

In Step on Channel 2

- 6:30 a.m. In Step
- 8 a.m. In Step
- 8:30 a.m. CAC
- Noon In Step
- 12:30 p.m. CAC
- 6 p.m. In Step
- 6:30 p.m. CAC
- 10 p.m. In Step
- 10:30 p.m. CAC

Fort Riley Community



Fort Riley volunteers brighten community Dedicated few donate more than 95,000 hours of service

Volunteer of the Year nominees

Name	Nominating Organization
Robyn Alexander	1st Bde., 1st Inf. Div.
Krista Persing	1st Bn., 16th Inf.
Donna Marie Tullberg	1st Bn., 34th Armor
Tammy K. McDowell	2nd Bn., 34th Armor
Sherri L. Ganz	1st Bn., 5th FA
Tina Newbanks	1st Eng. Bn.
Kimberly Vogt	3rd Bde., 1st Armored Div.
Mary Ann Norwood	1st Bn., 41st Inf.
Stacie Belt	1st Bn., 13th Armor
Rosemary Blando	2nd Bn., 70th Armor
Melinda Gammill	4th Bn., 1st FA
Christine L. Wilson	70th Eng. Bn.
Jessa Kajencki	125th Support Bn.
Kendra Holland	937th Eng. Group
Anetta Schum	541st Maintenance Bn.
Donna Hallenbeck	924th MP Bn.
Jennie Gibson	82nd Med. Co.
Leslie Perdue	568th Eng. Co.
Charlie Quick	Garrison
Lisa Skinner	3rd Bde., 75th Div., OCSC
Kathy Burns	2nd Bn., 291st Regiment
Christie Vanover	HHD, 3rd Bde., 75th Div. (TS)
Jennifer Hathaway	ACS/AFTB
Albert Wikberg	American Red Cross
Vicki Jurgensmeier	Circle of Care/IACH
MSG Donald McCormick	Child and Youth Services
Maryann Handran	Command Chaplains
Mashawn Sticca	Enlisted Spouses Club
April A. Clark	Girl Scouts
Marlee Marshall	Fort Riley Historical and Archaeological Society
Laura Cross	Protestant Women of the Chapel
Scott Martis	Thrift Shop
Michelle Ringler	Fort Riley Elementary School
Alex Emmer	Morris Hill Elementary School
Janie T. Anderson	Boy Scouts
Chap. (Maj) Michael D. Wood	Ogden Elementary School

By Kim Levine
Staff Writer

Fort Riley volunteers are being recognized for all of their work on post throughout 2002 with Volunteer Appreciation Week, April 28 - May 2. The theme of the week is "Fort Riley Volunteers — the Spirit of America's Heartland."

"This theme says it all," said Betsy Young, installation volunteer coordinator. "They work for no pay and they give because they want to."

In 2002, over 2,059 people volunteered around Fort Riley, compiling over 95,000 hours of volunteer service, said Young. According to the President's rate of volunteer work, volunteers saved Fort Riley around \$1,500,000.

Every volunteer on post will get a certificate signed by Young, a coupon book with tickets to the week's events and other discounts around post. Those who volunteered over 50 hours will also receive a volunteer pin.

A recognition ceremony kicks off the week April 28, recognizing the volunteers selected by the various units and organizations around post for Volunteer of the Year. April 29 will be Commissary Day, when the volunteers will get a goody bag, cake and coffee. On April 30, events will include a \$1 movie for volunteers at Barlow Theater. The theater is showing "How to Lose a Guy in 10 Days," and will be open to everyone at regular prices, but volunteers will have a coupon for \$1. May 2 closes out the week with Post Exchange Day. The volunteers will have coupons for ITR drawings with four tickets to "Worlds of Fun." They will also receive a goody bag.

"It's a minute way for the post to say thank you to our volunteers," said Young. "It's good to take a week and say they're appreciated and vital to our mission."

Units and organizations from around the post selected their Volunteer of the Year, and from that list, a post-wide Volunteer of the Year will be chosen. Volunteers help out in almost every section around post.

"There is a more diversified group of volunteers this year," said Young. "Some work full-time, and some volunteer full-time. But, most of it is behind the scenes."

