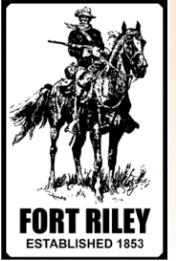




Fort Riley Community



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

July 3, 2002

America's Warfighting Center

Page 9



Post/Skidmore

Country music star Trace Adkins paused halfway through his set and asked the audience of more than 30,000 to say the Pledge of Allegiance with him. Adkins then continued his performance to a screaming crowd.

Country stars show patriotism at local festival

Red, white and blue were the favorite colors at this year's Country Stampede.

No matter where you looked, flags flew and banners praised America.

The four day festival, held last weekend at Tuttle Creek State Park near Manhattan, hosted more than 130,000 country music fans.

Although the temperatures were in the high 90s, fans hung in there for their favorite singers.

Trace Adkins was joined by the crowd in saying the Pledge of Allegiance. Toby Keith sang his latest, 'Courtesy Of The Red, White and Blue' and Alan Jackson sang his hit, 'Where were you.'



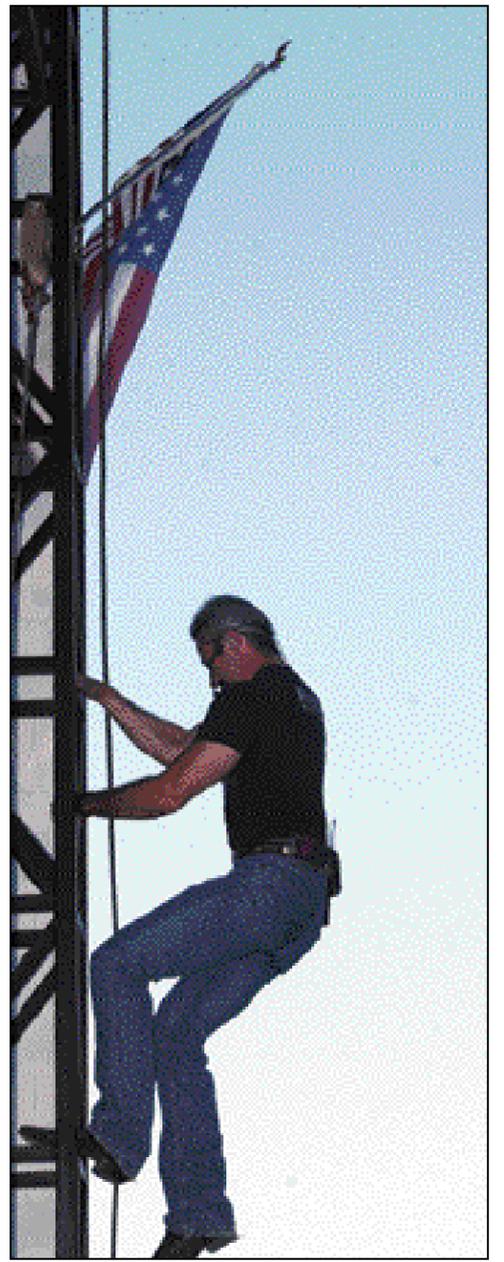
Post/Skidmore

Trick Pony's Keith Burns and Heidi Newfield's clothes bore red, white and blue for their performance at this year's Country Stampede held at Tuttle Creek State Park.



Post/Skidmore

Lonestar lead singer, Richie McDonald, shows his patriotism by waving a flag.



Post/Skidmore

Country music performer, Aaron Tippen posts his own American flag on the stage during this year's Country Stampede.

Painter wows Country Stampede audience

By Deb Skidmore

Deputy Public Affairs Officer

He starts with a clean canvas. Then, he adds a dab of paint - and then another and another. Brushes fly from the paint buckets to the smooth canvas surface. Before long both his hands are submerged into the paint cans dripping with bright and sassy colors that he smears, splashes and vapes together on the once sterile surface.

The canvas is no longer clean and simple. Instead, it is covered with blotches of paint thrown together with no rhyme or reason. Suddenly, he begins to spin the canvas as he adds more paint to the creation.

Spectators at this year's Country Stampede crooked their necks from side to side trying to figure out what Michael Israel was doing. What was displayed before the crowd of thousands of country

Photos by Gary Skidmore

music fans was an image of "modern art." No one could tell what it was or was supposed to be.

In a matter of minutes (the time for two songs to play while Israel painted), he gave the canvas a final spin and WAH-LAH! a portrait of Toby Keith distinctly graced the canvas.

