



www.riley.army.mil

<b>Weather Forecast</b>		<b>Today</b> High:96 Low:67
<b>Saturday</b> High:96 Low:64	<b>Sunday</b> High:90 Low:64	

# Fort Riley Post




9-11 Edition  
The Fort Riley Post takes a look back at Sept. 11 and how the tragedy at the Pentagon affected several people's lives.

See Insert

## FRIDAY

September 6, 2002 America's Warfighting Center Vol. 45, No. 36

### West Nile found on post

By **Emilie L. Howe**  
MEDDAC PAO

A positive case of West Nile Virus has been found on post. A black crow, found near building 8100 on Custer Hill, was the carrier of the virus.

"I was directly called by a Fort Riley employee about a live crow on the ground," said Sgt. Carrie Fox, noncommissioned officer in charge of the Veterinary Treatment Facility at Fort Riley.

Fox said that she captured the crow and on the drive back to Fort Riley Veterinary Services the bird died.

"The crow had no broken bones or noticeable injuries," Fox said, "and if there are any neurological symptoms, we send it out for testing." Fox said she sent the dead bird via Federal Express to the National Wildlife Health Center in Madison, Wis., for tests.

A positive West Nile Virus lab result was reported by the National Wildlife Health Center Aug. 30, according to Emi Saito, WNV surveillance coordinator for the NWHC.

The WNV lab test takes about two weeks until it may be read to see if it is a negative or positive lab result. The lab then notifies proper military, state and medical authorities.

"Any disease, rabies or foot and mouth, which can be transferred from animals to human must be reported," said Sgt. 1st Class Clinton Ball, NCOIC of the Fort Riley Veterinary Services, and the WNV is a transmissible disease.

"On post, all horses have been vaccinated. The Fort Riley Honor Guard has received two doses of the West Nile vaccine," said Capt. Douglas Riley, DVM, chief of Fort Riley Veterinary Services. The horses were vaccinated in March.

See West Nile Page 6

### Firefighters complete training



Steve Blumer and Capt. Randy Freed, Fort Riley firefighters, pack a breached container to prevent spilling during a recent hazardous materials exercise.



Firefighters Steve Blumer and Steve Thornton work on a one-ton chlorine container during a recent hazardous materials training exercise at a Fort Riley fire station.

### Mission includes hazardous materials

By **Steven Cooke**  
Staff Writer

Fort Riley firefighters recently conducted a hazardous material training exercise involving over packing a breached container.

"Over packing is basically putting a damaged container with hazardous materials into an undamaged container," said Lt. Paul Wilson, Fort Riley Fire Department.

The training was part of the ongoing mandatory 24 hour refresher training the firefighters receive throughout the year.

The goal of the exercise was to successfully use different techniques to over pack hazardous material from one container into a larger drum. The larger drum was a large 95-gallon plastic container that encased the leaking container of the hazardous material and prevented further spilling.

Wilson explained what exactly a hazardous material is.

"A hazardous material is anything that poses a hazard to life or the environment," he said.

"Once a hazardous material has been successfully packed, it goes out to dry and is disposed of. We don't do that here. We try to mitigate the spill and then send it on for the disposal."

One hazardous material of a concern here on Fort Riley is chlorine.

"Our biggest concern on Fort Riley, or in any municipality, is going to be chlorine, said Wilson. "Simply because chlorine is a health hazard."

Wilson thought the fire department's hazardous material exercise was beneficial. "It went pretty well," said Wilson. "The training objectives were met."

Wilson said that the training was "going pretty good. During the course of the year, we try to cover topics that are informative and interesting."

### 82nd Medical Company home from overseas mission

By **Steven Cooke**  
Staff Writer

Soldiers from the 82nd Medical Company returned last week from Kuwait and Saudi Arabia, where they supported soldiers and airmen with 24-hour aeromedical evacuation services.

"Our mission was to provide medical evacuation and force protection around the area to make sure soldiers and airmen were in a safe environment," said Capt. Brian Stogdill, 82nd Med. Co.

The soldiers arrived at Forbes Air Field in Topeka on C-5 Galaxy aircraft. Along with them came four UH-60 Blackhawk helicopters.

The medical company used the helicopters in aeromedical evacuations.

"It's the same as ambulance but in a helicopter," said Stogdill.

After landing at Forbes Air Field, the soldiers headed back to Fort Riley where they attended a welcome back ceremony with members of their unit and their families.

"It feels great to be home," said Stogdill, --"green trees and green grass."

Stogdill said the mission went

great, but that conditions were less than favorable.

"It's hot, just sand, no wind -- miserable," said Stogdill.

The weather conditions may have been unfavorable, but Capt. Scott Brown, Forward Support Medical Evacuation Team leader, said the experience was good.

"The mission was a success," said Brown. He added that, "There were many medical evacuation missions, from life threatening to heat injuries." Brown was part of one of the year's earlier rotations.

"It was an eye opening experience because you realize [soldiers] are counting on us if something happens to come and pick them up. Being in Kuwait it's the closest we have to conflict. We're not too far from the border, and that is always in the back of your mind," Brown said.

The 82nd Med. Co. rotated soldiers on this deployment since August 2001.

"There were five medical evacuation crews deployed to Saudi and Kuwait during each rotation," said Brown. "A crew consists of two pilots, a flight medic and a crew chief."

Brown explained that soldiers of different military occupational specialties completed the crews.

"Additional soldiers deployed were refuelers, aircraft mechanics, radio telephone operators and maintenance quality control technicians," explained Brown. "A total of 25 soldiers were deployed during each rotation."

Each rotation lasted about 140 days. The soldiers just returning were part of the last rotation.



Soldiers from the 82nd Medical Company return to Kansas after a rotation to Southwest Asia. The soldiers landed at Forbes Air Field in Topeka on a C-5 Galaxy.

### Prayer breakfast scheduled for 9-11

By **Jamie Bender**  
Staff writer

Sept. 11, 2001 - a day that many people, including our national leaders, has said has changed America.

To commemorate that day, Fort Riley has scheduled a prayer breakfast at the Outdoor Chapel off of 1st Division Road at 6:30 a.m. on Sept. 11.

"September 11th will always be a defining moment for each and every one of us," said Command Chaplain (Col.) Daniel Paul. "We will tell our children and grandchildren where we were on that day and what it has meant to us personally and as a country."

Maj. Gen. Thomas Metz, commanding general, 24th Infantry Division and Fort Riley, will be the speaker at the "United in Freedom" breakfast. There will also be scripture readings, a moment for silent prayer and a hymn, followed by an invocation.

Paul recently recounted where he was when the Sept. 11 attacks occurred.

"I was in a meeting with the Fort Riley Protestant Women of the Chapel and lead them in a time of prayer at that time," he said.

"Here at Fort Riley, we had a Prayer Service at 4 p.m. at the Main Post Chapel that afternoon, and another one on Friday, the President's declared 'National Day of Prayer,'" he continued.

"I think that tragic terrorist events forced everyone to re-evaluate their priorities in life and recognize our dependence upon God's help for us and our country," Paul said. "We often take our freedoms and God's blessings for granted," he said.

At the prayer breakfast, a buffet style German continental breakfast that includes meats, cheeses and fruit, will be catered by Riley's Conference Center. Coffee and juice will also be served.

Tickets are available through unit 1st Sergeants and chaplains. A \$6 donation is suggested.

General parking for the breakfast will be in parking lots at the Installation Property Book Office, building 229 and the tennis courts, corner of Custer and Pleasanton. Shuttle buses will depart beginning at 6 a.m. from the parking lots and transport attendees to the Outdoor Chapel. VIPs, 0-6 and above and handicapped parking will be provided at the Outdoor Chapel.

In case of inclement weather, the breakfast will be moved to Hanger 817 at Marshall Army Air Field.



Cyan Magenta Yellow Black



# NBC training helps build soldiers' confidence in equipment

By Christopher Selnek

19th PAD

Nuclear, Biological and Chemical training is important to all soldiers. Any Military Occupational Specialty in the Army must be prepared to protect themselves from these real battlefield hazards, however close they may be to the front lines.

Soldiers in Company B, 1st Personnel Services Battalion paid a visit to the post's NBC chamber Aug. 29, practicing use of their protective masks in a simulated NBC environment.

