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Weather Forecast	Today  High:93 Low:65
Saturday  High:90 Low:67	Sunday  High:94 Low:71

FRIDAY

Fort Riley Post




The winner of the 27th Annual Coors Freedom Run in Junction City, Phil Hudnall, 32, Kansas City, Mo., is directed to the finish line exit by an event official July 4. See Page 9

July 11, 2003

America's Warfighting Center

Vol. 46, No. 27

Soldiers rebuild market

By Jess Sullivan
Daily Republic

BAGHDAD - The Abu Ghraib marketplace looks like a rickety flea market built on top of a rotting landfill. Dirt and filth are everywhere. Flies swarm on animal carcasses and the fruit and vegetables stands. In the middle of the squalor and decay, Lt. Col. Jeff Ingram sees potential and the opportunity to sway hearts and minds of Iraqis in the battle for keeping the peace in Baghdad. The marketplace falls under Ingram's command. He is responsible for nearly 700 soldiers who patrol a 60 square kilometer area Ingram has divided into three sections he calls the good, the bad and the ugly. The market lies in the heart of the ugly section bordered by some of the poorest communities of Baghdad. The market is also one of the first stopping points for travelers headed for Baghdad from the east.

Ingram hatched the idea of building a new and improved marketplace after he toured the marketplace and met with local community leaders shortly after his arrival in Baghdad several weeks ago. While money for bigger projects to restore Iraq's economy is stalled at higher levels of bureaucracy, the small project has been funded and carries with it the hope for big initial success. The primary goal of a new marketplace is to bolster the local economy with commercial development and construction jobs. There are other goals for a marketplace, not the least of which is to shift the hundreds of shoppers away from the passing highway where they slow passing traffic to a crawl creating security concerns for passing military convoys.

The first attempt at enhancing the marketplace was made with the construction of several vendor stalls cobbled together with plywood and two by fours. That effort came after scores of truckloads of foul-smelling debris and trash was hauled off the nearby streets. A few stands were built one day with the wood, a precious commodity in Iraq, but the effort failed as soon as night fell and looters made away with the lumber. Piles of trash have replaced the ones hauled away, some pillaging of materials still occurs, but the market is slowly coming together. "We put up a sign that had the rules of the

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Soldiers of 1st Battalion, 16th Infantry march down 6th Street during the Proud to Be An American parade as part of the Sundown Salute activities.

Celebrating America's independence



Soldiers from Battery B, 1st Battalion, 5th Field Artillery fire a 50-gun salute to the nation during the Sundown Salute celebration July 4.

Sundown Salute

Junction City, Fort Riley celebrate July 4th

By Jamie Bender
Staff writer

Independence Day was celebrated in Junction City and Fort Riley with the Sundown Salute, a tradition dating back more than 30 years.

"We have been doing this for 31 years," said Junction City Mayor Mick Wunder. "It started as a parade and fireworks and as the years went by it has grown into quite a family event."

Events for the Sundown Salute began on July 3, with a carnival, a kiddie parade and a street dance.

The celebration on July 4, began at 7:30 a.m. with the Coors 10K Freedom Run.

"Fort Riley always has a strong presence in the race," said Wunder. "We have many people who enter every year, and we get new people every year as well."

First to cross the finish line was Phil Hudnall, Kansas City, Mo., with a time of 32:13. He was followed closely by Kyle Opopraski, Wamego, with a time of 33:01. The first woman to finish was Amy Mortimer, Manhattan, with a time of 35:20. Mortimer was five seconds from the female record of 35:15 held by Sara Wells from Salina, set in 2002.

The money made in the race is given back to the YMCA, the Sundown Salute, the police D.A.R.E. fund and the Geary County Benevolent Fund, said Wunder.

The parade, which was themed "Proud to be an American," began at 10 a.m. Spectators lined both sides of 6th Street to catch candy and watch the soldiers, clowns and cars as they passed.

"Every year we try to add a little bit more flavor to [the parade]," said Wunder. "We have the support of Fort Riley who lends us a hand getting a band. We have troops that march, and we have the Shriners who are involved with the kids every year as clowns. We try to make it a nice morning that families can come out and enjoy and have a nice parade."

Following the parade, a wreath laying ceremony was held at the Kansas Vietnam Memorial to honor those who have fallen in defense of our country.

A wreath was laid at the Kansas Vietnam Memorial, which bears the name of all Kansans who died in that conflict, by Brig. Gen. Dennis Hardy, commanding general, 24th Infantry Division (Mechanized) and Fort Riley, and Sgt. Mario Gomez, 1st Battalion, 5th Field Artillery, a member of Fort Riley Sgt. Audie Murphy Club. Another wreath was simultaneously laid at the 1st



Command Sgt. Major James Noble, garrison command sergeant major, Diane Hardy, commanding general, 24th Infantry Division and Fort Riley, wave to the crowd in Junction City during the Proud to Be An American parade.

Infantry Division memorial by Command Sgt. Major James Noble, garrison command sergeant major, and the Fort Riley Soldier of the Year Cpl. Michael Huddleston, Headquarters and Headquarters Battery, 1st Bat-

See July 4 Page 2

Ceremony honors fallen vets

By Jamie Bender
Staff writer

As part of the Independence Day celebration, a wreath laying ceremony and a 50 cannon Salute to the Nation was held at the Vietnam Memorial at Heritage Park in Junction City during the Sundown Salute activities July 4.

The ceremony began with the singing of the National Anthem by Brad Powell. Along with Powell, Chelsey Hendershaw performed the song in sign language.

A wreath was laid at the Kansas Vietnam Memorial, which bears the name of all Kansans who died in that conflict, by Brig. Gen. Dennis Hardy, commanding general, 24th Infantry Division (Mechanized) and Fort Riley, and Sgt. Mario Gomez, 1st Battalion, 5th Field Artillery, a member of Fort Riley Sgt. Audie Murphy Club. Another wreath was simultaneously laid at the 1st Infantry Division memorial by Command Sgt. Major James Noble, garrison command sergeant major, and the Fort Riley Soldier of the Year Cpl. Michael Huddleston, Headquarters and Headquarters Battery, 1st Battalion, 5th Field Artillery.

Taps was played following a 21-gun salute.

Hardy then spoke about the Declaration of Independence, which began the history of our Nation.

"This celebration is about a small group of men, the second continental congress, who, 227 years ago, adopted a resolution, drafted by Thomas Jefferson: the Declaration of Independence," said Hardy. "When the ink dried on the parchment that day in Philadelphia, the Declaration of Independence was in fact no more than noble words on a piece of paper. It was an unrealized dream."

Hardy then went on to talk about the conflicts that America has fought and what lesson we have learned from them.

"... We have fought for our freedom from the Revolutionary War through the Civil War," said Hardy, "through the world wars in the last century, through Korea, through Vietnam, Operation Desert Shield and Desert Storm. More recently, Operation Enduring Freedom in the last two years, Operation Noble Eagle in Afghanistan and this year, Operation Iraqi Freedom. What we learn is that freedom is not free."

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National Guard's 226th Engineer Company returns to Kansas

Governor, State Adjutant General, hundreds of family members, friends meet at Forbes

Staff Reports

Kansas Governor Kathleen Sebelius greeted Guardsmen from the 226th Engineer Company, Kansas Army National Guard, on July 4, as they return home from five months of duty in support

of Operation Iraqi Freedom. Sebelius and Maj. Gen. Greg Gardner, the Kansas adjutant general, were at the Forbes Air Field airport terminal, Topeka, when the Guardsmen arrived.

"What a wonderful way to kick off the celebration of Independence Day," Sebelius said.

"I am so pleased to be a part of this special welcome home for these soldiers and their families." More than 140 Guardsmen of the 226th Engineer Company left Kansas, Feb. 8, for overseas duty in support of Operation Iraqi Freedom, a mission in defense of terrorism.

The unit, headquartered in Augusta, Kan., with a detachment in Winfield, Kan., performs earthmoving and construction tasks to increase the combat effectiveness of division, corps and theater army.

In Iraq, the unit worked on repair of an Iraqi oil pipeline from Basra to the

coast, repairing abutments, replacing sections and welding cracks in the pipe. The unit also provided general engineering support for coalition forces by performing repairs on temporary structures, digging ammunition pits, repairing berms and other engineering tasks while in Iraq.



Marcia Lewis was one of hundreds of friends and family members waiting for their loved ones to enter the main lobby of the Forbes Air Field commercial airport terminal July 4th. For Lewis, the wait seemed like an eternity because her husband, Pfc. Jason Lewis was one of the last soldiers to enter the airport lobby where Marcia was waiting.





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talion, 5th Field Artillery.

"We honor veterans and those that have paid the ultimate price for freedom," said Wunder.

"Junction City does a great job of supporting the veterans. Many veterans have retired here in Junction City and it helps our community grow."

New to the ceremony this year was the 50-gun salute to the nation. As Battery B, 1st Battalion, 5th Field Artillery, commanded by 1st Lt. James Ford, fired the cannon, the names of the states were read along with the dates they were admitted to the union.

Various vendors were present to offer food and drink for the crowd. Foods from buffalo burgers to hotdogs and onion blossoms were available for hungry Independence Day observers.