Israel, a 41-year-old Miami, Fla., native, has the unusual talent of creating portraits or images that he wildly throws together while listening to music. The more energetic the crowd he is painting for, the faster and wilder he paints.

"It's not just me doing the painting," Israel said with a smile. "It's the audience."

"I feel every splash," he said.

"Sometimes, I get lost in the painting," he explained as he wiped sweat away from his paint-speckled face. "It's a feel of texture and color, and sometimes it's impossible to see. It's like a blind

man trying to move around.

"And, sometimes, I'm amazed at how my paintings turn out," he grinned.

Israel is constantly on the go performing, painting and donating his works of art for charity reasons. He said that he performed at the Olympic Games and recently painted President George Bush's portrait.

Israel said that his art talent comes naturally. His said that his mother loved to paint but was not considered a professional.

"When I was 4 years old," Israel said, "my mother was painting a mural in our house on one of the walls. She tells me that I decided to paint my own mural on another wall in the house with my crayons."

"My mom swatted my bottom for drawing on the wall," he said with a laugh. "I guess that is when I became critically acclaimed."

Israel said that he started painting professionally at the age of 14. He said that he was fascinated with an airbrush artist that he knew - especially the speed at which he painted.

"I learned that the faster you go, the more money you can make," he said.

Israel paints in all mediums to include watercolor, oil and computer graphics.

"Artwork should move you," Israel said, "and I like powerful music to paint by. For this reason, I usually bring my own music for my performances."

With over 100 performances scheduled from now to September, Israel said that he is thinking ahead to Sept. 11.

"I plan to do something for Sept. 11," he said. "Artwork has a healing quality."

"When people lose someone, they want to moralize them. The exciting thing of what I do, is that

people apply THEIR spirituality to it. Artwork can touch so many people," he said.

"It's a great opportunity," he added. "I'm in a situation to make a difference to the nation. Artwork heals."

Israel stated that he is considering the image of an American Eagle or the Statue of Liberty or possibly a series of paintings for his tribute to the victims of the terrorist attacks.

As for other interests, Israel holds a Black Belt in Karate. "This is my first love," he said. "I have to train to stay in shape to do this stuff," he said motioning to his Toby Keith mural.

He also is encouraging his 7-year-old daughter with her artistic talents. "She's taking art lessons," Israel said. "I don't push her, but I do try to mentor her."

Israel's artwork could be purchased this weekend at the Char-

ity Auction at the Country Stampede. He donated the Toby Keith creation to the benefit.

According to Israel, his artwork sells for a few thousand dollars up to \$20,000 a piece. Fans purchase even his clothes that are covered in paint. He said that he usually only wears a set of clothing one time but once in awhile he can get two wears out of them. Pointing to his black pants he said that he had worn them while painting a mural that was the album cover of Brooks and Dunn.

"This country crowd is great to paint for," Israel said looking over the sea of bikini-clad coeds and tight-jeaned cowboys.

As for the future, Israel said, "My goal is to paint for a HUGE crowd on a pristine canvas. I will walk out, dab it with paint and turn around and walk off," he said with a chuckle.

"Actually, the next challenge is what I like the best."



Physical training for expectant soldiers beneficial to baby



Post/Cooke

Pfc. Jaycelyn Inoke swims in Long Fitness Center pool during Pregnancy PT. Pregnancy PT meets Monday, Tuesday, Wednesday and Friday to help soldiers stay in shape during and after their pregnancy.

By Steven Cooke

Staff Writer

Physical fitness is a top priority for all soldiers in today's Army, even for pregnant soldiers. Fort Riley offers the pregnancy PT program to help soldiers stay healthy and informed throughout their pregnancy.

The program focuses on aerobics and strength training Monday's, Wednesday's and Friday's from 6:30 to 7:30 a.m. at Long Fitness Center and informational classes are held on Tuesday mornings at Irwin Army Community Hospital.

Sgt. Carrie Jensen, 568th Engineer Company (CSE), runs the program.

"I'm a certified aerobics trainer and I've had emergency training in child birth. I also have pregnancy PT qualification," said Jensen. "The program is open to all pregnant soldiers and civilian wives."

Jensen said that although the program is called PT, it's not sit ups and push-ups.

"Everything is modified. We do step aerobics, water aerobics in the pool and the soldiers are told to go at their own pace."

