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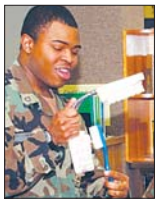

Open wide

Several Dental Activity Soldiers spent a few days in February teaching proper dental care to elementary students on post.

Page 7

Fort Riley Post

Soldiers take aim on range

Fort Riley's 82nd Medical Company Soldiers spend some of their days in Kuwait on the weapons range.

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Welcome home

Post/Skidmore

Melissa Skidmore spots her husband, CSM David Skidmore, command sergeant major, Task Force, 2nd Battalion, 70th Armor, as he enters Hanger 817 Friday night. More than 600 Soldiers returned to Fort Riley last week after serving overseas in support of Operation Iraqi Freedom for nearly one year.

Hundreds more Soldiers return home

By Gary Skidmore
Command Info Officer

When Rebecca Ryan took her son to the airport the day he joined the Army, she slipped a note into his bag. The message on the note read: "You don't have to be the best. You just have to try your best."

When Cpl. Sam Emery, Company A, 1st Battalion, 41st Infantry, walked into Hangar 817 at Marshall Army Airfield the night of Feb. 27 among the first 200 Soldiers from Task Force 2nd Battalion, 70th Armor, returning from Iraq, his mother was there to greet him. She was holding a sign that read, "Sam. You are the best!"

Emery and more than 600 Soldiers making up TF 2-70 returned to Fort Riley this past week. They were greeted by hundreds of well-wishers

"Have you ever seen a more beautiful sight," asked Col. Thomas Luebker, assistant division commander for support, 24th Infantry Division (Mech.).

"Now that's something we haven't seen in almost one year," he said. "It's great to have this task force back."

The next afternoon, 200 more Soldiers from TF 2-70 returned to Fort Riley.

Shirley Van Donge from Topeka came with her own task force to welcome her son, Spc. Kurtis Van Donge, back from Iraq. Van Donge, of Headquarters and Headquarters Company, 2nd Bn., 70th Armor, was welcomed by his mother, father,

See Return, Page 2

Friends surprise Soldier returning from Iraq

By Gary Skidmore
Command Info Officer

Staff Sgt. Sam Weldon, Company B, 2nd Battalion, 70th Armor, walked into hangar 817 the night of Feb. 27 knowing there wouldn't be a huge reception of family members waiting for him. There wouldn't be a wife or girl friend running into his arms or a child crying with joy to have daddy home again.

Weldon is single, and he said he just knew not to expect any family or friends to be there.

Neither did he expect to see his extended family, but they were there — his best friend, Barry Stockinger; Barry's mother, Theresa Loibl; Barry's nephew, Joey; and Joey's daughter, Kristen.

"He's like a son to me," Loibl said. "He and Barry have been friends since the fifth grade in New Jersey and have stayed in touch ever since."

It was a quick reunion for the two old friends. Now living in Nickerson, Kan., Stockinger and his family are close enough to Fort Riley they plan to see Weldon a lot more.

"This was the first chance we've had to visit together for

See Weldon, Page 2

Around The Army

Korea:
Civilians get boost in pay

Stars and Stripes Pacific Edition reported Feb. 26, that U.S. Forces Korea civilian employees would see twice as much money for foreign living costs in their paychecks beginning in March.

The allowance will go from 5 percent to 10 percent of a person's spendable income based on fluctuations in the exchange rate and a decline in the dollar against the won. The exchange rate Feb. 20 was 1,133 won for each dollar.

A civilian with no dependents making from $42,000 to $44,999 can expect to receive an allowance of $1,980 yearly instead of the $990 currently paid.

For more about this story and other European and Pacific military news, visit www.estripes.com on the Internet.

Fort Leavenworth:
Commander receives key

The Fort Leavenworth Lamp reported Feb. 27 that Mayor Dave Brooks of Platte City, Mo., presented the key to his city Feb. 24 to Lt. Gen. William S. Wallace, commander of the U.S. Army Combined Arms Center and Fort Leavenworth. The key was presented during a ceremony at City Hall.

For more about this story and other Fort Leavenworth news, visit www.fileavenworth-lamp.com on the Internet.

Fort Knox, Ky.:
Training chief ends career

Inside the Turret reported Feb. 27 that leaders from Training and Doctrine Command posts gathered the latter part of February to witness the retirement of Col. John Rosenberger, chief of the Directorate of Combat Training at the Armor Center.

Fort Knox Commander Maj. Gen. Terry Tucker described Rosenberger as someone "willing to say what he believed when some of us wouldn't."

Rosenberger was credited with playing a key role in developing the Mounted Battle Command on the Move System, which gives commanders access to information while moving over the battlefield.

For more about this story and other Fort Knox news, visit www.thenewsenterprise.com on the Internet.

At West Point:
Panel mulls Army marriages

The Pointer View reported Feb. 27 that Margaret Corbin Forum hosted a panel discussion titled "Marriage (or not) in the Military" on Feb. 10.

Popular author Pepper Schwartz, Ph.D., was guest speaker.

For more information about this and other West Point news, visit www.pointerview on the Internet.

Ceremony honors fallen

Comrades pay tribute to lieutenant, specialist

By Steven Cooke
19th PAD

Members of the Fort Riley family gathered Feb. 26 at Morris Hill Chapel to remember the lives of two Soldiers killed in Iraq while supporting Operation Iraqi Freedom.

Second Lt. Jeffery Graham and Spc. Roger Ling, both of 2nd Platoon, Company C, 1st Battalion, 34th Armor, died Feb. 19, while on dismounted patrol in Khalidiyah, Iraq.

At the memorial, Soldiers who worked closely with Graham and Ling gave personal testimonies about the impact the two Soldiers made on their lives.

"Lt. Graham was the type of leader who listened to his [noncommissioned officers] and truly cared for the welfare of his Soldiers," said Sgt. 1st Class Michael Crane, platoon sergeant, 2nd Platoon, Co. C.

Crane remembered the first time he met Graham.

"The company commander introduced Graham to me and the rest of the NCOs of the platoon," he said. "I said to him 'welcome to the platoon. Pack your gear, you're going to the Forward Operating Base. Lt. Graham replied, 'Let's go.'"

Crane said from the very beginning Graham fit right in.

"Graham instantly fit into his role as platoon leader. While at the FOB, he moved through all the positions and observation posts so he could get an idea of what the Soldiers were doing. Like a true leader, he would not allow his Soldiers to do anything he, himself, would not be willing to do," Crane said.

Graham won the respect and admiration of all the members of 2nd Platoon, and he knew the platoon would do anything he asked, Crane said.

Crane also recalled the love and admiration Graham had for

See Memorial, Page 3

2nd Lt. Jeffery Graham

Jeffery Graham

Born in September 1979 in Germany.

Graduated from the University of Kentucky ROTC program as a distinguished military graduate.

Commissioned an armor officer on May 31, 2003.

Arrived at Fort Riley in October 2003 and was assigned to 1st Bn., 34th Armor.

Deployed to Iraq in November 2003 and was assigned as Platoon Leader, 2nd Platoon, Co. C., 1st Bn., 34th Armor.

Spc. Roger Ling

Born in April 1983 in Douglaston, N.Y.

Enlisted as an armor crewman in October 2001.

Assigned to Company C., 1st Bn, 34th Armor, in May 2002.

Deployed with his unit to Iraq in September 2003.

Awards and decoration include the National Defense Service Medal, Army Service Ribbon and Good Conduct Medal.

Roger Ling

Post/Wood

Soldiers of Company B, 1st Battalion, 41st Infantry, prepare to load onto a C-130 for the return trip to Fort Riley after supporting Operation United Defense '04.

Exercise tests defense

By Ryan D. Wood
19th PAD

With a phone call, Soldiers of Company B, 1st Battalion, 41st Infantry Regiment, leaped into action Feb. 22 in support of Operation United Defense '04, a nationwide drill to assess and unify homeland defense and disaster relief.

"Overall, the scenario involved a series of incidents across the United States all the way from Alaska to here in Texas," said Maj. Robert L. Menist, plans and operations officer, 1st Bn., 41st Inf.

