

Fort Riley Community



In Step on Channel 2

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

June 13, 2003

America's Warfighting Center

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War trophies can be brought home if done properly



By Michael Watson
Staff writer

Battlefield souvenirs or war trophies have traditionally provided military personnel with a valued memento of service.

However, during the first months of Operation Iraqi Freedom, soldiers were not able to collect trophies from the field.

"According to the regulation that governs historical artifacts (AR 870-20), soldiers cannot bring war trophies home unless they are approved by the commander, and then the proper paperwork must be filled out," said David Hubbard, chief of

physical security, Fort Riley.

That regulation has not changed since 1969, and while war trophies were brought back from Operation Desert Storm, Grenada and Panama, no items had been authorized until earlier this month.

On May 7, Lt. Gen. David McKiernan, commanding general, Coalition Forces Land Component Command, wrote a memorandum to all commanders outlining items that would be allowed as souvenirs.

It gave soldiers assigned to his command permission to retain items like helmets, uniforms, patches, canteens, flags, books, posters, photographs and other

items that clearly pose no safety or health risk.

McKiernan also wrote that "weapons, ammunition and items of military equipment" are not authorized as war trophies. Violations of these prohibited items are punishable under the Uniform Code of Military Justice and other United States criminal statutes.

He also told commanders that soldiers should not be allowed to wander battlefields to look for war souvenirs. He said they could become exposed to booby traps or accidentally pick up unexploded ordnance.

Prior to redeployment, each commander should brief soldiers

on the limited exceptions of the war trophy regulations, conduct a customs pre-inspection, establish an amnesty box and establish a review process that gives soldiers the opportunity to make sure the items they would like to keep as souvenirs meet the limited exceptions of the regulation.

Hubbard said all soldiers should definitely check with their commanding officer before trying to bring anything home.

"Soldiers need to be careful with what they have," Hubbard said. "They need to be able to explain everything they have in their possession to a customs official."

War-related items soldiers recently collected in Iraq.

Exchange conducting survey

AAFES Release

In a continuing effort to improve customer service and to ensure that the Army and Air Force Exchange Service is meeting customer expectations, AAFES will be conducting a Customer Satisfaction Index survey at the Fort Riley Main Exchange June 20 and 21.

Since 1996, customers have filled out CSI surveys at AAFES main stores throughout the world. These surveys measure customer satisfaction in several areas, including customer service, pricing, associate availability and friendliness, and merchandise selection and availability. An independent research organization collects and analyzes the survey results, and then compares Fort

Riley's PX store with other BX/PX stores and with other discount department stores in the United States.

"The CSI is designed to measure customer satisfaction on a broad range of factors," said Rick Talbot, general manager of the Fort Riley Exchange. "To improve customer satisfaction, we need to understand not only what our customers tell us through survey results, but to also interact with them. We want to move beyond just data collection because, to be a winner today, it's important not only to understand what our customer's needs are, but also to know what it will take to exceed them."

During the last five years of surveying, the overall AAFES customer satisfaction score has

increased over 20 percent. Most of this improvement has been driven by customer feedback and participation in the annual CSI. The survey has identified areas of strength and areas that require more work and attention. This feedback continues to be the key to ensuring that we remain our customer's first choice for their shopping needs.

As our customers complete their survey, we ask that they immediately turn them in at the designated collection point in the store, or mail them direct using the self-addressed, postage-paid envelope that's provided," said Rick Talbot. "Their voice here at Fort Riley makes a difference, so I want to encourage them to take the time to complete the survey so that we may measure our success and continue to improve."

ACAP supports soldiers, families

By Jim Yates

ACAP Counselor

The Army Career and Alumni Program is committed to serving soldiers, families and the chain of command. Many soldiers and families are faced with the decision to stay or leave the ranks of the military. ACAP can help soldiers and families make sound decisions about career options that support their goals.

Those that decide to leave the military and use all of the available ACAP resources are typically hired three weeks faster and tend to negotiate \$6,000 to \$7,000 more in salary and benefits than those who do not. More importantly, each month, 10 to 15 percent of soldiers using ACAP make a decision to reenlist. Getting soldiers to the ACAP Center early could increase this percentage.

Soldiers and their family members are eligible to begin the ACAP process up to one year prior to Expiration time of service or two years prior to retirement. This means that the chain of command can schedule soldiers early

and still have soldiers available to complete mission related functions.

The beginning phase in the ACAP process is the Preseparation Benefits Briefing. All soldiers, regardless of rank or type of separation, are required to complete this briefing not less than 90 days prior to separation. Spouses may also attend.

The second phase is the three and a half-day Job Search Workshop, where clients learn the fundamentals of the job search process. Topics such as setting goals and objectives, writing resumes, finding job opportunities, contacting employers, interviewing, evaluating/negotiating salary and benefits and veterans benefits are discussed. Individuals that cannot fit the workshop into their schedule may complete the Job Assistance Training Applications modules. These six modules offer the same information, minus the discussion of veterans' benefits. Clients working at their own pace interact with the computer to complete these modules. Each module takes approximately one

and a half hours to complete and may be completed over an expanded period of time.

