page 4



Photo by Elaine Wilson

Spc. Eric Gonzales; wife, Misty; and daughter, Cameron, spend quality time together at the Fisher House 1. Gonzales, an infantryman, is recovering from wounds received while serving in Iraq.

Home away from home Fisher Houses bring military families together

By Elaine Wilson
Fort Sam Houston Public Information Office

Spc. Eric Gonzales was on patrol in Iraq when he saw the first improvised explosive device. He backed away from the IED, not realizing a second one lay just inches from his feet. When it exploded, the shrapnel pierced the infantryman's lower body, some flying into his face.

In the past two years since his injury, Gonzales' battle has switched from fight-

ing the enemy to fighting to regain his life. His myriad medical issues – damaged knee and shoulder, memory loss, hearing loss, arthritis, back injury, infections – eventually landed the Louisiana National Guardsman at Brooke Army Medical Center in October.

Eight hours away in Alexandria, La., Gonzales' girlfriend, Misty, constantly worried about Eric. She worried he wouldn't be able to remember his medical appointments, ask his doctors the right questions or pay his bills.

But neither could afford to shell out the hundreds of dollars needed for a hotel or the long, weekly drives to San Antonio so they could be together.

But then a friend told them about the Fisher House program, which provides military families a place to stay while their loved one recovers from an injury or illness. Just before Christmas, Misty moved into the Fisher House down the street from BAMC.

See FISHER HOUSES on Page 14

Cowboys for Heroes Wild west comes to Fort Sam Houston

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

Old time chuck wagons began arriving at the Fort Sam Houston Equestrienne Center Thursday evening ready for a celebration. In western time chuck wagons were pulled by horses, but these chuck wagons came loaded on bed trailers and pulled by pickups or vans.

Jim and Debbie Walters, the Grub-N-Grace Cookin' Team, from Happy, Texas were the first to arrive. By Friday morning ten chuck wagons had arrived from places such as Hamilton, Texas, Chappell Hills, Texas, Weatherford, Texas and Victoria, Texas. The owners began to unload their iron pots and utensils to begin the biggest chuck wagon feast Fort Sam Houston had ever seen.

The second annual Cowboys for Heroes at the Fort Sam Houston Equestrienne Center held Friday and Saturday for the post community included genuine cowboy chuck served from



Sgt. Maj. Mary Hayes samples genuine cowboy chuck from Barbara Tegler, with the Rockin' T Chuck Wagon from Chappell Hills, Texas, during the Cowboys for Heroes celebration held Friday and Saturday at the Fort Sam Houston Equestrienne Center.

See COWBOYS FOR HEROES on Page 4

Military OneSource offers free online tax filing

By **Gerry J. Gilmore**
American Forces Press Service

WASHINGTON — The Defense Department's Military OneSource family support program is once again offering free, online tax preparation and filing for service members and their families, officials said.

The service began Jan. 15. It's available to active duty service members, National Guardsmen and reservists and their families.

This is the second year of the program. Last year, more than 327,000 tax claims were filed using a similar program, said Jane Burke, principal director in the Office of the Deputy Undersecretary of Defense for Military Community and Family Policy.

Burke added that service members can put their tax refunds to good use as a deposit in a savings or retirement account

"It is just one more way we can help improve the quality of life for our troops and their families."

Jane Burke

Principal Director in the Office of the Deputy Undersecretary of Defense for Military Community and Family Policy

or to pay off debts.

"How to use the refund may be the first financial decision of the year" for service members in improving their financial readiness, Burke noted. DoD is launching a campaign called "Military Saves" to encourage service members to save money and eliminate or reduce their personal debt.

Filers who use Military OneSource's online system can expect to receive their refund within 10 days, Burke said. And Military OneSource tax consultants, she

said, are trained to answer questions on preparing and filing taxes and provide other financial management information.

Additionally, through the Military OneSource Web site at www.militaryonesource.com, service members and their families can get guidance and answers to questions, Burke said.

The Military OneSource service augments the long-standing voluntary income tax assistance program offered through legal centers at most military installations, Burke said. Volunteers at the centers pro-

vide free tax preparation and filing services, she said.

The service available through Military OneSource's Web site "is a new option where people can do their taxes online for free," said Maj. John Johnson, executive director, Armed Forces Tax Council. Tax-filing assistance also is available through the Internal Revenue Service's electronic filing program.

Military OneSource's online tax preparation and filing was very popular with service members and their families last year, Burke said.

"It is just one more way we can help improve the quality of life for our troops and their families," she said.

For more information, visit <http://www.militaryonesource.com/skins/MOS/home.aspx> or the IRS Web site at <http://www.irs.gov/> or call the Fort Sam Houston Military Tax Assistance Center at 221-1040 or 295-0061.

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Army Vice Chief, retired generals visit U.S. Army North

By Patti Bielling
U.S. Army North Public Affairs

The Army's Vice Chief of Staff Gen. Richard Cody and a host of retired general officers visited U.S. Army North Jan. 29 to receive an update on the command and to look at its newest technologies.

About 100 retired general officers and their spouses attended the Retired General Officers Conference held annually at Fort Sam Houston.

The U.S. Army North Commander welcomed the group.

"Since you were here last year, U.S. Army North has experienced a tremendous amount of growth, matured in its ability to conduct its mission and reached full operational capability in mid October last year," said Lt. Gen. Tom Turner. "We are rapidly becoming the Department of Defense's premier land-based homeland defense response force."

The command is the Army component of U.S. Northern Command and traces its lineage to the Fifth United States Army. The U.S. Army North mission includes homeland defense, support of civil authorities and theater security cooperation activities with the armies of Canada and Mexico.

The Army North deputy commander told the group that the command has conducted or participated in several major exercises that simulated a variety of natural and manmade disasters.

Brig. Gen. Mark Graham stressed the importance of these events to ensuring readiness at all levels – from the Defense Coordinating Officers who work day-to-day in 10 regions across the United States, to the two deployable Operational Command Posts and Main Command Post.

"It's too late to figure this out on the fly," Graham told the group. "Clearly we've got to do it beforehand, practice it and meet the federal, regional and state planners and responders. We don't get a second swing at the ball – if something catastrophic occurs, we've got to be ready immediately."

Graham explained that the command's Defense Coordinating Officers are the first responders when the federal government requests Department of Defense support. During a disaster, these officers and a small staff deploy close to the site, validate requests for assistance and command the active-duty forces responding to the incident.

During a larger event, U.S. Army North can deploy up to two operational command posts, each headed by a two-star general, to command responding active duty forces. With augmentation, the command posts may

expand to joint task forces.

U.S. Army North has a number of enduring missions, Graham added. These include conducting the Defense Support of Civil Authorities course, which is a three-phased, strategic-level course attended by military and civilian consequence managers across the United States.

In addition, the command trains National Guard teams who act as first responders to suspected chemical, biological or other incidents involving weapons of mass destruction. At least one of these Weapons of Mass Destruction-Civil Support Teams is located in each state.

The Vice Chief of Staff also took the opportunity to update the group on the state of the Army, discussing topics such as manning and equipping the force, the deployment of troops to Iraq, and some of the threats facing the nation.

This is the first time that the Army's Vice Chief has addressed the group since the meetings began in 1992.

Cody then joined the general officers in touring the new U.S. Army North communication and command and control vehicles – the Emergency Response Vehicle, the Sentinel and the Super Sentinel.

"I'm absolutely impressed," Cody said. "It's all about command and control in this business. Seeing pictures (of these vehicles) just doesn't do them justice."

Each vehicle provides a vast array of deployable secure and nonsecure communications capability ranging from satellite telephone, radio, computer and internet access. The vehicles also enhance interoperability by allowing different agencies to talk to one another.

"Communication is critical during an incident," said Jeffrey Chase, a network manager for U.S. Army North. "During an event, our vehicle can enable first responders to talk to each other and to federal responders regardless of what frequency they're on or the type of equipment they're using." Retired Gen. Ralph Haines said he was impressed by what he saw. He recalled that early in his career as a cavalryman, he commanded his troops on horseback using arm signals. "I think the equipment is tremendous – obviously a big step forward," he said.

Haines, a former Vice Chief of Staff, said that, at age 93, he is the oldest living general on the rolls of the United States Army. Because he lives close to Fort Sam Houston, he said he frequently visits Soldiers who have



Courtesy photo
Vice Chief of Staff Gen. Richard Cody listens as Lt. Col. James Luck of U.S. Army North explains the capabilities of some of the command's deployable communications equipment.

been injured in combat. In fact, while at the conference, the retired general officers attended the opening of the Center for the Intrepid, a new facility at the Brooks Army Medical Center designed to treat severely wounded service members.

