

www.riley.army.mil

Weather Forecast	Today High:69 Low:43
Saturday High:63 Low:44	Sunday High:62 Low:40

Fort Riley Post



Theater reopening
Fort Riley's Normandy Theater is reopening Nov. 15, 7 p.m., after extensive renovations. New features include a 12-speaker surround sound system, acoustic ceiling, new seats, carpeting on the walls and more.

November 7, 2002 America's Warfighting Center Vol. 45, No. 45

CWO 3 Boyd Curry, Right, distributes equipment to OPFOR soldiers. Below, Sgt. 1st Class Shawn Tygart executes the low crawl under a barbed wire obstacle.



OPFOR Challenge



Post/Bender

Teams compete for bragging rights

By Jamie Bender
Staff writer

Reserve soldiers from three states came to Fort Riley to compete in the 3rd Brigade, 75th Division (Training Support) annual Opposing Forces Challenge last weekend.

They came from 1st Battalion, 383rd Regiment, from Des Moines, Iowa, 2nd Battalion 383rd Regiment from Fort Leavenworth, Kan., and 3rd Battalion, 383rd Regiment from St. Louis, Mo.

The team from Iowa won the challenge for the second year in a row.

The three four-man teams competed in events including the obstacle course, multiple integrated laser engagement system weapons qualification, lanes training and an eight mile road march.

The competition is a two and a half day competition designed to tax the soldiers' field craft skills. "We stress these guys to their max capabilities and see who the best of the best are," said Brigade Commander, 75th Division,

Col. Gasper Gulotta.

The competition began Friday evening after the soldiers arrived at Fort Riley. After attending briefings and zeroing their MILES gear, they began a night land navigation course at about 8 p.m. The soldiers had four hours to complete their mission. On Saturday morning, just before 7 a.m., the soldiers ran through the obstacle course and were then taken to the MILES qualification range in a Blackhawk helicopter. After the MILES competition, the soldiers competed in more lanes training including engagement of a sniper, an ambush and a raid.

Early Sunday morning, the soldiers completed an eight-mile road march that ended in front of the 3rd Brigade, 75th Div (TS) headquarters building.

Some of the soldiers competed in last year's OPFOR Challenge, and for others, it was a new experience.

It was the first time Sgt. Jeff Brewer, 3rd Battalion, 383rd Regiment, 75th Division, St. Louis, Mo., competed in the event. "I think as a whole it went well. I think we could have kept better track of time during the land navigation event. One of the biggest challenges was dealing with cold fingers and toes," he said.

Also competing for the first time this year was Spc. Michael Green from 2nd Battalion, 383rd Regiment, 75th Division, Fort Leavenworth, Kan. "It was great to work with guys who know what they are doing," he said. The team from Fort Leavenworth has worked together for about three years and said they felt that as a team they did well. "Our average team age is over 35 and our physical performance was still good. We are also satisfied with our tactical performance," said Staff Sgt. James Stroud.

The winning team from 1st Battalion, 383rd Regiment, 75th Division, Des Moines, Iowa, felt the course was more challenging this year. "I feel like we did better this year because we were more challenged. We improved in several areas," said Sgt. 1st Class Shawn Tygart.

See OPFOR Page 2

Engineers cross train, hone combat skills

By William Biles
Staff Writer

Combat Engineers from Company B, 1st Engineer Battalion were out in the field Oct. 28-31 to hone the company's platoon squad's skills for their main tasks on the battle field -- survivability, mobility and counter-mobility.

The Assault and Obstacle Platoon executed cross training between the platoon's squad members, both on their M60 Armored Vehicle Launched Mine Clearing Line Charge and M60 Armored Vehicle Launched Bridge. An M60 AVLM is an M60 AVLB with the bridge downloaded.

sure to enemy contact. One of the most dangerous tasks an engineer squad can face is dismounting and breaching a minefield under fire. The MICLIC is mounted on the AVLB for more survivability, said 1st Sgt. Thomas Geddings, Co. B, 1st En. Bn. "It doesn't expose an entire engineer squad to enemy fire," he stated.

The engineers were taught how to do a continuity check on the electronic circuits, perform a proper Pre-Maintenance Checks and Schedules to their equipment, which helps

"I'm learning a lot about the MICLIC and the standard for the proper procedures."

Spc. Rudy Sarantes
Co. B, 1st Eng. Bn.

make certain everything is working correctly and that will ensure its effectiveness on the battlefield.

said Scott. "The best training is hands on."

