



Weather Forecast		Friday		High:59 Low:25	
Saturday		High:55 Low:25	Sunday		High:57 Low:32

FRIDAY

Fort Riley Post



Racin' Around

Shoppers revved their engines at the Commissary, Oct. 17, in response to an official Tide Racing Car on display for shoppers to view.

See Page 9

October 26, 2001

Proudly serving the Home of America's Army

Vol. 44, No. 43

Alertness best weapon against anthrax scare tactics

From Staff and Wire Reports

Even though Fort Riley emergency officials have responded to several suspicious mail calls in the past few weeks, officials emphasize there have been no exposures on the installation.

"All of our responses have only been suspicious. Every one turned out to be false," said John Boyd, Fort Riley fire chief. So far, we've had 10-12 calls and all have had negative results from our investigations."

The risks of exposure to anthrax are extremely low, according to the Centers for Disease Control.

Military personnel who have received the vaccine, which is a series of six shots over a period of 18 months with annual booster shots, are free from contracting the disease, said Chuck Dasey, the public affairs officer at the U.S. Army Medical Research and Materiel Command, Fort Detrick, Md.

"The vaccine is safe and effective in preventing anthrax," Dasey said. "No one knows when soldiers are fully protected from the disease during that 18-month period, so it's safer to say that protection doesn't start until the end of that period."

The anthrax vaccine is only available to people in the military because they are

more likely to come into contact with anthrax in other parts of the world, according to an anthrax fact sheet.

A spate of mysterious letters exposing people to anthrax have stirred paranoia in the nation, but officials warn soldiers that if they come into contact with a suspicious parcel to remain calm and notify law enforcement.

Instructions on how to limit the spread of anthrax are being sent to every household in America, every rental Post Office box and all Army and Fleet Post Office addresses by the U.S. Postal Service.

The postcards list what constitutes a suspicious parcel and what should be

done with the mail. Letters that may be considered suspicious are handwritten envelopes with no return or an unknown address, like the ones sent to Tom Browkaw, an internationally known journalist and Senate Majority Leader Tom Daschle.

Other tips in detecting mail that could potentially be traced with anthrax are envelopes that are lopsided or lumpy, have excess postage or are labeled "restrictive" or "confidential."

If there is nothing visible and no threat has been received, no other action needs to be taken.

If however, there is a reason to believe

a hazard may exist, either by presence of a substance or a threat made, people on Fort Riley should contact the Military Police.

Boyd advised personnel to use common sense and to follow a few simple steps when handling mail.

- Don't handle a letter or package that seems suspicious.
- Notify your superior and call 911.
- Isolate the damaged or suspicious packages.
- Cordon off the area.

See Anthrax Page 6

Family member suspected in death

From Staff and Wire Reports

Fort Riley family member, Dwayne Allen Gilmore, 25, was charged Oct. 19 in U.S. District Court in Topeka with one count of murder for the death of his stepson, Quendarius Demarcus Eirby.

Eirby, 2, was transported to Irwin Army Community Hospital and was pronounced dead at 9:30 a.m. Oct. 18. The body was sent to the State of Kansas Medical Examiner's Office in Topeka for an autopsy.

The crime occurred in Gilmore's residence at Fort Riley's Colyer Manor Housing Area.

The lead investigating agency was the FBI, which was assisted by Fort Riley's Criminal Investigation Division.

An official announcement naming the charges against Gilmore was released by United States Attorney Jim Flory in Topeka Oct. 19.

Flory said that an affidavit filed with the court alleges that Gilmore willfully killed Eirby, his 2-year-old stepson, by beating him to death.

Gilmore made his first appearance in U.S. District Court in Topeka Oct. 19 before U.S. Magistrate Judge Catherine A. Walter. At that time, he was detained and scheduled for a detention hearing Monday at 2:15 p.m.

Kena Rice of the U.S. Department of Justice, said Gilmore's hearing ended Monday and he remains in federal custody. His next hearing is Nov. 6 in Topeka.

If convicted, Gilmore faces a maximum of life in federal prison without parole.

The announcement by Flory pointed out, that as in any criminal case, a person is presumed innocent until and unless proven guilty. Charges filed against a person merely contain allegations of criminal conduct.



Schlotman/50th PAD

Task Force 1st Bn., 34th Armor soldiers conduct driver's berm training during a class Oct. 14. The one-day class taught soldiers how to navigate the desert terrain in Kuwait.

Driver training desert style

By Natalie Schlotman
50th Public Affairs Det.

CAMP DOHA, Kuwait—Soldiers maneuvered through the desert terrain Oct. 14 during a task-force level driver's training class.

"We try to get new soldiers who aren't licensed into a class as soon as possible," said Sgt. Erick Palacio, Headquarters Company, Task Force 1-34 Armor.

"If they're going to be getting behind the wheel of a vehicle that cost millions of dollars, they must know what

they're doing — they have to be trained," he added.

The training is being held in the Kabal because many of the task force soldiers didn't have time to take the course while they were en-route to Kuwait.

"Now that we're here, we have the time, resources and noncommissioned officers available to give the class to the soldiers who are new to the unit," Palacio said. "This class really wouldn't be possible without the help of the NCOs."

Soldiers are trained to oper-

ate a range of vehicles, including Humvees, Bradleys and M1A1 Abrams Tanks.

There are two different portions of the driver training class.

First, soldiers are required to perform preventive maintenance checks and services on their assigned vehicles to ensure everything is working correctly.

Afterward, they drive to the designated course outside the Kabal.

"They must drive around and over berms and other obstacles to help familiarize

them with driving here," he said.

Normally, driver's training lasts four days, but, due to time constraints, the Kabal version of the class is taught in one day. "It's challenging because the information flow is fast. The class demands a lot of attention," Palacio said.

After a day of training, task force soldiers can return to their units confident that when they get behind the wheel of a military vehicle, they will know how to properly operate it, whether are driving on roads or desert sand.

MPs protect participants of Bright Star

By Chris S. Pisano
361st Press Camp Headquarters

MUBARAK MILITARY CITY, Egypt—"Professionals with Pride" is their motto. The 977th Military Police Company from Fort Riley has been here since Sept. 19 and is responsible for force protection of Mubarak Military City.

"While we're not here for training during Exercise Bright Star, we are here to protect those who are training," said Capt. Daniel Lorenzen, commander of the 977th MP Co.

"We're responsible for all the gate security and access control into the gates," said Lorenzen. "We also have a responsibility to protect the citizens and soldiers in the MMC, and that includes security patrols in and around the MMC itself."

Patrolling in specialized humvees equipped with an M249 Squad Automatic Weapon, the MPs patrol MMC 24-

hours-a-day, pulling 12-hour shifts, said Lorenzen.

"Our squad has a motto, 'Not On Our Watch,'" said Sgt. William Bowman, an MP with the 977th. "We make sure that the level of readiness is peaking when we're out on the road."

Besides responsibility for patrolling or guarding the gates of MMC, the 977th also has a Quick Reaction Force for additional force protection, said Lorenzen.

The QRF patrols for security and is also a quick response team, said Sgt. Robert Stickler, an MP with the 977th.

"We're the first responders if something goes down and have a two-minute response time to get to a hot spot, setup security and defend," he said.

If needed, the QRF will stay in such a spot for up to 72 hours, until relieved, said SSgt. Bradley Barta, an MP and squad leader with the 977th.

"We're a quick response team. Force protection of all soldiers and allied sol-

diers on MMC is our mission," said Barta.

With three MPs per vehicle, the three vehicle squads rotate the 24-hour QRF shifts. Only one squad will be on QRF at a time, Barta said.

"We're at a heightened sense of security," said Bowman. "We're not only concerned with law enforcement, we're also concerned with a level one and a level two threat, which is basically a special forces or terrorist type unit that might attack the perimeter. We're basically the first line of defense for the MMC."

"The MPs always go out guns up," said Lorenzen, who is proud of the 148 men and women assigned to the 977th MP Co.

Unit leaders teach the MPs to be free thinkers, said Lorenzen. A situation might not allow for time to call for higher help, so these soldiers are trained and able to make an assessment on their own.



Pisano/361st PCHQ

PFC Charllai Wooten, 977th MP Co., mans a Squad Automatic Weapon as his squad moves out.



Stick it to 'em: Engineers learn life saving skills

By Natalie Schlotman

50th Public Affairs Det.

CAMP DOHA, Kuwait—Spec. Samuel Flowers, Company B, 1st Engineer Battalion, appeared to have a steady grip on the intravenous needle as he slowly pushed it into the forearm of his friend, Spec. Arthur Martinez, another engineer.

However, Flowers wasn't a medic and Martinez wasn't a dehydration victim. They were task force soldiers participating in hands-on IV training in the combat lifesaver class, Oct. 14.

The four-day correspondence course combines classroom instruction and hands-on training to teach soldiers ways to provide basic care for most types of injuries. "Soldiers learn how to do some of the things a medic does, such as stabilizing a casualty, giving an IV and treating fractures and burns," said instructor SSgt. Shawn Lavalley, Task Force 1st Battalion, 34th Armor.

Soldiers who complete the class can serve as middlemen between basic buddy-aid and a certified medic. "Basically, they can assist medics and help save lives," Lavalley said.

Because living and working in the desert can be hazardous, task force soldiers can use what they learn in the class in their lives.

"Soldiers get dehydrated and injure themselves while training," Lavalley said. "During gunnery exercises, soldiers often hit their heads or smash their fingers in vehicle hatches — that's why it's important for soldiers to take this class."

Any soldier can request to attend the class. "It's a way to earn some promotion points and an opportunity to learn some good

stuff," he said.