"There were simulated natural disasters combined with terrorist activities including some maritime and ground-based events. We were a small portion of the overall exercise here at the Navel Air Station Corpus Christi, where terrorists were attempting to infiltrate the base and explode conventional explosive devices," Menist said.

An Army press release described UD 04 as one example of the dozens of continuing exercises the Department of Defense conducts or participates in for the enhancement of DoD's homeland defense activities.

The exercise involved more

See Exercise, Page 3

Post news briefly

Clinic screens for cancer

The Combined Surgical Clinic at Irwin Army Community Hospital will be conducting monthly breast and colorectal cancer screening clinics starting this month.

Breast cancer screening clinic appointments require a referral from a primary care provider.

Colorectal cancer screening clinic does not require a referral for anyone 50 or older. Beneficiaries should contact the Combined Surgical Clinic at 239-7163 or TRICARE at 784-1200 for an appointment.

The first colorectal cancer screening clinic will be March 8.

Employees seek leave donations

Several Fort Riley employees are experiencing a personal or family medical emergency and a resulting period of more than 24 hours of leave without pay. Because of the Privacy Act, officials at the Civilian Personnel Advisory Center cannot reveal specific medical reasons; however, the following individuals have requested their names be released in order that they may receive donated leave:

Barbra Steppe, Directorate of Logistics, control number CPA-CLT0322

Melody Williams, Medical Department Activity, CPA-CLT0324

Helen Sample, MEDDAC, CPACLT0504

Richard A. Sweazy, Public Works, CPACLT0204

Karen Green, Directorate of Information Management, CPA-CLT0304

Sharon Brooks, Southwest Civilian Personnel Operations Center, CPACLT0404

Walker Fleming, Staff Judge Advocate, CPACLT0604

Rockford Hauck, MEDDAC, CPACLT0704

Joy Lynn Franis, SWCPOC, CPACLT0804

Center helps with tax filing

Soldiers, retirees and their families can get help filing income tax returns from workers at the Fort Riley Tax Center in building 7034, on Bullard Street behind 1st Brigade Headquarters on Custer Hill.

The center opens from 9 a.m. to 5 p.m. Mondays through Thursdays, from 9 a.m. to 6 p.m. Fridays and from 10 a.m. to 2 p.m. Saturdays. To schedule an appointment, call 239-1040.

Help preparing and filing tax returns electronically is offered free. Electronically filing returns allows the filer to have refunds deposited directly into his or her bank account in about 10 days.

To use the center, a person needs last year's tax return, this year's W-2 and 1099 forms and any other proof of income.

Post plans prayer luncheon

Chap. (Brig. Gen.) Jerome A Habarek, deputy chief of chaplains, is scheduled to speak during the Fort Riley National Prayer Luncheon from 11:45 a.m. to 1 p.m. March 17, at King Field House.

Soldiers, spouses and family members may attend. Suggested donation for the luncheon is $6 per person. Shuttle transportation will be available from Polk Hall, building 229 (the old commissary) beginning at 11:15 a.m.

For tickets or more information, call the Command Chaplain's Office at 239-3359 or stop by the office in building 211 (Wainright Hall) across from King Field House Fitness Center.

Items for publication in post news briefs can be e-mailed to PAO, Post Editor.

Post/Skidmore

Sgt. Shannon Williams, 4th Bn., 1st Field Artillery, receives a Hawaiian greeting from wife, Annelise.

Post/Skidmore

Sgt. Adam Mauldin, Task Force 2-70 got a big welcome from son, Dakota.

Post/Skidmore

Spc. Jeremy Sanders, HHC, 2nd Bn., 70th Armor is greeted by daughters, Rebekah, 6 and Rachael, 5.

Weldon

continued from page 1

more than a year," Stockinger said.

"When he left for Iraq, the deployments happened so fast, there wasn't time to come to Fort Riley for a ceremony," Stockinger said.

Stockinger added that after Weldon gets settled in and returns from a trip to Florida later this month, there will be plenty of time for them to sit around and catch up.

"He needs to take care of things here first," Stockinger said. "He wants to visit friends in Florida, and when he gets back I'm only a little bit down the road."

Recently returned units

Task Force 2nd Battalion, 70th Armor, Feb. 27, 28 and March 1

Return

continued from page 1

four sisters, their husbands, 10 nieces and nephews and several friends from Topeka.

"I commend these guys," Shirley said.

"I don't know how they do it. I would have been telling them to get me out of there a long time ago," she said.

"Not Kurtis," his mom said. "He was always cheerful, even when he was wounded by shrapnel and sent back to his unit with metal in his leg."

Van Donge said he was glad the war was over for him — for now.

"Our camp was mortared every month we were over there," he said.

Because he was in a scout platoon, Van Donge said he and the soldiers in his unit were sent to find the enemy firing the mortars after every attack.

Van Donge said he was wounded when an Improvised Explosive Device exploded near him.

"It was my scariest moment," the 22-year-old Soldier said.

Now that he's home, Van Donge said he's ready for a nice rest, a dinner and a beer.

"That would be great," Van Donge said. "But I'd skip all the rest and dinners just to do this." Then he hugged his mother one more time.

Gone for approximately a year, the task force deployed from Fort Riley in February 2003.

While in Iraq, it fought as part of the 3rd Brigade, 3rd Infantry Division, with all three brigades of the 101st Airborne Division (Air Assault); as part of Task Force 20; and with the 3rd Brigade, 1st Armored Division.

On March 21, the task force crossed the berm into Iraq with the lead brigade of the 3rd Inf. Div.

The task force also was the first U.S Army force to cross the Euphrates River and pass the Marine Corps division into Nasiriyah.

They conducted more than 80 cordon and search operations to defeat attack cells in their sector and detained more than 160 individuals involved in attacks against coalition forces.

Early in the morning of March 1, the third group of TF 2-70 returned to Fort Riley and a ceremony honoring them.

"As you all know, the work continues but is a long way from being complete," said Maj. Gen. Dennis Hardy, commanding general, 24th Inf. Div. (Mech) and Fort Riley.

"But you have made the down payment and, together, made a huge difference."

Hardy said the task force made a difference by clearing unexploded ordnance, re-establishing schools, re-establishing civilian water works and power and providing security for thousands of Iraqis.

"You have made a difference to a cause much larger than yourselves," Hardy said.

"We welcome you home today as veterans, veterans one and all, baptized in fire and blood, and you have forged a path to victory as this nation's war on terrorism continues."

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RED/March 2004

Exercise continued from page 1

than 50 federal, state and local organizations and was conducted in numerous locations, including Texas, Alaska, Colorado, Virginia and the national capital region.

Co. B Soldiers took the mission very seriously from the outset, using lessons learned from deployments in Iraq and current training to secure their objective as soon as they landed.

"They came down here, they were aggressive and very security conscious from the moment that they got off the plane. They were maintaining 360-degree security. In fact, it kind of surprised the Navy folks here on the ground. They weren't expecting that kind of aggressiveness and drive as soon as we arrived," Menist said.

Co. B's mission was made more realistic by the addition of real world security exercises that took place with the simulated attacks and incursions. At one point in the training, Co. B Soldiers were even involved in a drug bust.

"The naval air station is located in a fairly high crime area, and they have some serious real world criminal concerns," Menist said. "While we were conducting the exercise, we were also augmenting their post security. We had one live drug bust from our personnel manning an access control point at the front gate."

Spc. Douglas Hanson, a Bradley gunner with 1st Bn., 41st Inf., was posted at the gate and made the initial discovery of the drugs. Hanson credited the training he and his unit had been doing with making him ready for the job.

"We go through classes and rock drills on searching the vehicle," Hanson said.

"This is something that's not just important to us as Soldiers, it makes a post feel safe and allows us to find this kind of stuff before it can hurt somebody. Our training really helped in the long run because we were actually able to find stuff that people should not have had."

Menist saw the exercise as more than just support of the post and the national mission. It was also a way for the soldiers to gain invaluable experience and training.