Jensen and the soldiers believe the program is very beneficial.

"Exercise during the pregnancy will make giving birth a little easier," said Jensen.

"You get to talk to other

women on post who can relate to you," said Pvt. 2 Georginia Varela, Company C, 101st Forward Support Battalion. "Every day we work a different part of the body which makes it easier when you have your baby."

"The exercise is good for me and it's good for my baby," said Sgt. Kortney Flete, 24th Transportation Company.

The Tuesday class covers a variety of topics, from nutrition to breast-feeding.

"My favorite part is the Tuesday class," said Pfc. Lori Fetherston, 596th Signal Company. "It gives new mothers lots of information that when I was a new mother 10 years ago I didn't have"

"I like the Tuesday class," said Varela. "We learn a lot. It helps you eat right and covers different topics."

Since Jensen started running the program, enrollment has gone up significantly.

"When I first started, on average we had five women, now we average 16 to 20 women a day," said Jensen.

Jensen added that women that are postpartum can also participate in the program to help them get back in shape. Women interested can just show up to one of the PT sessions Monday, Wednesday or Friday at Long Fitness Center and sign up.

Think safety with fireworks

By Steven Cooke

Staff Writer

With the 4th of July a few short hours away, many families will be looking forward to all the fireworks. But before going out to buy the pretty sparklers, there are a few things people should know.

According to Fort Riley Regulation 190-1, selling, manufacturing, possessing or discharging fireworks, blasting caps and artillery simulators is prohibited in Fort Riley.

In Junction City, people are allowed to purchase and set off fireworks from June 28 until midnight July 5. Additionally, bottle rockets are illegal through the entire state of Kansas.

"Anyone caught breaking these rules will be fined no less than \$5 and no more than \$100," said Capt. William Rich, Junction City

Police Department. "They can also receive up to 30 days in jail."

Rich said anyone who wants to view the city's ordinance can stop by the police department.

Another thing to remember with fireworks is safety.

According to the Kansas State Fire Marshal's website, fireworks caused 167 injuries in 2001, including 31 injuries to children age 6 and under. There were also 243 fires started by fireworks reported to the Kansas State Fire Marshal's Office in 2001. These fires caused \$471,894 in property damage.

There are several safety tips for fireworks listed on the Fire Marshal Office's website.

Always purchase high quality fireworks from a reliable legitimate source. Never give fireworks to small children. Adults should always supervise use of fireworks by older children.

Always wear eye protection when lighting fireworks. Alcohol and fireworks do not mix. Have a "designated shooter." Always read and follow label instructions.

Never point or throw fireworks at a person, building or animal.

Have a source of water handy, in case of fire. Light only one firework at a time. Never attempt to re-light malfunctioning fireworks. And, never experiment with homemade fireworks; they are dangerous and illegal. It is illegal to shoot fireworks on or under a vehicle, on any public roadway, within 50 feet of a firework stand or where fireworks are stored and gas stations or anywhere liquid gas, including propane, is stored.

A fun alternative to shooting your own fireworks would be the Junction City Fourth of July Sundown Salute Celebration. There will be a fireworks display at 10 p.m. over Milford Lake.

Annual Sundown Salute fun for all

Fireworks! Parade! There will be fun for the whole family on the Fourth of July and more!

The 30th annual Sundown Salute of Junction City and Geary County will be held on July 4 and 5. The Fourth of July part of the celebration begins 7:30 a.m. with the Coors 10K Freedom Run at Heritage Park in Junction City and concludes with fireworks that begin at 10 p.m. at Milford Lake. Festivities will resume on July 5 at 9 a.m. at the Kid's Zone, located in Waters parking lot.

"This celebration is full of free entertainment and fun for families," said Connie Hall, executive director, Geary County Convention and Visitor's Bureau.

"This year's parade won't have a specific Grand Marshal," said Hall. "The American Flag will be the Grand Marshal, with law enforcement and military following to demonstrate unity."

The parade will include Fort Riley soldiers from 1st Battalion, 34th Armor.

"There will be an M1A1 Abrams tank, an M2 Bradley and a HUMVEE," said Capt. Andrew Turner, 1st Brigade operations officer.

"We have one of the largest parades around," said Hall. People come from all around to this parade every year." All of the Fourth of July festivities are open to the public.

Hall encourages people to

bring lawn chairs and blankets to sit on in the grass and shade of the park since there will be no arranged seating. A picnic lunch is also encouraged. However, no coolers will be allowed. There will be beer gardens in various locations.

