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Community joins MPs for fun, info

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Friday, August 6, 2004

America's Warfighting Center

Vol. 47, No. 31

Around The Army

Afghanistan:

The European Stars and Stripes reported Aug. 5 that during the past 18 months, troops in Afghanistan have accidentally killed themselves or others at least six times and wounded nearly two dozen more troops through unsafe weapons handling.

In what military officials call negligent discharges, troops mistakenly fired their weapons 24 times in Afghanistan last year, injuring 18 and killing four. So far this year, five troops have been wounded and two more have been killed in 16 accidental discharges.

In the same time frame, 24 troops have died from combat-related injuries in Afghanistan.

For more about this story and other U.S. military news in the European and Pacific Theaters, visit www.estripes.com on the Web.

Fort Eustis:

The Wheel reported Aug. 5 that post Soldiers learned about the latest technology and even tested it during Transportation Corps Week.

Vendors come from a variety of industries including transportation, communication and combat simulation.

Beam Hit displayed its latest device in weapons training, the 390 Advanced System.

Soldiers can attach a laser to their own weapons and shoot down pop-up targets right in their company area.

For more about this story and other Fort Eustis news, visit www.militarynews.com/wheel on the Web.

Hawaii:

The Hawaii Army Weekly reported July 30 that the Army rolled out Stryker vehicles at five community displays so Oahu and Big Island residents could get an up-close look at vehicles and talk to crewmembers.

The Schofield Barracks community got its own display July 26.

The vehicles will be the centerpiece of the Stryker Brigade Combat Team, which the 25th Infantry Division's 2nd Brigade Combat Team will become when it returns from deployment to Iraq. The SBCT will have 291 of the 19-ton vehicles.

Vehicles will begin arriving in Hawaii in the summer of 2006, and the SBCT is expected to be operational in the summer of 2007.

For more about this and other Schofield Barracks news, visit www.25id.army.mil on the Web.

Leavenworth:

The Lamp reported July 29 that Fort Leavenworth helped the nation prepare for a radiological emergency by hosting a large-scale emergency response exercise.

Exercise Ruby Slippers involved a mock scenario in which a foreign satellite containing radiological material crashed in the area and spread a large amount of contaminated debris.

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

Marines, artillerymen team up

'Hamilton's Own' shares guns to help Marines maintain their firing skills

By **Veronika Tuskowski**
1st Marine Division

CAMP RAMADI, Iraq (July 29) — Marines and Soldiers came together to light the skies and shake the ground with an artillery exercise in Iraq July 29.

Marines and Army forward observers teamed up to rain steel on targets, courtesy of the Army's artillery at Camp Ramadi.

"This training was designed for platoon certification," said Army Lt. Col. Mike Cabrey, commander of 1st Battalion, 5th Field Artillery, from Fort Riley. "This is

the fourth one we have conducted, and it allows us to train with observers, guns and the fire direction center. We have also incorporated the Marines with us here. This provides good training for them."

The Soldiers of "Hamilton's Own" and Marines of 3rd Battal-

ion, 11th Marine Regiment, perform different missions in Iraq. The Marines left their howitzers and took on the role of a traditional rifle battalion when they deployed to Iraq. The Soldiers provide artillery support to Marines and Soldiers around Ar Ramadi.

"This training is to keep up our skills," explained Sgt. Mario E. Villaseñor, a forward observer with the Marine battalion. "It feels good to do our job, and most of our radio operators are getting to call it in for fire. It gives them a

See *Artillery*, Page 3

Safety first



Post/Blackmon

Sgt. Raymond Montez shoots a laser at the Simulated Impaired Driving Experience, or SIDNE, driven by Spc. David Schrader at 2nd Bn., 34th Armor's Battalion Safety Day July 27. This new training aide is part of the Soldier and Family Support Center's ASAP program.

Battalion uses fun to promote caution

By **April Blackmon**
Staff writer

Safety-on-the-job is an Army priority. To keep its troops safe, 2nd Battalion, 34th Armor, conducted its quarterly Safety Day July 27.

"It's an overview of what Soldiers see day-to-day, from the personal stuff with the chaplain to the possibility of getting crushed by heavy equipment," said Capt. A. J. Besik, battalion S5.

"Everything we do is inherently dangerous," said 2nd Lt. Thomas Hicks, Safety Day coordinator and officer in charge.

"These classes were the most important based on our upcoming missions," Hicks

said.

Classes included DUI/alcohol awareness, equipment safety and towing operations, infantry and armor coordination, suicide awareness, rail-head safety, heat injuries, Joint Readiness Training Center safety and basic weapon safety.

"For example, any time you operate a tank, there are people walking. People have to know the driver's blind spots. And both need to be aware of each other," Hicks said.

"That's what the infantry and armor coordination class is for," he said.

To make the day fun, various activities accompanied lectures.

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Post/Blackmon

Soldiers of 2nd Bn., 34th Armor, learn about rail-head safety during the battalion's Safety Day July 27.

Leak closes Forsyth store

Gas line fixed after horses, people moved

By **Jamie Bender**
Staff writer

A natural gas pipe broke at Seventh and F streets in the Camp Forsyth area about 6 p.m. July 29, prompting officials to close the commissary and Trooper Drive entrance.

Kansas Gas Service had been excavating around the four-inch pipe earlier in the week, said Fort Riley Fire Station Chief Gary Ouellette. "They ... think that when the dirt was removed the pipe settled, breaking the coupling," he said.

The post fire department responded to a call from the Provost Marshal's Office and set up a command post on the corner of Seventh and F streets about a block away from the break.

Horses in the pasture and a few people in the area were evacuated as a precaution and traffic was rerouted.

"There are several dangers with natural gas," Ouellette said. "One is poison inhalation. The gas is toxic to breathe, and of course another danger is explosion and fire."

The pipe's size of the pipe and the pounds per square inch of pressure made the leak the responsibility of Kansas Gas Service. Once repairmen arrived, a valve near Colyer Manor was closed to decrease pressure while representatives of Kansas Gas Service made repairs.

The post fire department crew stayed on scene to help with tools and for fire protection.

What makes natural gas less dangerous than other gases, such as propane, is that it dissipates in the atmosphere Ouellette said.

"Natural gas is more dangerous

See *Leak*, Page 2

Logisticians brainstorm new supply system

By **John Runyan**
Army News Service

WASHINGTON — A Task Force Logistics conference July 28-30 at Fort Lee, Va., asked operations officers from the field to provide their take on the new Theater Sustainment Command.

This conference was the most recent phase of Task Force Logistics' design of a new organization-

al structure that will help the Army be more effective and efficient in its battlefield operations, officials said.

"We're bringing in the best and brightest from the field to get the field's expertise," said Col. John Wharton, Task Force Logistics deputy.

The changes in logistics have been in the making since February when the chief of staff approved

the separate focus area task force for logistics.

The new TSC will eliminate layering of commands by combining operational level functions of the current corps support command and the theater support command, officials said.

"(Theater Sustainment Command) is going to work on (eliminating) redundancy and maximizing flexibility," said Maj Chris

Stolz, Task Force Logistics operations officer. "We want to maximize throughput by knowing demands and tailoring to the needs of the units of actions."

TSC will be a modular organization with a standard headquarters and subordinate support units tailored for the mission requirements of specific operations. Modular subordinate units will provide capabilities for theater

opening; theater distribution; medical; petroleum, oils and lubricants; aviation, civil engineering and multifunctional supply, maintenance and transportation support.

Wharton emphasized the collaboration with Combined Arms Support Command at Fort Lee, Va., to develop new standard requirement codes that are associ-

See *Supply*, Page 3





Post news in brief

Fort Riley access hours:

As of Aug. 4, access points to Fort Riley will be open according to the following schedule:

- Ogden, Trooper Drive and Henry Drive will be open 24 hours.
- Grant Avenue will be open 5 a.m. to 11 p.m. daily.
- Rifle Range Road will be open from 5 to 8 a.m. and from 3 to 6 p.m. daily.
- Estes Road will be open from 5 to 9:30 a.m. and from 3 to 6 p.m.

Soldiers may claim R&R pay

Eligible military personnel who participated in the U.S. Central Command's R&R Leave Program between Sept. 25, 2003, and Dec. 18, 2003, are eligible for reimbursement of airline tickets they purchased.

The Army will pay for tickets for flights from the aerial port of debarkation to the final leave destination if those tickets were bought by the Soldier, family members or other private individuals.

To claim retroactive reimbursement, eligible Soldiers must submit copies of their travel voucher, leave form, an airline ticket receipt showing who paid for the ticket, the airline itinerary, travel orders and manifests, a DD Form 214 (for reserve component or demobilized active duty Soldiers who have separated from the service), advice of payment from an initial or final Operation Iraqi Freedom or Operation Enduring Freedom payment and a statement certifying travel.

Vouchers and all documents must be submitted to G8 Travel, Building 512, Room 124, Fort Riley, KS 66442. Office hours are 7:30 a.m. to noon and 1 to 4:30 p.m. Monday through Thursday and 7:30 a.m. to noon and 1 to 3 p.m. Friday.

Resolution of the claim takes at least four weeks.

Patriot warrant board to meet

The last warrant officer selection board for Patriot system technicians will be Sept. 13.

Soldiers who wish to apply must be a sergeant or above in rank, hold the MOS of 14E, 14T, 14J, or 27X or have a non-listed MOS with related experience or background in a listed MOS, have four years field experience in MOS 14E or 27X or five years field experience in MOS 14T or 14J and have a physical profile of not less than 111121.

Preferred qualifications include an additional year of experience in feeder MOS, a year in a supervisory position, 20 or more college credit hours with a minimum of six credit hours of college level English and six credit hours of college level Math and a written recommendation from a senior warrant officer in the same career field.

Applications should be sent no later than Aug. 15 to Headquarters, U.S. Army Recruiting Command, ATTN: RCRO-SM-A, 1307 Third Avenue, Fort Knox, KY 40121-2725.

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Corps wants retirees for Iraq jobs

By Denver Beaulieu-Hains
Army News Service

WASHINGTON — The Army Corps of Engineers is recruiting Soldiers who are leaving the Army, retired military, family members and Department of Defense civilians to work in Iraq and Afghanistan.

The Corps has 328 civilian positions to fill in Iraq and Afghanistan. The goal is to have all of the positions filled by December, if not sooner, officials said.

"The Corps is using every hiring

tool at its disposal, including recruitment bonuses, hardship pay, direct hiring authority, and dual compensation waivers to entice Soldiers leaving the Army and retired federal employees back to work," said Sheila Dent, chief of the Corps' employment and compensation management division.

Since the war on terrorism began, the Corps has deployed about 2,000 personnel.

"We believe there are Soldiers who may be leaving the military, retired military and even family members who have critical skills and experiences that make them a

perfect fit for some of the positions we're filling," Dent said.