"It's always a good thing to get Soldiers out on some sort of exercise that wakes them up in the middle of the night, sticks them on an airplane and flies them away someplace new and allows them to experience new things," Menist said.

"It's exciting training instead of just going out into the Fort Riley woods," he said.

Menist's praise for the unit was high as they wrapped up their mission and began the process of returning to Fort Riley.

"We got a real hard effort from all of them — good stamina, good aggressiveness and motivation out there," Menist said.

Off to Iraq

Helicopters belonging to the 82nd Medical Company, are loaded onto an Air Force C-17 aircraft Tuesday afternoon. The C-17 landed at Manhattan Regional Airport where Blackhawk helicopters were prepared for shipment and loaded onto the aircraft. They are being delivered to the medical company already in Iraq in support of Operation Iraqi Freedom.

Post/Skidmore

Memorial continued from page 1

his family and fiancé. "Graham always talked about his family, how much he missed them and how much he loved them."

Crane told a story about when Graham received his now "infamous Graham gloves" from his family. Crane said it seemed like Graham walked around for hours showing off the new gloves with his name sewn onto them.

"He also loved to talk about his fiancé," said Crane. "He carried her picture with him wherever he went as a constant reminder of her."

Crane closed his testimony with a personal comment to Graham: "I will miss our long talks about the Army and about life. I will miss your sense of humor. I want you to know you were not just my platoon leader; you were my friend. You will not be forgotten. I will miss you. Job well done, Jeff. Job well done."

Tears filled the eyes of Sgt. Anthony Cora, a Humvee gunner in the 2nd Platoon, as he recalled his association with Ling, who he called "Crazy Panda."

"I have many memories of Spc. Ling," Cora said. "But the memory that sticks out the most is his love of gadgets. He was always buying some new gadget, whether it be the world's smallest camera or his own personal [navigation set]."

Cora joked about Ling always carrying his navigation set with him.

"I guess he thought he might lose his way to the motor pool," he said.

Cora recalled two very important conversations with Ling in Iraq.

"Spc. Ling and I would always talk about New York. How much we missed New York," Cora said. " I remember when I was in Iraq, I told him we were going to take leave at the same time so I could go up to Queens to meet his family, and he would come down to the Bronx so he could meet mine."

"I promised Spc. Ling that as long as I was alive and breathing I would bring him home to his family. I am sorry that I could not make that promise."

Cora addressed the fallen Ling at the end of his testimony: "I love you, Ling, like a brother. You are already missed. May you be with God. God bless you.

First in a series

Riley adds to economy

Post contributes $866.7M

By Mike Heronemus
Editor

Kansas benefited from Fort Riley's existence to the tune of $866.7 million during fiscal year 2003, which ran from Oct. 1, 2002, to Sept. 30, 2003. Most of that impact came from almost $707.23 million in payroll paid to active duty Soldiers, civilians working for Fort Riley, and military retirees living in Kansas.

Active duty military pay topped $418 million during the past fiscal year, about an $87 million increase from fiscal year 2002.

The increase was a result of the number of activated reservists who came through Fort Riley, either on their way out or their way back, during that time, said Douglas Teener of the Resource Management Office. While reserve component Soldiers are on active duty, their pay counts as active military pay, and there's no way to differentiate without reviewing each record individually, he said.

Fewer reserve component servicemembers came to Fort Riley for training in fiscal year 2003 compared to fiscal year 2002, but 5,509 reserve component Soldiers came to Fort Riley in fiscal year 2003 for processing, training and deployment in support of Operation Iraqi Freedom overseas and Operation Noble Eagle in the states.

The fort's payroll for Department of the Army civilian employees also increased, from less than $70 million in fiscal year 2002 to more than $94.5 million the past fiscal year.

Fort Riley employed about 160 more Department of the Army civilians in fiscal year 2003 — 1,882 compared to 1,723 in fiscal year 2002. Non-appropriated fund activities, such as Custer Hill Bowling Center and other recreational facilities on the post, employed fewer workers in fiscal year 2003 - 230 compared to 308 in fiscal year 2002.

The number of other civilians working on post increased by nearly 600 during the past fiscal year. In fiscal year 2002, those employees numbered 2,137. In fiscal year 2003, they numbered 2,701.

Most of those other employees were contracted labor - 1,608. Others worked for the Army and Air Force Exchange Service, Defense Military Pay Office, Defense Reutilization and Marketing Office, some Kansas Army National Guard activities on Fort Riley and other Defense Department-related activities.

Some of those other employees worked for non-military activities on the post, such as Fort Riley National Bank, Credit Union #1, the post office and the public school system. The school district employs 365 people who work in its schools on Fort Riley.

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Post news briefly

CPAC offers mail classes

The Civilian Personnel Advisory Center will offer an official mail training class from 9 a.m. to 2 p.m. March 12, in building 319. Pre-enrollment is required. To enroll, call 239-5411 or 239-5022.

Each unit or activity at Fort Riley must have a primary and alternate official mail manager.

Training requirements include: Private express statutes, non-mailable material, classification of mail, special postal services, international mail, postage and fees, penalties for private use, protection of mail, mail surveys, addressing mail and cost-saving methods.

"Introduction to Unit Mailroom Operations" classes will be offered from 9 a.m. to 4:30 p.m. March 10 and 25 in building 319.

Pre-enrollment is required. To enroll, call 239-5411.

Prospective mail clerks are required to attend a class and bring with them a copy of their memorandum of on-the-job training (20 days OJT period is required). Unit postal officers not involved in mail handling duties only need to attend the class; they do not have to test. Unit postal officers involved in mail handling duties must have a minimum of 20 days OJT and will have to take the unit mail clerk test.

Leadership training offered

Fort Riley's education division offers Leadership Skills Enhancement Courses to soldiers, family members and Department of the Army civilian employees for free.

The courses are worth college credit, can be applied to local degree programs and can be transferred to other degree programs.

LSEC classes normally meet during the duty day. The next classes are April 12 through May 21. To enroll, see an education counselor in building 217, 7604 or 7656. Appointments are not necessary.

College classes to be offered

Fort Riley University plans to offer evening college courses through five on-post colleges. Class dates run from March 29 through May 22 and from April 12 through July 28.

A variety of degree programs are available and students may earn certificates of completion or associate, bachelor's or master's degrees.

Counselors in buildings. 217, 7604 and 7656 are available from 7:30 a.m. to 5 p.m. weekdays to help prospective students with course selection, enrollment and applications for financial aid.

Soldiers improve Iraqi elementary school

Renovation fixes leaking roof, bathrooms, shattered windows, electricity

By Chad Wilkerson
372nd MPAD

BAGHDAD, Iraq -- The more than 250 students and teachers welcomed Soldiers, including members of 4th Battalion, 1st Field Artillery, at the grand opening of the Kalid Al-Walid elementary school in the Al-Yarmuk district of Baghdad Jan. 26.

The battalion's Soldiers and others of the 490th Civil Affairs Battalion, an Army reserve unit from Abilene, Texas, worked to make the opening possible. Contract workers in the local community helped.

The children clapped and sang as Lt. Col. Richard Bowyer, the battalion's commander, and the school's headmaster cut the shiny, red ribbon to reopen the refurbished school building.

Bowyer said a survey of the structure's integrity made several months ago revealed that major repairs were needed before students could attend. "Before we started this project, the school's roof leaked, the classroom windows were shattered and the bathrooms were not functioning," Bowyer said. "In addition, there was poor lighting in the classrooms, all the doors were missing, there were no fans or cooling systems and parts of the structure had fallen in."

Bowyer met with Earl Rawlings, a representative from a U.S. charitable organization, the Rawlings Foundation. The foundation wanted to assist in reconstructing Iraq.

"After coordinating with Rawlings and his organization in the states, they cut us a check for the first round of restorations to Kalid Al-Walid elementary school," Bowyer said. "We used this money to make primary repairs: window glass, electrical systems, bathrooms and the roof."

The civil affairs team assigned to 4th Bn., 1st FA, coordinated and monitored the project, said Staff Sgt. Steven Ayers, 490th team sergeant.