Hall said 5th through 9th Streets are going to be blocked in downtown Junction City on July 4 and 5. Therefore, parking will be on the surrounding streets.

"This tradition has been celebrated here for 30 years now," Hall said. "It's the only one in the area that brings citizens and soldiers together to celebrate the Fourth of July."

For more information on Sundown Salute, call 238-2885.

Fort Riley youth advance in Boy's, Girl's Club photo competition

By Jamie Bender

Staff Writer

Several Fort Riley youth participated in the Boys and Girls Club of America's ImageMakers photography contest this summer. Photos taken by Timothy Allen, Melissa Colson, LeMarcus Brown and Caprest Rohne, were forwarded to the regional level in San Antonio, Texas. The winner of the contest will go the X-games in Philadelphia to take behind-the-scenes photos.

The teens started taking pictures in March with Teen Center Training and Programming Specialist Shelley Anderson, a former art teacher, Amber Ste-

hwein and Margaret Colbert. Stehwein and Colbert worked with the kids with digital and disposable cameras.

"We wanted the kids to experiment with the different things that are available," said Anderson.

The Boy's and Girl's Clubs of America provides a curriculum for photography, Anderson said. When they started taking pictures, they had not yet received the curriculum, so they did a lot of experimentation, she said. Anderson said they did many one-on-one lessons with the cameras and then turned the kids loose to take photos. "We felt they would get more out of that than lectures," added Anderson.

Colbert took several of the teens on a

field trip to let them experiment with a digital camera. Rohne, a seventh grader at Fort Riley Middle School, took a photo of trout in a river on the trip. That photo was sent to the regional competition in Texas in the digital-processing category.

"You could sit and watch the fish swim all day," said Rohne. "When you take a picture, you can really get in it and use your imagination."

Colson's photo of a friend removing his in-line skates was selected for the color-processing category. She took the photo with Anderson's 35mm camera. "[Taking photos] was really fun," Colson said. Colson plans to continue taking photos as well as many other artistic projects. She has enrolled in as many art

classes as she can at Junction City High School this fall.

Allen had two photos chosen to go to regional competition. His photo of a rabbit in a cage was sent in for the black and white category and a photo of a clown was sent in the color-processing category. Allen, an eighth grader at Fort Riley Middle School, also took his photos with Anderson's 35 mm camera.

The photos had to be matted for display before they were sent in. "The Arts and Crafts Center did some of them, and a business in Manhattan did some as well," said Anderson.

Color process, black-and-white process, digital process, alternative process, and photo essay are the separate

categories available in each age group. There are age different age groups of the competition ranging from 9 and under, to 16-18 years of age.

There is a \$3000 scholarship prize for use at an art school or college for the 16-18 year old age group, Anderson said. To be eligible for the scholarship, teens must send in a photo essay consisting of five photos matted for display and a one page personal statement.

"We wanted to get the kids started early so that by the time they reach that age group, they will have experience and enough photos to choose from that they will have a good chance at that scholarship," she said.

Post-wide arts, crafts, photography contest deadlines approaching

By Emily O'Connor

K-State Intern

If creating crafts and taking pictures are how you spend your spare time, the Arts and Crafts Center has two competitions you should consider entering - the Army Designer Crafts Contest and the Fort Riley Photo Contest. Any soldiers, family members, retirees or DOD civilians and personnel who are eligible to use the Arts and Crafts Center can participate.

The Designer Crafts Contest is a promotional project designed to stimulate interest in all crafts and recognize the skills of fine craftspersons, according to the guidance brochure for the contest.

It is held on even numbered years, alternating with the Army Art Contest, which is held on odd numbered years.

The crafts contest is meant to encourage diversified classes, workshops, demonstrations and lectures on technical processes of various crafts on post. It can also provide the beginner, amateur and experienced craftsperson an opportunity for recognition, along with encouraging exhibitors to contribute to a broader understanding and appreciation for the design and craft ability of the military community.

"We always encourage people to participate in the competitions even if they think that their work is incapable of being awarded or

winning a prize," said Richard Bryant, art specialist at the Arts and Crafts Center. "They just might surprise themselves."

There are several categories included in the Designer Crafts Contest including ceramics, wood, fibers and textiles, glass and multi-media. The competitors in each category will be divided into two different groups, novice or amateur, and accomplished or experienced crafters.