Rosemary Blando, who was recognized by the 2nd Battalion, 70th Armor, said she was very humbled to be chosen. She is the co-leader of her Family Readiness Group, and is also a mother of two children, ages 2 and 3.

"I don't consider what I do as work," said Blando. Blando helps to organize events for the unit's spouses and helps with the details of deployments. Her husband is currently deployed in support of Operation Iraqi Freedom.

"There are so many wonderful wives, and we need a support group," said Blando. "I could not

imagine not being active with these women."

Blando said she accepts this recognition on behalf of all the wives, who make her volunteer service enjoyable.

Kendra Holland, recognized as an outstanding volunteer by the 937th Engineer Group, said she was surprised to be chosen. Holland volunteers at several places around post, along with watching her grandchildren.

"I have volunteered for almost 20 years," said Holland. "I love it, and it has made my husband proud."

Holland started volunteering in 1984, when her husband asked her to be the representative for his company.

"If anything was going to happen, I had to step up," said Holland.

Since then, Holland has volunteered at several other military installations. At Fort Riley, she volunteers with her husband's unit, for the Fort Riley Historical and Archeological Society, as a

representative of the FRG leaders and she also serves as the treasurer of the Enlisted Spouses' Club. Holland was also chosen last year to serve as a representative for Fort Riley at the Forces Command conference in Atlanta, where she brought issues from Fort Riley to the Department of the Army. This is the first time she has been recognized as Volunteer of the Year from an organization.

Holland, who volunteered for about 225 hours last year, said she enjoys the week of recognition and thanks.

"Fort Riley has the best program I have experienced in all of the military for volunteers," said she said.

Master Sgt. Donald McCormick, Headquarters and Headquarters Company, 24th Infantry Division, also spends time volunteering, but for different reasons.

"My wife and I have two boys who are very active, and we make it our business to stay involved in all that the two of them participate in," said McCormick. "That's the catalyst that started it all!"

McCormick said that since he has started volunteering, he has grown to enjoy it, and he now volunteers even when his sons are not participants.

McCormick volunteers about 20 hours per month at the Fort Riley Teen Center. He chaperones teen dances, officiates and coaches sports and helps organize activities for the kids during Family Night events.

"Volunteering is important to me because it shows young people the value of time," said McCormick. "Volunteering touches and expresses true values that a community should have for one another, and it teaches citizenship, humility, candor, selfless service, integrity and a willingness to stand for what is right for the people."



Sheri Belville volunteers every day at the Soldier Family Support Center. Besides her work here, she is also the mayor of her housing community, the co-leader of her FRG and the POC for her husband's unit.

See Volunteers Page 14

Society preserves culture, history of post

By Jamie Bender
Staff writer

The Historical and Archeological Society of Fort Riley is a volunteer organization that works to preserve and inform the public about the history of Fort Riley.

The society is comprised of about 100 members.

"They are wives of retirees, active duty spouses and anyone who would like to volunteer," said Rachelle Boslego, HASFR president.

"We bring culture to the post. We bring an awareness of the past and preserve it for the future. We also work closely with the museum," she said.

HASFR puts together several annual events at Fort Riley.

"We work to preserve the rich history of Fort Riley," said Boslego. "We put together events like Apple Day, the Halloween ghost tour and the historic homes tour every year." The events help fund some of the things HASFR does throughout the year.

"We sell 1000 pies at Apple Day, and that money goes to the Fort Riley scholarship fund," said Boslego. "We purchase historic books for the schools and also purchase historical plaques and furnish the B side of Custer house."

The volunteers of HASFR also act as docents.

"We conduct tours of Custer House and walking and bus tours of the post," said Boslego. "We are preserving the history as well as seeing living history here. In a hundred years, someone will wonder how we lived, and we will somehow have forwarded that to them."

The board of HASFR meets monthly at Side B of Custer house to discuss expenditures and committee findings. The general membership meets about four times a year, and membership is free.

"We have an ice cream social in August," said Boslego. "That is our membership drive."

Boslego has been involved

with HASFR for about three years.