There were several events going on throughout the day. A petting zoo and pig races were a highlight enjoyed by many children over the weekend. The national Mud Bog, held on Grant Street was also a big attraction for truck enthusiasts. A free concert was given by Loverboy on the 6th Street side of Heritage Park.

At the end of the night, the fireworks could be seen over Heritage and Sertoma Parks. Having the fireworks in town this year was a change from the usual area of Milford Lake.

"This year is one of the better years [for the Sundown Salute] because we have arranged all the activities to be in town," said Wunder. "We decided to try it this year because of the difficulty involved in getting to and from

the lake for spectators."

Although the Sundown Salute has been a tradition for more than three decades, there are still challenges to getting it together.

"The biggest challenge is funding," said Wunder. "The fireworks alone cost \$20,000. The city gives \$10,000 and the county gives \$10,000 out of their budgets to buy the fireworks. The events here, except for the Mud Bog and the carnival are free, so we raise the money to do it. We have to raise anywhere from \$60,000 to \$70,000 to have everything set up and run smoothly. Raising money is a challenge, but the community supports this and they always step up to the plate and get people who help out."

Fundraising will begin for the committee in a few weeks, added

Wunder. "We lose a few from the committee and we gain a few. The city will take a role in what they need to do and the county will do what they need to do and we will work together and bring it together."

The celebration in Junction City and Fort Riley was significant this year because of world events, said Wunder.

"I think it is unique because of the significance of what is going on in Iraq and what we are fighting against everywhere in the world today. It's good when we can get together and support each other," he said. "It's a family event, and it's too bad that there weren't more troops here, but they are off doing what they need to do to protect us. At least we are celebrating because they are giving us the opportunity."

Skate, skateboard, scooter injuries increasing

By **Jamie Bender**
Staff writer

Roller skates, skateboards, inline skates and scooters are popular modes of transportation for young people during the summer months. While these may not reach the speed of motorized vehicles, just like clicking your seat belt, safety measures are recommended.

According to the safety office of Laughlin Air Force Base, Texas, more than 100,000 people are injured while inline skating, 50,000 people are injured while skateboarding and more than 40,000 while riding scooters.

There are several steps to ensure safety while inline skating. Going to a store with knowledgeable salespeople can be the first step to a safer summer. Purchase the proper skates based on your experience and exercise goals. The boot should fit snugly, but allow a little extra toe room in the front. Wearing a thin liner sock under a medium-weight athletic sock is also recommended to avoid blisters.

Purchasing the proper safety equipment is also recommended. Wrist and lower arm fractures account for nearly half of the skating injuries. Proper safety equipment reduces the danger when a skater falls.

An approved bicycle helmet will reduce the risk of injuries to the head. A hard plastic shell with padding underneath is recommended. Elbow and kneepads that are designed for skating will help prevent scrapes and cuts and wrist guards with a hard plastic splint on the top and bottom will reduce the risk of breaks. Gloves will also help prevent scrapes and cuts.

Dressing in the protective gear recommended for inline skaters can also reduce the hazards of skateboarding. Skateboarders may want to add hip pads for extra protection.

Many of the same safety measures are recommended for scooters. This fast growing sport is responsible for over 40,000 trips to the emergency room last year.

Alex Bender, base operations safety specialist at Fort Riley recommends that parents buy items that are approved by the Consumer Product Safety Commission.

"It is also a good idea to check the CPSC web site for any recall information," said Bender. "Many items are being recalled daily."

The web address for CPSC is www.cpsc.gov.

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Our soldiers, our sailors, our Marines, our Coast Guard, throughout all of these years and all of these struggles, have never lost heart, never lost hope, never lost sight of the ultimate goal. And that is to defend our Nation, to defend our freedom and the very independence that was declared 227 years ago."

Hardy also talked about what was honored at the ceremony and world events since Sept. 11, 2001.

"Today, we honor the selfless sacrifice of all veterans of all wars to include all citizens who helped build this great nation. We gather to celebrate yet another

year of freedom again recognizing that freedom is not free," he said. "Since the events of 9-11, ...the price of freedom remains very high."

Hardy also remembered those from Fort Riley who have lost their lives defending the values of our nation.

"Today I remember Sgt. Jacob Butler, Spc. Larry Brown, Master Sgt. William Payne, Pvt. David Evens and Pfc. Jeremiah Smith," he said. "All soldiers from Fort Riley who paid the ultimate price. Indeed, the cost of freedom remains high... Today's soldiers continue to represent a legacy. A legacy that

proudly stands behind and beside the veterans of all of our previous wars and our heroes of yesterday."

He also thanked the community for their support.

"You have been a critical part of supporting our troops," said Hardy. "Your support is absolutely critical to us. You have been forthright in saying thank you to our troops and today is a huge example of that. We the troops, Fort Riley and the Armed forces of the United States, thank you Junction City and all of our local communities for making us strong, for keeping us strong and for honoring us with your pres-

ence here today.

"You should know that your support has made the difference. Together we are the United States of America, and together we will continue to live our lives and fulfill our forefathers' vision of life liberty and the pursuit of happiness."

At the conclusion of the ceremony, Battery B, 1st Battalion, 5th Field Artillery, commanded by 1st Lt. James Ford fired a 50-gun salute to the nation.

The name of each state was read in the sequence in which it entered the union as the cannon fired.



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Fort Riley Post

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Demobilization ceremony farewells soldiers

By Michael Watson

Staff writer

Nearly 250 Army National Guard and Reserve soldiers were released from active duty last week, after receiving special recognition from Fort Riley officials.

Soldiers in Battery A, 1st Battalion, 161st Field Artillery demobilized on June 23, and soldiers from the 330th Transportation, 754th Chemical Company, 129th Motorized Public Affairs Detachment and 205th Medical Battalion demobilized on June 26.

At the demobilization ceremony on June 26, Col. Thomas Luebker, assistant division commander for support, said all National Guard and Reserve soldiers deserve special recognition, because they play key roles in supporting the war against terrorism.

"We have the greatest Army in the world, because of soldiers like you," he said. "Thank you for coming to Fort Riley. Thank you for serving and sustaining your skills. Keep your readiness up, because we just might need you again."

He said American soldiers would not leave the Central Command area of responsibility until the threat of terrorism is extinguished. For their efforts, the soldiers who demobilized last week received lapel pins for their support in Operation Noble Eagle II and Operation Iraqi Freedom.

June 23 demobilization ceremony

During its activation in support of Operation Noble Eagle II, Battery A provided force protection to Fort Riley by conducting access control

with guards on four of the post's gates.

"What they did was become part of the Fort Riley team," Col. John Simpson, chief of staff and garrison commander, said at the demobilization ceremony on June 23. "They were an integral part of its success. They have been the scouts at the gates—the first faces that people saw at Fort Riley. People felt comfortable going through the gates and seeing their faces as they entered the post."

That first impression was a lasting impression, Simpson said as he thanked approximately 100 soldiers of Battery A, 1st Bn., 161st FA for their pride and professionalism.

"It is a special day for you and a sad day for us," he said. "It's a sad day because we are saying farewell to part of the team. You did your job proudly, and you did it with class. Thank you."

Lt. Col. Pam Mattis, outgoing commander of the 924th Military Police Battalion, said the unit could be counted on daily to exceed soldier standards and ensure the environment for the soldiers, families and civilians at Fort Riley.

"Thank you for your sacrifices and your service to our nation and to the Army," she said. "Your state of Kansas can be a proud proud of your accomplishments and efforts to defend the constitution and the United States."

June 26 demobilization ceremony

Nearly 150 Army National Guard and Reserve soldiers, including soldiers from the local community, were released from active duty June 26 after months of service.

The 754th Chem. Co., a National Guard unit headquartered in Omaha, Neb., provided chemical,

biological and radiological survey and documentation in urban and tactical environments at Fort Riley. More than 50 soldiers mobilized to support Operation Noble Eagle and the Joint Task Force Civil Support Team.

The 129th MPAD, a National Guard unit headquartered in Rapid City, S.D., with a detachment in Bismarck, S.D., provided support to the Fort Riley Public Affairs Office. The unit of approximately 20 soldiers provided weekly news stories and produced television programs for the post cable channel at Fort Riley.

The 205th Med. Bn., a National Guard unit headquartered in Kansas City, Mo., provided support for the Joint Task Force Civil Support Team. The unit, with more than 50 soldiers, was ready to deploy to specified areas of operation to provide administrative assistance and supervision for task force efforts.

The 330th Trans. Det., an Army Reserve unit headquartered in Manhattan, Kan., deployed to Qatar on Feb. 3 to document cargo for airlift and ground movement. The unit of less than 10 soldiers moved approximately 1,500 pieces of cargo per month to more than 150 locations in Southwest Asia.

Luebker said these units all played vital roles to the support of Operation Iraqi Freedom. He said they are great soldiers, and he thanked them for the sacrifices they have made to serve their country and the United States Army.

"We are grateful and happy that you came here to spend this time with us, and we are grateful and happy that your units are combat ready and that you are ready to go—because your nation is going to need you again."

