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A PUBLICATION OF THE 502nd AIR BASE WING — JOINT BASE SAN ANTONIO — FORT SAM HOUSTON



PREVENTING SEXUAL ASSAULT

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Army North challenges Soldiers, civilians to stop sexual assault

By Staff Sgt. Corey Baltos
Army North Public Affairs

As part of the Army-wide Sexual Harassment/Assault Response and Prevention Stand-Down, the Soldiers and civilians of U.S. Army North (Fifth

Army) gathered at the Fort Sam Houston Theater June 26 to focus on one of the most troubling issues facing the military today.

The training conducted by Army North was performed throughout

the Army; the Department of Defense tasked all Army units to conduct a SHARP stand-down day by Monday to combat a rise in sexual assaults and harassments across the armed forces.

“When someone steals someone’s dignity or respect by sexually harassing them or assaulting them, you ought to be infuriated,” said Maj. Gen. Perry Wiggins, deputy commanding general, U.S. Army North, who spoke to those gathered with stone-cold seriousness. “It is up to every one of us to stop it. It is unacceptable.

“Anyone who (assaults or harasses) should be purged from our ranks. You are part of something bigger – the American people trust us.”

Stopping sexual harassment and assault is the job of every Soldier and civilian in the Army, said Wiggins, but it has to start with leaders.

“Commanders have a tough job,” said Sgt. 1st Class Adam Mayo, equal opportunity advisor and program manager for Army North. “When it comes to sexual assault and harassment, it is their job to hold people accountable and to let people know that this

type of behavior will not be tolerated. If we don’t do that, then all we are doing is talking.”

The misperception that all the Army is doing is talking has been heard from many different sources; however, the fact remains that from the president on down, it is crystal clear the people who commit these acts will be found and dealt with immediately.

Army North mandated all sections to come together independently and discuss the Army’s policy to help combat sexual assault and harassment here.

Sgt. 1st Class La Trice Jefferson serves as the primary Army North sexual assault response coordinator and Sgt. 1st Class Carla Pittman as the primary battalion victim’s advocate.

“We are the first responders,” Pittman said. “We are the individuals who give information to a victim that has been sexually assaulted or sexually harassed. We are there to support them and get them to where they need to go.”

Sgt. Maj. Linda Kesinger, Army North personnel section, serves as



Photo by Staff Sgt. Corey Baltos

Maj. Gen. Perry Wiggins, deputy commanding general, U.S. Army North (Fifth Army), discusses the threat that Soldier-on-Soldier sexual assault and harassment poses to the force during the Army North Sexual Harassment/Assault Response and Prevention Stand-Down at the Fort Sam Houston Theater June 26.

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Preventing sexual assault starts with commanders

 By Maj. Gen. Adolph McQueen
 Deputy Commander for Support,
 Army North

For more than a decade, the Army has demonstrated its ability to adapt to the demands of war but now finds itself engaged with another insider threat (sex-related crimes) within its ranks.

At the highest levels, Army leaders are working to reinforce trust, enforce accountability, and take proactive steps to address this issue.

Chief of Staff of the Army Gen. Raymond T. Odierno said, "We will shape Army culture based on values, standards and discipline consistent with the profession of arms and ultimately win our campaign while holding

accountable those who commit sexual harassment or sexual assaults, but also, as important, to those who just allow it to occur."

No one is sitting on the bench in this campaign. All Soldiers have a moral duty to be "active bystanders" and intervene on behalf of their fellow Soldiers or report the actions of those who violate our Army's trust.

Senior leaders routinely reference Army values when talking with Soldiers.

Soldiers are taught loyalty, duty, respect, selfless service, honor, integrity and personal courage upon entering the Army.

Soldiers are expected to internalize and adhere to these values throughout their military careers.



In doing so each day their character will mature and honor their commitment to each other.

Soldiers will live by these values when they transition from the Army and continue with their lives. Army values have no expiration date.

When a Soldier commits a sex crime, he or she does so with complete disregard for these values and that Soldier's actions violates the trust that

serves as the foundation of the Army profession.

Soldiers must understand that these values are non-negotiable and cannot be selectively ignored. There is no "gray" area. Whether a Soldier is at work, out in the community with friends or a thousand miles away on vacation, these values still apply.

In recent weeks, units across the Army have been taking part in stand-

down days where senior leaders sit and train their units in order to clearly articulate Army policy and reporting requirements with regard to sexual harassment/sexual assault.

Army commands across Fort Sam Houston conducted stand down days as well with U.S. Army North, which occurred June 26.

In the end, commanders at every level are responsible for establishing a climate and culture of mutual respect, trust and safety within their organizations.

They must develop systems to "see" their units and understand the extent to which their leadership promotes a positive command climate for all Soldiers.

First responders shine during exercise

By Robert Goetz

 Joint Base San Antonio-Randolph
 Public Affairs

Simulated blasts triggered by improvised explosive devices planted inside vehicles at two Joint Base San Antonio locations tested the emergency preparedness of active-duty members and civilian employees during an exercise last week.

The fictitious incidents at JBSA-Randolph and JBSA-Fort Sam Houston, as well as the presence of an unexploded device inside a vehicle at JBSA-Lackland, provided the scenarios June 27 for exercise JBSA 13-02, which demonstrated the professionalism of emergency

responders.

"The first responders were very skilled and had a sense of urgency," said Henry King, 502nd Air Base Wing exercises and assessments chief. "The explosive ordnance disposal personnel were extremely proficient and professional."

Frank Hawley, 502nd ABW exercises and assessments assistant chief, said emergency response is one of JBSA's "greatest strengths" and was again displayed in this exercise.

"They were able to effectively respond to and neutralize all incidents, and cordoned off the incident sites," he



Courtesy illustration

said. "They handled their duties extremely well and maintained mission continuation."

The exercise involving the use of CBRNE, or chemical, biological, radiological, nuclear and explosive substances, for terroristic purposes began shortly after 9 a.m. with the report of a vehicle ex-

plosion and the emission of potentially hazardous chemicals in the JBSA-Randolph BXtra parking lot.