The Kalid Al-Walid elementary school and 54 other schools lie within the battalion's area of operations. The artillerymen and civil affairs personnel planned to renovate nearly every school in the area .

"The people here have shown they realize the Americans are here to help and make things better for the Iraqi people and especially for the children," Bowyer said.

Ayers said rebuilding Iraq is going to be most effective by starting at ground level.

"Fixing these schools is a big part of our responsibility because these children will eventually become the future of Iraq," Ayers said.

372nd MPAD/Wilkerson

Pfc. James Taylor, a driver with 4th Battalion, 1st Field Artillery, passes out candy to students at the grand opening of the Kalid Al-Walid elementary school in the Al-Yarmuk district of Baghdad.

Industry ramps up Humvee production

Army News Service

MISHAWAKA, Ind. — Humvee production in February ramped up from 25 to 30 vehicles daily at an AM General factory in order to meet the demand in Iraq and Afghanistan.

Acting Secretary of the Army Les Brownlee visited the plant Feb. 13. The plant is about 10 miles east of South Bend, Ind. He thanked workers for their service to the nation, and reinforced their resolve to get the Humvees to the troops as fast as possible.

The company has produced more than 170,000 Humvees since the vehicle was introduced in 1985, said company spokesman Craig C. MacNab.

President George W. Bush's proposed 2005 defense budget earmarked millions of dollars for up-armored Humvees. Hundreds of others have already been approved for production this fiscal year.

In 2000, the Army awarded a seven-year contract to AM General for the production of some 31,474 Humvees.

Moonlighting Soldiers teach college classes in Kuwait

By Nate Orme
Army News Service

CAMP ARIFJAN, Kuwait -- Some Soldiers have discovered they don't need to put college plans off until after their Operation Iraqi Freedom deployment.

What's more, their teachers are Soldiers, often credentialed "in the field" as college professors by major universities.

Soldiers with a master's degree can teach undergraduate courses after they have been accredited to teach, said Capt. Michael Malone, adjutant for the 368th Engineer Battalion (Combat), an Army Reserve unit from Londonderry, N.H.

Most Soldiers put their college education on hold while deployed for Operation Iraqi Freedom. Although the Camp Doha education center offered courses, usually taught by civilian instructors, most soldiers couldn't get there.

"I called the Camp Doha education center and found out what it would take to teach. Basically, it took a master's degree and filling out a form, which was sent to a satellite branch of the University of Maryland in Germany for accreditation," Malone said.

"We worked with the University of Maryland to set up registration in the community center," Malone said. "The first semester it was 99 percent our battalion. We had about 100 students. This semester we posted flyers and got about 200."

"We're putting on 10 classes this quarter. We've also recruited other teachers," Malone said. One of the recruits, Capt. James DeFeo, is teaching a course on ethics and criminal justice.

DeFeo is a police officer in his civilian career.

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Commentary

Pen Points

Paper looks, reads a little differently

By Mike Heronemus
Editor

Mike Heronemus

Readers will notice, I hope, a few changes in the appearance of the Post today. Since becoming editor the latter part of January, I've made a few changes in how news, features and commentary is presented.

They have been cosmetic changes I hoped would attract readers who previously didn't find the Post interesting enough to pick up.

With this issue, the cosmetic changes include a new flag on the front page and on section front pages for community news, sports and recreation and, whenever space allows, a travel and fun page.

The space available for Fort Riley news and information is determined by the amount of advertising the printer sells. Generally, advertising will take 40 percent to 50 percent of the space available.

That could mean the Post will be 12 pages one week and 14 or 16 pages another.

I plan to include schedules of upcoming activities at the Teen Center, too.

One of my goals is to let the reader know what activities are coming up far enough in advance so that plans can be made to participate.

Fort Riley is a busy community and families on and off post can find something of interest to do if they know what's taking place.

In that same vein, readers will notice more news briefs this week and a front page column devoted to news at other Army installations around the world.

The news briefs are those snippets of information readers will find important for planning their activities and for knowing what is happening on post.

Many Fort Riley Soldiers and their families have ties to other posts, and the Internet provides an easy way for them to keep up with what's happening there.

The Post's Around the Army column will give you a glimpse of those events and tell you how to find out more about what is going on at places you've been stationed or where friends are stationed.

The Post is your newspaper. I want it to serve you in the best way possible. I would like to know what you want to know about when you pick up the Post each week. Let me know by calling 239-8854 or sending me an e-mail at mike.heronemus@riley.army.mil.

Grunt *By Wayne Uhden*

Health point of view

Army cautions Soldiers about using dietary supplements

By Kevin Larson
FORSCOM News Service

U.S. Army medical and safety professionals recently issued a "Safetygram" to inform Soldiers and their family members about the risks of using dietary supplements.

Although current Army regulations do not prohibit Soldiers from using them, Soldiers need to be aware of the health effects and effects on performance dietary supplements may have.

Some dietary supplements' effects are well understood, while the effects of others are largely unknown, U.S. Army Forces Command Surgeon Col. Gerald Cross said.

"Loads of supplements are available in stores, ranging from caffeine to ginseng and many more," Cross said.

"Caffeine is found in ordinary coffee. A cup or two of coffee containing caffeine may delay fatigue, but in large amounts it can cause nervousness and increased pulse rate. Ginseng is added to some beverages to promote energy. While it may be safe in small doses, little benefit has been established scientifically."

The bottom line, according to Army medical and safety professionals, is that dietary supplements are not a safe choice for Soldiers or their families.

The lack of government oversight on dietary supplements is one reason to be cautious about supplements, Cross said.

"Supplements do not receive the same level of oversight from the Food and Drug Administration that prescription medicines receive," Cross said.

"There is little scientific research about some supplements so their side effects, interactions with other drugs, and long-term effects are not established.

Also, quality control has been a problem with some companies - leading to concerns about the ingredients in some products."

If Soldiers are taking dietary supplements, they should tell their health care provider what they are taking, Cross said.

While a dietary supplement may not be unsafe for everyone, it could be unsafe for specific people.

"This important information may help the doctor explain some laboratory variations and might be used to prevent interactions with prescribed medication," he said.

The FDA does not regulate dietary supplements. Advertising and labeling are also unregulated, so the supplements may not necessarily match the claims or contents.

However, the FDA can ban a dietary supplement that is a significant and unreasonable risk to a person's health.

The FDA banned Ephedra in the United States in January because of safety issues.

On the Web:

For more information on dietary supplements, visit http://www.usuhs.mil/mim/ergopam.pdf or http://chppm-www.apgea.army.mil/dhpw/Wellness/dietary.aspx on the Internet.

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POST SERVICE DIRECTORY

Spc. Stephen Madison tapes up a paper target while Pfc. Jeffrey Hilton holds it up. The 82nd Medical Company Soldiers are deployed to Kuwait in support of Operation Iraqi Freedom and were qualifying with weapons.

82nd on target in Kuwait

82nd Medical Company photos by Aaron Orr

At left: Pfc. Reuben Camp and Spc. Michael Gillespie load 5.56mm rounds into magazines for use in M4s while Cpl. Dale Curtis tracks the number of rounds distributed.

Below right: Sgt. Tanoah Thomas takes a moment before firing to adjust his ear plug.

Below left: Pfc. Jeffrey Hilton holds zeroing targets while Spc. Stephen Madison attaches a qualifying target.

Eight Soldiers end careers

Retirees pursue variety of new occupations

By Christopher Selmek
19th PAD

Eight Fort Riley soldiers retired from the Army Feb. 25 durng a ceremony at Barlow Theater.