"This was training provided to our soldiers to get within our group commander's vision to be combat ready; to be ready to deploy at a moments notice and hit the ground running," said 1st Lt. Boyd Bingham, acting company commander, 1st PSB. "It's an experience that most of the soldiers here haven't had in a while, and most of them reminisce back to the basic training days of when they went through the CS chamber and this gives

them definitely something to remember." "It's an annual requirement, so we just decided to get out here and get the soldiers in, to get them the mask training and confidence," said Capt. Steven Czup, who went through with every group that morning.

The CS chamber, as in basic training, is a small building the size of a standard office room in which CS tablets are crushed and burned in a heater at the center of the room. The CS makes a riot control gas that soon encompasses the entire room and is an extreme irritant without the masks. CS gas helps soldiers realize what it feels like to be in a chemical environment.

"It's just to make sure that soldiers had confidence with their mask and equipment and also to see how they react inside the gas chamber," said Sgt. Orlanba Earbia, NBC Sergeant for the 1st PSB.

"This gives the soldiers the confidence they need when they're in a chemical environment in combat to know that no matter what happens with an NBC or chemical attack that their equipment

works, and this is a safe way to make sure that confidence gets developed in the soldier," said Bingham.

During the training, soldiers were broken down into groups of about a dozen and led into the chamber. In this instance, the soldiers were led in a variety of exercises meant to increase breathing rate and show how effective the mask is.

"I tried to get them comfortable with their mask by doing different types of exercise," said Earbia.

"In our environment we are moving around in the office area and doing PT. I also want to make sure that they can do different stuff like moving around with their masks on."

Before going out the door, soldiers had the option to break the seal on their mask to observe the contrast between the air in the chamber and the air that had been filtered through their mask.

"It was exhilarating," Bingham said. "The exercises and the breaking of the seal was a little bit of a surprise for me, I haven't been through a chamber since I was in basic training myself. It was a

good experience." "I took my mask off right before the last group, so I felt the CS also, all over my face," said Earbia. "I think they feel very comfortable with it, they actually have it. I was kind of surprised by that, it was pretty good."

One difficulty pointed out by Czup was that the leaders of the exercise were consistently putting in CS to ensure that it didn't diminish in the chamber. The effect of this was that the gas was much stronger when the last group was going through than the first, which was mostly noticeable after breaking the seal of the mask.

"When the first group went through it wasn't too bad in there, but by the time the last group went through, he had burned about 30 something capsules in there, so it was pretty cloudy in there toward the end," said Czup.

The soldiers that went through the chamber generally found the exercise to be successful.

"It prepares us for if there is ever a nuclear, biological or chemical attack

while we're deployed. And we need to use this training," said Pvt. Jillian Lecky. "It also helps our esprit de corps and helps us to have confidence in the equipment that we're issued."

"It kind of builds their morale and gets them all together," said Pvt. William Smith. "It teaches them to do teamwork by helping each other out after they get out of this chamber."

While the soldiers' confidence was boosted about their masks, the training also increased their knowledge of the importance of NBC training.

"I have confidence now, now that I took this test," said Spc. Kenneth Scott. "Before, it was kind of leaking in and I could feel the mask pulling, but I could still breathe, so I wasn't sure. Yesterday, I went through a step where they tested a mask, but coming out here to do a double check was really nice. Still, my favorite part was taking the mask off and getting out of the chamber."



An 82nd Medical Company Blackhawk helicopter lifts a weight in a sling loading operation Tuesday on Marshall Army Air Field. The Medical Company pilots train in order to stay proficient at sling loading, which is often required to move supplies on the battlefield.

By Jamie Bender  
Staff writer

A redeployment ceremony was held at Cavalry Parade Field Aug. 28 to welcome back the 1139th Military Police Company.

After the national anthem was played, Lt. Col. Pamela Martis, commander, 924th Military Police Battalion, spoke to the returning troops. She called the 1139th MP's very motivated and said that all reports from their deployment were positive. "You performed in a superb manner," said Martis.

The National Guard unit was deployed in November 2001 to provide homeland security support to ammunition plants in Iowa, Missouri and Kansas. "We were a Quick Reactionary Force," said Sgt. Michael Lawzano. "We gave extra security capability to deal with any breach of security at the main gates. Roving patrols were a main function to do this," he said.

Each squad worked shifts that

rotated every six weeks. In addition to their shifts, the soldiers attended physical training every Monday, Wednesday and Friday. Tuesdays were maintenance days and Thursdays were for training, said Spc. Jeffery Tipton.

Being deployed so soon after the Sept. 11 attacks gave some soldiers a good feeling.

"I was glad to be doing some thing," said Spc. Matt Naumann.

"Not everyone gets a chance to serve," said Sgt. Michael Lawzano.

After 10 months of deployment, the soldiers were happy to be home, said Lawzano.

"We hated being away from our families, and now we need to assimilate back into our lives," he said. "We are ready to come home," said Tipton.

# Financial readiness help available for soldiers

By Steven Cooke  
Staff Writer

Fort Riley's Financial Readiness Program and Command Financial NCOs provide a variety of services to help soldiers find financial security.

There are three basic counseling services: preventive counseling, productive counseling and corrective counseling.

Preventive counseling offers basic guidance and suggestions to help soldiers establish a financial plan. Productive counseling teaches soldiers and their families how to use a variety of savings and investment tools to reach short term and long-term financial goals. Corrective counseling helps those having financial difficulties. Soldiers learn to establish a workable plan to repay creditors, avoid bad checks, bad credit or the negative effects of bankruptcy.

When seeking financial help, soldiers can go to either their Command Financial NCO located at the battalion level or higher, or they can go to a Financial Readiness Program staff member. Either can provide valuable financial advice.

"Our mission as Command Financial NCOs is to provide financial readiness to soldiers and their family members," said Staff Sgt. (P) Bridgett Burns, command financial NCO, Headquarters and Headquarters Company, 24th Infantry Division and U.S. Army Garrison. "We do this by teaching soldiers sound money management."

One of the many ways Burns teaches sound money management is by educating soldiers and providing them with a budget analysis.

"A budget analysis is a spending plan," explained Burns. "I sit down with the soldier and their family member(s) and establish a plan to assist in budgeting their money. I look at where the money is coming from and where it is going."

Burns said a budget analysis helps soldiers get to the root of

their problem. "Budgets provide soldiers with a structured plan," said Burns. "It establishes a personal and family commitment. Soldiers can then establish goals, identify both fixed and variable expenses, as well as establish a savings plan. A budget analysis not only gives soldiers a sense of control, but it can provide soldiers with a stable financial future, if properly followed, she said.

"Although I may provide the soldier with a written spending plan," Burns said, "it is up to the individual to abide by it. Command Financial NCOs want to help soldiers how to have control over their finances. We want them to have confidence in their financial judgment and be free from financial worries."

The main objective in counseling soldiers and using tools such as a budget analysis is to educate the soldier.

"Command Financial NCOs want to provide soldiers with the knowledge they previously lacked and guide, and encourage them to become proactive when it comes to their finances instead of reactive. We want to help soldiers help themselves," said Burns. "CFNCOs also want to provide soldiers with the tool of knowledge to

keep them from getting ripped off by scam artist, high interest loan companies, auto dealers and overall ludicrous financial deals," said Burns. She believes education is the best service she can provide any soldier.

"Education is the key to every soldier's financial future. 'Give a soldier a fish and you feed him for a day. Teach a soldier how to fish and you feed him for a lifetime,' she said.

Once soldiers have a budget in place they may need further help, like communicating with creditors and paying off debts.

"We train soldiers how to make arrangements with creditors," said Aaron Catlin, a debt liquidation counselor with the Financial Readiness Program. "Sometimes we act on behalf of the soldier to make payment plans."

Catlin said he does not provide services like debt consolidation agencies.

"We make arrangements with creditors if necessary," said Catlin. "We do intervene on soldiers' behalf. Sometimes the creditors are more willing to talk with a third party than the soldier. They see the soldier is seeking help."

Another area Catlin works with soldiers on is their credit report.

"We show the soldier where to get their credit report," said

Catlin. "We work hand in hand with the Judge Advocate General's office to clean up credit reports. Either disputing debts or getting the report righted."

Catlin said it is important to look at ones credit report at least once a year.

"Poor credit can effect you later with career promotion or points on your credit rating when you want to buy a house," he said.

A major lesson Catlin said he tries to teach soldiers is that nobody looks out for your well being except for you, so be careful when someone tries to sell you something.