The third phase of ACAP is counselor assistance and the use of ACAP Center resources to complete the job search process. Upon completion of the workshop, each client is assigned a counselor to assist in the review and completion of resumes and cover letters. In addition, clients are encouraged to use ACAP computers, interviewing modules and a reference library to further their process. Typically, a client will have a completed resume and cover letter after seven visits. Time invested for completion of this phase is approximately 10 to 15 hours.

The ACAP staff can visit with unit leaders to discuss how ACAP can support soldiers, families and the chain of command. Staff members are also available to participate in professional development sessions or unit reenlistment functions.

For more information, visit the ACAP Center, building 210, room 6, or call 239-2278.



Soldiers look at the new Fort Riley exhibit, "Frontier Post to Warfighting Center," at the U.S. Cavalry Museum. The exhibit will be open through the end of the year.

Museum opens new exhibit

By William McKale
Museums Director

The U.S. Cavalry Museum has commemorated the 150th anniversary of Fort Riley's founding with an exhibit that reflects different periods of the post's history.

The theme of the exhibit is "Frontier Post to Warfighting Center," and it will be open to the public through the end of the year.

Objects on display include Brevet Maj. Edmund Ogden's walking cane, an Aggressor School uniform from the 1950s and recent gifts given to commanding generals of Fort Riley. There is also a special exhibit case featuring personal items from Maj. Gen. Bennet C. Riley, the namesake of the installation. These objects include a gold case, brooch with Riley's image and a presentation sword given to Riley by the

state of Missouri.

In the Uniform Gallery, uniforms can be seen from various time periods from Fort Riley. These include Maj. Gen. Thomas Rhame's uniform from Desert Storm, Gen. George S. Patton, Jr.'s riding jacket and Lt. Col. George Custer's field rain cap.

There are also flags and standards relating to units assigned to Fort Riley, including the 4th and 10th Cavalry Regiments and the 41st and 28th Infantry Regiments.

The museum is open Monday through Saturday 9 a.m. - 4:30 p.m. and Sunday noon - 4:30 p.m. Visitors coming from off post to view the exhibit will need to show vehicle registration, proof of insurance and photo identification in order to enter the installation.

For more information, call the museum at 785-239-2737.

Summer flowers, weeds, grass bring on allergy symptoms for some

By Ryan D. Wood
Staff Writer

Summer is here, and it has brought out the pollen, grass and a wide variety of other little things that make some people sneeze, cough and become just plain miserable.

But do not despair. There are ways to treat or minimize summer allergies and make this summer fun for everyone.

Allergies, or rhinitis, are terms that are used to describe symptoms of irritation to the nose and eyes according to Col. (Dr.) Roberto Rodriguez, chief, Allergy Services, Brooke Army Medical Center. Allergic Rhinitis is an abnormal sensitivity to a specific substance that most people find harmless. The substance that

causes the allergy is called an allergen. Allergies can be caused by almost anything, but the most common are pollen allergies. Other allergens that can affect many people are molds, animal dander and dust mites.

According to Rodriguez, an allergic reaction occurs when the body's immune system attacks a harmless substance. When the substance, pollen for example, enters the body, the body quickly calls up an army of special molecules to fight it. These molecules react against the pollen as if it were invading like a bacteria or virus. In an effort to fight the invaders, special cells release "chemical weapons" which are very irritating. The chemicals cause itching, swelling, sneezing, congestion and on occasion, difficulty breathing.



Treatment for most mild allergies can be found in a local drug store. Many over the counter medications are available to help treat the reactions that might be

caused by allergies, said Rodriguez. Medications to treat symptoms are grouped into three categories: antihistamines, decongestants and anti-inflamma-

tories.

Antihistamines are used to control watery/itchy eyes, runny noses, sneezing and itching. Decongestants are used to treat congestion. Both are highly effective in controlling allergy symptoms, said Rodriguez. For information on specific brands or treatments for your symptoms, talk to your pharmacist or doctor.

If over the counter medications do not overcome the symptoms, there are other options available. Allergists, or doctors who specialize in the field of allergies, can prescribe stronger medications. Another option is immunotherapy, or allergy injections. Although immunotherapy is not an immediate cure, with patients taking up to two years to notice the effect, Rodriguez said they are very effective in controlling allergy

symptoms.

Some other helpful hints on preventing allergies before they occur as provided by the American Academy of Allergy Asthma and Immunology include trying to use air conditioning, which cleans, cools and dries the air; minimize outdoor activities when pollen counts are high. Peak pollen times are usually between 10 a.m. - 4 p.m. and keep your car windows closed when traveling.

You should also try to stay indoors when humidity is reported to be high, and on windy days when dust and pollen are blown about. And, take a shower after spending time outside - pollen can collect on your skin and hair.

For further information on allergies and treatments, consult your doctor or an allergist.