"Most people don't realize, out of the 300 personnel in theater, there are only about four dozen U.S. military noncommissioned officers and officers working for the Corps in Iraq," said Maj. Gen. Ronald Johnson, the first commander of the Corps' Gulf Region Division.

During a recent interview with the Fox television network, Johnson credited the Corps' success to its civilian volunteers, which is the much larger population.

"The civilians are making a great sacrifice, and they are mak-

ing a difference," Johnson said.

Employees of the GRD in Iraq are improving the oil infrastructure, power supply, water resources infrastructure, hospitals, education, roads and bridges - all the things needed to build a strong society.

The Corps also supports the military by constructing buildings and facilities.

In the Afghanistan Engineer District is building new structures including power, water, sewage, barracks and other facilities for the Afghan National Army and repairing runways and base camp improvements for the coalition

military. They also are providing technical and quality assurance support to the U.S. Agency for International Development.

Engineers, engineer technicians, program and project managers, resource managers, accountants, contracting officers, auditors, administrative support staff and safety and health officials are needed. Other openings include logistics and information technology.

For more information, contact the U.S. Army Corps of Engineers Human Resources Office at CEHEC-CP@hq2.usace.army.mil or call (202) 761-1885.



Post/Blackmon

Armor Soldiers learn more about coordinating safety operations with Infantry Soldiers, including the size of a tank's blind spot, during 2nd Bn., 34th Armor's, quarterly Safety Day July 27.

Safety continued from page 1

"Our commander's intent was hands-on, as opposed to sitting in a classroom," Hicks said.

One activity was the Soldier and Family Support Center's new Simulated Impaired Driving Experience, called "SIDNE" for short.

SIDNE is essentially a go-cart that simulates the drunk driving experience. Two people shoot laser guns at the cart, driven by a third person.

The shots cause the vehicle to go out of control.

"We're trying to move away from the classroom so they'll leave here with something," said

Nicole Sizemore of the Soldier Risk Reduction Program.

"We want them to say, 'I saw the way you drove that go-cart sober and I'm not getting in a car with you,'" he said.

Spc. David Schrader said driving the go-cart was an interesting experience.

"Your reaction time in the drunk mode was considerably worse. I turned and it moved three seconds later," he said.

"It was pretty fun, and it gives you a good idea of what it's like to drive drunk. Hopefully doing stuff like this is a deterrent to drinking and driving," he said.

Donations help Army rebuild Iraq

By John Runyan
Army News Service

WASHINGTON — As part of their "Project Homefront," the Home Depot stores donated \$1 million in tools and materials to help the U.S. military reconstruction in Iraq. The materials were scheduled to be shipped overseas Aug. 2.

The Army will receive \$500,000 of that total via the Defense Distribution Depot at Susquehanna, Pa. The tools and materials, expected to arrive in the theater of operations by late September or early October, will aid Army civil affairs, engineers and other units in their work to rebuild Iraq.

The materials arrived about a month ago in New Cumber-

land, Pa. They included shovels, table saws, concrete mixers, safety scaffolding, power generators, light bulbs and jack hammers and needed to be repacked for shipment. Some hazardous materials like aerosol cans and caulking tubes, known as HAZMAT, required special packing.

"This donation is part of the Home Depot's long-standing commitment to the U.S. troops currently serving in Iraq," said Bob Nardelli, chairman, president and chief executive officer of Home Depot.

"With more than 1,800 associates serving in the current military efforts, we have a special interest in making sure all of the U.S. troops know that we appreciate and support them," he said.

Leak

continued from page 1

in an enclosed area, such as a house, because it doesn't have anywhere to go and will concentrate. In the open it isn't quite as dangerous. If there is a wind, it helps," Ouellette explained.

"It does have a flammable range. If the break had happened during the digging, the likelihood of a fire would have been greater. You would have seen the fireball for miles," Ouellette said.

Ouellette praised the military policemen who worked the incident. They did an excellent job of containing the area and evacuating the few personnel that were in the area, he said.

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Publisher-Maj. Gen. Dennis Hardy
Public Affairs Officer-Maj. Jeffrey Buczkowski
Command Information Officer-Gary Skidmore
Printer-John G. Montgomery
Fort Riley Editorial Staff
Editor-Mike Heronemus
Staff writers-April Blackmon, Jamie Bender
Advertising Representatives-Shelby Dryden, Linda Pearson, Stephanie Simmons

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Circulation 8,800 copies each week
By mail \$20 per year
A licensed newspaper member of the Junction City and Manhattan chambers of commerce





Five Soldiers, one civilian end careers

By April Blackmon
Staff writer

With more than a century of combined service, five Fort Riley Soldiers and one civilian retired from military and government service July 28 and received honors for their long and outstanding careers.

Each Soldier received a Meri-

torious Service Medal during the ceremony at Ware Parade Field in front of the post's headquarters building. The medals recognized their outstanding military service.

Retirees' spouses received certificates of appreciation recognizing their contributions and thanking them for the support they gave to their sponsors' careers.

Of the six retirees, at least two plan to stay in the area.

First Sgt. Jeffery Johnson of Headquarters and Headquarters Company, 1st Battalion, 13th Armor, retired after 21 years.

He will live in Manhattan, where he plans to complete his bachelor's degree in business administration, seek employment in the private sector and enjoy golfing, fishing and woodworking.

Sgt. 1st Class Hope Brunton of

Medical Department Activity retired after 24 years. She will live in Milford, where she plans to join the civilian work force.

Patricia King of the Directorate of Plans, Training and Mobilization retired after 20 years of civil service.

Her retirement plans include spending more time with her Appaloosa horses, traveling and continuing to pursue interests that

have been on hold the past 20 years.

Lt. Col. Wesley Anderson of U.S. Army Garrison retired after 25 years. He will move to Lombard, Ill., where he will be director of public works for the Village of Lombard.

First Sgt. Samuel Adams of Company A, 1st Bn., 13th Armor, retired after 21 years.

He will move to Montgomery,

Ala., where he plans to finish his bachelor's degree, enter the family realty business and finish restoration of a 1966 Chevy pickup.

Master Sgt. James Woodard of Headquarters and Headquarters Detachment, 541st Maintenance Battalion, retired after 20 years.

He will move to Evansville, Ind., where he plans to work as a network administrator.



USMC/Tuskowski

Sgt. Kevin D. Wells, a forward observer with 1st Bn., 5th FA, looks at his next target during a live-fire exercise July 29. Marines and Soldiers teamed up for the shoot, giving Marines from 3rd Bn., 11th Marine Regt., their first chance to call artillery missions since deploying to Iraq.



USMC/Tuskowski

Spec. Jesus J. Reyes, with 1st Bn., 5th FA, looks through a ground-vehicle laser location designator to aim on a target during a live-fire artillery exercise July 29 on a range west of Ar Ramadi. "Hamilton's Own" teamed with 3rd Bn., 11th Marine Regt., for a live-fire exercise that gave the Marines some practice in their artillery skills.

Supply continued from page 1

ated with tables of organization. He said SRC teams as small as one or two Soldiers will be able to provide support based on their specific capabilities. Currently, a whole unit would be required to be mobilized to provide support for a job that could be done by a few.

TSC will work under the new unit of employment operational headquarters known as the UEy, with the TSC commander serving as the senior Army logistics commander in the UEy. TSC headquarters will provide command and control of assigned, attached and operationally controlled units.

Sustainment brigades will provide support to operational-level units in the UEy's area of opera-

tions and sustainment support to tactical-level forces engaged in combat in forward areas. This will allow throughput of critical sustainment, like fuel and ammunition, from the theater logistics hubs at ports to brigade units of action engaged in combat, Stolz said.

Right now, both Corps Support Commands and TSC have to funnel supplies and services through different layers of management before getting to Soldiers in the rear and forward of the battle areas. With the new technology, trucks will be able to transport materiel right from the ports to the brigade or units of action where they are needed, officials said.

Artillery continued from page 1

chance to train. It has been six months since we shot anything."

During the training, the Marines and Soldiers conducted a variety of missions: shooting quick smoke, immediate smoke, laser-guided and high-explosive, and ground burst illumination rounds during a close-air support battle drill. They fired on six different targets.

"I think they have done very well for having a variety of missions," Cabrey said. "All elements

are getting great training out of this."

The Soldiers get to apply their artillery skills almost on a daily basis as part of counter-battery attacks against mortar fire launched by anti-Iraqi fighters against area camps.

"The main missions we fire over here are counter fire and high explosives to support the troops in contact," Cabrey said. "Our guns

are the response unit to any rockets or mortars that come onto any

of the base camps."

Cabrey explained that the latest radar technologies and discipline of the gun crews enable the Soldiers to launch rounds against attackers quickly.

Still, speed on the gun line is the essence of the mission. Soldiers work to get the targeting information to the gun crews quickly to ensure that when the howitzers belch out rounds, the enemy is still in the impact area.

"The radar gives us a very

close grid," Cabrey explained. "The enemy expects us to shoot back, so they get out of the area as soon as possible."

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Army plays technical role for Hollywood films

By Jacqueline Garretts
Army News Service

WASHINGTON — When moviemakers have a military angle in the plot, they often come to the Army for help.

The Army has lent its services to box-office hits such as "Clear and Present Danger," "Air Force One," "Saving Private Ryan," "We Were Soldiers," "The Sum of All Fears," "Black Hawk Down" and this year's "The Day After Tomorrow."

Writer and director Roland Emmerich of "The Day After Tomorrow" wanted the Army to help out in a movie that showed the Army as a force for good. The turn of the plot would be impossible without the Army coming in for a rescue, he said.

"We jumped on the opportunity, went through the script with the producer and writer to help develop scenarios and then recommended some necessary changes for the Army's portrayal to keep things as accurate as possible for such a clearly fantasy-based picture," said Maj. Todd Brasseale, an Army liaison officer to the entertainment industry, Office of the Chief of Public Affairs-Los Angeles Office.

The Army does not accept every project sent their way. OCPA-LA reviews each script, determines with the production company exactly what level of support is requested and recommends disposition of the project to the Army's chief of public affairs.

Once the Army has sent an official request for permission to support a major production to the Department of Defense, the special assistant to the Secretary of Defense for audio/visual, if he concurs with the Army's assessment, will approve official support.

The Army also works routinely to support television series. Recent support has included "The West Wing," "ER," "Boston Public" and "JAG."

It also helps with made-for-TV movies, most recently "Saving Jessica Lynch," which was the

highest rated television movie for NBC in nearly 12 years.

"The Day After Tomorrow," which was released in May, dealt with a possible impact of the greenhouse effect and global warming. The movie scenario included a worldwide disaster. The plot had tornados, tidal waves and floods resulting in the beginning of a new Ice Age.

