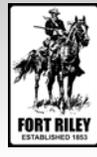




Fort Riley Community



In Step on Channel 2

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

Apple Day ~ Open House Reenactors teach, entertain

By Lillian Flegle
Staff Writer

In keeping with the theme of the Fall Open House and Apple Day, "When the Past Meets the Present," a variety of reenactors added historic flavor to the day's activities, held on Cavalry Parade Field Sept. 28.

Reenactors ranged from a log hewer who had chips flying through the air, to a mountain man who had stew simmering over a campfire. A singing cowboy shared Kansas and Fort Riley history through song while a farmer reminisced about "how it was done back in the old days." Confederate Prisoners of War pitched their tents alongside their Union captors, while the creaking of wooden wagon wheels and jingling of mule harnesses filtered through the air. The team of mules lumbered past, pulling wagonloads of people across the field. Cannon fire and war whoops were heard as the Fort Riley Honor Guard exhibited their pistol and saber skills during their demonstrations, and the Artillery Half Section fired their cannons during the grand finale of each performance.



Stacey Cooke, a veteran reenactor at Apple Day, demonstrated the lost art of pioneer woodworking with his collection of

Chris Hayhurst, a reenactor with the 9th Texas Infantry Reenactors Unit, takes down a civil war era enlisted man's tent during the Apple Day, Fort Riley Fall Open House.

Sgt. Gabriel Lincoln of the Fort Riley Honor Guard shoots two model 1858 .44 caliber revolvers while riding his horse, Ike, during the Apple Day, Fort Riley Fall Open House.

See Reenactors Page 11

Obstacle Course, Weapons Firing Range favorites with kids

By Emily O'Connor
K-State Intern



Children had the opportunity to experience some of the aspects of life as a soldier last weekend at Fort Riley's Fall Open House and Apple Day.

Two of the most popular activities children participated in were the Obstacle Course at Tuttle Park and the Weapons Firing Range located at Sturgis Field.

The Obstacle Course, which was set up by 70th Engineers, required a lot of work to put together, according to Spec. Dulles Smith, Company A, 70th Engineers.

"It took us about four hours to set the Obstacle Course up," Smith said. "We went out almost to Salina to get the hay bales and there are about 100 of them out there. We really put a lot of effort into this."

From a nearby hill, bystanders could view the entire Obstacle Course, which was largely composed of camouflage netting and hay bales.

Participants first entered a briefing tent, where they could have their faces painted with cammo paint, and then they were given a hard hat, simulating the Kevlars that soldiers wear. Each child or group of children was briefed about the mission and moved outside to begin the course.

"The kids have to deliver the secret message given to them at the beginning of the course to the Command Team, after taking on tough obstacles and the opposing force soldiers, which are armed with cap guns," said 2nd Lt. Joshua Eggar, 70th Eng.

Eggar spent the day at the end of the Obstacle Course, where he and Sgt. 1st Class Oscar Eaton, 70th Engineer Bn., accepted the secret messages from the children successfully completing the mission and presented each of them with a medal.

Nine-year-old Austin Landes,

of Junction City, said he liked the course.

"It was fun, but now I'm tired and thirsty," he said, wiping sweat from his camouflaged face. "The tunnel was hard."

Dawn Little, an Army wife, said that her children had gone through the course twice.

"We loved it! They've been waiting to go through it since last night," said Little, who lives near Tuttle Park. "There was a really big anticipation factor involved."

After working their way through the Obstacle Course, a group of Boy Scouts from Wichita, Kan., moved toward the Weapons Firing Range.

"We're Troop 524 from the East Minster Presbyterian Church in Wichita," Troop leader Dr.

Mark Huenergardt said.

Down on the Weapons Firing Range, children and adults were welcomed by a group of soldiers from Company B, 2nd Battalion, 70th Armor. They were told a little about the range and informed of the height requirement that had to be met in order to participate at the range.

Moving through a canopy of cammo netting, participants were given earplugs and then waited for their turn to fire one of two weapons. The weapons, according to Capt. Bradley Laauwe, Co. B, 2nd Bn., 70th Armor, were the M4 Carbine and an M2 .50 caliber machine gun.

Austin Landes, 9, said that the Weapons Firing Range was his favorite event of the day. "I hit at

least 10 (targets) down today," he said.

"The most fun thing I've done today is shoot the guns," said Michael Coleman, 15, of Junction City.

"The smaller gun doesn't really have a loud shot, so it's not really that fun, but the bigger one is cool. You're leaning back and hanging on to it."