"Treat loans as a product. The interest rate is the price of the loan, so shop around," he said. "Credit cards should only be used in an emergency, and try to pay it off every month."

There are many other services the Financial Readiness Program offers. Burns recommends everyone see their finance NCO or counselor, even if they just have questions about buying a car or the best way to save for retirement.

Financial Readiness Program counselors are located in the financial readiness section of Army Community Service, building 7264, or at 239-9450.

ENVISION  
3 x 4"  
Black Only  
SEPT 07H

ENV



# Local 9-11 ceremony planned

By Emily O'Connor  
K-State Intern

A memorial service will be held at the Junction City Park on Washington Street on Sept. 11 to honor those whose lives were lost in the terrorist attacks. "It will be a nice commemorative ceremony in honor of what happened last year," said Connie Hall, executive director of the Geary County Convention and Visitors Bureau. The ceremony has been arranged to follow the timeline of the events that actually took place on Sept. 11. Beginning at 7 a.m., displays of emergency and military vehicles will be available for public viewing. At 8 a.m., the memorial service will begin with an invocation

and posting of the colors by a Fort Riley color guard. During the ceremony, the National Anthem will be sung and the Pledge of Allegiance recited. The service will also include a 21-gun salute and the playing of Taps. Several speakers will address the crowd, including Col. (P) Frank Helmick, assistant division commander for Maneuver, 24th Infantry Division (Mech) and Fort Riley, Junction City Mayor Dave Bossemeyer, Junction City Police Department Chief Bob Story and Junction City Fire Department Chief Mike Ryan. A moment of silence and the singing of "God Bless America" will follow. This song erupted spontaneously in the United States and throughout the world after the attacks.

At the conclusion of the ceremony, the colors will be retired, a benediction will be given and police, fire and ambulance crews will sound their sirens for 15 seconds as a salute to their comrades who gave their lives in the line of duty on 9-11. "We will have Junction City and Fort Riley representatives, but also invite people from surrounding communities such as Manhattan, Ogden, Hiwington and Abilene, as a way for all of us to come together," Hall said. "This affected us throughout the nation, and we would like everyone to come together to remember the day together." Media interested in attending should call the Fort Riley Public Affairs Office at 239-2022 by 5 p.m. Sept. 9.

# Talk Around Town

## "Where were you on 9-11 last year?"



**"I was on C.Q. at Camp Hialeah in Korea. It was about 11 at night and I was watching the news flipping through channels. When the second plane crashed, all the phones started ringing."**

Sgt. Michael Baker  
wire systems installer  
331st Signal Company



**"I was cooking in the (Devil's Den) dining facility. It had just been open for five or six days. Someone came in and told us, and I immediately thought 'I have to call my father.' He lives in Virginia."**

Pfc. Latorya Mann  
food service specialist  
101st Forward Support Battalion



**"We were (stationed) in Schweinfurt, Germany. We were at home watching Good Morning America when they interrupted the broadcast. We watched as it was happening. I thought it was WWII."**

Terri Eldridge  
military wife

# Parents can help children cope

By Jim Garamone  
American Forces Press

Many adults will have a tough time coping with the anniversary of the Sept. 11, 2001, terrorist attacks. But children and adolescents were also affected. What should parents do to help their kids get through this period? While the initial signs of stress in children will grow smaller or disappear as time goes by, this first anniversary may cause them to reappear. Daniel Dodgen, an official with the American Psychological Association, said parents need to understand this is normal and they should not overreact.

Speaking at the Pentagon Aug. 26 at a seminar sponsored by the Pentagon Employee Referral Service, Dodgen said it is important that children feel safe. He said parents should make plans and communicate them to their children. "They need to know what to do in the event of an emergency," he said. Parents need to help their children develop coping skills and encourage them to share their feelings about the event. Parents should not be surprised if children regress during times of stress. This means they might act younger than they are. This, too, is normal and will pass. Children, just like adults, may dream of the experience or have reawakened

memories. They may go through anger, anxiety and sadness all over again. As the anniversary of the attacks nears, parents should do several things. Listen to your children. Find out how they are reacting and help them come to grips with it. Attend a memorial service or other community activities. Create your own family ritual to observe the anniversary. Monitor what your children are watching on television and set limits on the time spent in front of the tube. Maintain a schedule and take care that the children receive adequate rest and nutrition. Take care of themselves. Children learn by example.

# Anniversary of Sept. 11 may bring out emotions from past

By Jim Garamone  
American Forces Press

As the anniversary of the Sept. 11 attacks approaches, people may find themselves experiencing emotions they felt they were past. The anniversary may reawaken the trauma many people experienced, said psychologist Victor Welzant of the International Critical Incident Stress Foundation. He spoke to a Pentagon audience Aug. 28 about what to expect as Sept. 11 approaches. "This is a time to be really tolerant of each other," Welzant said. "People are going to have to work together and talk

together, and together we can get through this." He said that all people mark anniversaries. Birthdays and wedding anniversaries are typical celebrations around the world. People around the world also mark anniversaries of "life changing" events — and Sept. 11, he said, certainly fits into that category. As the day approaches, people affected may experience a number of reactions. "All this is perfectly normal," Welzant said. Those closest to the tragedy are likely to be affected most, he said. Those affected may experience memories, dreams, thoughts and feelings about the event. They may experience feelings of grief

sadness or regret. They may become afraid or anxious or angry. They may wish to avoid people or places that trigger these memories. Finally, they may feel the need to reflect on the incident and how it changed their lives. "Again, all this is perfectly normal," Welzant said, so people should not believe they are strange or somehow crazy. Psychologist Mary Lindahl of Marymount University in Arlington, Va., said that translating these feelings into words helps. "After such seismic events, many people wrote poetry, kept journals or just detailed what happened," she told the audience. "Tests show this reduces blood pressure."

She said that the opposite also generally holds true. "If you try to keep your feelings inside, it takes a toll on your body," she said. "It is work for the body to try to keep those feelings inside." This shows with higher blood pressure, facial tics and other physical manifestations. Lindahl said that many who suffered the trauma of Sept. 11 would come out of the experience stronger. "It's just like a broken bone," she said. "When it finally heals, it is stronger than before." She said research shows that those who go through events they call "a psychological earthquake" often find it easier to express emotions. They are more compassionate and giving and have a greater appreciation for life.

All religions have this tenet of growing past the pain, she said. "In Christianity, first there is the cross, then the Resurrection," Lindahl said. "While no one would choose to go through this pain, they can grow because of it." She cited the founders of Mothers Against Drunk Driving as an example of people who took pain they suffered and grew from it. Lindahl and Welzant both stressed that people going through this experience are not alone. "The message is that whatever your personal situation, no matter what stage of grief you are in, we are all in this together," Lindahl said. "We can help each other, and we can become stronger in the broken places."



Former astronaut and Air Force Maj. Gen. (Ret.) Joe Engle signs a photo for Travis Burton, 5, of Chapman, Monday at the dedication of the Joe Engle Chapman Historic Trail Walk in Chapman. The trail features two locations listed on the National Register of Historic Places.

# Metz hosting Fall golf tournament

Custer Hill Golf Course will be hosting the Commanding General's Fall Classic Golf Tournament Tuesday. The tournament will be an 18-hole scramble, with four players per team. There will be two shotgun starts, with the first being at 7:30 a.m. and the second at 12:30 p.m. USGA golf rules will apply, and the tournament is restricted to the first 60 teams. The cost is \$35 per person, or \$140 per team, and includes green fees, golf cart (while supplies last), dinner and a shirt. For more information, call 239-6000 or 239-1490.

# Tricare starts new remote program

The TRICARE Prime Remote for Active Duty Family Member (TPRADFM) Program begins Sept. 1. This program is important to families stationed remotely (live and work more than 50 miles or approximately a one-hour drive from the nearest military treatment facility in the 50 United States). You must pre-enroll into this program. Authorized under the Fiscal Year 2001 National Defense Authorization Act, the TPRADFPM program reduces or eliminates out-of-pocket costs for ADFMs choosing to enroll and brings equity of the TRICARE Prime benefit to ADFMs residing with their TPR-eligible sponsors at remote loca-

tions. To ensure that soldiers have adequate time to enroll, the TRICARE Management Activity has extended the pre-enrollment period to Sept. 20. If soldiers enroll by Sept. 20, it will be retroactive to Sept. 1. Eligible families not enrolled in TPRADFPM by Sept. 20 will automatically revert to TRICARE Standard and will be subject to TRICARE Standard cost shares and deductibles for any care received after Sept. 1. For more information, to <http://tricare.osd.mil/remotedefault.cfm> on the internet.