If photography is more your style, the Fort Riley Photo Contest is a competition for the beginner, amateur and experienced photographers. The contest can provide participants an opportunity for self-expression and recognition. It can also provide an under-

standing and appreciation for the art of photography.

There are three different groups photo contest participants may enter: monochrome prints, color prints and color transparencies. Along with these groups, there are four categories in which pictures may be entered, military life, people, nature and scenery and creative effects.

Entries in both the Army Designer Crafts Contest and the Fort Riley Photo Contest will compete at the Fort Riley level and will all advance to the FORSCOM level. Winners at the FORSCOM level will advance to the Department of the Army level and will compete with other entries from around the world.

"In the past, we've had a lot of FORSCOM and Department of the Army winners from Fort Riley," Bryant said. "This is an opportunity to have your creative work compared to others around the world and to possibly win some money."

For complete rules and regulations, and the official entry forms, go to the Arts and Crafts Center just across from the PX or call the center at 239-9205. The entry deadline of July 30 is approaching quickly and no late entries will be

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1 x 3"

Black Only

new times

THE OUTLET

1 x 4"

Black Only

pick up 6/28/02



Fort Riley Sports

Pumping iron



Staff Sgt. Anthony Dixon demonstrates his strength as he works out with weights. His motto is "Only the strong can survive."

Photos by Jamie Bender

Getting started hardest part for some

By Heather Pope
Radford Univ.

Get those muscles toned! Fort Riley offers five facilities with weight training capabilities. Since 1996, well over a million dollars has been spent on the various gyms. "It's the best equipment you can buy," said Sports Director Jim Westerhaus.

Staff Sgt. Anthony Dixon, 937th Engineer Group, said, "Once you start you can't stop!" Getting started is the hardest part, but "only the strong can survive," he said.

Kimberly Ernst, an Army wife visiting friends at Fort Riley while her husband is

deployed, does a five-day routine of weights. "It can get really addicting once you get started," she said.

Reservist Cpl. Lawrence McKenna of Ogden is working on his chest and running before he heads to Drill Sergeant School in July. "I'm hoping to put on 10 pounds before I leave," he said.

Greg James of Junction City works out for 1.5 hours four times a week. He does a total body workout in order to get in shape and stay that way.

"I'm trying to tone up and lose fat," said James. Coming out to Fort Riley to workout is worth it because the equipment is top of the line, he said.

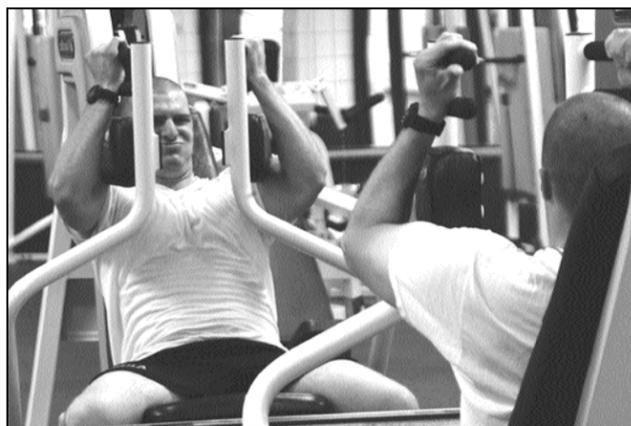
The weight rooms carry top-of-the-line name brand apparatus. "A request was put in and approved for 17 treadmills and 13 cross trainers," said Westerhaus.

We buy equipment that is made to last, he said. The equipment has to stand up to the rigorous everyday training. Some machines at the facility have over 20,000 miles on them, Westerhaus said.

The busiest times of the day are early in the morning, lunchtime and 4:30-6 p.m., according to Westerhaus.

"We are working on hiring a fitness program manager in the near future," he said.

The soldiers like what we have for the most part, and people will benefit from the trainers.



Reservist, Cpl. Lawrence McKenna, works on his chest muscles in preparation for Drill Sergeant School.

Freedom Run part of Fourth of July activities in Junction City

By Emily O'Connor
K-State Intern

Calling all runners! For the 26th year in a row, the Coors Freedom Run will take place in Junction City as part of the Fourth of July celebration.

"The Coors Freedom Run is a great way to show patriotism and support for our country," Command Sgt. Maj. Ken Fyffe, garrison sergeant major said. "It is also a great way to kick off the Fourth of July and the Sundown Salute."