Many more enjoyed the range on Saturday as well.

The course was a rare opportunity for civilians to practice firing the weapons using the Army's laser training equipment.

"I would estimate that we had 500 to 600 people go through (the range)," Laauwe said.



Peter Paras, Jr. swings across a water obstacle to get his secret message to the command tent at the end of the obstacle course. Participants first entered a briefing tent, where they could have their faces painted with cammo paint. They were given a hard hat, simulating the Kevlars that soldiers wear. Each child or group of children was briefed about the mission and moved outside to begin the course.

Victoria Little, daughter of Maj. Richard and Dawn Little, is given a water balloon and directed to the finishing point on the obstacle course at Apple Day/Open House.



Apple Day ~ Open House



Andrea Livick (left) and Terrie Miller serve apple pie to visitors at Custer House. By the end of the day, the pie was sold out. Post Bulletin



Whitney Estrada, 6, puts an apple into the apple grinder to help make cider at Custer House during Saturday's festivities. Post Shepherd



Visitors to Fort Riley's Apple Day, Open House festivities wait for their turn to tour the historic Custer House. Post Bender

Homes tour showcases historic post residences

By **Janie Bender**
Staff writer

The Historical and Archeological Society of Fort Riley held a tour of the post's historic homes Sunday.

The tour showcased six homes on Main Post and the Custer House Museum. "We chose the homes based on their history and architecture," said Rachelle Boslego, HASFR president. "These homes are very old."

This is the first tour HASFR has put on in few years. "It used to be every year, but we stopped for a while. I am glad to revive the tradition," said Boslego. About 90 people showed up to

take the three-hour walking tour and they were divided into seven groups. A volunteer led each group to the homes on a rotating schedule. Other volunteers pointed out details of interest in each home, such as pieces of antique furniture the occupants had collected.



The tour included Quarters 7-A, the home of Lt. Col. Charles Sexton and his wife, Melody. The first set of quarters built on Forsyth Avenue, it was built in 1887 for \$4,831. Donna Bolander gave the

tour of the home. A working diamond disk player sits in the dining room, in addition to a turn of the century baby grand piano. Mrs. Sexton's collection of cows is displayed in her kitchen. Also in the kitchen, a painting of a window scene, complete with a cat sitting on the sill, hangs on the wall. The painting has hung in the kitchen in every home the Sextons have lived in. "That way the kids always have the same view out the window through all the moves they have taken," said Bolander.

Also on the tour was Quarters 2, the home of Col. John Musser and his wife, Marilyn.

Built in 1890, the house cost \$6,800 to build. Mrs. Musser gave the first part of the tour of her

home. Musser said she recommends thrift shops, second hand stores and flea markets to find items to decorate a home. One of the more unusual items Musser uses for decorating is a mankin she purchased for five dollars. She decorates it for holidays and special events, she said. She also collects McCoy pottery. "This is one of the fun things for me to look for while I'm scouring for things," she said.

After the tour, visitors gathered at Quarters 1 for refreshments.

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Debbie Dougherty, a museum docent at Custer House Museum, explains the use of the cheesecloth that was often spread over food. The large meal of the day was usually eaten at mid-day and any leftovers were covered keep them free from insects until the evening meal. Right, turn of the century toys decorate a child's room in the Custer House. Post Photos/Bender

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Apple Day ~ Open House



Post/Bender

Fort Riley Honor Guard soldiers take Open House visitors on a wagon ride around Calvary Parade Field.



Post/Bender

Soldiers from the Fort Riley Honor Guard cross swords during a demonstration of saber drills. The Honor Guard receives instruction from manuals that were used by cavalrmen of the Civil War era.

Reenactors continued from page 9

early American tools. Cooke used these same tools to build a barn on his home place the "old-fashioned" way. During his demonstrations on Saturday, he shaved shingle slices from logs for a cabin roof. He then used a hand auger and a variety of bits to bore holes for dowels to be used in place of nails. "They didn't use nails as much back then," Cooke explained. "They had them, but when you're in the woods, you use what you've got."

As Cooke shaped round logs into squares, he explained the history of cabin building to visitors. He also explained how he is building a covered bridge on his own property near Chapman.

"I guess it's in the blood," Cooke said. "My grandfather worked with wood and my father was a carpenter. When my dad gave me an old wooden plain and a drawknife, I was hooked. Now my family and I work with these things as a way of life."

Jeff VanZandt, scoutmaster, Boy Scout Troop 524, Wichita, Kan., credits Apple Day reenact-

ments with helping his scouts earn their Citizenship in the Nation merit badge.