Retirees were Command Sgt. Maj. Roland Holland, 937th Engineer Group command sergeant major; Sgt. 1st Class Christopher M. Corbett, Headquarters and Headquarters Company, 24th Infantry Division (Mechanized); Sgt. 1st Class Clyde R. Corsi, HHC, 24th Inf. Div. (Mech.), Sgt. 1st Class Lamar M. Nelson, Medical Department Activity; Sgt. 1st Class Charles L. Vineyard, 1st Maintenance Company, 541st Maintenance Battalion; Sgt. 1st Class John B. Stauder, Headquarters and Headquarters Battery, 4th Battalion, 1st Field Artillery; Staff Sgt. Vincent M. Franklin, 523rd Military Police Detachment, 924th MP Battalion; and Staff Sgt. Sergio J. Loredo, HHC, 1st Battalion, 13th Armor.

Each soldier was accompanied by his wife and children.

Holland served 30 years and plans to retire in Vine Grove, Ky., play racquetball and garden. He received the Legion of Merit for his military service.

All other retirees received the Meritorious Service Medal for their service. Their spouses received a certificate of appreciation and single red rose for their contributions to their husbands' careers.

Corbett, assistant inspector general, served 24 years and will retire in Junction City, where he plans to work in education and spend more time with his family.

Corsi, noncommissioned officer in charge for the secretary of the general staff, served 20 years and will retire in Colorado Springs, Colo., where he plans to seek employment with the U.S. Government.

Nelson, plans noncommissioned officer in charge, served 22 years and will retire in Charleston, S.C.

Vineyard, automotive supervisor, served 20 years and will retire in Savannah, Tenn., where he plans to start his own automotive business.

Stauder, operations center noncommissioned officer in charge, served 20 years and will retire in Denver, where he plans to work in the information systems management field, hunt and ski.

Franklin, motor sergeant, severed 20 years and will retire in Modesto, Calif.

Loredo, rear detachment noncommissioned officer in charge, served 20 years and plans to pursue a criminal justice degree.

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Army deploys faster AKO

WASHINGTON (Army News Service) — Army Knowledge Online now offers a stripped-down version that loads up to 10 times faster than the regular service.

AKO Lite was developed in response to concerns of deployed Soldiers in support of Operations Iraqi Freedom and Enduring Freedom that AKO took too long to access and use, said Lt. Col. Kenneth Blakely, chief of AKO.

"AKO Lite contains access links to the most popular AKO features, such as the Web-based e-mail and instant messaging systems, and is very close to the full AKO experience," Blakely said.

AKO Lite is part of an ongoing effort to make AKO useful and relevant, Blakely said.

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Fort Riley
Community Life

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Community news briefly

Chaplains, PWOC plan conference

The command chaplain's office and Protestant Women of the Chapel will sponsor a "Wives of Warriors" conference from 9 a.m. to 3 p.m. March 6, at Morris Hill Chapel.

The day-long retreat will include inspiring talks, stories and teachings that will encourage and equip the military wife and mother as she faces the many challenges of Army life.

Topics will include parenting, dealing with stress and the husband's re-entry into the family.

For more information, call Don Ericson at 239-0979.

Workshop aids family reunions

A workshop for spouses with special concerns — "Preparing for the Homecoming" — is planned from 6:30 to 8:30 p.m. March 9, in the Soldier and Family Support Center, building 7264, on Custer Hill. Free childcare will be provided.

Speakers will include a victim advocate, a representative of the Staff Judge Advocate's office, an employment specialist and social work services care managers who will address sensitive issues which may arise once a Soldier returns from being deployed.

To register, call 239-5484 or 239-9435.

Classes to cover Army benefits

Free training about pertinent military matters and benefits will be offered for family members from 11 a.m. to 2 p.m. March 5 and 19 at the Armed Services YMCA, 111 E. 16th St. in Junction City. Free childcare and transportation is available for those who register in advance.

Topics to be covered March 5 include military terms, acronyms, customs and courtesies; the chain of command and the chain of concern; an introduction to military and civilian community resources; and benefits, entitlements and compensation.

Topics to be covered March 19 include management skills relating to crisis and grieving, adapting to change and stress management.

To register, call 239-9435.

Schools seek absence notices

Geary County Unified School District No. 475 requests that families with school-age children notify the teacher and principal as soon as possible of plans for an extended absence to accompany a military sponsor on deployment-related block leave.

A two-week notice will allow teachers time to advise parents on how to proceed so that their children can successfully complete school requirements for the current school year.

Relay for Life teams organize

The American Cancer Society, in conjunction with Kansas State University, will hold its annual Relay For Life fundraiser April 30 through May 1. The event runs from 6 p.m. until 6 a.m. at Memorial Stadium in Manhattan.

For more information about this event or about how to form a team, contact Andrew Lyon at (620) 340-5333.

Bikers ride to remember vets

By Robyn Haynes
K-State Intern

As the winter snow melts and the temperature rises revealing spring, Fort Riley will hear the revving of motorcycle engines resounding from its streets.

The Veterans Motorcycle Club does not fit the stereotypical image of the "Hell's Angels" biker gang. These men and women are members of the armed forces, riding in an effort to improve the image of veterans and bikers to the general public.

"We're a non-profit group just trying to give a little back to the veterans who defended us for so many years," said Anthony "Rewind" Walton, chapter vice president.

According to the mission statement of the group, they strive to create a strong sense of pride in having served an active part in military service for the United States. They are dedicated to establishing relationships with military veterans who have served this country proudly.

"This club has created another way for us to be proud to have served in the U.S. military," Wal-

See Club, Page 8

Open wide

Post/Heronemus

Spc. Nika Garcia uses Anissa Salas' spread fingers to show Custer Hill Elementary School third-graders how they should make their dental floss hug the insides of each tooth and to move it up and down the side of the tooth to remove plaque. Pfc. Mark Tyson, another Dental Activity Soldier helping to teach good dental care looks on.

Post/Heronemus

Pfc. Mark Tyson (left) and Staff Sgt. Howard Pastran, both of the Dental Activity on Fort Riley, teach children how they should brush their teeth properly while Spc. Nika Garcia looks on.

Post/Heronemus

Custer Hill Elementary School third-graders raise their hands to answer a question about good dental care.

Dental staff teaches proper tooth care

By Mike Heronemus
Editor

Hands shot in the air and waved eagerly Feb. 26 each time one of the Soldiers asked a question.

Every time, the Custer Hill Elementary School student picked to answer, gave a good response about what he or she should do for good dental health.

Cedric Davis Jr. sat among Peg Chambers' and Christine Rust's third-grade students and said he knew most of the answers. "My dad taught me. He teaches me everything," young Davis said.

Even so, the 8-year-old said the visiting Soldiers taught him something new about brushing that morning. "I learned you should brush your cheek," too, Davis said.

The Soldiers of the Dental Activity at Fort Riley spent the day at Custer Hill Elementary School teaching students in kindergarten through fifth grade about good dental care. They present the dental health classes in the elementary schools on post every year as part of National Children's Dental Health Month - February, said Staff Sgt. Howard Pastran, training noncommissioned officer for DENTAC.

The classes were presented during the last two weeks of February. The Soldiers will present the class to Fort Riley Middle School students during that school's annual health fair, which usually takes place in April, Pastran said.

On Feb. 26, Spc. Nika Garcia and Pfc. Mark Tyson talked to the students about proper brushing and flossing techniques and about foods that could cause cavities in teeth.

Garcia talked about healthy eating habits and looked surprised when one student

See Teeth, Page 8

Group begins scholar search

Committee hopes to give $16,000

By Christopher Selmek
19th PAD

The Fort Riley Combined Scholarship Campaign kicked off its annual campaign recently with $8,000 of the $16,000 the campaign committee hopes to make available for college and high school scholarships this year.

"We already have $3,000 from the Archaeological and Historical Society of Fort Riley, and the Enlisted Spouses' Club and the Officers' and Civilians' Spouses' Club earned over $5,000 at the annual arts and crafts bazaar that we held this autumn," said program chairwoman Shawni Sticca.

The scholarship campaign kicks off every year in February, Sticca said "We start sending out scholarship applications, which are due in April, and then a board of judges will determine the winners. The scholarships will actually be given out in a ceremony in May."

Last year, 16 scholarships worth more than $14,000 were awarded. Sticca said she hopes more scholarships can be awarded this year.

The scholarship money ultimately goes to a family member of a current, deceased or retired member of the Fort Riley community.