Maj. Gen. Thomas Metz, commanding general, 24th Infantry Division (Mech.) and Fort Riley, kicks off the 10k (6.2

mile) race at 7:30 a.m., July 4, on Washington Street, between 5th and 6th Streets.

According to Jerry Frakes, coordinator of the race, there are entrants from Kansas, Oklahoma, Colorado, Missouri and Wisconsin so far.

"Last year, we had 208 people running the race and we are hoping for at least that many again this year," Frakes said.

The entrance fee for the Freedom Run is \$12 and includes a tank top and race number.

A unique aspect of this race is that the proceeds from the Army division of the race will benefit the Fort Riley Armed

Services YMCA in Junction City.

As in any race, there will be several prizes awarded for different race divisions. The overall first place male and female winners will each receive \$200. A prize of \$100 will be awarded to record-breakers in both the male and female divisions. Previous record holders are Steve Riley of Lawrence, with a time of 31:40 and Sara Wells of Salina, with a time of 36:47.

Several prizes will be given in categories of the Army divisions of the race including first place overall men's and women's; first place platoon (must run as a platoon); first place company and the

most runners from a brigade.

There will also be three monetary prizes awarded for the best decorated storefronts along the race trail.

While the race may simply be a fun event for some, others might see it as an opportunity to prepare for upcoming races.

"The Freedom Run is a great chance to prepare for the AUSA (Association of the United States Army) 10 mile race in August," Fyffe said. "It's the only major race between now and then."

The course goes north to 18th Street, against traffic, then left on 18th Street, against traffic to Jackson. It then pro-

ceeds through the intersection to Highway Business 57 to the turn-around at the three-mile point, then the race returns the reverse route. For those interested in registering for the 26th Coors Freedom Run, go to King Field House or Leonard Gym on post or go by the Coors warehouse at 2005 N. Jackson, Junction City. Entries will not be taken on race day.

"The Freedom Run is a great event for families," Frakes said. "We have a one-mile fun run at 9 a.m. and a parade following that. We really have something for everyone and hope that everyone will come out and participate."



Hunting season soon upon Kansas, Fort Riley

By Alan Hynek
DES Biologist

Although the "dog days" of summer are upon us, it is not too early to start thinking about the fall hunting seasons on Fort Riley. The big game hunting fact sheets have just been released, as well as the deer, turkey and elk information booklets from the state. This and other outdoor information can be found at the Conservation Division, building 1020, Outdoor Recreation, building 9011 and on the Fort Riley Website at www.riley.army.mil.

Highlights of the upcoming seasons include:

Firearms Deer: Application for the lottery drawing will be accepted at the Conservation Division or at the Outdoor Recreation Center

Any leftover tags may be purchased at this time on a first come first served basis.

The early muzzleloader season will be from September 14-27. The regular firearms season will be Nov. 29 to Dec. 1, 20-23 and 26-30. Resident firearms permits

On the Wildside: News About Nature

may be purchased over the counter at the Kansas Department of Wildlife and Parks offices and at some Kansas license vendors.

Archery Deer: Fort Riley archery deer permits are available over the counter at the Outdoor Recreation Center, building 9011. Archery deer hunters must check out and in each day at one of the nine hunter check stations. Resident archery permits may be purchased over the counter at the

Fall Turkey: Fort Riley turkey permits are available over the counter at the Outdoor Recreation Center.

Kansas Unit 2 Fall Turkey Tags are available over the counter at the Kansas Dept. of Wildlife and Parks offices and at some Kansas

license vendors. The bag limit is one turkey per Kansas turkey tag or turkey game tag. The fall turkey season will be Oct. 1 to Dec. 3 and Dec. 16-31.

Elk: Fort Riley elk permits are available over the counter. However, you first have to be lucky enough to draw a Kansas Elk Tag. Applications are available at the Conservation Division and at the Outdoor Recreation Center. All elk applications must be sent to

will be Sept. 14-29. Prairie chicken season will consist of an early season, Sept. 15 to Oct. 15 and a late season Nov. 2 to Jan. 31.

Please note that the military mission has precedence over the announced hunting seasons. The Fort Riley Military Reservation or portions of it may be closed at anytime, without prior notice, due to military activities. Security measures may be implemented at any time without notice. Fort Riley is still at a heightened security posture.

Persons coming on post to hunt or fish must enter the installation through one of the manned access control points and obtain a vehicle pass if they are not in a vehicle with a DoD vehicle sticker on the windshield. All training areas north of Vinton School Road are still in a security posture.