"I'm learning a lot about the MICLIC and the standard for the proper procedures," said Spc. Rudy Sarantes, AVLM driver from Co. B. "You get a good feel for it by working out here in the field," he added.

The MICLIC is a rocket launched linear charge consisting of C-4 explosive, weighing in at just a little less than one ton. Its primary use is to clear enemy obstacles, such as mine fields, said Scott. "It is able to clear up to 100 meters of obstacle and produce a lane wide enough for a tracked vehicle to drive through."

The AVLB is a 15-ton aluminum alloy bridge mounted on a 48-ton M60 chassis. It is designed to cross vehicles up to 60 tons over a 60-foot gap. With the development of the 67-ton M1A1 Abrams tank, the AVLB was approved to cross vehicles up to 70 tons in a "caution crossing" over a 50-foot gap.

"The bridge is used for crossing tank ditches and creeks for the continuous movement of troops," said Sgt. Mark Millare, Co. B, AVLB tank commander.

All the operators were put to the test throughout the field exercise, said Spc. Jeff Mason, Co. B, 1st En. Bn, AVLB driver. "We reiterate our training seven to eight times a day. We've had classes day and night on the task standards of the mission," he said. They trained with a multitude of battle scenarios.

If the soldiers don't meet the standard, their instructors help them by retraining them and telling them where they made their mistake and will give them advice and tips on how to correct their actions, said Millare. "Most of the soldiers met the standard easily."



Post/Biles

Spc. Rudy Sarantes, Company B, 1st Eng. Bn., connects power to the MICLIC to perform a continuity check.

See OPFOR Page 2

Local communitities to honor veterans

Manhattan parade highlights soldiers

By Scott Price
CR Officer

Soldiers from Fort Riley and several pieces of modern tactical equipment will support Manhattan's ninth annual Veterans Day Parade, Monday.

Dick Jepsen, chairman of the Flint Hills Veterans Coalition's Veterans Day Celebration, said that the theme for this year's parade is "Hold High Freedom's Flame" and added that he considers Fort Riley's contributions to the parade as "critical."

"Fort Riley adds so much to the parade that I can't imagine having one without the soldiers and equipment," Jepsen said. "A lot

of people come to the parade just to see the soldiers and tanks."

Manhattan Mayor Ed Klimek said that Manhattan is proud to be considered a "patriotic town" and his city's relationship with Fort Riley is "a great and wonderful thing."

"Fort Riley adds a whole different dimension to Manhattan that enhances our quality of life here," Klimek added. "So many soldiers live here, not to mention military retirees and veterans who have chosen to make their homes in Manhattan that, as a community, we have a great appreciation for the military." We call the "proud factor."

Klimek said that he expects another "noteworthy" parade this year based on the two communities' long history of mutual respect and cooperation.

Jepsen said that the parade grew out of local veterans' efforts to get a new memorial erected to Riley County's courthouse in the early 1990s. The old World War I and World War II memorial had been taken down for refurbishing and it was discovered that it could not be repaired. He added that the idea for an annual parade grew out of the dedication for the "new" veterans' memorial that was dedicated on the southeast corner of the courthouse lawn on Nov. 11, 1992.

Jepsen said that the first parade

See Manhattan Page 2

Junction City shows appreciation to vets

By Emily O'Connor
K-State Intern

Junction City will take time to honor America's veterans tomorrow.

"We are having a celebration for veterans and our military and we call it our Military Appreciation Day," said Mick Wunder, chairman of the event of the Junction City Veterans Day Celebration.

The day's events will begin at 6:30 a.m. with a pancake feed that runs from 6:30 to 8:30 a.m., at the Elks Lodge, 723 South Washington St.

At Heritage Park from 10 a.m. - 3 p.m., radio stations in Junction

City will have live remotes going on. In the case of inclement weather, events scheduled to take place at Heritage Park will move to the Municipal Building, 700 North Jefferson.

A special recognition ceremony will occur at the park beginning at noon, with remarks from Junction City Mayor David Bossemeyer, Commissioner Bill Deppish, Col. (P) Frank Helmick, acting commanding general, 24th Infantry Division (Mech) and Fort Riley, and a representative from the governor's office.

"During this time in Heritage Park, we are going to honor a lot of veterans," Wunder said. "We've got special awards going to the Buffalo Soldiers and since it's the 50th anniversary of the Korean War, we'll honor them, as well."