"One of my neighbors was on the board and told me they needed a secretary. I got started from there," she said. "We want people to learn, but we want them to have fun as well. I like to see people happy. I have met so many people, and I have enjoyed meeting them and volunteering for the past three years. Being on the board is very rewarding for that reason."

HASFR will hold elections for President, Vice President, Secretary and Treasurer in May. These positions are held for one year.

To join the society, Rachelle Boslego can be reached at 717-2818.

Easter sunrise service scheduled

The Fort Riley Easter Sunrise Service will be held April 20, 6:30 to 7:30 a.m. at the Fort Riley Outdoor Chapel, Chap. (Col.) Carl Thompson, chaplain, 5th Army, will be the guest speaker.

The service will be open to the community and a free brunch, including donuts, bagels, fruits and vegetables, a meat and cheese tray, coffee and juice, will be served immediately following the service.

In case of inclement weather, the event will be held at Morris Hill Chapel. For more information, contact the Installation Chaplain, 239-3359.



Soldier Risk Reduction Program assists commanders, predicts risks

By Kim Levine
Staff Writer

Fort Riley's risk reduction team has been working for several years to improve and refine their risk reduction program, which started on post in 1995.

With seven years of data, brigade and battalion commanders can now be proactive in addressing high risk factors affecting their unit, said Nicole Sizemore, coordinator, Soldier Risk Reduction Program.

"This is the direction we have been moving in over the last year, and we now have enough of a database to be able to generally predict what risk factors are going to be elevated in which quarters for that particular unit," said Bill Powers, chief, Soldier and Family Support Center.

Fort Riley's Soldier Risk Reduction Program is a management tool helping commanders identify high risk factors

affecting their units and developing prevention strategies to address those factors. The program tracks and reports quarterly on 14 factors, including injuries, drug offenses, alcohol offenses, financial problems and others. All of the data collected for each unit is given to the commanders. If units are considered not to be high risks, they receive their data via e-mail. But, if units are considered high risks, the commander can set up a one-on-one meeting with the coordinator, said Sizemore, who gives the com-

"This is an excellent management tool for prevention services for the commanders who has been endorsed by the commanding general, down."

—Bill Powers
Chief, Soldier and Family Support Center

manders recommendations for prevention of high risk factors based on the data. "This is an excellent management tool for prevention services for the commanders who has been endorsed by the commanding general, down," said Powers.

The program has evolved over time. The Army Center for Substance Abuse Programs and the Army Safety Center collaboratively developed the model for the program in 1994, and introduced it to the Army in 1995. Fort Riley was one of four installations that embraced the program and ran with it,

said Powers.

The data is collected with the help of several other safety programs and organizations on post. An Installation Prevention Team is active at Fort Riley and is comprised of the members that submit the data to the SRRP, said Sizemore. For example, accident reports come from the Installation Safety Office, which is a member of the team. Other members include the Chaplain's Office, Provost's Marshall's Office and several others.

The risk reduction program's goal is soldier readiness and minimizing risks that might distract soldiers from accomplishing their mission, said Powers.

"The program was designed to be non-attributional. There are variables that affect soldier behavior, and the commander cannot control them all. But he can, based on the picture he gets from the data, watch those variables change and prepare for future prevention," said Pow-

ers.

Fort Riley's program success is somewhat based on that of the coordinator and commanders can now determine what prevention classes and methods should be applied to what units and at what time for the highest effect, said Sizemore.

"It's figuring out when is the right time to train this particular unit on a subject, based on their past trends," said Sizemore.

While the program can always be improved, overall Powers said he is happy with the program's progress.

"The commanders have benefited from this, their soldiers have benefited, Fort Riley has benefited and also the families," said Powers.

Plans for the program's future include analyzing trends associated with military maneuvering. "The SRRP can continuously grow and develop and become a better program," said Ted Freeman, prevention coordinator.

Expectant moms too see improved services at IACH

By **Cassandra Blakley**
Certified Nurse Midwife

Improving access, improving care and future changes within Irwin Army Community Hospital's Obstetrics and Gynecology Clinic are the goals of the health care staff and administrative support personnel at IACH.