"Thank you for your service."

ePIN feature available

Army personnel can now obtain their myPay personal identification numbers (PINs) by using a new online feature called ePIN. myPay is an online system operated by Defense Finance and Accounting Service. ePIN is available to active, reserve, guard, civilians and military retirees with Army Knowledge Online accounts.

"We are constantly looking for ways to make myPay even more user friendly," said Pat Shine, director of DFAS Military and Civilian Pay Services. "ePIN will make this valuable pay management tool more accessible to our Army customers."

ePIN greatly simplifies the process of gaining access to myPay. Personnel can visit the myPay Web site, <https://myPay.dfas.mil> and click on the "New PIN" button. The system will verify the identity of the user through their Social Security Number. The user can elect delivery of the PIN by email or regular mail. Email delivery takes place within 48 hours.

Website offers information

On July 2, the Chairman, Joint Chiefs of Staff released the new Instruction Manual describing the new Joint Capabilities Integration and Development System (JCIDS). The JCIDS 3170 series documents were made available through the DoD 5000 Resources Center <http://dod5000.dau.mil>, AKSS <http://deskbook.dau.mil>, the DAU Continuous Learning Center (CLC) <http://clc.dau.mil> and the PM Community of Practice <http://pmcop.dau.mil>. The new JCIDS Instruction and Manual provide the complementary policy and process information directed in the new DODD5000.1 to provide validated and approved capabilities documents. Watch the above sites in the future for expanded learning materials on the JCIDS.

Market continued from page 1

market on it, but after a while we realized, hey, nobody knows how to read," Ingram said with a wad of chewing tobacco packed in one cheek.

The second attempt at a marketplace project was made using cinder blocks and cement. With an initial investment of \$3,000, Ingram hired 20 bricklayers and another 16 workers to mix and haul sand and cement for mortar.

Master Sgt. Michael Mathews, of Manhattan, Kan., went from coordinating the supply of fuel, food and ammunition to tank crews making their way north into Iraq to being a makeshift designer who came up with the plans for the market. Goat sellers in one section, chicken sellers in another, vegetable dealers past the sheep pens. All of it put onto paper for something resembling a blueprint that was used by the Iraqi builders.

Under the direction of "market manager" Sgt. Anthony Mottas of Junction City, Kan., workers have nearly completed the first section of the project, placing more than 1,500 cinder blocks a day. Ingram likes to tell the Sergeant the completed project will be named "Mottas Market."

"This is new to me," Mottas

said as workers hurried back and forth around him in the morning heat. "From artillery to civil affairs."

The marketplace has been the sight for confrontations between American soldiers and Iraqis opposing the American presence. The expulsion of gamblers from the marketplace by American soldiers at the request of community leaders probably motivated a failed grenade attack the same day. Other attacks have come from fringes of the market with grenades being fired from alleyways as soldiers in the market or passing by on the nearby highway.

The market is patrolled by military police units day and night and on most days, Ingram likes to spend at least part of his morning walking through the market.

Ingram and his armed escorts will walk through the market

carefully stepping over puddles of slaughtered sheep and goat blood, excrement and entrails. Ingram, who stands six foot five inches tall without his helmet and combat boots, draws crowds of Iraqis who gather around the tall soldier they recognize as the "big man." Iraqi men pepper Ingram with questions and complaints that an Iraqi interpreter translates, many of which Ingram hears every day. "Why do the Americans cut off the electricity?" "Why is there no water?" "Looters stole from me. Why can't Americans keep me safe?"

Ingram uses the encounters to talk directly to people, his constituents so to speak, who live in neighborhoods where his soldiers provide security. Not only do his explanations get heard by the man on the street, the impromptu sessions help dispel rumors and

break down preconceived barriers along with creating opportunity for communication that can result in information useful for military intelligence. As the men surround Ingram, young boys approach soldiers standing sentry on the fringe of the crowd or who are guarding nearby vehicles. The children's sparse English banter is almost always the same. "Meester meester." "Pepsi Meester?" "What is your name, meester?" "Ice meester?" "Baby meester?" "Where are you from meester?" "Give me money, meester."

"Chocolate, meester?" "What is your name meester?" "Give me candy meester. Give me food." Sometimes a child's voice in the distance shouting out "Saddam, Saddam" can be heard. When the market is completed project, costs may double to approxi-

mately \$6,000, but for his money, the benefits will be ample. More than 120 vendor stalls in two rows more than 100 yards long will offer secure permanent space for Iraqis whose livelihood depends on hawking food, wares or whatever they can scrounge, steal or find in the community. A few vendors have already started using the finished stalls for selling plum juice, cigarettes, sodas and a variety of cheap baubles. Two "restaurants" have opened that serve chicken and pita bread stuffed with cooked chopped vegetables along with coffee or tea.

Community leaders have already prodded Ingram, trying to coax him to give stalls to friends and relatives. A recent sign up for future stalls led to long lines, short tempers and a crowd of people waiting in the hot after-

noon sun for the chance to sign up to operate a booth.

"People around here just don't understand we don't need a bribe or a pay off for them to get something," Mathews said. "It's a really different way of doing business than what we're used to." It may not be much, but when the market stalls are done, they may be all some families have for an income. Where there had been nothing, there will be commerce, trade and money flowing into one of the poorest parts of Baghdad.

Editor's Note: Jess Sullivan, with the *Daily Republic* newspaper, Fairfield, Calif., is embedded with the 3rd Brigade Combat team.

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Cyan Magenta Yellow Black



Briefs

Welcome Ceremony

A welcome ceremony for Fort Riley's new Division Command Sergeant Major is scheduled for 9 a.m. on July 14, at Cavalry Parade Field.

Command Sgt. Maj. Gilbert Canuela entered the Army in October 1978, and completed One Station Unit Training as an honor graduate. He earned the titles of 1st Cavalry Soldier of the Year, 1st Armored Division Artillery Noncommissioned Officer of the Quarter, Infantry DIVARTY NCO of the Year, 25th Infantry Division "Master in Fire Support," Fort Sill Drill Sergeant of the Year (1988) and the U.S. Army and Federal Asian-Pacific American Council Meritorious Service Award.

The public is invited to attend the welcome ceremony. In the event of inclement weather, the ceremony will be held in Hangar 817.

Childcare Openings

The Fort Riley Child Development Center currently has openings for the full-day pre-school for children 3-5 years of age. The hours available are 6 a.m. to 6 p.m. Cost is based on total family income. Children must be registered with Child and Youth Services before they can be enrolled in the CDC. Contact CYS Central Registration, 239-9478 or 239-4847, for information and an appointment.

Changes of Command

The Fort Riley Criminal Investigation Division, Battalion Change of Command is scheduled July 18, 9 a.m. at Cavalry Parade Field. The incoming commander will be Lt. Col. James W. Gray. He is coming to Fort Riley from duty at Scott Air Force Base, where he was the force protection officer, Transportation Command. Leaving Fort Riley CID will be

Lt. Col. Michael R. French. French is retiring after 21 years of service. In case of inclement weather, the ceremony will be held at King Field House.

Softball Scorekeepers Needed

The Fort Riley Sports Office is looking for a few more individuals who would like to become scorekeepers for slow pitch softball games. The games are in the evenings and on weekends. It can be a good source of extra income during the summer months.

Anyone who might be interested should contact Barry Sunstrom, 239-3945.

Elk Applications

The Kansas Department of Wildlife and Parks has released the 2003 big game application booklets, which includes elk application procedures. These may be picked up at the Outdoor Recreation Center, building 9011, or the Conservation Division, building 1020.

They are also available for download from the KDWP website: <http://www.kdwp.state.ks.us> Applications must be postmarked today.

Battle of the Bands

Battle of the Bands 2003 will be held tonight at 9 p.m., at Rally Point. Battle of the Bands is a competition between six local bands. They will be judged in several categories, such as originality, crowd response and musicianship. Bands must perform live for approximately 30 minutes each. Prizes will be awarded. Tickets will be at the door. For more information, call 239-8147.

Special Needs Rodeo

The Junction City Rodeo Association will be hosting the Seventh Annual Special Needs Rodeo July 19, at 6 p.m.

The kids will have their own "rodeo outfits," and each child will be paired up with their one-on-one cowboy or cowgirl partner. The partner will escort the child to each of the events.

Kids can also take a horseback ride at the end of the arena. The children can finish up their evening watching the Junction City Rodeo, where they and their families will be special guests.

The Special Needs Rodeo will be held at the 4-H Senior Citizen Center on Spring Valley Road, Junction City. For more information or to RSVP, contact Laura McCauley, Exceptional Family Member Program, 239-9435. Please RSVP by July 8.

Standards of Conduct Reminder

Only duly appointed contracting officers can obligate the government contractually. Failure to comply with this requirement will result in an "unauthorized commitment" - an agreement that is not binding solely because the government representative who made it lacked the authority to enter into that agreement on behalf of the government. Unauthorized commitments must be investigated, and the perpetrators are subject to adverse actions.

Ordering officers may, by virtue of their written appointment, obligate the government up to their designated approval limits.

Also, government purchase cardholders may obligate the government when funds are certified by an approved funds certifier, so long as they remain within designated single purchase and monthly purchase limits.

