

# 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

October 10, 2002

America's Warfighting Center

Page 9

## Abilene ceremony planned

Capt. Mark T. McNally, commanding officer of the aircraft carrier USS Eisenhower will be in Abilene to participate in the annual Eisenhower week activities.

Tomorrow, at 4 p.m., he will present remarks at the annual opening of the



Veteran's of Foreign Wars Vigil outside the place of the Eisenhower Center. Meditation on the grounds of the Eisenhower Center.

The all-night vigil was first initiated Oct. 13, 1990 during the Eisenhower Centennial year and has taken place at the grave of President Eisenhower ever since with state and local members of the VFW members standing vigil.

The public is invited to attend the brief ceremony.

Additionally, because the year 2002 marks the 50th anniversary of the Eisenhower presidency, Dan Holt, director of the Eisenhower Library, has invited President George H.W. Bush, 41st president of the United States to lay a wreath on Eisenhower's grave at 11:15 a.m. on Saturday. Bush will then speak from the museum steps for the unveiling of the newly renovated Dwight D. Eisenhower Presidential Gallery and Reader's Digest Foundation Education Center.

The Eisenhower Presidential Center in Abilene, Kan., commemorates the spirit of the Allied Expeditionary Forces of World War II, as well as the administration of the 34th President of the United States.

The Eisenhower family home is at the center of the complex.

This simple frame structure is typical of the late 19th century Kansas family dwellings.

The Museum, built of native limestone, depicts President Eisenhower's life and career from his early childhood through his two terms in office as Chief Executive.

Five major galleries include exhibits ranging from personal diaries to the world's heads of state to highlights of Mamie Eisenhower as First Lady to the simple artifacts of everyday life.

The Place of Meditation is the final resting place of the President, his wife and their first-born son, David Dwight Eisenhower.

The Presidential Library preserves 23 million pages of manuscripts, audiovisual materials, and other historical items relating to Eisenhower.

The Library's research facilities have been utilized by scholars from around the world.

The Eisenhower Center is located two miles south of the Abilene exit off Interstate 70.

Email for the Dwight D. Eisenhower Library is: [eisenhower.library@nara.gov](mailto:eisenhower.library@nara.gov)



Maypole dancers at the front entrance of the Kansas City Renaissance Festival welcome visitors.

## Kansas City Renaissance Festival Ladies in waiting, mimes, magic await visitors

By Gary Skidmore

Cnd. Information Chief

Full armored jousting, food fit for a king, living history tours and costumed characters are all part of this year's Kansas City Renaissance Festival.

With a history dating back to 1977, the festival, located just down I-70 at Bonner Springs near Kansas City, has grown from seven crafters and fifty performers on a mere four acres to more than 165 crafters and more than 500 performers on 15 acres. Last year more than 400,000 people visited the festival.

"We don't even start to bulge at the seams until we have 25,000 per day," said Carrie Shoptaw, festival general manager.

The American Business Journal recorded the Kansas City Renaissance Festival as one of its "top 100 events in North America."

More than 500 villagers stroll the lanes of "Canterbury," interacting with visitors.

According to Shoptaw, these villagers include beggars, jesters, rouses, mimes, ladies in waiting and soundclashers.

To make them seem more believable, Shoptaw said the player's costumes and dialects are true to the period thanks to many long hours of language classes and guidance in creating their costumes.

Denise Lawson, aka the Notorious Madam Red, a paralegal during the week, is in her 21st year playing a

wench at the festival.

Getting her start while in high school, Lawson was drawn to playing her part when she auditioned to play a wench when she was 17.

"Several of my friends worked at the festival and it seemed to be fun," said Lawson, who considers herself a professional actress.

"I enjoy this particular performance opportunity because it is the only example of full immersion improvisational theatre that exists."

Lawson said she fully inhabits her character while performing and that the character has a history made up of many hours of Lawson living in her skin.

"Two years ago, I calculated that I have literally spent more than one full

year of my life as this character," said Lawson. "It is a highly interesting and always a highly evolving form of performance art."

But the festival isn't just about villagers and living histories. Children play an important role in keeping the festival alive.

Just inside the front gate, children will find the castle entrance to the Children's Realm filled with crafts, games and shows designed for the young and young at heart.

This is the last weekend to enjoy the festivities of the Kansas City Renaissance Festival. Discount tickets are available through ITR. Adult tickets are \$12 and children, 5-12, are \$5.50. For information, call or stop by ITR, 239-5614.



## Geary County begins using, testing AMBER Alert system

By Emily O'Connor

K-State Intern

In the wake of recent child abductions across the United States, steps are being taken nationwide to make the recovery of missing children quick and successful.

One such program working to do this is the AMBER Plan, which was started in 1996 after nine-year-old Amber Hagerman was kidnapped and brutally murdered in Arlington, Texas.

The tragedy shocked and outraged the community, according to the Missing Kids AMBER Plan web page. Residents began suggesting ways to combat future incidents like Amber's murder. One of the solutions the community suggested was to have local radio stations broadcast alerts over the airwaves.