Conducting product parties on post requires registration

By **Jamie Bender**
Staff writer

Are you tired of having dinner interrupted by telemarketers or fliers being stuck in your door or on your windshield?
With so many soldiers from Fort Riley being deployed and the addition of citizen soldiers who are here for deployment preparation, it seems that solicitation is on the rise.

"Unauthorized solicitors are out in force," said Helen Bauer, from the Directorate of Community Activities.

There are rules governing solicitation on military installations. Army Regulation 210-7 requires solicitors to have a permit to do business on post as well

as an appointment with an individual.

The distribution of fliers or catalogs is also prohibited. This covers several solicitation practices used by some organizations.

"A bona fide organization had gotten a hold of community addresses and sent one person a packet in order to be the coordinator to solicit people on the block," explained Bauer. "We turned the packet in to legal. The only time fundraising can be done is through the Combined Federal Campaign program."

When a company or organization wants to conduct business on post, they must register for a permit with DCA.

The practice of party based businesses is also regulated. The people who are selling a product

must also be registered and have a permit.

"They need to go to DCA and get a packet for registration," said Bauer. "Then, it takes about two weeks to go through legal."

There are limitations on representatives for each company.

"There can be no more than five," said Bauer. "And, each individual can only represent two companies at a time."

A list of permit holders is updated quarterly.

"A quarterly commanders guide goes out to the units which has a list of all the companies that are represented and the names of individuals who are authorized to solicit," said Bauer. "There are a wide variety of businesses on the list. We have everything from

[cosmetics] to [kitchenware]. There are numerous home-based businesses out of quarters, as well as representatives from off post."

If a company representative approaches someone asking to sell them something, the best thing to do is ask to see their permit, said Bauer.

"If they are bona fide, they will have a permit with a number and their picture along with a signature from DCA," said Dori Farrow, chief, administration and operations, DCA.

The distribution of fliers is not allowed at all on post, even if the person has a permit, Farrow said. If a solicitor is seen on post handing out fliers or placing them on cars and housing doors, contact the military police.

"The only thing we can really do is contact the Provost Marshal Office and have the person barred from post," said Farrow. "Unauthorized solicitors can be escorted off post."

Fort Riley residents should be aware that the Michigan State Police has released information about a telephone scam that has recently been identified.

According to a release, a caller claims to be from the Internal Revenue Service and tells the victim that because they have a relation-

ship in the military they are entitled to a \$4000 tax refund. They request a one-time fee of approximately \$42 to cover postal charges. The real IRS toll-free phone number is given as the call back number. Once the caller

obtain a credit card number, multiple unauthorized charges are made.

Kansas has taken steps to help eliminate the amount of sales calls residents receive.

According to the Kansas No-Call Act website, the law allows Kansas residents to register their phone numbers as being off limits to certain types of sales calls. Once the phone number is registered, any telemarketer that calls a number on the list is subject to penalties of up to \$10,000 per violation.

A phone number can be registered on the list by calling 1-866-362-4160 or by visiting www.ksag.org/contents/consumer/no-call.htm. The registration is valid for five years.

Computerized Human Patient Simulator being tested at Fort Riley

By **Emilie L. Howe**
MEDDAC PAO

A male patient died on the patient litter due to a cardiac arrest and came back to life when the computer ended the medical scenario. The Human Patient Simulator is a computerized mannequin that is being field tested at Irwin Army Community Hospital and was used during the recent Mass Casualty exercise.

"Our MEDDAC was added to the user test sites due to efforts by Beth Pettit, Deputy Director, Training Simulation Technologies Team at the Simulation, Training and Instrumentation Command, said Lt. Col. Nancy Soltz, chief, Education and Professional Development, IACH. "She agreed with our proposal that IACH would be an ideal site for the HPS to be validated. This proposal was based on the fact that IACH is a small Medical Department Activity in a remote location, and this hospital has very limited clinical training opportunities."

Over the course of 90 days, the staff members of Education and

Professional Development will test the worth of using the HPS to give Fort Riley's 500 soldier medics, Special Operations Forces medics, Forces Command physicians and Physician Assistants clinical proficiency training.

"It's better to train on him than a real person," said Staff Sgt. Kevin W. Lockett, soldier medic training coordinator, Fort Riley, and the noncommissioned officer in charge, Human Patient Simulator Project. Lockett said that before the Human Patient Simulator was created, observation of a medic's responses to a mock injury was subjective and sometimes caused disagreements between the observer and medic. The simulator records the medic's patient treatment and provides a non-bias report. When the hands-on clinical training isn't combined with the academic concepts - then the first real trauma patient will be the first time a medic sees this diagnosis and uses the medical skills learned in the classroom, he said.

"The strong advantages that this hospital has are the certified

trauma physicians and a multidisciplinary team of health care providers eager to teach," said Soltz, "as well as fully qualified Healthcare Specialist instructors who are expert trainers ready to perform in the clinical setting as well as in the classroom."

Soltz said Fort Riley is "The Warfighting Center of America" and medical simulation will allow Fort Riley's soldier medics to remain here for their clinical rotations, and for IACH to continue with the medical mission and serve the local military mission.