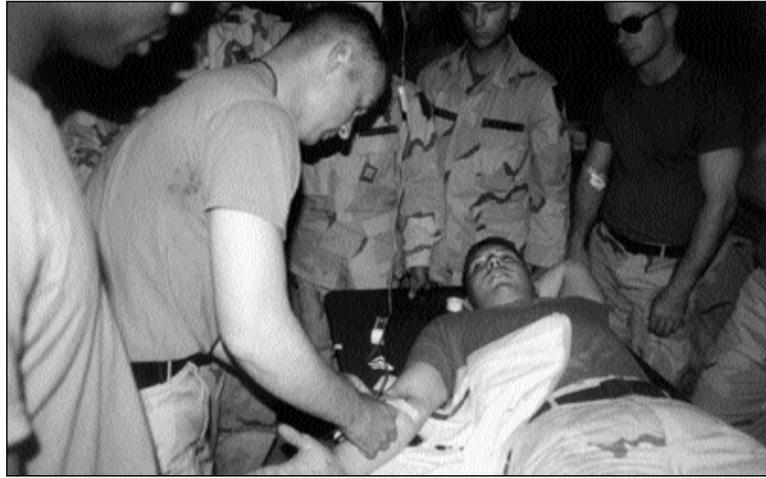
Soldiers can also be selected to attend the class. "Many units choose soldiers to send to the course because they want to have one or two certified combat medics per tank or Bradley," Lavalley added.

For soldiers, the most difficult part of the class is getting over the fear of IVs. "They shake and get nervous as soon as they see blood," he said.

Soldiers who get queasy at the sight of blood shouldn't let the IV training prevent them from taking the class.

"We did a lot more than just give IVs in the class. We spent a lot of time learning how to evaluate casualties, which I feel was very important because as a combat lifesaver, you have to know how to assess a patient properly before giving any care," said Pvt. 2 James Benefield, Battery A, 1st Battalion, 5th Field Artillery.

After four days of classroom instruction and hands-on practice, task force soldiers in the class said they feel confident that they can assist soldiers who injure themselves while training.



Spec. Samuel Flowers, 1st Eng. Bn., administers an IV to Spec. Arthur Martinez during Combat Lifesaver training.

Employee earns cash for money-saving idea

By Jeremy Heckler

19th Public Affairs Det.

For every job that is time consuming there is someone who is willing to invest the time to make it easier.

Brent Bishop found a way to make one of his jobs easier and the Army is rewarding him for it.

Bishop invented an attachment that cleans the electrical track, called busses, for the armor, moving tank carrier target, called a mover, at the multipurpose range complex on Fort Riley.

"It used to take us a day, maybe more just to do one mover, now we can do one every 30 minutes," said Bishop, a target device repairman. Each mover has three individual tracks. Before his invention, members of the repair team ran a wire brush along the 1000-foot track. In order to clean the track, the repairmen would lay underneath the bar and scrub off all of the dirt and debris that accumulated on it.

"Sometimes the weather is so bad that no one wants to come out and do it, but it has to be done," said Bishop.

Bishop decided there had to be a better way. Last year he found an attachment to the mover that would accommodate three of the brush ends of the hand brushes and glued the parts together. Since June of last year the brushes have

been moving along the track.

"He saved us a lot of time and money," said Pat Hopkins, Bishop's supervisor. "It saves us a lot of down time when the units are here because it keeps the bus bars from getting a false signal."

"I wish that he had come up with it 15 years ago," said Charlie Meyer, one of Bishop's co-workers.

The crews are responsible for every aspect of the MPRC from repairing targets and their equipment to cutting the grass that surrounds each target. Many of the tasks have to be performed in the one to two days between gunnery exercises.

The cleaning device is just one of many that have won Army Idea Awards for the MPRC crew. The team has developed a number of labor saving devices, including ways to improve targets so that they can absorb more hits.

During a break in gunnery exercises in the past month the crews worked on adding targets as well insuring that the facility was ready for the next unit.

For his innovation, Bishop received \$1380 from the Army, but it's all in a day's work for this retired first sergeant.

"This is the best job I've ever had," said Bishop. "There is always a new challenge because as this range gets older it requires more challenging maintenance."

Mobilization continues for Reserves, Guard

By Gary Sheftick

Army News Service

WASHINGTON—A n additional 1,722 Army Reserve and National Guard soldiers from 35 units were called to active duty last week under the partial mobilization authorized by President Bush.

Twenty-one of the units mobilized this week come under the 78th Division (Training Support) from Edison, N.J., and the 87th Division (Training Support) headquartered in Birmingham, Ala. Their mission, officials said, is to conduct training, assist with mobilization and validate the readiness of units before they deploy.

This week's activations bring the total Army mobilization so far to 11,304 soldiers from 139 units.

The total DoD mobilization so far is 30,087 reserve-component service members from 237 units, in 44 states, the District of Columbia and Puerto Rico. This includes 12,722 from the Air Guard and Air Force Reserve, 3,100 from the Naval Reserve, 333 from the Marine Corps Reserve, and 2,628 from the Coast Guard Reserve. Along with units, each service also activated a number of individual augmentees.

In addition, several thousand National Guardsmen remain on state active duty providing homeland defense in places such as New York City and airports across the country. New York Guardsmen, for instance, have been helping guard subways, tunnels and bridges in what is called "presence patrolling" from the Brooklyn Bridge to Grand Central Station.

Officials also report that more than 2,000 reservists are supporting operations on temporary tours of active duty and in an "other-than-mobilized" status.

This week's mobilization to federal active duty included seven battalions of the 78th Division (Training Support). One battalion was from Puerto Rico, two from North Carolina, two from Maryland and two from Virginia. The division headquarters and two brigade staffs were also called up.

Eight battalions and three brigade headquarters from Georgia, Mississippi and Florida were activated from the 87th Division. Headquarters of the 85th Division in Arlington, Ill., was also called to active duty.

AT&T

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Wherever you're stationed



Revised NCO-ER reflects values

By Marcia Triggs

Army News Service

WASHINGTON—A change to the Noncommissioned Officer Evaluation Report will require that soldiers be rated on the Army's seven core values beginning in November.

The current Army values that were instituted in June 1998 - loyalty, duty, respect, selfless service, honor, integrity and personal courage - will be listed on the new NCO-ER in Part (IVa), Values and NCO Responsibilities.

Next to each value, raters will check either "yes" or "no" to indicate whether the soldier demonstrates that quality.

Most of the time the block checked is yes, said Sgt. Maj. Anthony Everette, the chief and policy maker for the Enlisted Evaluations Branch.

"Even though the raters are not required to write comments if

they mark "yes," they should take that time to highlight the soldier's strong points," Everette said. "Also if the rater determines that a "no" check is warranted in one or more Army values, then he must clearly explain what the deficiency or shortcoming is."

Values are the moral, ethical and professional attributes of character, Everette said. Unquestionably, a "no" check will result in a non-selection for promotion for the rated NCO, Everette added.

This is the first revision to the form in 13 years, which is the longest an NCO rating system has gone without being revised.

However, the change to the current rating system is minor, Everette said, because this is one of the best systems that the NCO corps has had in evaluating its soldiers.

"The current NCO-ER is working very well," Everette said. "It

gives a pretty good snapshot of an NCO's performance and contribution. Therefore, we decided to adjust the system only to address the current Army values."

The NCO-ER will change to Department of the Army Form 2166-8, and the NCO Counseling and Checklist, which is used in conjunction with the NCO-ER, will change to DA Form 2166-8-1. Both forms are currently available online.

When the rater and soldier sit down for a counseling session with the revised worksheet, the Army values will be a prominent topic, Everette said.

"We all can recite the Army values, but that doesn't mean we all fully understand what they mean," Everette said. "So I expect for the rater to sit down face to face and one by one go through and explain to the soldier what is expected of him to demonstrate those values."

Fort Riley National Bank
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new ad

Web lets soldiers ASK for assignments

From Army News Service

WASHINGTON—A new Web-based program now gives enlisted soldiers a say in choosing their next duty assignment.

The Assignment Satisfaction Key, or ASK, Internet tool will provide soldiers, for the first time, the capability to post assignment preference information directly onto the Total Army Personnel Database. The new ASK website went active Oct. 12 at www.perscom.army.mil.

Assignment preferences are no longer "Dream Sheets" as they used to be called, said Col. Jeffrey

Redmann, deputy director of Enlisted Personnel Management. Under the old "Dream Sheet" days, soldiers could choose from 230 continental United States locations and 280 overseas locations, he said.

"In reality, soldiers had little chance of being assigned to many of these locations," Redmann said. ASK will require soldiers to select three CONUS locations and three other preferences outside of the continental United States.

Soldiers will need to use their Army Knowledge Online account password to gain access to their information. All soldiers were required to get an AKO account by Oct. 1.

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Gift Ideas

H&R Associates
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Alliance Imaging

House Ads
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Service Directory



Work Force Address

The Garrison Commander will address the civilian work force Nov. 13. There will be two sessions; one at 10 a.m. and one at 2 p.m. Due to limited parking space available and to avoid traffic congestion on Custer Hill, the Directorate of Logistics will provide buses to transport employees to and from the address.

Fall Back for DST

Daylight Savings Time ends Saturday evening at midnight. Community members are reminded to fall back one hour before going to bed Saturday night. Fort Riley Fire Department Officials also reminded residents to change their smoke alarm batteries at the same time a good way to remember to keep Fort Riley families safe and on time.

Ghost Tours

The Historical and Archaeological Society of Fort Riley's annual Ghost Tour is scheduled for Sunday, from 4-8 p.m. It is open to ID cardholders and their guests. The line will form in front of the Custer House. Volunteers are needed, call 717-2818.

Shoppe News

The Shoppe continues to have a large inventory of fall items so remember to stop by when you are decorating for this season. The Shoppe will have a Christmas open house Nov. 3 from 10 a.m.-4 p.m. Stop by and enjoy refreshments and new holiday ideas. The Shoppe is located in Bldg. 259 Stuart Ave. (just west of the Commanding General's Mounted Color Guard Stables). Phone 785-239-2783. Hours of operation are 10 a.m.-2 p.m., Tuesday-Saturday.

Thrift Shop

Fort Riley Thrift shop employees and volunteers will dress up for Halloween and pass out candy to customers during business hours on Oct. 31. The Fort Riley Thrift Shop is located in Bldg. 267 on Stuart Avenue near the stables. Store hours are 9:30 a.m.-2:30 p.m. Tuesday-Thursday and 10 a.m.-1 p.m. on the first Saturday of each month.

Consignments are accepted from 9:30 a.m.-1 p.m. on Tuesdays and 10 a.m.-noon on open Saturdays. Volunteers are needed during business hours to help tag and put donations on the shelves. Child care reimbursement is available. For information, call 784-3874. The Thrift Shop now has an e-mail address, thrift@oz-online.net, for customer questions or concerns.