"For scouts to earn their Citizenship in the Nation merit badge, to be an Eagle Scout, they have to go to a federal facility and observe the historic aspects of the post," VanZandt explained. "This was a wonderful way for them to learn the history and earn the badge at the same time." VanZandt added that the scouts are learning to appreciate military history as well and what the military did for them [scouts]. He said the event helped his scouts appreciate what they have today versus what the soldiers and civilians had to get by on in the old days.

Visitors to Saturday's reenactment exhibits and encampment displays also enjoyed the interaction with Union and Confederate soldiers at their campsites. Because equipment was set up and laid out, visitors got a firsthand feel for what the soldiers dealt with on a daily basis.

Visitors could walk down the narrow path between the A-

framed canvas tents of the Union camp. A hand painted, silk Union flag flew high above the captain's tent, and blankets lay rumpled inside the tents as if the soldiers had just risen from a night's sleep on the hard ground. At the end of the row, bedrolls were spread out to show people what a soldier might carry on a long march. Soldiers milled about the camp, one twanging a tune on the mouth harp and puffing an old cigar, while others exchanged conversation under a shade tree.

"We're a walking, talking museum," said Kevin Plankinton, the color sergeant for Holmes' Brigade. "We show people that even the old infantry soldiers went through some of the same experiences as the modern day soldier. We hurry to our next location, then wait for orders. Soldiers kept themselves entertained through music, the art of conversation and reading."

A short distance away from the Union camp, another campsite was set up in similar fashion to its Union counterpart. At this site a

Confederate flag flew over the tent belonging to the Commanding Officer of the 9th Texas Volunteer Infantry Regiment. Soldiers of this camp were being detained as Confederate Prisoners of War.

"We're a rag-tag bunch of farmers that went out and fought the federal government," said Robert Hayhurst, captain of the POW unit. "This post is full of Confederate history and we're here to represent some of it."

"We want to dispel the Hollywood version of a Confederate soldier," said Ryan Albert, a Confederate POW. "We give a different look to what the Confederacy was really all about."

Hayhurst feels it's important to represent the Confederate soldiers at Fort Riley since, according to him, people of this area were Confederate sympathizers before the Civil War and Fort Riley was a Prisoner of War camp during the Civil War in 1862.

"Before the war, prominent Confederates such as Jeb Stuart and Gen. Lewis Armistead were stationed at Fort Riley," Hayhurst said. "Gen. Armistead's wife, Cornelia and numerous confederate soldiers were buried at Fort Riley."

"This post is full of Confederate history," Hayhurst added. "The Battle of Glorietta Pass, fought near Santa Fe, N.M., brought wounded Confederates to Fort Riley, and once nursed back to health, were sent on to Fort Leavenworth. We wanted to be a part of Apple Day so we could have the opportunity to teach people about the Confederacy, the life of an average soldier and Fort Riley's history in general."



Post/Skladmore

Korean War Veteran, Maj. (Ret.) Ray Welles, helped to man the Veterans' Tent during the Apple Day Open House Saturday. Welles greeted visitors to the tent and explained to them where he was during the war and what the conditions he lived in were like. The Veterans' Tent played historical videos, displayed vintage photographs and had several veterans from each era provide a living history for visitors.

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Students donate food to local pantry

By Lori Bulman
Editor

Student Council members from Jefferson Elementary delivered over 200 pounds of food to the Food Pantry of Geary County on Sept. 26, to help families with low household incomes.

The students, from the third, fourth and fifth grades, collected the food at a Back to School

dance held Sept. 20, according to Holly Morgan, a fifth grade teacher at the school. "Entry into the dance was a can of food."

Waverly Graves, a retired Army 1st Sergeant and a volunteer at the pantry said he really appreciates the donations that the kids brought in. "I was in the military for 26 years and worked Geary County Schools for 20 years after that, and I like to see young people getting involved

like this," he said. The pantry, at 136 W. 3rd Street, Junction City, is a non-profit corporation with the mission of minimizing hunger at the local level and raising community awareness of hunger among low-income families and transients.

The pantry is not only a collection and distribution point for donated salvageable and surplus food, it is also a distribution point for government food commodities

as well. "Anyone who meets the guidelines for commodities can come and get food on the fourth Wednesday of the month from 1 to 4 p.m.," said Lisa Newman, Food Pantry manager. "They first have to come into the pantry office on a Tuesday, between 3 and 5 p.m., with proof of income like an LES, social security cards for all of their family members and some form of photo identification to get the card for receiving commodities."