Wunder said that free hot dogs and other food, along with entertainment will be at the park. Featured entertainers include the Junction City High School band and choir.

After the daytime festivities come to an end, the dusk ushers in a dinner and dance in honor of the veterans at Junction City's Municipal Auditorium.

Advance tickets are being sold for \$7.50, but tickets can be purchased at the door for \$8.50.

"After a dinner and social hour, we'll have a dance from

See Junction City Page 2

Victory Six Sends

I want to personally thank all soldiers and civilians at Fort Riley for establishing a highly commendable safety record during FY02. First line leader involvement and sincere caring for the welfare and safety of our soldiers resulted in a very significant reduction in overall accidents in FY02. I am convinced that the chain of command involvement and emphasis are critical to the success of our safety program.

Sustaining the results achieved in FY02 will require another dedi-

icated effort by our leadership at every level. We must renew our safety education emphasis and ensure every new soldier is familiar with Fort Riley's safety standards.

To further assist Commanders in developing comprehensive, successful unit safety programs, the Chief of Staff, Army has directed all company commanders and above complete the DA Commander's Safety Course. This required course is located at the following website:

<https://www.aimsrdl.atsc.army.mil/secured/accp-top.htm>. This course provides techniques, procedures and tools that aid commanders in increasing safety awareness within their units.

I want leaders to review and emphasize the following areas as we enter FY03: suicide prevention, POV safety and motorcycle safety. More soldiers are lost due to these three causes than all others combined. Detailed risk assessments, training, proper licensing and chain of command

involvement will result in an equally successful FY03 safety program.

Again, I congratulate the leadership of Fort Riley for a commendable safety record in FY02. Let's maintain our safety focus and awareness to make FY03 even more successful.

THOMAS F. METZ
Major General, U.S. Army
Commanding

OPFOR continued from page 1

"Our biggest challenge during the competition was the raid lane. Because of the open area, we ended up having to compromise ourselves to get the job done," said Staff Sgt. Frank Raymond.

"Our best event was the road march. We were able to not get the finish line all together and cross separated," he added.

Brig. Gen. Walter Zink, assist-

tant division commander, 75th Division Training Support, said he was impressed with the level of the enthusiasm of the soldiers.

"These soldiers are all reserve component soldiers who have civilian jobs during the week," he said.

"They train for this mission and are willing to give up their weekend to come out and com-

pete in these type of activities and to provide great training to other soldiers throughout the course of the training year," Zink stated.

The 3rd Brigade, 75th Div. (TS) is pleased that they are able to provide training opportunities here at Fort Riley.

"Fort Riley is an outstanding place for reserve soldiers to come and train," said Gulotta.

"With the maneuver land and the availability of space, we are finding that is an ideal place to bring units to mobilize. We are very happy with the environment at Fort Riley and the leadership climate here. They understand reserve training and the brigade is really privileged to be here and have such great resources," said Gulotta.

Grunt By Wayne Uhden



Fort Riley Post Battalion Powerlifting Meet

The 2002 Post Powerlifting Meet is scheduled for Dec. 6 at King Field House beginning at 3:30 p.m.

Contestants are required to weigh-in between the hours of 11:30 a.m. and 1:30 p.m. at King Field House. Competition is open to active duty military personnel assigned to Fort Riley.

A powerlifting clinic will be conducted at King Field House, building 202, at 1:30 p.m., Tuesday.

For additional information, contact the Sports Office at 239-2172.

HARVEST LOUNGE
2 x 4"
Black Only
pg 2/3

Manhattan continued from page 1

took place in 1993 and compared to Monday's event, it was "a small affair." He estimated that in 2001, over 2,000 people took part in the parade that boasted 86 entries.

The parade will start at 9:30 a.m. at City Park and proceed nearly a mile down Poyntz Avenue to Third Street, Jepsen said. This year Col. (P) Frank Helmick will be the parade's grand marshal and the keynote speaker at the patriotic ceremony held in the Wareham Theater immediately following the parade.

"We hope to begin the ceremonies at 11 a.m. sharp since that was the time the Armistice that ended World War I took effect

back in 1918," Jepsen added.

Capt. Paul Carlson, of Fort Riley's G-3, is the parade's military project officer and looks forward to Monday's events.

"The parade organizers have been real easy to work with and really appreciate our support of their community," Carlson said.

