



Fort Sam Houston News Leader



Vol. 38, No. 20

Fort Sam Houston – Home of Army Medicine

May 18, 2006

Briefs . . .

Mass Notification System test

A test of the Fort Sam Houston Mass Notification System will be held Friday at 1 p.m. The test will consist of a warning message followed by the Westminster Chimes. The test is being conducted to evaluate sound levels and installation coverage prior to bringing the system online for daily use.

Free symphony concert

The San Antonio Symphony will celebrate Memorial weekend with a free concert May 28 at 8 p.m. at MacArthur Parade Field. The Tobin Endowment Concert will include patriotic music, and will also feature a pre-concert instrument “petting zoo,” interactive games, face painting and concessions starting at 6:30 p.m. Accompanying the orchestra will be an Air Force flyover, fireworks display and cannon fire during the “1812 Overture.” Lawn chairs and blankets are welcome; however, pets, coolers or outside food and beverages are not permitted.

Memorial Day ceremony

The Fort Sam Houston Memorial Day ceremony will be held May 29 at 9 a.m. at the Fort Sam Houston National Cemetery. The ceremony will include a wreath presentation, musical presentation by the Sweet Adelines Quartet, Native American memorial to warriors and keynote speaker, Brig. Gen. Jan-Marc Jouas, vice commander, Air Intelligence Agency.

Military Spouse Appreciation

Special offers

Fort Sam Houston’s Morale, Welfare and Recreation is showing its appreciation for military spouses Monday to May 25 by offering them various services for free or at reduced rates at select MWR facilities. Look for special offers such as a free aerobics class, reduced rate on a round of golf, reduced price on a special lunch at the Sam Houston Club and much more. For more information, call 221-9904 or 221-2601.

Appreciation ceremony

An appreciation ceremony will be held May 25 at the Roadrunner Community Center, Building 2797. The ceremony will include an Army and Air Force Exchange Service fashion show, live demonstrations, free massages by Calm Day Spa, body composition testing, blood pressure screening and swimming instruction. Joan Weightman will be the guest speaker. For more information, call 221-9904 or 221-2601.

Armed Forces Parade

The public is invited to the All American Armed Forces Parade Saturday at 7:30 p.m. in downtown San Antonio. The parade honors service members, law enforcement, firefighters, emergency medical service workers and mail carriers. Attendees are encouraged to carry a U.S. flag and wear red, white and blue to the parade.

See BRIEFS on Page 3

Inside . . .

From the Top	2
Health	7
Sports	10 and 11
School	15
Religion	19
MWR	20
Child and Youth Services	20
Community	21
Fort Freebies	22



Photo by Cheryl Harrison

Mark of excellence

Capt. Jodi Sangster, a veterinary officer from Edwards Air Force Base, Calif., grins victoriously as Maj. Gen. George Weightman, commander, Army Medical Department Center and School and Fort Sam Houston, pins on the coveted Expert Field Medical Badge Friday at Camp Bullis. See related story on Pages 16 and 17.

Combat simulator prepares Soldiers for war

By Elaine Wilson
Fort Sam Houston Public Information Office

Soldiers at Fort Sam Houston can pack up their Xboxes and PlayStations. The post just acquired an interactive combat simulator with realism and technology that could rival even the latest video game.

The Engagement Skills Trainer 2000 is an indoor firing range with 40 lanes and three wide-screen monitors that project everything from combat scenarios to target ranges, all made realistic with sound effects and movie-like images.

“The EST is a great tool for Soldiers and the Army as a whole,” said Lt. Col. Steven Bolint, EST project lead and 32nd Medical Brigade executive officer. “The EST provides advanced rifle marksmanship training and significantly improves a Soldier’s chance of qualify-

ing for the first time on the actual range.” Soldiers can use a wide range of weapons in the EST, including 9 mm, M-4, M-16, M-203 and M-249. The weapons are real, but modified with lasers so the system can register shots fired and “kills.”

“The weapons look, feel and operate the same as the real ones; they have everything but the ammunition,” Bolint said. “It’s a real firing line, so Soldiers wear helmets, ear plugs, eye protection, whatever would be needed in the field.”

Once Soldiers choose their weapon of choice, they can pick from more than 350 interactive scenarios to test their marksmanship, team decision-making and judgment.

The marksmanship portion involves targets laid out to duplicate what the Soldier will experience on the range to qualify. On a team level, squads can put

their collaborative skills to the test during scenarios based on real-world incidents such as vehicle convoy or checkpoint attacks. To test their judgment, “shoot, don’t shoot” scenarios pit Soldiers against simulated enemies made life-size and threatening on 30-foot screens.

During a command orientation Tuesday, post commanders took a shot at a few EST simulations, including a “shoot, don’t shoot” scenario that simulated a checkpoint in Iraq. For the scenario, two men exchanged words with a gate guard but then passed through. Next, a van pulled up and the driver and a passenger got out. The scenario tested how quickly the participants judged the situation and reacted when the van passengers opened fire.

See COMBAT SIMULATOR on Page 4



Photo by Esther Garcia

Summer Gazebo Concert

The U.S. Army Medical Command Band will present a Summer Gazebo Concert Sunday at 7 p.m. at the gazebo on Staff Post Road. The community is invited to bring their lawn chairs and blankets and enjoy the free concert with musical selections such as “American Soldier” by Toby Keith, “Pirates of the Caribbean,” “Oye Como Va” by Santana and “What a Wonderful World.” The concert is hosted by Col. Bradley Freeman, 32nd Medical Brigade commander; Col. Dorothea Wallace, 5th Recruiting Brigade commander; and Navy Lt. Cmdr. Angela Katson, Military Entrance Processing Station commander.

Post to sponsor Safety Day event

By Maj. Gen. George Weightman

Commander, AMEDDC&S and Fort Sam Houston

To assist in preventing the loss of America's most valuable resources — its sons and daughters — and to conserve our material resources, the Army Medical Department Center and School and Fort Sam Houston will conduct a Safety Day event Tuesday from 10 a.m. to 2 p.m. at the Sam Houston Club, Building 1395. This event is designed to promote safe operations and practices by military and civilian personnel and

their families and is open to all AMEDDC&S, Fort Sam Houston and tenant organizations.

Safety Day is an excellent opportunity for leaders at all levels to gather the tools necessary to inform their personnel on the increased hazards during the 101 days of summer (Memorial Day through Labor Day). Vendors will display the latest personal protective equipment and information on safety awareness, risk management, defensive driving, heat stress, boating safety, swimming safety and other summer safety

activity information will be available. Many accidents are preventable through leader visibility and personal involvement and Safety Day will serve to enhance safety awareness.

The future force demands leaders, Soldiers and civilians who are prepared. As leaders, we must set the example both on and off-duty. Require your personnel to do the right thing all the time and strive to continually improve your own safety programs. We must be ready to meet future challenges with safety as the watchword. See you there!

Water-saving tips

• Remember to check sprinkler system valves periodically for leaks and keep the heads in good shape.

• Before lathering up, install a low-flow showerhead. They are inexpensive, easy to install, and can save a family more than 500 gallons of water a week.

• Soak pots and pans instead of letting the water run while scraping them clean.

• Do not water the lawn on windy days. After all, sidewalks and driveways do not need water.

• Water plants deeply but less frequently to create healthier and stronger landscapes.

(Source: Fort Sam Houston Environmental Office)



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Briefs cont. . . .

Retirement ceremony

A consolidated retirement ceremony will be held May 25 at 7:45 a.m. at the MacArthur Parade Field Pavilion.

AFTB Level 1

Army Family Team Building Level 1 will be offered Tuesday and Wednesday from 8:30 a.m. to 3 p.m. at the Roadrunner Community Center, Building 2797 on Stanley Road. To register, call Jutta Aviles 221-0946 or 221-2705.

AUSA luncheon

Maj. Gen. Antonio Taguba, deputy chief, U.S. Army Reserve Command for transition and transformation, will be the speaker at the Association of the U.S. Army luncheon May 25 at 11:30 a.m. at the Sam Houston Club. Tickets are \$10 and can be purchased from the Morale, Welfare and Recreation ticket office at the Sam Houston Club or call Barbara Hagen at 221-8060.

Internal Medicine Clinic closure

The Brooke Army Medical Center Internal Medicine Clinic will be closed Wednesday from 2:30 to 4:30 p.m. for training. Eligible beneficiaries who need care should go to the emergency room.

Special Forces recruiting

A series of U.S. Army Special Forces recruiting briefings will be held on post today through May 26. For information on qualification, application and briefing times, call Sgt. 1st Class Juan Lopez toll free at (877) 217-7131.

Parking lot closure

A portion of the parking lot west of the Harlequin Theatre will be closed from June 3 through July 19 to allow setup and use of the Food and Drug Administration's Mobile Laboratory. This closure will only affect part of the first row, closest to the theater. It will not affect the handicapped parking spaces.

Command Information Meetings

The post community is invited to Fort Sam Houston's Command Information Meetings. The meetings will be held June 7 from 1 to 2:30 p.m. at the Roadrunner Community Center (sign language interpreter will be available); June 15 from 9:30 to 11 a.m. at the Evans Theater, Building 1396, and June 8 from 9:30 to 11 a.m. at Camp Bullis, Building 5000.