The maximum income requirements for receiving commodities are figured by household size and are figured with the gross family income. For a single person household, the maximum income is \$960 per month. For additional family members the income maximum is increased. For two people, the maximum is \$1,294; for three, \$1,628; for four, \$1,961; for five, \$2,295; for six, \$2,629; for seven, \$2,962; for eight, \$3,296 and for additional family members over eight, add \$334 per additional person.

According to Newman, many people in the area do not know they qualify for the food, and it is not the same thing every month like people might think.

"We get a different selection of food every month," Newman said. "This month we got juice, peanut butter, potato flakes, canned vegetables and fruits and canned beef."

Anyone interested in donating food or in need of food can call the pantry at 762-8830 for more information.



Student Council members from the third, fourth and fifth grades at Jefferson Elementary School, deliver more than 200 pounds of food to the Food Pantry of Geary County to help families with low household incomes.



Anna Vera, a third grade student council member, places food in boxes at the Food Pantry of Geary County. Middle School council members collected food at a Back-to-school dance.

Wild West Night includes bull riding, mock jail, games

By Steven Cooke
Staff Writer

Soldiers, family members and friends from neighboring communities put on their best western duds and traveled back to the wild west. Sept. 26, at Riley's Conference Center.

"Wild West Night is a western event of friendship, fellowship and fun," said Capt. Robin Farmer-Inthavongsa, officer in charge, Wild West Night.

The evening featured several activities for attendees to enjoy. There was games, food, auctions, a store, calf roping, a mechanical bull, skits, live music and a dance floor.

The games seemed to be a big attraction.

"People seem to be most interested in the ... games..." said Sgt. Tonya Jackson, hostess, Wild West Night. "I'm looking forward to winning myself."

"I just got here 20 minutes ago," said Spec. Jason Dunlap, president, Better Opportunities for Single Soldiers. "I'm looking forward to getting on the (games) tables."

There was also a sutler's store at the event.

"A sutler is an old time general store," explained Rhonda Lysinger, manager, The Shoppe. "The Shoppe on Stewart Avenue supplied the sutler with hand made crafts."

There were plenty of activities to choose from at Wild West Night.

Cowboys and cowgirls could ride the Red Rock mechanical

bull or outside, in the O.K. Corral, they could rope mechanical calves.

There was also a jail for wanted criminals.

According to his arrest warrant, Command Sgt. Maj. Ron Riling was sent to jail for "stealing the hearts of young maidens."

People at Wild West Night could have an arrest warrant put out on someone for a variety of

reasons, then have them sent to jail for ten minutes, explained Pvt. Larry Weeks, Wild West Night-deputy sheriff. If wanted criminals didn't have 10 minutes to spare, they could use one of their get out of jails cards or they could use funny money for bail.

"Real" outlaws were also walking about for people to turn in. Most dangerous were Terrible Tom Metz, Mad Dawg Musser,

Hooten and Hollerin Hilderbrand and Madam Mae Martin.

Photographers were also on hand to take pictures. People could put their faces in cowboy or saloon girl cutouts. They could also have their photo taken at a vestibule getting married by a chaplain or just with a desert scenery background.

After all is said and done, attendees said the best part of

Wild West Night was just hanging out with friends.

"I'm having a great time," said Michele Hottinger. "The best part is socializing with everybody. Everybody's able to just have a good time."

"The best part about tonight, really, is just hanging out with people from Fort Riley and having a good time," said Maj. Steve Hottinger.

"It's a good opportunity for seeing new people," said Ginger Womack. "As a matter of fact, I've never seen many of these people."

"Wild West Night is a way to get people together, take off our rank and enjoy each other," said Farmer-Inthavongsa.



Character players have their picture taken at one of the photograph booths at Wild West Night, Sept. 26 held at Riley's Conference Center.

Reward Offered

On Aug. 11, between 10:30 and 11 p.m., an anonymous call was made to 911 reporting a fire at the Main Post Shopette. The fire department responded and the fire was extinguished.

If anyone has any information about the fire or the individual who reported it, please call the Fort Riley Criminal Investigation Division, Special Agent Jim Suprynowicz or Investigator Matthew Casper, 239-2450.

CID would just like to speak to the reporting caller to try to obtain more information about the fire.

Anyone responding to CID can remain anonymous and may receive a reward.