FEED THE CHILDREN-ARMED FORCES  
3 x 7"  
Black Only  
Feed the Children

UPPER IOWA UNIVERSITY  
3 x 5"  
Black Only  
yes you can 9/6/9/20

UPPER IOWA UNIVERSITY  
3 x 5"  
Black Only  
yes you can 9/6/9/20





# Briefs

## Special 9-11 program

This Sunday, In Step with Fort Riley will feature the Sept. 11 attack on the Pentagon. The program will air on FOX 43 at 9:30 a.m. and will include interviews with survivors of the attack. There will also be comments from members of Fort Riley's command group about their experiences and from the soldiers who were in Kuwait at the time. Those soldiers were the closest troops to Afghanistan on 9-11.

Activities on Sept. 21 will reconvene at Anneberg Park Lake in Manhattan at 9:30 a.m. Fishing will be 10 a.m. - 12:30 p.m., followed by lunch. Each youth registered for the event will receive a free rod, reel and fishing tackle. Call 539-8153 for more information.

## CER Hours

Central Enrollment Registry has now expanded their appointments to better serve you. They will no longer offer walk-in service on Wednesday after Sept. 30. Also on that date, the office hours will change to 8:30 a.m. - 5:30 p.m., Monday - Thursday and 1 p.m. - 5:30 p.m. on Fridays. All registrations will be conducted by appointment only. Please stop by the CER office to pick up the required paperwork that must be completed prior to your appointment. Completing the proper forms before you arrive will ensure your appointment will be completed in a timely manner. CER is available to answer your questions about child and youth programs, accept completed CER paperwork and place your child's name on the waiting list.

## 9-11 Memorial Services

A memorial service will be held at the Junction City Park on Washington Street Wednesday to honor those whose lives were lost in the terrorist strikes. Beginning at 6 a.m., displays of emergency and military vehicles will be available for public viewing. At 8 a.m., the memorial service will begin. The service will include a 21-gun salute and the playing of Taps. A moment of silence and the singing of "God Bless America" will follow. The ceremony has been arranged to follow the timeline of the events that actually took place on Sept. 11.

Fort Riley has scheduled a prayer breakfast in remembrance of Sept. 11 at the Outdoor Chapel off of 1st Division Road, Wednesday, 6:30 a.m. General parking for the breakfast will be in parking lots at the Installation Property Book Office, building 229 and the tennis courts, corner of Custer and Pleasanton. Shuttle buses will depart beginning at 6 a.m. from the parking lots and transport attendees to the Outdoor Chapel. VIPs, 0-6 and above and handicapped parking will be provided at the Outdoor Chapel.

## Apple Day

Join in the celebration for Apple Day, Sept. 28, 10 a.m. - 4 p.m. at Cavalry Parade Field. There will be apples pies, historic encampments, a veteran's tent, honor guard demonstrations, a night vision display and more.

In honor of Apple Day 1,000 apple pies will be made for the event. Pre-pie sales are now underway. Pies are \$7 and must be paid for at the time of the order. Call Gail Asher at 717-3263 or e-mail her at [appleandpies@com](mailto:appleandpies@com) for order information.

Frozen pies can be picked up Sept. 17 at the parking lot near building 404, at the corner of Holbrook and Pershing on Main Post 11 a.m. - 2 p.m. and 4:30 - 7 p.m. Volunteers are needed to make the pies. Pies will be made Sept. 10-12. Call Marlee Marshall at 784-6670 to volunteer or contact her at [marleemrshall@hotmail.com](mailto:marleemrshall@hotmail.com).

## Lutheran Service

A Lutheran (liturgical worship style) worship service is held every Sunday at 9 a.m. at St. Mary's Chapel. This service is offered especially to those who are not attending a Lutheran or Liturgical style of worship service in the surrounding communities. For further information, call Chaplain Nagler, 239-5313 or 5711.

## Youth Fishing Clinic

Tuttle Creek Lake Association will host their 8th Annual Youth Fishing Clinic on Sept. 20 and 21. A total of 200 youth between the ages of 8 and 12 are eligible to attend.

Activities begin Sept. 20 at 6:30 p.m. at the Susan B. Anthony Middle School in Manhattan, with registration until 7 p.m. A round robin of classes consisting of seven stations will follow. The stations will focus on a variety of subjects, including safety and

fishing etiquette. Prizes will be awarded at the end of the evening. Activities on Sept. 21 will reconvene at Anneberg Park Lake in Manhattan at 9:30 a.m. Fishing will be 10 a.m. - 12:30 p.m., followed by lunch. Each youth registered for the event will receive a free rod, reel and fishing tackle. Call 539-8153 for more information.

interested, call Chaplain Jim Paulson at 239-3436. If no answer, please leave a message.

## Special Forces

A Special Forces recruiter will be visiting Fort Riley Sept. 16 - 20. The briefings will be held at the Post-Reup building (7626) at 10 a.m. and 1:30 p.m. daily, with an additional briefing at 6 p.m. on Sept. 17 and 19. A PT test will be conducted at Long track at 7 a.m. on Wednesday, Thursday and Friday. Candidates will wear BDU's and running shoes. For more information, contact Sgt. 1st Class Hawkins at (719) 510-4493.

## PWOC Events

PWOC Weekly Studies start Tuesday at Morris Hill Chapel. Times will be: Tuesday at 9 a.m. and Thursday at 7 p.m. Childcare will be available.

A Special Event Luncheon for OCSC, PWOC, ESC and the Chapel Community will be Sept. 19, 11 a.m., at Riley's Event Center. Guest will be Barbara Willey "The Army's Answer to Erma Bombeck". The cost is \$10 (plus Child Care if applicable). The menu includes Cobb Salad or Pesto Chicken Wrap. Call Gina Greene 784-2884 (JC & Ft. Riley), Kim Crunshberry 537-1116 (MgD), hattan) for luncheon reservations. The deadline is Sept. 11 at noon. For Child Care reservations call Donna Coulson 784-2404. Childcare is on a first come, first serve basis. Slots are limited at the CDC and ASYMCA. The deadline for childcare sign-up is Sept. 13 at noon.

The PWOC Fall Retreat - "Let Your Light Shine," will be Oct. 4 and 5 by the Lake in Council Grove. Guest Speaker will be Kathy Stamp of Vessel Ministries. Donation suggested is \$35. Child Care will not be available. Contact Kristy Kearney at 784-2521 for more information.

Fall Focus 2002 - PWOC USA Conference will be Oct. 23-27 at the Holiday Inn-International, Orlando, Fla. For more information, contact Donna Davenport at 784-6633. Deadline for Registration is Sept. 17.

## Family Fun Night

Custer Hill Elementary will be sponsoring its first annual Family Fun Night on Sept. 13, 5 - 6:30 P.M. at the school. The purpose of Family Fun Night is to raise money to buy new playground equipment for the school. Activities include a dunk tank, moon walk, bubble pool, tattoos, arts and crafts table and sand art. Kids can have their picture taken with a race car, a fire truck or a humvee. There will also be BBQ hot dogs or polish sausage, popcorn and cotton candy. The public is invited to attend.

## Post Wide Yard Sale

The Post Wide Fall Yard Sale is scheduled for Oct. 5 from 8 a.m. - 4 p.m.

## Cross Country Championships

Fort Riley Battalion Level Cross Country Meet will be on Sept. 19 at Custer Hill Golf Course. The deadline for a roster of battalion team members to be forwarded to the Sports Office, building 202, is Sept. 10, close of business. Pick-up will be Sept. 19, 2 - 2:45 p.m. The start time for the Women's Open, Women's Masters and Men's Masters is 3 p.m. The Men's Open

start time is 3:45 p.m. For more information, call the Sports Office at 239-3945.

## Tuition Assistance

Effective Oct. 1, 2002, 100 percent IA (Tuition Assistance) will be paid for soldiers enrolled in post-secondary courses. Soldiers may use 100 percent IA up to \$250 per semester hour and up to \$4500 per year. See an Army Education Counselor for details and to enroll.