Newcomers' Extravaganza

A Newcomers' Extravaganza will be held May 30 from 9:30 to 11 a.m. at the Sam Houston Club. The extravaganza is mandatory for all permanent party in-processing Soldiers, lieutenant and below, within 60 days of their arrival. Soldiers, civilians and family members are invited to attend and learn about Fort Sam Houston and San Antonio. Children are welcome. For more information, call the Army Community Service Relocation Assistance Program at 221-2705 or 221-2418.

Legal assistance open Saturdays

The Fort Sam Houston Legal Office will offer appointments beginning June 3 on the first Saturday of the month from 8:30 a.m. to 4 p.m. at the Office of the Staff Judge Advocate, Building 134, 1306 Stanley Road. To schedule an appointment, call 221-2353 or 221-2282.

Water conservation policies

Post water conservation policies are in effect throughout the year. Watering landscapes around residential and administrative buildings is not authorized from 10 a.m. to 8 p.m. Watering shrubs and ornamental plants with a hand-held hose is authorized anytime during the day.

ARNORTH prepares for natural disaster

By Sgt. Jacob A. McDonald
50th Public Affairs Detachment

U.S. Army North is participating in U.S. Northern Command's Exercise Ardent Sentry, one of the command's premier exercises for 2006, through Friday.

The primary objective of the two-week exercise is to give federal, state and local authorities the opportunity to work together to better prepare participants to respond to national crises. The exercise stresses consequence management for a range of man-made and natural disasters.

"This is a multifaceted training exercise designed to involve many of the military organizations in the homeland defense business and defense support to civil authorities," said Lt. Gen. Robert T. Clark, ARNORTH commander.

The training exercise includes a hurricane scenario in the Gulf Coast, a bioterrorism scenario, a terrorist threat to the infrastructure scenario and a pandemic flu scenario.

"Any good training exercise prepares you for future possibilities," Clark said. "It makes you more mentally agile. It enables you to practice your systems that are as equally applicable in the homeland defense scenario as a natural disaster scenario. Training is the best way to get at fixing problems that occurred in previous experiences and in helping anticipate future requirements.

"There is an old expression, 'knowledge plus experience equals wisdom,'" Clark said. "Through training you gain knowledge and experience so your wisdom factor increases dramatically with every training exercise."

Past operations and disaster responses have provided lessons learned and examples for the Ardent Sentry exercise.

"We have learned a great deal from Katrina and Rita and Wilma and even older disasters like Hurricane Andrew and



Photo by Spc. Giancarlo Casem

Members of U.S. Army North's commander's assessment element load their gear onto a plane at San Antonio International Airport May 11 for deployment to Tyndall Air Force Base, Fla., in support of Exercise Ardent Sentry 06.

others," Clark said. "We also learn from experiences other countries have. We've learned from the foot-and-mouth disease experience in the (United Kingdom) years ago. We have learned from the tsunami experience in the Pacific. We study all of these things. We pull lessons learned, talk about them and see what is applicable for us as we anticipate natural disasters in our own country."

With this exercise and the evolution of ARNORTH, the Army is preparing for its role in defense support to civil authorities and its ongoing mission to defend the homeland.

ARNORTH commands and controls Army forces in support of civilian response agencies for a homeland defense mission or a mission in support of civil authorities, Clark said.

"That responsibility used to be spread across two units: First Army out of Atlanta and Fifth Army here," Clark said. "Over the past year we have transformed. We have released

See ARNORTH on Page 4

'Click It or Ticket'

Campaign enforces importance of safety belts

From May 22 through June 4, the Fort Sam Houston Police will be out in force, participating in the "Click It or Ticket" enforcement mobilization, according to Capt. Lewis G. Lem, traffic supervisor for the Directorate of Emergency Services.

The goal of the program is to save lives and reduce injuries resulting from motor vehicle crashes.

In 2005, Texas had a safety belt use increase of 7 percent, moving from 83.2 percent to 89.9 percent. For Texas, the National Highway Traffic Safety Administration estimates that up to 185

fatalities and 3,000 serious injuries are expected to be prevented, and \$600 million in economic costs saved.

"We appreciate the fact that many more people within the Fort Sam Houston community are using their safety belts, but there are still a lot of people in this jurisdiction who still don't think they need to buckle up," Lem said. "Fort Sam Houston police officers will be writing tickets for the people who just don't get it yet. It's simple, 'Click It or Ticket.'"



For more information, call Staff Sgt. Ronald Shaw, traffic supervisor, at 221-0212.

(Source: Directorate of Emergency Services)

Changes of command

264th Med. Bn. change of command

The 264th Medical Battalion change of command will be held Wednesday at 8 a.m. at the MacArthur Parade Field. Lt. Col. Erin Edgar will relinquish command to Lt. Col. William LaChance.

Headquarters Company, 32nd Med. Bde.

Capt. Edward Schupbach will relinquish command of Headquarters Company, 32nd Medical Brigade to Maj. Eric Wallis during a change of command ceremony June 2 at 9 a.m. at the main post flagpole.

San Antonio Recruiting Battalion

Lt. Col. John Keenan will relinquish command to Lt.

Col. Rene Brown during a change of command ceremony June 2 at 10 a.m. at the Quadrangle.

228th Combat Support Hospital

Col. Lester McGilvray will relinquish command of the 228th Combat Support Hospital to Col. Purry Wacker during a change of command ceremony June 3 at 11 a.m. outside of Building 3540, 3670 W.W. White Road.

5501st USAH

Col. Mary Gomez will relinquish command of the 5501st U.S. Army Hospital to Lt. Col. Mark Gibson during a ceremony June 4 at 10 a.m. at Blesse Auditorium.

Asian Pacific American heritage honored

Story and photo by Cheryl Harrison
Fort Sam Houston Public Information Office

An Asian Pacific American Heritage Month commemoration was held May 9 at the Roadrunner Community Center. Opening remarks were made by Lt. Col. Evelyn Langford, assistant chief of staff for Reserve Affairs at U.S. Army Dental Command, along with introductions of special guests for the festivities.

The proclamation was read honoring the achievements and contributions of Asian and Pacific Islanders in America. Congress, by Public Law 102 450 amended, designated the month of May each year as "Asian Pacific American Heritage Month."

Col. Wendy Martinson, U.S. Army Garrison commander, welcomed the group at the ceremony. "Asian Pacific American Heritage month is a time to recognize one more aspect of diversity.

"Seven percent of the military is made up of Asian Pacific Americans," said Martinson.

The commemoration included presentations by the Robert G. Cole Varsity Choir; Julius Chan and his son, Jed, performing a magic act; and Sgt. Leilani Hart dancing traditional Tahitian dances.



Members of the Robert G. Cole Varsity Choir wait to perform at the Asian Pacific American Heritage Month commemoration held May 9 in the Roadrunner Community Center. Performances by a local magician and his son, traditional Tahitian dances and singing by the choir entertained the crowd during the celebration honoring Asian and Pacific Islanders.

The special ceremony was the first of several Asian Pacific American Heritage Month events that occur throughout the month, to include the luau that took place on Friday.

"Millions of Americans proudly trace their ancestry to the many nations that make up Asia and the Pacific islands. For generations, Americans of Asian and Pacific heritage have strengthened the nation through their achievements in all walks of life, including business, politics, education, community service, the arts and science. Asian Pacific Heritage month is one small way to honor those citizens," Martinson said.



Photos by Olivia Mendoza

Luau fun

Sgt. Leilani Hart performs a traditional Tahitian dance Friday at the Asian Pacific American Heritage Month luau in the field adjacent to the Roadrunner Community Center.



Savea's South Seas entertained the audience with live traditional music and dancing throughout the evening. The luau included ethnic food, colorful floral leis and Polynesian merchandise.

Combat simulator

Continued from Page 1

"It was very realistic," said Maj. Gen. George Weightman, commander of Fort Sam Houston and Army Medical Department Center and School. "The EST is a great confidence builder for Soldiers who will be put into similar situations. It has the potential to improve skills and save lives."

As shots were fired, EST showed the "kills" on screen, as the system adjusted based on the reaction and accuracy of the Soldiers.

With instant results that can be displayed on screen moments after a scenario ends, the EST has the potential to be a training tool unmatched by traditional ranges, said Rob Swanson, EST facility manager. "Even with 10 Soldiers

shooting simultaneously, the system can display where the shots hit and who shot them."

For Tuesday's "shoot, don't shoot" scenario, Swanson was able to display on screen for the commanders who had the first hit and which ones were lethal. "I think we can safely say the targets are dead," he said, joking about the number of lethal hits.

Although it may bear a few similarities to the latest gaming systems, Bolint said EST is anything but a game.

"EST will make a huge difference," he said. "It's an efficient, convenient way to train Soldiers, not just to quality, but to survive."

For more information, call the 32nd Medical Brigade S-3 at 221-4234.



Photo by Elaine Wilson

Col. Bradley Freeman, 32nd Medical Brigade commander, takes aim at a target Tuesday during an orientation to demonstrate the capabilities of Fort Sam Houston's new indoor firing range, the Engagement Skills Trainer 2000.