He added, "Working on this parade has been a good experience for me."

Carlson said that in addition to Helmick, the Fort Riley Honor Guard will take part in the parade as will the 1st Battalion, 34th Armor, an M1A1 Abrams Main Battle Tank, and M-2 Bradley Infantry Fighting Vehicle and a scout HMMWV.

He added that the military static display will be conducted after the parade in the Riley County Courthouse's courtyard area.

Paul Cornelius, of the Disabled American Veterans, works with Jepsen on the parade as part of the Flint Hills Veterans Coalition and is excited about all of the day's events.

"We expect to have 70 to 80 entries this time around and hopefully it will be as big as parade as last year's."

Cornelius added that on Sunday the community will present a Musical Salute to America in the city's Municipal Auditorium from 2-3:30 p.m. The event is free and open to the public.

Also Monday morning, beginning at 7 a.m. a breakfast will be served at the Veterans of Foreign Wars located at 212 S. Fourth Street.

Tickets are on sale for \$3 and can be purchased at the door.

He added that the student winners for the annual poster, banner and essay contests will be honored at the Wareham Theater just prior to the beginning of the memorial ceremony.

"Not many people get the chance to see a tank up close and climb around on it," Jepsen said.

He added, "I think this Veterans Day will be another great day for the city and people of Manhattan."

JC

continued from page 1

Vaughn Bolton and his Orchestra which will run from 9 p.m. till midnight," Wunder said.

"This is Veteran and Military Appreciation Day, so we hope that everybody will come out and enjoy the celebration with everyone in Junction City," Wunder said.

He concluded by saying, "I think that it will just be a great day to show everyone that we

KANSAS PRESS ASSOCIATION, INC.
2 x 2"
Black Only
Leathers Publishing

SONY-ARMED FORCES COMM.
3 x 10.5"
Black Only
Half Post Dead/11-08-02

TOPEKASCARECROWS
3 x 8"
Black Only
11/1-22pk topeka scarecrows





Kansas State Trooper J.L. Riedel makes sure a soldier is buckled in.

101st FSB conducts safety day

By William Biles

Staff Writer

The 101st Forward Support Battalion held a Safety Day Oct. 25, at three separate stations on post that are designed to help soldiers identify potential hazards and teach them how to minimize the possibility of getting hurt.

One of the stations featured the Seatbelt Convincer, which was provided by the Kansas State Trooper Highway Patrol.

The Seatbelt Convincer is a safety device where a person climbs into an open cage and is seat belted into a seat and then sent down a brief runway to an awaiting collision at the speed of five miles per hour.

"Five mph. is fast enough to get the point across without damaging the people or the equipment," said Kansas State Trooper, Sgt. J.L. Riedel.

"This is a great tool," said 1st Lt. Brenda Heller, 101st FSB, battalion adjutant. They [soldiers] can see what the impact would be at just five mph, then they can imagine what it would be like if they were to multiply it by 10, she

added. "It opens their eyes and makes them aware of what could happen to them if they don't take the right precautions and measures.

Another device is the rollover simulator, which is good for groups to see the effect of not wearing their seatbelts, said Riedel. "But the convincer lets the rider experience the impact. A lot of people think at five mph a crash won't be bad. But, after they get off you can see it in their face that it is fast enough to convince them otherwise."

Spc. Michael Pease, security manager, HHB, 101st FSB said, "It doesn't seem like that far of a drop but it was a surprise how much of an impact it had."

Other classes held by the 101st Bn. were car winterization, where the soldiers sit through a slide show that informs them of safety precautions that should be taken when driving during the winter months, said Heller. They also received a suicide prevention class for the approaching holiday season, she added. "We teach them signs and symptoms to look for and just being aware so that their buddies are taken care of

during the holidays." The battalion classes went until noon and then the soldiers had more safety classes at the company level.

Just like the battalion level classes, the company classes are decided through meetings and analysis of what subjects need to be addressed, Heller said. They judge what the soldiers gained from the classes by having an After Actions Review immediately after their class, she said.

An AAR gives the soldier a chance to tell their chain-of-command what they thought of what they had participated in and what they think was good about it as well as offer suggestions on how to make it better.

Units are mandated by policy to give safety classes to their soldiers on a quarterly basis, said Heller.

The Kansas State Troopers respond to all requests for their devices as long as their schedule allows it, said Riedel. "Fort Riley is pretty safety conscience and we've been asked to come here several times."