## The Shoppe

Please stop by and see our wonderful selection of hand-crafted gifts and antiques. We have many fall items in and lots of Americana. You never know what you will find in our ever-changing inventory. The Shoppe is located in building 259, Stuart Ave. (just west of the Fort Riley Honor Guard Stables). Hours of operation are 10 a.m. - 2 p.m., Tuesday - Saturday. Free childcare for volunteers. Call 239-2783 for details.

## The Thrift Shop

The Fort Riley Thrift Shop is located in building, 267 Stuart Ave. (near the Fort Riley Honor Guard Stables). The Thrift Shop is open on Tuesday, Wednesday and Thursday, 9:30 a.m. - 2:30 p.m., and the first Saturday of each month, 10 a.m. - 1 p.m. Visit us for a wide variety of items including electronics, crafts, movies, books, furniture, sporting goods, housewares, clothing and much more.

Volunteer opportunities available! All volunteers are reimbursed for childcare. They also have first choice at new items. Now accepting fall clothes. Call to schedule a time for us to come and pick up your donations. Both civilian and military welcome!

## A/C Turn Off

Weather permitting, air conditioning turn off will begin Sept. 23 in the following sequence: Sept. 23 - 27: administrative buildings, barracks, BEQ's and BOQ's with individual units, 8000 area, dining facilities and community buildings.

Heating systems are scheduled to be turned on Oct. 8 - 18 in the following order: barracks, BOQ's and BEQ's, 8000 area, community buildings, administrative buildings, dining facilities and motor pools. The heating and cooling systems in chapels, child development center and medical and dental buildings will be maintained as appropriate. Family housing occupants control their own heat/air conditioning systems as desired. The authorized temperature for the heating season is 65-70 degrees.

## Commander's Conference

The 3d Brigade, 75th Division (Training Support) will host the FY 02, 75th Division (TS) Commander's Conference at Fort

Riley, Sept. 27-29 in order to provide a venue for the 75th Division Commander and subordinate brigade command groups to address command responsibilities, missions, readiness and other significant Army and command issues as it relates to the theme of "Army Transformation." It will also focus on the lessons learned, inherent risks and reassessing the division's mission post Sept. 11. A Family Readiness Group Forum will run concurrently with the conference.

## Commissary News

The Commissary Focus Group meeting will be on Sept. 25, 10 a.m. It will be held in the Commissary training room. For more information please contact Alice at 239-2921.

## Funded Legal Education Program

The Office of the Judge Advocate General is now accepting applications for the Army's Funded Legal Education Program. Under this program, the Army projects sending up to 15 active duty commissioned officers to law school at government expense, if funding permits. Selected officers will attend law school beginning the Fall of 2003 and will remain on active duty while attending law school.

Interested officers should review Chapter 14, AR 27-1 (The Judged, Advocated General's Funded Legal Education Program) to determine their eligibility. This program is open to commissioned officers in the rank of 2nd Lt. through Capt. Applicants must have at least two but not more than six years of total active federal service at the time legal training begins. Eligibility is governed by statute (10 U.S.C. 2004) and is non-waivable.

Eligible officers interested in applying should immediately register for the fall offering of the Law School Admission Test. Applicants must send their request through command channels, to include the officer's branch manager at PERSCOM, with a copy furnished to the Office of the Judge Advocate General, ATTN: DAJA-PT, 1777 North Kent Street, Rosslyn, VA 22209-2194, to be received no later than Nov. 1. Submission of the application well in advance of the deadline is advised.

Interested officers should contact the Office of the Staff Judge Advocate, building 200, Patton Hall, 239-2217, for further information.

## Archery Tournament

Outdoor Rec is having an archery tournament on Sept. 14 using 3-D targets. The tournament will start (weather permitting) at 10 a.m. Call Outdoor Rec for more information, 239-2363.

## Vehicle Access

Limited privately-owned vehicle access to areas of Fort Riley north of Vinton School Road for

recreational activities will once again be allowed beginning Sept. 1. Use of privately owned vehicles was prohibited in that area of the fort following the events of 9-11.

"In addition to the standard Fort Riley regulations, additional restrictions are in place," said Herb Abel, chief, Conservation Division.

All vehicles must have either a DoD vehicle sticker affixed to the windshield or they must have a daily pass displayed to enter the portions of the installation east of U.S. Highway 77. Vehicles driven west of U.S. Highway 77 do not need a daily pass or DoD vehicle stickers. Daily vehicle passes can be obtained at the Ogden, Marshall Army Air Field, Grant Avenue and Washington Street entrances to Fort Riley. Also, all vehicles must display a Recreational Vehicle Marker. These may be picked up at the Outdoor Recreation Center (building 9011) or the Conservation Division office (building 1020). There is no charge for either these markers or the daily vehicle passes.

The Conservation Division authorizes daily which recreation areas are open. Before visiting Fort Riley for recreational purposes, visitors should call 785-239-6669 for an up-to-date list of open areas.

For the latest information concerning recreational access procedures, contact the Fort Riley Conservation Division Office at 785-239-6211 or visit Fort Riley's website for Outdoor Recreation information at <http://www.riley.army.mil/Recreation/Outdoor>.

## Scouting News

Come join the fun! From kindergartners to adults, The Girl Scouts have something for every one. If interested or if you have any questions, please contact the local Girl Scouts on Fort Riley, Pam Gonzalez, 210-1208 or the Kaw Valley Council, 1-800-432-0286.

Pack 260 of Fort Riley Elementary will have back-to-school picnic on Sept. 12.

## Free Beginner Golf Lessons

Custer Hill Golf Course has implemented a new program for beginner golfers. The program is designed to teach a number of skills, including golf rules and regulations, golf etiquette, as well

MANHATTAN AREA TECHNICAL COLLEGE  
1 x 8.5"  
Black Only  
schedule

MCCULLOUGH DEVELOPMENT, INC.  
1 x 8"  
Black Only  
P/U 4-28 W/CHANGES SEPT 4

THE PATHFINDER  
1 x 3.5"  
Black Only  
9/1, 9/8D, 9/4, 9/11S, EX 9/6, 9/

CLARABELS PERFORMING ARTS  
1 x 3"  
Black Only  
9-1 new accepting

COTTONWOOD THEATERS  
1 x 3"  
Black Only  
POST SCHEDULE

GAME GUY  
1 x 2.5"  
Black Only  
d-u-w-f, ex,ss,gr, all 4 wks.





## More Briefs

as general golf instruction. Beginner golf clinic will be held every Thursday and Friday from 6 - 8 p.m., until the season closes. All are welcome, any age or gender, and the instruction is given at no charge. Custer Hill Golf Course is located at 5202 Normandy Drive, across from Fort Riley National Bank. For further information, please call 784-6000.

### Soldier & Family Support Center

Advanced Level II & Level III classes are held each month at the Soldier & Family Support Center, Family Readiness Center. Classes are held on the first and third Wednesday evenings, 6:30-8:30 p.m. There is no child care provided. We appreciate interested people calling ahead of time so that we have enough packets ready for the class, but it is not mandatory. Call 239-1831 or 239-9435 for more information. The scheduled classes are: Sept. 18, Oct. 2 and 16, Nov. 6 and 20 and Dec. 4.

Level I classes are offered at Armed Services YMCA (ASYMCA) located at 111 E. 16th St. Junction City. These classes will be on the first and third Fridays each month, 11 a.m. - 2 p.m. ASYMCA will provide on-site free childcare during the class. The parents must register the child/children the week prior. There is a limit on the number of children, so it will be a first come first serve basis. Children will not be eligible for the free childcare if the child is not registered with ASYMCA. To register, call 239-1831 and speak to Becky Willis,

Program Manager, who has the necessary forms from ASYMCA to register the children by phone. ASYMCA will also offer free transportation to the class if needed. Arrangements for transportation can be done at the time of registration or by calling 239-1831. There Dates for Level I classes at ASYMCA are: Sept. 20, Oct. 4 and 25, Nov. 8 and 22 and Dec. 6.

Upon completion of any level, there are incentive gifts presented along with a certificate. All information is provided for the class and the class is free. The classes are open to soldiers, family members, retirees and civilians of the Fort Riley community. Instructors are also available to teach the classes in German, Korean and Spanish, as well as literature written in those languages.