Casualties included a deceased person just 35 feet from the blast site and four persons working on a beautification detail 150 to 200 feet from the site who were con-

taminated by acetic acid dispersed in the explosion and were treated at a hospital, Hawley said.

A few minutes after the blast was reported at JBSA-Randolph, an unexploded device was found between buildings 7290 and 7291 at JBSA-Lackland. Emergency responders arrived on the scene and established a 1,000-foot cordon. EOD specialists prevented the IED from detonating and decontamination was required at the site because of the dispersion of acetic acid.

That same morning, a vehicle explosion, including the dispersion of

See EXERCISE, P16

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News Briefs

USAF Band of the West Independence Day Concert

The U.S. Air Force Band of the West's concert band is performing an Independence Day tribute concert at 8:20 p.m. today and Saturday at SeaWorld San Antonio (free with admission to the park). For more information, call 671-3934.

Straight Talk Line

For current, automated information during a natural disaster, crisis or emergency, call your local Straight Talk line. At Joint Base San Antonio-Fort Sam Houston, call 466-4630. At JBSA-Lackland, call 671-6397. At JBSA-Randolph, call 652-7469.

Commander's Action Line

The Action Line is your avenue for addressing issues you've been unable to resolve through your chain of command or an appropriate agency. It also allows you to give feedback and recognize outstanding people and units. Leave your name and telephone number or email address so officials can obtain more information to help resolve the issue. To submit an Action Line comment, email your local public affairs office at JBSA-Fort Sam Houston, usaf.jbsa.502-abw.mbx.fsh-public-affairs-office@mail.mil; at JBSA-Lackland, 502abw.paola.inbox@us.af.mil; and at JBSA-Randolph, randolphpublicaffairs@us.af.mil.

IDEA, PECI Programs Suspended

Effective immediately, the Air Force Innovative Development Through Employee Awareness and Productivity Enhancing Capital Investment programs have been suspended and submissions will no longer be accepted. These programs are being suspended to support the Air Force vice chief of staff's "Airmen Powered by Innovative" initiative. For those who submitted ideas utilizing the IDEA Program Data System prior to June 1, those ideas will continue to be processed. For more information, call DSN 487-8954 or DSN 487-4332.

Pools implement swimming fees

All swimming pools throughout Joint Base San Antonio have implemented swimming fees, except for lap swimming and training. Fees are: \$2 for all-day child pass (10 years

Navy Wounded, Ill and Injured Annex opens at Joint Base San Antonio

By L.A. Shively
JBSA-FSH Public Affairs

Caring for Sailors and their families was the focus of those who gathered at the Navy Operational Support Center-San Antonio to celebrate the official opening of the Wounded, Ill and Injured Annex with a ribbon-cutting ceremony June 25.

The annex supports Navy, Marine Corps and Coast Guard service members with traumatic injury and illness during their treatment and recovery at the San Antonio Military Medical Center on Joint Base San Antonio-Fort Sam Houston.

"We owe it to our shipmates and all wounded warriors, who have sacrificed so much and who have given their all for us, to provide them the best possible care and help them put their lives back together," said Rear Adm. William Roberts, Medical Education and Training Campus commandant.

The admiral pointed out that less than one percent of Americans are serving in the military today.

"As we consider the impact those individuals have had on the world defending freedom and protecting democracy, I am reminded of the words of Winston Churchill: 'Never in the field of human conflict was so much owed by so many to so few,'" Roberts said.

Originally just a small detachment from the Naval Health Clinic Corpus Christi, the group managed service-specific



Photo by L.A. Shively

paperwork and other requirements for sea service patients from a lower-level office area shared with the Warrior Transition Battalion at SAMMC.

paperwork and other requirements for sea service patients from a lower-level office area shared with the Warrior Transition Battalion at SAMMC.

As the need became larger, we had to grow and as we grew, the Navy Wounded, Ill and Injured Annex was created," said Anthony Reyes, a retired hospital corpsman who was part of the small detachment while on active duty. He said at that time only he and one other person comprised the staff.

Reyes is an administrative specialist with an annex staff that also includes a case manager, a case manager assistant, a social worker and a uniformed military member.

Annex staff mem-

bers establish lines of communication among patients, family members and the patients' commands; track service members during transfer to and from SAMMC and provide supervision and coordination as they progress through treatment.

"It made such a difference. Now it's a one-stop shop," said Cryptologic Technician (Interpretive) 1st Class John Sobery, who entered treatment several months ago.

Sobery explained that prior to the annex, sea-service patients would shuffle between floors and offices at the hospital, which could be difficult.

Now he has a case manager who schedules all of his appointments and ensures he

keeps them.

"She's my drill sergeant," he joked.

Sobery's wife, Angela, and daughters Sabrina and Clara attended the ceremony with him.

"It's a very family-oriented system," Sobery said. "They encourage my family to be part of my recovery. My wife comes to all the meetings and my children are encouraged to attend. That's why they are here today."

There is a comfort zone among Navy and other military families who share similar cultures and languages that the Annex provides, Angela Sobery said.

"It's something that we are a part of instead of being detached from a command. This is healing for all of us,"

she said.

"It's comforting to have him home because I was scared when he was gone," said 10-year-old Clara Sobery.

"It is such a great relief to be with my dad," 16-year-old Sabrina Sobery added.

Annex staff also arranged to have Sobery's family coordinate assistance through the Warrior and Family Support Center.

The WFSC gives injured and ill service members and their families a chance to take a break in a welcoming environment, watch a movie, play video games, check email, use the Internet and just relax.

"We have a bunch of adopted grandmas over there and we love them to death," Angela said.

Edwards Aquifer Level

in feet above sea level as of July 5

CURRENT LEVEL* = 648.3'

*determines JBSA water conservation stage

Normal - above 660'

Stage III - 642'

Stage I - 660'

Stage IV - 640.5'

Stage II - 650'

Stage V - 637'



For water restrictions, visit <http://www.502abw.af.mil>.