"Visiting the Soldiers charges your batteries – they're great young men and women," Haines said. "You can talk about this generation any way you want, but I'm a great defender of them. I think they're subjected to many, many more temptations and stresses and things than we were, but they're still willing to respond."

His comments echoed the closing remarks that Cody had made to the group.

"When I spoke to you today, I talked about some of the challenges we have in the Army, but one challenge we don't have is strength," he said. "Your Soldiers are strong, and we are going to keep giving them the best leadership we can. Thanks a lot for what you do."

USARSO holds New Horizons press conferences

By Robert Appin
U.S. Army South Public Affairs

U.S. Army South officially announced the start of humanitarian assistance projects to be held in Belize, Guatemala and the Republic of Panama in March 2007.

The official announcements were made during press conferences held in those three countries in December and January.

The officials at the press conference in Guatemala City were James M. Derham, U.S. Ambassador to Guatemala; Maj. Gen. Ronaldo Leiva, Minister of Defense; Brig. Gen. Mario Bran, Chief of Defense; Brig. Gen. Ken Keen, USARSO commander; and Col. Linda Gould, U.S. Military Group-Guatemala commander.

"The primary objective of New Horizons is to provide help to those who need it," said Derham in opening remarks. He added that the humanitarian assistance projects provide National Guard and Reserve units not only the opportunity to deploy, but also to work side-by-side with a partner-nation militaries and other governmental agencies.

"We will build two clinics, two schools and three fresh water wells," said Keen. "The Royal Building System, a Canadian product, is used in building these structures that can withstand winds up to 150 miles per hour."



Courtesy photo
(From left) Brig. Gen. Lloyd Gillett, Brig. Gen. Ken Keen and Lt. Col. Tammy McNamara, Military Liaison Officer for Belize, are ready to answer questions from the Belizean press.

While responding to questions from the press, Leiva said, "Approximately 50,000 citizens of Guatemala will benefit from these projects that will be done in the Province of San Marcos."

The press conference in Panama City included Luis Arraiga, Charge d'Affaires, U.S. Embassy in Panama; Col. Kevin Woods, USARSO Deputy Commander for

Support; Roberto Velasquez, director, National System for Civil Defense for the Republic of Panama; Lt. Col. Thomas Jones, and Luis Parker, engineer, USARSO humanitarian civic-assistance division.

During the press conference Arraiga said, "This is an example of the excellent coordination between two friendly nations and the joint efforts of our reserve units

and personnel from the various government and military organizations here working together."

Woods explained that, "From March through the month of May 2007, our citizen-soldiers will be constructing three schools and one clinic as well as improving some rural roads. In addition, our doctors and their Panamanian colleagues will go to nine different rural towns in Bocas Del Toro to provide basic medical and dental care. They will see between 500 to 1,000 patients daily."

In Belize City, Brig. Gen. Lloyd Gillett, Belize Defense Force commander, and Keen said that New Horizons will be held in the Districts of Belize and Orange Walk.

Gillett said that four two-room schools will be built and that the rural roads along the Crooked Tree School road and Trial Farm will be improved. He added that these projects were very significant because education is the foundation of success in any country.

"This cooperation between our two countries demonstrates not only the continued U.S. support for our neighbors in the Caribbean and Latin America, but also the importance of joint training between our armed forces to meet 21st-century challenges such as humanitarian and disaster relief assistance," said Keen to reporters.

Briefs

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MWR focus group

The Directorate, Morale, Welfare and Recreation is in need of individuals to participate in a focus group discussion Feb. 21. The focus group will discuss possible restructuring opportunities at the Sam Houston Club. Information collected from participants will be used to supplement relevant survey findings. Sign up by Feb. 15. To sign up or for more information, call 221-9904.

Traffic safety classes

Local Hazards Training and Intermediate Traffic Safety Training classes will be held Feb. 22, March 8 and 22 from 8 to 11 a.m. at Building 4196 in the Public Works Scheduling Room. Local Hazards Training is required for Army personnel newly assigned to an Army installation, and Intermediate Traffic Safety Training is required for Soldiers under age 26 newly assigned to an Army installation. For more information or to register, call Richard Edges at 221-3857 or e-mail richard.edges@samhouston.army.mil.

Rampage tickets available

Tickets for Rampage Military Appreciation Night Feb. 23 are available at the MWR ticket office in the Sam Houston Club. Ticket prices are \$12 and \$16, which include a free food voucher. For more information, call 226-1663.

BAMC tax center

The Brooke Army Medical Center Military Tax Assistance Center opened Monday to assist active duty, retirees, and Reserve and National Guard service members on orders for more than 30 days. The tax center is open Mondays through Fridays from 9 a.m. to 4 p.m., and is located on the fifth floor of BAMC in Room 513-19 (Pediatrics Ward). For more information or to make an appointment, call 916-1040. Walk-in service is available on a first-come, first-served basis for 1040EZ filers only.

Fort Sam tax center

The Fort Sam Houston Military Tax Assistance Center is open Tuesdays through Fridays from 9 a.m. to 5 p.m., Saturdays from 9 a.m. to 2 p.m. and closed Sundays and Mondays. The center is located behind the Legal Office in Building 133. Tax returns will be completed on an appointment-only basis, with the exception of 1040EZ filers, who can walk in. For more information or to make an appointment, call 295-1040 or 295-0061 or visit <http://www.samhouston.army.mil/tax/index.html>.

Cowboys for Heroes

Continued from Page 1

each of the chuck wagons, live entertainment and old time storytelling and cowboy poetry by Tim Graham from Weatherford, Texas.

The crowd was entertained all day Saturday with live music from artists such as Rick Cavender, Clifton Jansky, Johnny Bush, Mundo Earwood, Branded, Back at the Ranch, Better Late Than Never, Danny Steagall, Dennis Jay and more. The FSH Equestrienne Center provided pony rides for the children and adults.

Large quantities of stews cooked in large iron pots, beans, chili, cornbread, biscuits, peach cobbler and the best coffee you ever tasted cooked over campfires was continuously served to the cowboys and cowgirls who attended the festivities.

"We are here to pay tribute and say thank you to our service men and women. They are all heroes," said Rick Bagwell from Victoria, Texas who helped organize the event.

Maj. Bill Maner, who spent a year in Iraq, said "This is awesome, it's nice to see the support of our country and support to those that are wounded."

Drivers of Wal-Mart "Heart" heard about the event and came from as far away as Wisconsin and Indiana to be part of the event. "It is an honor and privilege to be here. We wouldn't be here if it weren't for the guys in the service, watching out for us," said Greg Carter, Walmart Transportation from Seymour, Ind.

"This is the greatest, I am enjoying it. You get to meet some really nice people," said Barbara Tegler, with the Rockin' T Chuck Wagon from Chappell Hills, Texas.



Soldiers assigned to B Company, 187th Medical Battalion gather around the campfire to keep warm at the Cowboys for Heroes celebration Saturday at the Fort Sam Houston Equestrienne Center.



Sgt. Tony Hill debuts his singings abilities at the Cowboys for Heroes celebration Saturday at the Fort Sam Houston Equestrienne Center. Accompanying him are music legends Clifton Jansky, Mundo Earwood and Rick Cavender who were part of the entertainment at the celebration.



Photos by Esther Garcia

Maj. Bill Maner autographs a guitar for Rick Bagwell, Cowboys for Christ from Victoria, Texas. Bagwell invited all military personnel attending the chuck wagon feast to sign his guitar.



(Above) Staff Sgt. William Kleinedler receives an autograph from Air Force retired Brig. Gen. Charles Moss Duke, Jr., former NASA Astronaut, at the "Cowboys for Heroes" celebration at the Fort Sam Houston Equestrienne Center. Duke served as lunar module pilot of Apollo 16, April 1972.

(Left) Debbie Walters with the Grub-N-Grace Chuck Wagon watches as Ben Bressler rolls out the dough in preparation for peach cobbler. "We are here to show our support for the troops. Let them know how much we appreciate them," said Bressler.



Cody Tolle enjoys a pony ride at the Cowboys for Heroes celebration Saturday held at the Fort Sam Houston Equestrienne Center.