### MOMS Club

MOMS Club of East Manhattan is a non-profit club designed for stay-at-home moms, or dads. It provides moms with an opportunity to interact with one another while their children participate in various daytime activities all month.

Most events are for moms and their children to participate in together during the day, while some are especially for moms with optional child-care available. Children are welcome at all activities. About one-third of the membership consists of military wives stationed at Fort Riley. A monthly business meeting is held the third Friday of each month at 9:30 a.m. at First Christian Church, not

affiliated, Manhattan. Annual dues are \$18, but try it out without obligation. For more information please contact Christi Oldham 539-9224 or at rcaoldham@earthlink.net.

### Museum Gift Shop

The museum gift shop reopened in May. It is under operation of the U. S. Cavalry Association, which is a private organization on post. The store's official title is, Sutler's Store and carries a variety of merchandise associated with the cavalry and Fort Riley - to include books and special order going away gifts and prints. The store's operating hours are Monday - Friday, 9:30 a.m. - 4 p.m. Call the store at 239-2743, for more information.

### Mail Training

A unit mailroom class will be held Sept. 18 and 24 and an official mail class will be held Sept. 23. The classes will be 9 a.m. - 4:30 p.m., building 319, CPAC.

Pre-enrollment is required. Call 239-5411 to enroll. DOD 4525-6-M, Vol II, DOD Postal Manual, requires each commander who has a unit mailroom to appoint a unit postal officer and alternate unit postal officer(s). Each mailroom must also have a primary unit mail clerk and at least two alternate(s), no more than three.

Prospective mail clerks are required to attend a class and bring with them a copy of their memorandum of on-the-job training (20 days OJT period is

required). Unit postal officers (if not involved in mail handling duties) only need to attend the class; they do not have to take a test. If unit postal officer is involved in mail handling duties, then they must have a minimum of 20 days OJT and will have to take the unit mail test. Call Sylvia at 239-5411 for more information.

### CGSOC Phase I

The 11th Bn (CGSOC) is again offering the Classroom Option of the non-resident Command and General Staff Officers Course Phase I in Topeka, KS. Tentatively we are planning on conducting these classes at the National Guard Armory. This is a one week-end per month class that runs from October 2002 through May 2003. It is conducted in the Small Group Instruction style used Resident CGSOC.

The curriculum is the same curriculum used in the resident course, tailored for instruction in a Reserve Component setting. Student must enroll on ATRRS and complete a form 59-R. There can be a maximum of 16 students in the course, and a minimum of 10.

For more information, contact Lt. Col. Marcos O. Navarro, (913) 684-8431, (DSN 552), fax (913) 684-8137, or email: marcos.navarro@leavenworth.army.mil or marcos.navarro@us.army.mil

### Military Homeschool Group

The following are the September activities for the Military

Families Homeschool Group. Sept. 13 - gymnastics at the Manhattan Gym Center, 9 a.m. and an extra project at St. Mary's Chapel, also at 9 a.m.; Sept. 16 - Chess Club at the Garrison's, 5 p.m.; Sept. 20 - a field trip at 8:30 a.m.; Sept. 27 - Art and Science Day at St. Mary's Chapel, 9 a.m. Also, contact Krista Persing for information on the Girls' Book Club. For more information, call Lisa Mason at 784-2799 or Krista Persing at 784-7576.

### Spanish-Speaking Counselor Available

We have a Spanish-speaking counselor available at the Family Life Ministries Center. She is from Paraguay, and speaks Spanish, German, Portuguese and English. Please call 239-3436 to set up an appointment.

As with all counseling at the Family Life Ministries Center, spiritual issues can be part of the counseling if you choose. However, they are not forced upon the counselee.

For more information, call Chaplain (MAJ) Jim Paulson at 239-3436.

### NAF Job Fairs

The NAF personnel division will sponsor a job fairs on Sept. 18, Oct. 16, Nov. 13 and Dec. 11. Contact the Fort Riley CPAC NAF office at (785) 239-2325 for additional information.

### Club Beyond

Club Beyond and Club Beyond JV are designed for high school

and middle school youth, respectively. These meetings include a Christian devotional and the three "F's" of youth ministry: food, fun and friends. Club Beyond and CBJV meet Sunday nights in the basement of St. Mary's Chapel on Main Post. CBJV meets from 4 - 6 p.m., and Club Beyond meets from 7 - 9 p.m.

The mission of Club Beyond and CBJV is to develop meaningful relationships with military dependent youth, to lead youth into relationships with Christians and with Christ, to help youth grow in Christian faith and to involve youth in Christian service.

For more information on Club Beyond events, contact Don Ericson, Club Beyond Director, at 239-9313 or don.ericson@riley.army.mil Check out Club Beyond on the web at [www.nqgs.com/clubbeyond](http://www.nqgs.com/clubbeyond).

HOUSE ADS  
6 x 12.5"  
Black Only  
AISA-If possible



# Health

## Dental sealants available at DENTAC, can help prevent tooth decay

By **Emilie Howe**  
MEDDAC PAO

Clear, white or slightly tinted dental sealants help to prevent decay in children and teens, according to Oral Health Resources, National Center for Chronic Disease Prevention and Health Promotion, Atlanta.

"General dentists usually apply sealants," said Col. Ernie W. Sigler, deputy commander, Fort Riley Dental Activity and officer in charge of Dental

Clinic #1. Sealants are also good for young service members, 18 - 20, who have deep fissures on the chewing surfaces of the molars, Sigler said. "A dental sealant is a thin plastic coating that goes over the biting surfaces of the back teeth," he said. Sigler believes that sealants should be a general dental practice, and patients should also have regular dental care.

In the Department of Defense's adopted guidelines, the application of dental sealants is one of four important prevention practices to maintain wellness of the

military forces, Sigler said. The Oral Health fact sheet reports that a child's permanent molars may benefit the most from sealant application. "It is best if the sealant is applied soon after the molars have erupted. For that reason, children between the ages of 5 and 15 benefit most from sealants."

The fact sheet reports that one sealant application can last for 10 years, however, sealants need to be checked regularly and reapplied if the sealant is no longer in place.

The TRICARE Dental Program will

cover sealants. This dental service is covered at 80 percent, and the sponsor's cost-share is 20 percent, according to TRICARE's customer claims and appeals section. For more information about sealant coverage, go to [www.ucci.gov](http://www.ucci.gov) on the internet, or call 1-800-866-8499.

According to Public Health Dentist, Maj. Jeffrey Chaffin, DENCOC Headquarters, Fort Sam Houston, Texas, the rationale for using sealants is that it is known in the U.S. that the biting surfaces of the molars are the most vulnerable to tooth decay. He said that Fluoride has

done a great job of reducing the prevalence of tooth decay, but works best on smooth surfaces. So the biting surfaces are the least protected by fluoride, and sealants can dramatically reduce future cavities. Chaffin said that by 1994, all 50 states had included sealants as a benefit with Medicaid.

For more information on dental sealants, go to the CDC's website, [www.cdc.gov/OralHealth/factsheets/sealants-faq.htm](http://www.cdc.gov/OralHealth/factsheets/sealants-faq.htm)

## IACH Get Fit program helps civilian workers promote good health

By **Beth Gallaher**  
IACH, RD/LD, CDE

"The greatest asset to a company is its people. And we need to make the same types of investments in our people that we traditionally have made in our clients, property and equipment. By doing so, what we end up with is an employee that adds a tremendous amount of value to the organization." These words, according to Dr. Dennis Richling, assistant vice president of health services at Union Pacific Railroad, exemplify the importance of workplace wellness.

The military has a built in requirement to ensure that soldiers are trim and fit, per Army Regulations for physical training and maximum allowable weight requirements.

But, what about the Department of the Army civilian work force? They come in all shapes and sizes, with varying degrees of fitness levels.

A wellness committee at Irwin Army Community Hospital, supported by the Hospital Command Group and comprised of both military and civilian employees from various sections, to include Preventive Medicine, Occupational Health, Nutrition Care Division,

Primary Care Clinic and the Education Department, put their heads together to develop an employee wellness program for IACH staff. Because they are the hospital, their committee wanted to set the example by coming up with a program that would promote overall health, wellness and fitness for employees of the hospital. By promoting health and fitness within the hospital, personnel can more effectively promote wellness concepts to clients and patients visiting the facility.