Among the first improvements is access to the OB/GYN Clinic. There are Stork Parking spaces with signs identifying these spaces for pregnant women. The spaces are the closest to the OB/GYN Services entrance. Additionally, accessing prenatal appointments may now be done by calling the OB/GYN Clinic to make an appointment or by visiting this clinic's appointment clerk. Prenatal appointments may also continue to be made through the TRICARE Service Center. Beneficiaries are no longer required to have a lab test done at the hospital in order to be seen at OB/GYN Services, a positive home pregnancy test is adequate.

In the area of improving care, OB/GYN Services is actively participating in the Army/Navy/Air Force/VA initiative to standardize obstetric care in all Department of Defense health care facilities. From this widespread initiative, IACH OB/GYN Services now has a special hospital committee dedicated to obstetric health care provided to Fort Riley's women.

Additionally, beneficiaries of childbearing age can get one bottle of prenatal vitamins at the IACH Outpatient Pharmacy. No prescription is needed for the first

bottle. However, it is a one-time offer with no refills.

Pregnant women who are in the military health care system will now get an ultrasound to evaluate fetal anatomy during their pregnancy. Care improvements have also made it possible to get the Ortho Evra Birth Control Patch by prescription from the patient's Primary Care Manager.

Fort Riley's pregnant women can also look forward to being given a take-home copy of "Pregnancy and Childbirth." This is a 3-ring notebook binder that's filled with information about appointment schedules, facts about pregnancy, childbirth, infant care and a local resource directory.

A project in progress is a program in which pregnant women who will be moving from Fort Riley to a different military facility may talk to a resource person at their new OB/GYN clinic.

The Labor and Delivery staff will continue to teach Fort Riley's expectant parents. The first class is a childbirth class, which is held on the third Saturday of each month, 9:30 a.m. - 2:30 p.m., in the education bay, on the third floor of IACH. Expectant parents are to register by calling the TRICARE Service Center, 784-1200. However, walk-ins are welcome.

Another class is the Breast-feeding Babies class. Beginning in May, this class will be taught on Wednesday instead of Tuesday. The class time is still 1 - 2 p.m. and will be held in the education bay, on the third floor of IACH. Registration is not required.

Tricare warns soldiers to follow procedures to avoid out of pocket costs

TriWest Release

When Fort Riley servicemembers are deployed, their pregnant spouses or new moms and babies may decide to go home to stay with relatives. Going home while the husband is deployed on active duty sometimes results in residing at a location that is outside of the TRICARE Central Region or just a different location within this region. TriWest encourages beneficiaries to follow the information provided to avoid Point of Service charges.

Point of Service charges occur when a military health beneficiary who visits a provider that is not her Primary Care Manager for non-emergent care. In this case, "The beneficiary pays half of the TRICARE allowable charge after a \$300 deductible is subtracted," said Kathy Coonce, vice president of claims administration for TriWest.

Point of Service charges go in effect when a beneficiary doesn't first obtain a referral from her Primary Care Manager and seeks non-emergent care, which is defined as routine maternity care, well-baby visits and immunizations, as well as all other non-emergent care.

If your sponsor is deployed, and you move within the TRICARE Central region, contact TriWest at 1-888-TRIWEST. If you are enrolled in Prime, TriWest will help coordinate the transfer of your care from one primary care manager to another. TRICARE network Primary Care Managers are available in most areas throughout the Central Region, according to TriWest.

According to Coonce, the biggest problem TriWest has is when a deployed soldier's pregnant wife leaves the Fort Riley area to live with family members in a rural area. If there is no TRICARE Prime where she is currently staying and she has not notified her TRICARE Service Center of the change of address, then when her

maternity claims reach TriWest, she and her sponsor will incur Point of Service charges.

If the TRICARE Service Center had received a phone call to notify them of her change of address, the spouse would have been informed of there being no TRICARE Prime, disenrolled from Prime and enrolled in TRICARE Standard. "TRICARE Standard Maternity Benefit for an active duty servicemember's stay in a civilian hospital is \$11.90 a day, with a minimum total of \$25.00 a day. TRICARE Standard for inpatient maternity hospitalization may be a better choice in the rural areas. The baby is automatically covered under TRICARE Prime for 120 days," Coonce said.