ARNORTH

Continued from Page 3

our responsibilities for training and mobilization of (National) Guard and (Army) Reserve units to First Army. We are principally focused on homeland defense and defense support of civil authorities."

Department of Defense assets deploy in support of a primary federal agency when local and state assets are overwhelmed or exhausted, and when DoD assistance is requested by the primary federal agency and subsequently approved by the secretary of defense.

"We are ready and we can deploy on short notice," Clark said. "We have deployable packages out of this headquarters that can move to the scene of a natural disaster or homeland defense event very quickly. The first guys on the scene are the local responders and they are the ones in charge. We typically come in to support when those capabilities are exceeded."

Ardent Sentry is one example of the dozens of continuing exercises ARNORTH and other DoD entities conduct or participate in for the enhancement of DoD's Defense Support to Civil Authorities activities.



Photo by Spc. Giancarlo Casem

Lt. Col. Eric Roberts, Task Force Eagle J3, briefs the newly arrived task force members on the layout of the operational command post Saturday during Exercise Ardent Sentry at Tyndall Air Force Base, Fla. The exercise focuses on Department of Defense assistance to local, state and federal authorities in the event of natural and man-made disasters.



Photo by Sgt. Jacob A. McDonald

Robert Berg, Civil Support Readiness Group, loads bags onto a bus at Fort Sam Houston Saturday during Exercise Ardent Sentry 06. Soldiers, sailors, airmen, Marines and civilians joined Task Force Eagle at Tyndall Air Force Base, Fla., to prepare for a simulated hurricane-related disaster.



Photo by Cheryl Harrison

EMS on display

Capt. Adam Martinez, paramedic at Fort Sam Houston, watches while Kim Deemer, of the Akeroyd Blood Center, draws blood. Emergency medical service vehicles were parked in front of the post exchange Monday allowing people to ask questions, tour the EMS vehicles and donate blood. The event was to raise awareness of what EMS services have to offer to the Fort Sam Houston community.



Photo by Esther Garcia

'Career On Wheels'

Sgt. James Dorsey, Fort Sam Houston Police, shows off his motorcycle to students from the San Antonio area visiting the Education Service Center, Region 20, May 10 during Career On Wheels day. Career On Wheels day highlights any job or career that does not take place in the traditional office setting. The annual event included exhibits such as police cars, ambulances, cable trucks, forklifts and buses. About 1,000 students were able to touch, feel, ask questions and climb on the equipment.

Army offers restricted reporting for domestic abuse

By Bob Harry
Fort Sam Houston Family Advocacy Program

The Department of Defense defines domestic abuse as the use, or threatened use, of force or violence against a person of the opposite sex, or the violation of a lawful order issued for the protection of a person of the opposite sex who is a current or former spouse, a person with whom the abuser shares a child in common or a current or former intimate partner with whom the abuser shares or has shared a common domicile.

This definition is a recent change that includes intimate partners which were not previously recognized in domestic abuse incidents.

Restricted reporting enables victims to feel safe in regards to seeking help and reporting abuse by allowing victims to receive treatment and victim advocacy services without the incident being reported to offenders, commanders, supervisors, law enforcement or investigative agencies. This

Thirty-seven percent of all women who sought care in hospital emergency rooms for violence-related injuries were injured by a current or former spouse, boyfriend or girlfriend.

U.S. Department of Justice

option also allows the victim to be informed in their decisions, obtain victim advocacy services and clinical intervention. Limited evidence collection may also be obtained and stored with non-identifying information. The evidence may be used if the victim decides to use the unrestricted reporting option at a later time. Unrestricted reporting requires notification to official supervisory and investigative channels.

If a victim decides to report abuse with the restricted reporting option they may only report the incident to a victim advocate, the Family Advocacy Program manager or health care providers, to include clinical social workers from the Department of Social Work. Chaplains are not covered

under this policy. This does not change any privileged communication recognized under the Military Rules of Evidence.

When victims are seen by the authorized reporting agent, they are briefed on the benefits and limitations of both restricted and unrestricted reporting and elect their choice in writing. Oral or written communication will not be disclosed without written consent from the victim or unless an exception applies.

There are certain drawbacks to restricted reporting, such as the abuser is not held accountable and may commit further abuse, the victim and abuser may continue to have contact, crime scene evidence may be lost and military and civilian protection orders are unavailable.

Despite these limitations, the benefits of restricted reporting far outweigh the consequences of keeping fam-

ily secrets in the dark. Some of the benefits for victims include the ability to decide when to report, appropriate health care and victim services, space and time to make informed decisions, control of the management and release of personal information and increased trust in "the system."

Commanders also will receive information about incidents through statistics reported at the Family Advocacy Committee without identifying information, and the Department of Defense goals of reducing domestic abuse may be realized through the increased use of restricted reporting.

Restricted reporting of domestic abuse is a positive move to provide treatment and services to victims who might otherwise remain hidden for fear of hindering the sponsor's career. These victims no longer need to hide behind their fear or apprehensions. There can be an end to the abuse and fear.

To report domestic abuse with the restricted reporting option, call the victim advocates on Fort Sam Houston at 221-0600, 221-1505 or 221-1496; the Family Advocacy Program manager at 221-2418; Department of Social Work at 916-3020; or the Brooke Army Medical Center Emergency Room at 916-4466.

DoD, Congress making progress on TRICARE changes

By Sgt. Sara Wood
American Forces Press Service

WASHINGTON — The Defense Department has been working hard with Congress for the past several months and has reached some conclusions about how the fee system for military health care should be changed, a top DoD official said.

“It’s universally agreed that there is a serious issue, a serious problem, with the growing health care costs within the Department of Defense, and the potential adverse impact that that might have to sustain our great health benefit,” Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs, said in an interview Friday.

DoD has had a lot of good, transparent dialogue with members and committees of Congress, along with beneficiary organizations, Winkenwerder said. There has been emerging agreement in some areas, he said, specifically in the area of pharmacy costs. All parties agree that changes need to be made in the pharmacy co-payment system, and DoD has received some good feedback to modify its proposal, he said.

Congress is debating DoD’s proposed TRICARE fee adjustments as part of the Fiscal Year 2007 National Defense Authorization Act.

A persistent rumor that the increase in TRICARE fees for military retirees will eat up 50 percent of their cost-of-living allowance is not true, Winkenwerder said.

He asserted that the increases in TRICARE fees will be dramatically less than the increases in retiree pay.

All the senior DoD and military leadership support the TRICARE fee increase as a necessary means to sustain the military health care system, Winkenwerder said. The chairman and vice chairman of the joint chiefs of staff, all the chiefs of staff, vice chiefs of staff and surgeons general wrote a letter to Congress supporting DoD’s efforts and asking Congress to work with the department, he said.

“Within the department, there’s almost universal agreement about the problem and the proposal,” he said. “But having said that, it’s important that members of Congress and others get a comfort level or some level of agreement about what we’re doing, and that we move forward together.”

Changes to the TRICARE fee system are essential if the military is going to sustain its health benefit at the current level, Winkenwerder said. Unless financing continues to flow into the system now and

in the future, it will be impossible to keep up the quality of care the military has grown accustomed to, he said.

“Something’s gotta give; so, unless you can have that financing coming in, we’re concerned that the system would really run into trouble,” he said. “That’s why taking action now or in the very near future is important, and waiting two years or beyond would not be a good idea, because it just makes the problem harder to solve.”

Winkenwerder and other DoD officials have said that if the fee system is not changed, the health system will take up 12 percent of the DoD budget, at \$64 billion, by 2015.

The discussion so far about the TRICARE fee increases has been spirited and heartfelt, but always professional, Winkenwerder said. A lot of good ideas have been exchanged, he said, and he is confident about the future.

“We’re optimistic about being able to make changes over the next months and into next year, that would be the right thing to do and certainly very important to do,” he said.

Smoke-free, courageous forever

Attend smoking cessation classes in the Health Promotion Center and learn how to find the courage to give up the nicotine habit forever, whether you smoke, dip or chew. Become one of our graduates and earn your “wings.” Visit the Health Promotion Center, Room L31-9V, Brooke Army Medical Center, or call 916-3352 or 916-5538.



Housing residents earn prizes

To celebrate "Cinco de Mayo," Lincoln Military Housing hosted a homemade salsa cook-off May 5 at Salado Creek. The winners are Diana Morris, first place; Eugenia Ortiz, second place; and Charles Quick, third place.

LMH also celebrated Mother's Day by having children of all ages write a poem about their mother. The winner of the children's best poetry contest received a \$100 gift certificate for a "Day at the Spa" for their mother. The winner, 6-year-old Taylor Grathwohl, had this to say about his mother:

My mom smells like cake,
I love her so much
She shines like a star
So bright,
I love her so much
Like an angel,
She smells like strawberries, too!
My Mommy smells nice.