Sticca listed four categories for scholarship recipients: graduating high school seniors, family members enrolled in college and looking to continue their degrees, spouses wanting to further their education and family members attending a vocational or technical school.

An awarded scholarship could be lost if the person receiving it moves away from the Fort Riley area because of change of station orders. However, family members who stay behind to attend school retain the scholarships.

School guidance counselors have applications. They also can be downloaded via Internet at www.ftrileyscholar.com. Applications are due April 16.

Fort Riley teacher earns national certification

Julie Stadtlander, special education teacher at Fort Riley Middle School, reviews English notes with seventh-grader Brittany Scott during a private session in the school library.

Post/Selmek

By Christopher Selmek
19th PAD

Julie Stadtlander, special education teacher at Fort Riley Middle School, recently received her National Board Certification, marking her as a distinguished educator above and beyond the average set.

"Teachers have a license," Stadtlander said, "and the National Board Certification is above and beyond the regular license.

"I'm already certified in working with students with special needs. This just puts me in the distinguished category"

In theory, certification by the national board enables an educator to teach at any school anywhere in the country; but, according to Stadtlander, she is not prepared to rest on her laurels.

"I don't think it works like that, really," she said. "Maybe (it did) when it first came out, but I know every district has their own rules and their own test that you have to pass."

Stadtlander describes the application process as a rigorous assessment of the teaching process.

In addition to submitting a portfolio of her previous certifications and recommendations, a portion of the assessment also required her to videotape herself teaching a class.

"It was a very positive experience," Stadtlander said. "It really forces you to look at the teaching process and examine what you are doing and why you are doing it. That's something that is important for all educators."

See Teacher, Page 8

Teeth

continued from page 7

responded correctly that ice cream is sometimes good to eat and sometimes bad.

"It has milk in it, and that's good," Garcia agreed, "but it has sugar, too, and that can be bad."

Sarah Bradley said chocolate was her favorite flavor of ice cream. Learning that ice cream might sometimes be bad for her wouldn't stop her from eating it, she said.

The 8-year-old said she knew a lot about good dental health but learned she should make her dental floss "hug the tooth and go up and down" with it.

The dental team

Staff Sgt. Howard Pastran,
Sgt. Mindie Canole
Spc. Tia Vaa
Spc. Nika Garcia
Pfc. Mark Tyson

Club

continued from page 7

ton said.

"I have noticed that when some (Soldiers) leave the ranks of the Army, many forget about the veterans and their importance to the military. We are here to let them know that they are important, and how they had an impact on our lives," said Staff Sgt.. Christian Priem, chapter treasurer.

Dan "Dog" Brownell, chapter president, said the group's main priority is to help veterans in any way possible.

Other than local affiliates of national veterans associations, not many local groups focus on veterans' well-being, members of the new motorcycle club contend.

This group is proudly structured around the care taking of these veterans, they agreed.

The club is in the midst of implementing a project called 'Mr. Sav' — Motorcycle Riders Supporting America's Veterans. The project's goal is to raise money for a World War II memorial in Washington, D.C.

"There are many veterans near Fort Riley who need help mowing their lawns or painting fences.

"With this project, we intend to be that extra hand for them. We're still in the planning phase, but it is a high priority to kick off in the spring," Priem said.

The group will lend a hand to local veterans for free, but will accept donations.

The group is dedicated to helping veterans, but its generosity does not end there.

"We make an effort to also help those that are currently deployed overseas. We get a list of Soldiers who do not receive mail and see to it that they get a care package and encouragement," Priem said.

This regional chapter of the MVMC is part of a national club.

The organization's Rocky Central Region attracts members from Kansas, Colorado and Oklahoma.

"Our regional chapter is named after Medal of Honor recipient Capt. Roque "Rocky" Versace," Priem said.

Versace fought in the Vietnamese jungles. Versace told his captors that he was willing to accept death rather than to compromise the ideals of duty, honor and country.

"The best part about this group is that it isn't about us," Brownell said.

"Sure, we love the feeling of family that it brings, but it's about giving veterans the recognition and attention they deserve," Brownell said.

The MVMC is not open to just men. "As a female, I can be a full patch member," said Tamsen Thistle Hawk-Ranck.

The Rocky Central Region meets once a month to discuss ideas and to generally have a good time. They don't always meet in the same place, but they all say they can have fun anywhere.

"We get together and ride, barbeque and just have fun," Brownell said.

Want to know more?

For information about joining the Military Veterans Motorcycle Club, log on to their web site at www.mvmcrcr.org.

Teacher

continued from page 7

Although some districts offer a financial incentive for the certification, Stadtlander admits that her motivation for going after the award was purely for herself.

"I already have my master's," she said, "and the next step in developing myself professionally would have been getting my Ph.D. I considered that, but the National Certification seemed a more appropriate step forward for what I was doing."

"The state of Kansas offers a $1,000 bonus, but there's nothing additional from the district," she said. "It's more of a personal goal for me, anyway."

Stadtlander might have chosen to pursue this award at any time, but she said there was timeliness about going after it right now.

"K-State had this professional development group set up now, which is why I wanted to jump on it now rather than later, when they might not have the team set up," she said. "Things like this, I don't want to be the only one doing it."

Stadtlander's position requires her to go into other teachers' classes and give special assistance to students who need it, acting as a support to the general instructor.

She works with students before and after school and helps to make study sheets more easily understandable to the students who need them.

About Stadtlander

One of 10 teachers in Geary County Unified School District 475 to earn the national certification.
Decided she wanted to be a special education teacher while a freshman in high school.
Attended pre-education classes at Highland Community College in Kansas immediately after high school and earned an associate degree there.
Transferred her associate degree to Kansas State University and completed work for a bachelor's degree in December 1996.
Began teaching at Fort Riley Middle School in 1996 while continuing her education toward a master's degree, which she earned in 2000.
"I plan on sticking around Fort Riley Middle School for a while, probably forever. I really enjoy the school and the students and just being a part of their lives. I love it here."

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Fort Riley
Sports & Recreation

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Sports & Rec news briefly

Army beats Texas ball team

WEST POINT — Junior second baseman Nate Stone homered and drove in four runs and freshman left-hander Nick Hill pitched five solid innings Feb. 22 in his collegiate debut as Army defeated Texas-San Antonio 6-3 at Wolff Stadium.

Army rapped out 13 hits on the day, including three each by Walker Gorham and Schuyler Williamson and two each by Stone and Jeremy Stache. Williamson scored three runs and Stache added a pair of runs batted in.

Women's team defeats Navy

WEST POINT — The Army women's pistol team defeated the Navy's team in a match at Tronsrue Marksmanship Center Feb 21-22.

The Army's Sport Pistol Team consists of seniors Mindi Updegraff, Patricia Teakle and Jennifer Smith, who shot a combined score of 1,608 against Navy's 1,578.

Army also won the women's air pistol event with a team score of 1,080 against Navy's 1,065.

Updegraff, who's been the leading scorer on the women's pistol team all season, had never shot a pistol before joining the pistol team her plebe year.

Outdoor Rec sponsors turkey beard contest

The Outdoor Recreation Center staff invites all post hunters to enter a Longest Turkey Beard contest. Hunters must register their entries between March 20 and April 13 at the center. Cost is $10 per person.

Prizes will be awarded in three categories: typical, non-typical and youth. All turkeys must have been shot on Fort Riley. Beards can be measured by employees at the recreation center, building 9011, or at the natural resources office in building 1020.

The Outdoor Recreation Center is open from 9 a.m. to 5 p.m. Tuesdays through Fridays and from 8 a.m. to 4 p.m. Saturdays.

For more information, call 239-2363 or 239-6368.

Pool schedules lifeguard class

Spring break lifeguard training will run March 19-22. Cost is $75 per person plus the cost of books. The Fort Riley aquatics staff will be looking for potential lifeguards to employ during the upcoming summer swimming season.

A pre-test is scheduled from 4 to 6 p.m. March 19. Classes will be taught from 9 a.m. to 5 p.m. March 20-22, with a final test scheduled March 22.