In response, the Dallas/Fort Worth Association of Radio Managers teamed

up with local law enforcement agencies and developed an innovative early warning system to assist in finding abducted children.

The AMBER Plan process is put into action when law enforcement officials have been notified that a child is missing, according to the Missing Kids AMBER Plan web page. They must decide whether or not the case meets certain predetermined criteria needed to activate the AMBER Plan. Each individual program sets its own guidelines.

"This is a very important new system being brought on line statewide," said Lt. Sandy Popovich of the Geary County Sheriff's Department, of the program which began Oct. 1. "It is an investigative tool that can be activated only by local law enforcement agencies after certain requirements are met."

The Kansas AMBER Plan requires

that the child must be 17-years-of-age or younger and must be in danger of serious bodily harm or death, and sufficient information about the kidnapping must be available to distribute to the public, in order to activate a statewide AMBER Alert. If the child is 18-years-old and has a mental or physical disability, an exception to the 17-year-old and under age requirement can be made.

Once all of the criteria are met, a designated law enforcement official will activate the AMBER Alert plan by sending all of the information available to the Kansas Bureau of Investigation. The KBI then, makes the information available to the public through the use of radio and television stations across the state.

When an AMBER Alert is sounded, the Emergency Alert System tone will play, followed by information about the child and kidnapping.

"EAS is the same sound that is played when there's a severe thunderstorm or tornado warning, so people will recognize it," said Dewey Terrill, KJCK news director.

The information will be aired every 15 minutes during the first hour of the alert, then every 30 minutes for the next three hours. After that, the station will decide whether or not to keep airing the alert information if the child has not been found.

The Geary County AMBER Alert system takes the Kansas plan a step further. Immediately after the determination to declare an AMBER Alert has been made, a designated officer in Junction City can tap into the KJCK broadcast system to air the alert immediately, through the use of telephone patching equipment that was purchased with funds donated entirely by the public, according to Terrill. The nor-

mal AMBER Alert process will then be followed.

If a child is missing on Fort Riley, parents should immediately contact the Military Police by calling 911.

"We're prepared to take steps immediately in the case of an abduction," said Ray Coffey, Fort Riley's Provost Marshal facilities liaison. "We're learning as we go, but our intent is that we'll be fully integrated into the AMBER Alert system, so if there's an abduction on post, we can get information out as widely as we can."

Coffey said that Fort Riley is currently in the planning stages of integration with the Geary County AMBER Alert system. For more information on the Kansas AMBER Plan, visit the Kansas AMBER Plan website at [www.ksamber.org](http://www.ksamber.org). Information about other AMBER Plans nationwide can be found at [www.missingkids.com/html/amberplan.html](http://www.missingkids.com/html/amberplan.html)

# Ensure friends have bountiful holidays with gift certificates

By Bonnie Powell  
DeCA

Want to ensure that family and friends are getting a bountiful dinner this holiday season? Worry no more. Commissary gift certificates are now available online through the Defense Commissary Agency's Web site. The new gift certificates can be purchased 24 hours a day, seven days a week, 365 days a year. It's all through a link at <http://www.commissaries.com>.

"We are continually seeking ways to improve customer service and we hope this program proves to be a great addition to the commissary benefit," said DeCA Director Maj. Gen. Michael P. Wiedemer. "The certificates are ideal for family and friends to give to young service members and their families as gifts," he said. "For instance, parents living in New York can purchase one for the upcoming holidays or other

occasions and 'give the gift of groceries' to their son or daughter wherever they are serving their country, as long as there is a commissary available to them." Anyone may purchase the gift certificates with a U.S. credit card, but only authorized commissary shoppers can redeem them at the store.

The commissary gift certificates, available in a variety of denominations ranging from \$5 to \$100, may also be purchased in the United States through a toll free number at 1-877-770-GIFT (4438). Purchasers overseas should use the online link at <http://www.commissaries.com>.

Order forms will also be available at commissary customer service desks or can be downloaded from <http://www.commissaries.com> as an additional option. The forms may be filled out and sent by mail or FAX to CertiChecks. Customers may pay with a check if they use the order form.

A standard charge of \$4.95

pays CertiChecks' costs for printing, mailing and handling of up to 20 certificates - as long as all are going to the same address. Typical delivery of certificates is 4- to 10-days. Additional charges apply for bulk orders and for special handling or delivery.

"We've been seeking a gift certificate program for some time now," said Patrick Nixon, DeCA's deputy director, "and this program has the portability we have not been able to offer in the past."

Commissary gift "cards" have been available for sale in stores since fall of 2001 and have been well-received by installation programs such as food banks or chaplain funds, as well as by commissary vendors to use for customer shopping sprees. But, the major drawback for the gift cards has been lack of portability - they had to be spent in the same commissary in which they were purchased.

"The new gift certificates are good at any commissary location worldwide," said Nixon.