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Fort Riley Sports

October 4, 2002

America's Warfighting Center

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Micah Lipsome dribbles the ball past a Nebraska defender during a soccer invitational hosted by Kansas State University last Saturday and Sunday. The Fort Riley team went 1-2 during the tournament.

Commanders Cup standings as of Sept. 23

	All Army Points	Total
Men's		
924th MP Bn.	25	2530
4-1 FA Bn.	25	2370
1st Finance Bn.	1	1080
MEDDAC	1	1020
541st Maintenance Bn.	0	400
1-34 AR Bn.	0	320
HHC, 937 ENG and 82nd MED	0	217
Women's		
924th MP Bn.		1183
1st Finance Bn.		500
541st Maintenance Bn.		205

Flag Football standings as of Sept. 30

	Wins	Losses
Northern League		
HHC 1-34 AR	3	1
331 SIGNAL	3	0
HBB 1-5 FA	1	1
D 1/5 FA	1	0
B 1ST EN	0	1
B 1-34 AR	0	1
C 2/34 AR	0	3
HHC 1ST EN	0	3
Southern League		
C 70 EN	3	0
SVC 4-1 FA	2	1
C 4-1	1	0
HHC 3rd BDE	1	1
HHC 24 ID	2	0
B 2/70 AR	1	1
MEDDAC	0	1
HBB 4-1 FA	0	2
Western League		
172nd CHEMICAL	3	0
1ST MAINTENANCE Co	3	1
523RD MP	2	1
568 CSE	2	2
HHC 937 EN	1	2
977 MP	1	3
1ST FINANCE	1	3
82ND MEDICAL Co	0	3

Serious vs weekend athletes: When it comes to diet, their needs are different

Ordinary people who keep in shape for weekend sports often compare themselves to more serious athletes. But when it comes to diet, there is a difference between the needs of the occasional athlete and the serious competitor who trains every day.

"The weekend warrior probably tends to overeat, especially if they expend a lot of calories on the weekend and do almost nothing in between," said Mark Haub, assistant professor of human nutrition at Kansas State University. "From an energy standpoint, the weekend warrior doesn't need many more calories than a typical person."

Sometimes overeating is an effect, not a cause, of the sport. A

celebratory — or consoling — beer and pizza festival after a game can pack on unneeded calories, Haub said.

The training athlete needs huge amounts of food. Endurance cyclists, such as those who compete in the Tour de France, may burn up to 8,000 calories per day. The normal person only uses 2,000 to 2,500 calories. So before you start mimicking Lance Armstrong's meals, make sure the caloric intake is suitable for you.

Weekend warriors are also usually adults, and nothing can prevent metabolism from slowing down as people age. Therefore, even people who are in excellent shape probably need to cut down on calories as they get older to

keep off the body fat.

Serious athletes also need to consider their dietary needs. Though their caloric intake should be high, the types of food they eat can be the same as that of a normal person. If a person eats 4,000 to 5,000 calories per day, they will most likely get all the vitamins, minerals and protein they need, Haub said.

Haub cautioned adolescent athletes to make sure they get enough calories. In sports like gymnastics and wrestling, where athletes try to control their weight, youths can stunt their growth if they eat too little. They can catch up if they eat enough during the off-season, however.

Athletes should consume high

levels of carbohydrates a day or two before competition. Many football coaches promote high-protein meat meals before a game, but protein is not necessarily an energy source during competition, Haub said. Complex carbohydrates like pasta, potatoes, bread and rice are nature's fuel for sporting events.

"People need to realize that football players are on the field for two hours. That doesn't make it an endurance event, but they can still run out of carbohydrates. If they do, they can get a drop in power output. Football players tend to become weaker and lethargic by the fourth quarter," Haub said.

See Athletes Page 16

Hunting seasons begin, education classes offered

By Steven Cooke
Staff Writer

With the hunting season underway, Fort Riley's hunters need to be aware of safety regulations and requirements.

The Kansas Wildlife and Parks Commission, Hunting and Furharvesting Regulations Summary states, all residents between the ages 16-64 need to have a resident hunting license. Nonresident hunters, regardless of age, need to have a non-resident license.

Hunters born after July 1, 1957, must

complete a certified hunter education course before purchasing a hunting license or hunting, unless hunting on their own land. Completion of an NRA Hunter Safety course or equivalent is mandatory before individuals participate in hunting activities on Army land according to AR 210-21, said Randy Case, outdoor recreation assistant, Outdoor Recreation Center.

In addition to a hunter safety course, hunters on Fort Riley must obtain a Kansas hunting license as well as a Fort Riley license, said Case. But, the resident Hunters Safety course can be from any

state.