Scan with
Smartphone
app to
access



the Joint Base San
Antonio website at
www.jbsa.af.mil

NEW FIRE STATION OPENS AT JBSA-FORT SAM HOUSTON



Photo by Lori Newman

(From left) Michael Grizer, 502nd Civil Engineering Squadron director; Chief Master Sgt. Jose A. LugoSantiago, 502nd Air Base Wing and Joint Base San Antonio command chief master sergeant; Brig. Gen. Bob LaBrutta, 502nd ABW and JBSA commander; and Chief Curtis Williams, JBSA-Fort Sam Houston Fire Department, cut the ribbon June 26 to officially open the new Watkins Terrace Fire Station. The new \$5 million fire station is about 1,100 square feet with six sleeping areas, a media room, training room, kitchen and dining area and exercise room.

News Briefs

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and under), \$3 all-day daily entry per adult, \$35 all-season military student pass, \$45 all-season individual season pass, \$85 all-season family pass (for three persons, \$10 each additional family member) and \$65 for eight swimming lessons. For pool parties of less than 50, cost is \$75 per hour, which includes two lifeguards. For 50 or more people, an addition \$25 an hour is charged, which includes an additional lifeguard. For more information, call the Aquatic Center at 221-4887 or the Jimmy Brought Fitness Center at 221-1234.

AFOSI Mobile App

Suspicious or illegal activity can be anonymously reported directly to the Air Force Office of Special Investigations using a mobile phone application or by texting 'AFOSI' and the tip to 274637 (CRIMES) in an SMS text message. Of special concern to Air Force officials are violent crimes against Air Force members, sexual assaults and drug use. Once downloaded, a video describes the app's features to emphasize its secure use and value to the Air Force and other community law enforcement agencies. Individuals can find the app in both the Android and Apple store as "TipSubmit Mobile." The direct link to the anonymous Internet tip line is <https://www.tipsubmit.com/WebTips.aspx?AgencyID=1111>.

Military Clothing Sales Offer Free Alterations For Wounded Warriors

The Army and Air Force Exchange Service offers free alterations and modifications for severely wounded, ill and injured Soldiers at all 79 Army Military Clothing stores around the world. This Army-led initiative ensures all wounded Soldiers receive free alterations and modifications on all issued uniforms in accordance with the Wounded Warrior Clothing Support Program, to include the Army Service, Combat and Improved Physical Fitness uniforms as well as undergarments. Eligible Soldiers must present an approved Army Form 3078 along with the prescribed modifications by their physical or occupational therapist to receive free services.

BAMC celebrates cancer survivors, families

By Robert Shields
BAMC Public Affairs

Brooke Army Medical Center staff honored cancer survivors they've treated over the years during the seventh annual Cancer Survivors Day Celebration at San Antonio Military Medical Center June 22.

The Hawaiian-themed celebration featured Don Ho music and grass-skirted dancers.

Cancer survivors and their families enjoyed the festivities, ate ice cream and clapped their hands to Hawaiian music as they talked with fellow survivors.

Col. Kyle D. Campbell, Brooke Army Medical Center commander, had a message for the survivors as well as the BAMC staff, whose purpose is to help them recover.

"I appreciate each and every one of you taking time to be out here so we can celebrate with you," said Campbell, addressing



Photo by Robert Shields

Army Sgt. 1st Class Lonnie Bennett, a spectator at Brooke Army Medical Center's Cancer Survivors Day Celebration, sings "Tiny Bubbles" while dance group Hula Halau Ohana Elikapeka dances for the audience June 22. The Hawaiian-themed event, which took place in San Antonio Military Medical Center, celebrated cancer survivors and their families.

the survivors and cancer program staff.

"Each of you are life savers. The stories you tell for your friends encourage them to get checked out," he added.

"Your faith, your

background and your strength has been so impressive to me. I'm glad I've had the opportunity to watch over the years," he said.

One of those stories was shared by Domingo

Moreno Sr. in a poem he wrote within minutes after he and his wife arrived at the hospital.

"We came to the pharmacy this morning to pick up a medication.

With neither one of us knowing that there was a celebration.

It was the Cancer Survivor Day Celebration, the celebration they have every year. It's amazing how the good Lord works; it's amazing how he got us here!

My wife is a colon cancer survivor; she has been four years cancer free.

My wife and I live one day at a time and we're as happy as can be!

I pray for the cancer survivors, I pray for those that are no longer with us.

I'm so thankful to have God in my life, I'm very grateful for everything he does!"

The event featured dancing group Hula Halau Ohana Elikapeka, free ice cream, door prizes and an informational health fair.

The BAMC Cancer Program is accredited by the Commission on Cancer and has received numerous accolades for its high-quality cancer care.

Three METC NCOs selected for commissioning program

By Lt. Col. Holly L. Ginn
937th Training Group

Three noncommissioned officers from the 937th Training Group at the Medical Education and Training Campus have been selected for the Air Force's Nurse Enlisted Commissioning Program.

A competitive program with only 48 selections in the Air Force this year, the NECP offers active duty enlisted personnel the

opportunity to earn a Bachelor of Science degree in nursing and become a commissioned officer in the Air Force Medical Service Nurse Corps.

Those selected for the program will attend college full-time at an accredited university while remaining on active duty.

Tech. Sgt. Dahlia Gonzalez, a former basic medical technician corpsman program instructor who

recently transferred to Joint Base San Antonio-Lackland, will attend Wayland Baptist University in San Antonio. She plans to focus on mental health nursing.

Tech. Sgt. Jason Jeffers, a biomedical equipment technician instructor, will attend the University of Texas Health Science Center at San Antonio.

"I love being in the operating room and I plan on working towards a certi-

fied registered nurse anesthetist program after I graduate," Jeffers said. "I can't wait to work in patient care. I have worked on medical equipment my whole career and I am ready to provide the best medical care in the world."

Tech. Sgt. Josue Perez-Gonzalez is an instructor at the Medical Readiness Training Center at JBSA-Camp Bullis and also will attend Wayland Baptist

University. He plans to become an advanced practice registered nurse in either anesthesia or mental health.

Upon successful completion of both the bachelor's degree in nursing and the National Council Licensure Examination, NECP students will be commissioned, attend commissioned officer training, the nurse transition program and then transfer to their final assignment location.

Did you know?

One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service.

It takes 5 minutes or less to submit a comment at <http://ice.disa.mil>.