# National Fire Prevention Week



Fireman David Kaiser demonstrates to students of Morris Hill Elementary, Early Childhood room, what firefighters wear when they go to put out a fire. The presentation was part of the children's tour of Fort Riley's main firehouse on Custer Hill and is intended to show children what firemen might look like coming into their home in case of a fire. The tour was presented as part of National Fire Prevention Week.

Post/Reader

## ITR

The Information, Ticketing and Registration office (ITR) is located in building 6918 (across from the PX). Hours of Operation are Monday - Friday 10 a.m. to 7 p.m. ITR is closed on weekends and holidays. For further information, call ITR at 239-5614 or 239-4415. Check out the Department of Army Leisure Travel website at [www.ofldutytravel.com](http://www.ofldutytravel.com)

### Silver Dollar City

When autumn colors blaze through the Ozark Mountains, the heart and soul of Silver Dollar City festivals honors the voices and hands that fashion our heritage during the all new Festival of American Music and Craftsmanship. See America's most unique crafts from carving to copper-smithing, barrel-making and more! Visiting musicians perform bluegrass, gospel and country music on stages throughout the city. Don't miss an exhibit honoring one of the nation's most beloved authors, 1880s-era writer Laura Ingalls Wilder, with memorabilia, music and film from her Ozarks' homeplace. The festival runs Tuesday thru Sunday in October. Discount tickets are available through ITR.

### Science City

Science City is at Union Station, Kansas City. Imagine a city like no other in the world. A thriving metropolis that combines adventure, entertainment, discovery and excitement. When the ordinary is replaced with the extraordinary and the impossible becomes possible. That's Science City. A new adventure every time! With four different parts of town containing over 50 interactive environments, you'll find there's something for everyone. A wide range of restaurants, from elegant dining to a quick bite to eat. Plus, unique shops. You'll find them all at Union Station. Discount tickets are available through ITR.

### Armed Forces Vacation Club

AFVC is a "Space Available" program that offers Department of Defense affiliated personnel the opportunity to take affordable condominium vacations at resorts around the world for only \$249 per unit per week. The AFVC makes this possible by utilizing "excess" inventory at condomini-

um units that resort owners do not use, which generally means off-season or short-notice travel. If you're an off-season traveler, you'll find popular locations without the hassle of high-season prices, crowds and lines, or if you can travel on 10 days notice or less, the AFVC offers an incredible vacation value. Stop by ITR for further information.

### Worlds of Fun

Worlds of Fun prices are falling. The Fall Special is valid through Oct. 27. Ticket will be valid at Worlds of Fun on Saturdays and Sundays through Oct. 27. What's more fun than a summer bursting with rides, shows and attractions? Fall weekends filled with tricks, treats and spooky shows! Halloween weekends can be enjoyed by the littlest of ghouls to the oldest of goblins. Boo! Blast, in the Scandinavian section of the park, is an area just for kids under 12, providing innocent Halloween delights. Halloween Haunt, located in the African section, offers frightful fun for older kids and adults. Halloween weekends, creep into Worlds of Fun weekends from Oct. 27.

### Renaissance Festival

Visit the 16th century village of Canterbury now through Monday in Kansas City. The Fest is situated on nearly 16 acres of shaded lanes. Browse and shop from over 160 artisans and their handcrafted wares. Entertainment awaits with over 13 stages, as well as live interaction with the colorful characters roaming the lanes of the village! This year brings the return of Robin Hood and his merry men! Be a spectator at the Ultimate Gladiator Games! Witness live jousting in our dynamic new jousting arena at the Renaissance down!

### Carnival Cruise

Dollar for vacation dollar, you get more for your money on a "Fun Ship" cruise vacation, because one price covers virtually everything: Superb meals that would cost a fortune at most restaurants. Shipboard activities that is always fun and often hilarious. A wide variety of live entertainment, including Vegas-style spectacles. And, use of the com-

plete Nautical Gym. The supervised activities of the Camp Carnival children's program are available and even 24-hour state-room service is complimentary. Plus, you'll have a spacious state-room where you can savor the sheer joy of unpacking once and only once. In addition to all this, you'll get to sail to exciting destinations while you dine or dance or dream the night away.

Military cruise specials still available for October. For example: the Celebration, with a sailing date of Oct. 21, for 5 days from Galveston, with port stops Cozumel and Calca Playa Del Carmen is only \$199 for best available Interior or \$249 for best available Ocean View. Stop by ITR and pick up a cruise brochure.

### Disney Cruise Line

Disney Cruise Line is pleased to announce an exclusive offer for active military personnel to experience the newest way to vacation with Disney. Choose an enchanted three- or four-night getaway to the Bahamas, or a 7-night voyage to exotic Caribbean islands. Enjoy spectacular show, fantastic programs, unique rotation dining, legendary Disney hospitality and an unforgettable adventure in paradise at Disney's own private island, Castaway Cay. Stop by ITR for further information and cruise dates.