Case said the Fort Riley hunting and fishing licenses are free for active duty personnel E-4 and below, but these individuals are also required to have a Kansas fishing, hunting or a combination license as well.

Certified hunter education courses are offered free to the public at locations around Kansas. There are several upcoming classes in the local area.

There will be a class held Oct. 22, at Tuttle Creek State Park. For information, call the park, 785-539-7941. On Oct. 23

class will be held in Junction City at the Sportman's Acre Range again. Abilene Senior Center is the location of a Nov. 2 class in Abilene. Call Abilene Parks and Rec for more information.

Fort Riley's 2002 hunting seasons have already begun. Dove, early prairie chicken and early teal season began in early September. Elk, deer and turkey season began Oct. 1.

Either sex of elk can be hunted through Dec. 31. The antlerless elk will be divided into three segments. The 1st segment can be hunted until Oct. 31. The

2nd segment will begin on Nov. 1 and end on Nov. 31. The 3rd segment will begin Dec. 1 and end on Dec. 31.

Deer archery hunting will run from now until Dec. 31, then start up again Dec. 16 until Dec. 31.

Deer muzzleloader and shotgun hunting will start Nov. 29 and end Dec. 1. Deer rifle hunting will be divided into two segments, Dec. 20-23 and then Dec. 26-30.

Turkey season will run from now until Dec. 3, and then Dec. 16 to Dec. 31.

For more information on Fort Riley hunting, call Outdoor Rec., 239-2363.

Drivers beware: Deer, elk, other big game near roadways

By Alan Hynek
DES Biologist

Drivers beware! We are entering the most dangerous time of year for deer-vehicle accidents. The cost in property damage each year easily reaches in to the millions of dollars, with some accidents causing injury and occasionally death. Deer related accidents are a serious issue and one that you should not take lightly. It is important try to minimize the chances of a collision.

The state of Kansas has maintained records of deer-vehicle accidents since 1980, which had a total of 1395 accidents that year. The number climbed steadily until 1998, reaching nearly 10,000. The total number of accidents has remained fairly stable since then and even declined slightly in the past couple of years.

Fatalities have occurred nearly every year since 1991. The peak was 5 in 1996, which also produced a significant increase in overall accidents. It is proba-

bly not a coincidence that 1996 is the same year the speed limit was increased to 65 mph.

As we enter into the most likely time of the year to find deer crossing a roadway, drivers have an opportunity to decrease their chances of striking a deer. Keep the following points in mind, especially during the evening and nighttime hours.

Intentionally look for deer. Scan the roadside and down the roadway, using high beams as much as possible to reflect deer eyes on or near your path. Pay attention to the sides of the road, especially in areas where trees and shrubs could obscure the view.

Drive at a moderate speed, particularly on roads near woodlands, crop fields, parks, golf courses and streams or creek bottoms.

Slow down in areas where deer crossing signs are posted. These signs are posted where vehicle-deer crashes have

repeatedly occurred. Reduced speed will decrease the likelihood of a deer collision.

If you see deer, slow down, be prepared to stop and always assume other deer are nearby and could bolt onto the road. Deer frequently travel in groups. When one deer crosses the road, there may be others waiting to cross. Slow down after the first crossing and watch for others that may dart into the road.

Slow down when approaching deer standing near roadsides. They have a tendency to bolt, possibly onto the roadway.

The most serious accidents occur when drivers lose control of their vehicles trying to avoid an animal. Do not take unsafe evasive actions. It is usually safer to strike the deer than another object such as a tree or another vehicle.

Use flashers or a headlight signal to

warn oncoming drivers after you see deer near a roadway.

Always wear a seat belt. Statistics show that most people injured or killed in deer-related collisions were not wearing seat belts.

October through December account for the majority of accidents involving deer. However, you should be aware at all times of the potential for a deer-vehicle collision, especially between the hours of 6 p.m. and midnight.

It is equally important to be aware of other wildlife in the area, particularly the elk that are found on Fort Riley and surrounding lands. Although elk are not very common in the area, a collision with one of these animals that may weigh two to three times as much as a white-tailed deer can be very serious. Elk have been found just about everywhere on post, so the potential exists over a wide geographic area. Still, there are other species

of wildlife that normally do not cause serious damage but should also be considered. Accidents do occur when trying to avoid small animals on the road as well.