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

April Survey of the Month

Derrick Tucker

April Yards of the Month

5224-B Barkley Circle
707 Patch
441 Graham
454 Graham



Asian Pacific American Heritage Month

Trivia Contest

- What was the major reason for boycotts of "Miss Saigon" on Broadway in 1991?
 - Racial stereotypes of the musical's main characters
 - The casting of Caucasians in major Asian roles
 - The use of laborers in Asian countries to build the show's huge sets
- Who was named Time magazine's 1996 Man of the Year for his breakthroughs in AIDS research?
 - Har Gobind Khorana
 - Jerry Yang
 - David Ho
- Which Asian-American leaders were instrumental in establishing Asian Pacific American Heritage Month in 1977?
 - Norman Mineta and Daniel Inouye
 - Gary Locke and Benjamin Cayetano
 - Elaine Chao and Yvonne Lee
- Who was the first Asian American Pacific Islander to command a combat battalion?
- Who was the first AAPI to star in his/her own network TV series?

People can e-mail their answers to walter.white2@us.army.mil. Winners will have their names published in the next edition of the News Leader.

Trivia contest answers for May 11

- The purpose was to prohibit the immigration of Chinese laborers to the United States. Before 1882, anti-Chinese sentiment had increased and riots occurred in San Francisco due to the quantity of cheap Chinese labor. The Chinese Exclusion Act banned immigration of Chinese laborers for 10 years. Subsequent laws expanded this power and were finally repealed with new immigration laws in 1943.
- The Central Pacific Railroad recruited Chinese to work on the transcontinental railroad in 1865.
- The Yellow Power Movement was inspired, in part, by the Black Power Movement of the 1960s. The driving force of the movement was second-generation students who refuted the idea of the "passive Oriental" and established a new Asian American identity.
- "Woman Warrior" by Maxine Hong Kingston; the publication of Kingston's family memoir was notable for its mainstream success and was awarded the National Book Award in 1976.
- Filipino American workers in the Alaskan salmon canneries. In the Supreme Court case *Wards Cove Packing Co. vs. Atonio*, Filipino workers claimed discriminatory workplace practices because office workers were recruited through a home office, while cannery workers were hired from a Filipino hiring hall. Through a technicality, the workers lost the case. The Civil Rights Act of 1991 sought to overturn the verdict and protect "the right of employees to challenge practices that disproportionately exclude women or minorities from America's workplaces."

Single Soldiers invited to BOSS-sponsored commissary tour

By Ben Paniagua
Hacienda Recreation Center

May is Commissary Awareness Month, and the Fort Sam Houston Better Opportunities for Single Soldiers program will get the ball rolling with a week of commissary tours Monday through May 26.

Similar tours are conducted throughout the nation so single Soldiers can find out what post commissaries have to offer and become more aware of the savings gained from shopping

there. Each installation BOSS program gets \$1 for each Soldier that goes on a tour.

In conjunction with the Commissary Awareness Campaign, a barbecue lunch will be served at the post commissary Wednesday from 11 a.m. to 1 p.m. with hamburgers, hot dogs and all the trimmings.

The campaign is a partnership between the Defense Commissary Agency and all United States Army BOSS programs.

For more information and tour times, call Sgt. Mossaab Benhammou, BOSS president, at 916-7636.

B Company Sports Day

Soldiers from B Company, 187th Medical Battalion, compete for the Sports Day Commander's Cup Friday at the 32nd Medical Brigade Gym. Three teams participated in the competition — two



Courtesy photo

student Soldier teams and a team of cadre. The events included softball, ultimate football, volleyball, basketball and dodge ball, and culminated with an awards presentation and cookout. The cadre swept the students in all events but basketball. "Sports Day was a great day to bond with other Soldiers that you haven't met and work as a team and yet have fun participating with drill sergeants and cadre. It was the most fun I've had since I've been here," said Pfc. John Leri.

Sports Briefs . . .

Golf tournament

The San Antonio Chapter of the National Defense Transportation Association will host a golf tournament Friday at Northern Hills Golf Club to commemorate National Transportation Week and National Transportation Day. For more information and entry applications, visit http://home.att.net/~alamondta/golf_flyer_may06.htm.

187th Med. Bn. Golf Scramble

The 187th Medical Battalion Golf Scramble will be held May 25 at the Fort Sam Houston Golf Course. Registration opens at 11 a.m. with a 1:45 p.m. shotgun start. The cost is \$45 which includes cart, 18 holes of golf and dinner. Raffles, free grab bags and prizes for top teams will be awarded. The event is open to military and civilians. For more information, call Master Sgt. Carl Youngs at 295-4422

or e-mail youngscr@amedd.army.mil.

Tee it Up 'Fore' the Troops

The "Tee it Up 'Fore' the Troops" golf tournament, sponsored by Operation Comfort, will be held Monday at the Fair Oakes Country Club in Boerne, Texas. Registration begins at 11 a.m. with a 1 p.m. shotgun start. On-site registration is available at the door for \$175. All of the proceeds will directly benefit wounded Soldiers at Brooke Army Medical Center. For more information, call Jim Riley at 916-2722 or 845-3985.

TFFA Spring State Championships

Fort Sam Houston will host the Texas Flag Football Association Spring State Championship May 27 and 28 at Green Belt and Leadership Fields. For more information, call 221-1180.

Army launches online weight loss program

By Elaine Wilson

Fort Sam Houston Public Information Office

Soldiers can now participate in the Army's weight management program from the comfort of their own home.

The Army has launched an online version of "Weigh to Stay" to improve the program's accessibility and convenience for Soldiers, families and retirees.

"The site has been hugely successful," said Lt. Col. Danny Jaghab, site creator and nutrition staff officer for the Directorate of Health Promotion and Wellness, U.S. Center for Health Promotion and Preventive Medicine at Aberdeen Proving Ground, Md. "We recently had 23,000 hits, the most any medical page has received on (Army Knowledge Online) other than the 'myMedical' page."

The Weigh to Stay program is an Army requirement for Soldiers who have been "flagged" for weight, and comprises three one-hour sessions and three half-hour follow-up sessions with a dietitian. Prior to the online program, reserve and active duty Soldiers had to attend sessions in person. While the requirement wasn't generally a problem for the active duty, who have easier access to dietitians, it was creating a few headaches for reservists and their leadership.

"Reservists have to take time off from their civilian jobs and, in some cases, travel a distance to attend a session with a dietitian," Jaghab said. "As a result, the pro-

"I'm hoping the site eventually becomes a 'one-stop shopping' site for weight management."

Lt. Col. Danny Jaghab
Weigh to Stay Web site creator

gram's return rates were poor for Reserve and Guard members."

Hoping to remedy the problem and improve the overall health of reserve members, Army leadership asked Jaghab to find a solution.

Jaghab turned to the Internet for inspiration. "It made sense; people would be able to do the program from home at any time."

The online site duplicates the standard version, offering the same number of sessions and content, which includes nutrition basics and myths, supplement use, menu planning, behavior modification and the importance of exercise. The only difference is, instead of in-person sessions, participants attend sessions online.

"You sign up, go online and pick a class," Jaghab said. "Then, at the scheduled time, you log on and participate in a virtual class."

Participants can interact with other students and the instructor, as well as view slides and a participant list.

"We've gotten some great feedback," he said.

The site also includes links to health and weight loss information and special features. In a recent section, dietetic interns reviewed nine popular weight loss books, scoring them for areas such as hunger satisfaction, healthiness and effectiveness.

"Weigh to Stay is the Army 'gold standard,' but there are other ways that are effective," Jaghab said. "Since there are other methods out there, we want to make sure we provide information so people can make smart choices for themselves."

The site's success has prompted Army officials to extend the online program to active duty Soldiers, family members and retirees, although only Reserve Soldiers are able to forego the traditional program for the online one. It could prove particularly beneficial for deployed Soldiers who take risks when traveling back from the frontlines to attend sessions with a dietitian, Jaghab said.

"Statistics show that 70 percent of our population is not flagged but know they have a problem now or one in the past," he said. "There's a need for this type of online program in the Army."

The ultimate goal is to create a multi-service site for the Department of Defense, Jaghab said.

"I'm hoping the site eventually becomes a 'one-stop shopping' site for weight management," he said.

For more information or to register for the Weigh to Stay Web site, call Jaghab at (410) 436-8856, DSN 584-8856 or e-mail danny.jaghab@apg.amedd.army.mil.

Post Pulse: May 20 is Armed Forces Day. What does that mean to you?



"To recognize all Soldiers, even those retired."
Crystal Hall



"I was in the Army and it means a great deal to me to be recognized for what we've done."
C.B. Chenault



"Protecting people, the generations."
Sophia Geagea



"To recognize troops overseas and their dedication."
John Kellerhals

Mentoring is valuable tradition at FSHISD

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

For students at Fort Sam Houston Independent School District, deployment of a parent, the making of new friends, the pressures of teenage life and other concerns can seem overwhelming. For nearly 20 years, Cole Jr./Sr. High School and Fort Sam Houston Elementary, in con-

junction with the Fort Sam Houston Chaplain's office, have been hosts to the Youth Mentoring Program.

The majority of the students involved in the mentor program come from the seventh through ninth grades at Cole Jr./Sr. High School and grades three through six at the elementary campus. At times, the transition from elementary school to junior high school to senior high school can

be challenging, and having a mentor is a great way to fill the void many students have at that time or answer questions and concerns.