Randolph promoted to high rank of CW5

By Cheryl Harrison
Fort Sam Houston Public Information Office

Loyal, dedicated, brilliant, a visionary, methodical, a military man, words of praise all directed to the newly promoted Chief Warrant Officer Five Curtis Randolph, Chief of Medical Equipment Services, U.S. Army Medical Command, Fort Sam Houston.

The Army Medical Department Center and School museum was the site of the historical promotion ceremony Friday, with about 80 friends, family and co-workers packed into a small auditorium to watch as Randolph was highly commended for his achievement.

Among the group was Col. Mike Ryan, assistant Chief of Staff, Logistics for Medical Command. Ryan said, "This is the first CW5 I've seen promoted. It's a high rank. We don't get many CW5's."

Guest speaker, Col. Marsha Langlois, director, Medical Customer Operations Directorate, Defense Supply Center Philadelphia, Defense Logistics Agency, said, "When I first heard he was selected for promotion, I asked him to be sure and invite me. It was selfish, I have never been to a CW5 promotion. This is a most prestigious ceremony. It is a historical event. Not too many people see this."

CW5s are commissioned officers with the requisite

authority pursuant to assignment level and position as given by the President of the United States. Warrant Officer's make up only two percent of the Army and the history of Warrant Officer's dates back to the 13th century.

Pinning on the new rank was Randolph's family; wife, Paulette, daughter Nessira and son Curtis. Randolph's father, also Curtis Randolph, beamed as he pinned his son's rank and said, "God is good all the time. I am very proud of this young man."

After presenting yellow roses to his wife, Randolph lauded his accomplishments to those he worked with and his family. "There are a lot of people in my past and present that have helped me get here and I wouldn't be here if it wasn't for my family and I wouldn't be here if it wasn't for her (wife Paulette). I owe a lot to this woman."

"It is a team effort of opportunity, even though I got the promotion," said Randolph.



Photo by Olivia Mendoza

Paulette Randolph and her father-in-law, Curtis Randolph, Sr. pin the newly promoted Chief Warrant Office Five Curtis Randolph in a historical ceremony Friday at the AMEDD Museum.

CW5 Randolph has a long list of accomplishments and assignments. He has a strong military family history, having been an Air Force dependent, his wife served as a Navy nurse and his son also served in the Navy.

Randolph thanked everyone for their support, encouragement and humbly closed with the words, "I'm just doing my job."

New Horizons

Continued from Page 3

"From our perspective we are pleased that our service men and women will be able to carry out a number of humanitarian projects in Belize, Guatemala and Panama in a unique training opportunity that will benefit both our countries," he added.

USARSO is the organization responsible for the oversight of these three New Horizons.

The Defense Department uses these humanitarian exercises as a vehicle to train U.S. forces while helping our neighbors, said Woods. This series of annual joint/combined training exercises are conducted under statutory authorization that permits training U.S. forces overseas by allowing them to deploy and conduct humanitarian and civic assistance projects in foreign countries.

These exercises provide valuable mobilization and deployment experience. They require units to conduct the logistical operations to support the deployments to remote regions.

Although similar training is conducted in the United States, U.S. active and reserve units receive far greater training value through an overseas deployment, said Keen. Additionally, there are often limits placed

on the type and scope of work military units can do in the United States without directly competing with private industry.

The reserve units supporting both New Horizons exercises will come from many states. However, most of the units for the exercise in Belize are from the Louisiana National Guard, and for the exercise in Guatemala, most will come from the Missouri National Guard.

Enhancements improve care for veterans

WASHINGTON — The Department of Veterans Affairs and the Department of Defense agreed to make joint inpatient electronic health records a reality — a move that will transform the way both departments deliver health care and that can be a model for the health care industry nationwide.

“This groundbreaking agreement will help us provide better care to veterans and to members of the armed forces, all of whom have earned the right to world-class health care,” said Secretary of Veterans Affairs Jim Nicholson.

Both VA and DoD believe that a joint system will make inpatient medical records instantly accessible to clinicians in both departments. VA clinicians will have

immediate access to their patients’ military health records, allowing doctors and others to make faster and better treatment decisions.

“DoD and VA manage two of the largest health care systems in the world,” said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs. “By working together, we can share medical data sooner and more seamlessly than we could on our separate paths.”

In recent years, the two departments have developed a string of pioneering initiatives to improve the way they care for men and women transitioning from military to civilian life. VA’s current electronic health records system,

known as VistA, received the prestigious “Innovations in American Government Award” from Harvard University’s Kennedy School of Government in 2006.

In testimony before the Senate Veterans Affairs Committee, VA Deputy Secretary Gordon H. Mansfield said, “Our two departments understand that we are responsible for the same people, only at different times in their lives. Our greatest challenge, and our greatest opportunity, is to build systems that meet the needs of veterans and DoD beneficiaries for today and tomorrow. We will continue to persevere toward that goal.”

(Source: VA Web Site at <http://www.va.gov>)

Top personnel official: ‘jointness’ key to future of military

By Sgt. Sara Wood
USA American Forces Press Service

WASHINGTON - As the military health care system transforms its governance structure, the services must work together to sustain the high quality of care servicemembers and their families receive, a top Defense Department official said Jan. 30.

The military health care community has transformed battlefield medicine by working together, and the services must now bring that same spirit of ‘jointness’ to the management levels, David S. C. Chu, undersecretary of defense for personnel and readiness, said at the 2007 Military Health System Conference.

“You have already demonstrated extraordinary results in the care of our wounded by acting together,” Chu said to the conference attendees. “We need to bring that same spirit of joint leadership to the management of our resources.”

In December, Deputy Defense

Secretary Gordon England approved a new governance framework for the military health care system, Chu said. The new framework will establish joint leadership in areas with significant populations of more than one service, such as the Military District of Washington, he said. It will also integrate training, education, research and development efforts, using the best aspects of each service to deliver the best care possible, he noted. A spirit of unity is also important in resource management among military treatment facilities, Chu said. Facilities that are struggling financially should look to the facilities that have increased their earnings as an example, he said. “Resources, of course, are always limited,” he said. “We must make the best use of the resources we receive; we know that we can do better.”

Another challenge the military health care system faces is in sustaining the benefit for military members and retirees, Chu said. Health care currently accounts for 8 percent of the DoD budget, up from 4.5

percent in the mid-1990s, and department officials have projected that healthcare will consume 12 percent of the budget by the middle of the next decade. Chu explained that this increase is partly because retired servicemembers who work in the private sector choose Tricare over their employers’ medical plans.

“They find Tricare financially attractive, and you have made it substantively attractive as well,” Chu said. “They find it financially attractive because we have not changed premium levels since the program’s initiation a decade ago. For this reason, the department began advocating that we rebalance Tricare so that these beneficiaries’ cost responsibility moves back toward what was originally established.”

In 2006, Congress directed DoD to develop a task force to evaluate the medical budget issue, Chu said. This task force will report its findings this spring, and DoD will then know better how to proceed, he said.

“Sustaining a first-class benefit may require us to ask the retired beneficiary population that is working in a second career to pay a larger — and a fairer — share,” he said. “I am confident that a solution can be found that will sustain the benefit in a manner that continues to advantage financially our retired community.”

Chu thanked the members of the military health care community for their service and commitment. As the governance system is transformed, he called on the military medical professionals to continue their work, which he called extraordinary and awe-inspiring.

“I ask you to continue your success of working with your sister services in the ongoing responsibilities of making this the finest military health system in the world,” he said. “On your competent shoulders rest the health and well-being of the men and women defending America, her friends and her interests around the world.”

BOSS Super Bowl Party a hit with Soldier Medics

Story and photo by Ben Paniagua
Hacienda Recreation Center

The auditorium of the Hacienda was filled to capacity by Advanced Individual Training/Initial Entry Training Soldiers Sunday, all who came to watch Super Bowl XLI on the 20-foot TV screen for the Better Opportunity for Single Soldiers Super Bowl Party.

In addition to watching the game on the big screen, the Soldiers were treated to hot dogs with all the trimmings, popcorn, cotton candy, cake, cookies and punch while they watched the big game.

Prior to the game, eleven Soldier Medics signed up for a BOSS Super Bowl Tournament which was conducted with an XBOX 360 and the Madden 07 game and played on the big screen. The two finalists of the tournament were Pfc. Kendrick Wright and Pvt. Giovonni Wormley, both from Company B, 232nd Medical Battalion. Wright chose to represent the Indianapolis Colts and Wormley represented the Chicago Bears. The Super Bowl XLI champions were the Indianapolis Colts giving the title of tournament

winner to Wright. As the winner Wright received a 260 Megabytes Portable Flash Drive donated by DeVry University, one of the event's sponsors.