The first step was to come up with a name and a mission statement. Committee members wanted to keep it simple, easy to remember and representative of what they were trying to accomplish. Thus, "IACH Get Fit" was born, with a mission to promote improved health and fitness to IACH staff through education and lifestyle changes.

IACH Get Fit is a 12 week employee wellness program. The program is voluntary and free of charge for all MEDDAC and DENTAC employees - both military and civilian, to include hospital contracted employees.

Employees sign up in teams of five or more participants within their work section, select a team leader and a name for their team. Sections with fewer than five participants may sign up with another

section.

The team concept is intended to create a fun and competitive environment between sections, where support and comradery is portrayed between individual team members cheering each other on to success and improved fitness. Teams are encouraged to come up with fun, creative names. For example, several members of Nutrition Care Division and

Logistics came up with the name "Cheese Logs" when they joined forces last spring to participate in Walk across Kansas - a program offered through KSU Extension to promote physical fitness.

IACH Get Fit participants may sign up for one or more offered components, to include weight reduction, tobacco cessation, cholesterol reduction, along with improved exercise habits. Participants who select weight reduction will be monitored weekly by a Registered Dietitian in the Nutrition Clinic. The official weigh-in will be held every Friday, 8 - 10 a.m., in the Nutrition Clinic.

Participants who select tobacco cessation will be monitored by medical staff in the Preventive Medicine Clinic. Occupational Health will conduct cholesterol testing, along with education and interventions from the RD's in Nutrition Clinic.

IACH Get Fit participants are encouraged to attend weekly education lectures over the noon hour, which will include topics such as lifestyle eating, cholesterol reduction, smoking cessation, injury prevention, strength training benefits, motivation, keeping on track and holiday eating - slated for the week before Thanksgiving of course!

Dr. David Satcher, U.S. Surgeon General, has warned that, "regardless of age, we (Americans) are just not active enough!" Dr. Satcher recommends that, "we should add about 30 minutes of moderate to intense physical activity each day, on top of our customary daily activities."

Participants will be provided an individual progress record to annotate their daily mileage by counting one mile for every 15 minutes of physical activity. The physical activity can be anything from walking to running, cycling to swimming, strength training to kick-boxing. The idea is to get staff to be physically active. The section team leaders are

responsible for submitting team totals to Nutrition Clinic by 4 p.m. each Friday. Team totals and progress will be posted weekly in the IACH dining facility.

IACH Get Fit will kick-off on Thursday in the hospital dining facility, with educational displays and a cardio kick-boxing demonstration. Participants are encouraged to wear their PT gear and join in the fun.

Yes, this can count as part of your fitness mileage!

The scheduled kick-boxing instructor is Joe Douglas, a former U.S. Marine who was a hand-to-hand combat instructor and captain of the cross country team during his 10 years of military service. He is currently in the U.S. Army National Guard and is in the process of training for a fitness competition.

If you are interested in participating in the IACH Get Fit program, look for registration information in the IACH dining facility, hospital lobby and on the IACH electronic bulletin board.

Participants must sign up by Sept. 13 through the Nutrition Care Division. For more information on IACH Get Fit, contact Preventive Medicine Services at 239-7386 or Nutrition Care Division at 239-7644.

### Commentary

## West Nile continued from page 1

The horses of the Fort Riley Honor Guard go through a quarterly blood draw and the blood samples are screened at the Veterinary Command Lab, Fort Sam Houston, Texas, Riley said.

This is a screening to check the blood level of antibodies for protection against the WNV.

Although a survey conducted during the 1999 epidemic in the New York City area revealed that dogs could be infected by the virus, they seldom become ill.

There is only one published report in 1982 of WNV isolated from a dog in Botswana, Africa, according to Col. Jack J. Wedam, director of Animal Medicine for the Army Veterinary Command.

The virus was also isolated from a dead cat in 1999.

Because no vaccination is available for dogs or cats, Riley said pet owners should take preventative measures, such as using vet-recommended insect repellent and keeping them indoors during dawn and dusk, when mosquitoes are more prevalent.

However, caution should be taken when using insect repellents because repellents made for humans that contain DEET can be poisonous to pets, said Riley. Additionally, vet-recommended repellents may be hazardous to some pets.

"Call Veterinary Services before using the for pets-only insect repellent because it may be toxic if the pet is on other prescribed medications," he said.

Although animals may become infected with WNV, there is no

documented evidence that they can transmit it to humans.

The mosquito seems to be the common denominator. What we are doing is collecting birds. Migratory birds are what move the virus, said Riley.

Riley said when a Fort Riley resident finds a dead bird they should not pick it up. They should call the Military Police at 239-6767, who will dispatch an MP to collect it.

Fort Riley has established a WNV working group to implement measures to protect the community. Some measures include mosquito fogging and larvae controlling.

At this time, there are not enough adult mosquitoes to do any fogging, nor enough mosquito larvae to do any controlling.

The pools of standing water have dried up due to the drought, said John Barbur, management agronomist, Directorate of Environment and Safety and Installation Pest Management coordinator.

However, soldiers should still use caution when they plan to work outdoors.

"A fact sheet is available for treating BDUs with Permethrin," Barbur said.

"It impregnates the fabric, can be washed many times, and has no effect on humans," he said. When correctly applied to BDUs, Permethrin repels chiggers, mosquitoes and ticks. Fact sheets on applying Permethrin are at DES, building 407 or the Conservation Division located in building 1020.

## WEST NILE TIPS

### HUMAN PREVENTION

- Apply insect repellent containing DEET when outdoors.
- Wear long-sleeved clothes and long pants treated with repellents containing permethrin or DEET.
- Consider staying indoors at dawn and dusk.
- Limit the standing water sources around your home.

### ANIMAL PREVENTION

- Vaccinate horses.
- Apply animal-approved repellents. (Do not use DEET)
- Use screens on windows and doors at home and where animals are housed.

### WHAT TO DO IF YOU SPOT A DEAD BIRD

- Do not touch it.
- Call the Military Police at 239-6767

### FOR MORE INFORMATION VISIT THESE WEBSITES

- [www.cdc.gov/ncidod/dvbid/westnile](http://www.cdc.gov/ncidod/dvbid/westnile)
- [www.state.ct.us/doag/wnvfact2.htm](http://www.state.ct.us/doag/wnvfact2.htm)

Post Graphic/Vasquez

MRS. HEARTS ATTIC  
2 x 3"  
Black Only  
customer appreciation sale

KANSAS PRESS ASSOCIATION, INC.  
2 x 2"  
Black Only  
Health Benefits-new ad

KANSAS PRESS ASSOCIATION, INC.  
2 x 2"  
Black Only  
CPI-new ad

FIRST NATIONAL BANK - JC  
4 x 2"  
Black Only  
SEE SCHEDULE



THE OUTLET  
2 x 4"  
Black Only  
the secret is out September



# Korea 50 years ago - Peking radio denounces U.S. actions in Korea

By Jim Caldwell  
Army News Service

China continued to denounce U.S. actions in Korea via the airwaves, 50 years ago this week.

Aug. 29 - Sept. 4, 1952 — The communist truce negotiators send notes on Aug. 30 and Sept. 1 to the U.N. truce team denouncing injuries inflicted to rioting Red prisoners of war by their guards on Koje-do. Truce talks remain in recess, but the two negotiating team leaders — Maj. Gen. William K. Harrison for the U.N. and Lt. Gen. Nam Il for the Reds — meet for 30 minutes Sept. 4.

Rain still limits ground fighting and hampers air mission, but on Aug. 29 the U.S. Air Force leads the heaviest raid to date against military targets in Pyongyang. Air Force, Navy, Marines, South African, Australian and South Korean crews fly 1,403 sorties against factories, supply depots and barracks in the city. They drop about 600 tons of bombs, 4,000 gallons of napalm and use 52,000 machine gun rounds on

targets.

On Sept. 1 U.S. carriers Boxer, Princeton and Essex send 164 aircraft against an oil refinery at Aoji below Siberia and an iron mine at nearby Musan. U.N. aircraft hit air bases at Sinanju in northwest Korea and Sinchang in the northeast on Sept. 2. On Sept. 4 the Changjin hydroelectric plant is bombed again.

Peking radio denounces the air attacks against Korea as "murdering peaceful residents" on Sept. 1. The announcer boasts that from June 26, 1952 to June 15, 1962 communist fighter pilots and anti-aircraft weapons shot down or damaged 5,922 U.N. planes.