The Combat Trauma Patient Simulation Program is congressionally funded and the research and development is sponsored by the U. S. Army Medical Research and Materiel Command.

Another training benefit of the Human Patient Simulator is that it can be used as part of a field exercise. For example, the Multiple Integrated Laser Engagement System, coupled with the Electronic Casualty Card, will create a combat wound scenario. The MILES a soldier is wearing records a hit by a fired weapon and the attached Electronic Casualty Card records the soldier's medical condition based on the type weapon fired. This medical information is electronically transferred to the Human Patient

Simulator. The medic can diagnose and treat a simulated casualty and act on the presented wound conditions and give realistic medical care as a medic would do in the battlefield. It can also replicate chemical and biological injuries.

Looking at the simulator, a person sees the chest rise and fall as if it was a real breathing patient. Its eyelids move, a pulse can be taken and colored water may be used to simulate blood or urine. The simulator is also capable of speech and may give a recent

EMT graduate a chance to practice communication skills with the patient.

The Human Patient Simulator is available 24-hours a day, seven days a week. To schedule training on the Human Patient Simulator, call 239-2111.



Col. Leland Jurgensmeier, chief, Department of Health Services, Irwin Army Community Hospital, listens for breath sounds as Sgt. 1st Class Timothy Drummond, NCOIC, Department of Primary Care and Community Medicine, assists the 'patient' with breathing.



Physician Assistant Joseph Eddins, IACH, practices the intubation of a patient on the computerized Human Patient Simulator.

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Plan ahead, be organized before your next household move

By Brian W. Underdahl
Chief, Claims Division

Moving is not always fun, but at least it does not have to be a traumatic event. The key is to be organized and plan ahead. Before making your next move, you can take steps to protect your interests. These steps can also help expedite the claim process should it become necessary.

First, take pictures of all belongings prior to a move. If you have a Polaroid or video camera, you'll have instant pictures. If you have neither, you can take pictures and wait to develop them until they are needed. This way you won't waste money developing unnecessary pictures. Always keep manuals, purchase receipts and other documentation of ownership and value. The bottom line for claimants is, the better the documentation of ownership, value and damage (before and after condition), the better likelihood of the maximum allowable recovery. Finally, remember never to pack your documents (pictures, receipts, videos) with your house-

hold goods. Second, unfortunately movers do not always listen to instructions and will often pack items claimants have asked them not to pack. Do not assume that they will follow directions. If you have items that you do not want the movers to pack, set them apart from the items you want them to pack. Place the segregated items in a separate room and lock the door. This will dissuade the movers from entering and packing those items.

Soldiers should be present when the movers arrive to pick up and deliver their household goods. If soldiers cannot be present, then have a friend, neighbor or family member present. It takes at least two people to check off the inventory, place furniture and check for damage. If you are single, have a friend help you. If you have children, arrange for them to be at a friends or with a babysitter when the movers arrive. There's nothing worse than chasing a two-year-old while two or three movers are going through your belongings.

Remember, when your household goods are picked up for shipment, a representative from the moving company will fill out a Household Goods Descriptive Inventory. This lists every item that has been shipped and the condition of the item at the time of shipment. It is important for the soldier to be sure that the inventory accurately describes everything that has been packed. It can be



quite frustrating when your shipment arrives and the box in which your crystal vase was packed with your bed linens is missing and there is nothing on the inventory sheet to say that the crystal vase was packed with the bed linens. Your property must be listed on the inventory for any claim for loss or damage to be payable.

In addition, it is very important that soldiers note disagreements with the mover's comments regarding the condition of the items. This should be written in at the bottom of the inventory form in the "Remarks" section. These comments will be coded in letters and numbers on the same line as the item described. The key for this code is at the top of the inventory form. You should also save the inventory, because at the time of delivery, you must check what has been received against this inventory and record all damaged or missing property on the DD Form 1840, "the pink sheet". This form is provided by the moving company and will be signed by you and the moving company's agent.

Often, you might discover damage after the time of delivery. If you do, then you should note the later discovered damage on the back of the DD Form 1840, which is marked as DD Form 1840R. Sometimes movers are moving more than one family at a time and may be in a rush to leave your home. You are ultimately responsible for your belongings, so don't be afraid to question the movers. However, there is no reason to get upset or hostile. If you are experiencing trouble with the movers, call the Transportation Office while the movers are still there.

If there is any damage to your household goods, you have 70 days from the date of delivery to submit the DD Form 1840/1840R to the claims office. Once you have turned in the DD Form 1840/1840R, you will be briefed on what you need to do in order to submit your claim. You have two years from the date of delivery of your household goods to submit your claim.

If you have any questions, call the Claims Office, 239-3830.

Classes offered for deployed soldier spouses

By Jamie Bender
Staff writer

The second of eight scheduled classes for spouses of deployed soldiers was held Monday at the Soldier and Family Support Center. The classes are a way for spouses to take a break, with free childcare available.