TriWest reminds soldiers and families of the importance of military health beneficiaries contacting their TRICARE Service Center if moving outside the TRICARE Central region. It is suggested that beneficiaries update their address in the Defense Enrollment Eligibility Reporting System within 30 days. This ensures that the contractor responsible for administering TRICARE in your new region is aware of your arrival.

Beneficiaries are to stay enrolled in the Central Region until they are settled in their new location. Beneficiaries are to call the local TRICARE Service Center, enroll in the new region, and select a new Primary Care Manager.

Beneficiaries who have little kids, may want to think it through before deciding to relocate, Coonce said. If a beneficiary takes her children to see a doctor for routine care, Point of Service charges will apply before official dis-enrollment in TRICARE Prime from one area and before your choosing a new Primary Care Manager in the new region. Beneficiaries may have to use TRICARE Standard coverage to cover the child's routine medical care if Prime is not available at the new location.

For more information, call TRICARE Service Center, 784-1200.

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Fort Riley Sports

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America's Warfighting Center

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Alex Nelson, son of Sgt. Troy Nelson, 177th Military Police Company, hoists up his catch of the day during the fishing clinic.

Fishing fun Military youth practice skills at clinic

By William Biles
Staff Writer

The Directorate of Environment and Safety and the Directorate of Community Activities sponsored Fort Riley's 2nd Annual Fishing Clinic Saturday at Moon Lake. The clinic was free to soldier's family members 15 years of age and younger.

The event started at 9 a.m. and lasted until noon. Prior to the actual fishing, participants went to different stations set up around the lake. Each station focused on different aspects of the environment and fishing.

The stations ranged from casting techniques to fish identification to fishing ethics and boating safety class, as well as hazardous insects and animals in the region.

"The purpose of this event is to teach kids to have an appreciation of the outdoors. If they enjoy fishing, they'll understand that they need to have clean water, clean air and an area free of debris," said Carin Richardson, education and awareness coordinator, Directorate of Environment and Safety.

This year's event was designated a fishing clinic rather than a fishing derby. "We don't want this to be a competition for the kids. We want them to have fun and learn about fishing and the environment," said Richardson.

The fishing clinic also served as the

kick-off for Earth Day.

Each station had displays set up to help the children and their parents understand why it is important to respect the Earth, as well as the Fort Riley region.

The clinic provided 500 pounds of

rainbow trout and 800 pounds of catfish that were stocked in the lake. The clinic also provided a limited number of fishing poles, just in case one of the kid's fishing rigs was broken, Richardson said.

"Hopefully, with all of the fish that was stocked, everyone will be able to catch one," said Richardson.

The event staff walked around the lake handing out bait to the anglers to aid them in landing a fish.

The time that was spent fishing was also time for the parents and children to enhance their relationship with one another.

"The most important aspect of today's event is being able to spend time with family," said Sgt. 1st Class Jay Quicksall, Headquarters and Headquarters Company, 1st Engineer Battalion.

"Fishing is something anybody can do, and there are usually those long, dramatic pauses in between catches, which gives you plenty of other things to talk about," he said.

After the fishing was finished, some of the kids walked away with a catch, whether they landed a fish or not.

"To get the kids to continue to fish, we got rod and reel combos we will be giving away by picking names randomly from the registration forms for the event," said Richardson.

"Hopefully, the way kids are with new toys, they will want to keep playing with it and that will keep them fishing," concluded Richardson.



Sgt. Colin Crim, 596th Signal Company, watches his daughters, Ashley, 4, Cassidy, 6, and Sarah, 10, fish during the 2nd Annual Fort Riley Fishing Clinic, Saturday at Moon Lake.

Orangutans beat Broncos in post youth soccer game

By William Biles
Staff Writer

The Fort Riley Orangutans increased their record to 1 - 1 by defeating the Milford Broncos, 6 - 1, in a Fort Riley Spring 2003 Youth Soccer League game Saturday.

The game was between two teams who were there not only to have fun, but also to win.

"They're out here to have fun, but at this age group they want to win, too," said John Vershage, coach of the Orangutan team.