Health

To see or not to see - it's your vision

By Emilie Howe
MEDDAC PAO

Eyesight - ask someone who accidentally lost his eyesight if it changes your lifestyle. According to a news release "The Eyes Have It," from the web site for Eye Safety Awareness Week, over 100,000 eye injuries occur in the United States and approximately 90 percent of the injuries were avoidable if the person had worn the correct eye protection.

"Eye Safety Awareness Week", is June 27 thru July 5. The message here is for our Fort Riley service members, their families, and the civilian workforce. In a few words the message promotes this - wear eye protection and don't do stupid things around your eyes.

Failure to wear the correct eye protection is the leading cause of eye injuries. The workplace isn't the only place where Americans have suffered eye injuries - it can happen in their homes, an outdoor barbecue, or on a basketball court.

"Basketball. The number one over all is basketball," said Lt. Col. (Dr.) Ellis M. Madsen,

Optometrist for the Eye; Ears; Nose, and Throat (EENT) Clinic at Irwin Army Community Hospital. Madsen said he has seen more soldiers with eye injuries resulting from a basketball game and a few patient visits due to being hit in the eye by a racquetball. The smaller number of eye injuries from racquetball is due to the stringent enforcement of the rules by the staff at King Field House, stated Madsen. In a basketball game, all it takes is a player to jerk his arm back while wrestling the ball from the opponent and his elbow smacks into another player's eye socket. Corneal abrasions and ocular contusions are the most common basketball injuries.

Fort Riley soldiers may play a game of baseball, basketball, or football for their Physical Training (PT) and not be aware that the above sports are known to have a higher risk for eye injuries. However, all of these high-risk sports do have eye and face protection designed for the player's safety.

Contact lenses may also lead to a soldier's visit to the EENT clinic. "The biggest peeve is soldiers

wearing contact lenses in the field," Madsen said. "Technically you are not supposed to according to Army Regulation." A field exercise is no place to where your contacts because of the dirt and dust hazards that may get under the wearer's contact lenses and cause a corneal abrasion. He also stated that using extended wear contacts may increase a person's risk for getting an eye infection or corneal ulcerations or inflammations due to the patient wearing them longer than what is recommended.

Another means of eye protection is to wear a pair of sunglasses before going out into the sunshine. "Hard ultraviolet (UV) light from sun exposure - over a long period of time causes cataracts and retinal damage," said Madsen. Service members are now issued sunglasses to protect their eyes from UV light exposure. Madsen said the cause of more UV light exposure is due to the earth's depleted ozone layer, which use to filter out the hard UV light rays from the atmosphere. It may be a good precau-

tion for children to wear good sunglasses to protect their eyes.

Information from "Eye Safety Awareness Week" recommends wearing sunglasses that block 99 to 100 percent of the ultraviolet A and B rays when outdoors. It says it is especially critical when there is a high potential for glare, such as at beaches and in snow-covered areas.

In addition to using the right sports eye-guard, helmet, or face-mask for certain sports take precautions when taking care of your lawn. Use the correct safety goggles when using a lawn mower or a weed whacker.

With the Fourth of July holidays coming up, it is very important to practice eye safety around fireworks as they are a leading cause of eye injuries and loss of sight. Picking up unexploded fireworks or being too close to exploding fireworks must be avoided to prevent eye injuries.

Practicing good eye protection will prevent your chances for loss of eyesight and help you to see the world through your own two eyes.

Pregnancy Physical Training

Pregnancy Physical Training is held every Monday, Wednesday and Friday, on the basketball court at Long Fitness Center, 8069 Normandy Dr., from 6:30 - 7:30 a.m. The program is designed to serve the special needs of the pregnant soldier by providing appropriate physical training and a health education program. Pregnancy PT supports the Fort Riley units by offering consistent health guidance for pregnant soldiers.

Every Tuesday there is an hour-long education program held in the Education Bay, fourth floor of Irwin Army Community Hospital, from 6:30 - 7:30 a.m. Short presentations by health care staff members cover a variety of topics, such as infant car seats, skin care during pregnancy and the common discomforts of pregnancy. Spouses, or men and women who are the support persons for the pregnant soldier are welcome to attend. Participation in the Pregnancy PT program is encouraged, although participation is not mandatory.