Spouses of deployed soldiers face many challenges, the slow passage of time being one of them.

"I try to occupy my time to make it go faster," said Levon Chavez, whose spouse is with 1st Battalion, 4th Air Defense Artillery. "I have been going to these classes every Monday, and I go to the Army Family Team Building classes every other Wednesday. I take advantage of whatever the post is offering. I read the post paper a lot to check out activities."

Besides a class on child brain development, cooking classes and dressing for success, the classes offer attendants the opportunity to socialize.

"You get to interact with other women whose spouses are deployed," said Chavez.

The class began with a get-to-know-you activity. A roll of tissue was passed around with instructions to take what you felt you needed. After each person took a length of tissue, they were told that for each square taken, they must share something about themselves. Going around the room, each participant shared a glimpse into their families telling about children and spouses and birthdays.

"The activities are fun," said Chavez. "You have fun with it once you find out how silly it is."

The classes offer much hands-on participation. In the class about child brain development, there were exercises that included a number search and experiencing a pineapple and a coconut at different levels. Each activity related to the topic and helped to illustrate the topic, but they also inspired laughter and discussion.

Free childcare is available for those with children. The children are provided with a snack while their parents attend the class. Parents were still able to keep an eye on their kids by way of a window between the rooms.

The classes are held at the Sol-

dier and Family Support Center, building 7264, each Monday through July 28.

Childcare is on a first come, first serve basis and can accommodate up to 20 children. No registration is necessary, but parents must bring the child's shot records.

For more information, call the Soldier and Family Support Center, 239-9435.



Post/Bender

Spouses of deployed soldiers take part in a group discussion during a class on child brain development. The class is one of eight scheduled classes presented by the Soldier and Family Support Center and Child Youth Services.

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Citizenship filing wait waived for servicemembers

By Frances Walsh
Legal Assistance Attorney

Citizenship is important to soldiers and their family members. If you desire to become a U.S. citizen, the following information may assist you in determining your eligibility for filing an application for naturalization with the Bureau of Citizenship and Immigration Services.

By Executive Order of the President, all non-citizen soldiers with honorable federal military service since Sept. 11, 2001, are eligible to apply for citizenship without the need to meet residen-

cy or time in service requirements. Soldiers interested in applying for naturalization should contact 1st Personnel Service Battalion, Soldier Actions, 7806 Graves Street, Custer Hill, 239-5901.

For other aliens, eligibility for citizenship can be based on five years as a permanent resident.

To be eligible on that basis, the applicant must be lawfully admitted for permanent residence, must have resided continuously as a permanent resident in the U.S. for at least five years immediately preceding the filing of the application for naturalization, and must

have been physically present in the U.S. for at least 30 months out of the previous five years.

If you are currently married to and living with a U.S. citizen, have been married to and living with that same U.S. citizen for the past three years, have been a permanent resident for three years without leaving the U.S. for trips of six months or longer, and have 18 months of physical presence in the U.S., you may also apply for naturalization.

Continuous residence means that you have not left the U.S. for a long period of time. If you leave the U.S. for too long, you may interrupt your continuous residence.

It is not enough that you have been a permanent resident for the right number of years.

You must also be in continuous residence during that time. If you leave the U.S. for more than six months, but less than 12 months, you have broken or disrupted your continuous residence, unless you can prove otherwise. If you leave the U.S. for one year or more, you have disrupted your continuous residence. For soldiers, time spent out of the U.S. as part of a soldier's service does not break con-

tinuous residence and is treated just like time spent in the U.S. and counts as time physically present in the U.S.

An applicant for naturalization must also meet some additional requirements.

The applicant must be at least 18 years of age at the time of filing the application for naturalization; must be a person of good moral character; must show that he or she is attached to the principles of the U.S. Constitution; must be able to read, write, speak and understand words in ordinary usage in the English language and must demonstrate a knowledge and understanding of the history, principles and form of government of the U.S.

The naturalization application, with the necessary supporting documentation, is filed at the BCIS Service Center having jurisdiction over the applicant's place of residence. The supporting documentation includes photographs of the applicant and evidence of lawful permanent residence. The BCIS also charges an application fee and a fingerprinting fee, which must be filed with the application. The application fee currently is \$260 and the finger-

printing fee \$50. After the BCIS receives the application, the BCIS will notify the applicant of the time and place to appear for fingerprinting.

Applicants will have a naturalization interview with a BCIS examiner, who will review the application and evaluate the applicant's eligibility for naturalization. The applicant will also be given a brief citizenship examination on U.S. history and civics.

The BCIS examiner then makes a decision whether to accept or deny the application based on his or her evaluation of the applicant's eligibility for naturalization.

Soldiers who want to file for naturalization should contact Soldier Actions. Other persons residing in Kansas who plan to file a naturalization application must mail their applications directly to the Nebraska Service Center.

Forms and additional information are available from BCIS, www.immigration.gov or by calling their National Customer Service Center, 1-800-375-5283. If you have further questions, contact the Legal Assistance Office, 239-3117.