The Arizona and Texas Army National Guard provided support for "The Day After Tomorrow" rescue scenes and disaster-assistance segments shot on the Texas/Mexican border. The 10th Mountain Division provided support for scenes shot in Montreal, Canada.

The Army often finds units to help support production, but sometimes the needed equipment has limited availability, leaving a small period of time for shooting scenes. Production teams will juggle and redo their production schedule to accommodate the Army.

Bradleys, tanks used

Desert scenes in "The Day After Tomorrow" were shot in El Paso, Texas, near Fort Bliss. Some Bradley Fighting Vehicles and tanks were used to guard the movie's "embassy" in a scene built to replicate Mexico in Texas.

Being able to feature actual Army vehicles in scenes adds depth and helps make scenes more interesting and realistic, Brasseale said.

"It becomes visually rich when you add things to a scene in a movie that you would otherwise see if you were in a real world situation," Brasseale said.

For "The Day After Tomorrow," a fleet of Chinooks was requested for certain scenes to be shot in Montreal, Canada. Because most of the Army's domestic stocks of Chinooks were committed globally, all but one of the Chinooks featured on screen were computer generated.

Rescue scenes often are shot in front of a blue screen, with background added later, saving a production time and money.

In the case of "The Day After Tomorrow," the Army, with assistance from Fort Drum's safety and risk assessment office and the 10th Mountain Division's Company A, 2nd Battalion, 10th Aviation Regiment, helped take a Black Hawk apart to fit in front of a blue screen on an indoor set, which enabled the film crew to shoot scenes of the helicopter from a variety of angles without actually having to move it around in the air.

Two Black Hawks were on standby outside so that the minute filming wrapped indoors, they would be ready to shoot during the critical time in order to capture the take off and landing sequences necessary for the rescue scenes.

The hour before sunset, when the light takes on an orange glow, is called "magic hour." When looked at through the camera lens, that light more closely resembles the light that is falsely generated on a set, Brasseale said, making the hour before sunset the most crucial time to shoot outside

scenes.

The Army pulled support from the Texas and Arizona National Guard for "The Day After Tomorrow."

Soldiers from nearby Fort Bliss and Soldiers recently out of basic training were contacted by their drill sergeant and asked to volunteer on their weekend off to help out in some of the scenes.

The majority of these Soldiers ended up being used as extras in the movie.

Compromise needed

"Even though it may not be exactly how we would perform the operation, you have to keep in mind what the camera sees and what a director's vision is for what he wants to be on screen.

For instance, our Soldiers are usually spread out tactically in farther intervals in real operations than they are usually portrayed in many scenes.

In order to get all the men to fit in a camera frame, they bunch them up," Brasseale said.

Working with Soldiers from

2nd Bn., 10th Aviation, Brasseale explained to the film's scriptwriter how helicopters would conduct an aerial evacuation. He also explained how a refugee camp could be run if the Army was in charge.

Common mistakes writers make include military ribbons out of order on uniforms, qualifications a character could not have received given her branch or gender, or ranks that are impossible to attain in the Army because of a character's age.

"We tend to hear the Hollywood version of military-speak on the radio that is wildly different than what we actually hear in real life or even teach our Soldiers in school.

"There is a lot of Hollywood 'roger that' and 'over and out,' which are two of my pet peeves," Brasseale said.

For more information, visit the Army's guide to making movies at <http://www4.army.mil/ocpa/community/makingmovies/index.html> on the Web.

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Commentary

Riley Roundtable

This week's question:

If you could change one thing at Fort Riley, what would you change, and why?



"I think Fort Riley would be better if they had a bigger Post Exchange with more selection."

Spc. Everett Arnariak
Supply clerk
Company C, 2nd Battalion,
34th Armor
Home: Alaska



"I would change the scheduling of the road construction projects. I would spread them out so that when one area was hampered the other access routes wouldn't also be worked on."

Sgt. Trinidad E. Gutierrez
Company C,
70th Engineer Battalion
Home: "Military brat"



"I would like to see more family activities."

Lynette Lee
Instructor
Barton County Community College
Home: Chesapeake, Va.



"To improve driving skills and courtesy, I would implement mandatory defensive driving training. It would improve driving skills on and off post."

Command Sgt. Maj. John Murphy
3rd Battalion,
382nd Logistics Support Regiment,
3rd Brigade, 75th Division (TS)
Home: St. Louis, Mo.



"I would change the length of time a Soldier has to stay here."

Sgt. Shawn Smith
Truck driver and Heavy Wheeled
Vehicle Mechanic
172nd Transportation Company
Home: Omaha, Neb.

Next week's question:

What military office, agency or organization on Fort Riley has given you the best customer service and what impressed you about that service?

Opinions may be e-mailed to the editor at mike.heronemus@riley.army.mil or faxed to the editor at 239-2592. Opinions must reach the editor by close of business Tuesdays to appear in the following Friday's paper.

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Personal Safety

Treat symptoms before heat can kill

By Paul H. Inman
Chief, DES Safety Division



Paul Inman

Summer is slightly more than a month old and already Fort Riley has suffered casualties of the heat and humidity.

Heat stroke and heat exhaustion soar with the temperature and humidity. In extreme heat the body has to work hard to maintain its core temperature of 98.6 degrees Fahrenheit.

Heat injuries and illnesses occur when the body can't regulate its temperature. In its mild form, heat stress symptoms include thirst, fatigue and feeling overheated.

If detected early and acted upon, the sickness can be treated. However, if these warning signs are ignored, severe heat illness or injury can develop.

Heat illness and injury start with cramps, progress to heat

exhaustion and can become a heat stroke. Good preventive methods are key to staying safe and healthy:

- Never leave a child or a pet alone in a closed vehicle. An outside temperature of 90 degrees Fahrenheit swiftly jumps to 110 degrees Fahrenheit in a closed vehicle. Cracking the window does not help in such suffocating conditions.
- Plan outdoor activities and games for early morning or evening.
- Wear loose-fitting, lightweight light-colored clothing that covers as much skin as possible.
- Wear a hat or cap to protect

the face and head.

• Drink plenty of fluids, even if you don't feel thirsty. Don't rely on thirst as an indicator of when to drink. By the time you feel thirsty, you're already dehydrated.

• Avoid alcoholic beverages. Heat cramps are painful spasms of leg or abdomen muscles, usually followed by dizziness, thirst and rapid heartbeat. Massage cramped muscles.

Drinking liquids is very important to keeping healthy. Water is best, but lemonade or iced teas are good variations.

Heat exhaustion is indicated when muscles cramp, often in the calf, and heavy perspiring, nausea, weakness, dizziness or faintness occur.

If you have any of these symptoms, stop what you are doing, get out of the heat and have a cool drink.

If cooling off does not help faintness, confusion or high

fever, or if seizures occur, seek emergency assistance.

Heat stroke is a life-threatening emergency that can damage almost every major organ. It results when the body is unable to cool down.

Symptoms can include dry skin, confusion, throbbing headache, high body temperature, rapid breathing, convulsions and unconsciousness.

Call 911 immediately; a heat stroke can cause death or permanent disability.

While waiting for emergency personnel to arrive, do the following for a heat stroke victim:

- Move them to a shaded area.
 - Cool the person down as quickly as possible.
 - Loosen or remove sweat-soaked clothes and
 - Apply ice packs to head, neck, armpits and groin.
- Enjoy your summer, but beware of heat injuries.

Women's Equality

Day's event will recognize achievements



Sgt. 1st Class Nicole Powell

By Nicole Powell
Equal Opportunity Advisor

Women's Equality Day is celebrated every year on Aug. 26. It is a day of celebration based on the ratification of the 19th Amendment in 1920. But, it wasn't until 1971 that the U.S. Congress designated Aug. 26 as Women's Equality Day.

Fort Riley's Equal Opportunity Office will host the Women's Equality Day Observance from 11:45 a.m. to 12:45 p.m. Aug. 26 at Riley's Confer-

ences Center.

This year's guest speaker is Col. Kimberly A. Weaver, commander of the 648th Area Support Group, currently mobilized at Fort Riley.

It is important to celebrate the accomplishments of our nation by recognizing active support and participation given by the women of this country.

Establishing the 19th Amendment gave women the right to vote and empowered them to hold positions of authority in executive positions in our

government. New York Sen. Hillary Clinton and National Security Advisor Condoleezza Rice are two such women who come to mind.

This celebration, as well as others coordinated by the Division Equal Opportunity Office, is designed to teach as well as entertain all who attend. As with all such observances, there will be food for attendees to sample.

For more information on Women's Equality Day, contact the Division Equal Opportunity Office at 239-2928.

Soldier Image

Language speaks volumes about us

By Bridgett Siter

Staff writer
Fort Benning, Ga., Bayonet

The other day I found myself in the waiting room of a post clinic, surrounded by Soldiers, including a young man with a very limited vocabulary. He was peppering his conversation with words that would make a Sailor blush.

I'd been there no more than five minutes when a civilian clerk leaned over the counter and barked at the young man. "Hey, you! You need to shut your mouth. Can't you see there's a lady present?"

I was reminded of another incident, relayed to me by a Soldier friend, who recently encountered a group of angry young female Soldiers in a local restaurant. Apparently they became belligerent when a diner at the next table objected to the language they were using within earshot of her child.

She asked them to "keep it down," and they retaliated, upped the volume and increased the frequency.

My Soldier friend, dining across the restaurant with his family, stepped in to diffuse the situation. He made an on-the-spot correction and took down their names and units. The patron was grateful but the child, no doubt, will remember the behavior of the Soldiers in uniform long after he's forgotten the man who stepped in to straighten them out.

On-the-spot corrections were once practiced regularly by Soldiers who believed it was their responsibility to help maintain the integrity of the uniform.

These days, few Soldiers seem willing to step outside their comfort zone outside the combat zone. On-the-spot corrections are definitely uncomfortable for everyone involved, including those who observe the situation from afar.

With the eyes of the world focused on America's military, I understand the importance of minding our manners, so to speak, here and abroad.

Editor's note: This commentary was reprinted from the Fort Benning, Ga., Bayonet.

Grunt

By Wayne Uhden



Army One Source could help

Army One Source is a pre-paid resource available to provide the support you need taking care of yourself. Log on to www.armyone-source.com to download articles about:

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- Keeping in touch with friends
- What you should know about your credit record





ROTC, academy cadets shadow post lieutenants

By April Blackmon
Staff writer

Several ROTC and U.S. Military Academy cadets recently got a taste of life as an Army lieutenant at Fort Riley.

Eighteen ROTC and 18 USMA cadets came to Fort Riley for three to four weeks as part of the Cadet Troop Leader Training Program. They were assigned to various units on post and shadowed active duty lieutenants to learn more about life in the Army.

"The intent of the whole program is that they get just a basic feeling of what it's like to be a platoon leader," said Platoon Leader 2nd Lt. Nick Clemente of 2nd Battalion, 34th Armor. Clemente was one of the 36 lieutenants who sponsored the cadets. "It allows future officers to come into the game well ahead," he said.