Office Closure

The Civilian Personnel Advisory Center will close at 3 p.m. today for Pest Control.

Retirement Ceremony

Among those retiring Oct. 31 at Riley's is CSM James Kirkland, who is retiring from the Army after 30 years of active duty.

Day of Obligation

St. Mary's Catholic Community is hosting Holy Day of Obligation ceremonies Nov. 1. A Mass is scheduled for noon at the Hospital Chapel and an evening Mass at 7

p.m. at St. Mary's Chapel.

Protestant Women Meet

Protestant Women of the Chapel meet Tuesdays from 9-11 a.m. and Thursdays 7-9 p.m. at Morris Hill Chapel. Watchcare is provided. For information, call 239-3359 or 784-4926.

Halloween Hours

Fort Riley's Halloween trick-or-treat hours for Oct. 31 will be 5-8 p.m.

Skating Rink

Riley Wheels Skating Rink, located inside King Field House, Main Post, is available for rent for private functions. For details call 239-2243.

Vehicle Registration

Department of Defense vehicle registration stickers are controlled forms and must be accounted for. Vehicle stickers are issued to authorized individuals for the purpose of identifying properly registered privately owned vehicles.

Vehicle owners are responsible for the control of these stickers and must return them if the ownership of the vehicle is transferred. The sticker must be scraped off the window and returned to the Vehicle Registration Office in Bldg. 210. Stickers stolen or otherwise missing from a vehicle must be reported immediately to the Vehicle Registration Office or to the Military Police Desk at 239-MPMP (6767). Stickers are not transferable from one vehicle to another. When purchasing a new vehicle it must be registered with the Vehicle Registration Office.

Haunted House

Better Opportunities for Single Soldiers is sponsoring its Halloween Haunted House tonight and tomorrow in Bldg. 208, Custer Avenue, Main Post. Admission is \$2. The Haunted House is divided into two sections with the first floor area suitable for younger children and the second floor "come if you dare!" This is the third year B.O.S.S. has sponsored the Haunted House project.

Holiday Reservations

Riley's Conference Center is taking reservations for the upcoming holiday season.

Units, groups and organizations are encouraged to plan ahead and make reservations now for catered parties, functions and events.

Riley's catering hours of operation are 10 a.m. to 5 p.m. Wednesday through Friday and appointments can be made for Saturday. Information on catering, banquet and party options is available by calling 784-5999.

Bible Study

A weekly Bible Study is set for 7 p.m. every Monday at 41C Sheridan Place. For information, call 717-3072/1565 or 784-6146.

Energy Awareness

The slogan for energy awareness month, held in October, is "Conserve Energy-Save Now or Pay Later." For questions relating to Energy Awareness, contact the

Energy coordinator at Bldg. 307, Self Help School at 239-3416/3757. The next Self Help School schedule is Oct. 15-19.

Historical Renovations

Fort Riley is planning to renovate several historic buildings on the installation. The buildings are 240, 251, 301 and 302. For more information contact the historic architect at 785-239-0443.

Worship Service

A Protestant Liturgical Worship Service has resumed at St. Mary's Chapel every Sunday at 8:30 a.m. For information, call 239-5313/5711.

ASOS Haunted House

The 10th ASOS Haunted House is scheduled for tonight and tomorrow from 7-10 p.m. Cost for ages 7 and under is \$1, cost for 8 and up is \$2. For information, call 239-6338 or 239-6842.

NCOs Meet

The scheduled general membership meeting of the Fort Riley Ready Now chapter of the Noncommissioned Officers Association has been rescheduled to Nov. 13 at the Custer Hill Bowling Alley from noon-1 p.m. All current, past and future members of the NCOA are invited to attend. Those in attendance will discuss future events, including support to the Fort Riley Operation Santa Claus, the Fort Riley Soldier and Noncommissioned Officer of the Year awards program and the NCO Ball. Those interested in meeting with the chapter officers may do so before and at the conclusion of the meeting. For information, call chairman, Dan Elder, at (785) 717-3009.

Heritage Observance

The Division Equal Opportunity Office will sponsor Fort Riley's observance of Native American Heritage Month with a program Nov. 14 at Riley's Restaurant and Event Center from 11:30 a.m.-1 p.m. For information, contact Brigade Equal Opportunity Advisors or the Division EO Office at 239-2928.

AFTB Classes

Army Family Team Building is holding an Instructor Training course (2 1/2 days) Nov. 5-6 from 8:30 a.m.-3 p.m. and Nov. 8 from 8:30 a.m.-noon. The next Level I class will be held Nov. 14 from 9 a.m.-3 p.m.

Both courses will be held in the Family Readiness Center. Child-care is provided for the Instructor Training course. Call 239-1366/9435 to register or you can email us for more information at: DCAARMY@riley.army.mil.

School Conferences

Parent Teacher Conferences are coming up! Soldiers who have school age children are encouraged to attend.

The current policy is that a soldier's place of duty is at conferences. Notes have been sent home telling parents the dates and times of conferences.

Employees Recognized

Pat Owens was recently selected as the Public Works' Employee of Quarter for the fourth quarter of fiscal year 2001. Owens is employed as the quality control manager in the Operations and Maintenance Division. He will receive a Public Works Certificate of Appreciation, a 16-hour Civilian Time-Off Award and a

reserved parking space at his place of duty for the quarter. A nomination was also received this quarter for Tess Sprau from the Housing Division.

Rose Metzler was recently selected as the Public Works' Employee of the Year for fiscal year 2001. Metzler has been employed as an off-post housing inspector with the Housing Division and has been with Public Works since 1993. She will receive a Public Works Certificate of Appreciation, a 32-hour Civilian Time-Off Award, and a Public Works polo shirt. Other nominations considered were for William St. Clair, Jose Olivares, Kenny Goodman (nominated twice), Rex Cowell, Mike Anderson, Gene Traxel, James Pilcher, Marguerite Williams, Larry Stillwagon, Frank Royle, Tess Sprau (nominated twice) and Pat Owen.

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 dietician 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, troubleshooting advice, and where to find support will also be offered. Classes are held in the Obstetrics classroom on the third floor from 1-2:30 p.m. Everyone is invited and walk-ins are welcome. For more information call Capt. Diana Seuss at 239-7434.

Cancer Support Group

The Fort Riley Cancer Support Group meeting Nov. 7, 6 p.m., at Irwin Army Community Hospital, first floor, in the patient waiting area of the Surgery Clinic.

Servicemembers, their family members and Department of Army Civilians are welcome to attend. Participation is encouraged for persons who were recently diagnosed with cancer, family and friends of persons with cancer, and cancer survivors. The Fort Riley Cancer Support Group meeting is usually held on the first Wednesday of the month. For information call 239-7163.

Leaf Pick-up

Leaf pick-up with the Public Works leaf vacuum machine will commence in areas of heavy tree concentration Nov. 5. Weather permitting, the leaf pick-up schedule is as follows, with emphasis given to Family Housing areas in these locations: Main Post, Mondays and Tuesdays; Marshall Army Air Field, Wednesdays; Camp Forsyth, Thursdays; Custer Hill/Other Areas, Fridays.

Leaves to be removed by the leaf vacuum should be raked/piled in rows on the lawn area adjacent to the curb, but NOT on the curb or street. Leaf piles must not contain grass clippings, limbs or other heavy debris that would interfere with the vacuum operation. The leaf vacuum will operate through November as long as necessary to complete fall leaf removal.

Housing occupants desiring to confine leaves in trash bags may place these bags adjacent to the trash carts for pick-up by the trash collection contractor on regular pick-up days. Bagged leaves should not weigh any more than 40 pounds each. The trash collection contractor will not pick up leaves for activities serviced by dumpsters. These units will be required to haul their leaves to the yard waste compost area near Bldg. 1945 in Camp Funston. Leaves may be hauled loose or in

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Little Apple Honda Toyota
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Below are the results of recent courts martial held at Fort Riley provided by the Staff Judge Advocate.

◆ At a General Court-Martial held June 11-12, Pvt. 2 Rodney Collins, 24th Transportation Company, 541st Maintenance Battalion was found guilty of assault consummated by battery, failure to repair, and disrespect to a superior noncommissioned officer.

Collins was involved in a barracks fight when he used a broomstick to hit a fellow soldier in the head. Later, Collins was disrespectful in language and deportment toward his first sergeant during a filed training exercise. Collins received the following sentence: reduction to E-1, forfeiture of \$1,000 pay for one month and confinement for 30 days.

◆ At a Special Court-Martial empowered to adjudge a Bad

Conduct Discharge held July 2, Pvt. 2 Jamel D. Bryant, Headquarters and Headquarters Battery, 1st Battalion, 5th Field Artillery, was found guilty of one count of false official statement, two counts of wrongful discharge of a firearm, and one count of unlawfully carrying a concealed weapon.

Bryant was involved in a shooting in the parking lot of the Eagle's Club in Manhattan, Kan. Jan. 21. Bryant fired eight rounds into the air from a 9 mm handgun, which he had been carrying concealed in his pants. When questioned, Bryant lied to the Riley County Police and CID. He later changed his story and admitted his role in the shooting. Bryant was sentenced as follows: reduction to E-1, forfeiture of \$500 pay for five months, confinement for five months, and a Bad Conduct Discharge.



Continued from Page 4

bags, but all leaves must be deposited loose into the compost. Dumpsters containing bagged or loose leaves will not be emptied.

Protestant Women

The Protestant Women of the Chapel invites ladies to attend the Women's Retreat - "Running the Race of Faith," Nov. 3 from 8:30 a.m.-4 p.m. at the Morris Hill Chapel.

Child care available by reservation only. RSVP by Oct. 31. For information contact Elizabeth Wilson at 784-6615.

Fire Calls

The following are the fire call responses for the Fort Riley Fire Department for the week of Oct. 11-17.

Oct. 17 responded to Bldg. 405, an administrative building, based on a report of an odor of something burning. Upon arrival found a light switch shorting out. The breaker was shut off until the light switch was repaired.

Oct. 17 responded to a quarters in Meade Loop on a reported stove fire. Upon arrival found occupants extinguished the fire. No damage to quarters or injury to occupants. Cause of fire was unattended cooking.