### McCain Auditorium

Tickets available through ITR for all performances at McCain Auditorium, Kansas State University, Manhattan. Stop by and pick up complete performance schedule. Upcoming performances are: Oct. 18, Kansas City Ballet; Oct. 23, South Pacific; Nov. 13, Hamlet and Dec. 8, The Sleeping Beauty.

### Kansas City Chiefs

Tickets still available for the following home games: Buffalo - Nov. 17, Arizona - Dec. 1 and St. Louis - Dec. 8. Tickets are \$65 each, without transportation and \$80 with transportation.

### Leisure Commercial Travel

Booking travel via the Internet is becoming the fastest growing way for consumers to travel. A computer kiosk is available at ITR for customer use in booking airline tickets through the Internet, or stop by or call ITR for assistance in booking your commercial travel.

### Discount Movie Tickets

Passes may be used at Carmike Cinemas, Manhattan or Westside Twin, Junction City. Cost is \$5 for J.C. and \$5.50 for Manhattan. This is a great savings, up to \$2 per ticket, on evening shows.

### Kansas Cosmosphere

Located in Hutchinson, Kansas Cosmosphere and Space Center is quickly becoming the most comprehensive space museum in the world. It is not just what you'd expect to find on the open prairies of Kansas. From the jaw-dropping Hall of Space Museum and incredible IMAX Dome Theater to the million-dollar multimedia Planetarium, the Cosmosphere is an all-day, all-ages adventure. Hold on tight, you're go for lift-off! Tickets are \$12 for adults and \$11 for children, ages 4-12.

# Symposium offers youth chance to present issues

By Jamie Bender

Staff writer

Students from Fort Riley Middle School, Junction City Middle School and Junction City High School met Saturday at the Fort Riley Teen Center for the Youth Action Symposium to discuss issues affecting teens.

The 26 students, with the aid of a facilitator and a recorder, spent the day developing three top issues to present to Col. Frank Helmick, acting commander, 24th Infantry Division and Fort Riley, on Oct. 18, at the Family Action Symposium.

"The issues will be sent to a steering committee where they will be assigned to different agencies that will take care of the issues," said Becky Willis, program manager, Fort Riley Teen Center.

The students brainstormed 30 - 40 ideas of things that they would like to see changed and a recorder wrote them down, said April Guthery, who was recording for her husband Bill Guthery, facilitating a group of middle school students. The ideas are then voted on. The top three or four issues are then discussed to find possible solutions for them. "Everything comes from the kids," said April. "The facilitator keeps the kids on track and is there to keep conversation flowing."

"We do as much outside research as we can on the issues we are discussing, such as looking up the actual curfew regulations," said Lori Perry, facilitator for the high school students. "We guide the kids through the process of defining the problem clearly, and we make sure they stay focused."

Issued ranged from curfew times to clothing and music selections at the post exchange to the age requirement at post fitness centers.

"The high school students are looking at ideas for transportation to and from the teen center," said Brad McCormick, a high school student. "Some solutions would be to have a van that would come to the school and bring kids to the teen center, and a fixed stop in the neighborhoods, too."

"We think that the 14-year-old age limit at the fitness centers is to high. It should be at least 12," said Shanitra Brown, a student at Junction City Middle School.

"I think they have a good chance of making some changes," said Perry. "They have some good ideas and are willing to work to make sure they find a workable solution."

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# Fort Riley Sports



Kim Miller instructs Felecia Cradideth on the correct way to do an abdominal crunch during "The Truth About Abs," a class for beginners on working abdominal muscles.

## New abs class offered

By **Jamie Bender**  
Staff writer

A beginner's class for working abdominal muscles was held recently and another is scheduled for Nov. 4 at King Field House.

Kim Miller, Fitness Coordinator for Fort Riley, is teaching the classes. Miller, who has a background in physical therapy, said she felt there was a need for the class. "When we do surveys, many come back with people who want to know more about how to work their abs," she said.

The class is designed for beginners and will include an anatomical description of the muscles and how they work.

"I will teach a little about the anatomy to help people understand where the muscle is located and what it is attached to and how it all comes together," said Miller. "Many people will just whip out 100 to 200 sit-up or crunches when they exercise and then wonder why they are not seeing improvement."

The class will also touch on some common myths about abs. Miller will demonstrate to stu-

See Class Page 14

## Flag Football standings as of Oct. 7

	Wins	Losses
<b>Northern League</b>		
331 Signal	5	0
HHC, 1-34 AR	5	1
D 1/5 FA	2	1
B 1-34 AR	1	1
HBB, 1-5 FA	1	3
B 1ST EN	0	2
C 2/34 AR	0	4
HHC, 1ST EN	0	4
<b>Southern League</b>		
C 70 EN	3	0
SVC, 4-1 FA	2	1
C 4-1	1	0
HHC, 3rd BDE	1	1
B 4-1 FA	1	2
B 2/70 AR	0	1
MEDDAC	0	1
HBB, 4-1 FA	0	2
<b>Western League</b>		
172nd Chemical	3	0
1st Maintenance Co	1	1
HHC, 24 ID	2	0
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

## Teams prepare for Army run

By **Jamie Bender**  
Staff writer

Fort Riley will be sending a men's and a women's team to compete in the Army 10-Miler in Washington D.C., Oct. 20.