For more information or to sign up for classes, call 239-9441.

Battalion-level leagues to start

Fort Riley's adult intramural sports program kicks off its battalion-level volleyball league March 8. The season runs through April 26.

The post's battalion-level soccer league starts March 22 and runs through May 10.

For more information, call 239-3945.

Longhorns headed for K-State

By Sam Robinson
Staff Writer

Basketball fans will get the chance to see a top-10 team - the Texas Longhorns — in action March 6, when they come to Manhattan to play the Kansas State University Wildcats.

Texas holds the No. 10 slot for NCAA Division I teams. The Longhorns (21-5, 12-3) dropped to second place in the Big 12 after their recent trip to Stillwater, Okla., but Texas is guaranteed a top slot in the upcoming conference tournament regardless of their showing in Manhattan.

The Cats, on the other hand, will be trying to claw their way up the Big 12 ladder. As of March 5, K-State appears set to enter the conference tournament in a very different No. 10 spot.

The Wildcats tip off against the Longhorns at 4 p.m. in Bramlage Coliseum. The game will be broadcast on the Mid America Sports Network as well as ESPN.

K-State will be looking to post a win and end their at-home losing streak. The only Big 12 South team K-State has beaten this season is Texas A&M, who has yet to post a Big 12 win.

Texas has proven to be a very successful road team during Head Coach Rick Barnes' era. In fact, Barnes has guided the Longhorns to a 33-14 road record in Big 12 games during his six seasons in Austin. That is the best league record in road games during that period.

Jim Wooldridge, K-State's head coach, will be looking to keep his team from ending the regular season below the .500 mark. The Cats have a 50-64 record during Wooldridge's four seasons.

K-State will be looking to junior forward Jeremiah Massey to keep the Cats on track with Texas. Massey leads the Cats in five categories: scoring, rebounding, double-doubles, steals and blocks.

Rumors are circulating that the Detroit native could be up for Big 12 Newcomer of the Year honors. Massey will need to post another 20-plus points game to keep the Cats in the running against the Longhorns.

Texas senior guard Brandon Mouton enters Saturday's game playing his best basketball of the season. He has averaged more than 20 points per game while hitting 50 percent in field goals and more than 40 percent from three-point range in the past six games.

The starting line-ups have yet to be set. Texas has used 10 different starting lineups and 10 different Longhorns have made appearances in the starting lineup.

The Cats, who have been plagued by injuries, will have to see who is well and able to play.

K-State makes its 10th appearance on ESPN this season when they take the floor against the Longhorns.

Tickets for the game are still available through the Information, Ticketing and Reservations office across from the main post exchange on post.

Post/Robinson

Wecker bats the basketball

Kansas State University forward Kendra Wecker knocks the basketball from the hands of Iowa State player Katie Robinette during a recent game played in Bramlage Coliseum in Manhattan. K-State beat the Cyclones 68-33. Wecker posted 20 points and 11 rebounds in that game. For the second time this season and for the fourth time in her career at K-State, Wecker was named Big 12 Conference Women's Basketball Player of the Week March 1. The Wildcats have finished regular season play and move into post-season playoffs as a strong contender.

German badge competition set

Reserve unit to host events

By Charlene Gemar
326th Area Support Group

The 326th Area Support Group, U.S. Army Reserve, will sponsor the 2004 German Armed Forces Badge for Military Proficiency event May 20-23 at Fort Leavenworth.

The events are designed to test a soldier's physical, mental and military endurance with a series of tough qualification standards set for German soldiers. Events that make up the competition include individual marksmanship with a 9mm pistol, athletic ability tests, track and field, first-aid skills and swimming.

The final event will be a road march beginning at 5:30 a.m. May 23. Based on age and gender, the length of the road march can be up to 18.7 miles. The day will end in an awards ceremony at 2 p.m. at Marshall Auditorium, Bell Hall, for the participants.

The event is open to any member of the U.S. Armed Forces. Based on their performance, Soldiers can earn a Gold, Silver or Bronze Badge that is authorized for wear with the U.S. military Class "A" and Army Blue uniforms. The badge is not authorized for wear with the Class "B" or mess uniform.

The event has different categories, some of which are based on the Soldier's ability, age and gender. Soldiers must qualify in first aid by performing five medical tasks ranging from evaluating a casualty to splinting a suspected fracture.

They must qualify in marksmanship with the 9mm pistol. Five rounds will be fired at three targets. Hitting three of five targets qualifies for the bronze award, four of five for the silver and five of five for the gold.

Soldiers will also compete in a 200-meter swim, 100-, 400- and 1,000-meter runs, high jump, long jump, shot put, weight lifting and a 100- or 1,000-meter swim.

Depending on age, the Soldier must complete a road march of 7.5 to 18.7 miles carrying a 22-pound rucksack.

All participants must have passed the Army Physical Fitness Test within the previous six months with a minimum score of 240 and meet the Army's height and weight standards. Applicants from other services (Navy, Air Force, Marines) need to contact the 326th ASG to determine substitute tests and scores.

For more information and a complete list of requirements, call Maj. Dwayne Dunlap at (913) 334-4230, Ext. 107 or (800) 226-4219, Ext. 107 or send e-mail to dwayne.dunlap2@usarc-emh2.army.mil.

Prairie chickens inhabit Fort Riley

Post boasts one of largest concentrations found throughout open prairie

Carla Hurlbert

By Carla Hurlbert
Fish and Wildlife Biologist

On the Wildside: News About Nature

The Greater Prairie Chicken (Tympanuchus cupido) is a native grouse and permanent resident on Fort Riley. It is also called the "pinnated grouse" because of the long pinnae, or tuft of feathers, on each side of the neck.

The greater prairie chicken is closely associated with the native prairies of eastern and central North America.

The prairie chicken plumage is olive-brown to pale clove brown with crossbars of brown and white on back, wings, breast, belly and tail.

Males have orange-colored air sacs and eyebrows and a long pinnae.

The tail is short and rounded. Their legs are feathered down to the toes and feathers hide the nostrils. They weigh about 2 pounds.

Prairie chickens occur in native prairies.

Fort Riley has one of the largest concentrations of prairie chickens throughout the open prairie. They prefer open areas of permanent tallgrass of good quality and only a minimum of brush and trees.

While they may venture into areas of woody vegetation or the edges of prairie meadows, their preferred home is prairie meadow with adjacent cultivated fields.

Tallgrass of 10 to 18 inches in height and sturdy enough to withstand strong winds and heavy precipitation is required for roosting, nesting and protection. Open knolls with short grass cover are ideally suited for springtime courtship or "booming."

Prairie chickens are very mobile and depend on large grasslands. They rarely persist on areas as small as several hundred acres, and then only if

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Cold weather calls for proper pet care

By Mike Sykes
K-State Intern

Spring may be right around the corner, but temperatures can still chill the bones for a while.

The record low temperature in Junction City on March 1, 1962, was zero.

With cold weather still a possibility, owners should continue making a special effort to ensure their pets don't suffer when temperatures drop.

Owners can do a number of things to help their pets stay warm, from insulating a dog's kennel with blankets or straw to making sure pets have fresh, unfrozen water.

Samantha Banister, of Fort Riley Veterinary Services, recommends several changes to regular pet care when the weather gets cold.

"Instead of going on longer walks, when there is ice on the ground, take your dog on two shorter walks.

"This will help prevent the pads on your dog's feet from cracking," she said.

Banister also recommends situating dog kennels so their doors do not face directly into the wind.

"You should check each day and make sure that the opening isn't facing into the wind," she said.

Letting wind blow in the door of the kennel can really make the kennel much colder, she said.

Keeping a dog well hydrated is essential in preventing exposure problems, Banister said.

"Not only does their water freeze, but because the air is so dry your dog is much more likely to suffer from exposure."

The best way to ensure a pet's safety is to bring the animals indoors when the temperature drops below 32 degrees.

"Even if the dog is an outdoor dog, you should bring them indoors at night because it gets so much colder," Banister said.