In regard to deer-vehicle accidents, the issue of deer whistles always comes up. These devices are intended to make a high pitch sound that is uncomfortable to deer, thus repelling them from your vehicle. The vendors of these products say they work and many people have installed them have never hit a deer. However, the research done on these devices concludes, for the most part, that they are not considered effective. Although it probably won't hurt to put them on, the best course of action is to employ the points listed above.

For more information, contact the DES Conservation Division at 239-6211, building 1020 or http://www.riley.army.mil/Services/Fort/Environment/NatResources/ on the Internet

On the Wildside: News About Nature

Policy spells out benefits

By Marcia Triggs
Army News Service

With more detail but less legalese, a revised deployment and mobilization policy on operations Enduring Freedom and Noble Eagle will hopefully eliminate problems with orders, Army officials said.

Some soldiers have shipped their privately owned vehicles overseas on temporary duty orders, which is not allowed, said Lt. Col. Nobel Lugo, a finance action officer for the Deputy Chief of Staff for Personnel, G1. Then there are some soldiers who are getting unauthorized per diem, he added.

The Personnel Policy Guidance, which is published at <http://www.odcsper.army.mil/>, contains eight sections that outline everything from deploying and redeploying troops who are engaged in the war on terrorism. It also delves into equipment, medical and dental and family assistance for deployed troops.

"The biggest problem is that soldiers don't know what their entitlements are," Lugo said. "The PPG is written in simple terms so that anyone can understand it. It's not for a specific audience, but I advise the people who publish orders to visit the Web site."

Example travel orders for both operations are printed in the policy because clerks were using orders that were made for other operations and just changing the name, Lugo said. Soldiers also need to understand that the entitlements are different for both Enduring Freedom and Noble Eagle.

Reserve-component soldiers mobilized for the stateside operation, Noble Eagle, are authorized movement and storage of their household goods. However, personnel assigned to Operation Enduring Freedom are not authorized to store or move their household goods, the PPG states.

Entitlements are not only different between Noble Eagle and Enduring Freedom, soldiers participating in the same operation may have inequities of benefits.

Personnel mobilized for Noble Eagle, who had to leave their local commuting area, are entitled to travel pay to the duty station and then back home after the mobilization. They are also authorized per diem during the entire period of active duty, according to the policy.

Personnel ordered to duty at a location within their local commuting area are also entitled to travel pay to the duty station and back home after the mobilization. However, they are not authorized per diem or mileage during the active-duty tour, the policy states.

"Even though the first PPG came out Oct. 19, it left a lot for interpretation," Lugo said. "It was finalized, but we were still writing and rewriting. There will be changes, and we'll reflect that in the policy."

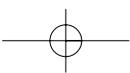
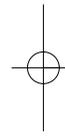
The entitlement section had the most changes, but that's always the case, said Lt. Col. Corrina Boggess, the chief of Military Mobilization Branch, Operations Division, G1. As an operation matures, additional information comes in. Awards are another example of entitlements that have to be added later in the operation. Initially there are no awards for a particular operation, but now mobilized reservists can wear the Armed Forces Reserve Medal with "M" device, Boggess said.

Personnel policy guidance is written for any contingency the military is involved in, and all the specific requirements and benefits for that particular theater are published in the guidance, Boggess said.

Devising this policy was a unique experience because it was the first time a PPG had been done for a stateside operation, Boggess said. There were also no previous plans stating what type of equipment and immunizations were going to be needed for the Afghanistan theater, she added.

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Commentary

Some teams have fallen; some have come back from the dead

By Kevin Doherty
19th PAD

Last Thursday night, in the pouring down rain, the Florida State Seminoles lost a heartbreaker to Louisville. The following Saturday, the normally reliable victory over Iowa State for the University of Nebraska, wasn't so reliable.

So, why have two of the greatest powerhouses in college football fallen so far down?

Notre Dame is sitting at 4-0, their best start since 1993. After completing the Michigan sweep, the Irish are settling in for a possible Bowl Championship Series game run and early on look legit. So, how have the Irish made the transition with a new coach, while others have faltered?

For the early part of the college football season, some teams have definitely either separated them-

selves or brought themselves back into the pack.

For the first time in 21 years, Nebraska is not ranked. Not only are they not ranked, but head coach Frank Solich's job looks a little shaky. After their loss to Iowa State Saturday, their record stands at 3-2 and with games still to go against both Texas teams and Kansas State, the outlook doesn't look good for him.

Speaking of fallouts, where the heck is Maryland?

The Terps were one of the best teams in the country last season, and they can't even be found on the radar screen this year. They have three wins, but they are against cupcake teams. Ralph Friedgen was the Coach of the Year last season, but he'll be lucky if his squad can even get into a New Year's Day Bowl this season.