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Tonight:
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What a Girl Wants (PG)

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Don Williams

The 523rd Military Police Detachment helped local police officers with their Torch Run to benefit Special Olympics. On June 4, 1st Sgt. Charles Bullard, 523rd MP Det., passed the torch to Lt. John Hagerty, Junction City Police Department, for the last leg of the run.

Federal Flexible Benefit Plan early enrollment period ending

By Kim Levine
Staff Writer

The early enrollment period for Flexible Spending Accounts ends June 20.

FSAs are offered as the second phase of the Federal Flexible Benefits Plan, which enables eligible employees to pay for certain benefits with pre-tax dollars.

Two types of FSAs are being offered. Health Care FSAs allow

pre-tax reimbursement of eligible medical costs not covered or reimbursed by Federal Employees Health Benefits or any other insurance. Health Care FSAs will cover such expenses as deductibles, co-payments and co-insurance.

Dependent Care FSAs are also being offered, allowing pre-tax reimbursement for child-care or adult dependent care expenses that are necessary for the care-

giver to work.

FSAs work on an annual basis, and employees must renew their FSA each year. Any money left in the account at the end of the year will be forfeited.

Open enrollment for the first full plan year will be consistent with the FEHB open season in November or December.

For more information on the program, or to enroll for an FSA, visit www.fsafeds.com

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Fort Riley Sports

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America's Warfighting Center

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Signal company beats field artillery in softball game

By William Biles
Staff Writer

The 331st Signal Company increased their record to 4 - 1 when they beat Headquarters and Headquarters Battery, 1st Battalion, 5th Field Artillery, 20 - 15 during a Fort Riley Slow Pitch Softball League game Monday. The HHB team fell to 2 - 3 due to the loss.

The teams squared off at Fort Riley's Softball Complex, Field One, where both teams came out swinging.

The headquarters team took an early lead in the first inning, but lost it in the third inning to a flurry of hits by team signal.

By the end of the third inning, the teams had accumulated a total of 20 runs, with the signal company ahead in the score, 11 - 8.

"We got stung in the first inning, but we are making a good comeback now," said James Kantak, outfielder, 331st Sig Co. "We had a few people show up a little late today. But, now that we have our meat and potatoes of the team

here, I think we will be able to pull it out for a win."

The field artillery team's philosophy to winning the game was a simple one.

"Less errors and more hits," said Charles Sullivan, catcher, 1st Bn., 5th FA. "We're flying out to often. We need to keep the ball on the ground more and make them have to work for it to get us out."

Both of the teams showed a strong offense. However, their weak point was definitely their defense.

"The other team has a good stick and a strong outfield, but a weak infield," said Sullivan. "If the artillery team can keep it on the ground and take advantage of that weakness, then we should be able to win the game," he said.

The players remained optimistic though.

"The key to winning this game is defense," said Kantak. "It's always defense, no matter what sport you play. The wind out here is doing it (causing errors) to both teams, but we are a cohesive team

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Josh Reynolds, also known as the "little ninja," flies into his opponent, Michael Ryan Chambers, while sparring. Students practice moves and techniques on each other in monitored bouts usually lasting three minutes.

Martial arts class kicks into summer

By Ryan D. Wood
Staff Writer

Use no way as your way. Use no limit as your limit. — Bruce Lee

There is a place on post where children kicking, punching and wrestling is not only allowed - it is encouraged.

Martial arts classes are being held at the Teen Center this summer through Youth Services for children age 6 - 18. Classes are two hours long and are every Saturday, 11:30 a.m. for beginners and 2 p.m. for advanced learners. The price for the two-hour classes is \$20 a month.

Paul Allen, the class instructor, has been studying the style called Ryu Kyu Kempo Jitsu for more than 16 years and has taught this class since 1999.

"(Historically) this style was a lot of hand work. Hand work consists of punches, palm strikes, knife hands and just a basic amount of kicks. It also involved pressure points and throwing. Now, it's a little bit more advanced and involves some grappling and a variety of different techniques and styles.

"Some weapons skills are also taught in the class, said Allen. Weapons taught include traditional Okinawan peasant weapons, such as the bow staff, muncho, sai and the tonfa.

Along with the fighting techniques and weapons instruction, students are taught the proper use of their skills and when it is appropriate to use them.

"The basic skills of the craft are important, but a solid formation of discipline is what I'm looking for - making sure that they understand this is a form of self defense," said Allen. "Each individual comes into the class expecting something different from it. We try to weed out those that would use it to do bad things. If someone just wants to come in here and learn how to fight, I try to advocate against that. This was originally designed as a way for people to defend themselves. You are learning to defend yourself, just in case the situation ever arose. That's what I'm teaching them in this class," Allen said.

"They all have their good days and their bad days, but over all I think that they have learned that fighting is not the only way out," said Jeff Figone, a volunteer instructor for the course. "But, I also think it's good for them to know how to defend themselves. I think (they learn) peer respect as well. The ones that work harder get more positive attention by advancement and that makes the other ones want to work harder. It gives them some self discipline that will go on later in life."