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 Wednesdays from 5-6 p.m. or Thursdays from 3:30-4:30 p.m. For those concerned about gaining weight after kicking the tobacco habit, a dietician teaches participants healthy ways to avoid weight gain.

Servicemembers, their families, and DoD civilians may participate in the cessation program. For information call 239-7323.

CFC underway

The Fort Riley Combined Federal Campaign is underway with the 2001 goal of \$163,000. Contribution totals thus far are \$4,820 or 3 percent of the goal.

The CFC information booklet and pledge cards have been distributed to units, directorates and organizations throughout Fort Riley. A payroll deduction method of giving is available for CFC contributions.

Each year Fort Riley Federal employees and military personnel raise thousands of dollars through the CFC that benefits non-profit charities.

The mission of CFC is to promote and support philanthropy through a program that is employee focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all.

The Directorate of Community Activities is responsible for oversight of the Fort Riley CFC campaign. The DCA is located at 253 Stuart Ave., Main Post Fort Riley, KS 66442 (785) 239-3467 Fax (785) 239-8333.

CYS Staff Training

The Child and Youth Services Central Enrollment Registry, Bldg. 6620, Normandy, Custer Hill, will be closed Oct. 31 through Nov. 1 for staff training.

The staff will train on the new Child and Youth Management System, a new automated registration and data collections program for CYS.

CYS Volunteers

Child and Youth Services need volunteers to be mentors, youth sports coaches, chaperones, office aides, maintenance aides and special presenters. Contact Cathy Spiegel, at 239-9850 for more information. All volunteers that work in CYS programs require background checks staffed by CYS personnel.

CDC Expands Care

The Child Development Center has expanded the hourly care program in both hours and capacity. Care is now available for children six weeks old to kindergarten age. Hourly care is open 7:30 a.m. to 4:30 p.m. Reservations can be made up to 30 days in advance. Child and Youth Services registration is required to utilize the hourly care program. Call the Central Enrollment Registry Office at 239-4847 to register for the program.

Hourly care reservations can be made by calling the Child Development Center at 239-9935.

CDC Openings

Openings are now available for full day and part day preschool at the Child Development Center. Children 2 1/2 years to 5 years old who are potty trained are eligible for the program. Part day preschool is offered either two days (Tuesday and Thursdays); three days (Monday, Wednesday and Friday); or five days (Monday-Friday), 8:30-11:30 a.m. in

the morning and 1-4 p.m. in the afternoon. Full day preschool is available 5:45 a.m.-5:30 p.m., Monday through Friday.

Openings are also available in the School Age Services "Before and After School Program" for children kindergarten through fifth grade. Fees are based on total family income according to DoD guidelines.

Parent Board Meets

A Child and Youth Services Parent Advisory Board meeting is scheduled for 4-5 p.m., Thursday, Nov. 1, at the CYS, Bldg. 6620, Normandy Drive, Custer Hill.

Diabetes Education

The diabetes education class will be held Nov. 1, from 8 a.m. to 1 p.m. in the Nutrition Care Division Classroom at IACH.

This is a 4-5 hour class that will cover diabetes types and symptoms; hyperglycemia; nutrition; exercise; glucose monitoring; oral diabetes medication; insulin therapy, and standards of medical care for diabetic patients.

To enroll in the class, patients must have a referral from their primary care manager or a community-screening program. Patients who have a referral for the Diabetes Education Class, call 785-784-1200.

FORT RILEY POST

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For business or advertising matters, call The Daily Union in Junction City at (785) 762-5000. For news offerings, call the Fort Riley Public Affairs Office at (785) 239-8851 or DSN 856-8851, or write to the Public Affairs Office Bldg. 405, Fort Riley, KS 66442-5016.

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Post/Doheny

Visiting VIP

Maj. Gen. Thomas J. Romig, The Judge Advocate General, receives a briefing on the capabilities of the Close Combat Tactical Training facility. Romig visited Fort Riley Oct. 21-23 as a part of a Legal Operations Review.

Anthrax

continued from page 1

- Leave the immediate area and wait for emergency personnel to arrive. (Do not leave the facility or come in contact with others).
- Ensure that all persons who have touched the piece of mail wash their hands thoroughly with soap and water.
- List all persons who have touched or come in contact with the suspect mail or mail handler.
- Provide the list to emergency personnel when they show up.
- Standby for instructions from emergency personnel. There is no immediate danger.

The CDC also recommended covering any suspicious letters by placing them in a plastic bag or covering with a towel or newspaper.

Following safe handling recommendations and notifying authorities immediately are the

first lines of defense against potential anthrax exposures.

"Yesterday we were called to CPOC, Bldg. 301. We were able to process the scene in 15 minutes," said Boyd.

"They did exactly what we expect people to do. We were able to investigate and track down the people involved. The interruption

to their business from the time they made the call to when we left the scene was probably 20-30 minutes at the most, including taking statements. It went very smoothly," he said.

Boyd said that when emergency crews arrive at a potential exposure site, it is very important to follow instructions they issue.

U.S. Optical
2 x 5"
Black Only

Britts Garden Acres
2 x 3"
Black Only
pumpkin patch

Kidz World
2 x 3"
Black Only

House Ads
6 x 13.5"
Black Only
AUSA--if possible



Army Football

Sept. 8	Cincinnati	(L)24-21
Sept. 15	Canceled	
Sept. 22*	UAB	(L) 3-55
Sept. 29*	BC	(L)10-31
Oct. 6	Houston	(W)28-14
Oct. 13	ECU	(L)49-26
Oct. 20*	TCU	(L)38-20
Tomorrow	Tulane	
Nov. 3*	AF	
Nov. 17*	Memphis	
Dec. 1	Navy	

*Away games

Fort Riley Sports

October 26, 2001

News about Fort Riley Sports, Fitness and Pastimes

Page 7

Army wins Rugby title

By Rhonda Squizzero
Army News Service

American military rugby players from around the world converged on Fort Leonard Wood, Oct. 10-12 to determine the 2001 Armed Forces champion. The Army held firm to defend its title, but not without a fight from the Navy.

In the midst of America's war on terrorism the Armed Forces Rugby Championship went on as planned. Although Air Force couldn't make it, Navy got the go-ahead only days before and dozens of players weren't able to come.

The Marines were hit the hardest, losing 17 of their original players.

The military rugby players were excited that the tournament went on as scheduled. "Some of the best rugby talent is right here in this tournament," said Petty Officer 2nd class J.C. Lewis, Coast Guard Headquarters, Washington, D.C.

The cool fall weather of Missouri's Ozarks is ideal rugby weather. However, Navy's Petty Officer 1st class Pat Wallace, North Island, Calif. said most of his team plays in southern California and are not used to the cold and rain.

Despite the weather in the first game, Navy started off strong, beating the Coast Guard 25-5. Lightning broke up the game but not Navy's momentum.

With the delay in the first game the second game was pushed back.

Despite the late start, Army came out strong against the Marines ending the first half 18-0. While the Marines played hard the second half, they couldn't hold the Army. Army beat the Marines 35-0.

Thursday morning Army squared off in the rain with Navy. While Navy was able to slow the Army down during the second half, the damage was already done and Army won 34-3.

In torrential rains, the Marines took on Coast Guard. The first half ended in favor of the Marines 13-3. Coast Guard wasn't able to hold them and the final score was 24-3.

After a quick break the Marines came back to play Navy for a crucial game. Both teams played hard to determine who would make it to the finals. Marines made the only score in the first half to lead Navy 7-0. But the second half teetered back and forth. Shortly before the end Marines led 13-12, but Navy scored a penalty kick and beat the Marines 15-13. The undefeated Army returned Thursday afternoon to play Coast Guard.

In an unexpected twist, Coast Guard scored first to lead 5-0. Coast Guard was able to keep the

game close, but Army pulled through and won 16-12.

For Friday's consolation game Marines played Coast Guard. The match started close, ending the first half 8-5.

Then for the last 15 minutes the Marines took off and sealed their third-place win 25-10.

Having already lost to Army 3-34, Navy head coach Cmdr. Don Sheehan, Washington, D.C., said his team was going to go back and reflect on where each player could improve before the championship game.

"It's been a real shake out for my guys," said Sheehan.

Having just reentered the tournament a week ago, most of the Navy team had literally just come off a ship where they don't get to practice. By Friday though, they were playing strong.

Wallace knew the championship game, "was going to be a battle. Army is solid."

The weather finally broke and the sun made it out Friday afternoon for the championship game. Navy played Army hard with the support of the local Navy Detachment cheering them on.

They led Army for most of the game, but with 10 minutes remaining Army pulled through for a 19-16 win.

It was "a good hard game," said Army Spec. Wayne Nicholens, 35th Aviation Brigade, Warrensburg, Mo. "Air Force is usually our hardest competition, but Navy was good and played hard."

Fort Leonard Wood, Mo., will again host the Armed Forces Rugby Championship in 2002.

Next the Armed Forces Rugby team migrates to Tampa, Fla., Dec. 7-9 to compete in the 2001 Inter Territorial Tournament (ITTs).

After winning tier two last year, the Armed Forces team advances to the top tier, tier one.

The 2001 Armed Forces team includes:

Army:
2nd Lt. Christian Skoglund, Ft. Rucker, Ala.

Lt. Col. Mike Legg, Ft. Meyers, Va.

Cpl. Mose Timoteo, 445 Civil Affairs, Calif.

2nd Lt. Al Weinning, Ft. Rucker, Ala.

Sgt. Simona Totive, Ft. Drum, N.Y.

Capt. Chip Curtis, Dobbins Air Reserve, Ga.

Capt. Nathan Reel, Hunter Army Airfield, Ga.