Talk Around Town

"What is your favorite duty station and why?"



"Fort Sill, because there is a lot to do and it's a friendly environment with caring people."



"Southern European Task Force, Italy, because of the great culture. There were lots of things to see and great food."



"Ft. Sam Houston, because when I went to AIT there, I felt I would be able to accomplish a lot toward my goal of becoming a physical therapist."

Patricia Bowie
Military Spouse
Virginia Beach, Va.

Staff Sgt. Darlene Hill
Finance NCO
Detachment E, 4th
Finance Company

Spc. Demetri Robertson
Medic
Company C, 101st Forward Support Battalion

Self help course planned

Every company, battery and troop is required to have an NCO and three school trained members on their self-help team. These teams are an essential part of the installation's facility maintenance team. They free Public Works employees to work on repairs only they can do.

The Public Works Self-Help School can help units establish a good Self-Help Program. The course is scheduled every month and the next is scheduled to start on Nov. 18. They also have classes scheduled for Dec. 9 and Jan. 6. For more information visit the PW web site on the Intranet or call 239-3757. The course is taught in conjunction with Barton Community College and provides soldiers the opportunity to obtain advanced education credits.

The Self-Help course also incorporates the Installation's Energy Conservation Class, which is taught on Thursday afternoon at 1 p.m., the week of the self-help class.

You do not have to attend the Self-Help class to come to the Energy Class. This class is mandatory for Energy Awareness Officers/NCOs.

To enroll a soldier, units need to submit a request for an on-post school space to the Self-Help School. The school is located on Main Post on the upper floor of building 307, on the corner of Holbrook and Carter Ave. The On Post School Request can also be faxed to 239-8188, Attention: Self-Help School.

The hours of operation for the school are 7:30 a.m.-4 p.m., Monday-Friday; however, the Self-Help Class itself runs from 8 a.m.-3 p.m. The school is closed on Federal holidays and training holidays.

If you need to pick-up self-help supplies, the Troop Self-Help Store building 372, is open from 7:30-4 p.m., Monday-Friday. The store is closed on all federal holidays.

MANHATTAN PERIODONTICS
2 x 2"
Black Only
last of the month TP Marsh.

KANSAS PRESS ASSOCIATION, INC.
2 x 2"
Black Only
Omaha Home for Boys

FIRST NATIONAL BANK - JC
4 x 2"
Black Only
call us

FORT RILEY POST

This newspaper is an authorized publication for members of the Army. The contents of the Fort Riley Post are not necessarily the official views of, or endorsed by the U.S. Government, Department of Defense, Department of the Army or Fort Riley. The Fort Riley Post is an unofficial publication authorized by AR 360-1. Editorial content is prepared, edited and provided by the Public Affairs Office and Fort Riley. The Fort Riley Post is published by Montgomery Communications, a private firm in no way connected with the Army, under exclusive written contract with Fort Riley.

Publisher-Maj. Gen. Thomas F. Metz
Public Affairs Officer-Maj. (P) Todd S. Livick
Command Information Officer-Gary Skidmore

Printer-John C. Montgomery
Fort Riley Editorial Staff:
Editor-Lori A. Bultman
Staff Writers-William Biles, Jamie Bender

Advertising Representatives:
Angel Anderson, Jody Hessenflow, Linda Maldonado

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Montgomery Communications of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. 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.

Circulation 7,935 copies each week
By mail \$20 per year
A licensed newspaper member of the Junction City and Manhattan chambers of commerce

BRIGGS SUPERCENTER
3 x 6.5"
Black Only
Briggs Sup. 11/1, 8pt, 11/6, 8, 10

THE OUTLET
1 x 4"
Black Only
nov week 2

Briefs

AAFES Meeting

There will be an AAFES Advisory Council Meeting at the "Sports Page" building 7840, Wednesday, at 10:15 a.m. Meeting attendance has been sparse in recent months, so we strongly encourage all council members to support the event.

Reward Offered

The U.S. Army CID is offering a reward for the information leading to the identification, apprehension and conviction of the individual or individuals involved in the suspected arson of the 18-hour Shoppette, located on Main Post, Bldg. 640. The suspected arson occurred around 2200 on Aug. 11, 2002.

If you have any information pertaining to this incident, please contact Special Agent James R. Suprynowicz at 239-2450 or 239-2390.