Through the Youth Mentoring Program, students, who recommend themselves or are recommended by their parents and teachers, are teamed with a mentor at least once a week to share their concerns, problems and questions. The Pen Pal Program, designed to provide communication to students through letters, is also part of the program at Fort Sam Houston Elementary. Currently, 13 mentors and 11 Pen Pals are in the program.

"The bottom line for students is to have a mentor who listens," said Cole coun-

selor Victoria Wood. Wood, Cole's mentor coordinator for the past six years, needs more volunteers. "We have 10 mentors this year, which is about average, but we can always use more."

Training to become a mentor is conducted through the post chaplain's office and consists of one to two hours of orientation. Anyone with a genuine caring for today's young people is encouraged to participate.

"It's all about commitment to youth," summarized Winfield Lopez, Fort Sam Houston Mentor Coordinator.

Anyone interested in becoming a mentor to students at Fort Sam Houston ISD during the 2006-2007 school year can call Victoria Wood at 368-8738 or e-mail vwood@fshisd.net, or Kimberli Johnson at 368-8808 or kjohnson@fshisd.net.

FSH Independent School District Weekly Campus Activities - Monday to May 27

Note: Cafeteria refunds available last week of school.

Fort Sam Houston Elementary School

Monday

Fifth grade awards assembly in cafeteria, 8 a.m.
First grade awards assembly in classroom, 8 a.m.

Tuesday

Kindergarten room 16 awards assembly in classroom, 8 a.m.
Third grade awards assembly in cafeteria, 2 p.m.

Wednesday

Fourth grade awards assembly in cafeteria, 8 a.m.
Kindergarten rooms 12, 13, 14, 15 and 17 awards assembly in classroom, 8:30 a.m.

Early dismissal - kindergarten through fourth grade, 2 p.m.
Early dismissal - fifth and sixth grade, 2:45 p.m.

May 25

Second grade awards assembly in cafeteria, 9 a.m.
FSHISD monthly school board meeting in Professional Development Center, 11 a.m.

Step up and fly high, 2 p.m.

May 26

Last day of school
Sixth grade awards assembly in cafeteria, 9 a.m.
Pre-kindergarten a.m. awards assembly in classroom, 9 a.m.
Pre-kindergarten p.m. awards assembly in classroom, 1 p.m.

Report cards sent home

Robert G. Cole Jr./Sr. High School

Monday

Senior awards ceremony in Moseley Gym, 9 a.m.

Wednesday

Semester exams: periods 1, 2 and 3
Senior Women's Club Luncheon - front lawn, 12:30 p.m.

May 25

Early dismissal
Senior trip to MO Ranch, 7 a.m.
Semester exams: periods 4 and 5
FSHISD monthly school board meeting in Professional Development Center, 11 a.m.

May 26

Last day of school
Early dismissal
End of fourth nine weeks
Semester exams: periods 6 and 7
Senior class meeting in cafeteria, 10 a.m.
Senior goodbye barbecue at Cole front lawn, 11 a.m.

May 27

Teachers' workday
Graduation practice at Laurie Auditorium, 9 a.m.
Graduation ceremony at Laurie Auditorium, 7 p.m.

Board of trustees meeting

The Fort Sam Houston Independent School District Board of Trustees will meet May 25 at 11 a.m. at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road, for a regular meeting.



First Lt. James Kilbourn, intensive care unit nurse from William Beaumont Army Medical Center at Fort Bliss, Texas, peers through sweat and fatigue at the finish line up ahead, following a 12-mile endurance march. Kilbourn was the recipient of the "high test score award" for the written test.



Soldier medics roll an injured Soldier onto a litter to prepare for the dash to await the Field Medical Badge.

Sgt. Mario Medina, of Fort Polk, La., crossed the 12-mile finish line at two hours and 24 seconds, but could not rest until he had unloaded his rucksack for inspection. Each Soldier's rucksack had to carry a prescribed packing list to include a full change of uniform with boots, rain gear and an assortment of other items.



Capt. Jodi Sangster calls a team of medics on board the helicopter to coordinate the evacuation of several simulated casualties while course evaluators grade her performance.

Top medics compete for Field Medical Badge

By Yolanda Hagberg
Fort Sam Houston Public Information Office

Soldier medics from around the country arrived at Camp Bullis May 2 to compete for the Expert Field Medical Badge. Friday morning, following a week of training and a weeklong competition, only 15 out of 195 crossed the finish line and pinned on the coveted EFMB.

To wear the EFMB, Soldiers first have to pass a grueling series of hands-on tests in communications, common skill tasks, emergency medical treatment, evacuation of the sick and wounded, litter obstacle course, day and night land navigation courses, comprehensive written test, 12-mile foot march, cardiopulmonary resuscitation, Physical Fitness Test and weapons qualification.

At Camp Bullis, while evaluators hurried the Soldiers through their tasks, explosions shook the trees around them and simulated small arms fire and smoke erupted from every direction, presenting a realistic battlefield scenario.

As the candidates confronted each lane, they heard screams for help as simulated casualties lay waiting for the candidates to assist them. The casualties

suffered a variety of mock battlefield wounds, from neck injuries, fractures and open wounds to shock and post-traumatic stress disorder.

The hands-on field exercises test Soldiers' ability to properly evacuate the sick and wounded from the battlefield, and how to perform emergency medical treatment. Candidates also had to maneuver through a day and night land navigation course. Finally, they faced a grueling, 12-mile forced road march that had to be completed within three hours.

"This is a real hard badge to get and I really, really wanted to try," said Capt. Jodi Sangster, a veterinary officer assigned to Edwards Air Force Base, Calif. Sangster earned the badge on the first attempt and said she prepared for the competition for months.

Sangster and 14 other Soldier medics stood proudly as Maj. Gen. George Weightman, commander, Army Medical Department Center and School and Fort Sam Houston, pinned on the prestigious badge at Camp Bullis.

"The 15 Soldiers you have in front of you are not the usual medics. They





Photos by Cheryl Harrison



Capt. Jodi Sangster, a veterinary officer from Edwards Air Force Base, Calif., takes apart and puts back together her M-16 assault rifle as part of the day's field exercise.



Once victims have been stabilized and strapped on a litter, they are then carried to an awaiting helicopter for transport to medical facilities for evaluation and treatment.

g transport, just one of the tasks required to earn the Expert Field Medical

ate for Expert je at Camp Bullis



have studied and prepared for this day. They are driven by personal goals," said Weightman.

"If you are motivated enough and put the time

and effort to prepare, you can do it! We are all so darn proud of

! EFMB is the mark of a professional; we are bestowing that mark on new members today," said Weightman.

Three Soldiers who received additional recognition include: Sgt. Mario Medina, Fort Polk, La., was first to cross the 12-mile foot march finish line in two hours and 24 seconds; 1st Lt. James Kilbourn, Fort Bliss, Texas, scored the highest score of 95 on the written test; and Capt. Jacob McGregor, Fort Sill, Okla., achieved 38 out of a possible 38 "go's" on the hands-on tasks.

Other medics who earned the badge are Staff Sgt. Derrick Duff and 1st Lt. Randy Lavender Jr., of Fort Hood, Texas; Sgt. Tamara Baldwin, of Fort Leavenworth, Kan.; 2nd Lt. Louis Pineda and 1st Lt. Frank Jones, of Fort Polk, La.; Pfc. Matthew Meadows, of Fort Sill, Okla.; and Pfc. Jeremy Max and Pfc. Paul Walker,

of Fort Lewis, Wash.; Spc. Katherine Gilmore, of U.S. Army Dental and Trauma Research Detachment, Great Lakes, Ill.; Sgt. Ricardo Valencia, B Company, Brooke Army Medical Center; and Staff Sgt. Russell Burnham, Training Support Company, 32nd Medical Brigade, of Fort Sam Houston.

The EFMB was designed as a special skill award for recognition of exceptional competence and outstanding performance by field medical personnel and approved by the Department of the Army June 18, 1965. The first official EFMB test was conducted in January 1967 at Fort Sam Houston.

More than 96,000 personnel have competed for the EFMB since 1986. The fiscal 2005 EFMB pass rate was 18 percent.

Today, the EFMB is the utmost challenge to the professional competence and physical endurance of the Soldier medic. It is the most sought after peacetime award in the AMEDD, and while the Combat Medical Badge is the "portrait of courage" in wartime, the EFMB is undoubtedly the "portrait of excellence" in the Army all of the time, according to the Academy of Health Sciences EFMB Test Control Office, which manages the EFMB program.



Capt. Jodi Sangster moves Pvt. Regina Davis, a simulated "casualty," to a safety zone as simulated small arms fire and smoke erupts around them.

Career Clips

Maintenance director, San Antonio - Supervise maintenance and housekeeping teams. Provide overall inspection, supervision, and internal and external maintenance of community and equipment. Have working knowledge of carpentry, plumbing, electrical, HVAC, apartment turns and grounds maintenance.

Care team coordinator, San Antonio - Ensure adherence to company policies associated with record establishment, retention, maintenance and confidentiality. Receives and enters data for new and current patients and employee records and documentation. Completes quantitative administrative reviews of clinical records at start of care and upon patient discharge. Files incoming documents daily.