Banister also noted that taking proper care of pets is not just the right thing to do, it is the law.

A neighbor who sees a pet being neglected can call the military police, who will come out and assess the situation, she said.

"If the animal is being neglected, they bring them to us until the problems are fixed," she said.

"We get that a lot," said Spc. Luke Chandler, who is attached to the 523rd Military Police Team.

"Along with neglect, we also deal with a lot of loose animals, which can result in a failure to control a pet violation," he said.

Wildside

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the essentials of food, cover and water are available. If necessary, the birds will fly a mile or more between food and cover sites.

Usually, feeding takes place in the early morning and late afternoon.

Midday is a time for loafing, sunning on cold days and resting in the shade on hot days.

The birds go to roost at dusk. They roost on the ground in hay meadows and pastures and begin their daily activity at dawn.

The primary foods of the prairie chicken are seeds, buds, fruits and insects.

They also feed on waste grain, corn, soybeans, wheat and milo. In general, native plants are most important. Young chicks rely heavily on insects during the first few weeks of life.

The breeding season begins in early spring and extends until June. Cocks make early morning and late afternoon visits to certain areas called "booming grounds" or "leks," which are used traditionally.

Here the males dance, call and fight among themselves as they establish territories. At the height of the breeding season, hens visit the booming grounds and mating occurs.

Nests are simple, flimsy structures of dead grass. They are saucer shaped, about seven inches in diameter and perhaps two to three inches deep. Nests are usually located in high, arching clumps of grass but sometimes are built in weedy areas.

The average clutch contains 10 to 12 olive eggs spotted with dark brown. Incubation requires about three weeks.

The peak of the hatching period comes in late May to early June, depending on weather conditions. The chicks remain with the hen for eight to 10 weeks, and then the brood breaks up.

The decline of prairie chickens is mostly the result of habitat change from prairies to cultivation, complete burning of grasslands and overgrazing. The most serious threat is the loss of grassland habitat for nesting, brood-rearing and winter cover.

Too many acres of tilled crops and too few acres of quality grasslands make prairie chicken survival a tough challenge.

Also, areas that had at one time been quality grassland have been allowed to be overgrown with trees and brush to the point of being an unattractive area for prairie chicken survival.

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Army accelerates plans to increase suicide awareness

By Marcia Triggs

Army News Service

WASHINGTON -- The Army has sped up implementation of certain suicide prevention initiatives, including a toll-free phone number, to help curb suicides among Soldiers during these stressful times, an Army personnel official said in February.

Soldiers can now talk to a trained professional about any of their problems by dialing (800) 464-81077 if they are overseas; and (800) 464-8107 if they are stateside.

"Army One Source is a 24/7 crisis hotline that makes behavioral health professionals more accessible," said Lt. Col. Jerry Swanner, the Army suicide prevention program manager at the Pentagon.

"Soldiers can talk freely, and it won't go in their medical records," he said.

In 2000, before the terrorist attacks on the United States, the Army revamped its suicide prevention program. The campaign, "Soldiers, Leaders and Communities Saving Lives," was developed to train everyone in the Army community how to recognize early signs of suicidal behavior and how to intervene.

"We know that the stress level of our Soldiers has increased since Sept. 11, therefore programs that were being considered now have been implemented and fully funded by G1 (the Office of the Deputy Chief of Staff for Personnel)," Swanner said.

About three years ago Swanner convinced Training and Doctrine Command to fund a training workshop called "Applied Suicide Intervention Skills Training."

The focus of the training is to give anyone who might come in contact with a person at risk of committing suicide the confidence and tools to take immediate life-saving actions.

Recently units like the 1st Infantry Division at Wuerzburg, Germany, had at least two Soldiers in each company take the intervention training so they could instruct suicide awareness classes before division units deployed to Iraq.

Fort Lewis, Wash., is another installation that has adopted the training program as part of its suicide prevention plan.

"More than 330 Soldiers and civilians have been trained at Fort Lewis, and there is an ASIST coordinator whose primary responsibility is to conduct suicide prevention training for every civilian employee on the post," said Fort Lewis' Family Life Chaplain (Maj.) Thomas Cox.

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Travel & Fun in Kansas

Leisure-time ideas

Ballet, tap classes offered at Teen Center

Weekly 50-minute classes in ballet, tap, jazz and lyrical dance are offered Wednesdays at the Fort Riley Teen Center. Boys and girls age 3 to 18 may enroll. Ballet and tap classes for children 6 to 8 years old run from 5 to 5:50 p.m., for children 3 to 4 years old from 6 to 6:50 p.m. and for children 5 to 6 years old from 7 to 7:50 p.m.

Cost is $25 per month.

All participants in classes must be registered with Child and Youth Services.

Annual CYS registration costs $15 per child or $35 per family.

Registration is from 9 a.m. to 1 p.m. Monday through Thursday at Central Enrollment Registry, building 6620 on Normandy Avenue on Custer Hill.

For more information, call Central Enrollment Registry at 239-4847.

Teen Center schedules March activities

Upcoming activities planned by Teen Center staff include:

March 6 — Canned food drive, 3 to 6 p.m.

March 12 — MST dance, 8 to 10:30 p.m.

March 19 — Game room tournaments, 8 to 11 p.m.

March 20 — Trip to Topeka Zoo, 10 a.m. to 4 p.m., cost $5, sign up by March 18

March 22 — Moon Lake cleanup, 1 to 4 p.m.

March 23 — Trip to Cosmosphere, 9 a.m. to 6 p.m., cost $10, sign up by March 19

March 24 — Trip to Topeka mall, 1 to 6 p.m., cost $5, sign up by March 19

March 24 — Relay races and barbecue, 1 to 5 p.m. at sports complex, cost $3

For more information, call the Teen Center at 239-9222. The center is located at the corner of Thomas Avenue and Longstreet Drive on Custer Hill.

At the movies:

The Barlow Post Theater doors open at 6:30 p.m.; shows begin at 7 p.m. Tickets cost $3 for adults, $1.50 for children 11 and younger. Children younger than 5 are admitted free except during children's matinees or expected sellouts.

March 6 -- My Baby's Daddy (PG-13)

March 7 -- Cold Mountain (R)

March 11 -- My Baby's Daddy (PG-13)

Museum site of concert

Post/Haynes

The Marianna Kistler Beach Museum of Art at 701 Beach Lane on the Kansas State University is open 10 a.m. to 5 p.m. Tuesday through Friday and 1 to 5 p.m. Saturday and Sunday. Admission is free.

Singer/songwriter to perform

Special to the Post

MANHATTAN -- Singer and songwriter Monica Gomez will perform at the Marianna Kistler Beach Museum of Art as part of the series "Shared Stories: A Performance Series on the Lives of Women," at 7:30 p.m. March 9 in the UMB Theatre.

The series is in conjunction with the exhibit "Life Passages: Women, Dress and Culture." In addition, Gomez will give a workshop, "Writing as a Safe Place for Emotions," at 10 a.m. March 9.

Gomez's performance has been developed especially for the exhibition using the themes suggested by Anita Mayer's mantles: Metamorphosis: Celebration of Life and Death, Menses, Marriage, Motherhood, Menopause and Matriarchal Crone.

Gomez's workshop will focus on journaling and creative writing. The workshop is free, but reservations are necessary and can be made by calling (785) 532-7718. Gomez's concert is also free.

Gomez uses imagery from the Texas-Mexico border, plays the guitar and uses her wit throughout her performances. She is known for her "provocative workshops that engage adults (to) explore art as a safe place for powerful feeling and self-discovery through writing and Chi Gung exercises.

For more information, call the Beach Museum at (785) 532-7718.

Other events on the K-State campus:

"The Importance of Being Earnest," by Oscar Wilde; McCain Auditorium, 3 p.m., March 7, tickets available by calling the McCain box office between noon and 5 p.m. Monday through Friday.

Children's Arts and Crafts Sampler, UMB Theatre, 1:30 to 3:30 p.m., participants will make ethnic toys and crafts related to childhood, cost $5 for all supplies.

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