There is a downside to wanting to win too much and that would be dealing with the angst of losing.

"Don't forget, they are kids. Although, at this age they may think they're grown, and therefore, think the game is all about winning. You need to remind them that this is for fun, while pumping them up with a pep

talk," said Vershage. By the aggressive style of play the Orangutans were executing, one might have sensed they could have won by sheer will power.

"They're doing good. They're really hustling out there and are playing as a team," said Vershage. "After the 4 - 1 loss this morning, they're coming back pretty good by keeping their head in the game."

The first score of the game was by Daniel Horton, forward, Fort Riley Orangutans. Horton was able to break through the Broncos' defense to bury his first of four goals into the net.

The other scorer for the Orangutans was Bobby Evy, forward, who scored two goals for his team.

The Broncos' only goal of the game came when Justin Bergman received a pass behind the Tams' defense

and nailed a one-timer beyond the reach of the goalie, Jacinda Walborn.

Despite the adjustments that were made by Broncos' coach, Rick Swango, the Orangutans were able to further the distance between the scores with Horton's three added goals in the second half.

"We're putting in a few substitutes and trying to keep them motivated for the second half," said Mark Clark, assistant coach, Milford Broncos.

Although those adjustments were able to further the distance, the team never lost heart and played a hard fought battle until the game-ending whistle.

"The gist of it all is to get them out here, get them some conditioning and teach them good sportsmanship. They like to win, but that's not the end-state. The end-state is that they develop and grow as athletes," said Clark.



Stephanie Koster, Milford Broncos, defends against Daniel Horton, Fort Riley Orangutans, as he attempts to center the ball on the goal during a youth soccer game Saturday.

Greater prairie chickens once abundant in west, now scarce

By Alan Hynek
DES Administrator

Among the tall grass and burnt prairie is a remarkable ritual taking place - revealed only with a keen ear and watchful eye. It is the bustling view of courting prairie chickens; a delight to the conservationist and a reminder that Fort Riley is a crown jewel for grassland birds. Although the parlor has changed over the years, the calling, dancing and courting have not.

The greater prairie chicken, (*Tympanuchus cupido*), is a species of grouse that was once common throughout the Midwest. However, the conversion of fertile tallgrass prairie to plowed fields has led to their demise over much of their former range.

The state of Kansas is the last stronghold of the greater prairie

chicken, but that too is starting to wane.

Kansas has the only huntable population of prairie chickens remaining. Fort Riley has a population of 250-300 birds. By comparison, the population in the entire state of Missouri is only around 1,000 birds.

The habits of prairie chickens are what really set them apart. Most striking of which is their breeding ritual.

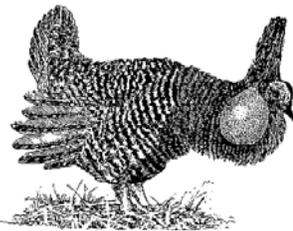
Beginning early in the spring, the male prairie chickens begin to visit "lek" sites in order to establish territories.

This isn't peculiar in itself, except for the manner in which they do it. At daybreak, the males come together at established lek sites. They strut around, jump up in the air, stomp the ground and fight over the territory.

Then, the real fun begins.

The males inflate orange air sacs known as tympani in their throats. They look something like oranges tucked beneath their

On the Wildside: News About Nature



The greater prairie chicken, (*Tympanuchus cupido*), is a species of grouse that was once common in the Midwest.

chins. The sound they make is similar to blowing across the top of an empty pop bottle.

Whur-urr. Whoom-ah-oom. Whoo-doo.

Drives the hens wild. Right on time, three females emerge from the tall grass, and then the males get serious.

They jump straight into the air, bump breasts and fight in bursts of feathers. They fill the dawn with cackles and hoots.

Mating occurs at the pinnacle of the booming season. The hens lay 12 eggs on average, with an incubation time of three weeks. The clutch will break up after 8-12 weeks.

Their diet is made of insects, forb seed and grain from crop fields.

Greater Prairie Chickens can be found in a variety of habitats. However, their reliance upon tall-

grass prairie is paramount to their survival. It may also lead to their ultimate demise.