The teams have been training together since September six days a week, said Thomas Hollis, captain of the men's team and coach for both teams.

Hollis has designed a training schedule to condition the runners. "We run three specific workouts that are the core of our training. On Saturdays, we do a long distance run of 15 miles or more, and on Tuesdays we run hill repeats. Thursdays we do speed intervals at the Junction City High School track, where the team runs eight half-mile runs with a quarter mile jog in between." The other three days of the week are easy recovery runs that vary between five and eight miles," said Hollis. "These days are important

because they add to the total mileage run." The team is logging 53 to 57 miles per week.

The distance that the team members run every week is important for their training. "When training for a race, it's important to run four to five times the distance of the race (in a week)," added Hollis. The mileage improves muscle condition by helping the body process lactic acid and store additional glycogen to aid muscle recovery," he explained.

Hollis said he is pleased with the talent on the team. "Our women's team has a very good chance of placing well this year. We have four really close runners, and they should do quite well in the scoring," he said.

Fort Riley's Prairie 10-5-2 Run, held Aug. 3, was the local qualifying run for the Army 10-miler.

Not all the soldiers on the team were able to qualify at the Prairie Run. "I was on a training mission that day," said Robin Ayers, a

member of the women's team. "Capt. (Maureen) August found out I had been on a 10-miler team before and invited me to train with them. After three days, she asked me to join this team."

August also invited Maria Mattingly to join the team. "Captain August and I are in the same unit, and we ran together during physical training," Mattingly said.

Many of the team members feel a sense of camaraderie that motivates them to keep running.

"Knowing that my team mates are out here training just as hard as I am, and knowing that it's improving my run, keeps me going," said Elizabeth Barnaby. Barnaby also said she feels that she is in the best shape she has ever been in.

Gretchen Treat also enjoys running with her teammates. "I am used to running alone, so being on a team took some getting used to, but they keep me going," she said.

See Army 10-miler Page 14



The women's 10-miler team runs hill repeats behind Irwin Army Community Hospital during training for the upcoming Army 10-miler in Washington D.C.

## Boxing tournament rosters due

By **William Biles**  
Staff writer

The 2002 Fort Riley Novice/Open Boxing Tournament is scheduled for Oct. 22 - 26 at the King Field House.

Battalions may organize one men's team and one women's team, consisting of 12 novice boxers on each team.

An official team roster, signed by their battalion commander, will need to be submitted to the Fort Riley Sports Office by Oct. 14. Included in the roster will be

the team members' full name, rank, unit, duty phone number and weight class. Coaches and seconds will also be included, with the phone number of the point of contact.

A coaches meeting for the tournament bracketing is scheduled for Oct. 21, 2 p.m., at King Field House.

Units are limited to two boxers per weight class. The weight classes are: 112, 119, 125, 132, 139, 147, 156, 165, 175, 185, 195, 205, 215 and over 225 pounds.

All contestants are required to pass a physical within two weeks

of the initial mandatory weigh-in. Unit points of contact are responsible for scheduling all physicals with their unit dispensaries.

Weigh-in is scheduled for Oct. 21 from 7 - 9 a.m. at the King Field House. A copy of the boxer's physical must be turned in at that time or submitted to the Sports Office prior to the initial weigh-in.

For more information on the Fort Riley Novice/Open Boxing Tournament, call Barry Strunom, intramural coordinator, Fort Riley Sports Office, at 239-2172.

## Power Lifting Championship scheduled

By **William Biles**  
Staff writer

The Fort Riley Battalion Level Power Lifting Championship is scheduled for Dec. 5 at the King Field House. A letter of intent to participate must be submitted by Nov. 12.

To receive maximum participation points, commanders can organize one men's team and one women's team, each consisting of eight people. The contestants will fall into the following weight

groups: Men's weight classes, 123, 132, 148, 165, 181, 198 and 220 pounds and over and Women's weight classes, 123, 132, 148 and 165 pounds and over. Weigh-in is scheduled for Dec. 5, from 11:30 a.m. to 1:30 p.m., at King Field House.

The participants will not be allowed to move to a higher or lower weight class once they have been weighed-in.

An organizational meeting and clinic is slated for Nov. 12, 1:30 p.m., at King Field House.

A roster of the battalion team members needs to be forwarded to the Fort Riley Sports Office on a roster form by the close of the business day Nov. 22. The form will also need to be signed by the battalion commander and include the contestants' full name, rank, unit and weight class.

For more information on the Fort Riley Battalion Level Power Lifting Championship, call the Fort Riley Intramural Sports Coordinator, Barry Strunom at 239-3945.

## Fall leaves bring rainbow of color

By **Monte Metzger**  
DES Forester

Busy schools and raucous football crowds hint that autumn is not far away. Brilliant displays of fall foliage will soon accent the cooler weather and shorter days.