An Eighth Army spokesman giving updates on the POWs on Koje Island on Aug. 29 and Sept. 1. He reports that 41 more violent prisoners on Koje were slightly injured in assaults on U.N. guards.

Maj. Gen. Haydon L. Boatner, who restored order to the Koje-do prison camp by putting POWs in more-manageable 500-man compounds, turns over command of the camp to Col C.V. Caldwell

Aug. 31.

Then on Sept. 1, Gen. Mark Clark, U.N. supreme commander, presents Boatner with his second Distinguished Service Medal before he departs Japan for the United States. The French award him the Croix de Guerre and Legion of Honor for his actions as deputy commander of the 2nd Infantry Division during the fights for Bloody Ridge and Heartbreak Ridge earlier this year.

Peking radio on Sept. 3 demanded that Boatner, who is now back in the United States, be tried as a "war criminal" for "massacres of POWs."

Aug. 29 - Sept. 1 — Events occur in Europe among members of the World War II Allied Control Council. The council consists of representatives from the United States, USSR, Britain and France. Meeting in Vienna on Aug. 29,

they strike down an Austrian law allowing Nazis who had land they stole from Jews seized by the government could sue to have the property returned to them.

Army Sgt. William G. Pennell, Turon, Kan., and his wife are beaten and injured by a crowd Aug. 29 when Pennell tried to drive his car down a narrow street filled with theatergoers in Salzburg, Vienna. There is high anti-American feeling in Salzburg because the Army has located tank proving grounds in the middle of the city against the wishes of the city council.

West Berlin police clash with communists attempting to demonstrate around the city Aug. 29. It's the first time in several weeks the Reds have attempted demonstrations in the West.

On Sept. 1 the Western allies turn over to the West German government the responsibility for

enforcing most travel controls in effect during the occupation. This includes a travel ban on about 12,000 Hitlerites and other "undesirables."

Aug. 30 — Air Force Secretary Thomas K. Finletter tells the Air Force Association Convention 30 that Russia has added "quite a few" of its new twinjet light bombers to its Far Eastern air force. The suspicion is that the light bombers may be used against frontline U.N. troops. He says the Chinese have about 2,100 planes, 1,300 of them jets, and nearly all are Russian-built.

Aug. 31 — Chinese radio claims that countries attending the "Asian and Pacific Peace Conference" in Peking in late September will discuss ways to "settle peacefully the Korean question on a fair and reasonable basis."

Sept. 2 — A Soviet armed forces "Red Star" article claims that the "threat of widening American aggression in Asia and the Pacific" has increased and the United States is trying to build an "international Asiatic army" with Japan and other nations.

Sept. 3 — The Defense Department releases the number of casualties suffered in American units in Korea through Aug. 29. The total is 116,655. This includes 20,506 battle deaths, 1,613 known prisoners and 9,441 missing. The Associated Press reported on Aug. 30 that the 17-nation U.N. force had suffered 384,421, which includes 262,421 wounded and killed. The American armed forces, in Korea since the very beginning, account for the most troops from any single nation. Therefore they have suffered the most casualties of all the countries. Great Britain is second in overall losses with 3,250. Among them are 513 dead.

Soviet Premier Joseph Stalin and Chinese President Mao Tse-tung send each other congratulatory messages Sept. 3 commemorating the 1950 Chinese-Soviet defense treaty's "guarantee" against "aggression" by Japan or any other country with ties to Japan.

Fort Riley continues to be a Korean War Commemorative Community through 2003.



# Story of \$500 pizza good example of what can happen with bad checks

By Kevin Doheny  
19th PAD

When in-processing into Fort Riley, every soldier hears about the horror story of the "500-dollar pizza."

It's a true story of when a soldier wrote a check for pizza and the check bounced. The pizza company then attempted to collect the money for the pizza and the returned check fee, from the soldier.

The pizza company then sent the balance to a collection agency, where they attempted to contact the soldier. The soldier refused to pay the balance and then the soldier was summoned to municipal court and an attorney was appointed to handle the case. The court costs and the attorney fees were then tacked onto the snow-balling amount.

By the time the soldier's check went from his hands to the pizza man and then all the way to the appointed attorney, his original check multiplied over thirty times its original amount.

This was just one example of

some the instances where soldiers didn't use discipline and spent money they didn't have. Some feel this problem isn't catastrophic to Fort Riley and the Army, but a bad enough to obligate time and training.

"The problem is bad enough," said Capt. Timothy Thomas, Staff Judge Advocate's office. "It's something we encounter on a regular basis in the Army. We don't keep statistics on these things, but it's certainly something which occurs often enough that we incorporate it into our briefing to soldiers."

Kansas Law states, if a person has a bank account in Kansas, writes a bad check in Kansas or resides in Kansas, then the person falls under Kansas' bad check laws. According to "From Counsel," a newsletter sent out by the SJA's office, the law permits creditors to recover not just the cost of the check, but collection fees, attorney's fees, court costs and extra damages for their efforts. A second law permits businesses to cash a post-dated check prior to the date written on the check.

... private who might only

make \$1,100-\$1,200 a month and has a family of two or three, can't afford to pay these types of fees," said Sgt. Jeremy Bailey, SJA.

"They just have to realize that they can't afford all the luxuries in life. They just need to realize that they made a mistake and learn from it."

Some of the things the Army does to battle this problem is to offer financial classes, which give the soldier or family members a chance to correct their problems in the future. The classes are taught at the Soldier Family Support Center and can be done on a one on one basis. Units can receive financial training as well.

"We teach a lot of things in these classes," said Aaron Catlin, financial counselor at the SFSC. "We teach the importance of balancing a checkbook, credit negotiating, financial consequences and show some scenarios. We offer these classes to all soldiers and their family members."

Not every soldier can be helped before it is too late. Some soldiers are dismissed from the Army because of this problem.

"I don't think soldiers truly believe they will be affected by the consequences, then it's too late," said Catlin. "For the problem to get all the way to court, the soldier basically has to ignore all efforts from creditors and attorneys."

"I don't think this is just a Fort Riley problem. I think is an Army problem," said Bailey.

"You do it, you get caught and then you must pay the consequences. Whether it's Uniform Code of Military Justice action or civilian penalties, it's going to happen."

For soldiers who write bad checks off post, the penalties are then obligated to the State of Kansas. The soldier is then subject to any penalties the court wishes to hand out.

"Not only can the soldiers get a bad check on a military installation, but if the soldiers writes one off post, he is subject to the laws of Kansas," said Bailey. "The soldier will attend municipal court, pay restitution and, if it is bad

enough, then the soldier could ultimately go to jail and pay a large fine."

The horrors stories about bad checks are now used to educate others. Not only is the story of the 500-dollar pizza used, but the story of the 614-dollar gallon of

milk is also brought to the attention of those affected by bad checks.

So, soldiers who write bad checks must ask themselves if what they're about to buy is worth the stiff fines, jail time and embarrassment.

## Legal education program offered

The Office of The Judge Advocate General is now accepting applications for the Army's Funded Legal Education Program. Under this program, the Army projects sending up to 15 active duty commissioned officers to law school at government expense, if funding permits. Interested officers should review Chapter 14, AR 27-1 (The Judge Advocated General's Funded Legal Education Program) to determine their eligibility. This program is open to commissioned officers in the rank of 2nd Lt. through Capt. Applicants must have at least two but not more than six years of total active federal service at the time legal training begins. Eligibility is governed by statute (10 U.S.C. 2004) and is non-waivable.

Applicants must send their request through command channels, to include the officer's branch manager at PERSCOM, with a copy furnished to the Office of the Judge Advocate General, ATTN: DAJA-PT, 1777 North Kent Street, Rosslyn, VA 22209-2194, to be received no later than Nov. 1. Interested officers should contact the Office of the Staff Judge Advocate, building 200, or 239-2217.

KANSAS PRESS ASSOCIATION, INC.  
2 x 2"  
Black Only  
Service Location

THE MARTIN AGENCY  
4 x 10"  
Black Only  
Allent Post: 9-6, 13, 20 & 27

KANSAS PRESS ASSOCIATION, INC.  
2 x 2"  
Black Only  
Martin

SET  
2 x 5.5"  
Black Only  
NEW TIMES SEPTEMBER



U.S. ARMY RESERVES- ARMED FORC  
6 x 21.25"  
Other Color  
FULL COLOR/TBD