An average size flock requires around 160 acres of quality tallgrass prairie. Even then, there must be additional flocks in the vicinity to keep reproduction genetically viable.

Prairie chickens have persisted in Kansas largely because of the unbroken Flint Hills, including Fort Riley.

Unfortunately, they have declined even in this region due to changes in how native pastures are grazed and burned.

While they appear safe for the time being on Fort Riley, the Greater Prairie Chicken faces an uncertain future across the remainder of their original range.

For more information on Fort Riley wildlife, call the DES Conservation Division, 239-6211.

Military policeman, father of quadruplets deploys

By Michael Watson
Staff writer

A little more than a year ago, Pat and Christina Tetrick celebrated the birth of their quadruplets - two sets of identical twins.

Shortly after the arrival of his four sons, Pat, a master sergeant in the 530th Military Police Battalion, U.S. Army Reserve, was called to active duty. Since then, he has been away much of his son's lives.

He recently trained at Fort Riley for 77 days before deploying to a Central Command area of responsibility on April 10. Now, he said he is convinced that his wife has the tougher job, taking care of Parker, Peyton, Camden and Christian.

Raising the children is tough enough when both parents are home, he said.

"The boys are one year old now - they celebrated their first birthday on (April 5) - and they are mobile, so they are harder to keep track of," he said. "She is going to have her hands full with them."

Even with the dangers involved with Operation Iraqi Freedom, Pat said he and Christina were not emotional when he left. No tears were shed because he has deployed before and returned safely and his family knows he is in a good unit.

He said it is tough to be away from his family, but he has a job to do.

"My wife just said, 'Go do the mission you were called up to do. Take care of yourself and your soldiers, and do your job to make sure you come home to me and the boys,'" he said.

To ease the separation, Christina made a book of photographs for Pat to take with him. He said his favorite one is of all four sons in the bathtub. She even mailed him some pictures of them eating cake at their birthday party and

crawling around in their toy box. Even better than the photographs was being able to be

there with his family for the birthday festivities before he deployed. While Pat is away, Christina's

mother has moved in to help take care of the family and odds and ends around the house. Pat said he would be able to stay focused during his mission, knowing that everything is taken care of on the home front.

Because he is in an area of increased hostility, he said his wife asked that he try to write a letter to send home everyday.

"My wife and I have already talked about what happens if I don't get a chance to call or write home," he said. "We know that we can't worry, because it might be three or four weeks before I can mail a letter."

There is no telling how long the 530th MP soldiers will be gone, but Brig. Gen. Frank Helmick, commanding general, 24th Infantry Division and Fort Riley, told them at their manifest

that the American people would be counting on them to give freedom to the Iraqi people. The unit's mission involves guarding prisoners and coordinating access control, he said.

"Take care of each other," Helmick said. "When you guys get back, we are going to have a big victory parade, smoke a cigar, if you smoke cigars, and drink a (diet soda) - maybe two."



Post/Watson

Master Sgt. Pat Tetrick, 530th Military Police Battalion, waits to depart Fort Riley on deployment to the Central Command area of responsibility.

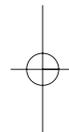
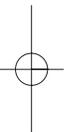
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ITR

The Information, Ticketing and Registration Office is located in building 6918 (across from the PX). Hours of Operation are Monday - Friday 10 a.m. to 6 p.m., Saturdays 9 a.m. - 2 p.m. and ITR is closed on Sundays and Federal holidays. For further information, call ITR, 239-5614 or 239-4415.

and candy) for everyone. The free movie offer is Carmike's way of expressing support for the troops. Present ID (active and family members) at theatre for admission. ITR will also provide an information booth for spring and summer leisure activities. Call ITR for further information.

end is fun filled and action packed with great performers like Kenny Chesney, Martina McBride, Chris LeDoux, Sawyer Brown and many more. There will also be fantastic food, colorful crafts and much, much more! Great early bird discounts are still available through ITR until May 1.

machines, feel the power as it rattles your bones and get a taste of what it's like living life in the fast lane. O'Reilly Summer Nationals is coming to Topeka, May 22-25. Hurry, discount tickets are only available through May 16 at ITR.

three miles below the ocean's surface to rescue Liberty Bell 7, untouched for decades. You'll get to pilot a Mercury capsule, take a ride in a centrifuge, operate a deep-sea ROV and much more. See it. Live it. Just don't lose it, at the Cosmosphere in Hutchinson through May 26. Discounts available through ITR.