For additional information,

contact the Directorate of Contracting, 239-0468.

Employment Readiness Program

The Employment Readiness Program is offering several Orientation/Intake briefs for members of the Army family. Attend an orientation to learn about the employment assistance offered, get information about the current Kansas job market and complete your enrollment for job search assistance.

Orientation briefs are scheduled for Tuesday, and July 22, from 9 a.m. - noon at the Soldier and Family Support Center, building 7264. Pre-registration is required. Call 239-9435 or 239-9437.

Human Simulator

Fort Riley medics are invited to schedule time for using the Human Patient Simulator. Irwin Army Community Hospital will

only have the Human Patient Simulator for a 90-day trial. Medical scenarios for certain combat trauma injuries are available.

The Human Patient Simulator presents an opportunity for practicing the lessons learned in classes for Emergency Medical Technicians/Paramedics or classes for treatment of battlefield injuries. To reserve a time, call Staff Sgt. Kevin Lockett, NCOIC for the Health Specialist (91W) Transition Program, 239-2111.

Praise Team Leader/Pianist Needed

The Contemporary Protestant service is looking for a Christian praise team leader and pianist for their praise team. Service meets Sundays at 11 a.m.

Rehearsals are Wednesday, 6 p.m. and Sunday, a.m. If interested, call 239-3436.

Thrift Shop

Are you getting ready to move? Let the Fort Riley Thrift Shop

help you get ready for the packers.

Sort through your belongings and call the Thrift Shop to come and pick up any donations (in good condition) from your house.

Visit the Thrift Shop in building 267, Stuart Ave., 784-3874. Hours of operation are 9:30 a.m. - 2:30 p.m. Tuesday, Wednesday and Thursday and 10 a.m. - 1 p.m. on the first Saturday of each month.

Organizational Days

Directorate of Logistics will be closed on July 18, for an Organizational Day.

The Shoppe

The Shoppe has the gifts you need to say "Farewell" or "Thank You" to someone special. Come and see what The Shoppe has to offer!

The Shoppe is located in building 259, Stuart Ave., 239-2783. Hours of operation are 10 a.m. - 2 p.m., Tuesday - Saturday.

FAITH FURNITURE
3 x 5'
Black Only
36 faith fan. d.igt.as

GEICO- ARMED FORCES COMM
3 x 10'
Black Only
#365012 & #365013

MILITARY OUTLET
3 x 3'
Black Only
summer HDU sale

DPCA
3 x 8'
Black Only
matrice nn



More Briefs

Mail Training Change

The 'Official Mail Training' class will be offered Wednesday, 9 a.m. - 2 p.m. at building 319. Pre-enrollment is required. Call 239-5411 to enroll.

Soldier Retirement Info

Soldiers with DEIMS dates after Aug. 1, 1986, who are eligible under current Service regulations to serve continuously to 20 years, must choose between the High-3 and the CSB/REDUX retired pay plans between their 14 and a half and 15th year of active duty, although retirement won't occur until the soldier has completed 20 years of service. The 14 and a half to 15 years of active

duty is calculated from the soldier's basic active service date (BASD) Not the DEIMS date.

Members who elect CSB/REDUX are entitled to a \$30,000 career status bonus (CSB) payable at their 15th year of active duty. The CSB may be paid in a lump sum or a series of up to five annual payments. In no case will an election become effective before a member's 15th year of active duty. CSB/REDUX retired pay will always lag behind High-3 retired pay, so wise investment of the CSB by members who elect CSB/REDUX is necessary to lessen or possibly eliminate that gap.

All servicemembers eligible should contact the Retirement Services Office for an appointment to choose between retired pay plans. The Retirement Services Office is located in building

210, 239-3320 or 239-3667. For more information concerning CSB/REDUX, go to www.odc-sper.army.mil/Retirement

Enlisted Spouses Club

The Fort Riley Enlisted Spouses Club is a service organization designed for Enlisted Spouses E1 - E9, active duty, retirees or widows. The club helps support Fort Riley and surrounding communities with donations to worthy causes as well as the donation of time and services to projects.

The second purpose of ESC is to foster and promote recreational and social activities among the members while providing a support system for the enlisted spouses of Fort Riley.

For more information, call 784-3191.

Soldiers sought for Army advertisements

In continuing with the Army campaign, "An Army of One," the Secretary of the Army has approved the production of a series of television and Internet commercials and photography shoots in support of recruiting operations.

The U.S. Army Recruiting Command has been tasked to produce the new commercial advertising spots and is in search of soldiers to be in those commercials.

The purpose of the project is to increase awareness of the benefits of becoming a soldier, according to USAREC.

The advertising will feature "true" soldier stories of accomplishment, empowerment, dedica-

tion and challenging events. USAREC will feature stories that reflect specific benefits of becoming a soldier, such as continuing education, enlistment bonuses, the Montgomery GI Bill, technical training, health benefits, retirement and many others.

Soldiers interested in being involved in the commercial advertising should fill out the USAREC Soldier Survey. See your unit first sergeant or command sergeant major for more information and to fill out the survey, or contact the Public Affairs Office, building 405 at 239-2824.

A photograph must be submitted with each application. The Public Affairs Office is available

to photograph applicants if they require assistance.

Units may submit as many nominations as are available; however, the candidates must be carefully screened, and they should also have interesting stories beyond their job performance.

USAREC is looking for soldiers who have interesting family backgrounds, hobbies, reasons for becoming a soldier or aspirations.

Casting personnel will be on Fort Riley Wednesday - July 18.

Although USAREC is interested in casting minority soldiers for the project, all nominated soldiers will be considered and are welcome to submit applications.

Consider tax tips prior to filing

By Frances Walsh
Legal Assistance Attorney

If you have not yet filed your 2002 federal income tax return, or you have discovered errors on the return you filed, the following information will be helpful.

If you knew you would not be able to file your return by the due date, you may have requested an extension by completing Internal Revenue Service (IRS) Form 4868. By filing that form by April 15 with the IRS, you received an additional four months — until Aug. 15 — to file your return. Remember that IRS Form 4868 is an extension of the time to file, not an extension of time to pay any balance due. If you owe taxes, you will be charged interest on the unpaid amount, and you may also be charged a penalty for paying the tax late.

If you did not file by April 15, because you were serving in a combat zone or a qualified hazardous duty area, there are special benefits available to soldiers. These include the extension of certain deadlines for filing a return, payment of income taxes, and filing a claim for a refund, as well as the exclusion of certain compensation from gross income.

Taxpayers who serve in a combat zone or a qualified hazardous duty area should indicate such service at the top of the front page of his/her tax return. What happens if you (or the IRS) find you made an error on your return? For example, you forgot to include all of your income or you made a math error or you forgot to take certain itemized deductions? You will need to amend your return in order to correct the problem. The IRS form to use is 1040X. You will need a copy of the

original return you filed in order to complete IRS Form 1040X. If you forgot to keep a copy, you can obtain a transcript or a copy of the return from IRS by filing IRS Form 4506 or calling IRS at 1-800-829-1040. The charge for a copy of a return is \$23, but there is no charge for a transcript.

For those of you who haven't gotten around to filing a return and have not been concerned because you expect to get a refund, don't forget that there is a time limit for claiming a refund.

If you did not file an original return when it was due, you generally can claim a refund by filing your return within three years from the date the return was originally due to get that refund.

So if you haven't yet filed your 2000 federal income tax return, you still have time to claim a refund.

If you move after you filed your return, notify IRS in writing of your new address.

You can use IRS Form 8822. Mail it to the Internal Revenue Service Center serving your old address. If you are expecting a refund, also notify the post office serving your old address.

One final note to any of you who received a refund check but did not cash it right away. If you are holding it for some sentimental reason or because you consider it a "nest egg," don't forget that checks not cashed within 12 months of the date of the check will be cancelled!

Tax forms and information concerning your federal income tax are available from IRS at 1-800-829-1040 or at their website, www.irs.gov.

If you have questions, please contact the Legal Assistance Office at 239-3117.

HOUSE ADS
6 x 12.5"
Black only
AUSA--IF POSSIBLE



Cyan Magenta Yellow Black



Rat Riley Post

July 11, 2003

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Unit News

1st Bn., 13th Armor

By Capt. Randy Bertrand

The sun rises steadily in the east as several soldiers are legging out a 2-mile run. A faint rumbling of tanks returning from their nighttime presence patrols startles a few stray dogs scrounging the base-camp for food. Palm trees sway slightly as a light morning breeze makes its way through the camp. The cool air feels good, but in a few hours it won't make a bit of difference. At 6 a.m., the thermometer already reads 85 degrees Fahrenheit and from the S-2's brief the night before it will only get hotter.

It is morning at Istakbarat, a small compound in Northern Baghdad. The compound once housed the Iraqi Defense Intelligence Agency, the Iraqi equivalent of the United States CIA. Scattered throughout the numerous palm trees covering the camp are abandoned T-62 Iraqi Main Battle Tanks. They are a ghostly reminder of the conflict that occurred not so long ago. The compound is nestled in a small bend on the Tigris River where several species of waterfowl can often be seen by the riverside. Soldiers are not the only inhabitants on the compound. Stray dogs and cats are common sights within the base-camp, usually creating tremendous amounts of noise during the evening hours. This is the current home of the 1st Battalion, 13th Armor.