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[HTTP://WWW.SAMHOUSTON.ARMY.MIL/PAO](http://www.samhouston.army.mil/pao)

SPACE TRAVEL



By Mike Joseph
JBSA-Lackland Public Affairs

Two words sum up Space A travel: Available and Free.

Active duty, dependents, Guard/Reserve service members and retirees have access to fly at no cost using Space Available, or Space A seats aboard Department of Defense cargo planes through the Joint Base San Antonio-Lackland Passenger Terminal at Kelly Field Annex.

There is also a passenger terminal at JBSA-Randolph, although the majority of Space A travel in San Antonio originates through the Kelly terminal. On average, about 600 people take advantage of the service each month.

The aircraft used for Space A travel falls under the Air Mobility Command, and local passenger service at Kelly is supported by the 802nd Logistics Readiness Squadron.

"There are a lot of people in the active-duty and retiree communities who don't realize they can fly on military aircraft free of charge," said Master Sgt. Jesus Hernandez, JBSA-Lackland Air Terminal superintendent. "We had a master sergeant show up recently who had no idea we were here (on the Kelly Field Annex) or the service we provide, and she works right down the street in Building 171."

In addition to flying free, passengers are allowed two checked bags, a carry-on and terminal parking at no cost. The only expense is an optional meal, and those are inexpensive, at \$4.60 each.

"The Air Force wants to have full utilization of these aircraft and provide a service for its members," said Salvador Flores, JBSA-Lackland Air Terminal operations element chief. "These aircraft are mainly on cargo missions.

"The catch is you pay commercial airlines to fly to their cities," said Flores. "With us, you fly where we fly – but it's free. And being in the middle of the country, we can get you to one of the major ports on the East Coast or West Coast."

Flights from Kelly are usually bound for March Air Force Base in Riverside, Calif.; Dover AFB, Del.; and Jackson International Airport, Miss. Other mission-dependent flights to additional destinations also come through Kelly. Those flights are varied and unscheduled.

While the price is right, Space A travel does require persistence and planning. Passenger sign up through phone or email is good for 60 days and is first come, first serve by category. Active duty members must be on leave status before signing up for a Space A flight and the leave dates must be valid throughout their requested travel dates.

Flores said flexibility is a key to Space A travel since flight schedules or mission requirements can change.

"We have unscheduled flights come in," he said. "That's why we have retirees who call in during the middle of the night to see what's available."

"We constantly update our flight recording, have a flight system in our building, and a Facebook page that includes a frequently asked questions section," said Senior Airman Andrew Stoneberger, passenger service agent. "We also have flight packets with numbers to other bases so passengers can call ahead."

Along with planning and adaptability, Stoneberger added there's another important element for Space A travelers.

"Have a backup plan," said Stoneberger. "Have enough funds for hotels, taxis and a commercial ticket home. Just in case, be prepared."



Photo by Capt. Jeremy Angel

Space A priority movement

Category 1: Emergency leave (unfunded)

Category 2: Environmental moral leave

Category 3: Ordinary leave, house hunting

Category 4: Unaccompanied environmental moral leave

Category 5: Unaccompanied dependent, permissive temporarily deployed

Category 6: Retired, Reserve/Guard, ROTC

Space A travelers are placed in a category based on their status and situation. In each category, transportation is furnished on a first-in, first-out basis. There is no guaranteed space for any traveler.

Source: Air Mobility Command general travel information



Courtesy photos/Flo Flippo-Hopkins

Travelers flying through the Space Available program usually fly on military cargo aircraft in "jump seats" lining the sides of the aircraft. Although the JBSA-Lackland terminal does not usually offer overseas flights, travelers have the option of planning trips using several Space A flights to arrive at their destination. Flo and Joe Hopkins (right photo) visited Japan using Space A at several locations to arrive at their destination.

FYI

Cost: Free

Who's eligible: Active duty, family members, dependents, retirees

Location: JBSA-Lackland Passenger Terminal, 407 S. Frank Luke Dr., Kelly Field Annex

Operating hours: Monday, noon to 4:30 p.m.; Tuesday-Friday, 7:30 a.m. to 4:30 p.m.

Flight schedules: Call 925-8715/8714 or visit <http://www.Facebook.com/JBSAPAXTERMINAL>

Sign up: Call 925-8714 or email space@lackland.af.mil

U.S. Army Institute of Surgical Research hosts math, science camps

By Steven Galvan
USAISR Public Affairs

The U.S. Army Institute of Surgical Research hosted the Army's Gains in the Education of Mathematics and Science camp for 23 middle school interns at Joint Base San Antonio-Fort Sam Houston June 17 through 20.

GEMS is a laboratory-based camp where interns participate in scientific experiments and get training in basic laboratory skills. The Army developed GEMS to offer summer educational activities for students who have an interest in becoming scientists.

The camp is sponsored and funded by the U.S. Army Medical Research and Materiel Command, the USAISR's parent command, as part of the Army's Education Outreach Program.

This is the second year that the USAISR has hosted the four-day

camp since the program began in the early 1990s at the Walter Reed Army Institute of Research in Washington, D.C.

With the help of five college students (near-peer mentors) and two staff coordinators to guide the young interns, the USAISR will host additional camps this summer.

Maj. Alejandro Gonzales and Stephanie Truss, GEMS program coordinators, have worked together for months to prepare for the three sessions.

Two weeks before the first session, they met with near-peer lead mentors Capt. Natalie D. Collins and Kimberly Bristow to select activities that would be instructive and exciting for the interns.

"The program has a multi-disciplinary educational curriculum where the students get to participate in hands-on activities which include blood typing, suturing, and culminates with a



Photo by Steven Galvan

Justin Nguyen, a GEMS intern at the U.S. Army Institute of Surgical Research, compares a bite mark and teeth impression during the crime scene investigation activity June 20.

crime scene investigation lab," Gonzales said. "It is a great opportunity for middle school students to experience science in a real laboratory setting."

"One the goals of GEMS camp is to get students interested in science and math programs as their future careers," Truss added.

With the assistance of the instructors, the interns were divided into six groups and each group conducted experiments to learn about electricity, cardiology, blood typing, types of bacteria, DNA, dentistry and CSI techniques.