Purchase, Thomas Edison's patent application for the electric lamp and John F. Kenney's handwritten notes for his inaugural address. Enjoy numerous other exhibits, extreme screen and Science City. Discounted Science City and combo tickets are available through ITR.

Free Movie Weekend

Seth Childs 12 Theatre, Manhattan, is offering a free movie weekend April 25 and 26 for the 9 and 11:15 a.m. movie showings only. There will be five different movies to choose from and free kiddie's combo (popcorn, drink

Country Stampede

Have you ever attended a party with thousands of friends, national recording artists and four days on non-stop music and fun? Country Stampede is a weekend country music and camping festival June 26-29 at Tuttle Creek State Park, Manhattan. The week-

Heartland Park

Heartland Park, Topeka, welcomes you to the most intense, earth-shattering sport on the planet! Nowhere else can you actually see your favorite drivers as you stroll through the pits, hear the thunder of 6,000-horsepower

Kansas Cosmosphere, Space Center

They lost it. They found it. Kansas Cosmosphere and Space Center restored it. Now it's in your hands. In this interactive exhibit for the whole family, you'll go on a virtual ride with Mercury astronaut Gus Grissom 118 miles into space and then go

Union Station

Union Station of Kansas City is now featuring "American Originals and Freedom's Journey" through May 4. American Originals showcases documents that represent milestones in America history, including the Louisiana

Kansas State Baseball

Kansas State Baseball is now offering special military discounted tickets for the remainder of the season. Grab some friends, take the family, for only \$1 per person. Show your military ID at the gate for discounted tickets.

Volunteers continued from page 9

McCormick is one of only two soldiers being recognized as an organization or unit Volunteer of the Year. He said it feels great to be recognized, but he just wants to give back the things that have been passed on to him, such as honor, justice and the belief in doing what is right for all mankind.

Aside from volunteering, McCormick is an active duty soldier, a full-time student at Barton County College and a full-time husband and father.

Also being honored is Lisa Skinner. She was nominated by her husband's unit and by the Officers' and Civilians' Spouses Club as Volunteer of the Year. She said she volunteered for over 750 hours last year. "I chose to volunteer because I needed adult time after having two children," said Skinner. "I continue because I enjoy planning events, and it's a way to keep growing and keep my

resume active."

Skinner volunteers as the Parent/Teacher Association president for Fort Riley Elementary, the congregation secretary for the Contemporary Worship Service, the brigade representative to the division Family Readiness Counsel, the FRG leader for Headquarters Headquarters Company, 3rd Brigade, 75th Division and 2nd vice president for fundraising for OCSC.

"I believe in the missions of the

organizations I volunteer at," said Skinner.

Skinner was vital in planning and helping to raise over \$16,000 in 2002 for OCSC, which went back to Fort Riley community activities. She said she felt honored to be selected. "Volunteer Recognition Week shows public support of volunteerism," said Skinner. "It's a boost of energy to stay at it."

From the list of over 35 volunteers, one will be selected as the

Fort Riley Volunteer of the Year, and will be named at the kick-off ceremony. This person will receive two \$100 savings bonds and the use of a car for 30 days.

"There are not enough ways to recognize volunteers," said Young. "This is just one time in the Year when Volunteers get to have recognition."

MILITARY OUTLET
2 x 2"
Black Only
apr wk: 3

MANHATTAN SHOE REPAIR
2 x 4"
Black Only
2x4 march. shoe repair 4 paper

HOLM AUTOMOTIVE
3 x 4"
Black Only
2x4 April running

FAMILY BUFFET
1 x 2"
Black Only
1X2 POST

USA DISCOUNTERS
3 x 10.5"
RED/Post 4-18-03

USA- ARM FORCES COMM.
3 x 10"
Black Only
1'm now a.../4-18/#342383