The identities of the personnel providing information will be kept confidential.

Workshop Offered

The Morris Hill Gospel Choir invites you to participate in the Living Water Workshop, Nov. 15-17, at Morris Hill Chapel, Bldg. 5315. The workshop focuses on ministering to others through the use of music. The classes will run Friday evening and Saturday morning, followed by a concert performed by workshop participants on Saturday evening at 7 p.m. For more information about the workshop and concert, please call the Morris Hill Gospel Choir at 785-239-5416 or 785-239-4685.

Birthday Party

Come celebrate Jesus' birthday Dec. 7 from 3 to 4:30 p.m. at the Morris Hill Chapel. RSVP by Dec. 2 to:

- Robin Ann Tobin 717-1565
- Main Post Chapel 717-2871
- Toya Wise
- Gospel Service 784-4608
- Karla Moody
- Contemporary Service 784-4226
- Kately Wood
- Kapous Chapel 784-4266
- Anna Sherman
- St Mary's Chapel

Please bring gifts for Operation Christmas Child. Children must be accompanied by an adult.

Recipes needed

Do you have a special holiday recipe that you would like to share with others? If so, please submit it via e-mail to eco597@ksu.edu. Select recipes will be chosen to appear in the Fort Riley Post newspaper for a series about holiday food safety and holiday cooking throughout the season. If there is a special story about the recipe, for example, being in the family for several generations, please include that information, too.

Sports program starting

The 2002-2003 Fort Riley battalion and company level basketball program will be starting soon. An organizational meeting will be held on Tuesday, at 1:30 p.m. at King Field House, Bldg. 202. For more information about the program, or to download a roster form, visit the Fort Riley Recreation website at www.riley.army.mil/Recreation/1ntramural. Or please call the Sports Office at 239-3945.

Openings available

The Fort Riley Child Development Center has openings in the Tuesday-Thursday part-day preschool. The morning classes are held from 8:30 to 11:30 a.m. The afternoon session runs from 1 to 4

p.m. Cost is based on total annual family income. Call Central Enrollment Registry at 239-4847 for information to register and enroll. If classes fill, you may have your name placed on a waiting list.

Green to Gold

One of Kansas State ROTC's most rewarding scholarships is called Green to Gold. The Green to Gold scholarship allows enlisted active duty soldier to enter college and receive a commission as a Second Lieutenant upon graduation. K-State Army ROTC offers two, three and four year Green to Gold scholarships to anyone currently on active duty with at least two years of active duty before school starts. Contact SGM Kelly NCOIC of the Command Retention Office 239-4216 for more information.

March planned

The Division Equal Opportunity Office will sponsor a commemorative march in honor of the late Martin Luther King Jr. on Jan. 15, at Morris Hill Chapel from 11:30 a.m.-1 p.m. The theme for this year is "Remember! Celebrate! Act! A Day On, Not A Day Off!!" The program is open to all soldiers, their families, civilian employees and the surrounding communities. For more information please contact Fort Riley EO Office at 239-2928.

Trash Pick-up

Due to the upcoming Holiday on Monday, the Refuse Collection will change as follows:
Monday - No Collection
Tuesday - Colyer Manor, Main Post Housing, Marshall Air Field Housing
Wednesday - Ellis Heights, Montieith Heights, Peterson Heights, and O'Donnell Heights
Thursday - Burnside Heights and Warner Heights.
Nov. 15 - South Peterson, South Warner, McClellan Heights and Meade Heights.

Access Hours Change

Rifle Range and Estes Road gates are open to outbound traffic on Fridays from 3-5 p.m. They continue to be open Monday through Thursday, to outbound traffic from 3:30-6 p.m. This change has been implemented due to Fort Riley's new workday schedule. GATE HOURS: Troop

er Drive (Junction City), Huebner Road (Ogden) and Henry Road (1-70). Open 24 Hours; 12th Street (K-18 - Delivery Access) - Open 3 a.m. to 10 p.m.; Estes Road (Old Hwy 77) and Rifle Range Road (Hwy. 77) - Open to incoming vehicles w/ DoD Decals 5-8 a.m. and open to outbound traffic Mon.-Thurs. 3:30-6 p.m. and Fri. 3-5 p.m.; Grant Avenue (Junction City) - Open to vehicles w/DoD Decals 5 a.m.-11 p.m. and open to visitors 8 a.m.-11 p.m.