The small group structure allows the instructors to interact one-on-one with the interns to enhance the learning experience.

"The activities are designed to get the students to do some critical thinking," said Texas State University student and near-peer mentor Vanessa Foster.

The radiation therapy major said that she was impressed with the students' knowledge.

"They are all very smart," Foster said. "The activities are very challenging, and they all did a good job of accomplishing them. I've had a great time being

their instructor."

Jonathan Melton, a University of Texas at San Antonio accounting major and mentor, said he's learning just as much as the interns in his group.

"As an accounting major, I never knew any of this stuff," he said. "It's a better experience than I could have hoped for."

Eighth-grade student and GEMS intern Justin Nguyen said his favorite school subjects are math and science, but he is unsure of what major he wants to pursue when he gets to college. He is now considering majoring in math or science after enjoying hands-on activities in the GEMS and encourages other students to experience the camp.

"It's great program with a lot of hands-on activities and fantastic instructors," Nguyen said. "It's also a great chance to meet new people and learn new things."

"We don't do these

type activities in school," said sixth-grade intern Hunter Straiting. "It's a great camp."

The plan is for the USAISR to host another GEMS camp (Level I for middle school students) next summer and then host a Level II camp in 2015 for students entering grades 9 through 11.

"In keeping with the goal of the Army Education Outreach Program, we hope to offer the Level II program so that we can invite our GEMS Level I alumni back to the ISR and offer them a more challenging program," Gonzales said.

"This is yet another way that the USAISR gives back to the community," Truss said.

"Hopefully, this program promotes the desire for them [interns and near-peer mentors] to seek majors in these fields and seek future employment here or other research areas."

Keeping food safe is paramount during summer cookout season

By Staff Sgt. Marissa Tucker
502nd Air Base Wing
Public Affairs

Nothing puts a damper on a summer cookout like the tuna salad that spent too much time in the sun and is now churning in the stomachs of your guests.

While symptoms of foodborne illnesses can be just a minor inconvenience for some, each year there are more than 3,000 food poisoning-related deaths in America. Some incidences are unavoidable, but there are common issues that cause most of the cases.

"The main culprit for food sicknesses during

the summer is improper storage of ready-to-eat foods such as potato or macaroni salad," said U.S. Army Staff Sgt. Jerome Montoya, NCO in charge of the preventive medicine department at Brooke Army Medical Center.

"The close second is the consumption of undercooked food."

Below are tips to help decrease the chances of food-borne illnesses while enjoying summer cookouts.

Keep hot foods hot and cold foods cold

While transporting foods such as meats and easily perishable items, coolers are recommended to help maintain safe

temperatures before cooking or serving. Montoya says leaving foods at an unsafe temperature for too long can quickly lead to food poisoning because bacteria multiply rapidly between 40 degrees and 139 degrees Fahrenheit.

"If foods are not kept at a safe temperature they can grow bacteria and spoil making the items a breeding ground for a food borne illness outbreak," Montoya said. "The general rule is the same room temperature that humans like to dwell in is the same that bacteria thrive in."

By using the smallest containers possible and properly using methods



Courtesy photo

Even the best chefs use a food thermometer.

such as dry ice or food heaters, outdoor chefs can ensure food safety before, during and after cooking.

Cross contamination

An issue with cooking outdoors is that many times the food is transported in the same cooler or bags, increas-

ing the chances of cross contamination. Also, due to limited surface space, raw and cooked foods are sometimes very close. Montoya offers a few solid words of advice: keep it separate, or you are sure to get sick.

"When storing items in

a cooler full of ice make sure that the containers of food are secured properly," Montoya said. "If contaminated water from dirty hands/items seep into the food, you can also cross contaminate your foods."

According to the Center for Disease Control, even after you've cleaned your hands and surfaces thoroughly, raw meat, poultry, seafood and eggs can still spread illness-causing bacteria to ready-to-eat foods—unless you keep them separate.

Use separate cutting boards, plates and utensils for raw produce and

ARNORTH CSM HAS A BALL AT MISSIONS MILITARY NIGHT

Command Sgt. Maj. Hu Rhodes launches the opening pitch to San Antonio Missions player Chris Rearick to kick off the San Antonio Missions military appreciation night June 26 at Nelson Wolff Municipal Stadium. Rhodes is the command sergeant major for U.S. Army North (Fifth Army) and senior Army enlisted leader for Fort Sam Houston and Camp Bullis. Rearick normally pitches for the Missions, but served as Rhodes' catcher for the first pitch.



Photo by Sgt. Lee Ezzell

470TH MI BRIGADE CHANGES COMMAND SERGEANT MAJOR



Photo by Gregory Ripps

Command Sgt. Maj. William Manchester (left) receives the noncommissioned officer sword from Col. Pierre Gervais, 470th Military Intelligence Brigade commander, symbolizing his acceptance of responsibility as the brigade's command sergeant major. The change of responsibility ceremony took place by the main flag pole at Joint Base San Antonio-Fort Sam Houston June 24. Manchester comes to the brigade from XVII Airborne Corps, Fort Bragg, N.C., to succeed Command Sgt. Maj. Totoris, who is retiring from the Army.

INSIDE THE GATE

Man to Man

Today, noon-1 p.m., Warfighter and Family Readiness, Building 2797, Training Room 1. Call 221-0349.

EFMP Special Needs Art and Dance Event

Monday-Thursday, 9 a.m.-noon, Dodd Field Chapel. This free event is open to EFMP special needs children age 6 to 18. Sponsored by Mobile Art Program Teachers/Artists. Call 221-1616 or email usaf.502-fss-efmp@mail.mil.

Positive Parenting

Monday, 11 a.m.-1 p.m., JBSA-Lackland. Call 221-0349.

Pre-Deployment Training

Tuesday, 8-9:30 a.m., Warfighter and Family Readiness, Building 2797. Call 221-0946 or 221-2418.

H.U.G.S. Playgroup

Tuesday, 9-11 a.m., Middle School Teen Center. Call 221-0349.

Credit and Debt Management

Tuesday, 9-11 a.m., Warfighter and Family Readiness, Building 2797. Call 221-2380 or 221-2418.