Property senior claims examiner, San Antonio - Oversees the work of

independent adjusters nationwide. Handles first party commercial property claims including examining reports, reading policy and making final coverage determinations; negotiates and settles the claim.

The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP Office, Building 2263, Room B099 or by calling 221-1213.

Religious Happenings . . .

11:01 worship service events

The 11:01 worship service will sponsor a men's retreat June 3 to 4 at MO ranch. Services are held at the Installation Chaplain's Office next to Child and Youth Services, Building 2530 on Funston Road to the left of Burger King. For more information, e-mail Chaplain (Maj.) Yvonne Hudson at Yvonne.hudson@samhouston.army.mil.

Chapel youth group

The Fort Sam Houston chapel youth group meets Sundays from 5 to 7 p.m. at the Main Post Chapel. The group is open to seventh through 12th graders and is sponsored by the chapel congregations. The theme, "Where Faith and Life Meet," is incorporated in fun activities, Bible applications and off-post events. Adults are invited to help and join in the fun. For more information, call Joanne Benson at 599-0157.

Officers' Christian Fellowship

The Officers' Christian Fellowship meets on the first and third Sunday of every month at 1008 Gorgas Circle, near the old Brooke Army Medical Center building. Study is from 4:30 to 7 p.m. and includes a home-cooked meal. Participants are studying "The Minor Prophets." For more information, call Lt. Col. Robert Griffith at 226-1295 or 221-8857 or e-mail rgriffith3@satx.rr.com or robert.griffith1@amedd.army.mil.

Designated offerings

Designated offerings are accepted each quarter through the Installation Chaplain's Office for different organizations. The designated offerings for the next quarter include: Saturday and Sunday, Military Archdiocese, Catholic only; June 10 and 11, San Antonio Aids Foundation, Catholic and Protestant; and June 24 and 25, Retired Priest of Laredo, Catholic only.



Courtesy photo

Child's play

Children of the Protestant Women of the Chapel posed for a group photo during PWOC's park day held last week at Brackenridge Park. PWOC will sponsor a summer Bible study June 7, 14, 21 and 28, from 9:30 to 11:30 a.m. at Dodd Field Chapel. The study, "Extraordinary Women: Refresh Your Spirit," will feature nationally recognized speakers on DVD including Lois Evans, Ruth Graham, Michelle McKinney Hammond, Lisa Whelchel and Julie Clinton. For more information, call Lois Griffith at 226-1295.

**For the chapel services schedule, visit
www.samhouston.army.mil/chaplain.**

MWR hotline

Information about MWR events, activities and programs is available 24 hours a day at 295-3697 or visit www.fortsamhoustonmwr.com.

Community Recreation

Summer reading program

Registration for the summer reading program will begin June 1 at the Fort Sam Houston Library. The theme for 2006 is "Reading: the Sport of Champions!" Children in pre-school through eighth grade are eligible to participate. Participants can sign up at any time through July and try to read 10 or more books during the summer. The more children read, the more prizes they can receive. Participants can read books from any library or home collection. Prizes include new paperback books, book bags and bookmarks. For more information, call 221-4702 or 221-4387.

Outdoor pool opens

The Aquatic Center will be open daily from 12 to 8 p.m. starting May 26. For more information, call 221-4887 or 221-1234.

Swim class registration

Registration for Red Cross swimming lessons are held from 11 a.m. to 7 p.m. at the Aquatic Center. Cost is \$35 per person for two-week lessons. Classes are Monday through Friday from 8:30 to 9:15 a.m. and 11 to 11:45 a.m. beginning June 5 through Aug. 4. For more information, call 221-1234 or 221-4887.

Inner-tube water polo league

A mandatory information meeting will be held Tuesday at 6 p.m. at the Aquatic Center for those interested in an inner-tube water polo league. The co-ed and family inner-tube water polo leagues begin June 12 through Aug. 27. Teams in both leagues must consist of five players. Co-ed league teams must have at least two male or female players, and teams will play Tuesday and Thursday from 6 to 6:30 p.m. Family league teams must have at least three players under 16 years old and will play Saturday and Sunday from 6 to 6:30 p.m. The cost is \$75 per team. For more information, call 221-4887 or 221-1234.

Equestrian summer youth camp

Register for the Equestrian Center Summer Youth Horsemanship Camp for youth ages 7 to 17 years. Camp consists of a one-week session held from 9 a.m. to 3 p.m. each day. The first session begins May 29; the last session ends Aug. 4. Registration fee is \$175 (\$25 deposit required). For more information, call 224-7207.

Bodybuilding show

A bodybuilding show will be held Wednesday at 6:30 p.m. at the Jimmy Brought Fitness Center. For more information or to participate, call 221-2020 or 221-1234.

'Read to the Kids' program

The Fort Sam Houston library has a new Video Messenger System that gives children of deployed or pre-deployed Soldiers the opportunity to stay connected with their parents. The program captures Soldiers reading a children's book while being videotaped and recorded. A completed copy of the video or DVD is then mailed to the Soldier's home. Books used in the program are available at the post library. The service is by appointment only. Call 221-4702 or 221-4387 to make an appointment.

Hunters' education classes

A bow hunter education class will be held Saturday and Sunday from 8 a.m. to 2 p.m. at the Camp Bullis Outdoor Recreation Center. Registration is \$15, payable on the first day of class and reservations are required. The class is mandatory for all bow hunters that plan to hunt on Camp Bullis. Participants need to bring their own bows to class each day. The course is open to anyone age 12 and older. To register or for more information, call 295-7577 or 295-7529.

Dining and Entertainment

Sam Houston Club, 224-2721

Lunch buffet

The Sam Houston Club features an "All You Can Eat" lunch buffet, which includes beverage, deluxe salad bar, soup and dessert, Monday through Friday from 11 a.m. to 1 p.m. The cost is \$5.95 for members and \$6.95 for nonmembers.

Bowling Center, 221-3683

101 Days of Summer bowling

Youth in kindergarten through 12th grade can earn up to 101 free games by participating in the "101 Days of Summer" bowling promotion May 27 through Sept. 4. Eligible youth will receive one free game of bowling with one paid game at the Fort Sam Houston Bowling Center. Each day a youth participates in the promotion, the youth will receive one game card. At the end of the promotion, participants can enter one of their game cards into a drawing for the chance to win a prize. Local prizes include a DVD player, an iPod Shuffle, video games and the sound-track and book from the movie "Hoot." The first place grand prize includes an all-expense paid trip for four to an Aly and AJ concert sponsored by Hollywood Records. The second grand prize includes a private screening of New Line Cinema's "How to Eat Fried Worms." For more information, call 221-3683.

Doubles Bowling Tournament

The Fort Sam Houston Bowling Center will host the Second Annual San Antonio Military Doubles Bowling Tournament June 3 and 4 from 11 a.m. to 1:30 p.m. The tournament is open to all Department of Defense ID cardholders and their family members. First place prize is \$600. Cash prizes will be awarded for the first through fifth place winners. Prizes will be based on 50 team entries. Cost is \$35 per doubles team. To register, call 221-4740. The event is sponsored by First Command Financial Planning and Home Depot.

Golf Club, 221-4388

Monthly Golf Scramble

Register one to four players for the Warriors Monthly Scramble held the first Wednesday of each month at the Fort Sam Houston Golf Club. The next scramble will be held June 7. Shotgun start is at 1:30 p.m. Entry fee is \$20 per person and includes cart rental, prizes and social following scramble. Participants must be in an authorized pass or leave status. Register at the Golf Club's Pro Shop. For more information, call 222-9386.

'Beat the Heat' golf cart special

Members of the Fort Sam Houston Golf Club can purchase a Member Advantage Card and receive 10 individual 18-hole golf cart rentals at a discounted rate of \$100, a \$30 savings. This special members' rate is

available June 1 through July 31. Cards are available at the pro shop. For more information, call 222-9386.

Missions Military Appreciation Night

Free ticket vouchers will be available for pick up Wednesday for the San Antonio Missions baseball game May 31 at Wolff Stadium. The game begins at 7:05 p.m. Vouchers can be picked up at various Morale, Welfare and Recreation locations such as the Bowling Center, Jimmy Brought Fitness Center, library, Child and Youth Services facilities and Army Community Service. The game is the first of two Military Appreciation Night games sponsored by Kraft Foods. For more information, call 221-2606 or 221-9904.

Harlequin Dinner Theatre

The comedic production of "I Hate Hamlet," by Paul Rudnick, will open May 31 at the Harlequin Dinner Theatre. Tickets are \$23.95 Wednesdays and Thursdays and \$26.95 Fridays and Saturdays. The house opens for salad bar and cocktails at 6:15 p.m., the buffet is open from 6:30 to 7:30 p.m. and the show begins at 8 p.m. The box office is open from 12 to 5 p.m. weekdays and 1 to 5 p.m. Saturdays. Military discounts are available. For more information or reservations, call 222-9694.