What causes these changes in leaf color?

What produces the wide range of colors we see? The change in tree leaf color during the fall is a complicated process not yet fully understood by scientists. It is known that leaf color change is related to basic tree metabolism.

Green pigments called chlorophylls convert sunlight, nutrients and water into the energy required by trees to survive and grow. Leaves also contain yellow, orange or brown pigments called carotenoids throughout the summer. However, the green pigment chlorophyll masks these colors, as chlorophyll dominates leaves throughout the growing season.

During the fall, chlorophyll production ceases, and its green color fades away. Then the yellows, oranges and browns that were hidden all summer emerge.

The brilliant pinks, reds and purples associated with fall color originate from another source. Pigments called anthocyanins

are less affected by weather, but red shades are heavily influenced by sun exposure and air temperature during the day and night.

Other factors that affect fall color include moisture, day length, tree genetics, site characteristics, latitude and altitude.

A rare s famous for fall color, like New England, contain trees like sugar and red maples that display breathtaking pinks, reds and purples in great abundance. Most of the native trees in Kansas, like the oaks, elms, hackberry, cottonwood and black walnut, exhibit fall colors that are generally yellow, orange or brown.

Brilliant reds and purples can be found locally in shrubs and vines like smooth sumac, Virginia creeper and poison ivy. When combined with the yellows and oranges of local trees, the effect is quite striking. Visitors to Fort Riley's woodlands and prairies this fall can expect a hazel landscape splashed with a dramatic rainbow of color.

On the Wildside: News About Nature

# Health

## “Tricare For Life” celebrates first anniversary of new program

### Tricare News Release

This month Tricare For Life celebrates its first anniversary of providing wrap-around coverage to Medicare for more than 1.5 million uniformed services retirees, family members and survivors.

“These new health care benefits have dramatically improved the quality of life for our Medicare-eligible retirees and their families,” said Dr. William Winkenwerder, assistant secretary of defense for health affairs and director, Tricare Management Activity.

“In our first year, we have received over 30 million claims, and paid out more than \$1.7 billion in health care benefits,”

he said.

Beneficiaries have written letters of thanks and admiration for the new program. One of Tricare For Life’s earliest users, Lucille Rutkowski, said the program not only restored her faith in government but also gave her the will to go on after being diagnosed with breast cancer, following 75 years of good health.

With Tricare For Life, Rutkowski was able to concentrate on getting well while the automatic cross-over between her Medicare and Tricare claims took care of the financial aspects of her care.

“The ‘behind-the-scenes’ story that ensured a successful implementation of this program was the unprecedented

cooperation and mutual assistance between the government, the private sector companies that help deliver Tricare benefits, and the beneficiary associations who are in regular communication with their members,” said Winkenwerder. Eligibility and claims processing issues were quickly identified by the beneficiary groups, communicated to the government and resolved, he said.

The Department of Defense conducted a recent survey of Tricare For Life users to find out how they were receiving information about their health benefits and if these sources were helpful. The number-one source of Tricare For Life information was the beneficiary letter

that DoD mailed prior to the program start date according to 85 percent of respondents). Uniformed services publications were the number-two source for health benefits information, followed by the Tricare For Life telephone help line, civilian publications, beneficiary counseling and assistance coordinators, Medicare and the Social Security Administration, health care providers and the Tricare Web site. The majority of respondents rated most of these sources as “very helpful.”

According to Winkenwerder, “The Tricare For Life program and the partnerships it generated are now benchmarks for DoD program success - and perfectly

complement the Tricare Senior Pharmacy Program, which was implemented April 1, 2001.” In its first year of operation, the Tricare Senior Pharmacy Program filled 11.6 million prescriptions with low-out-of-pocket costs for prescription drugs for Medicare-eligible DoD beneficiaries age 65 and over.

As Tricare For Life enters its second year of operation, Tricare Management Activity is making continued efforts to reach beneficiaries who may not know of the rich benefits and potential savings available to them. For more information on the program, call 1-888-DoD-LIFE (1-888-363-5433), or visit the Tricare Web site at <http://www.tricare.osd.mil/tfl/>

## IACH Briefs

### Tobacco Cessation

New classes are forming to kick that tobacco habit. Irwin Army Community Hospital offers a four-week tobacco cessation program, which meets on Wednesday, 5 - 6 p.m. or Thursday, 3:30 - 4:30 p.m.

For those concerned about gaining weight after kicking the tobacco habit, a dietitian teaches participants healthy ways to avoid weight gain.

Active duty uniform service members, their families, retired military and DoD civilians may participate in the tobacco cessation program. For more information contact Community Health Nursing, 239-7323.