Pfc. Alexander Vasquez of the Company E, 232nd Med. Bn. won a \$50 gift certificate to AAFES from USAA. An ecstatic Vasquez said "It was quite a super party. It was great watching the game on the big screen. Everybody was enjoying the free munchies and the game."

"I'm hoping that by me winning the tournament, it will impact the real Super Bowl winner. It was a lot of fun," said Wright.

Wormley said, "It was so much fun. What made it so exciting was playing the tournament on the big screen prior to the actual Super Bowl game. I loved it."

The event was sponsored by DeVry University, USAA, Century 21, Sunset Station, Kel Lac Uniforms, First Command, TLC Laser Eye Centers, Sprint, Austin Wranglers, Ford, Balfour Military Rings, Keller Williams and Starkey Mortgage through the efforts of the sponsorship office of the Directorate, Morale, Welfare and Recreation Marketing.



Spc. Nicole Campbell, Fort Sam Houston Better Opportunity for Single Soldiers president serves one of the many Advanced Individual Training/Initial Entry Training Soldiers who attended the BOSS Super Bowl Party at the Hacienda Recreation Center.

Bowling Center manager receives top honor

By Jennifer Morris
Directorate, Morale, Welfare and Recreation,
Marketing Specialist

The Fort Sam Houston Bowling Center has gained Army-wide recognition for the managerial skills of John Fryman, bowling center manager. In the past, the bowling center has repetitively seen yearly losses. However, during 2006 the facility made more than \$52,000 in profit.

Fryman came to Fort Sam Houston in August 2003 to manage the bowling center.

In Fiscal 2006, he turned the bowling center into a profit-generating facility. As a result of his achievements, Fryman was awarded the 2006 James A. Carroll, Jr., Award for Excellence in Club Management in the category of Most Improved Facility for financial performance.

This annual Army-level award was established in 1976 to recognize exceptional managers of golf, bowling, leisure travel and recycling operations. It was created as a lasting tribute to James A. Carroll, Jr., a leader in the civilian and military hospitali-

ty field. Following in the footsteps of James Carroll, Fryman is dedicated to the bowling center and its customers.

Fryman said, "I take bowling centers and fix them. It's just what I do."

He made it clear that bowling for leisure and operating the bowling center are top priorities in his life. He adds that his wife, Laurie, continually offers support, despite the long hours he works at the bowling center. Fryman acknowledges that in order to be successful, businesses must provide excellent customer service.

He has spent much time improving on maintenance, cleaning, staff training and taking care of the customers.

Fryman believes that the Fort Sam Houston Bowling Center would have probably closed without the support of several people including former Fort Sam Houston garrison commander, Col. Garry Atkins, and Business Operations Division Chief, Barbara George. The support of Atkins helped the bowling center receive

See **TOP HONOR** on Page 9

Top honor

Continued from Page 8

new lanes. George said that she has “a great deal of confidence in John and his ability to run the bowling center.”

“It took some time to get everything in order to generate a profit, and Fryman put in the time and dedication to make sure that it was successful,” George said. “The bowling center had been losing money for several years prior to John coming in. Although it continued to lose money, it was simply because there was so many

things wrong with it and it was going to take time to fix all the problems. John took on the challenge and it paid off because we now have a very nice bowling center. We have improved our customer service at the bowling center 100 percent. Fryman and his team were able to turn that bowling center around so that we could continue to offer a viable and very good program to our military community,” added George. “It’s one of those things where it just takes somebody that’s very dedicated to bowling, and that’s John.”



John Fryman (right), bowling center manager, discusses work with an employee and team member.

Photo by Jennifer Morris

Sports Briefs . . .

Intramural racquetball

A coaches and rules meeting will be held Friday at 1 p.m. at the Jimmy Brought Fitness Center. The season begins Tuesday. For more information, call 221-1180 or 221-1234.

Flag football tournament

The Second annual Texas Flag Football Association Spring pre-season flag football tournament will be held Saturday and Sunday at 8 a.m. on the green belt across from the Military Police station on the corner of New Braunfels and Wilson Street. This is a double elimination with consolidation flag football tournament. The event is open to the public. For more information, call Earl Young at 221-1180.

Men's and women's softball tryouts

Tryouts for player positions on the men and women's post softball team will continue through Friday at 6:30 p.m. Men practice at Leadership Field; women meet at Lady Leadership Field. Rain dates are Monday to Feb. 16. Contact Earl Young at 221-1180, or e-mail earl.young@samhouston.army.mil for more information.

Intramural golf

If interested in participating in the intramural golf league, contact Earl Young at 221-1180, or e-mail earl.young@samhouston.army.mil. Coaches meetings will be held Feb. 26 and

March 13 at 12 p.m. at the Fort Sam Houston golf course. League play starts April 3.

Basketball tournament

Sign up by Feb. 26 for the Ninth Annual March Classic basketball tournament at the Jimmy Brought Fitness Center. The double elimination tournament will follow national collegiate athletic association rules. There is 12-player limit and a maximum of eight men teams and six women teams. Awards will be given to the top two individual and team winners. Entry fee is \$225 per team. For more information, call Earl Young at 221-1180, or e-mail earl.young@samhouston.army.mil.

Intramural soccer

Letters of intent for intramural soccer are due March 2. Send letters to Earl Young at 1212 Stanley Road, Suite 20, Fort Sam Houston, Texas 78234-5020 or e-mail earl.young@samhouston.army.mil. A coaches and rules meeting is scheduled March 12 at 1 p.m. at the Jimmy Brought Fitness Center. The season begins April 3. For more information, call 221-1180 or 221-1234.

Intramural spring softball

Send letters of intent for intramural softball by March 5 to Earl Young at 1212 Stanley Road, Suite 20, Fort Sam Houston, Texas 78234-5020, or e-mail earl.young@samhouston.army.mil. A coaches and rules meeting is March 9 at 1 p.m. at the Jimmy Brought Fitness Center. The season begins April 2. For more information, call 221-1180 or 221-1234.

Troop Salute

232nd Medical Battalion



Soldier of the Week

Name: Pvt. 1st Class Joseph Joo
Unit: C Company
Career field: 68W
Time in service: 6 months
Reason for joining the Army: To serve my country dutifully.
Latest accomplishment: Won soldier of the week
Future goals: To become an airborne ranger medic all the way.



Junior Leader of the Week

Name: Pvt. 1st Class David Freston
Unit: C Company
Career field: 68W
Time in service: 8 months
Reason for joining the Army: To serve my country and make a difference
Latest accomplishment: Becoming junior leader of the week and having over a 90 percent grade point average.
Future goals: To become a flight surgeon



Courtesy Photo

Outstanding service

Col. Michael Rhea, Chief Warrant Officer Mark Nash and Sgt. 1st Class Marvin Washington are recognized for their leadership and service to the Nation at the monthly retirement ceremony held at Blesse Auditorium Jan. 25. Brig. Gen. P. K. Keen, commanding general, United States Army South, and host for the ceremony said, "Whether they go on to second careers or never work another day, they can take comfort in the fact that their service made our freedoms, our comforts, and our very way of life possible."

It's rodeo time

(From left) Judith Markelz, program manager, Soldier and Family Assistance Center, Spc. Chad Danusis, Mike Lester, Military Order of the Purple Heart, Sgt. Jerry Todd, Terry Frost, Morale Welfare Recreation and Master Sgt. Juan Urbina accept rodeo tickets from Buster Horlen (center). Horlen presented the tickets compliments of the San Antonio Stock and Rodeo Show.



Photo by Esther Garcia

Voting slogan contest

The Federal Voting Assistance Program seeks entries for the 2007 Voting Slogan Contest.

The contest is an effort to promote interest in the democratic process among citizens covered under the Uniformed and Overseas Citizens Absentee Voting Act, for members of the uniformed services, the Merchant Marine, their families and all U.S. citizens residing outside the United States.

People are invited to create a simple slogan that expresses the importance of voting or a slogan that may inspire someone to vote and submit it to the FVAP. The deadline for submissions is April 9.

The winning slogan will be featured in the FVAP's 2008 information campaign.

For more information or for toll-free fax numbers, visit the FVAP Web site at <http://www.fvap.gov/>.
(Source: FVAP)

Religion

Post Pulse: What is your favorite Valentine memory?

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

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, childcare is provided.