CTLT provides cadets with realistic leadership, logistical and administrative experience through first-hand knowledge of the duties, responsibilities and living conditions of an Army lieutenant, according to documents explaining the program.

"I learned about the day-to-day life of Soldiers," said West Point Cadet Wade Greenlee. "Working with privates and specialists and understanding the kind of life they live in the barracks and how different their life is from officers gives a good knowledge of what they do and exactly how things work."

Some of the cadets said their time at Fort Riley was worthwhile.

"With ROTC, you get a taste of Army life once a month. Here you get a taste of everyday life. It's very beneficial," said Cadet Brian Maurelli of Gannon University in Erie, Pa.

"It's immeasurable, the sort of experience I get here being around real Soldiers, real officers, being involved with the real Army and its organization. It's very different from West Point organization, leadership, the experience," said West Point Cadet Aaron Dovi.

Some cadets said CTLT taught them things they couldn't have learned in the classroom.

"I learned that officer leadership is nothing at all like NCO leadership," Dovi said. "At West Point, they lump all leadership together as one style, where the leader's intimately involved in all

aspects of the follower's life. Coming here, I realized that it's important to know your subordinates but there's a difference between an officer's job and an NCO's job. The NCO's job is to get things done and the officer is more for supervision and to help the NCO make sure the Soldiers can get things done."

"It helps the cadets make more informed decisions about what branch they choose to go into," said ROTC Cadet Mark Ehlers of James Madison University in Harrisonburg, Va.

"This was a chance to see what we would really do in the armor branch. Now that I've been here, I'm 100 percent sure I'd like to branch armor."

"For some other people, they might not have been sure about armor. Then they come here and see tankers doing all the maintenance and say, 'well, this really is not for me,'" he said.

Clemente said he too saw benefits to the CTLT program.

"Someone who starts their career with more knowledge is far more likely to be happy and successful and stay in the Army and be a better leader," he said.

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1x3 BRITTS GARDEN

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RENAISSANCE FESTIVAL
TRADE OUT

Dr.: Soldiers' combat stress commonplace, treatable

By Doug Sample
AFPS

WASHINGTON — The military member who goes to combat and the one who comes back are never the same person, the Defense Department's director of mental health policy said July 14.

"No one comes back unchanged," said Army Dr. (Col.) Tom Burke in an interview with the Pentagon Channel and American Forces Press Service.

Burke and other DoD health officials try to reach out to those returning home from Iraq and Afghanistan who may be suffering from combat-related mental health problems or post-traumatic stress disorder, he said.

In early July, the Army released a first-of-its-kind medical report that showed front-line action had adversely affected the mental health of some service members. Burke, who advises DoD leaders on mental health issues, said combat veterans and their families should watch for

changes in behavior that can range from mild depressive and anxiety symptoms to trouble sleeping and nightmares.

In the majority of the cases, these symptoms are transient; they are common and diminish with time," he said. The service member may have the occasional sleepless night or memories that come back out of nowhere for years, "and that's normal," he added.

Other symptoms to look for, he said, are sad and withdrawn moods, tearfulness, problems sleeping - too much or too little - and problems with appetite, memory loss and concentration. Drug and alcohol abuse also are symptoms of a problem, he added.

But the problems aren't always mild, and the symptoms are not always subtle. "If a person starts talking about hurting themselves, killing themselves, it's important to not panic but to take that kind of talk very seriously and get them to help," Burke said, "even if it involves calling 911."

Burke said that mental prob-

lems can go on for years if not treated, and that symptoms of combat-related mental illness don't always happen right away. "They develop over time," he said.

An Army study published in the July edition of the New England Journal of Medicine stated that only 6 percent of Soldiers and Marines returning from combat duty experienced mental health problems. Burke said the low number didn't amaze him, based on what the Army has learned from studying prisoners of war suffering from post-traumatic stress disorder.

"The number of 6 to 12 percent is not surprising," he said. "The experience in the past among POWs," he said, "is (that) about 50 percent have PTSD; among Vietnam veterans, over the years, about 30 percent, Gulf War I, 10 to 15 percent," he said.

He said that declining percentage of combat-related mental health concerns might be attributed to the military's approach to getting better mental health services to Soldiers

before, during and after deployment.

"I would like to believe that part of that is because of the proactive care on the battlefield and the full range of services by the military healthcare system," he said, "and the proactive preventive services that are provided by the combat stress control units that are assigned with the combat units."

Also, he said, screening now takes place before deployment, preventive service is provided during deployment, followed by more screening during redeployment and follow-up care at treatment facilities.

Burke said the low percentage also indicates that the majority of servicemembers surveyed are faring well under combat conditions.

But, "The help doesn't work if you don't come in to use it," he said. "Mental health problems are problems that have solutions."

Servicemembers can get confidential counseling service through the military services' "One Source" program.

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2 x 14'
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2x14 ED SCHRAM DODGE





Post/Blackmon

Soldiers of 2nd Bn., 34th Armor, load their equipment July 30 for rail transport to JRTC at Fort Polk, La.



Post/Blackmon

Second Lt. Andrew Henderson, Co. C, 2nd Bn., 34th Armor, ties down equipment July 30 for rail transport to the Joint Readiness Training Center at Fort Polk, La. The battalion left this week and will be there for the month of August.

Rail loading task becoming 'old hat'

A Soldier directs traffic onto the railcar in preparation for transport to Fort Polk, La.

Post/Blackmon



Armor battalion heads for training center

By April Blackmon
Staff writer

After seven major rail loading operations in the past 18 months, Soldiers of the 2nd Battalion, 34th Armor, found themselves in familiar territory at Fort Riley July 30 - loading again. It took the Soldiers about four hours to load 147 vehicles onto 65 railcars. The equipment will be hauled to Fort Polk, La., for use in battalion training exercises at the Joint Readiness Training Center. "It went extremely smooth," said Capt. Jon Spurlock, Company B commander. "This isn't our first time. We rail loaded the

entire brigade for Operation Iraqi Freedom. These are seasoned and experienced Soldiers out here doing this." The Soldiers will be at Fort Polk for about a month. Originally slated for the National Training Center at Fort Irwin, Calif., the battalion's schedule was modified to better meet its needs for upcoming missions. "(JRTC) has better resources for our mission; it's more specific," said Maj. Richard Creed, 2nd Bn., 34th Armor S3. Foggy conditions early in the morning presented few problems for the loaders. "Because of the lighting in this facility, limited visibility operations are no problem," Spurlock said. The weather improved to ideal conditions by mid-morning. "Most of the time, this is a fairly risky operation when it comes to heat injuries," Spurlock said. "With the cooperation of the weather, the risk has actually mitigated itself." This rail load was perhaps the best one 2nd Bn., 34th Armor, has done, said Capt. Chuck Ziegenfuss, Co. C commander. "Even Union Pacific, even the G4 said that this by far has been the smoothest operation that they've been involved with," he said.

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Fort Riley Community Life

Friday, August 6, 2004

America's Warfighting Center

Page 9

Community news briefly

Garrison plans beach party

U.S. Army Garrison plans a Kansas Beach Party theme for its hail and farewell get-together at 4 p.m. Aug. 12 at Riley's. The party is open to all military and civilians in the U.S. Army Garrison command.

Participants should wear Hawaiian shirts or dresses. Cost is \$5 per person. Food, prizes and a pay-as-you-go bar will be available.

Anyone planning to attend should RSVP by directorates to Nita Miller in the Directorate of Logistics, 239-4100, by Aug. 9.

Baby-sitting class offered

Red Cross will conduct a course Aug. 7 at Building 5800 for youth ages 11 and older who are interested in baby-sitting. Youth must be 12 years old to be placed on the baby-sitter referral list.

Cost for the class is \$10 and prior registration is required.

To register, call Central Enrollment Registration at 239-9478.

Service seeks musicians

The Contemporary Protestant Service on Fort Riley needs a drummer and an electric guitar player.

The service meets in Kapaun Chapel at 11 a.m. Sundays.

Rehearsals are 6:30 p.m. Wednesdays and Sunday mornings before service.

If interested, call Chap. (Maj.) James Paulson at 239-3359.

BOSS plans talent show

The Better Opportunities for Single Soldiers program is looking for talented and not so talented people for the 2004 BOSS Talent Show.

A three-minute act is all that is required to enter.

For more information, call 239-8147 or visit with your unit's BOSS representative.

MPs sponsor poker run

The 924th Military Police Battalion is sponsoring a motorcycle Poker Run Aug. 14 to raise funds to support Better Opportunities for Single Soldiers.

Grand prize is a new computer.

Registration is 9 to 11 a.m. at City Cycle Sales, 1309 N. Washington St. in Junction City.

The last bike out leaves at 11:30 a.m. The last bike in arrives at 6 p.m. at the Rock House on Main Street in Ogden.

Cost is \$10 a hand. Activities include a 50/50 drawing, a silent auction and door prizes.

For more information, call Spc. Blair Winner at (440) 339-5075.

Stay In Step with Fort Riley

See what's happening on Fort Riley cable Channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m.

AAFES honors four employees

By Judd Anstey
AAFES

DALLAS — The Army & Air Force Exchange Service recognized four of its employees for heroism in the line of duty during

a recent ceremony at the Logistics Support Area Anaconda Post Exchange.

Jack Lauff from AAFES headquarters in Dallas, Barbara Brown from Eglin Air Force Base, Fla., Regina Koenig from Fort Drum, N.Y., and Irene Panter from Hill

AFB, Utah, were working in the Anaconda main store June 16 when a rocket struck near the exchange and caused numerous injuries.

One of three 127mm rocket rounds that hit the camp exploded directly in front of the main store

building.

According to the certificate presented by Brig. Gen. James E. Chambers, the 13th Corps Support Command and LSA Anaconda commanding general, Brown, Lauff, Koenig and Panter assisted the wounded "without regard to

their own safety or personal risk." After the rocket hit, the four AAFES associates scrambled to administer first-aid and assist with bringing casualties and store customers into the safety of the hard-

See Heroes, Page 12

Night out



Three-year-old Bailey Smith giggles while Francisca Dearman puts her fingerprints on a card that Bailey's parents, John and Leigh Ann Smith (left and center back) will keep. Luke Johnson (right) helps with the child ID table set up for Night Out Against Crime Aug. 1 by the Military Police Investigations personnel. Post/Heronemus

Military police arrange fun time for all

By Mike Heronemus
Editor

Fort Riley military police and many post residents spent an evening together Aug. 1 on the grass of Cavalry Parade Field getting to know each other better.

The post's observance of law enforcement's National Night Out Against Crime included military police K-9 demonstrations, child fingerprinting, information on pet regulations and services, equipment displays, inflatable fun attractions, refreshments and a movie.