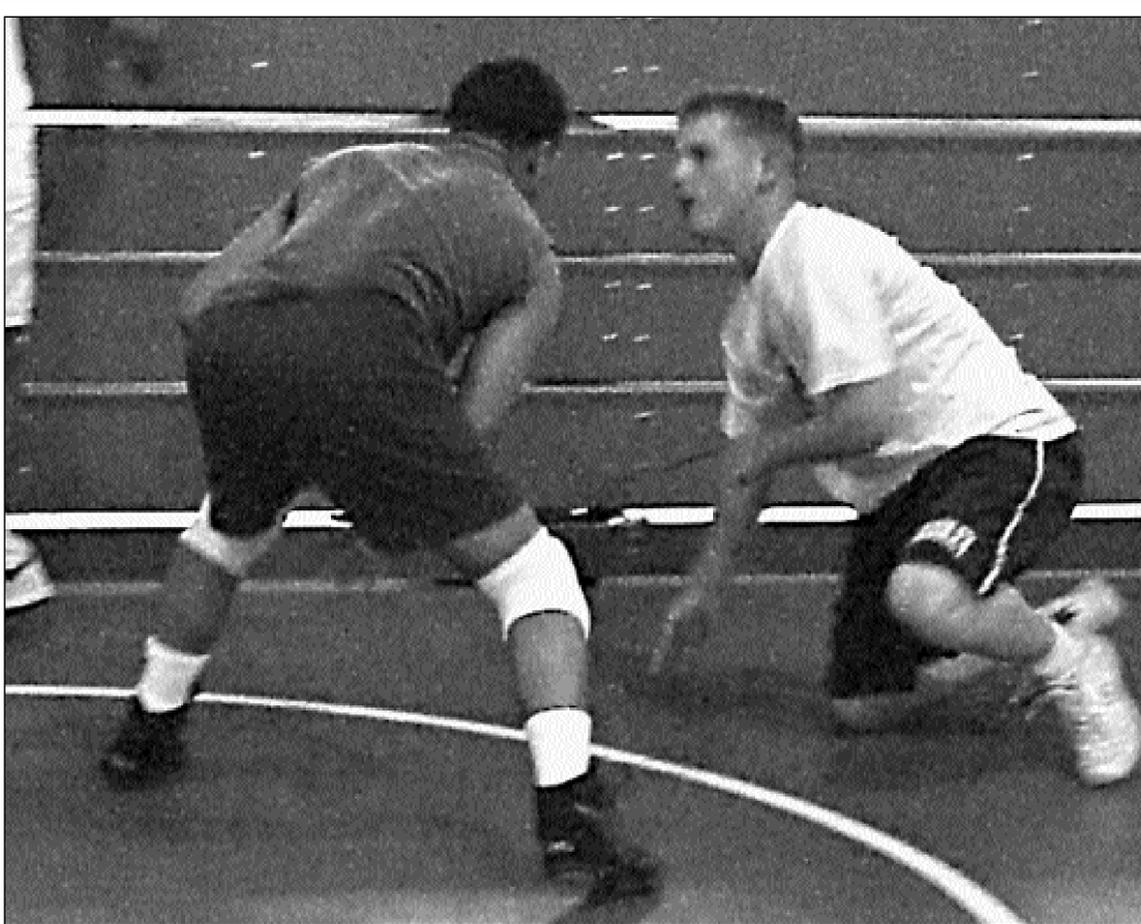
1st Lt. Ryan Moore, 1-225 Aun Regt., Honduras

Spec. Chris Ipan Van-Zelen, USAR, Fort McPherson, Ga.

Sgt. Pat Conrad, A CO 1/175 Infantry, Md.

Spec. Clarke Lam, Schofield Barracks, Hawaii

1st Lt. Charles Thumoepean, Ft. Hood, Texas.



Post/Doheny

Anthony Rodeghero waits to see what move AJ Soltero is going to make next. The two wrestlers attended a meeting Monday night to find out the specifics for the upcoming tournaments. The next tournament is Nov. 5-7.

Wrestling tourney nears

By Kevin Doheny

Staff Writer

Wrestling.

It's one of the oldest forms of competition in the history of the world.

Centuries before, the Egyptians and Babylonians were depicted in cave drawings showing them using some of the same holds as the ones used in today's form of the sport.

The Greeks battled each other in the original Olympic Games in 778 B.C., and the sport also has its roots in ancient cultures of the mid-East, China and Japan, according to the 2000 Olympic Summer Games website.

There are three types of wrestling, Greco-Roman, free-style and collegiate-style.

Greco-Roman wrestling relies on upper body strength and techniques to bring down an opponent.

Free-style on the other hand allows wrestlers to use their legs.

Collegiate-style was created in North America and is practiced in high schools, colleges, universities, and athletic clubs.

The difference in this style rather than the others is, a wrestler must hold his opponent's shoulder to the ground for one second, according to an article on wrestling by

a Microsoft Encarta Online Encyclopedia.

"In free-style, a wrestler would never wrestle the same person twice in a tournament," said Billy Upham, pairings official. "We use a free-style format here."

Wrestlers gathered at King Field House Monday to get the early word on matters pertaining to their safety and welfare, plus they were given additional information.

"We went over the rules and how a wrestler scores points and what points are scored, and how the tournaments are run," said Upham. My job is to set up the brackets for all the tournaments.

"I do all the pairings and seedings. Basically I run all the tournaments. I then have officials who come out and officiate the events," he said. "I pick the officials due to their knowledge of the sport."

Upham said wrestling is gaining popularity.

"Wrestling was down for a few years here, but last year we had a big turnout," he said.

"Hopefully we will get the same amount this year."

"Usually in the lighter weight classes we don't have as many participants, but the middle and heavier weight classes we seem to have enough wrestlers."

"Our summer programs are as big as

always," he said.

Upham also said anyone interested in joining could do so by contacting Barry Sunstrom at the sports office at King Field House.

He also said the weigh-in deadline for all interested wrestlers is Nov. 5, which will be done then from 8-10 a.m.

"It's not a prerequisite to have wrestled before," said Upham.

"It does help, but anyone is allowed to wrestle here."

There is a lot of action in it. I think it's a great sport to watch, and compete in."

Since the early days of mankind, people have been wrestling. Battling throughout times. Wagging one on one war with his opponent in the squared circle.

These people battle in a sport where a reckless abandonment for one's body is certain. So as time goes on, so will the sport.

"Nationwide this sport is still gaining popularity," said Upham.

Wrestling has withstood the test of time. Being one of the oldest sports in the world, it's combatants can hold their head high.

Blood, sweat and tears are what these competitors do when they step into the "squared circle."

This just might be why this sport is gaining popularity.

Soccer moms enjoy children's sports activities



Post/Doheny

Marshal Thomas, 6, goes after the ball during the Sharks soccer game Tuesday at Colyer Manor.

By Kevin Doheny

Staff Writer

The joys of life aren't always where they seem.

Some find their joy in being successful.

Others might find theirs in having possessions.

For some moms on Fort Riley, they find some of their joys by watching their children play sports.

Also, there is a term called "soccer moms."

Different people might have different feelings on what the term actually means.

For a few Fort Riley moms, they enjoy being soccer moms.

"The kids seem to have so much fun," said Jennifer Swanson, mother of a Youth Soccer League player.

"It's so cool to see them at the end of the year and see how much they have learned."

"I really just like for my children to compete in sports," said Chris Rush mother of three soccer players.

I like for them to be outdoors and

participating in activities. Plus it gets them out of the house.

"I just really wanted them to learn. Soccer is very popular where I come from," said Rush, who is originally from Germany.

Swanson said that her son by playing soccer, gets to be around kids his own age and have fun.

Swanson said she also believes being around kids his own age, has helped her son prepare for later life.

"I think sports is a good foundation for work ethic," said Swanson.

"I'm in favor of having your kids involved with whatever they can get involved in. Later on in life, they can find out what their specialties are," she said.

"It is just like in life, you have to have a good work ethic to be able to be successful," said Rush.

"Keeping them in some kind of activity is very important for them in so many ways," she said.

Soccer moms get to hear all about the games and how well their child thinks they did.

"I think it's because they are part of

a team," said Rush.

"They get the feeling like they belong. And they are excited about what they did," she said. "They love to tell mom and dad all the good things they did well during their game."

"They are still so excited," Swanson said. "Even days afterward they are still so excited, especially if they won or if they scored a goal."

Swanson said she believes soccer is different than any other sport.

She thinks for smaller children, soccer is the better of any of the sports youth play.

"Most kids know how to run, kick the ball and so they can be successful at an earlier age. They just aren't as developed as some of the older kids" said Swanson.

"T-ball and basketball takes more coordination and makes it harder for them to play," she said. At this age, I think they enjoy a sport where they can't really fail at. Then at this age, it is just running and kicking the ball.

"At this age, they really don't play a position. They sort of just run around and have fun," said Swanson.

"I think it is different because you really have to play as team, where as baseball, and basketball, there are one on one confrontations," said Rush.

"You also have to think ahead when the ball comes and it challenges them on a different level."

Whether it is baseball, basketball, soccer, or any sport, these moms are going to support their children at whatever they do.

These soccer moms are vocal at their children's games.

For example, Swanson sat on the bleachers by the field where her son was playing and she cheered him on while he battled his way toward the ball.

Not only was she cheering her son on, but other Fort Riley mothers and fathers cheered in support of their young children.

Like most moms these moms are very proud of their children and their accomplishments.

Fort Riley soccer moms can be found at Colyer Manor on game nights, and can be found being supportive and toward their soccer children.

Sports Briefs

Cross Country Race

The Battalion-Level Cross Country Post Championship will be conducted Nov. 1 at the Custer Hill Golf Course.

The Women's Open Division, the Women's Masters Division and the Men's Masters Division course will be approximately 2.6 miles and begin at 3 p.m. The Men's Open Division course will be approximately 5.2 miles beginning at 3:45 p.m.

Participants in the Masters Division must be 35 years of age by Nov. 1.

Each battalion is authorized to enter one Women's Open team consisting of five members.

The top four runners will count for team score.

Each battalion is authorized one Men's Open team consisting of seven members with the top six counting for team scoring.

A roster of battalion team members will be forwarded to the Sports Office no later than today. Rosters must include full name, rank, unit, duty phone, and division.

For questions, call BarrySunstrom at 239-3945.

Community Basketball

The Fort Riley Community Life Sports Program is now taking team registrations for the 2001-2002 league basketball season, according to program director Billy Mack. Fort Riley housing areas that would like to register teams may sign up at King Field House, Main Post during regular operational hours.

Information on the program is available by contacting Mack at 239-3764.

The season runs November through March.

CYS Basketball

Child and Youth Services basketball registration runs Monday-Nov. 9. Registrations are being taken at the CYS Central Enrollment Registry Office, Bldg. 6620 Normandy Drive, Custer Hill.

The program is open to second through sixth graders. The season runs December to March.