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

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

Catholic services:

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

11 a.m. - Mass - weekdays

Protestant services:

10 a.m. - Worship - 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

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

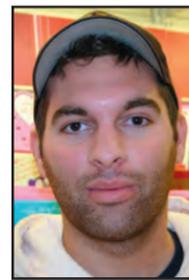
Web site:

www.samhouston.army.mil/chaplain



"About two years ago I received a big heart full of candy, some roses and two balloons."

Racheal Espinoza



"Probably high school, my girl friend's family had gone out of town and she prepared a special dinner for me."

Sean Chramega



"The last 15 years, the times I've spent with my wife."

Sgt. 1st Class David Barnes



"My first Valentine that I spent with my husband. We had been separated due to deployments and I surprised him and flew to Fort Benning to see him."

Sgt. 1st Class Kim Engquist



"In seventh grade I broke up with my boyfriend."

Deidre Scherrer



Fisher Houses . . . Home away from home

Continued from Page 1

Although still battling for his health, Eric credits his ongoing strength to Misty, and his newfound happiness to the Fisher House.

"She moved here, and we just got married Jan. 3 by the justice of the peace downtown," he said. "The Fisher House brought us together.

"I'm here. He's getting better," said Misty, who also brought their 4-year-old daughter, Cameron. "And he knows I'm OK too. He doesn't have to worry about me either anymore.

"If it wasn't for the Fisher House, I'd still be at home worrying about him."

With the surge of war wounded over the past few years, Misty represents a growing population of family members who are moving near major military medical centers to be with their loved ones, many facing lengthy recoveries. Most would not be able to afford a long-term stay without the help of the Fisher House program.

Founded in 1990, the Fisher House program serves more than 8,500 families annually, and has provided more than 2 million days of lodging to family members since the program started, according to the program's Web site. The low-cost temporary housing has saved families more than \$60 million in lodging costs, plus

savings on subsistence and transportation costs.

On post, Fisher Houses 1 and 2 opened in 1992, pre-dating the construction of the new BAMC building. The eight-room, 5,000-plus-square-foot homes were planned with family in mind with several common areas, a big kitchen and plenty of comfy couches and chairs.

"These Fisher Houses were built for a short stay, but with the war, the families are staying anywhere from 45 days to two years," said Russell Fritz, assistant Fisher House manager. "But with limited space, one of the hardest things I have to do is tell someone there aren't any rooms available."

The new Fisher Houses are sure to remedy that problem. The two 21-room homes, projected to open in late February, will comfortably accommodate an additional 42 families.

The homes are a sprawling 16,800 square feet and are decorated with the finest linens, furniture and home décor, all courtesy of donations made through the Fisher House Foundation. Like the older homes, the new houses have sitting and dining areas and a large kitchen.

However, the newer homes are also compliant with the Americans with Disabilities Act, making them better able to accommodate wounded service members.

"Our Soldiers will not only feel more comfortable, but will be able to be an integral part of the family again – allowing them to help with laundry, making dinner, taking care of their kids, as well as being able to take care of themselves," said Inge Godfrey, Fisher House manager.

While the new Fisher Houses are decked out in the latest in technology and design, the most valuable feature in the homes is one without a price tag — the families.

"What's wonderful about the Fisher House program is it offers a home away from home for families as well as fellowship during their stay," Fritz said. "Families have a tendency to bond. They cook for one another, care for each other's kids, and those with cars provide transportation to those without."

They also help each other through an emotionally challenging time, he said. "Family members may come back from the hospital depressed because their Soldier had a setback. The residents here can most times relate and can help relieve stress by listening to what happened and then sharing their experiences."

"It helps to be in a family environment with other kids," said Air Force Master Sgt. Shawn Roberts, who has lived in the Fisher House with his 4-year-old granddaughter, Navaeh, since Oct. 11. His wife, Jacki, is being treated for cervical cancer at BAMC. "We watch each other's children. Cook together. It's a great support system."

Roberts' friend, Staff Sgt. Robert Hardwick, a chaplain's assistant at Fort Hood, Texas, went from referring people to the Fisher House to checking in himself. Diagnosed with prostate cancer, Hardwick has been staying at the Fisher House while he undergoes chemotherapy and radiation at BAMC.

"I could sit in my room and be depressed about my cancer. But here, everyone has their own story. We can relate to each other," he said. "Being here has helped me tremendously. It's a close-knit family."

The relationships formed between residents far exceed their stay, Fritz said. "When a former resident got married, people traveled to Illinois from Texas and Washington to be there.

"We've even had weddings at the Fisher House," Fritz said. "Inge arranged for food, flowers and the guests. The only setback was the groom was an inpatient. The hospital commander arranged for an ambulance and it drove up here with cans tied to it for the newlyweds."

Godfrey said it was the least she could do. "My position gives me the advantage to give directly to the men and women who serve in our military the best of care while they reside at the Fisher Houses," she said. "I am filled with passion for these families and feel so fortunate to be a part of the Fisher Houses families, taking care of those who serve."

With so much to offer families, Fritz said he is always surprised when people say they never heard of the Fisher Houses.

"People come to us after living out of pocket for weeks or months and are near a financial breaking point because they didn't know we were here," Fritz said. "If people are unable to donate, then they can help by spreading the word."

Fritz said the Fisher Houses are also always in need of supplies, but the best bet is to call ahead to find out the current needs. A gift of money is also welcome since the Fisher Houses run 100 percent through donations.

For more information about the Fisher Houses at Fort Sam Houston, call 916-6000. For information on the Fisher House Foundation, visit <http://www.fisherhouse.org>.



A statue of Zachary and Elizabeth Fisher, founders of the Fisher House program, serves as a reminder of the generosity of the Fishers. In 1990, the Fishers began the program, dedicating more than \$20 million to the construction of comfort homes for families of hospitalized military personnel.

The new Fisher Houses feature large kitchens with four refrigerators, locked cabinets for special dietary needs and four built-in ovens.



Photo by Cheryl Harrison



Photos by Elaine Wilson
 (Above) Inge Godfrey, Fisher House manager, and Russell Fritz, assistant manager, meet with Jonathan Giesecke and Blandon Middleton, event coordinators from Bennigan's Grill and Tavern to discuss ways that the company can support the Fisher Houses.

(Right) Staff Sgt. Robert Hardwick, a chaplain's assistant from Fort Hood, Texas, relaxes with a newspaper. Hardwick has been staying at the Fisher House since Dec. 4, while he undergoes treatment for prostate cancer.



Navaeh points out a "Nemo" fish for her grandfather, Air Force Master Sgt. Shawn Roberts, at Fisher House 1. The family is staying at the Fisher House while Roberts' wife, Jacki, is treated for cervical cancer at Brooke Army Medical Center.



(Above) Russell Fritz, assistant Fisher House manager, covers chocolate chip cookies, one of the many baked good donations delivered to the Fisher Houses Friday. The Fisher Houses also received a donation of a wedding cake, after a bride backed out at the last minute.

(Left) Fisher House volunteers Rieko Johnson and Masae Grutza hang event flyers in the kitchen. Fisher House volunteers clean common areas, answer phones and visit with residents. "If it wasn't for the volunteers, we wouldn't be as comfortable," Misty Gonzales said.

**Fort Sam Houston Independent School District
Weekly Calendar
Monday through Feb. 17**

Fort Sam Houston Elementary School
Wednesday
 PBS picnic celebration
 Early dismissal, kindergarten through fourth grade, 2 p.m.
 Early dismissal, fifth and sixth grade, 2:45 p.m.
Feb. 16
 Spirit day

Robert G. Cole Jr./Sr. High School
Monday
 Baseball at Randolph, 4:30 p.m.
 Cougar Pride Club in Media Center, 5:30 p.m.
Tuesday
 Boys' basketball at Dilley, 6 and 7 p.m.
Feb. 16
 Junior ROTC Fort Worth Drill meet, 12 p.m.
 Baseball vs. Nixon-Smilely at Cole, 4:30 p.m.
 UIL State swim meet at University of Texas, Austin, TBA
Feb. 17
 TAKS-make-up sessions
 Junior ROTC Fort Worth drill meet, 12 p.m.
 UIL State swim meet at UT Austin, TBA
 UIL one-act play rehearsal in gym, 1 to 4 p.m.