At 6 a.m., the Tactical Operations Center is already a fury of activity as soldiers are already working to plan and track all of the mounted and dismounted presence patrols in the battalion's sector.

Troops are preparing their tanks and humvees to accommodate the coming days presence

patrol schedule. Water, fuel and ammunition are the priority and tank commanders from Company A, ensure all their soldiers understand their duties while on patrol. Most of the soldiers have only been out of high school for a few years; some barely old enough to enjoy a beer, but their country can see that every soldier is ready to "do their duty".

Patrols constantly roll out of the Forward Operating Base (FOB) while their Company Command Centers send patrol reports up to the Tactical Operations Center.

Some of the missions taken on by the soldiers might surprise you. On any given day, units send soldiers to secure hospitals, markets, mosques, water plants, power plants, schools and fire stations. With habitually attached translators, they meet people from all walks of life. Disgraced neighbors approach soldiers about thieves and bullies; teachers talk about exploded ordinance in their school yards as well as repairs and supplies needed in their classrooms; doctors look to them for additional security at the hospitals, medical supplies and assistance with repairing their facilities; everyone complains about the trash and debris in the streets, the water and sewage problems and the electricity outages. Wherever they go, people offer them Iraqi tea (chai), a truly addictive concoction consisting of more sugar than tea. Hospitality is very serious business here in Iraq. Even those with very little try to make us feel welcome.

For the most part, the people are full of gratitude - thankful for our presence and the expulsion of Saddam Hussein.

Children line the streets wherever we go, waving and clapping,

giving passing soldiers the "thumbs-up", smiling widely at their new American friends. They show off their "English" and chime "mister, mister" always looking for candy.

Companies have just begun the process of building a democratic government system with the creation of neighborhood councils. Company commanders are busy organizing initial meetings, inviting influential people from the area, and introducing this very new concept to them. Wolfpack's medics accompany the commander to check on a patient of theirs - a little girl burned over half of her torso during the war, a father and son with amputated legs...again from the war, a man with cholera, and another man with shrapnel wounds to his foot. The first sergeant is out patrolling and training with the new police force. The company executive officer, is working to get schools running again, replacing stolen materials and fixing damaged structures.

At noon the temperature is already well over a hundred degrees, but the patrolling cannot stop. At the local hospitals, 1st Battalion, 13th Armor's doctor and another officer access the facilities and assist when needed. Maintenance crews work through the heat of the midday sun to repair the battalion's fleet of M1A1 Tanks and humvees.

The afternoon brings some much-needed relief to the patrolling tanks. Local vehicle traffic on the roads has tapered off because most people would prefer to stay home rather than venture out in the heat.

Children and young adults can be seen swimming in some of the local canals trying to shake off the unforgiving heat.

The heat finally begins to taper off and some soldiers can be seen washing their clothes before calling it a night. Tank commanders are once again preparing their vehicles for their night patrols. Water and ammo are once again the priority. For

some of them, this is their second or third patrol that day. Activity on the camp seems to fade, but on the streets of Kadhoumiya, it's a different story. All night M1A1 tank crews and infantry are out in force, detaining curfew violators and seizing weapons.

The soldiers of the 1st Battalion, 13th Armor will be ready to do it all over again, displaying the same professionalism as always. It shall be done!!!

God Bless and Thank you for your continued prayers!
LT. COL. FV Sherman

KANSAS WIRELESS
2 x 5"
Black Only
2x5, JUNE KANSAS WIRELESS

CHURCH OF CHRIST
2 x 2"
Black Only
worship times TF

SET
2 x 5.5"
Black Only
july times

WILDCAT CREEK SPORTS CENTER
2 x 4"
Black Only
summer activities

LEAR SIEGLER-ARMED FORCES
2 x 5"
Black Only
Immediate Openings/7-11 & 7-18

KSU DIVISION OF CONTIN. EDUCAT
2 x 8"
Black Only
ksu.coe.edu/2003i.ppt

300th Military Police Company

The roads are long, the weather is hot and there is always a fine cloud of dust in the air.

The soldiers of the 300th Military Police Company are doing their part to ensure that "Operation Iraqi Freedom" is a success for the nation and the Iraqi people.

They have been providing support and security along the main supply route from Kuwait to Baghdad.

Along the way, each noncommissioned officer and soldier has been working in areas other than their specific MOSs.

Currently, there are five platoons working for the "War-dawgs," as they have picked up a platoon from the 410th Military

Police Company.

The soldiers of the 410th completed several missions while in theater during the past six months.

Their platoon was responsible for identifying and raiding a suspected weapons cache that had been previously overlooked by other numerous forces in the area.

In order to provide support to the main supply route, the soldiers work around the clock.

Dining facility personnel have been able to sustain operations despite feeding any convoy that comes through the area during chow time.

To date, a hungry soldier has not been turned away empty handed, despite the large number of personnel riding in these convoys.

125th Forward Support Battalion

On June 1, Chap. (Maj.) William M. Gardner, 125th Forward Support Battalion conducted a service of baptism.

Providing religious support can be a challenge near Baghdad, Iraq. Chaplains often must be creative when in an austere environment.

The water purification unit at the Brigade Support Area provided a large bag of water in support of the chaplain's ministry. Chaplain Assistant, Spc. Joseph Mupo, participated by helping people into the water bag.

Twenty-two people witnessed soldiers affirming their faith through the rite of Christian Baptism. The battalion chaplain conducts three worship services, two bible studies and provides worship opportunities for three other faith groups. These and other religious support activities are in support of the commander's religious program.

GRANDVIEW AUTOMOTIVE AND TIRE
3 x 4"
Black Only
304, Grandview p/u 5/18





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 11, 2003

America's Warfighting Center

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Fort Riley resident completes degree

This spring marked the end of a long road for Fort Riley resident Kimberly King: the completion of her undergraduate education.

"I always wanted to finish my degree. I was the only one in my family who hadn't finished. No one really pressured me. I just felt I should do it. It was the way I was raised," said King, a spring 2003 graduate of Kansas State University. "In our family, it wasn't a matter of whether you'd go to college, but when."

King went to college for one year after high school. But the first time she was in college, her priorities were a bit different. "When I was younger I just wanted to party and have fun, get into a sorority, that kind of thing. Now that I'm older and more mature, I feel like I have to set an example for my kids. When I was younger, I could care less."

Through a combination of transfer credits, online courses and night classes, King, a mother of three with children ages 10, 7 and 2-months, has been able to piece together an interdisciplinary social science degree with a minor in business in four years. She began taking classes from K-State two years ago after her husband was transferred to Fort Riley.

A Baton Rouge, La., native, King decided to go back to school at a time when her two oldest children were getting more independent. "It was time to focus on myself again," she said.

During her stint as a stay-at-home mom, she always had dreams of big business in her soul. "My husband says I want to be the CEO of a Fortune 500 company," she said. "But I really just want to move up in a good position, possibly for the government. I just want a good job."

She said that distance education programs have been a great asset for working adults and parents who want to finish their studies. "It has been great. When the baby took a nap, I could do work. When the kids went to bed, I did work."

When her husband was deployed last fall, she was very thankful that she was enrolled in online classes so she didn't have to hire a babysitter every time she had to go to class. "People talk about the cost of online classes," King said. "But they don't think about the costs of daycare. Daycare is so expensive."

King's husband is also working on an online degree in accounting through the University of Maryland. "It's nice - wonderful really - what's being done for non-traditional students." Her only regret is that K-State doesn't have an online MBA program - at least not yet. After graduation, she will begin working on her master's degree through an online program from Cameron University in Lawton, Okla.

As far as advice for other parents wanting to find the time to finish their degrees, King is quick to point out the process isn't as impossible as it can seem at the start. "Even though it seems like a long road to get to the end, it's obtainable. I did it with three kids and moving every two years. If I can do it, anyone can."

This fall, K-State will launch its new Evening College program, which will be a combination of courses previously offered at Fort Riley and new offerings on campus that will be available for anyone interested in taking classes after 5:30 p.m.

Evening College will offer three bachelor's degree programs: criminology, interdisciplinary social science and life span human development. It is anticipated that additional degree programs will be offered through Evening College in the future.

When combined with distance education and other course delivery systems, Evening College students will be able to choose from a wide assortment of degree programs they can finish without ever having to attend on-campus classes during the traditional workday.

For working adults wanting to pursue a master's degree, some on-campus courses will be available through Evening College; there are additional master's degree programs available through K-State's distance education program, K-State Online.

For more information about K-State Evening College, visit <http://www.dce.ksu.edu/eveningcollege>.

For information about additional classes available on Fort Riley, call the Fort Riley University at 239-6482 or stop by building 217 on Main Post.

Bronze available at museum

Now on display at the U. S. Cavalry Museum is James Muir's new bronze statue commemorating the American horse soldier. The statue, entitled "Duty," is approximately 30 inches tall and depicts a 1930s cavalryman in saber salute on horseback. This piece is an exact replica of the 15-foot monument that will be installed at Fort Riley later this fall.