Turkey Shoot

Outdoor Recreation is hosting its 3rd Annual Fall Turkey Shoot Nov. 3 at 9 a.m. at Outdoor Recreation, Bldg. 9011. Cost is \$10 per person.

See how many clay birds you can break in competition. Rental shotguns will be available or participants can bring their own. Shooters must use 7½ shot or less and must provide their own ammo.

Format and awards will be based on participation. Sign up is at Bldg. 9011. For information call 239-2363.

Swim Lessons

Registration for the next series of Eyster Pool swim lessons is underway. The sessions runs November 5-16.

Classes include Guppy, 4-4:30 p.m. running Monday Tuesday and Wednesday and Level I, 4:30-5 p.m.; Level III, 5-5:30 p.m.; and Level IV, 5:30-6 p.m. all running Monday through Thursday.

Cost for swim lessons is \$15 for Guppies and \$20 for levels I, III and IV.

Further information is available by calling 239-4854.

Golf Tourney

Fort Riley golfers used their local knowledge of the 18-hole Custer Hill Golf Course to defeat Fort Leavenworth golfers 331/2 to 261/2 in the annual home-and-home match play event Oct. 19.

The tournament is conducted twice each year with the team with the most cumulative points after the series declared champion for the year.

The Fort Leavenworth team defeated Fort Riley earlier this fall on its Trails West Course but total points gave Custer Hill players the overall victory.

Fort Riley now holds the trophy until next year. The tournament is open to all Fort Riley golfers with a verifiable handicap. Individual match play results follow:

Steffens lost to Germonprez, 0-3; Sweemer def Plemmons, 3-0; Scott lost to Fernengel, 1/2-2 1/2; Alapai lost to Johnson, 1-2; Miller lost to Hovey, 1/2-2 1/2; Jackson def Cozad, 2-1; Watson B. tied Smith, 1/2-1 1/2; Kickhaefer def Colston, 3-0; Hart def Howard, 2-1; Stewart def Shafer, 3-0; Heath lost to Cobb, 0-3; McGary lost to Bone, 0-3; Peterson lost to Engle, 1-2; Cortez def Ballesteros, 2-1; Dowdell lost to Homan, 0-3; Zubrod def Thomas, 3-0; Coleman def Czibik, 3-0; Leedy def Meseke, 3-0; Watson def Barnett, 2-1; Allen def Martin, 3-0.

PT Road Closure

Custer Hill is "closed" during PT hours 6:30-7:30 a.m. in accordance with the standard PT closure plan.

The only vehicles allowed access into the "closed" area are tactical vehicles conducting guard shift change, LOGPAC, and other force protection related missions (however, units should make every attempt to minimize the need for access).

Vehicles that are operating within the closed area must exercise extreme caution and operate at reduced speeds.

Bobsleders win events in Utah

By Douglas Ide
Army CFSC

ALEXANDRIA, Va.—Two U.S. Army World Class athletes captured first place at the U.S. Bobsled National Team Trials Oct. 19-20 at Olympic Park in Park City, Utah, site of the 2002 Winter Olympic Games.

Spec. Jill Bakken and Spec. Shauna Rohbock rallied from a second-place finish on the first day of the trials to win the women's bobsled competition at the two-day event. Bakken and Rohbock will start the 2001-2002 World Cup fall tour in the USA I sled.

Bakken's and Rohbock's combined time of 1:40.33 was 0.01 seconds faster than second place finishers Bonny Warner and Vionetta Flowers on the second day of competition, allowing the two to rocket into overall first place, though they didn't know it at first.

"We had no clue that we won," said Rohbock after the trials. "We were taken to drug testing (after the second day's runs) and on the drug testing sheet it has your place. It said third. When we got back to the docks after testing everyone is like, 'Congratula-

tions, you're USA I.' We're like, 'What are you talking about?'"

"By the reaction of the two other teams that came down after us, we thought they had won," added Bakken. When she found out that her team had actually won the trials, Bakken was thankful she had such a good second run during day two.

"We had a really, really good second run on the second day, and had a decent run on the third run," added Bakken. "That was enough to put us into first place overall."

"I was excited," added Bakken. "I haven't been USA I for a few years now. It's nice to be healthy and back on top again."

The teams ran two heats each day, with the option of a third. The combined time of the best two heats became that day's time total for each team. Points were then awarded for a first, second, or third place finish each day. Each day's points were combined for an overall competition score.

Bakken, from Park City, Utah, and Rohbock, from Orem, Utah, earned 380 points — 200 for their first-place finish and 180 for their second-place finish — for the overall victory.

Jean Racine and Jen Davidson finished with 360 points for sec-

ond. Warner and Flowers had 340 points for third.

Bakken, the team's driver, and Rohbock, the brakeman, are both Utah Army National Guard soldiers assigned to the Army's World Class Athlete Program, a Morale, Welfare and Recreation program of the U.S. Army Community and Family Support Center here.

Bakken and Rohbock joined the Army Feb. 23, 2000, as administrative specialists. Bakken has been a member of the U.S. National team since 1994, Rohbock since 1999.

Women's head coach Spec. William Tavares was extremely pleased with the trials. "All of our athletes did very well. We could not have asked for more out of these women," he said at a post-race meeting. Tavares is in the U.S. Army National Guard and is assigned to the U.S. Army's World Class Athlete Program.

Bakken holds the record as the youngest woman bobsled competitor in World Cup competition history as a 17-year-old in 1995. She also won the first World Cup gold and silver medals in U.S. women's bobsled history with Meg Henderson in December 1997.

Army sponsors high school bowl

From Army News Service

FORT KNOX, Ky.—The nation's top 75 high school football players will battle it out in the U.S. Army All-American Bowl Jan. 5 in San Antonio's Alamo Stadium.

This is the second year of the high school All-American Bowl and the first time the Army is a lead partner for the event, according to Army Recruiting Command officials.

"This is a great opportunity for the Army to help recognize the nation's top football players. It is an important part of our continuing efforts to honor students who excel in academics and athletics," said Col. Thomas E. Nickerson, director of Advertising and Public Affairs for the Army Recruiting Command.

Tom Lemmings, the nation's premier high school recruiting expert, will choose the players to compete in the east versus west contest.

Once the athletes are selected by Lemmings, who also selects USA Today's top 25 players each year, Army recruiters across the nation will help deliver the good news.

Lemming will select the top 400 players from nominations submitted by their coaches. Nominations were mailed to the athletes' coaches Oct. 13.

The Army will begin announcing the final team selections during the U.S. Army All-American Selection Tour that began Oct. 22 in Virginia Beach, according to Nickerson.

The tour is also scheduled to stop in Pittsburgh; Gloucester,

Mass.; Daytona Beach, Fla.; Avon Lake, Ohio; Joliet, Ill.; Raleigh-Durham, N.C.; Ventura, Calif.; Seattle; Dallas; San Antonio; and St. Louis.

"Announcements will continue into December so that as many players as possible have an opportunity to respond and play."

The nation's top high school sports writers will select the nation's top player, who will be honored before the game. The player will receive the Hall Award Jan. 4 at a dinner sponsored by the San Antonio Downtown Rotary Club. The award is named for Ken "The Sugarland Express" Hall, the all-time leading high school rusher.

Hall, who played for Sugarland High School from 1951-1953, is a Texas legend having gained over 11,000 yards.

Standings

Fort Riley Flag Football Standings as of Oct. 22

NORTHERN LEAGUE

	Win	Lose
Co. B, 125 FSB	4	0
A 4-1 FA	3	1
C 4-1 FA	3	1
HFB 4-1 FA	2	1
B 4-1 FA	2	2
Co. C, 1-41 INF	1	2
HHC 3rd BDE	1	3
172nd CHEM	0	2
Svc. Bat. 4-1 FA	0	4
1st Mant. Co.	0	0
24th TRANS	0	0

SOUTHERN LEAGUE

331 SIGNAL	6	1
HHC 24th ID	8	2
300th MP	7	3
1st PSB	7	4
523rd MP	6	4
C 4-3 ADA	5	6
HHC 2/34 AR	6	4
568 CSE	6	5
C 1/16 INF	3	6
HHC 937 EN GP	1	9
1st FINANCE	2	9
HHC 1/16 INF	3	7

Feldkamps
3 x 10"
Black Only

Homestead Rentals
3 x 10.5"
Other Color
furniture warehouse

Fort Riley Community

October 26, 2001

Proudly serving the Home of America's Army

Page 9

Youth present concerns at symposium

By Melissa McEntire
Staff Writer

Although they may be young, the youth of Fort Riley have issues, just like adults. And, they are far more serious than bad lunches at school.

To discuss any problems youths may have, a Youth Action Symposium was held Oct. 20, at the Fort Riley Teen Center.

With six senior high and four junior high school students present, the symposium kicked off about 9 a.m., and it ended about 2:30 p.m.

Even though bad lunches was number two on their lists, the junior high students had a

very serious issue ranked number one.

"Their biggest issue was the teachers impact on learning," said Betsy Young, community life program coordinator.

"They feel that sometimes the teachers attitude and enthusiasm is not high about an activity, both academically and extra curricular. That makes the students' enthusiasm low about the activity as well," she said.

"So for middle school students, their issues were well thought out and serious," she said.

During the symposium, the students' issues were heard, and then they tried to find a solution.

"It went very well. We had wonderful input from everyone," Young said.

"Some think that because they aren't adults, nothing they say matters. That is not true."

—Betsy Young
Comm. Life Coordinator

"I think the students all had a good time and enjoyed themselves."

The Youth Action Symposium was different this year

from the previous in the fact that it was held separately than the Family Action Symposium.

"I think we will keep it separate from now on," she said.

"It was a help to be at the Teen Center. During lunch, they relaxed and used the facility. Some played pool, while others watched T.V. They also got to eat pizza, which is something I don't think would be served at the Family Action Symposium," she said.

"In all, I think it was a great experience for everyone," she said.

"The biggest point that needs to get across to these kids is they have a say in what happens in their lives and their

voices will be heard," Young said.

"Some think that because they aren't adults, nothing they say matters. That is not true. If an issue can't be resolved here, it can go all the way up to Department of the Army level," she said.

"It is important for them to tell what they are having problems with. Otherwise, it won't be fixed," said Young.