Staff Sgt. Michael Barnes of the 523rd Military Police Detachment and Sgt. Eugene Shield of the 342nd Military Police Company coordinated the event with satisfactory success, Barnes said. All but one of the organizations he asked to participate accepted his invitation, except for the explosive ordnance detachment.

"Their robot is in Iraq," Barnes explained. Barnes sat at a table where he administered oaths to youngsters who promised to work to make their community safer by pledging to fight against crime. Those who signed the pledge and took the oath earned a chance at winning one of several donated prizes, including two bicycles and some \$50 gift certificates.

Fort Riley's Special Reaction Team laid out some of the equipment its members use when called on to clear buildings containing barricaded or uncooperative suspects. Capt. Michael Bromund said the team is similar to a civilian law enforcement

See Night Out, Page 12



Military police dog Ramo goes after Sgt. Jayson Smith after he tried to run away from Ramo's handler, Sgt. Edgar Arnall (right) during a demonstration. Post/Heronemus



Darrell Bennett, 11, gives his brother Brandon, 2, a boost over the hilly part of an inflatable obstacle course set up by Youth Services for the Night Out Against Crime. Post/Heronemus

Post youngster wins pageant

Special to the Post
Pride of America

Pride of America named Fort Riley family member Keleyce Sealey its Young Miss during a recent pageant in Springfield, Mo.

After three days of competition,

Keleyce also claimed titles for Overall Fashion, Prettiest Eyes and Smile and won the Community Service Award.

Keleyce is the 5-year-old daughter of Wayne and Lisa Sealey and will start kindergarten at Ware Elementary School in the fall.

Besides school, Keleyce will be working hard to fulfill her obligations

for Pride of America, doing at least 10 appearances throughout the United States during her reign as well as continuing in her community service efforts and participating in local and state parades.

Several local businesses and Fort Riley residents supported Keleyce in her climb to the national throne.



Keleyce Sealey

Rodeo serves troops on site

Store, experts travel to camps to serve units

By Monica R. Garreau,
AFPS

FORWARD OPERATING BASE ASADABAD, Afghanistan — Mention the word "rodeo" and most would think of broncs, bulls and trophy buckles. Mention "rodeo" at many forward operating bases in Afghanistan and the faces of the coalition members serving there light up with anticipation.

For servicemembers assigned to Forward Operating Base Asadabad, the Army & Air Force Exchange Service Rodeo comes every month. Although no one knows the name's origin, the event creates the same excitement as an Old West rodeo might have in years gone by.

Servicemembers stationed at remote bases rarely get the chance to shop for personal items, such as snacks, hygiene products and entertainment, at their locations, so the AAFES rodeo takes the store to them.

"They're glad the rodeo is here," said Marine Cpl. Jeshua Rios about his fellow servicemembers during the mid-July AAFES Rodeo at Asadabad. As a forward base cook, Rios sees most of the servicemembers assigned at the base when they visit the dining facility every day. He can tell when their spirits are raised.

"This is a real booster for everybody here," said the Marine from Headquarters and Service Company, 3rd Battalion, 6th Marine Regiment.

The monthly visit generates a lot of anticipation. "We look forward to (the rodeo)," said Army Spc. Antonio Gordon, 2nd Battalion, 265th Air Defense Artillery Regiment. "It's a nice way to be able to get the things we need."

But it's not just the opportunity to buy junk food that lifts the troops' spirits. Representatives from the Bagram Air Base Post Office come to process packages being sent home, finance clerks cash checks and dispense cash and a legal-services Soldier answers questions and processes paperwork such as powers of attorney.

Representatives from Army Reserve Affairs, retention and the Army Continuing Education System offices also accompany the rodeo entourage to answer any questions servicemembers might have.

With all these services available, the rodeo provides more than a huge morale boost to the troops. It also helps their leaders. "Having all the assets come out here to us makes my job a lot easier," said Marine 1st Sgt. Anthony Page, Company K, 3rd Battalion, 6th Marines.

Representatives from the Com-

See Rodeo, Page 12





Community news briefly

Crafts center sets classes

Aug. 8 — 1 to 4:40 p.m., Scrapbooking get-together
Aug. 9 — 9 a.m. to 3 p.m., 3-D Building in Glass
Aug. 9 — 7 p.m., Crochet, knitting, cross-stitch class
Aug. 9 and 10 — 2 to 6 p.m., Black and white photography orientation
Aug. 11 — 6:30 to 8:30 p.m., Ceramic painting (Banner Bears)
Aug. 11 and 12 — Intermediate and advanced stained glass

For more information, call the Arts & Crafts Center at 239-9205.

Chaplain's office sponsors trip

The Chaplain's Office is sponsoring a trip to Des Moines, Iowa, on Sept. 17-18 for the Promise Keepers' Uprising event.

The event is sold out, but the Chaplain's Office has a number of tickets available free of charge to any Fort Riley Soldier.

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

Spouses club seek members

The Fort Riley Enlisted Spouses' Club begins its 2004-2005 season with a family fun night from 5:30 to 7:30 p.m. Aug. 10 at McCormick Park on

post. Active duty, retiree and widowed spouses of Soldiers in grades E-1 through E-9 are welcome to join.

Pixie the Clown and her balloon art, free ice cream cones, free face painting by members of the Manhattan Arts Center and the inflated "Moon Walk" will be a part of the day's activities.

For more information, call Sherri Miller at (785) 770-9219 or Julie Petrucci-Treen at (785) 717-2772 or send e-mail to frileyesc@yahoo.com.

Hospital offers kid physicals

The final Irwin Army Community Hospital School and Sports Physical Fair will be Aug. 7. Appointments for the final day can be made by calling (784) 784-1200.

No appointment is necessary for children requiring immunizations only. Walk-in hours for the Immunization Clinic are 7:45 to 11:15 a.m. and 1 to 3:45 p.m. Monday, Wednesday and Friday; 1 to 3:45 p.m. Tuesday; and 7:45 to 11:15 a.m. Thursday.

Prayer group to meet

A prayer group meets from 5:30 to 6:10 a.m. Tuesday mornings in the basement of St. Mary's Chapel. Everyone is welcome.

For more information, call Don Ericson, director of Religious Education, at 239-0979.

College profs:

Getting on schedule takes work

Practicing before school starts will ease transition for all

By Kira Everhart
Kansas State University

MANHATTAN — The time has arrived when learning in the classroom is replacing fun in the sun, and one of the biggest challenges for parents is getting their children back onto the school-year schedule.

Parents can do a number of things to help their children make the transition more smoothly, according to Bronwyn Fees, associate professor of family studies and human services at Kansas State University.

The first of these is making sure the child is physically prepared to start the school day, Fees said. This means a healthy breakfast and a good night's rest. For young children, this is usually nine to 10 hours of sleep per night and at least nine for adolescents.

"Tired children are moody, fall asleep in class, are less attentive and may achieve less," Fees said. "Also, offer the child a nutritious breakfast and time to eat with your child before school if possible."

Fees said making sure the child

is in good physical condition might help the child perform better at school.

"Kids need to be physically fit," she said. "Children who get regular physical exercise with a healthy diet are more likely to be attentive in the classroom."

Children also need to be prepared mentally for the changes that come with starting a new school year, Fees said. The key to this is communication, she said.

"Communicate expectations clearly and at a developmentally appropriate level," Fees said. "It provides stability and predictability for the entire family."

Involve child in planning

This also means involving the child in the planning process for the transition back to school. Discussing with the child what changes he or she thinks need to take place to prepare for the school year can make it easier for the child to follow the new routine, Fees said.

"Include the child in setting new limits so they feel they are a

part of the process," she said. "The more you can involve the child in the planning, the more ownership the child can take."

Once the routine is established, it is important to give the child an opportunity to get used to it before school starts. Fees recommends implementing the routine at least one week in advance and walking through it with the child to help the child learn.

"Parents should always remember learning is a process, so practice and repetition are important," she said. "Practice the routine. Walk to school or the bus stop. Practice packing the lunches. Set aside study time and use it for reading. Go to bed, following the nighttime routine, and rise on time."

Fees also suggests posting a simple list or picture chart to help remind the child of morning and nighttime tasks.

Parents can also help children adopt the new routine by being a role model, Fees said. When children see their parents following a routine, they may be more likely to follow one themselves.

Fees also said creating a con-

sistent home environment and stable child care arrangements will help the child be more prepared to start the new school year.

"Children need stability, consistency and routine. As adults, we like to have that, too, but we don't always apply that to kids," she said.

For parents who have child care providers, involving those providers in the transition process will allow them to help the child adjust.

"Include others significant in the child's routine, especially the child care or after school care provider, in preparations so they know what the child has experienced before they come to care," she said. "It's important not only for the child but for the provider, so they can plan appropriately."

Fees also stressed the importance of following through with expectations once the routine is established.

"It's important that parents be consistent, that once they decide on a routine they follow through," she said. "Be calm but firm if children show some reluctance to change."

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Prevent school daze

Pack load to suit child

Planning, common sense will avoid pain

By Kira Everhart

Kansas State University

MANHATTAN — In goes the lunch, the books and the after-school clothes.

Backpacks are a convenient way for a child to carry the necessary supplies to and from school. But recent studies show an increase in back pain in children and young adults partly because they carry overloaded and poorly fitting backpacks.

Larry Noble, professor of kinesiology at Kansas State University, offers some tips to help children wear a backpack correctly and avoid such back problems.

Children should carry only 10 percent to 15 percent of their body weight. A child who weighs 60 pounds should optimally carry only six pounds in a backpack.

The amount of weight a person can safely carry in a backpack is proportional to his or her body weight and is dependent on the person's level of strength and physical fitness.

"If a person is leaning forward when they carry it, it's too heavy," Noble said. "You need to be able to maintain your normal posture."

Pack the backpack right. Noble recommends that the heaviest items be put into the bag first. The weight also should be balanced from left to right — backpacks with compartments can help with this.

Adjust the backpack so the weight is distributed with about one-third on the shoulders and two-thirds on the hips, Noble said. It should be loose enough to allow confirmation to the natural contours of the back but not so loose that it hangs from the shoulders and puts all of the weight on the hips.

"A backpack should be constructed so it can be fitted to you



Post/Blackmon

A wide variety of backpacks make choices difficult, but parents should fit the backpack to their child's physical size and ability and limit loads to what is necessary to carry.

and adjusted so the weight is supported on the hips and shoulders so you can balance the load," Noble said.

Select a backpack that is the right size. A backpack should not be too big or too small for the person wearing it, Noble said. If it is too big, the person will be tempted to overload it. If it is too small, it can't be adjusted properly to correctly distribute the weight.

Make sure the backpack has the proper padding. A backpack's straps should be at least two inches wide and padded, Noble said. This keeps them from digging into the shoulders. The back wall of the backpack should also be padded to prevent objects on the inside from poking the person in the back.