This special commission by Muir, is a memorial tribute to all cavalry units.

According to Bill McKale, museum director, Muir has built a reputation as America's foremost historic military sculptor. His work ranges from historical, Civil War, Indian war and cavalry to today's contemporary subjects. The Cavalry Museum holds several noted works by Muir.

"Duty" is a finely detailed bronze piece. Muir uses the term allegorical art to describe his work as being filled with symbolic meaning. His sculptures speak eloquently of Duty, Honor, Courage and Justice - but above all else, of truth and the ultimate triumph of the human spirit.

Plans call for 50 of these maquettes to be sold through the Cavalry Museum as a fund-raiser for future projects.

"Duty" is on exhibit in the Cavalry Museum's Art Gallery, building 205, located on Main Post.

The museum's hours of operation are Monday through Saturday, 9 a.m. to 4:30 p.m. and Sunday's, noon to 4:30 p.m.

Staff Sgt. Keisha Felder, Fort Hood Texas, wows the crowd with her soulful smooth voice and dancing. Felder is one of 19 performers who travel worldwide with the Soldier Show



By soldiers for soldiers



Members of the 2003 Army Soldier Show swing through another number and entertain hundreds during their two performances on July 5. The show, entitled "Legacy" will tour in Korea, Cuba and the United States

Soldier Show

Sold out performances highlight talented performers

By Ryan D. Wood
Staff Writer

"For the Soldier, by the Soldier." In 1917, Sgt. Irving Berlin crafted an idea to stage a production that would lift the spirit of fellow soldiers through the entertaining skill of their comrades. Using talent from within the ranks, Berlin soon discovered how powerful the idea could be as his concept became one of the most popular Army entertainment shows ever produced, according to Brig. Gen Robert L. Decker, commanding general, U.S. Army Community and Family Support Center. Today mirrors the past, as the 2003 Army Soldier Show "Legacy" visited Fort Riley 86 years after the original.

This year's show was themed to pay tribute to musical entertainment throughout the years from Berlin until today. The July 5 performances were both sold out early, according to the McCain Auditorium website.

Hundreds of people were on hand to witness the talent and skill of today's soldiers in a setting that many did not expect. Audience members, many of whom had never seen a Soldier Show, were pleasantly surprised.

"I guess I expected a symphony type band playing the regular Army songs - I didn't know it was going to be like this. It was amazing. They sounded just like the artist in most of the songs, and I really appreciated and enjoyed that. A lot of work goes into these shows," said Darius Whitesides, a member of the afternoon show's audience.

"I thought that it was great," said John Fozard, another audience member. "I thought that the talent was exceptional and that the choreography was very creative. I was very impressed with all the talent and the range of voices."

A dazzling array of both lighting and cos-



Spec. Clifton Falcon Hall, Fort Irwin Calif., performs an Indian Hoop Dance. The dance, a spinning cascade of hoops, electrified the crowd.

umes was evident in the 11/2-hour show. The music ranged over a century of different styles representing diverse American culture, from Berlin to modern artists like Evanescence. Choreography stretched from an American Indian Hoop dance to '70s disco groove to today's driving rock rhythms.

Many times the audience broke into spontaneous applause as performers wowed them with incredible dancing and vocals.

In addition to the artistic value of the performance, many audience members saw added value in what the performers were doing. In difficult times with many soldiers deployed to Operation Iraqi Freedom morale was on the minds of many in the audience.

"It most defiantly lifts the morale here where everyone is deployed. It's also great for the family members back here. It's nice to get out and see a show that is done 'for the soldier by the soldier,'" said Whitesides.

Soldier Show performers also saw the value in their mission of entertainment. "The best part about what we do is performing and seeing the reaction of the audience. Unfortunately, some of our peers had to be deployed and were unable to be here, but we are happy we are able to boost morale for those that were left back and the families of those deployed soldiers. I think that's a blessing," said PFC Tiffmie Irvin, a Soldier Show performer from Camp Casey Korea.

There were a lot of smiles on the faces of the audience members as they emptied out of the auditorium. The Soldier Show had again





Cyan Magenta Yellow Black



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Pat Riley Post

IACH Briefs

Commissaries

Big savings available

Car Seat Inspections

Child car seat inspections are available through Irwin Army Community Hospital's (Community Health Nursing. Assistance with correct placement and positioning of your child's car seat and information are part of the inspection. Active duty soldiers, their families, retired military, and DoD civilians are eligible for this service. There is no fee.

Car seat inspection appointments are available Tuesdays and Thursdays, from 9 a.m. - noon. Inspections will take place in the IACH parking area. To schedule a car seat inspection, call Community Health Nursing at 239-7323.

Cancer Support Group

The Fort Riley Cancer Support Group meeting will be Aug. 6, at 6 p.m. at Irwin Army Community Hospital first floor, in the patient waiting area of the Combined Surgery Clinic. Military service members, their family members and DoD civilians are welcome to attend. Participation is encouraged for persons who were recently diagnosed with cancer, family and friends of persons with cancer and cancer survivors. The Fort Riley Cancer Support Group meeting is usually held on the first Wednesday of the month. For more information call 239-7163.

Breast-feeding Classes

The Women and Infant Care Center of Irwin Army Community Hospital offers free classes on breast-feeding babies on the third Wednesday of each month. A dietitian will address the nutritional requirements for breast-feeding moms and a lactation educator will talk about the advantages of breast-feeding and how to prepare for successful nursing, breast-feeding techniques, troubleshooting advice and where to find support will also be offered. Classes are held in the Obstetrics classroom on the third floor from 1- 2:30 p.m. Everyone is invited and walk-ins are welcome. For more information call Maj. Susanna Itara at 239-7434.

invited to participate in the Adopt-A-Room project. This beautification program is striving to change the appearance of the patient rooms and give them a softer, family oriented look. The rooms are on the third floor in the Women and Infant Care Center. New mothers are encouraged to bring their own pillows, blankets, or towels to add to their comfort during their hospital stay.

For more information on the Adopt-A-Room program, call Maj. Susanna Itara at 239-7434.

Tobacco Cessation Classes

Community Health Nursing of Irwin Army Community Hospital (IACH) offers free Tobacco Cessation classes. This is a four-week program, which meets once-a-week and is run by trained medical professionals. Participants may choose to quit smoking without medication or health care providers may prescribe Zyban. Nicotine patches are also offered during the class. For those concerned about gaining weight after kicking the tobacco habit, a dietitian teaches healthy ways to avoid weight gain.

Military servicemembers, their families, and DoD civilians are eligible to participate. To register call Community Health Nursing at 239-7323.

School and Sports Physicals

Irwin Army Community Hospital (IACH) will be holding the 2003-2004 School and Sports Physicals, July 26, and Aug. 9. The School and Sports Physicals appointments are available only to TRICARE Prime beneficiaries. Parents or guardians are required

to book an appointment for School/Sports physicals through the Fort Riley TRICARE Service Center. No walk-ins will be accepted.

Prenatal Classes

The Women Infant Care Center of Irwin Army Community Hospital will be offering prenatal classes on July 19, from 9:30 a.m. to 2:30 p.m., 3rd floor classroom. Expectant mothers, between their 12th and 40th week of pregnancy are eligible to attend.

The prenatal classes are free. Expectant mothers are asked to bring their spouse, significant other or birth coach. The class is limited to 20 participants.

The prenatal classes will continue to be held on the third Saturday of every month at IACH.

To register for prenatal classes, please call the Fort Riley TRICARE Service Center at 784-1200 or toll free is 1-888-874-9378.

Pregnancy PT

Pregnancy Physical Training (PT) is held every Monday and Friday, from 6:30 - 7:30 a.m., at the Armed Forces YMCA, 16th and Washington St., Junction City, and on Wednesday, it is held at Normandy Chapel, building 7865.

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 Fort Riley units by offering consistent health guidance for pregnant soldiers.

Every Tuesday is an hour-long education program, which is 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 isn't mandatory.

To participate in the Pregnancy PT program, call Sgt. Carrie M. Jensen, Headquarters Platoon, 568th Engineer Company at 239-4260 or leave a message at (785) 762-7012.

OB Classes

The new OB Class is held every Tuesday morning, 8:30 - 11:30 a.m., on the 4th floor of Irwin Army Community Hospital.

Women should have a positive pregnancy test, either a home or a hospital test before attending. A support person or spouse is welcome to accompany the pregnant woman.

Expectant mothers will be introduced to the IACH OBGYN staff members; fill out their OB charts, and review medical and genetic history.

To schedule your attendance of the New OB Class, call the TRICARE Service Center, 784-1200 or toll-free, 1-888-874-9378

FORT LEE, Va. - Uncle Sam can save you big bucks. Married or single, everyone saves an average of 30 percent or more by simply using the commissary benefit.

That's money many young service members can't afford to waste, according to the Department of Defense. A report presented to Congress in May on "Personal and Family Financial Management Programs," indicates that financial problems by military personnel and their families have an impact on readiness and productivity.

Servicemembers in grades E-1 through E-6 have a difficult time making ends meet, according to the report. It attributes trouble in paying bills to spending habits and inadequate financial education rather than level of income. The problem is so extensive in the services that the DoD is implementing an educational and awareness campaign to deal with service members' financial difficulties.