Military Spouse Appreciation Monday to May 25

Schedule of Events:

Monday

- Fort Sam Houston Golf Club offers one round of golf with cart rental for half price from 12 to 5 p.m.
- Jimmy Brought Fitness Center offers one free cardio aerobics class at 5:30 p.m.
- Receive \$5 off any purchase at the Equestrian Center

Tuesday

- Sam Houston Club offers a special super salad lunch to military spouses from 11 a.m. to 1 p.m. for \$5.95. Spouses will be served by MWR managers. Reservations required. For more information, call 224-2721.

Wednesday

- Bowl three games for \$5, includes bowling shoes, at the Fort Sam Houston Bowling Center
- Jimmy Brought Fitness Center offers one free kickboxing aerobics class at 5:30 p.m.
- Receive \$5 off any purchase at the Outdoor Recreation Center

May 25

Military Spouse Appreciation Week Closing Ceremony

- The ceremony will be held from 10:30 a.m. to 2 p.m. at Army Community Service, Building 2797. The guest speaker will be Joan Weightman at 10:30 a.m. and the Army and Air Force Exchange Service Fashion Show will be held from 11 a.m. to 12 p.m.
- On-site interactive demonstration booths include:
 - A color analysis seminar
 - Body composition testing (measures the relative proportions of body weight in terms of lean body mass and body fat)
 - Blood pressure screening
- Various informational booths will also be available
- Refreshments will be provided.

Giveaways:

- Special MWR coupon booklets will be given to the first 100 military spouses who attend the ceremony and to every spouse of a deployed Soldier.
- Free cosmetic samples will be provided by AAFES.

Child and Youth Services

Summer camp registration

Summer Camp registration for middle and high school teens, grades six through 12 is ongoing at the Roadrunner Community Center, Central Registration, Building 2797. Registration is required for camps even if currently using the program. A one-week non-refundable deposit will be required. A current Child and Youth Service membership is required to participate. For membership registration, parents must bring a current leave and earning statement or pay stub and two local emergency designees. An \$18 registration fee is required for membership. For more information, call Central Registration at 221-4871 or 221-1723.

Free after-school program

Youth Services offers a free after-

school program for sixth to 10th graders Monday through Friday until 6 p.m. Youth Services will pick up children from the school (either the elementary or the high school). At the Youth Center, they will have a snack, work on homework, participate in clubs and do fun, innovative projects at the 4-H club, photography club and the computer tech club. Youth must be registered with Child and Youth Services. The annual fee is \$18, but there is no cost for the program. For more information, call 221-3502 or 221-4871.

Track registration

Registration for track is ongoing from 8 a.m. to 5 p.m. at the Roadrunner Community Center, Central Registration, Building 2797. To register, parents must pay a \$75 activity track fee

and bring updated immunizations for fifth graders and below, current sports physical and a current leave and earning statement or pay stub. All participants must have a current Child and Youth Services membership. For more information, call 221-4871 or 221-1723.

Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet today from 11:30 a.m. to 12:30 p.m. at the Child Development Center. A Community Health representative will speak on asthma awareness in honor of Asthma Awareness Month. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff, learn of upcoming events and attend parent education opportunities.

Youth Services registration

Youth Services registration is Mondays through Fridays from 8 a.m. to 5 p.m. at the Roadrunner Community Center, Central Registration, Building 2797, Stanley Road. Central Registration takes walk-ins and appointments. To register, parents need to bring current shot records, name and telephone number of two local emergency contacts, physical exam or well baby check completed within the last 12 months with physician's signature affixed, child's Social Security number and proof of total family income such as a current leave and earnings statement or pay stub. There is an \$18 annual registration fee per child, maximum \$40 per family of three or more registering participants. For more information, call Roxanne Lacy at 221-4871 or Arlene Alvarez at 221-1723.

Events

Historic locomotive in town

The Union Pacific Railroad's historic steam locomotive No. 844 will be in town through Friday, and on display daily from 8 a.m. to 5 p.m., half a mile south of Rittiman Road off Interstate Highway 35 and Loop 410 service road. The locomotive is on a 35-day, 10-state tour to celebrate the railroad's history and heritage. Locomotive No. 844 is the last steam locomotive built for the Union Pacific Railroad. Track the locomotive routes at http://www.uprr.com/newsinfo/releases/heritage_and_steam/2006/0411_socentral.shtm. For more information, call Mark Davis at (402) 544-5459.

King William District walk

The Randolph Roadrunners Volksmarch Club will host a 10K and 5K walk through the historic King William District Friday at the "Bethoven Mannerchor Halle und Garten," 422 Pereida St. Admission to the German fest at the start point is free for paid walkers. For more information, call Tony or Nancy Paulson at 658-8324 or e-mail nantony6@hotmail.com.

CLASS annual 'Bark-B-Q'

The Canyon Lake Animal Shelter Society's annual "Bark-B-Q" will be held Saturday from 11 a.m. to 3 p.m. Tickets are \$7 at the door. The event is free and open to the public. Prize-winning barbecue chef, Jim McKee, will prepare the dinner. For more information or directions, call (830) 905-7387.

Dripping Springs walk

The Colorado River Walkers Volksmarch Club will host a 10K and 5K walk through Dripping Springs Saturday and Sunday at the Dripping Springs Founder's Memorial Park at the pavilion near the swimming pool. For more information, call Jo Ann Fries at (512) 480-0291 or e-mail Joannwoolf@aol.com.

Retired Officers' Wives, Widows' Club

The San Antonio Retired Officers' Wives and Widows' Club of Fort Sam Houston will meet May 22 at 11 a.m., lunch at 11:30 a.m. in the Sam Houston Club. Cost is \$12. The program will feature a fashion show by Andie and Barbara's Boutique. For more information and to make reservations, call Arline Braswell at 822-6559.

MOAA awards luncheon

The Military Officers Association, Alamo Chapter will host an awards luncheon May 25 at 11 a.m. in the Sam Houston Club. The \$2,000 "Colonel Clarence T. Torey Community Service Scholarship" will be awarded to Erica Freno, a senior at Ronald Reagan High School. Retirement Services Officer Salvador Toscano will speak on the Survivors Benefit Plan. The luncheon is open to all active duty military officers, warrant officers, Reserve and National Guard officers, former or retired officers and warrant officers, and surviving spouses. The cost is \$15. Tickets may be purchased at the door, but reservations are requested. For reservations, call 228-9955.

UTSA's 'Memorial Memories'

The University of Texas at San Antonio presents "Memorial Memories" May 28 from 3 to 6 p.m. at the Institute of Texan Cultures, 801 S. Bowie Street. "Memorial Memories" is a tribute to America's military men and women from Civil War to present day. The Sentimental Journey Orchestra, under the direction of Ted Conerly, will define a period in American history with the Big Band swing sounds of the 1940s and 1950s. Film clips and photos of the military will accompany the performance. The event is free and open to the public. Complimentary bus parking is available in the museum's bus lot, located off Bowie Street (south of Market Street and adjacent

to Interstate Highway 37, south). For more information, call 458-2329 or e-mail E.aaron.parks@utsa.edu.

Father's Day messages

The Stars and Stripes, the daily newspaper of the U.S. military, is hosting a free Father's Day online message posting service at Stripes.com through May 30. All messages received by the deadline and in conformance to the paper's policies will be printed in the newspaper's three editions, and displayed online June 17.

Tuskegee Airmen awards banquet

The San Antonio Chapter of the Tuskegee Airmen, Inc. will host its annual educational assistance awards banquet June 10 at 6 p.m. at the Randolph Air Force Base Enlisted Club. Keynote speaker is former Air Combat Command and Air Education and Training Command commander, retired Gen. Hal M. Hornburg. Tuskegee Airmen, Inc. is a national non-profit organization dedicated to preserving the history of those who participated in the Tuskegee experience during World War II. For more information, call Master Sgt. Marv Abrams at 421-2485 or Maurice Ripley at 286-2009.

The Army Birthday Ball

The 2006 Army Birthday Ball will be held June 10 at the Hilton Washington Hotel in Washington, D.C. Formal attire is required. The ball celebrates the Army's 231st birthday and is open to Soldiers, family, Department of the Army civilians, retirees and veterans. For more information and online registration, visit www.army.mil/ako.

Meetings

Sergeants Major Association

The Fort Sam Houston Sergeants Major Association will meet today and June 15 at 5 p.m. in the Sam Houston Club. All active duty and retired sergeants major and command sergeants major (E-9 from all services) are welcome to participate in this community-based fraternal association. For more information, call Command Sgt. Maj. Timothy Burke at 221-8050 or Command Sgt. Maj. Stephen Paskos at 221-1676.

BAMC chess club

The Brooke Army Medical Center chess club meets Wednesdays from 5 to 7:30 p.m. in the BAMC Medical Mall. The club is open to military and their dependents, civilians and patients; experience is not necessary. People can bring a chess set, or sets can be provided on site. For more information, call Sgt. Michael Veri at 513-3435 or e-mail michael.veri@cen.amedd.army.mil.

Seamless Transition Program

The Seamless Transition Program is a collaboration between the Department of Defense and the Department of Veterans Affairs to ensure continuity and improved coordination of health care and benefits for "seriously disabled" service members returning from theaters of combat operations. "Seriously disabled" service members or their families may be entitled to VA benefits while on active duty and can receive case-managed care of their issues. For more information, visit Room 513-7 in Brooke Army Medical Center or call 916-7897.