Patrick and Jeremy Kelly have been taking the class together as a father and son team.

"We've been taking the classes together for about a year," said

See Martial Arts Page 16

Local football league looking for players

JCYFA Release

The Junction City Youth Football Association, a non-profit organization, is excited to begin its third season of providing full contact football opportunities for grades four through six.

This year, the league anticipates approximately 21 teams from the following communities: Manhattan Junction City, Wamego, Clay Center, Abilene, Chapman, Valley Heights, Council Grove and Alta Vista.

To enroll, there is a player fee of \$130. This fee provides player equipment, such as helmet and pads, which are to be returned at season's end. The cost also pays for team equipment, insurance, game fields, practice fields, field maintenance, referees, league fees and a minimum seven game season.

Rosters are limited to 20-25 players per team. Registrations are taken on a first come, first served basis. There are openings for all of the three-age divisions. If you are interested, act soon, because the league is in jeopardy of losing teams.

Payment of the fee is required for roster placement and all players must have a sports physical

prior to the first practice. The physical must be completed during 2003.

Practices begin during the last week of July. All players must provide their coach with a copy of the physical form, a medical release signed by a parent or guardian (the league provides the form) and a copy of their birth certificate, before they can practice. Do not send physicals, birth certificates or release forms in with the registration.

The Fourth Grade Division will consist of children not older than 10 years of age on Aug. 31.

The Fifth Grade Division will consist of children not older than 11 on Aug. 31.

And, the Sixth Grade Division will consist of children not older than 12 on Aug. 31.

If you would like to participate in full contact football, ask a parent to complete a registration and return it to a JCYFA representative. Registration forms are available on the Junction City Youth Sports web page: www.eteamz.com/jc_sports click on Junior Jays Football and then on the registration form. For more information or if you have questions, call Mick McCallister, 762-6615, or Jeff Childs, 762-4641.

Local football league looking for players

By Ryan D. Wood
Staff Writer

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See Martial Arts Page 16

Steer clear of federally-listed endangered least tern if found on post

By Gibran Suleiman
DES Conservation

The Fort Riley community has become familiar with one of the federally-listed species that can be found in the area for part of the year, the bald eagle. It's large size and striking contrast of the white head and dark body make it readily identified. However, the bald eagle isn't the only federally listed bird that can be found on the installation. The interior least tern, although not near as conspicuous as the bald eagle, can occasionally be spotted on Fort Riley.

There are three sub-species of least terns. The one found within the Midwestern United States is known as the interior least tern.

Least terns are true to their name, being one of the smallest tern species in the world. In the days of Lewis and Clark, they were reported as being common, but in the late 1800's things took a turn for the worst. Unfortunately for this little bird, it became very fashionable for ladies to adorn their hats with this bird's

plumage. This developed into quite a large fad, and at one time, over a hundred thousand least terns were killed in just a single year. Luckily, the Migratory Bird Treaty Act was signed in 1918. This made it illegal to sell, buy, take or possess the bird and their parts.

While the act was instrumental in conserving many species of birds, tough times still laid ahead for the least tern. As development swept westward, the least tern started having a tough time finding the habitat it needed. Least terns require clean barren sandbars along rivers to nest. With development and the damming of so many of the country's rivers, this became a rare commodity.

For example, on the Nebraska - Iowa border, from 1890 to 1976, sandbar habitat was reduced from 35,273 acres to a mere 57 acres. This trend occurred throughout the entire range of the least tern. So, in 1985, due to its imperiled outlook, the least tern became federally listed as endangered. The least tern remains at that sta-

tion. The nests do not contain any feathers or grass. The eggs are perfectly camouflaged to blend in with the sand. Animals such as raccoons and skunks will depredate nests.

Least terns will nest in small colonies, and with other species of shorebirds, such as the piping plover. When a potential threat is spotted approaching a nest, the little tern will go on the attack and dive bomb, shriek at and even defecate on the intruder.

After hatching, the young birds will start walking around after two days. They will be able to fly in three weeks. Least terns typically leave their breeding area in September.

Since there is very little left of the least terns preferred breeding habitat, it is important that what still exists is kept in good shape. This year, there are only 35 nests known in Kansas. There has never been a nest discovered on Fort Riley.

State and federal biologists work with the Corps of Engineers so they will not suddenly release large amounts of water from area

lakes and inundate a tern's nest. Another way people give the terns a hand is by setting up small fences around the tern's nesting area. This is to keep out egg eating animals like raccoons and dogs. The fencing also will protect the nest from ATVs or off-road vehicles. Some people, or "tern wardens," will literally camp-out near the nest and make sure no harm comes to the nest or the parents.

Unfortunately, the outlook for the interior least tern looks a little bleak. There is somewhat of a strong population that nest on the lower Mississippi River. Birds that depend on other rivers, such as the Kansas River, are finding less and less of good habitat available as sandbars get over taken with plants and trees, and areas become developed.

Maintenance and restoration of riverine habitat is critical for the survival of the least tern in the Midwest.