DeCA has joined in this effort by working to make commissary savings information available to servicemembers at their training schools," said Air Force Chief Master Sgt. Deborah Brian, senior enlisted advisor with the Defense Commissary Agency. "One of the simplest ways to improve the family budget is to use the commissary benefit." Regular commissary shopping saves a family of four \$2,400 per year. Savings are even greater in high-cost areas.

Periodically, shoppers will see an item priced in a super center or other grocery store at a lower cost than at the commissary. "Those are called 'loss leaders' and you can save money on those items," said Bonita Moffett, DeCA's consumer advocate. "It's okay to buy loss leaders - that's known as 'cherry picking.' However, be sure to take into account the entire shopping basket when figuring out savings. If you pay slightly less for one or two items, but considerably more for other items, those bargain items are no longer a big savings."

Commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country. They are an essential component of the military family support and a valued part of military pay and benefits. Make the commissary part of your regular financial planning. It's a smart investment.

Adopt-a-Room

Fort Riley organizations are

USMA- ARM FORCES COMM.
3 x 10'
Black Only
#361738/No matter where I call

MANHATTAN PERIODONTICS
2 x 2'
Black Only
meh. periodontics 2x2

BRITTS GARDEN ACRES
1 x 3'
Black Only
com/tomato

CITY OF MANHATTAN
2 x 3'
Black Only
ats in the park-july

USA DISCOUNTERS
3 x 10.5'

RED/Post for July





Fort Riley Sports

July 11, 2003

America's Warfighting Center

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SOFTBALL STANDINGS AS OF JULY 4, 2003

COMPANY LEVEL LEAGUE

TEAM	W	L
HHC 24 ID	10	1
MEDDAC	9	2
4th FINANCE	3	11
D DET 15th PSB	2	8
1st MAINT CO.	6	6
1st TROOP BN	6	2
3/383 75th DIV.	6	9
1/383 TSB	4	8
3/382nd LSB	3	7
348th MP CO.	3	6
HHC 1/16 INF	4	8
A 1/16 INF	6	2
B 1/5 FA	3	9
HHC 1/34 AR	11	3
B 1/34 AR	2	9
HHC2/34 AR	8	4
B 2/34 AR	5	3
H1B 1/5 FA	12	11
A 1/5 FA	16	6
D 1/5 FA	10	6
HHC 1st EN	1	8
A 1st EN	5	2
B 1st EN	1	4
B 101st FORWARD SUPPORT BATTALION	12	1
331 SIGNAL	12	6
HHC 1st BDE	4	13
D TRP 4th CAV	6	7
568 CSE	3	13

BATTALION LEAGUE

TEAM	W	L
HHC 24 ID	5	3
MEDDAC	6	2
924MP	5	3
1/383 TSB	2	6
1/16 INF	2	6
1/34 AR	5	3
101st FORWARD SUPPORT BATTALION	7	0
1/5 FA	0	10
2/34AR	5	1

WOMEN'S LEAGUE

TEAM	W	L
101ST FORWARD SUPPORT BATTALION	5	0
MEADOW LARK HILLS	2	3
ACACIA #91 CHAMPS	5	0



Runners take off from the starting line on Washington Street, in front of Heritage Park, to begin the 10-kilometer Coors Freedom Run July 4.

Freedom run draws top competitors

By William Biles
Staff Writer

The Junction City Distributing Company Incorporated/Coors held its 27th Annual Freedom Run, a 10-kilometer foot race certified by USA Track and Field, July 4.

The race began on Washington Street, between 5th and 6th Streets, and led the participants three miles away to the turnaround point, and finished up inside of Junction City's Heritage Park.

"This is a quality race," said Jerry Frakes, race event coordinator. "We have some hellacious runners competing today."

Runners of all ages and caliber were involved with the race.

"We have All-American Cross Country runners racing today,

and the difference in the ages running makes this a unique race. The youngest registered runner is seven years-old and the oldest is 72," said Frakes.

The 181 runners braved the day's hot weather to run for the chance of winning the \$200 prize which was awarded to the overall winner in the Men's and Women's categories.

The winner of the race, 32-year-old Phil Hudnall, Kansas City, Mo., claimed his \$200 check and a plaque for winning the overall Men's category by crossing the finish line with a time of 32:13.

Winning the Women's category, and her \$200 check and plaque, was Manhattan's 21-year-old Amy Mortimer with a time of 35:20. Mortimer was five seconds shy of tying the race's record for fastest female, which

was set by Sara Wells, Salina, in 2002.

The morning's temperature had little, if any, impact on some of the event's runners.

"The weather didn't have an impact on my run, in fact it's a beautiful day," said James Lehnert, Topeka. "When I woke up this morning, I thought it was going to be a lot warmer than it was. It actually felt pretty cool out with the breeze blowing."

"This is great weather and it made the race a super challenge," said 1st Sgt. Marvin Nance, 1st Battalion, 1st Air Defense Artillery, Fort Bliss, Texas. "I look forward to this race every year, and I finished better this year too. I usually finish it in just over an hour, but I finished it today in about 53 minutes."

"Even though it was hot, everyone seemed to have a great

time," said Junction City Mayor Mick Wunder. "The course was fine and they (runners) were saying they were excited to be here."

A crowd of spectators gathered at the finish line to greet the runners as they crossed it.

"This is a great event that has a lot of good crowd support," said Hudnall. "It's a nice course and if we could of only done something about the heat and humidity, it would have been perfect."

All of the proceeds from the event were donated to Sundown Salute Celebration, Junction City YMCA, Junction City Police D.A.R.E. Fund and Geary County Sheriff's Benevolent Fund.

He (Frakes) runs a great event, does all of the work and then shares what he makes off of it," stated Wunder.

Iraqi national soccer team clobbers 1st Armored Div. team 11-0

By Sgt. Mark Bell
ARNIEWS

The former Iraqi national soccer team waxed a team from the 1st Armored Division 11-0 during a match held at the Baghdad Olympic Stadium June 24.

For a brief five-minute period, the U.S. offense looked like it could stun a better-trained Iraqi team.

For five minutes, the large American crowd cheered for the American success of keeping the ball past the midfield mark.

Six minutes into the game American defense soon collapsed and so began the lopsided smashing of the ambitious

young American team. Iraq's first of 28 shots on goal came from a two-player assault against the defense of the Americans.

Smashing a long 15-meter goal from the sidelines, the crowd quickly changed it's vote of heroes as sounds of "Let's go Iraq!" could be heard coming from the large desert-camouflaged crowd.

During the second half, the American team approached the play with more confidence and hopes to regain lost ground and avoid a possible shutout.

"We need to work a little bit on the defense and go out there and have fun," Hart, who grew up playing soccer in Baltimore, said at halftime.

Within minutes, and seemingly toying

with the American team, the Iraqi team was able to launch more balls past the American goalie, who spent more time fishing the ball out of the large net, than actually stopping any Iraqis from scoring.

In the end, the American team left defeated and unable to get a single shot near the net, but more important they were able to make friends, competitors and a common interest - a love for a game that bridges continents and hearts.

"Sports have always been the means of bringing together folks of all ages.

There is no difference," Hart said. "For once, the Iraqi team played a game for the game and not for a dictator.

"During Saddam, we were warned we

had to win or we'd be punished," said Ghayith Abdul Ghanee, 26, an Iraqi defender. "The spirit of the game is not like that. Whether you win or lose, it's still just a game."

To outsiders, the game could be just the game, but according to Don Eberly, the senior minister of Youth and Sports Ministry, this is anything but a game - a new chapter in Iraqi's history books.

Eberly said Iraqi teams are coming together and retraining and federations are reorganizing and electing new officials.

"Iraqis, in particular, take their sports very serious," said Eberly. "Unfortunately, in the 1990s the entire program, from amateur to Olympic level, disintegrated

under the influence of Saddam, who abused the programs and athletes. But, all along the spirit was alive."

"This sporting event is important because it symbolized a new cooperation between the Army and local athletic community," he said.

"This competition is happening because of the swift, effective responsiveness of the Army. We get right up on it because of the Army."

In the end, it was a laughing Sgt. Maj. J.B. Anderson, 1st Brigade operations sergeant major and an Iraqi spectator holding up a sign reminding the exhausted crowd the score: 0-11.

Gibran Suleiman
Biologist

Like many other plants that can be found on Fort Riley the yucca plant has many names. Some of the more common names are soapweed, Spanish bayonet, beargrass, and dagger plant. Unlike many animals, plants do not have standardized common names. That is why botanist commonly refers to plants by using their scientific or Latin names. The scientific name of the yucca is Yucca glauca.

The species of yucca found growing wild on Fort Riley is one of many species in the family Agavaceae. The majority of the members grow in arid conditions. One of the more famous members in this family is the Joshua tree. Joshua trees grow in California and Arizona, and even have a National Park named after them. They can reach heights of up to 30 feet. Other well-known members of the Agave family are

used in the production of tequila and mescal. The yucca is the state plant of New Mexico.