### Prenatal classes

The Women Infant Care Center of Irwin Army Community Hospital is offering a new series of prenatal classes. “The Gift of Motherhood” Oct. 19, 9:30 a.m. - 1:30 p.m., in the 3rd floor classroom. Expectant mothers between their 12th and 40th week of pregnancy are eligible to attend. The prenatal

classes are free and each participant will receive a personal copy of the book, “The Gift of Motherhood” to take home. Expectant mothers are asked to bring their spouse, significant other or birth coach. The class is limited to 20 participants. The prenatal classes will continue to be held on the 3rd Saturday of every month at IACH.

For more information, please call Capt. Patricia McCorkle, 239-7434.

To register for “The Gift of Motherhood” prenatal classes, please call the Fort Riley TRICARE Service Center, 784-1200 or toll free, 1-888-874-9378.

### Breastfeeding classes

The Women and Infant Care Center of Irwin Army Community Hospital offers free Breastfeeding classes on the third Tuesday of each month. A dietitian will address the nutritional requirements for breastfeeding moms and a breastfeeding educator will talk about the advantages of breastfeeding and how to prepare for successful nursing. Breastfeeding techniques, troubleshoot-

ing advice and where to find support will also be offered.

Classes are held in the Obstetrics classroom on the third floor, 1 - 2:30 p.m. Everyone is invited and walk-ins are welcome.

For more information call Capt. Patricia McCorkle, 239-7434.

### Child Car Seat Inspections

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

Car Seat Inspection appointments are available Tuesdays and Thursdays, 9 a.m. - 12 p.m. Inspections will take place in the IACH parking area. To schedule a car seat inspection, call Community Health Nursing, 239-7323.

## Eating healthy all year can be easy

### K-State News Release

Eating healthy can be a challenge with temptations lurking all around. Fast food restaurants and candy dispensers offer a quick fix for hunger that may not nourish our bodies.

A Kansas State University professor says healthier eating can be achieved with a little planning and three practical steps. November, National Nutrition Month, is a great time to get information and begin a healthier lifestyle.

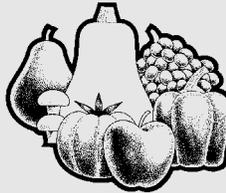
“National Nutrition Month promotes healthful eating and provides practical nutrition guidance. This year’s theme, ‘Start Today for a Healthy Tomorrow,’ reflects the importance of continuing a healthy lifestyle throughout the year.”

said Valentina Remig, registered dietitian and assistant professor of human nutrition.

The first step, knowing your needs, requires understanding

what foods fit into your lifestyle, what foods you enjoy and planning in advance.

“If time urgency is one of your needs, then plan ahead and the next time you’re at the grocery store, pick up items that are



transportable and individually wrapped, like fresh fruit, cereal bars or dried fruit,” Remig said.

“Nourishing yourself is the next step, not just eating but truly nourishing your body. Eating healthful foods, like fresh fruit and vegetables and eating a

protein source with bread or a carbohydrate with every meal, provides essential nutrients your body needs,” Remig said.

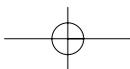
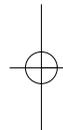
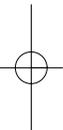
Remig said nourishing yourself often causes a conflict between nourishment and convenience, making planning and preparation important in the second step as well.

The last step toward a healthy life is to move your body. “Everybody needs to move. We are a society getting bigger and bigger and we need to take every opportunity to walk and move our mass,” Remig said.

Having steps to follow may help to achieve a healthier lifestyle, but continuing them throughout the year is important for success in good nutrition.

She also recommends consulting experts when questions arise or help is needed, Remig said. The Web site for more information on National Nutrition Month and general nutrition is <http://www.eatright.org>

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# Installation Management Agency activated at Pentagon ceremony

By Courtney Brooks  
Army News Service

Secretary of the Army Thomas E. White officially activated the Installation Management Agency in a Pentagon ceremony Oct. 1.

IMA is the first component of the Army's initiative to transform itself into a more effective and efficient entity, said Maj. Gen. Anders B. Aadland, recently named director of IMA. He said the IMA will execute the concepts outlined by White when he pledged last year the Army would implement better business practices.

The agency will standardize installation support services around the world and centralize money flow between

installations under a central headquarters in Arlington, Va.

White said that transformation of installation management represents the Army's earnest commitment to people, readiness and transformation.

"It is not only essential to providing the requisite standards of support to our soldiers and families," White said, "but essential to our ability to project power globally from our installations, and never has that capability been more important than it is today."

The agency will standardize the level of service and quality of life for soldiers and families on installations worldwide and delegate city-management tasks to garrison commanders, instead of mission commanders, Aadland said. It will allow

mission commanders to focus on missions and combat, instead of running administrative details on the base.

IMA will also improve fund allocation, Aadland said. It will streamline the fund flow directly from IMA to garrison commanders so they can better plan programs.

"Efficiency comes out of being a new way of doing business," Aadland said. "It is corporate efficiency that transcends the Army's current bureaucracy."

Aadland said now is a good time to be a soldier and stressed the importance of installation change at the activation ceremony.

"We believe it is no exaggeration to say that if our soldiers are the life's blood of our great Army, then our installations

are the heart," Aadland said.