School board meeting

The Fort Sam Houston Independent School District Board of Trustees will meet Feb. 22 at 11 a.m. at the FSHISD Professional Development Center, 1908 Winans Road

Cole students selected for International Student Ambassador Program

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

Robert G. Cole Jr./Sr. High School eighth grader, Pauletta Jordan, and 11th grader, Katherine Teeter, both A/B honor roll students, were recently accepted into the People to People International Student Ambassador Program for the summer of 2007. As student delegates, Jordan will travel to Australia for 19 days in June and receive high school credit for making the trip; while Teeter will spend 20 days in England, Ireland, Scotland, and Wales.

The People to People Ambassador Program was founded by President Dwight Eisenhower in 1956. Eisenhower believed that people would do more to promote peace than governments if they could meet face to face. He arranged for a special White House conference of American leaders and together they founded the People to People initiative. Walt Disney gained his inspiration for the "It's a Small World" attraction in the Disney theme parks from this meeting. Since then, eight other presidents have served as the honorary chairman including

our current president.

Jordon was originally nominated, and began the selection process for the Student Ambassador Program while her family was stationed at Fort Jackson, S.C. Now living at Fort Sam Houston, she is involved in numerous community events, including church youth groups, choir and step team. Jordon is on the Fort Sam Swim Team and won the eighth grade first place award in the Hispanic Heritage Month essay.

Teeter was one of 40 San Antonio area students selected from a pool of over 500 applicants. She is extremely active both on and off the Cole campus. Teeter is a member of the varsity volleyball and soccer teams. She is active with the One-Act play program, Student-to-Student, a program designed to smoothly and quickly orient and immerse new students to Cole, Math UIL competitions, and varsity choir. Teeter had the distinction of being one of Fort Sam Houston ISD's delegation to the Military Child Education Coalition conference, along with being a representative to the National Youth Leadership Forum. Outside of school, she is a member of Girl Scouts.

Now that Jordon and Teeter have been selected as Ambassadors, they must attend



Photo by Dr. Roland Rios

(Left) Katherine Teeter, junior, and Pauletta Jordan, eighth grader, will be traveling to the United Kingdom area and Australia, respectively, this coming summer.

monthly meetings where they are assigned homework projects designed to enhance their learning and knowledge of the countries they will be visiting. Knowledge of the people, culture and customs will help when they spend four days with local families. Additionally, they and their families will work to raise the money needed to fund the trip.

When asked if the preparation and fundraising was worth the effort, Jordon answered without hesitation, "For the chance to travel abroad and meet new friends along the way, it'll be worth everything I have to do to get there."

Teeter added, "I'm really excited! This is such a wonderful opportunity to expand my understanding of the world."



Courtesy photo

'Principal's students of the month'

Each month Cole Jr./Sr. High School recognizes one student from each grade level for his or her outstanding attitude, citizenship and overall contribution to the school. The students are nominated by their teachers and then one student is selected by the faculty of each grade level. The recipients for January 2007 are (front row from left) Megan Renz, eighth grade; and Cshakenah Fisher, 12th grade. (Back row, from left) Benjamin Guerrero, 11th grade; Aidan Dochnal, seventh grade; and Eric Rolfe, ninth grade. Not pictured is Jamiah Collins, tenth grade.

Parade tickets for sale

The Cole Cougar Pride Club is selling parade tickets for the upcoming 2007 Battle of Flowers Parade April 27 and the Fiesta Flambeau Parade April 28. The seats are located along the 100th block of East Commerce Street, adjacent to the park in front of San Fernando Cathedral. The area has easy accessibility to parking and food vendors. Tickets are \$8 and all proceeds will benefit the students of Robert G. Cole Jr./Sr. High School and Project Graduation. To purchase tickets, call Randy Teeter at 296-9071.



February is Children's Dental Health Month

February is Children's Dental Health Month, a nation wide program promoting proper dental care. Attitudes and habits established at an early age are critical in maintaining a child's beautiful smile.

In observance of the program a Dental Health Fair will be held at the Fort Sam Houston Elementary School on Feb. 22.

This year's theme is "It's the Tough Tooth Team fighting tooth decay 24/7."

Guidelines in the reduction of tooth decay in children are:

- Sugary foods and drinks should be consumed with meals. Saliva production increases during meals and helps neutralize acid production and rinse food particles from the mouth.
- Limit between meal snacks. If children crave a snack, offer nutritious foods.
- When it comes to chewing gum, make it sugarless. Choose gums that have Xylitol, a natural sweetener.
- Chewing sugarless gum after eating can increase saliva flow and help wash out decay producing acid.
- Monitor beverage consumption. Instead of soft drinks all day, children should also choose water and low-fat milk.
- Help your children develop good brushing and flossing habits.
- Schedule regular dental visits and think prevention.

Community Recreation

B.G. Johnson 10K run

The annual B.G. Johnson 10K run will be held Feb. 18 at 8 a.m. at the 32nd Medical Brigade Gym, Building 1281. This 6.2 mile run is open to the public with registration for runners at 6:45 to 7:45 a.m. inside the Brigade Gym. An awards presentation will be held from 9:15 to 9:45 a.m. The event is sponsored by the Fort Sam Houston Sports and Fitness Branch. For more information, call 221-1234 or 221-2020.

Red Cross lifeguard training

The next Red Cross lifeguard class will begin Sunday at the Jimmy Brought Fitness Center pool. The training consists of four sessions to be held Sunday, Monday, Feb. 17 and 18 from 8 a.m. to 5 p.m. The certification is a minimum requirement for employment as a lifeguard. Participants must be at least 15 years old and pass a pre-test that consists of a 500-meter swim and a 20-yard swim holding a 10-pound object. The cost is \$185 and includes all books, first-aid instruction, cardiopulmonary resuscitation mask and CPR AED for infant, child and adults. Payment is not required until after the pre-test is passed. For more information, call 221-1234.

Boxing at the Brought IV

Boxing at the Brought IV will be held March 17 at the Jimmy Brought Fitness Center beginning at 6 p.m. Doors open at 5 p.m. For more information, call the Morale, Welfare and Recreation Sports Branch, Boxing Club or Lucian Kimble at 221-2020 or 221-1234.

Transfer home movies to DVD

The Arts and Crafts Center at Lackland Air Force Base can transfer 8 mm home movies

to DVDs. The cost is \$7.50 per hour plus the cost of the disc. For more information, call 671-2515 or 671-2269.

Paintball adventure

For information on organized paintball activities or future tournaments and events, call outdoor recreation at Lackland Air Force Base at 925-5532.

Woodworking hobbies, projects

Visit the Wood Skills Center at Randolph Air Force Base for all woodworking needs. Customers can select from a variety of finished products such as flag boxes, coin holders and shadow boxes or other unique items can be special ordered. In addition, the wood center's staff can assist do-it-yourself carpenters with their individual projects. After certification on the Wood Skills Center equipment, patrons can use the facility located in Building 895 to make all of their woodworking projects. For more information on the Beginners Woodworking Class or parent and child classes, call 652-7422.

Dining and Entertainment

Sam Houston Club, 224-2721

Family-style Sunday brunch

Brunch is held the first and third Sunday of each month. The next brunch will be held Feb. 18 from 10 a.m. to 1:30 p.m. at the Sam Houston Club. The brunch features a kids' meal station, a chocolate fondue station, complimentary champagne and an international food station. The cost is \$13.95 for nonmembers, \$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.

Valentine dinner buffet, dance

The Sam Houston Club will host a

Valentine's Day dinner buffet and dance Wednesday from 5:30 to 9:30 p.m. Enjoy romantic dining ambiance and dancing to the sounds of Triple Nickel. The cost is \$29.95 per couple. Reservations are encouraged. To make reservations or for more information, call 224-2721.

Membership has its privileges

Become a member of the Sam Houston Club and receive special benefits such as the first month of membership is free. Members also receive a benefits card that gives the chance to get free items such as Sunday brunch, weekday lunch, bowling games, a bingo package and dinner theater show from various MWR activities. Club members can select one of the complimentary services after utilizing or participating in ten paid activities at the Sam Houston Club. For more information, call 224-2721.

All-you-can-eat lunch buffet

Enjoy lunch at the Sam Houston Club with friends, family and colleagues. A wide selection of food items including a deluxe salad bar, soup and dessert are offered daily at the all-you-can-eat lunch buffet. The buffet is served Tuesday through Friday from 11 a.m. to 1 p.m. Eat in or take-out service is available. Delivery is also available for a minimum of 10 orders. Cost is \$6.95 for nonmembers; \$5.95 for members. Call 224-2721 for more details.