While the yucca plants on the fort might not reach 30 feet in height they do stand out amongst the grasses of the prairie.

Wild yucca plants can be found in the western two-thirds of the state. The long leaves are a grayish-green and end in a very sharp needle like point. They all radiate

from a central location on the ground. In the spring a three-foot tall spike emerges from the plant, where 15-30 large, showy white flowers will bloom. After

the flowers have bloomed and fallen off, a large seedpod forms at the top of the spike. While the above ground part of the plant is not as impressive to look at, the root of the plant is most impressive. The root can be several inches in diameter and penetrate downwards up to 20 feet into the ground. Native Americans commonly would use the root for soap due to its ability to lather when wet, hence the name soapweed. This lather was also used in the treatment of head lice. The flower stalks

are edible on the yucca plant, and are somewhat similar to asparagus. Certain Native American tribes would use the fibrous leaves to make ropes, baskets and even sandals.

The yucca plant is indeed an interesting and beautiful plant to look at, but there is more to it than meets the eye. The yucca plant participates in a process known in nature as mutualism. This is a relationship between two organisms in where both receive a particular benefit with little or no harm to either organism. The yucca plant has co-evolved with a moth simply named the yucca moth. In a natural environment, if either one of the organisms became extinct the other one would soon also become extinct. The relationship between this plant and insect is a relatively simple one. The white adult moths spend most of their time inside the white flowers of the yucca. The male and females even mate inside of the flower. After mating, the female goes to other flowers and gathers pollen,

and forms it into a ball. She takes the pollen to a new flower and deposits it on the surface of the stigma of the flower. She then lays about two to six eggs in the area of the flower that develops into the seedpod. As the seedpod begins to develop the eggs of the moth hatch and turn into caterpillars.

The caterpillars then start eating the seeds inside. Not only do the caterpillars have enough food, they are also safe from predators.

The female moth is careful to only lay a few eggs in a flower so the caterpillars will not consume all of the seeds.

This whole situation is a win-win situation for both the yucca and the yucca moth. The moth receives a safe location for its caterpillars to mature, while the yucca plant has found a way to achieve the crucial step of dispersing its pollen.

If you have any questions concerning natural resource related issues, please call the Conservation Division at 785-239-6211.



Numerous yucca plants can be found on the tall prairie ledges overlooking Huebner Road and the Kansas River.

Post Courtesy DES





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16th Infantry drops game to 6025th GSU in 14-9 loss



By Ryan D. Wood
Staff Writer

The Boys of Summer were at it again as the mid point of the company level softball season approaches and teams via for the top spots. Fighting it out on a hot summer evening, 1st Troop Battalion, 6025th Garrison Support Unit put the wood to an undermanned Headquarters and Headquarters Company, 1st Battalion, 16th Infantry, during a 14 - 9 win.

Due to most of the unit still being in the field, Infantry was saddled with a mandatory out at the bottom of every batting order. With only nine players on the field this proved to be the undoing of the Infantry team.

The first inning allowed both teams to feel out the pitching they were going to see for the remainder of the game. Infantry opened the game with three singles and a walk but kept seeing their players picked off in the squeeze of a tight infield defense

by the Troopers. Although four of the first five batters made it on base no one could make the turn to third.

The Troopers showed similar issues as their batters were picked off or caught on the fly for outs. The troopers did see a spark as their third batter of the inning blazed a ball into left field and beat the throw for a in field home run. After the bottom of the first the score was 0-1.

The second inning opened with a sliding double by Infantry followed by a single, leaving runners at first and third. A grounder by the next batter allowed the runner to tag up at third and head for home evening the score at 1 - 1. With Infantry ending the inning with their automatic out, the Troopers took the field determined to put some points on the board.

Troop's first batter was forced at first base but the next three hitters got it done with a stand up double a single and another double bring in one run. Another stand up double drove in yet

another run and the inning ended with a score of 1-3.

Not wanting to be outdone, Infantry opened their stand with a single and a triple bringing in the first batter. Yet another triple and drove in a run and a fly ball to left allowed the runner at third to tag up and make the dash for home. After all the hitting was said and done the score was 3-5.

With the bottom of the third left to go, Infantry gets walked on the first batter and then blasted a ball out into right field for a stand-up triple and another run. A grounder to right drove in the tying run tying the score at 5-5.

Infantry wasn't able to get past the defense of the troopers at the top of the second and handed over the inning with no change in the score. The troopers seemed to want a bit more though.

Troop opened with two quick singles a fly ball to left that squeezed the runner at second but left men on third and first. The next three hits brought in a run apiece and the Troopers handed Infantry a score of 5-8 at

the end of the 4th. Infantry seemed to be getting tired and also was getting hit with the automatic outs at some very bad times. With the next inning showing them no love and no more points

The troopers stepped up to the plate and started to show what a fresh team and a deep hitting rotation was all about. Nine hitters drove in 5 runs with machine like precision. Infantry seemed only able to watch as softball bombs were dropped all over the field and runners were able to come home at will, but the game wasn't over yet for an infantry squad that wouldn't quit.

Over the next three innings, Infantry was able to drop four more points on the board through tenacious will and the Troopers added one and some great hitting but it ended up not being enough to bring down the heavy hitting Troopers. As the game ended and the teams met at the mound the scoreboard read 9-14 for the Troopers.

Photo: Wood
Geoffrey Jackson catches the ball at first base, forcing the batter out. HHIC, 1st Bn., 16th Inf. lost the game to the 6025th GSU, 14-9 in a recent game.

Nunn takes title at track, field championships

Tim Hipps
ARNEWS

Spec. John Nunn led 13 soldiers in the 2003 USA Outdoor Track & Field Championships by finishing third in the 20,000-meter racewalk at Stanford University's Cobb Track & Angel Field.

Nunn, 25, a member of the U.S. Army World Class Athlete Program from Evansville, Ind., completed the 50 laps in 1 hour, 25 minutes and 15.89 seconds.

Air Force Lt. Kevin Eastler, who works 36-hour shifts in a missile silo, won the race in 1:23:52.20, earning a trip to Paris, France, for the 2003 World Track & Field Championships, set for Aug. 23-31.

Spec. Albert Heppner, 29, an Army WCAP competitor from Columbia, Md., finished seventh in 1:32:22.39. With three finishers among the top seven, the grueling 20K racewalk was the most successful event for Armed Forces competitors in the four-day meet, contested June 19 through 22 in glorious northern California weather.

All-Army athletes made their presence felt

in every nook and cranny of the complex, which drew a stadium record 7,644 fans for Saturday's session, two hours of which were televised live by NBC. On Sunday, soldiers made their marks on ESPN.

"I don't know how many times I heard 'Go Army!' as I was running around this track, but I never heard anyone say 'Go Nike!'" quipped Sgt. Sandu Rebenuciu, who defected from Romania in 1989. Rebenuciu finished 10th for the second consecutive year in America's 3,000-meter steeplechase here in 8:39.35 — wearing a U.S. Army singlet.

"They may not even know my name," Rebenuciu said, "but they yell: 'Go Army! Go Army!' It's good exposure." "The World Class Athlete Program jumpstarted my career," continued Rebenuciu, a systems administrator stationed at Lafayette, Colo. "I was getting bored with my life, I had no structure, and I was about to quit running. I felt back home in Romania that it's a man's duty to join the Army - at least for a little while - so I did it in America." Rebenuciu, 34, joined the Army in 1998. Five years later, he's still competing on the world-class level.

"I'm feeling old and crusty, though," he said with a laugh. "I'm like the grandpa of these guys. I still have days when I can fly. It's just a matter of catching that good day."

Spec. Bevan Hart provided the Army's greatest exposure by finishing seventh in the men's decathlon with 7,754 points as winner Tom Pappas became the No. 2 decathlete in U.S. history by amassing 8,784 points. Pappas passed Bruce Jenner, Steve Fritz, Chris Huffins and Dave Johnson on America's all-time list. Only Dan O'Brien has scored more. "It gave me something to watch," Hart said of Pappas' performance. "That is one thing I do enjoy about the decathlon. We all compete against each other, and if anybody says that they don't want to beat everybody else, they're probably lying. But if you have any respect for yourself, you have to have respect for them. Unlike any other event, we all know that everybody goes through a lot to do this event. You can't go through 10 events without going through a little struggle and putting a lot of effort out and getting fatigued."

Prairie Run slated July 26

Fort Riley's annual Prairie Run will take place July 26. The run will consist of a 10-mile, 5-mile and 2-mile race.

All of the races are open to the Fort Riley community as well as the general public.

The 2-mile race begins at 7 a.m. and the 5 and 10-mile races will begin at 7:30 a.m. Same-day registration begins at 6 a.m. and all races start and end at King Field House, Bldg. 202.

Awards will be given to the top three finishers of each gender and age category in each race. An overall first place award will be given to the top male and female finisher in each race.

The entry fee is \$10 if registered before July 21, and \$12 after July 21. Those participants that register early will be guaranteed a free t-shirt. Those that are interested can pick up their registration form at any fitness center on post or contact the Fort Riley sports office at 239-2172 or 239-3945.

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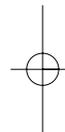
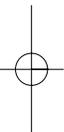
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