For more information, call Sgt. Carrie Jensen, 2nd Platoon, 568th Engineer Company at 239-5827 or leave a message at 762-7012.

Tobacco cessation

New classes are forming to kick that tobacco habit. Irwin Army Community Hospital offers a four-week tobacco cessation program, which meets on Wednesdays from 5 - 6 p.m. or Thursday from 3:30 - 4:30 p.m. For those concerned about gaining weight after kicking the tobacco habit, a dietician teaches participants healthy ways to avoid weight gain. Active duty uniform service members, their families, retired military and DoD civilians may participate in the tobacco cessation program. For more information call 239-7323.

Travel Medicine Clinic

Irwin Army Community Hospital's Preventive Medicine Service will be holding a Travel Medicine Clinic every Tuesday, 8 - 11 a.m. and 1 - 3 p.m. Military service members and their families who will be traveling outside of the United States are eligible for the Travel Medicine Clinic. Patients are required to have their medical record and shot record with them at the time of their appointment. To book a Travel Medicine clinic appointment, please call 239-7386.

"Weigh" to Stay

"Weigh" to Stay is the Army's new weight management and education program to fight obesity. As of this month, "Weigh" to Stay, is the new Army standard. The Nutrition Care Division of Irwin Army Community Hospital will begin "Weigh" to Stay classes in July. This starts with a two-hour class that will be given by a registered dietician and the follow-up sessions will continue the education process and offer immediate feedback concerning an individual's progress. There is no class fee. Fort Riley service members who meet the Army Weight Standard, but want to lose a few pounds are encouraged to participate. Soldiers and their family members will learn the basic principles of weight reduction and exercise and behavior modification. "Weigh" to Stay activities will be analyzing a participant's food and exercise diary and measuring a person's body composition at certain intervals. To sign up for the "Weigh" to Stay classes, call the TRICARE Service Center at 784-1200 or call toll free at 1-888-874-9378.

Dehydration can affect anyone during summer

By Emilie Howe
MEDDAC PAO

The human body's thirst signal is known for being tardy. When you realize you are thirsty, you are already two or three glasses behind in water intake, said Lt. Col. (Dr.) Patricia R. Hastings, Deputy Commander for Clinical Services at Irwin Army Community Hospital. Hastings is a board certified physician in Emergency Medicine and fellowship in Disaster Medicine.

Compare your body's cooling mechanism to a car radiator, said Hastings. The owner checks the radiator's fluid levels to prevent an overheated engine before driving it, and so should a person think about drinking water to prevent dehydration. Dehydration

simply means that your body is lacking in water.

A question asked of Hastings is whether bottled 'sports drinks'; carbonated beverages; fruit-flavored drinks or caffeinated beverages can be consumed instead of water. "Any kind of fluid," she said. But, the rule of thumb is to drink one glass of water for every caffeinated beverage that a person consumes."

Hastings said before giving a sports drink to an infant, dilute it in half with water because full strength is too strong for babies.

"The very young and the elderly are the most vulnerable to dehydration," she said. According to Hastings, not recognizing the need to drink or not knowing how to get a drink of water are what causes their vulnerability. Also, an elderly person's thirst sense is not

as strong. As summer temperatures rise, watch your baby's diaper count to see if the number of wet diapers has dropped off. Be alert if baby starts being fussy since dehydration causes a slight headache, she said.

When it's really hot, eight glasses of water should double to 16 glasses. An adult usually needs to consume one to one-and-a-half quarts of water a day. Hastings said that the color of a person's urine is an indicator of dehydration. A pale yellow is fine, but a dark gold-colored urine means the person is dehydrated.

When adults, children or elderly persons tell you they don't feel well, get them out of the sun and into a cooler spot, she said. Over the course of 15 minutes, have the person try slowly drinking about three glasses of water. For a child,

make it three servings of half-filled 'sipper cups' of water taken in for about 15 minutes. Keep them comfortable and sipping water.

"Heat injury goes along with it (dehydration) - heat cramps and heat exhaustion. Hydration avoids it," said Hastings. "If anyone looks pale, a racing pulse, or dry skin - this is a sign of heat stroke."

"Medications, such as antihistamines or antidepressants may cause dehydration," she said. Also, certain antibiotics can cause people to be photo sensitive. They should wear sunscreen and a hat.

According to Hastings, listen to your body - a headache or feeling thirsty. Do what your body is signaling for you to do - drink water. For more information about dehydration, go to www.webmd.com.

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