Bowling Center, 221-3683

Quick-Play bingo

Quick-Play bingo units are available at the Fort Sam Houston Bowling Center. Quick-Play is a personal handheld device that allows patrons to play bingo by using simple touch-screen technology. Choose up to four bingo cards to play at the same time. Each unit is lightweight and easy to use. The device can be used by bingo enthusiasts who

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 Tuesday at 7 a.m. and return Wednesday 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. For more information, call 226-1663 or 224-2721.

want to play alone at a time convenient to them or by bowling center patrons awaiting their chance to bowl. For more information, call the bowling center at 221-3683.

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 today through Feb. 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

CYS talent show

The second annual Child and Youth Services Talent Show will be held Feb. 17 from 7 to 9 p.m. at the Roadrunner Community Center, Building 2797. Talent categories include dance, vocals, step, comedy and more. The public is invited to watch Fort Sam Houston's youth, ages 3 to 18 display their talents. For more information, call Central Registration at 221-4871 or 221-1723.

Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet Feb. 20 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.

CDC, School Age Services survey

The CYS Child Development Center and School Age Services is currently surveying patron needs for early morning facility openings. Complete the survey at your child's activity. This will assist the activity in setting opening hours of operation that best serve the needs of the community.

Baseball registration

Registration for youth baseball will be held Feb. 5 through March 9 at Central Registration for children 3 years-old to 17. Participants must be registered with Child and Youth Services. To register patrons must have a current sport physical; updated shots for kindergarten through fifth grade; Child's Social Security number; two local emergency designees; sponsor's Leave and Earning Statement; spouse's W-2 form, (if financial documentation is not provided patrons will be placed in the highest income category); \$18 registration fee and \$45 baseball fee. For more information, call Central Registration at 221-4871 or 221-1723.

Sports registration requirements

Registration for any Child and Youth Services sports requires a current sport physical and shot records for children fifth grade and younger; two local emergency designees; \$18 registration fee; activity fee; the child's Social Security number; sponsor's Leave and Earnings Statement and spouse's W-2 form. Patrons who do not

provide income verification will be placed in the highest income category.

Intermittent childcare

Child and Youth Services provides hourly care for families seeking intermittent childcare. Children must be registered with CYS. Care is based on availability and must be reserved in advance. School Age Services offers five to 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 and must not exceed two days per week. For more information, call Central Registration at 221-4871 or 221-1723.

Instructors needed for SKIES

The Schools of Knowledge, Inspiration, Exploration and Skills seeks instructors in the following areas: dance, swimming, cooking, self-defense, art, voice, gymnastics, ceramics, stained glass, basic automobile, rollerskating, SAT/ACT preparation, astronomy, basic budgeting, science exploration, languages and sewing. SKIES instructors must successfully pass background clearances, be current in infant, child and adult cardiopulmonary resuscitation and first aid. Classes will be taught at Fort Sam Houston for ages 3 through 18, when age appropriate. For more information, call 221-0497.



Their turn in the kitchen Courtesy photo

Elizabeth Smith, Daven Ellis and Jerome Walter prep food for a free spaghetti dinner hosted by the center for middle school and teenage youth and their parents at the Youth Center Jan. 27. During this time, the Youth Center registered youth in grades six through 12. After dinner, the diners enjoyed a parent, staff and youth basketball game. For more information about Youth Center programs, call 221-3502.

Youth Happenings

Teen dance

A teen dance will be held Friday from 8 to 11 p.m. at the Youth Center, Building 1630, for youth grades nine through 12. The cost is \$3 for members. Food, fun, and music will be provided. For more information, call 221-3502

Junior teen dance

A junior teen dance will be held Saturday from 8 to 10 p.m. at the Youth Center, Building 1630, for youth grades six through eight. The cost is \$3 per person. Pizza and punch will be provided and games and contests will be held. For more information, call 221-3502

Rodeo carnival visit

The Youth Center will be taking the middle school and teenage youth to the Rodeo Carnival Friday from 5:30 to 10 p.m. The cost is \$1, additional money for food, games and rides will be needed. Sign up by Thursday afternoon. Space is limited. For more information, call 221-3502.

Youth Center closure

The Youth Center will be closed Feb. 19 in observance of President's Day. It will reopen Feb. 20 during normal hours.

Cooking classes

Cooking Classes will be held every Friday and Saturday with the following schedule:
Friday - two hearts together

Feb. 16 - country crunch pancakes
Feb. 17 - chili burgers
Feb. 23 - pizza casserole
Feb. 24 - sausage and rice skillet

Parent/staff/youth basketball

The Youth Center will host parent/staff/youth basketball games Feb. 24 at 8 p.m. Parents are encouraged to join the staff and challenge the youth. For more information, call 221-3502.

Middle school clubs

Club meeting schedule for middle school and teen age youth:
Monday - Computer club, 5 p.m.
Tuesday - Triple Play Sports club, 4 p.m.
Wednesday - Smart Moves, 5 p.m.
Feb. 15 - Passport to Manhood, 5 p.m.
Feb. 21 - Photography club, 5 p.m.
Feb. 26 - Ultimate Journey club, 5 p.m.

Black History Month trivia contest

1. The documentary film entitled "Soldiers without Swords" celebrates what important issue concerning blacks in American history?
2. In 1865, what did General William T. Sherman's Field Order number 15 provide or deed to the freed black families on the South Carolina and Florida coasts?
3. Who was the first African-American woman to campaign for U.S. President?
4. Bessie Coleman, born in Atlanta, Texas, was inducted into the Texas Aviation Hall of Fame. Why was she famous?
5. What African-American activist established chapters of the NAACP throughout the

Mississippi Delta, tried to integrate the state's oldest public university, and was ultimately killed in his driveway in 1963 by a white supremacist, who was not found guilty until 1994.

People should e-mail trivia contest answers to Gayle.Ellis@amedd.army.mil or deliver them in a sealed envelope addressed to Gayle Ellis, BEP committee member, Room 1335, Building 2841, no later than the Tuesday following the publication of the questions. The first person to submit the correct answers will win a prize and have their name published, along with the answers, in the next edition of the News Leader. For

more information, call Ellis at 221-7709.

Feb 1 trivia contest answers are:

1. Six years worth of education
2. First person killed during the Revolutionary War in what became known as the Boston Massacre
3. A police attack on voting-rights marchers who were marching with the Southern Christian Leadership Conference
4. Dr. Charles Drew
5. Provided information to Congress about discriminatory practices by the U.S. Department of Agriculture in the 1980s and early 1990s

Black History Month DVDs, videos

The Fort Sam Houston Museum has a variety of audiovisual materials available to support Black History Month activities to include "African Americans In World War II: A Legacy of Patriotism & Valor" on DVD, and "America's Black Warriors: Two wars to Win," on DVD and VHS. For more information or a full list of titles, call the Fort Sam Houston Museum at 221-1886.

Events

FMA Mardi Gras dance

The Cajun French Music Association, de fa Tras chapter of San Antonio's Mardi Gras will hold a dance Saturday from 7:30 to 11:30 p.m. at the Hermann Son's Ballroom, 525 S. St. Mary's St. The event is open to the public; donation for the dance is \$8 per person. Costumes are encouraged. Cory McCauley and the Evangeline Aces will provide the music entertainment. For more information, call 573-3403 or visit www.defa-trascjajun.com/.

Northwest San Antonio walk

The Randolph Roadrunners Volksmarch Club will host a 5K and 10K walk Saturday beginning at the Lutheran High School, 18104 Babcock Road. For more information, call Ellen Ott at 525-8574, e-mail ellenott@sbcglobal.net or visit www.geocities.com/randolphroadrunners/.

Trinity University war documentary

Trinity University presents "My Child-Mothers of War," Tuesday at 7 p.m. in the Science Lecture hall. The film directed and produced by Angeliki Giannakopoulos, is an award-winning film that chronicles the lives of American women whose sons and daughters were sent to Iraq by the U.S. military. The event is free and open to the public. For information on the documentary, visit www.mychildthemovie.com. For more information on the screening, call John Donahue at 999-8506.

'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 weekdays from 12 to 5 p.m. and Saturdays from 1 to 5 p.m. For more information or reservations, call 222-9694.

VFW 'Buddy Poppy' fundraiser

The VFW Post 8111 will hold a "Buddy Poppy" fundraiser on the Feb. 17 from 9 a.m. to 6 p.m. on Fort Sam Houston at the Main Post Exchange. Proceeds from the event will go to the Cole High School Junior Reserve Officer's Training Corps Scholarship program.