Family Readiness Group Forum

Tuesday, 11:30 a.m.-1 p.m., Warfighter and Family Readiness, Building 2797. Call 221-0946 or 221-2418.

Immigration Services

Tuesday, noon-2 p.m., Warfighter and Family Readiness, Building 2797. Call 221-1372 or 221-9698

Consumer awareness

Tuesday, 2-4 p.m., Warfighter and Family Readiness, Building 2797. Call 221-2380 or 221-2418

Success for Teens

Tuesday, 5-6 p.m., Child and Youth Services, Building 1630. Call 221-0349.

Bringing Baby Home

Wednesday and July 17, 9 a.m.-1 p.m., Warfighter and Family Readiness, Building 2797, Training

Room 1. Call 221-0349.

Web-based First Termer Financial Readiness

Wednesday, noon-4 p.m., Warfighter and Family Readiness, Building 2797. Call 221-2380 or 221-2418.

Identify Strengths Resiliency Training

Wednesday, 1-3:30 p.m., Education Center, Hood Street. Call 221-0946 or 221-2418.

Employment Search Orientation

Wednesday, 1-2 p.m., Warfighter and Family Readiness, Building 2797. Call 221-0516 or 221-2418.

Overseas Orientation

Wednesday, 10-11 a.m. and 5-6 p.m., Warfighter and Family Readiness, Building 2797. Call 221-1372 or 221-9698

Children in the Middle

Wednesday, 5:30-7:30 p.m., Warfighter and Family Readiness, Building 2797, Training Room 1. Call 221-0347.

Triathlon No. 2

Registration is open for Triathlon No. 2 for all DOD cardholders. The event will be held July 14 starting at 6 a.m. at the Aquatic Center. Triathlon No. 2 includes a 200-meter swim, five-mile bike ride and one-mile run. The entry fee is \$20 and helmets are required for the bike ride. Call 221-4887.

Armed Forces Team Building Leadership Development

July 17 and 18, 8:30 a.m.-2:45 p.m., Warfighter and Family Readiness, Building 2797. Call 221-9849 or 221-2705.

Back 2 School Health Fair

A health fair and on-site immunization clinic will be held 10 a.m.-2 p.m. July 26 in the pediatric hallway, first floor, new tower at San Antonio Military Medical Center. All military kids are invited to this free event featuring entertainment, treats and face painting. Call 916-5118 or 916-5142.

Summer Camp

Child, Youth and School Services offers summer camp for grades Kindergarten through 12. Call 221-4871.

Youth Horsemanship Camp

Registration is open at the Fort Sam Houston Equestrian Center. This camp is open to youth ages 7-17, and runs Monday-Friday, 9 a.m.-3 p.m. Sessions are in one-week intervals throughout the summer, \$25 deposit, cost is \$225. Call 224-7207.

PGA Junior Golf League

Registration is open at the Fort Sam Houston Golf Club for junior golfers, ages 9-13, for the summer PGA Junior Golf League. This is a team scramble format open to all skill levels. The fee is \$50 and includes range balls, team jerseys, golf balls, PGA bag tags, a weekly practice session and tournament. Call 222-9386.

Swimming Lessons

All lessons are taught in accordance with American Red Cross standards. Every participant will receive eight days of lessons. The dates for the sessions are Monday-Friday, June 24-July 5, July 8-19 and July 22-Aug. 2. For rates and registration, call 221-4887.

Moms and Tots Stroll

Monday, Wednesday and Friday, 9-11 a.m., Fitness Center on the METC, stroll on the indoor track and win prizes. Mondays from 9-10 a.m., a fitness trainer is available for assistance and instruction. Call 808-5709.

SKIESUnlimited Classes

SKIESUnlimited classes for children ages 18 months to 18 years include Tae Kwon Do, private piano lessons, creative dance and ballet/tap. Call 221-3381 for dates and times.

Cheer Coaches Needed

JBSA-Fort Sam Houston Youth Sports is looking for volunteers to coach children 5-12 years of age for the 2013 cheer season. Volunteer coaches must be at least 21 years old and willing to commit for the entire season, August through November. All volunteer coaches are required to complete an application and consent to a background check. Call 221-5519 or 221-4492.

Equipment Rentals

The Outdoor Equipment Center has all the items needed for a backyard party, unit organizational day, or weekend getaway. Rental items include canoes, boats, campers, camping equipment, outdoor games, barbecue pits and more. Call 221-5225.

World Climb Tower Challenge

Sign up at the Jimmy Brought Fitness Center for the World Climb Tower Challenge. Call 221-1234.

Bowl to Win Prizes

The JBSA-Fort Sam Houston Bowling Center is offering the opportunity for bowlers to win prizes

this summer. Receive "Bowling to Win" entry forms with your paid games through Aug. 26. Drawings for prizes will be held Aug. 23 during Bowler Appreciation Week. Call 221-4740.

\$1 Bowling

The JBSA-Fort Sam Houston Bowling Center offers \$1 games per person and \$1 shoe rentals every Sunday, Tuesday, Wednesday and Thursday. Knock down a red pin on a Wednesday or Friday between 11 a.m. and 1 p.m. and win a free game. Call 221-4740.

Sportsman Range

The range is open 10 a.m. to 2 p.m. Saturday and Sunday. DOD card holders may shoot their personal pistols, rifles and shotguns. Firearms must be registered at JBSA-Camp Bullis. The range may close unexpectedly because of weather or troop use. Range users call 295-7577 before coming out for target practice.

JBSA-Fort Sam Houston Ticket Office

The ticket office, located in the Sam Houston Community Center, offers discounted tickets for Schlitterbahn water parks, Six Flags Fiesta Texas, SeaWorld, Aquatica and Universal Studios Orlando. The ticket office is open 10 a.m.-5 p.m. Tuesday through Friday and 10 a.m.-2 p.m. Saturday. Call 808-1378.

Theater Arts Program

Children, ages 4 and up, can take the stage after a long day at school in the Theater Arts Program at School Age Services, Building 1705. The cost is \$80 for a month of biweekly classes. Classes are 4-5 p.m. for ages 4-6; 5-6 p.m. for ages 7-10; and 6-7 p.m. for ages 11 and up. Call 221-3381.