Wear it right. A lot of kids like to just throw the backpack over one shoulder instead of wearing it on both. This is not a good idea, Noble said. To keep the weight balanced and avoid back injuries,

the backpack should be worn with a strap over each shoulder and well adjusted.

Two new styles of backpacks on the market are gaining in popularity — roller packs and messenger bags. The roller packs, backpacks with wheels and a handle so they can be pulled instead of carried on the back, are a good alternative if the child has to carry a lot of weight for an extended period of time, Noble said.

"If you're carrying quite a bit of weight, that's more sensible," he said.

Messenger bags, however, are not a good alternative to the classic backpack unless only a small amount of weight is carried inside, Noble said. These bags, which have only one strap that crosses from one shoulder to the opposite hip, place all the weight on one shoulder, losing the necessary balance. This increases stress on the spine as well as the risk for bilateral imbalance.

Musical education should start early

By Michelle Hall

Kansas State University

MANHATTAN — Start them young, said Al Cochran, professor of music, and David Littrell, distinguished professor of music, at Kansas State University.

Both professors said beginning a child on a music instrument as soon as possible offers many benefits.

"It gives them a way of discovering themselves," Cochran said. Playing an instrument provides children with self-discipline, problem-solving skills, teamwork, ability to reach goals, social interaction and a focus on commitment, they agreed.

Starting early means music becomes a part of their daily routine and lessens the chance that children will become tired of playing and abandon the instrument, they said.

Starting early also means music will be a part of the child's life experience and will instill a love of music, Cochran said.

Violin can be taught to children as young as 3 to 5 years old; cello 6 to 7; viola, 7 to 8; and double bass, 10 to 12 years old.

"These are the youngest ages I recommend," said Littrell, who conducts the KSU Orchestra and the Gold Orchestra, an award-winning group for children in grades 5-12.

Littrell said woodwind and brass instruments are all "full size" for acoustical reasons

Choosing right instrument

A child's body type, hand size and stature must be taken into consideration when choosing a musical instrument, said Al Cochran, professor of music at Kansas State University.

"Make sure the person's body is workable for the size and type of instrument you're looking at," Cochran said. That said, Cochran added that sometimes going against this convention can make a great combination, such as a small baritone saxophone player, but in general, it's important to match the size and type of instrument and person.

In addition to physical size, the age and emotional and social maturity of the child need to be taken into consideration, as well as cost of the instrument and lessons, and the time commitment involved, said David Littrell, distinguished professor of music.

Cochran also said that band and orchestra directors want and need balanced instrumentation in their ensembles. If a child is only interested in playing a popular instrument, parents should make sure to introduce them to other choices before making a decision.

"Often times, students don't think about instruments that are not as popular," Cochran said.

Littrell recommended discussing the pros and cons of an instrument with the child but encouraged parents to take the initiative.

and this means students need to be in at least fourth or fifth grade before beginning. String instruments are made in a range of sizes for younger to older performers.

Littrell said he "highly recommends" piano lessons for anyone — no matter what other instrument they choose to play — beginning at age 5 or 6. He said piano is the "essential instrument."

Although it's never too late to begin learning an instru-

ment, young children have an advantage, he said. "They're like a sponge and their muscles are still learning," Littrell said.

No matter when children take up a musical instrument, Littrell said one thing must be present — parental support.

"Go to their recitals and shows," he said. "Show a lot of interest in their endeavors. Help them set a regular practice time, which should be scheduled as homework is."

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Community news briefly

At the movies:

The Barlow Post Theater Doors open at 6:30 p.m. Shows begin at 7 p.m. unless otherwise noted. Admission is \$3 for adults, \$1.50 for Children 5 to 11 years old and free for children under age 5, except during children's matinees or expected sell-outs.

Aug. 6 — White Chicks (PG-13)

Aug. 7 — White Chicks (PG-13)

Aug. 8 — The Notebook (PG-13)

Aug. 12 — The Notebook (PG-13)

Aug. 13 — Spider-Man 2 (PG-13)

Aug. 14 — Spider-Man 2 (PG-13)

Aug. 15 — Sleepover (PG)

For more information, call 784-2226 or 784-2640.

U.S. Soldier Show coming

The 2004 U.S. Army Soldier Show takes the stage at 7 p.m. Sept. 14 and at 2 and 7 p.m. Sept. 15 in McCain Auditorium on the Kansas State University campus.

Nineteen of the Army's most talented Soldiers perform in a high-energy family-friendly music and dance production guaranteed to entertain anyone in the audience. Admission is free.

For more information, call 239-6398.

Teen Center:

Aug. 13 — 8 a.m. to 6 p.m., Science City trip

Aug. 14 — Back to School party

For more information, call the Teen Center at 239-9222.

Night Out continued from page 9

S.W.A.T. (special weapons and tactics) team.

The team's 10 members pull regular military police duty except for one week of special training each month, Bromund said. In the past three months, the team was called to three situations. Two were resolved without the team's special skills; the other required the team to enter a building, he said.

Under a shade-providing canopy, 3-year-old Bailey Smith giggled about having her fingerprints taken. The identity card with her prints will be kept by Bailey's parents in case they ever need them.

At another location, 8-year-old Tore Forshey threw a ball while a military policeman used a radar gun to clock the ball's speed at 29 mph. Forshey wanted to try again because he thought he could throw faster than that.

At 8 p.m., participants filled a section of the bleachers on the parade field to watch military police dog handlers put their canines through search, obstacle course, obedience and suspect pursuit drills. The demonstrations drew enthusiastic applause for each of the three dogs' performances.

While many participants collected information they could use at home, others took the opportunity to crawl through the post's fire and rescue truck, to sit in the front seat of the fire truck, to check out the sound systems and other amenities of the D.A.R.E. and G.R.E.A.T. cars displayed, the medevac helicopter from the 125th Medical Company, the medical services ambulance from Irwin Army Community Hospital and running through the inflated obstacle course set up by Youth Activities with the help of several BOSS (Better Opportunities for Single Soldiers) representatives from 15th Personnel Services Battalion.

For those who lingered as night fell, the military police showed "Pirates of the Caribbean."



Staff Sgt. Michael Barnes raises his hand while administering the oath to Davis Broadwater, 10. Broadwater reads an oath that he will work to make his community safer while his friend, Clayton Vermeesch, 10, waits to be next to make the pledge during Night Out Against Crime Aug. 1 at Cavalry Parade Field.



Military police dog Marco sniffs suitcases trying to find a packet of drugs while his handler, Sgt. Michael Smith, watches Marco's reactions to each suitcase.

Heroes continued from page 9

ened Post Exchange building. Three Soldiers were killed and 23 servicemembers and civilians were injured as a result of the attack.

Chambers said some of the casualties owe their recovery to the AAFES associates. "The ability to reach and take care of people is a human quality not everyone has," he said.

More than 450 AAFES associates work in stores serving servicemembers deployed in Operations Enduring and Iraqi Freedom. The associates volunteer to places like Afghanistan

and Iraq for at least six months.

"It is difficult to comprehend the commitment and courage of AAFES volunteers who go to contingency operations," said AAFES' Commander Maj. Gen. Kathryn Frost.

"Like the troops, deployed AAFES associates live and work under a constant threat in order to deliver the exchange service benefit to dangerous locations throughout the world," she said.

AAFES operates 54 contingency locations for troops in Operations Enduring and Iraqi Freedom.

Rodeo continued from page 9

ined Joint Task Force 76 personnel section coordinates the rodeos, which stops at forward bases in Salerno, Gardez, Tarin Kowt, Jalalabad and Asadabad once a month, said 1st Lt. Linda North, CJTF 76 personnel chief of operations.

North explained that she is constantly working on ways to

improve the program. "Starting in August we're looking at expanding to more forward sites."

But for now, it's a sure bet those touched by the rodeo at FOB Asadabad were happy as they filled shopping bags with CDs, food, fitness supplements and entertainment accessories.

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Fort Riley Sports & Recreation

Friday, August 6, 2004

America's Warfighting Center

Page 13

Sports news in brief

Rally Point to host tourney

Rally Point and Custer Hill Golf Course will be combining for a day of fun, sun and golf Aug. 28. Golfers can register now for the Rally Point Golf Tournament that opens with a shotgun start at 8 a.m. that Saturday.

The two-person scramble costs \$40 per person to enter. Prizes will be awarded for golfers getting closest to the pin, hitting the longest drive and sinking the longest putt. Two mulligans can be purchased for \$5 and five mulligans for \$10.

The awards ceremony will be held at Rally Point and will include a pizza buffet and bar drinks available.

For more information, call Rally Point at 784-5434.

Wrestling coming to TV

Rally Point will be showing WWE Summer Slam on its TV sets at 7 p.m. Aug. 15. Rally Point is open to the general public.

For more information, call 784-5434.

BOSS events:

Aug. 15 — Paintball Group For more information, call 239-8147.

ITR offers Wildcat tickets

The Information, Ticketing and Registration office at Fort Riley is selling discount tickets for Fort Riley Day at Kansas State University Sept. 11, when the Wildcats play Fresno State.

Tickets for Soldiers, their families and Department of the Army civilians cost \$19.

For more information, call Teresa Mayes at 239-5614.

Golf course events:

Aug. 7 — First 18 holes of "Club" Handicap Tournament. Handicap is determined by posted scores in GolfTrac.
Aug. 8 — Final 18 holes of "Club" Handicap Tournament. For more information, call Custer Hill Golf Course at 784-6000.

Fitness events:

Aug. 9 — 5:30 to 6:30 p.m., aerobics at King Field House

Aug. 9 — Sign up for August swimming lessons at Eyster Pool

Aug. 12 — 5:30 to 6:30 p.m., aerobics at King Field House

For more information, call 239-2813.

Royals slate military day

The Kansas City Royals will host the third annual Military Appreciation Day Aug. 21 at Kauffman Stadium. The baseball game begins at 6:05 p.m.

Discounted tickets ranging from \$6 to \$12 are available for Soldiers and family members at the Fort Riley ITR office.

For more information on the events, call Sgt. John Edwards at (816) 318-0007, ext. 2610. To buy tickets, call ITR at 239-5614 or 239-4415. Tickets for other Chiefs games are available through ITR.

Armor team wins battalion crown

By April Blackmon
Staff writer

The 2nd Battalion, 34th Armor, battalion level slow-pitch softball team wasn't about to lose another season title to 24th Infantry Division (Mech). It didn't.

The top two teams in the league fought for the title in a double header Aug. 1. To take the league title, 2nd Bn., 34th Armor,

needed one win; 24th Inf. Div. needed to win both games.

Neither the 100-plus degree temperature nor the defending champions were able to knock down the Dreadnaughts. The team took the first game and the champion's title, defeating 24th Inf. Div. 13-7.