Enough about the teams head-

ing down the wrong way on a one-way street.

Let's get to the teams back in the spotlight.

Everyone knows about the Fighting Irish and the wonderful job Tyrone Willingham has done and Joe Paterno's big turn around, but no one is talking about the job Jim Tressel, Bill Snyder and Kirk Ferentz have done in the Big 10 and 12 Conferences.

Ohio State (5-0) and Iowa (4-1) have given the Big 10 bragging rights again, and Kansas State (4-0) has surprised everyone by being ranked in the Top 15.

Tressel, who has an all-world freshman running back in Maurice Clarrett, is leading the way in the Big 10. The Hawkeyes have rejuvenated their football program and would be undefeated if not for a collapse against the cross-state Cyclones. Snyder's Wildcats have once again put themselves into

outstanding shape heading into the conference schedule. Snyder must decide if he is going to use the services of El Roberson or Marc Dunn at quarterback. The Wildcats lock it up with the Buffaloes of Colorado tomorrow.

Maybe not a huge turn around, but after Michael Vick left Virginia Tech; the Hokies have fallen down a bit. This season the Hokies have played just about as well as any team in the country, well... besides those unstoppable Hurricanes of Miami.

Frank Beamer has once again brought his team into the championship picture and has the best one-two running back punch in the country. The Hokies show-down with Miami might decide who goes to Tempe for the championship game.

With this being the first part to a four-part college football season, much could change with each

one. The second part is the beginning of the conference schedules, and some of these teams could stumble, and the Nebraska's and Florida State's of the world could run the table.

It's too hard to call for now, but it's nice to see the Golden Domers back in business. Also, even if you're anti-Cornhusker, it's tough to sit and watch as teams so dom-

inant before lose to teams so badly.

Plain and simple, college football is all about parity right now. These once dominant teams aren't able to get all the talent and some of the other schools are spreading the wealth around.

Make no mistake though, these schools will be back, I guarantee it.

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Aerobics classes being offered at King Field House

By Emily O'Connor
K-State Intern

Aerobics classes are being offered at King Field House for ID card holders and Department of the Army Civilians that are 18 years of age or older.

The classes will include a variety of step, toning and kick-

boxing exercises," said Kim Clark, King Field House office clerk. "The intensity levels of the classes will be adjusted according to the fitness level of the participants."

Classes are being offered on Monday and Thursday, 5:30 - 6:30 p.m., Tuesday and Friday, 9 to 10 a.m. and Wednesday during the lunch hour, 11:45 a.m. - 12:30

p.m. Pre-registration is suggested, as the classes are limited to 30 people. There is also a cost benefit for pre-registration.

"If you pre-register, classes will cost \$1.50 per session, but for those who show up right when the class starts, the classes will cost \$2 per session," Clark said.

The classes are scheduled to run until January, with registra-

tion on a month-by-month basis, Clark said. "As long as we have enough class participation, we'll keep the class going."

Classes are held in the skating rink on the second floor of King Field House, building 202.

For more information, call King Field House, 239-2813.

SET
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new lines

Athletes continued from page 13

said.

Competitors must find the happy medium between eating plenty of carbohydrates and "carbo-loading," a fad in which people gorge on carbohydrates for three to five days before a race.

"I don't think people realize how much water weight they can gain if they overload on carbohydrates. That's extra weight that they carry that they don't need, especially on a 5K or 10K race," Haub said.

Water is life and it is crucial to peak performance. If you feel thirsty during a sporting event, it is already too late. You have become dehydrated, which will hurt your performance.

"You need to keep drinking, even though you are not thirsty," Haub said.

Dehydration can be lethal. Football players die during summer training almost every year, often partly due to a lack of fluids, Haub said. A macho attitude may be part of the problem. Players want to appear tough, even when

they feel ill, so they continue practicing despite dehydration and heat stress. But dehydration translates to poor play.

"All else being equal, coaches that do take water breaks will have teams that perform better than those that don't take breaks or take fewer breaks," Haub said.

It is possible to drink too much water. When that happens, the salt in the blood becomes diluted, hurting performance. Distance runners should remember that they do not necessarily need to

take a drink at every water station during the race. The amount of water an athlete needs during competition, and the amount of food one should eat during the week, depends on the individual.

"Everything boils down to moderation, variety and a sensible diet relative to the amount of exercise the individual performs," Haub said.

Editor's Note: K-State release and staff reports.

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