OCSC February luncheon

The Officer and Civilian Spouses' Club will host a luncheon Feb. 20 at 11 a.m. at the Sam Houston Club. Due to the cancellation of January's luncheon, 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. Join us now, for information on membership, call Susan Luciano at 475-9973.

'RecruitMilitary' career fair

The "RecruitMilitary" Career fair will be held Feb. 22 from 11 a.m. to 3 p.m. at the Eisemann Center, 2351 Performance Dr., Richardson, Texas; Greater Dallas. Sponsored

by the "RecruitMilitary" and the President's National Hire is free and open to veterans, personnel who are transitioning from active duty, Reserve, Guard, and military spouses. For more information or to register, visit www.recruitmilitary.com. For information on the event, call Bill Offutt at 202-693-4717 or e-mail offutt.william@dol.gov.

MOAA luncheon

The Military Officers Association of America, Alamo Chapter will host a luncheon Feb. 22 at 11 a.m. at the Randolph Air Force Base Officer's Club. The guest speaker will be retired Navy Reserve Capt. John Woody, the national president of The Gamewardens of Vietnam Association. The cost of the luncheon is \$15. For more information or reservations, call 228-9955 or e-mail moaa-ac@sbcglobal.net.

OCSC chocolate tour, massage

The Officer and Civilian Spouses' Club will host a tour of the Schokolad Chocolate Factory, 19141 Stone Oak Parkway, Feb. 23 beginning at 1 p.m. Massage sessions will also be offered at 2 and 3 p.m. The cost for a massage is \$39.99. The tour will meet at the commissary parking lot at 12 p.m. to car-pool. For more information or reservations before Feb. 20, call Alicia Utz or e-mail A-to-z@earthlink.net.

Hiring Heroes career fair

The Hiring Heroes career fair will be held March 27 from 9 a.m. to 3 p.m. at the Fort Sam Houston Club, 1395 Chaffee Road. Attendees should bring copies of their résumé and be prepared to meet with recruiters. If you need assistance with résumé building, contact the Army Career and Alumni Program at 221-1213 or the Family Member Employment Assistance Service Program at 221-0516. For information, call Michael Main at 221-0619 or e-mail michael.main@samhouston.army.mil.

SA Symphony military discounts

The San Antonio Symphony 2006-2007 concert series consists of 12 classical concerts, six pop 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 cramerks@sasymphony.org. For dates and feature artist, visit www.sasymphony.org.

Meetings

Disabled American Veterans meeting

The Disabled American Veterans, Alamo Chapter 5, will hold a meeting Feb. 17 at 10 a.m. at the Rolling Oaks Christian church, 7150 Stahl Road, behind Wal-Mart. For more information, call Albert Erazo at 651-7303 or Duck Hendershot at 830-624-1949; visit www.davalmot.org.

SAMC study group

The Sergeant Audie Murphy Club, SMA Van Autreve 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.

Training

Green to Gold briefings

The Fort Sam Houston Education Center will host Green to Gold briefings for Soldiers interested in the ROTC program through March 7 at 9 a.m. and 1 p.m. in the Army Learning Center, Building 2247, Stanley Road. The Army ROTC cadre from The University of Texas at San Antonio, along with the 12th ROTC Brigade Recruiting Office, will be present to conduct the briefings and provide additional guidance. For more information, call 295-2005.

GED classes

Employment Readiness offers General Equivalency Diploma classes Mondays and Wednesdays from 6 to 8 p.m. at the Roadrunner Community Center, 1010 Stanley Road, Building 2797. A certified instructor teaches the classes and most colleges and employers accept a GED certificate the same as a high school diploma. For more information or registration, call 221-2705.

Free dental assistant training

The 59th Dental Squadron at Lackland Air Force Base is accepting applications for the Red Cross Dental Assistant Program. Family members of active duty and retired military personnel who would like to become dental assistants may apply for the six-month training program. Applications will be accepted through March 8, with interviews March 12, 13 and 14 from 7:30 a.m. to 3:30 p.m. For more information, call Staff Sgt. Elizabeth Cintron at 925-1846, e-mail elizabeth.cintron@lackland.af.mil or lacy.clemente@lackland.af.mil.

University of the Incarnate Word

A representative from the University of the Incarnate Word will be available Monday, Feb. 26, 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.

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.

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/>.

Army ROTC Lateral Entry Program

The Army ROTC program at The University of Texas at San Antonio is look-

ing 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. Chez 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. Chez Varela at 458-5607, e-mail chez.varela@utsa.edu or visit <http://www.armyrotc.utsa.edu/>.

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.

Volunteer

Endodontics patients needed

The Department of Endodontics at MacKown Dental Clinic on Lackland Air Force Base seeks patients who need root canal therapy. Applicants must be a military retiree, family member of a retiree or family member of active duty and have been recently diagnosed by a dentist as having an endodontic condition requiring root canal therapy. Patients should obtain a written consult from their referring dentist and fax it to 292-6431 or bring it the MacKown Dental Clinic during normal duty hours. For more information, call 292-7214.

Denture patients needed

The Prosthodontics Department at Wilford Hall Medical Center seeks a limited number of patients who are need of new complete dentures. Applicants must be a military retiree, a family member of a retiree or a family member of an active duty military member and must have a need for a new set of complete dentures. Individuals enrolled in the Dependents' Dental Plan are not eligible for treatment, unless they have exceeded their annual coverage. For more information, call 292-4208.

Pediatric dental patients needed

The Pediatric Dental Department on Lackland Air Force Base will provide drop-in dental screenings Wednesday from 8 to 11 a.m. No appointment is required; however, children must be signed in by 10 a.m. Screenings will be held at the Lackland Skylark Community Center in the Longhorn Room, Building 6576, 1560 Luke Blvd. Dental screenings are available for all eligible military medical beneficiaries under age 12. Parents should bring a copy of their child's treatment plan or referral letter from their private dentist. For more information, call Staff Sgt. Williams at 292-4072.

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 221-1198. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.



For Sale: Brown sofa with twin sleeper, \$350; glass round dining table with four chairs, \$450. Call 650-0337.

For Sale: 1994 Chevrolet Corvette, red, tinted windows, leather seats, Pioneer system, 39K miles, \$18,000. Call 680-1079.

For Sale: Dresser and chest of drawer set, solid wood, \$310; full-size bed with mattress, box spring and frame, \$125; several small desks, \$17 to \$148; Ultra Tech all-terrain mountain bike, \$65; new bike helmets, \$20. Call 313-0061.

For Sale: Beauty Rest king-size mattress and box spring, Simmons pillow top, \$525; swivel high-back leather office chair, \$65; Panasonic 21-inch color TV, \$85. Call 262-3892.

For Sale: Starcraft, 16-feet, 70HP Mercury, 4HP envinrude on trailer, 1980 model, includes extras, in

excellent condition, \$3,750. Call 491-0534.

For Sale: Toshiba Cinema Series 27-inch TV includes Signature 2000 cassette recorder and Toshiba SD 1600 DVD video recorder, in excellent condition, \$250 obo; Durapella microfiber sofa, cocoa color, less than two-years old, no stains, in excellent condition, \$250 obo. Call 590-4854.

For Sale: Two Little Tykes race car beds, one twin-size with toy box hood, red, \$125; one toddler-size, blue, \$75. Call 497-0991 or 347-4558.

For Sale: Large number of Beanie Babies, includes tag protectors, in excellent condition, \$6 to \$10 each. Call 479-1802 after 5 p.m. or leave message.

For Sale: Monterrey rustic table with four chairs, in excellent condition, \$500; Canon AE-1 program 35 mm camera includes two lens, flash and other extras, \$200;

Medicus 2000 Dual-Hinged swing trainer includes DVD, manual and adjustment tool, \$95; Affinity 60 degree lob wedge, \$15; golf pull cart, \$15. Call 697-9261 or 363-4056.

For Sale: Left-handed golf clubs 3-9 PW, 1-3-5 woods with bag, \$150, 20-inch color TV, cable ready with remote, \$45; two tube tester, \$35 each. Call 227-6590 or 213-3347.

For Sale: 1999 Ford F-150 XLT loaded, 56K miles, \$10,000 obo. Call 662-7552.

For Sale: Antique (1900-1905) tall double door wardrobe, bevel mirror, two bottom drawers, \$250; farm apple table, original wood and hardware antique, drop leaves on each side, \$350; garment rack round, heavy duty on casters, rotates in a 36-inch circle; men's levis and wrangler jeans, 40 to 44-inch waist by 32-inches long, \$7 each. Call 684-8966.