"It felt pretty good to win, especially against 24th ID," said Coach Jeremy Jones. "They killed us in that championship game last

year." Some 20 players showed up eager to help the team win. That was an unusually high number of players, Jones said.

"(They showed up) because they knew the regular season was on the line," he said.

Despite winning the first game, the Dreadnaughts lost the second, 9-8.

"That last game didn't really matter," Jones said. With the

league title already clutched in their hands, the Dreadnaughts opted to play the second game using anyone who hadn't played in the first game.

"A lot of guys hadn't played all year long," Jones said.

With all the deployments, Jones said he expected his team to win.

"With everybody being gone and us pretty much being the only ones besides 24th ID, which I

know they're hurting this year with deployments, we expected to win," he said.

"Plus, we're pretty good," said Assistant Coach Albert Blanks. "We've won three of the past four years."

Another strength for the team was the number of returning players.

"Probably about 75 percent of

See Champs, Page 14

Head first



Colby Farnan of Btry. B, 4th Bn., 1st FA, gets a face full of dust as he hits the ground at home plate July 27. Joseph Wickham of the 523rd MP Det. waits for the throw while umpire Ray Robinson watches the play develop. The MPs defeated the Artillerymen 14-11.

Post/Blackmon

Deployments take toll on schedule

Staff report

Three softball teams went undefeated in multiple games scheduled in battalion and company play July 27 and 29.

The 10th ASOS beat Company C, 1st Battalion, 13th Armor, 23-14 July 27 and then defeated 596th Signal Company 19-7 July 29.

Company C, 70th Engineer Battalion, blew away the MEDDAC team 16-7 and then defeated Headquarters and Headquarters Company, 24th Infantry Division (Mech), 15-11 July 27.

HHC, 2nd Bn., 70th Armor, defeated HHC, 937th Engineer Bn., 16-4 and was credited with a win after 3rd Brigade, 75th Division (TS), forfeited July 29.

Four teams also won their games for the week.

HHC, 2nd Bn., 34th Armor, defeated Battery C, 4th Bn., 1st Field Artillery, 13-0 July 27.

Company A, 1st Bn., 13th Armor, smoked Btry. A, 4th

Bn., 1st FA, 19-2 July 29.

The 300th Military Police Company defeated 596th Signal Co. 16-10 July 29.

The 342nd MP Co. defeated Btry. C, 4th Bn., 1st FA, 19-9 July 29.

In other games July 27:

Btry. A, 4th Bn., 1st FA, defeated 24th Transportation Co. 17-10, and the 523rd MP Detachment 6-3.

Co. B, 2nd Bn., 34th Armor, won 12-2 against Headquarters and Headquarters Battery, 4th Bn., 1st FA, but lost to Co. C, 1st Bn., 13th Armor, 6-11.

Battery C, 4th Bn., 1st FA, crushed HHC, 937th Engineer Bn., 21-1.

The 523rd MPs beat Btry. B, 4th Bn., 1st FA, 14-11.

The 596th Signal Co. was credited with a win after a forfeit by 3rd Bde., 75th Div. Co. A, 2nd Bn., 34th Armor, forfeited to HHC, 4th Bn., 1st FA, and 24th Transportation Co.

See Softball, Page 14



Jonathon Saucier of Btry. B, 4th Bn., 1st FA, tags 523rd MP Det. runner Michael Mardoux while Derick Madison watches the play for his position in the outfield.

Post/Blackmon

Wildlife myths abound, but just that -- myths



Alan Hynek

By Alan Hynek
Fish, Wildlife Biologist

Urban legends abound in rural America, just as they do in large cities. Wildlife legends are no exception. Some are based on theories that are biologically untrue. Others are steeped in a deep-seated conspiracy theory that is hard to break. They make a great story but do nothing to help educate the public about wildlife resources. In many ways they do

On the Wildside: News About Nature

claiming that rice will expand in a bird's stomach and cause them to "blow up" and die.

Sounds awful, doesn't it? But have you ever seen any exploding birds after a wedding? It never happens.

In fact, birds are often big pests in rice fields. Some rice farmers may wish the pesky birds would explode, but they never do. Uncooked, milled

rice is no more harmful to birds than is rice in the field. Rice does not make birds bloat and die.

The irony in this is that a common alternative to rice is the release of balloons, which is a documented danger to wildlife.

Rice does present a danger to humans, not to birds. Scattered on a hard surface, such as the steps of a church or a dance floor, rice puts any-

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See Wildside, Page 14





Irwin Army Community Hospital

Wildcat coach visits hospital

Kansas State University football coach Bill Snyder visits with Spc. Sabrina Gee of the 101st CS Bn. July 29 at Irwin Army Community Hospital. Snyder visited with several patients and Soldiers injured during Operation Iraqi Freedom. He also presented a motivational talk to staff members at the hospital.

CISM continued from page 13

Eric G. Daniels, Adam J. Holloway and John C. Ennis of the USAMU. A seasoned competitor of the team, Tamas said there are several tough teams, including teams from the Scandinavian area, Austria and former Soviet Bloc countries. The Golden Knights, best known for their tandem jumps, also have a competition team. Members of this team will compete in the upcoming CISM parachuting games. The last time they competed in the CISM games, two years ago, the women's team came in second and Elisa Feldt won the bronze medal in the overall individual category.

Feldt said the Golden Knights train every day and on average do about eight jumps. She said Stacy Schorzman, an Air Force member of the CISM team, has been deployed in the Global War on Terrorism and it is sometimes difficult for her to train. The men's team is made up of Anthony Mouzon, Sean Callahan, Greg Habermann, Tim Reynolds and Dan L. Leavitt from the Golden Knights. In addition to Feldt and Schorzman, the women's team is made up of Cheryl Stearns, Angela Nichols and Karen Morrison of the Golden Knights. In addition to the USAMU and the Golden Knights competing in

CISM, the military will send teams to compete in the modern pentathlon in September, taekwon do in October, judo and rugby in November and men's soccer in January 2005. Teams that have recently finished competing are cycling, women's soccer, volleyball and men's basketball. The 20 sports the U.S. routinely competes in are boxing, wrestling, rugby, cross country, men's basketball, women's soccer, men's soccer, men's volleyball, women's volleyball, taekwon do, golf, naval pentathlon, shooting, sailing, cycling, modern pentathlon, parachuting, track and field, judo and rugby (regional championship).

Wildside continued from page 13

one who walks across that surface at risk of taking a nasty spill. It is far better to prohibit rice throwing at a wedding than to end up with an injured guest, but don't do it for the birds, do it for the laws.

Myth: Water moccasins can be found in Kansas.

It is true that cottonmouths (commonly referred to as water moccasins) are found in Kansas. However, these snakes have only been naturally found in the Spring River in Cherokee County in extreme southeastern Kansas.

A few were deliberately released in the Verdigris River in Montgomery County, which is also in the southeastern corner of the state. However, none of those released snakes have been seen since 1970.

Cottonmouths are found in warmer climates of the southeastern United States. The fact that some were released but perished in the Verdigris River is a good indication of why they are not found in the Fort Riley vicinity.

The weather and habitat to the north and west of Cherokee County is just too inhospitable for cottonmouths to survive. Even Cherokee County is in the extreme northwestern range for these snakes and very few inhabit the area.

Cottonmouths have an irritable disposition and their proximity to water puts them at odds with recreationists. However, very few of these snakes are actually bitten by these snakes.

Northern water snakes are most likely the cause of confusion in Kansas. These snakes inhabit areas in and around water and are heavy bodied and aggressive, much like a cottonmouth. Northern water snakes bite but are non-venomous.

Myth: Large Volkswagen-size catfish lurk at the bottom of Tuttle Creek Lake.

This one has been around for as long as the Corps of Engineers began building large earthen dams on our rivers. How big catfish can actually get is widely disputed, but the world record is 123 lbs,

which was caught near Independence, Kan. It is true that a flathead could get somewhat larger than that, but the potential for a man-eater at the base of Tuttle Creek dam is quite a stretch.

Myth: Turkeys eat young quail.

This is a recent legend that has spread like wildfire. The story goes that someone found some ingested quail in the stomach of harvested turkey.

There is one big problem with this story. Either the hunter shot the turkey out of season, or the story is completely false. Turkey season occurs at least a month before then any other wildlife. With money as tight as it is, why would they jeopardize one of their most income-producing resources?

It is true that a turkey could eat a young quail, but there has never been any proof that it has happened in the wild.

Some studies were done in which domestic turkeys were put in a pen with young quail and some of them were eaten.

However, extensive video studies of quail nests in the wild have not revealed a single instance of turkey predation on quail, even with a high population of turkeys.

The origin of this legend likely comes from the fact that the turkey population exploded in this area at about the same time quail numbers started to decline. The decline in quail numbers is not fully understood, but there is no evidence pointing to turkeys eating quail as the culprit.

Myth: Kansas Department of Wildlife and Parks released some mountain lions to control the deer population.

This legend likely has more to

do with people looking for a good conspiracy theory than actually making any sense. The story goes that KDWP (and other states) have been secretly releasing radio-tracked mountain lions in an attempt to keep the deer herd in check.

This story really has a lot of problems.

First, for any release of that magnitude there would have to be public hearings and a release of information similar to the gray wolves being reintroduced in Yellowstone National Park.

Second, why would KDWP even do such a thing? Deer hunting likely produces more income in permit sales and tourism to the state than any other wildlife. With money as tight as it is, why would they jeopardize one of their most income-producing resources?

The second part to this story is of a local hunter or farmer shooting a mountain lion and putting it in a pen with young quail and some of them were eaten.

Supposedly the animal was affixed with a radio tracking device implanted in its ear.

First, the technology to have a transmitter that small with any kind of range has not yet been developed. And, if it had, the cost would be extraordinary. Standard tracking devices require a sizable battery that would be impossible to implant.

For more information, contact the Conservation Division at 239-6211 or visit the Conservation Division's Web site at <http://www.riley.army.mil/Services/Fort/Environment/NatResources>.

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Champs continued from page 13

Aaron Sims of 2nd Bn., 34th Armor, cocks his arm for a long throw from the outfield during one of the battalion league games against 24th Inf. Div. (Mech) July 29. The Armor team won the first game to claim the league championship.

Post/Blackmon



our team is returning this year. A couple of new additions also helped us out quite a bit," Blanks said. As with many other softball teams, getting players to the games was sometimes a challenge. "It was pretty difficult for us, with all the missions we had going on getting prepared to go to Iraq (and) JRTC. Normally, we'd have about 12 or 13 show up and that'd be about it. But we'd be calling people in the last 20 minutes sometimes to get here," Jones said. Because 2nd Bn., 34th Armor, has deployed to the Joint Readiness Training Center at Fort Polk, La., for a month, they will miss the post championships, Aug. 13-15. "We wish we could be around for the tournament," Blanks said.