If you have any questions concerning wildlife on Fort Riley, call the Conservation Division, 239-6211.

On the Wildside: News About Nature



U.S. Fish and Wildlife Service Photo

Least terns require barren sandbars along rivers to nest.

ITR

The Information Ticketing & Registration Office is located in building 6918. Check out the Department of Army Leisure Travel website at www.ofiduty-travel.com for more great deals on travel.

ITR services and discount attractions tickets available to active duty military, retirees, National Guard, Reservists, Department of Army Civilians and family members.

Kansas Cosmosphere and Space Center

Located in Hutchinson, the Cosmosphere is quickly becoming the most comprehensive space museum in the world. It is not what you'd expect to find on the open prairies of Kansas and that's the point exactly. From the jaw-dropping Hall of Space Museum to the million-dollar multimedia Planetarium, the Cosmosphere is an all-day, all ages adventure. Discounts are available through ITR.

Martial Arts continued from page 15

Kelly, "It gives me some time to spend with my boy. We go home and grapple and spar all the time." Josh Reynolds, also called "Little Ninja" by his friends in the class, saw more value in the class than just fighting. "Doing the techniques and learning how to defend yourself is the best part about the class," Josh said. "Meeting friends is a pretty good thing as well." The classes offer opportunities for anyone who wishes to become involved, from the first lesson all the way up to advanced learners. "Usually, the older kids find the beginning class a little slow, so I move them up to advanced class pretty quick. It's more or

Worlds of Fun

Worlds of Fun is now open for the season with a "Spring Special" discounted ticket through ITR. Hurry, special discounts end June 30.

Get ready for another season of your favorite fun-filled rides and attractions. As you make your way through 175 acres of excitement and family entertainment, you're sure to find that Worlds of Fun will always leave you screaming for more. Those looking for intense thrills will be sure to head to the world-famous Mamba and Boomerang roller coasters.

Camp Snoopy is over one acre and home to rides and attractions designed especially for families.

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

less where they feel comfortable," Allen said. "If they want to make sure that they learn the technique and that they got it, I would recommend they go to the beginning class. If they like a little faster paced class, than I would recommend going to the advanced class," he said. "If you come in expecting a miracle of learning right away, there is no way that I could guarantee that. It requires patience and dedication to actually perform and participate," Allen said. For more information on this or any other class that is offered through Child and Youth Services, call 239-9478.

State Park, Manhattan.

Union Station

At Union Station in Kansas City see 'Bugs in 3D' -- A movie about bugs starring real bugs. It's a bug's-eye-view of the fascinating universe of insects magnified up to 250,000 times their normal size in 3D on the giant screen. The movie focuses on the life cycles of a praying mantis and a butterfly, from their birth to their inevitable encounter in the tropical rainforests of Southeast Asia where predator meets prey. Recommended for ages 8 and up.

Other fun bug events include watching the bug artist at work, joining in kid activities and viewing bug specimens from local institutions. Science City and Union Station combo ticket available through ITR.

Honoring Service to America

At Colonial Williamsburg, the restored capital of 18th-century Virginia, they diligently work each day to bring the nation's cultural and historical legacy to life. During Colonial Williamsburg's 2003 "Honoring Service to Amer-

ica's Veterans" tribute, they also want to proudly recognize the men and women who work so hard to protect the American way of life today.

If you're active-duty, retired or reserve military personnel, you, as well as your family, are invited to visit on two patriotic holiday weekends (Independence Day, July 4-6 and Veterans Day, Nov. 7-9) and receive complimentary admission to the historic area and museums.

For more details on admission and specially discounted hotel stay call (800) History or www.colonialwilliamsburg.com

Classifieds

Softball continued from page 15

and will be able to get it done (win)."

Overall, both teams said they were happy with their offense.

"I'm happy with the team hitting-wise. Our defense could be a little bit better though," said Terry Gautier, right fielder, 331st Sig. Co. "Our key to securing victories will be our defense and we will be working on that during our practices."

During the fifth inning, the signal company's bats exploded with a barrage of hits, and their lead increased over the field artillery team, 18 - 13.

In the seventh inning, the signal team tacked on two more runs.

During the last inning, the artillery team closed the distance between the scores with two runs of their own.

With two outs, the artillery team found themselves with the bases loaded and a chance to pull within one point of tying the game.

Unfortunately, the batter for the artillery team hit a sharp grounder right to the signal team's third baseman. After scooping up the ball, he was able to quickly tag out the runner from second base and end the game.

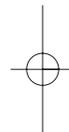
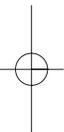


Post/Bikes

Charles Sullivan, catcher, HHB, 1st Bn., 5th FA, hits the ball to right field during a softball game against 331st Signal Company. The signal company won the game, 20 - 15.

DAILY UNION
6 x 11"
Black Only
POST SERVICE DIRECTORY

Cyan Magenta Yellow Black



BRIGGS-JEEP NISSAN
6 x 21.25"
Black Only
briggs