"All in all, there was a good response at the symposium. Hopefully, all of the students' issues will have a solution found and hopefully, next year we will have even more kids come to the symposium," she said.

Association sponsors spouses

By Dan Elder

NCOA Chairman

Established in July 1988 to assist NCOA Auxiliary Division members wishing to prepare themselves for employment or improve on employable skills, the Betsy Ross Educational Grants were developed to assist in defraying the cost of taking a course at a local business or technical school.

This program is for spouses who are unemployed and in need of a course in typing or word processing or who are currently employed and need a course in data processing to enhance skills.

Though not limited to these specific situations, many educational improvement options are covered.

At the beginning of each new quarter of the year Jan. 1, April 1, July 1 and Oct. 1, six applicants are selected to receive one-time grants of up to \$250 each depending on the cost of the course they are taking.

Applications must be received 30 days before the start of a new quarter. Applications for January 2002 grants should be received by Nov. 30. Upon selection, NCOA will forward a check on behalf of the grant recipient to the school of his/her choice to be applied toward the total cost of the course.

The Fund was not named for the Betsy Ross who stayed up all night sewing together our first American Flag, but a two-term President of the NCOA International Auxiliary. Betsy was a supporter of NCOA and the Auxiliary for many years and the NCOA International Board of Directors decided to honor her for her life-long efforts.

For information or to request an application, write to Spouse Education Grant, c/o NCOA, P.O. Box 2427, Fort Riley, KS. Or call 785-717-3009.



Post/McEntire

Lane Mills, age 3, looks at his mom nervously from the inside of the Tide Race car last week. Children were allowed to get in the car and get their picture taken. Lane, however, wasn't too thrilled about being inside the car.

Shoppers eye Tide Race Car

By Melissa McEntire

Staff Writer

Shoppers revved their engines at the Commissary, Oct. 17, in response to an official Tide Racing Car on display there.

The car is a retired Super Speedway Daytona Beach car. It had only half the shell on, so patrons could really see what a racecar looks on the inside.

"We travel all over the United States showing the car at various places," said

Ken Pruett, show car exhibit driver.

"Tide representatives book places and we travel around," he said.

"The car actually has been raced. The driver was Ricky Rudd, then, but, Ricky Craven is the driver now," he said.

"It has about 700 to 750 horsepower underneath the hood. This thing will flat out take off," Pruett said.

"Lots of people are curious about it. Whenever we show it, mostly guys ask

about it, but sometimes women do too. And, we let some of the kids sit in the driver's seat to get their pictures taken. That is the big thing. Lots of kids get their photos taken beside the car," he said.

"When the car comes out, we want people to get out there and look at it," said Wanda Dotson, commissary director.

"The entire family can come out and look at it and be interested," she said.

"It usually comes out about once a year, and we

always look forward to it," she said.

However, Fort Riley isn't the famous car's only stop.

"We've been all over. We've been to Fort Campbell, Ky., Fort Hood, TX. and Fort Belvoir, Va. And that is just naming a few stops," Pruett said.

"We are proud of our car, our driver and our product. We want everyone to know that, and we want everyone to have the opportunity to see what we are so proud of," he said.

Apple Day organizers make, sell 600 pies

By Melissa McEntire

Staff Writer

There are some things that people automatically think of when they hear the word America, such as freedom, baseball and, of course, warm homemade apple pie.

Each year, the Historical and Archaeological Society of Fort Riley has one big fundraiser, which is called Apple Day. Due to increased force protection measures on the post this year, organizers decided not to host the full annual event. But there were many who still wanted their homemade pies.

So they gathered dozens of volunteers to give the community what it wanted.

"The fundraiser is for the community. Everything we raise from the community goes right back into it," said Rachelle Boslego, president of the society.

"Usually, Apple Day is a big event. There are crafters, re-enactors, static displays and the Fort

Riley Honor Unit Guard performs. Plus, we usually sell wonderful baked pies," she said.

"The unfortunate thing was that it couldn't be that way this year. It is always a fun time and I think many people missed out on it," she said.

"However, we still sold the apple pies. We couldn't be stopped from doing that," Boslego said.

About 50 volunteers gathered and made 600 homemade apple pies, from scratch.

"And we sold them all," she said. Working morning and night, the volunteers made all the pies Oct. 15 through Oct. 17.

"We wanted to make 800 pies, but we just didn't have the time," she said.

Making the pies may sound easy, but it isn't. Not by a long shot. "That Monday, we gathered and made the topping for all of the pies. Just doing that took one whole day," Boslego said.

"The other two days, we concentrated on making the pies. That

included peeling the apples, slicing them, making the filling, and ultimately, making a pie," she said.

"We had many volunteers who aren't even members of the society helping us. We had soldiers and Boy Scout volunteers and many others who helped."

"There is no way we could have done this without the help of the volunteers," she said. "It was a lot of fun. I think everyone had a good time."

"Doing things like this together builds a community," she said. "Besides that, it absolutely smelled great in there. I think some came in for the smell alone."

"Not only were buyers helping out the community, they got a delicious pie as well," said Boslego.

Although the pies are gone now, Boslego says she is still getting many calls from people who still want to buy them.

"I have to tell them that we are all out, however, there is always next year," she said.

Family SGLI begins Nov. 1

From Army News Service

WASHINGTON—Beginning in November, DoD will automatically provide insurance coverage for spouses and children under Servicemembers' Group Life Insurance, unless soldiers sign a form declining the additional coverage.

Soldiers will pay for their spouse's insurance coverage in their monthly payroll deduction, officials said. Those who want to cancel or reduce that insurance for their family members need to submit a SGLV form to their command's service support center.

Spouses will be insured for a maximum of \$100,000 and children for \$10,000, through the SGLI for family members.

Children will be covered at no cost to the sponsor, said Robert Wagner, deputy of the Army's Casualty and Operations Center.

Spouses will be insured for a monthly premium of between \$9 and \$32 per month, depending on their ages and amount of coverage desired. If no action is taken, Wagner said the maximum premium will automatically be deducted from paychecks beginning in November for all soldiers, including those in the Army Reserve and National Guard.

A 30-day grace period for soldiers wanting to cancel or reduce their insurance begins with the program's implementation Nov. 1. Although Nov. 20 is the last date that paperwork can be submitted to the Defense Finance and Accounting Service to affect that month's pay, officials said soldiers who fill out the SGLV Form 8286A before the end of November will be later reimbursed.

The SGLI for family members was brought about by legislation sponsored by the Veterans Administration and approved by Congress in May. It will be the first time spouses and children have been covered under the military life insurance program.

"The spouse must be enrolled in DEERS (Defense Eligibility and Enrollment Reporting System) in order for the correct premium to be deducted from the sponsor's paycheck," Wagner added.

Spouses who opt to accept the automatic life insurance policies do not have to undergo physical examinations, Wagner said.

He said spouses would, however, have to complete a document stating that they are in "good health" if they elect insurance after initially declining or decreasing the automatic coverage.

AFAP conference reslated for March

By Harriet Rice

Army News Service

ALEXANDRIA, Va.—The 2001 Army Family Action Plan conference, originally set for Oct. 29 to Nov. 2, has been postponed by officials of the United States Army Community and Family Support Center.

The AFAP conference has been rescheduled for March 11-15 at the Mark Center Hilton in Alexandria, Va., said Sandra Vlcek, chief, AFAP program. More than 100 representatives from installations and major Army commands are expected to gather at the conference.

The semi-annual Army Family Action Plan General Officer Steering Committee meeting will still be held during the AFAP conference in March, according to Vlcek. However, she said an exact date for the meeting has not been decided.

Even though there will be a five-month delay by postponing the conference until March 2002, said Vlcek, the AFAP program will be back on schedule by Nov. 2002 with the fall conference and GOSC.

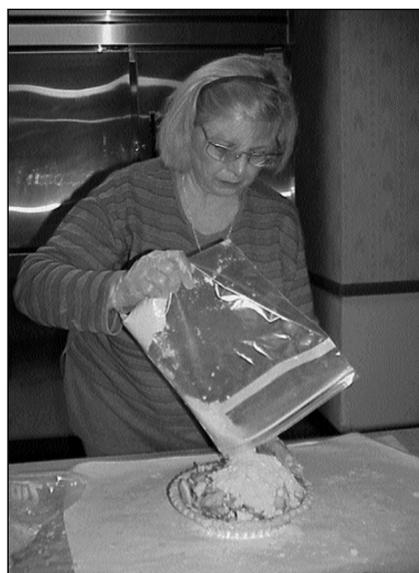
The Army Family Action Plan is a catalyst for transforming policies and programs to better serve the well-being of soldiers and families, officials said.

It's a grassroots process that starts at the installation level, officials said. The said it allows members of the Army community - active duty and reserve components, retirees, civilians, family members and youth - to provide their input about every facet of Army life in the form of issues and recommendations.

Once presented, the issues are prioritized and worked locally as much as possible. The issues with broader applications that cannot be resolved at the local or major Army command level are sent to the headquarters, Department of the Army level at CFSC for inclusion in the annual AFAP conference.

The process and the life cycle of an issue don't end until a final leadership decision is made at the General Officer Steering Committee meeting, officials said.

For 18 years, Army leadership has depended on AFAP for a continuous improvement process that results in enhanced benefits and entitlements, officials said.



Post/McEntire

Janet Russell, a volunteer, helps make pies just before the annual Apple Day pie sales.



Fight off colds, flu during winter season

By April D. Kidd

Community Health Nurse

The season is upon us when millions suffer from the effects of the common cold and flu.

During the colder months, most people stay indoors. With most people indoors, it is much easier for respiratory illnesses like cold and flu to be spread from person to person as a result of coughing and sneezing.

The common cold is caused by many different types of viruses, other than the flu virus.

Usual symptoms for the cold can include sore throat, runny nose and watery eyes, sneezing, chills, headache, and general all-over achiness.

There is no vaccine or antibiotic to rid the body of the common cold.

The best treatment is to increase fluid intake and rest. According to the National Center for Health Statistics, there are nearly 62 million cases of the common cold in the U.S. annually and nearly 22 million school-loss days annually.

Colds may be spread when a well person breathes in germs that an infected person has coughed, sneezed, or breathed into the air or when a well person comes in direct contact with the nose, mouth, or throat secretions of an infected person.