Home Child Care Providers Needed

Family Child Care on JBSA-Fort Sam Houston is looking for family members interested in providing licensed child care in their homes. Call 221-3828.

Parent Central Customer Service

JBSA-Fort Sam Houston Parent Central assists walk-in patrons from 8 a.m. to noon and 2 to 4 p.m. for registration and 12:30 to 1 p.m. for out processing and payments. Parent Central is located in Building 2797, on Fort Sam Houston. Call 221-4871.

School Liaison Office

The JBSA-Fort Sam Houston School Liaison Office can assist patrons in registration, provide information about the local school system and community and more. Visit <http://www.fortsammwr.com/youth/slo.html> or call 221-2214 or 221-2256.

FORT SAM HOUSTON HONORS 13 RETIREES

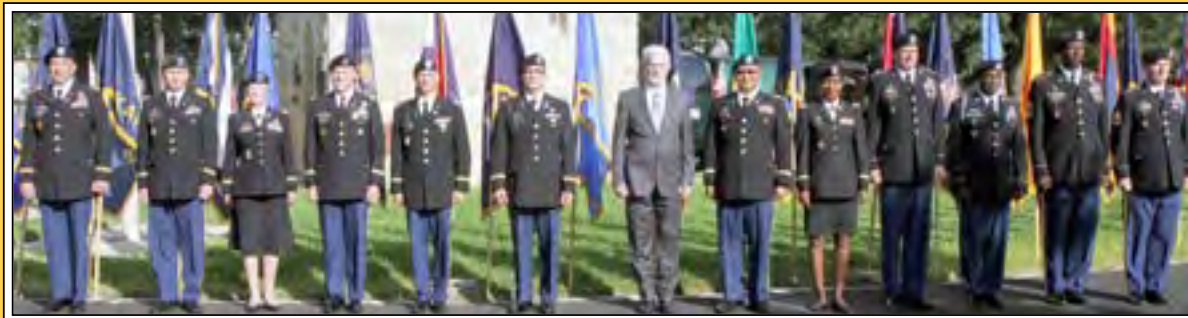


Photo by Sgt. Lee Ezzell

The Joint Base San Antonio-Fort Sam Houston community recognized 12 Soldiers and one civilian for their dedicated service and commitment to the U. S. Army during the monthly JBSA-Fort Sam Houston retirement ceremony at the U.S. Army North Quadrangle June 27. Lt. Gen. William Caldwell IV, commanding general, U.S. Army North (Fifth Army), and senior commander of Fort Sam Houston and Camp Bullis, presided over the ceremony. The retirees are (from left) Col. Richard Francey, U.S. Army North; Col. Daniel Moll, Army Medical Department Center and School; Col. Darlene McCurdy, AMEDDC&S; Col. William LaChance, 187th Medical Battalion; Col. Kelly Mann, Department of Defense Military Working Dog Veterinary Service, Joint Base San Antonio-Lackland; Lt. Col. Thomas Bell, U.S. Army Medical Command; Donald Kumpost, 106th Signal Brigade; Maj. Joselito DeGuzman, Southwest Information Operations Command; Chief Warrant Officer 3 Arlene Mullings, Warrior Transition Unit; Command Sgt. Maj. Charles Totoris, 470th Military Intelligence Brigade; Master Sgt. James Cork, U.S. Army South; Master Sgt. Reginald Sweed, 210th Fires Brigade, 2nd Infantry Division, South Korea and Sgt. 1st Class George Hildebrandt, AMEDDC&S.

ASSAULT from P1

the Army North SHARP program manager.

"If you need help, you can go to any of us," Jefferson said.

"It doesn't matter if they are not in your company. Go to the person you feel most comfortable with."

Addison Elliot, sexual assault response coordinator for the 470th Military Intelligence Brigade, who also serves as the sexual assault prevention and response trainer at Joint Base San Antonio-Fort Sam Houston, was

the featured speaker for the event. She discussed the types of sexual harassment and sexual assault.

"The easiest way to respond to sexual harassment is by the direct approach," Elliot said. "Use an on-the-spot correction."

The Soldiers who attended the training said they found it very insightful.

"I thought it was informative," said Spc. Norma Torres, a supply specialist in Operations Company, Headquarters and Headquarters Battalion,

Army North. "I especially found the main speaker good. I liked how she kept everyone involved."

Training events such as this are vital to address the problem head on, said Lt. Col. Zoltan Krompecher, commander, Army North HHBn.

"Pick up a magazine, click a mouse or turn on the television and it is easy to see why this type of training is important," he said.

"Collectively and individually, we will not tolerate sexual harassment or assault in our Army," Krompecher said.

"Every individual is empowered, regardless of rank, to stop harassment before it starts. Our formations hold no place for sexual predators."

Soldiers who have been the victim of sexual harassment or assault are encouraged to contact either their SARP or unit victim advocate.

Civilian employees are encouraged to contact their equal opportunity/equal employment opportunity specialists.

People can also call the Army Sexual Harassment Hotline at 800-267-9964.

EXERCISE from P2

acetic acid, was reported near buildings 890 and 895 at JBSA-Fort Sam Houston, but with no casualties.

The exercise, which concluded shortly after 2 p.m., also involved

the apprehension of the perpetrator and the simulation of shelter-in-place and Force Protection Condition Delta at all JBSA locations.

King said the exercise was led at JBSA-Lackland by the JBSA Disaster Response Force consisting

of the crisis action team, emergency operations center, unit control center and specialty teams.

"We were able to pull resources from all three locations," he said.

Exercises test military installations' ability to respond to life-threatening

situations ranging from airplane crashes and active shooter incidents to chemical spills and natural disasters on a regular basis, laying the groundwork for improved force protection and safeguarding the active-duty and civilian population.

SAFE from P13

uncooked meat, poultry, seafood and eggs.

Wash hands and all utensils

Ensure soap and hand sanitizer is readily available for individual use. Running water may not be available depending on the location, so Montoya suggests bringing water, soap and sanitizing wipes whenever cooking outside.

"The most important thing that can be done to prevent food-borne illness during the summer is good personal hygiene and food handling practices," Montoya said.