Training

UTSA offers Real Estate Course

The University of Texas at San Antonio offers basic real estate course May 25 from 9 a.m. to 12 p.m. at 501 W. Durango St, Room 2.316. The course is called, "Things you must know before leasing or buying." The cost is \$30. For more information, call Jo Ann Fries at (512) 480-0291 or e-mail Joannwoolf@aol.com.

NECE herb class

North East Community Education presents herbalist and horticulturalist Diane Lewis June 3 from 9 a.m. to 12 p.m. at the San Antonio Botanical Garden. The class will cover landscaping and cooking with herbs. Lewis will also conduct a tour of the herb garden at the Botanical Garden. Cost is \$31 plus a \$5 food fee payable to the instructor. For more information or to register online, call 657-8866 or visit www.neisd.net.

Mother-daughter spa class

A mother and daughter spa class will be held June 5 from 6:30 to 8:30 p.m. at Ronald Reagan High School, 20730 Huebner Road. Beauty product expert, Leslie Gordon, who has been featured on the San Antonio Living show, will give direction on how to make and try out a herbal cleanser, a clay mask with cucumber slice eye covers and a sugar scrub. Mothers and daughters will be treated to herbal tea and scones. The cost is \$29 per pair with a \$14 supply fee per pair payable to the instructor. For more information or to register, call 657-8866 or visit www.communityed.neisd.net.

ROA offers college scholarships

The Reserve Officers Association will award up to 60 \$500 Reilly Scholarships to undergraduate and graduate students for the 2006-2007 school year. Undergraduate applicants must be the children, grandchildren or spouses of ROA members. Graduate applicants must be ROA members. ROA membership is open to any officer (active, Reserve, National Guard, retired or former) of the seven uniformed services: Army, Navy, Air Force, Marine Corps, Coast Guard, Public Health Service or National Oceanic and Atmospheric Administration. To join ROA, call (800) 809-9448 or visit www.roa.org. For more information, call Chandra Oliphant at (800) 809-9448, ext. 730.

Annual HIV education

All units on Fort Sam Houston and Camp Bullis must attend HIV education. To schedule the one-hour class, call Army Public Health Nursing at 295-2326 or 916-5216.

Webster University

The Webster University staff is available for all military personnel interested in pursuing a master's or master of business administration degree. Registration is currently under way for the summer session, which begins May 27. The Webster office is located in Building 2248 in the Army Education Center and is open Monday through Friday from 7:30 a.m. to 4 p.m. For more information, call 226-3373.

St. Mary's University education office

A St. Mary's University representative is available Monday through Thursday 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.

Help with career transitioning

Employment Readiness has computer software to help people find out more about their skills and abilities and the decision-making process that takes place during a job search. The software helps match personality with a particular career field. A valid military family member ID card is required. For more information, call Gabriele Dias at 221-0516 or Jennifer Swiger at 221-0427.

Scholarships in health care careers

The PacificCare Foundation and the UnitedHealthcare Latino Health Scholars program offers 75 \$2,000 scholarships to Spanish-speaking, bicultural high school students who want to pursue careers in the health care industry. Applicants must be high school seniors with a minimum grade point average of 3.0; fluent in Spanish and English; show proof of acceptance into a university, community college or accredited technical college; and enrolled in an

approved health care program at the time they receive the scholarship. Applications are due May 29; visit www.pacificarelatino.com.

Volunteer

Post volunteers needed

The Fort Sam Houston American Red Cross Chapter, the Mentor Program and Cub Scout Pack are in need of volunteers. These programs touch the lives of individuals from the Brooke Army Medical Center and youth on Fort Sam Houston and the surrounding school district. Volunteer programs on Fort Sam Houston help enhance and augment programs and organizations. For more information, call Kim Taylor at 221-0921 or e-mail Kimberly.taylor2@samhouston.army.mil.

Host families needed

Families are needed to host international teens from different countries for the 2006-2007 fall semester or academic school year. Students are between the ages of 15 and 18 years old, and they will attend the high school closest to their host family's home. The host family will provide a bed, meals and a genuine desire to share the American way of life. The students speak English and have medical insurance and a spending allowance. For more information, call Yvette Coffman at (800) 941-3738.

VFW Post seeks American flags

The Veterans of Foreign Wars Post 4700 is seeking donations of used American flags for their retirement flag ceremony. Drop off flags at the VFW Post 4700 between 2 and 8 p.m. daily. For more information, call Robert De La Vega at 833-8563. The ceremony will be held Flag Day, June 14, at 7 p.m. on the grounds of VFW Post 4700, 2219 Frio City Road.

American Red Cross youth program

The American Red Cross summer youth program needs volunteers 14 to 17 years old. The Brooke Army Medical Center orientation will be held June 1 and 13 from 7:30 a.m. to 12 p.m. in the Hospital Education Center, Room 7, west. Parental consent and application forms are available in the BAMC Office of Volunteer Services, fifth floor. For more information, call Jessica Veilleux at 916-5083 or Laura Hansbrough at 916-3862.

Children's Shelter seeks families

The Children's Shelter seeks new foster and adoptive parents to care for children in the state of Texas. Children's ages range from newborn to 17 years old. The Children's Shelter is a nationally accredited agency that provides a safe haven and emergency care for children who have been abused, abandoned or neglected. For more information, call Alejandra Chavez at 212-2500, ext. 6701 or e-mail achavez@chshel.org.

Dental program seeks patients

The periodontics department at the Dunn Dental Clinic on Lackland Air Force Base is currently screening patients for dental care. Patrons who have been told by their military or civilian general dentist that they need periodontal therapy can be evaluated. To schedule an evaluation, people can have their general dentist fax a consultation to the periodontics department at 292-3338. For more information, call 292-6365.

Essay contest

Kraft Foods "Salute to Military Families" program will hold a youth essay contest that will award three \$1,000 U.S. Savings Bonds to military youth in the San Antonio area. The essay cannot exceed 1,000 words and must be written by the military child on the topic of "The Person I Admire." The contest is open to military children 18 years old and younger. "Salute to Military Families" is sponsored by Kraft Foods and Milk Bone, Post Cereals and Oscar Mayer products. Essays should be post-marked before Aug. 1 and mailed to the San Antonio Missions Baseball Club, Post Cereal Youth Essay Contest, 5757 Highway 90 West, San Antonio, Texas, 78277. For more infor-

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 to 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: Continental Airline ticket voucher, must use by June 7, 2006, \$400; small authentic Burberry tote, \$175. Call Toni at 279-3367.

For Sale: King size mattress and box springs, box spring still in plastic, \$300 obo. Call Gabriel at 875-9967.

For Sale: White bedroom set, includes full/queen head board, six drawer dresser with mirror, four drawer chest, desk with hutch, night table, \$500 obo. Call 497-7502 or (808) 218-3493.

For Sale: Hello Kitty shower curtain rings, toothbrush holder, soap dish, cup, soap dispenser, nightlight and light switch cover, \$25. Call 697-9261.

For Sale: Doll house style bookcase

with toy box bench seat for storage, 5 feet by 3 feet, \$125; four drawer dresser with Colonial maple finish, \$50; antique spindle back bench, Williamsburg blue, \$75; needlepoint upholstered bench with English animals in profile, \$250. Call 226-3470.

For Sale: New Compaq 17-inch monitor with speakers, \$85; BOSE 301 Direct Reflecting speakers, \$280 obo. Call Sheila or Russ at 260-0854.

For Sale: 2004 Toyota Corolla, red, four door, 29,000 miles, excellent condition, \$12,500 obo. Call 842-9306.

For Sale: 2003 Honda VTX Retro S motorcycle, custom beetle bags, chrome accessories, flame paint, custom Corbin seat, tank bra, detachable windshield,

under 11,000 miles, \$7,700 obo; Sony 32-inch TV stand with glass doors and shelf, will deliver, \$50; Sony PC complete system, good condition, \$150. Call 651-9168.

For Sale: Small Whirlpool refrigerator, 33 inches high, 19 inches wide, 18 inches diameter, \$600. Call (787) 379-2816 or 229-1722.

For Sale: 600-watt Pioneer Amp, two Memphis speakers and two 10-inch custom enclosed woofers, like new, \$175 obo. Call 317-4198.

For Sale: Heavy duty moving boxes, 14 wardrobe boxes with metal hanging bars, \$6 each; four dish packs, \$4 each, 30 book boxes, size 1.5, \$3 each; 32 medium boxes, size 3.1, \$2 each; 15 large, size 4.5,

\$5 each with packing material, \$300 for all. Call 653-7769.

For Sale: Washer and dryer, \$350; computer desks, \$25 each; full size bed with frame and headboard, \$200; love seats, \$125 each; pool table, \$1,500. Call 666-4196.

For Sale: SafetyFirst stadium-seating stroller, can use with Eddie Bauer, Costco or SafetyFirst car seat, like new, \$75; wood toddler bed with mattress, \$40. Call 520-4881.

Free to Good Home: Australian Cattle male dog mix, neutered, all shots, 18 months old, medium size, black, white and tan, good with kids, loves to play fetch. Call 545-9467.