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Softball continued from page 13

In other games July 29:

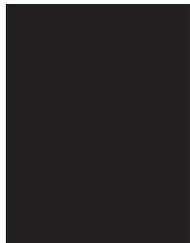
The 70th Engineer Bn. team defeated the Medics 15-10 in the first game of their battalion level double header, but lost 10-9 in the second game.

In their double header, 2nd Bn., 34th Armor, won the first battalion game against 24th Inf. Div. 13-7 but lost the second game 9-8.

Co. A, 2nd Bn., 34th Armor, defeated Btry. A, 4th Bn., 1st FA, 12-1, and HHC, 4th Bn., 1st FA, defeated HHC, 937th Engineer Bn., 19-7.

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Travel & Fun in Kansas

Leisuretime ideas

Matfield Green:

Covered Wagon Train Adventures — Travel with prairie folks from varied walks of life in original wagons; delicious campfire meals and pioneer activities; by reservation only; 9:30 a.m. Aug. 14 to 1:30 p.m. Aug. 15; 8 miles southeast of town. For more information, call (316) 283-2636 or visit www.kscoveredwagon.com on the Web.

Caldwell:

Summer County Fair — Livestock shows and auction, exhibits, entertainment, carnival, kid's tractor pull, parade and children's activities; 8 a.m. to 10 p.m. Aug. 11-14; South Chisholm Street, Fairgrounds. For more information, call (620) 845-2242 or visit www.caldwellkansans.com on the Web.

Wichita:

Concerts in the Gardens presents Ziegler & Young — Live music under the stars; Wichita's own Jim Ziegler and Chris Young perform acoustic contemporary music, a unique blend of guitar, bass, and harmonica rounded out with great vocal harmonies; 701 Amidon, Botanica, The Wichita Gardens; doors open at 5:30 p.m., concert begins at 7:30 p.m., buffet dinner available from 5:30 to 7:30 p.m. For more information, call (316) 264-0448 or visit www.botanica.org on the Web.

Cowboy Campout — This night of adventurous cowboy fun is designed for ages 8-12; activities include campfire songs and tall tales, scavenger hunts for outlaw loot, wagon rides, sleeping out under the stars and cowboy meals; children must be accompanied by an adult (no more than three children per adult; 5:30 p.m. Aug. 14 to 10 a.m. Aug. 15; Old Cowtown Museum, 1871 Sim Park Drive. For more information, call (316) 264-6398 or visit www.old-cowtown.org on the Web.

Harper:

Demolition Derby — Heats of cars hit each other and try to render them unmovable; 7 p.m. Aug. 13; Harper Airport. For more information, call (620) 896-2511.

Halstead:

Old Settlers' Celebration — 117th annual; parades, fireworks, rod run, softball, golf tournaments and Main Street dance; citywide; Aug. 13-15. For more information, (316) 835-2662 or visit www.halsteadkansans.com on the Web.

Manhattan:

Arts in the Park — Summer concert series featuring national, regional, and local musical

groups/performers; 8 to 10 p.m. Fridays and Saturdays only, through Aug. 14; City Park. For more information, (785) 587-2757 or visit www.ci.manhattan.kansas.us on the Internet.

Tonganoxie:

Leavenworth County Fair — Parade, rodeo, 4-H/FFA and open class exhibits, games, carnival rides, food, livestock auction, and entertainment. Shuttle rides; 10 a.m. to midnight, Aug. 8-14; Tonganoxie Fairgrounds. For more information, call (913) 250-2300 or visit www.tongie.org/cofc on the Web.

Abilene:

Western Heritage Festival — Heritage games, fast-draw contests, Early American kid's games, chuckwagon cook-off, western music festival and Bill Hickok impersonators; Chuckwagon breakfast and Cowboy church on Sunday; 9 a.m. to 7 p.m., Aug. 7-8; 619 N. Rogers, Eisenhower Park. For more information, call (785) 263-2231 or (800) 569-5915 or visit www.abilenekansas.org on the Web.

Demolition Derby — Adult bumper cars or Rodeo on Wheels, Central Kansas premier derby event; 7:30 p.m. Aug. 8 and Aug. 10; Central Kansas Free Fairgrounds. For more information, call (785) 263-4570 or visit www.kcff.net on the Web.

Concert and Fireworks Display — A night of family fun; 7:30 to 10 p.m. Aug. 9; Central Kansas Free Fairgrounds. For more information, call (785) 263-4570 or visit www.kcff.net on the Web.

Council Grove:

Quilts on the Prairie — Annual outdoor show featuring quilts displayed in a natural setting; 9 a.m. to 4 p.m. Aug. 7; East Main, Council Oak Park. For more information, call (620) 767-5882 or (800) 732-9211 or visit www.councilgrove.com on the Web.

Eureka:

U.S. Highway 54 Road Show — Car enthusiasts from Kansas and surrounding areas showcase car, trucks and motorcycles, coincides with county fair; 9 a.m. to 2 p.m. Aug. 7; Fairgrounds. For more information, call (620) 583-5452.

Lindsborg:

Smoky Valley Classic Car Show — 4th annual; enjoy a blast from the past by viewing an array of classic automobiles; 8 a.m. to 5 p.m., Aug. 7; Swenson Park. For more information, call (785) 227-3706 or (888) 227-2227 or visit www.lindsborg.org on the Web.

Photo 'op'

Travelers shoot snaps for big prize

By Beverly Hurley
Kansas Travel Media Rep.

Vacationers are still gearing up to enjoy the remaining days of the summer leading up to Labor Day. Many travelers in Kansas have already taken advantage of offerings unique to the Sunflower State and the opportunity to enter the Kansas Mega Gigantic Giveaway — 632 to be exact. Each day, more curious adventurers enter their travel photos for the chance to win a new car and other prizes.

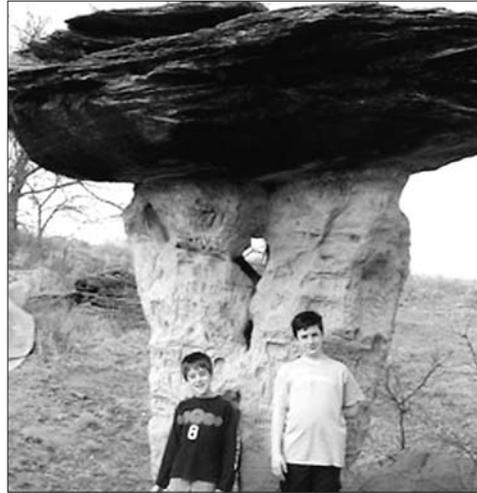
The sweepstakes is intended primarily to encourage Kansans to discover the wonders of their home state, but it is open to out-of-state visitors. In fact, about one-third of the entries are from non-Kansans.

Information collected from entrants suggests the average travel party is made up of three people. On average per trip, Kansas residents are spending \$100 per person while travelers from out of state are spending an average of \$207 per person.

"One of the goals of this promotion is to keep travel dollars from leaving the state, but of course we are happy to bring tourism spending into the state from outside as well," said Scott Allegrucci, Kansas Travel and Tourism Director. Most out-of-state entries this summer have come from Missouri, followed by California, Colorado, Ohio, Wisconsin and Oklahoma. To date, contest photo entries have been received from residents of 35 states outside Kansas.

While the Kansas Mega Gigantic Giveaway is not a photo contest, many entrants have exhibited enthusiasm and creativity in presenting their Kansas journey. These photos tell the collective story of road trip discovery as only Kansans can provide.

The hundreds of photos entered to date depict travel experiences that range from fascinating and quirky to diverse and strikingly beautiful.



This photograph of Kansans visiting Mushroom Rock Park is one of more than 600 photos entered in the Mega Gigantic Giveaway contest. Entries will be accepted through Sept. 10.

Some entrants have traveled back in time to explore Kansas' history and pre-history. Others have taken the scenic route, rambling across the state on motorcycles. One particularly creative photo entry shows a Spring Hill, Kan., woman standing in front of Monument Rocks near Scott City, holding a sign that exclaims, "Kansas rocks!" The grand prize is a 2004 Chevrolet Malibu made in Kansas. Other prizes include a Coleman camping package, an Olympus digital camera, a Garmin GPS

System, a Sprint PCS Vision picture phone, Bushnell binoculars, a Trek mountain bike and several Kansas weekend getaway packages from the Kansas Bed and Breakfast Association.

To enter, travelers must go at least 100 miles from their home to visit a Kansas attraction or event listed in the 2004 Kansas Getaway Guide or on www.travelKS.com. Entry forms are available online at www.travelKS.com, or by calling 1-800-2KANSAS.

For more information, call (913) 451-9023 or (785) 838-4774.

Arts center presents play, opera

Summer music program includes popular arias

Special to the Post
Manhattan Arts Center

Manhattan Arts Center will present a performance of popular opera and choral music at 8 p.m. Aug. 6 and 7 at the arts center, 1520 Poyntz Avenue.

Directed by Reginald Pittman, the concert will feature many old and new opera arias and duets and several pieces performed by the Summer Chorus. The accompanist for the performances will be William Wingfield.

Included in the performances will be Elizabeth Shuman singing "Ach! Ich fühl's" from Mozart's "Die Zauberflöte," Sarah Eaver singing "Batti! Batti!" from

Mozart's "Don Giovanni," Chris McBride singing "Una furtiva lagrima" from Donizetti's "L'elisir d'amore," and Pittman singing "Amor ti vieta" from Giordano's "Fedora."

Summer Chorus also will present the bell chorus from "Pagliacci" by Leoncavallo, a chorus from Gilbert and Sullivan's "The Gondoliers" and additional works by Randall Thompson, Shaw and Parker, and "The Tender Land" by Copland.

Donations will be accepted at the door. For more information on this and other events, visit www.manhattanarts.org on the Web or call (785) 537-4420.

Shakespeare's tale turns from drama to comedy

Special to the Post
Manhattan Arts Center

Theatre patrons can cool off this month with Manhattan Arts Center's production of "The Winter's Tale," a dramatic comedy by William Shakespeare.

Directed by Don Hedrick, the performances will take place at the Manhattan Arts Center at 8 p.m. Aug. 13, 14, 20 and 21 and at 2 p.m. Aug. 15.

Shakespeare offers something for everyone with "The Winter's Tale." What begins as a serious drama becomes a rollicking comedy halfway through the production with a new set of characters in a new locale.

The comedy features lively characters, including a jealous husband, a young couple head over heels in love, a princess raised as a shepherd's daughter, a comic trickster who dupes Good Samaritans, and many more.

Despite its title, "The Winter's Tale" is a fairy tale for adults that glows as one of Shakespeare's warmest comedies.

Randy Dykstra, a Fort Riley family member, is one of the cast members.

Tickets for "The Winter's Tale" cost \$10 for adults and \$5 for students and children. For more information or to make reservations, call (785) 537-4420.

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