Avoiding contact with persons with the common cold is not necessary.

Some common practices can be implemented to help prevent the spread of the cold: Practice good handwashing, clean and disinfect all common surfaces and toys, make sure common areas are well ventilated, and cover nose and mouth while sneezing.

The flu is caused by a virus. The flu season in the U.S. is from November through April each year.

The flu causes some of the same symptoms as the cold, but can be more debilitating; even hospitalizing some.

Each year, the flu and its complications hospitalize between 250,000 and 500,000 Americans and kill almost 20,000.

The flu is very infectious and can be passed easily as well from person to person.

Moreover, people infected with the flu are contagious usually two days before their own symptoms begin.

The flu can be debilitating even for healthy people, and is particularly serious for the elderly or patients with chronic medical conditions.

It may be beneficial if those ill with the flu, avoid contact with others to help decrease the spread of the flu.

If you are over the age of 50; if you have a chronic medical condition (heart, lung, kidney, or metabolic disease); if you are pregnant and in the second or third trimester; if you have a weakened immune system; or if you are a health care provider, you should consider being vaccinated against the flu.

Flu vaccination is necessary every year for two main reasons: the types of flu virus are different every year and the immunization effect last only about six months.

You cannot get the flu from the flu vaccine.

Because of the serious consequences associated with getting the flu, the Centers for Disease Control and Prevention recommend flu immunization.

Most local civilian agencies have received the flu vaccine, but there is currently a delay in the shipment to the Department of Defense.

You can receive a flu vaccine from any of the local Health Departments.

Irwin Army Community Hospital hopes to have the vaccine available to all beneficiaries in late November.

More detailed information about colds and flu is available at the CDC site at www.cdc.gov and by contacting Preventive Medicine at 239-7323.

Winter lawn care builds strong spring turf

From DES

Autumn's crisp mornings and vibrant changing colors signal to most the temporary retirement of what could be summer's least beloved chore, lawn maintenance.

Many people have a love/hate relationship with their lawns: they love their cool green freshness and manicured lines, but hate the endless hours spent each summer in pursuit of perfection.

It seems one cycle of mowing, trimming, raking and watering is hardly done before the next begins.

Although it's nearly time to oil the tools and store them away for the rest of the year, a few last-minute considerations will ensure a lawn's continual health and may help get a jump start on next spring's greening cycle. Keep the following guidelines in mind when preparing a lawn for winter dormancy and by spring it will have a denser, stronger, healthier stand of turf.

Keep mowing. As long as the lawn is growing, continue to mow it at a height of about three inches. Unmown grass may mat down, creating a favorable environment for snow mold, a disease that can cause considerable damage to the cool-season turf grasses (bluegrass, ryegrass and fescues) that figure prominently in Fort Riley lawns.

Do not lower mowing height

before winter as photosynthesis, the process by which plants convert sunlight to useable energy, will continue until the grasses become dormant.

Use a mower to mulch fallen leaves into the turf. Mulching leaves is an excellent alternative to raking.

Don't forget to water. As temperatures cool, less water will be necessary to maintain healthy turf. Use enough water to moisten as much of the root zone as possible, ensuring that water and suspended nutrients are reaching root ends.

Check the average rooting depth using a soil probe (a screwdriver works well) or shovel. An early morning watering is most beneficial to grasses and an efficient use of water resources. Once the root zone has been adequately soaked, do not water the turf again until the grass shows signs of drying out or wilting.

Water every other week during the fall if the weather is dry, in addition to a last, good soaking before winter.

Control weeds. Annual winter weeds such as dandelions, plantain, wild violets, clover and black medic can be controlled by applying a broadleaf herbicide containing 2,4-D, MCPP or dicamba between mid-October and mid-November. As always, when handling herbicides and other toxic substances, read and follow all

directions on the product label and wear gloves or other protective covering.

Apply these products on a sunny day when no rain is forecast and temperatures are above 50°F as these herbicides work best while plants are green and photosynthesizing.

Applications in late November, after plants enter dormancy, will work but are slower to take effect.

Feed the lawn. Some fertilizer may be needed during the spring and summer months, but too much emphasis has been placed on this kind of fertilization. Over application of fertilizer at these

times can cause disease, will require more frequent mowing and may contribute to overall poor turf health.

A fall application of fertilizer will help mend damage from summer stress, strengthen turf and prevent winter disease damage.

The goal of a good fertilization program is to produce a reasonable amount of top growth, but not at the expense of root growth or carbohydrate storage, as these are the key features in a healthy turf system. Nitrogen is the most important nutrient in the promotion of good turf color, growth and a strong root system.

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Information, Ticketing, Registration

Information, Ticketing & Registration is located in the Leisure Travel Center, Bldg. 6918 (across from the PX) and has current information and tickets to surrounding area attractions, dinner theater, concerts, stage productions and movie theatres. Before making vacation plans, check out the maps and travel brochures from across the U.S. ITR also assists in group travel plans.

Active/retired military, Department of Army Civilians and family members are authorized to use the ITR Office for leisure travel services. Call 239-5614/4415 for further information.

Tickets are available for purchase with cash, check, MC, VISA and AE. Prices

are subject to change.

Hours of Operation: Monday-Friday, 9 a.m.-6 p.m. closed on Sundays and holidays.

Bicentennial Center—"Collin Raye" Christmas in the Heartland is coming to the Salina Bi-Centennial Center on Saturday, Dec. 15 at 7 p.m. Reserve tickets are now available through ITR.

Walt Disney World—100 Years of Magic Celebration Officially Begins! The yearlong 100 Years of Magic Celebration kicked off in grand style with all-new parades, attractions, and live entertainment at all four Walt Disney World Theme Parks. The celebrate commemorates the 100th anniversary of Walt Dis-

ney's birth and is centered at the Disney-MGM Studios, which has unveiled a new, permanent icon — a 12-story-tall Sorcerer Mickey hat. Now through Dec. 31, 2002, all four Walt Disney World Theme Parks are celebrating this milestone with a spectacular line-up of new attractions and parades. For more information about the 100 Years of Magic Celebration and discount ticket information call ITR. Accommodation reservations are also available.

Choice Hotels—extends military rate to all standard rooms at 3,000 hotels. Choice Hotels International, the second largest hotel franchisor in the world, is launching a special initiative that allows

military and government travelers to obtain discounted rates for all available standard rooms at over 3,000 hotels in the U.S. This special initiative runs through Dec. 31. ITR can assist you with accommodation reservations through the Military Ticket Voucher program. For the Orlando/Kissimmee area, the average hotel rate is \$91.90. Using MTV rates, the average price per night for the area is \$53.09; a savings of \$38.31 or 42.2 percent per room night. Current MTV prices range from a high of \$89 per night to \$33 at the Quality Inn Main Gate. Most rates are in the \$50 range or lower.

Anheuser Busch—Free admission to Anheuser-Busch amusement parks for

active duty military and military on activated orders. In addition, an invitation to all Active Duty Military and Military with Activated Orders (must show copy of orders) is extended to you to be their honored guest. Simply show your military identification anytime you visit Sea World in Orlando, San Antonio or San Diego; Busch Gardens in Tampa Bay or Williamsburg; and Sesame Place in Philadelphia now through December 31, and you will receive unlimited complimentary admission for yourself. In addition, your immediate family will receive complimentary admission on your first visit. After the first visit, check with ITR for military discounted tickets.

Halloween safety tips ensure fun

By Mike White

PMO

As Halloween approaches, many children will converge into the streets of Fort Riley in an effort to collect a bounty of sweets and trinkets consistent with this time of year.

Some will dress in gruesome garb depicting characters of your worst nightmares restricting their vision and reducing drivers' reaction times due to their limited visibility, while others will dress in daily attire intent on collection and distraction.

They will hide in less than obvious places and leap out at the last minute in order to achieve their goals. Either instance presents an abundance of opportunity for accidents to happen.

The excitement and allure of bouncing from door to door while

carrying bags overstuffed with goodies will leave many of these children blinded to the everyday safety measures we have all taught them.

This can be extremely dangerous for themselves, other residents.

By instructing your children to follow a few simple safety measures they can ensure they will be able to thoroughly enjoy the fruits of their bounty.

- Walk in groups of friends. There is safety in numbers.

- Do not talk to, accept gifts from or get into vehicles with strangers! If approached by a stranger call out for help loudly and draw attention to yourself, seek out a trusted adult such as parents or military police for assistance.

- If it is dark out, instruct you children to walk in well lit areas

and utilize sidewalks and cross walks. Place refraction tape on their costumes so vehicle operators will be able to see them when their headlights strike the tape. Encourage your children to carry flashlights.

- If your child is under 10 years old, you must accompany them on their route. It is not only for their safety; it is a Fort Riley regulation.

- Instruct you children to visit the home of people they are familiar with.

- Explain the importance of abstaining from eating their bounty prior to it being checked by a responsible adult.

- Finally, the Military Police will be conducting walking patrols in the housing areas. If assistance is needed seek out a Military Policeman or call the MP desk at 239-MPMP (6767).

Podiatry Clinic

The Podiatry Clinic at Irwin Army Community Hospital is now a self-referral clinic. Military health beneficiaries who are having foot problems may call to make an appointment to see Maj. (Dr.) Daniel P. Flynn by calling the TRICARE Appointment Line 784-1200 for an appointment.

Active duty servicemembers may see the podiatrist at the Consolidated Troop Medical Center, on Tuesdays from 1-3:30 p.m. However, the service member must have a medical referral from the unit medical provider.

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Plan for transition early

The key to a successful transition is planning.

Transitioning requires a carefully thought out Individual Transition Plan. The ITP is a game plan for successful transition to civilian life. It's a framework used to fulfill realistic career goals based on unique skills, knowledge, experience, and abilities.

The ITP identifies actions and activities associated with transition.

Army Career and Alumni Program center staff can help soldiers with a head start on the development of an ITP.

A copy of the Preseparation Counseling Checklist serves as an outline for the ITP. On this check-

list, soldiers indicate the benefits and services about which they want additional information. The ACAP center staff will furnish additional information and emphasize certain points for consideration.

To get started on an ITP, call the ACAP Center at 239-2278 to set up an appointment or stop by Bldg. 210 Rm. 006.

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