The CDC recommends washing surfaces and utensils with hot, soapy

water. Surfaces and cutting boards should be cleaned with a bleach solution.

Even the best chefs use a food thermometer

"During the summer many people like to barbeque and while we all like to be the masters of the grill, we need to incorporate a few important safety measures," Montoya said. "You want to ensure that you are cooking all food to the proper temperature.

Just visually inspecting it doesn't mean it has reached proper temperature.

The temperature standards for various meats include:

- Beef, veal and lamb steaks, roasts and chops,

145 degrees Fahrenheit (Steaks can be safely cooked to medium because harmful bacteria in beef are found on the surface of the steak, not in the interior like in ground meats)

- All cuts of pork, 160 degrees Fahrenheit

- Ground beef, veal and lamb, 160 degrees Fahrenheit

- All poultry, 165 degrees Fahrenheit

- Heat hot dogs and any leftover food to 165 degrees Fahrenheit.

It is also important to clean the thermometer after each use to prevent cross contamination.

While the above tips can certainly help prevent food poisoning or food-related illness, Montoya said

it is still fairly common to get, and people should practice good judgment on when to seek treatment.

"Many people actually acquire a food borne illness at least once in their lifetime and usually realize it rather quickly but do nothing to combat it," Montoya said.

"The signs and symptoms to look for are nausea, bloody diarrhea, temperatures of 101 degrees Fahrenheit or higher, or diarrhea for longer than a three-day period," he added.

"Many foodborne illnesses will pass through the body without treatment but it is best if you feel any of the symptoms listed to seek medical attention."

CHAPEL WORSHIP SCHEDULE

PROTESTANT SERVICES

Sundays

Main Post (Gift) Chapel

Building 2200, 1605 Wilson Way
8 and 11 a.m. - Traditional

Dodd Field Chapel

Building 1721, 3600 Dodd Blvd.
8:30 a.m. - Samoan
10:30 a.m. - Gospel

Army Medical Department

Regimental Chapel

Building 1398, 3545 Garden Ave.
9:20 a.m. - 32nd Medical Brigade
Collective Service

11:01 - Contemporary "Crossroads"

Brooke Army Medical

Center Chapel

Building 3600,
3851 Roger Brooke Rd.
10 a.m. - Traditional

11:30 a.m., Monday through Friday

Saturday

Main Post (Gift) Chapel

4:45 p.m. - Reconciliation
5:30 p.m. - Evening Mass

Sunday

8 a.m. - Morning Mass, AMEDD
8:30 a.m. - Morning Mass, BAMC
9:30 a.m. - Morning Mass, MPC
11:30 a.m. - Morning Mass, BAMC
12:30 p.m. - Morning Mass, DFC

JEWISH SERVICES

8 p.m. - Jewish Worship,
Friday, MPC
8:30 p.m. - Oneg Shabbat,
Friday, MPC

ISLAMIC SERVICE

1:30 p.m. - Jummah, Friday,
AMEDD

CATHOLIC SERVICES

Daily Mass

Brooke Army Medical Center Chapel
Building 3600,
3851 Roger Brooke Rd.

11:05 a.m., Monday through Friday

Main Post (Gift) Chapel

Building 2200, 1605 Wilson Way

LATTER DAY SAINTS SERVICES

1 p.m. - LDS Worship, Sunday,
AMEDD

BUDDHIST SERVICES

1 p.m. - Buddhist Services,
Sunday, AMEDD

*For worship opportunities of faith groups not listed here,
please visit the JBSA-Fort Sam Houston Chaplain's website at
<http://www.samhouston.army.mil/chaplain>.*

Gate hours change across JBSA

JBSA-Lackland

Phase I - as of June 10

Base Operations: Automated PIN
code access entry only

Growden Gate: 4 a.m. to 8 p.m.
daily

Phase II - as of June 24

Luke West: Inbound 6 a.m. to 2 p.m.
Monday through Friday; outbound 3:30
to 5:30 p.m. Monday through Friday

Security Hill: Inbound 6 a.m. to 2
p.m. Monday through Friday; outbound
3:30 to 5:30 p.m. Monday through
Friday

Phase III - starting Monday

Selfridge West: Closed
Selfridge East: Inbound 6 a.m. to 2
p.m. Monday through Friday; outbound
3:30 to 5:30 p.m. Monday through
Friday

JBSA-Randolph

Starting Monday

Main Gate (no change): 24/7
East Gate (no change): Inbound 6:30

to 8:30 a.m. Monday through Friday;
outbound 3:30 to 5:30 p.m. Monday
through Friday

West Gate: 6 a.m. to 6 p.m.
Monday through Friday; closed weekends

and holidays

JBSA-Fort Sam Houston

Phase I - as of June 2

Wilson Gate: 6 a.m. to 10 p.m.

Monday through Friday; closed weekends
and holidays

SAMMC Beach Gate: 6 a.m. to 7
p.m. Monday through Friday; closed
weekends and holidays

Harry Wurzbach West Gate: Closed
New Braunfels: Outbound only 3:30
to 5:30 p.m. Monday through Friday

Phase II - as of June 23

Holbrook Gate: Closed
Nursery Gate: 6 a.m. to 10 p.m.
daily

Winans Gate: 6 a.m. to 10 p.m.
daily, open by a patrol 4:30 to 6 a.m. to
allow house residents access to Harry
Wurzbach. Winans and Nursery new
hours have no impact to the elementary
school bus route.

Jadwin Gate: Posting reduced and
no privately owned vehicles

Phase III - effective Sunday

Personnel posted at all remaining
gates will be reduced. Security patrols
may be reduced as available manpower
dictates.



FOR SALE: Polaris 280 pool cleaner, with all accessories (new pressure relief valve, new scrubber, bag, sweep hose, feed hose, filter, hose floats and back up valve), \$76; New Penmate

Vari Kennel for large dogs, 40x27x30 inches, in original carton \$76; kennel for small dog; Moen two-handle kitchen faucet, with sidespray, chrome finish \$28; new five-gallon container

of semi-transparent deck stain, \$85; handcrafted three-pot flower hangers, \$8. Call 313-0061.

FOR SALE: Brand new Rascal wheelchair, \$700. Call 661-3765.