Transformation will not take place overnight, Aadland said. IMA is currently at initial operating capability, he said. By fiscal year 2004, IMA headquarters should be funding garrisons directly and garrisons will be moved to the IMA organizational document. The complete redesign is slated to take place by fiscal year 2005.

Aadland serves as principal advisor to the assistant chief of staff for Installation Management, and spokesman for the Army on all Army installation management issues.

Philip Sakowitz will serve as deputy director of IMA.

Seven directors have been named to the seven regional offices. The following

directors will head up their respective regions: Diane Devens: Northeast Region Office at Ft. Monroe, Hampton, Va.; J. Randall Robinson: Northwest Region Office at Rock Island Arsenal, Rock Island, Ill.; Joseph H. Plunkett: Southeast Region Office at Fort McPherson, Atlanta, Ga.; Hugh M. Exton, Jr.: Southwest Region Office at Fort Sam Houston, San Antonio, Texas; Col. John A. MacDonald: Korea Region Office in Youngsan, South Korea; Russell B. Hall: Europe Region Office in Heidelberg, Germany; and Stanley Sokoloski: Pacific Region Office at Fort Shafter, Honolulu, Hawaii.

The IMA also activated its Web site Oct. 1, located at [www.ima.army.mil](http://www.ima.army.mil)

# Hispanic Heritage Month celebration honors culture, heritage of many

By Emily O'Connor  
K-State Intern

Fort Riley celebrated Hispanic Heritage Month at Riley's on Oct. 2, with traditional food, dance and speakers.

"As we observe this month-long celebration of our Hispanic Heritage, I urge you to think about the fact that we're honoring the cultures and heritage of over 20 countries," said 1st Sgt. (Ret.) David Rodriguez-Cruz, the guest speaker at the ceremony.

The month-long celebration began Sept. 15, and lasts until Oct. 15.

According to Rodriguez-Cruz, the

number of Hispanic Americans is rapidly increasing. For example, he said there are currently 114,000 Hispanic Americans in the United States military alone.

The number of Hispanic Americans currently residing in the United States is 35.5 million; 500 thousand of these people are Puerto Ricans currently living in New York. There are more Spanish speakers in the United States than there are Canadians in Canada, Rodriguez-Cruz said.

"Hispanics are changing the flavor of

daily life in America," Rodriguez-Cruz said. "And I don't mean that taco stands



are taking over the hot dog stands. The sheer number of Hispanics in this country is forcing society to make changes."

After Rodriguez-Cruz's presentation,

a group of dancers from Topeka took the floor in a rush of color and lively music.

The group, Ballet Folklorico De Topeka, is part of an arts program in Topeka that works to provide instruction in the Spanish heritage and to keep that heritage alive. The group performed several traditional Mexican dances.

The ceremony was concluded with a song, "Ave

Maria," and a prayer. Those in attendance were then welcomed to sample the traditional Mexican dishes provided.

"We realize and recognize that in the

next couple of years Hispanic Americans will be the largest minority group in the United States," said 1st Sgt. Jennifer Boyd, 24th Infantry Division and Fort Riley equal opportunity advisor and organizer of the event. "Hispanics in the Army play a key role; they bring their cultures from their parent countries. They are a people who strive for excellence."

Boyd said that approximately 135 people were in attendance at the Fort Riley event.

In his closing remarks, Rodriguez-Cruz said, "Whatever heritage you are from, you need to be proud. Make it last a lifetime."

# Army 10-Miler continued from page 11

"I like being a team, everyone pushes each other to be the best they can," said Mattingly. "I also like feeling like I am doing something good for my body."

Training for a race has its challenges as well as its rewards.

"Getting up and running six days a week is tough," said Barnaby.

Ayers had a difficult time cutting down on her intake of soda, she said. "I am down to only four a day now, instead of eight."

Mattingly has had difficulty with running injuries. "I use ice and muscle cream and just keep going," she said.

There is now a plan in place for next year's 10-miler team, said Hollis. "We will have an earlier

qualifying run and begin practices early as well. We are also adding a second qualifier next year to provide soldiers who might be deployed or on a training mission an opportunity to qualify at a later date," he said.

# Class continued from page 11

dents how to properly and effectively work the abdominal muscles.

The idea that just doing sit-ups will get rid of extra fat around the waist is one of the common myths that Miller will talk about.

"A cardio work out must also be incorporated to burn fat. Then, you work on strengthening and

defining the muscle with exercises," she said.

After about a 30-minute discussion, Miller will demonstrate some beginning abdominal exercises.

"These are exercises that you can start with. Once these become less challenging, anyone is welcome to call me at 239-2813 and I

will help them set up new exercises to challenge those muscles," she said.

There are only 15 slots available in the Nov. 4 class and pre-registration is required. The class is open to all active duty, spouses, retirees and Department of Defense civilians. Identification

must be presented at front desk to

be admitted to class. You can pre-register at the Sports Department in King Field House, building 202.

The deadline for registration is Oct. 31. For more information call 239-2813.

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