Operation Santa Claus

Santa's elves are gearing up for the Christmas holiday with Operation Santa Claus. It will be in operation through Jan. 15, 2003. Santa's workshop is located in building 222 on Main Post. Soldiers, family members, civilian employees and organizations from Fort Riley and surrounding communities may make donations of toys and supplies, as well as cash contributions. Volunteers are needed to wrap gifts. The program was established to make the holiday brighter for children of Fort Riley soldiers and aid civic organizations in serving the needs of children in the region.

The program has been in existence since 1968. To help, call 239-3034.

Special Olympic Volunteers

The Kansas Special Olympics will hold the Fall classic event Nov. 22 - 23 at the Custer Hills Bowling Center. Up to 180 volunteers are needed in order for these special athletes to enjoy the competition. Volunteers are needed on Nov. 22, 9:30 a.m. - 2 p.m. and Nov. 23, 8:30 a.m. - 1 p.m. and 12:30 - 4 p.m. Volunteers will receive a free T-shirt. For more information, email charles.cryan@riley.army.mil (preferred) or call 239-3594.

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, 5 - 6 p.m. or Thursdays, 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 at 239-7323.

Thanksgiving Service

The Annual Thanksgiving Post-Wide Ecumenical Worship Service will take place at Kapauw Chapel, Nov. 27, 12:15 p.m. All are invited to attend.

Diabetes Education

The diabetes education class will be held Thursday, 8 a.m. - 1 p.m. in the Nutrition Care Division classroom at IACH.

This is a four to five 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 Diabetes Education 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 are to call the local TRICARE Service Center at (785) 784-1200 or call toll free 1-800-874-9378.

InTouch

Sign up for e-mail updates to receive information about news and events happening on Fort Riley. Subscribe to InTouch at <http://www.riley.army.mil/InTouch/>

Housing Pre-term Briefing

Pre-termination briefings for housing residents will be held only on Tuesday afternoons, 2 p.m. The briefings will be held on the third floor of Carr Hall, building 45. Pre-termination inspections at quarters can now be scheduled for Tuesdays - Thursdays. Call 239-3525 to schedule the pre-term appointments.

Martial Arts

Martial Arts beginner and advanced classes are held at the

Teen Center, building 5800, every Saturday. The beginner classes meet 11:30 a.m. - 1:30 p.m. and advanced classes meet 2 - 4 p.m. for boys and girls ages 6-18. Cost is \$20 per month. There are currently openings at both levels, with most of the openings at the beginner level. Classes are ongoing throughout the year, and students can be enrolled at any time if space permits. Contact Central Enrollment at 239-4847 for more information.

Garrison Commanders Address

The Garrison Commander will address the civilian workforce Tuesday in building 200. There will be two sessions, 10 a.m. and 2 p.m., with transportation pickup as follows: Bus 1 - Division Headquarters, building 500, Bus 2 - Irwin Army Community Hospital Main Entrance, Bus 3 - DOL, building 8100, Bus 4 - Public Works, building 330 and Bus 5 - Soldier Family Support Center, building 7264. Buses will depart at 9:30 a.m. and 1:30 p.m.

Leave Donation Program

The following employees are facing a medical emergency and are needing our help, they are enrolled in the Leave Donation Program and facing LWOP: CPA-CLT0214, CPA-CLT0219, CPA-CLT0220, CPA-CLT0221, CPA-CLT0222, CPA-CLT0223, CPA-CLT0224, CPA-CLT0301 and CPA-CLT0302.

Please contact your POCs for forms to donate leave to these individuals.

Leaf Pick-up

Leaf pick-up with the Public

Works leaf vacuum machine will commence in areas of heavy tree concentration today. Weather permitting, the leaf pick-up schedule is as follows, with emphasis given to Family Housing areas in these locations: Main Post - Mondays & Tuesdays, Marshall Army Air Field - Wednesdays, Camp Forsyth - Thursdays and 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. Activities with dumpsters are required to haul their leaves to the yard waste compost area near building 1945, Camp Funston.

Leaves may be hauled loose or in bags to compost area, but all leaves in bags must be emptied loose into the compost. Dumpsters containing bagged or loose leaves will not be emptied.

Lutheran Service

A Lutheran (liturgical worship style) worship service is held every Sunday at 9 a.m. at St. Mary's Chapel.

This service is offered especially to those who are not attending a Lutheran or Liturgical style

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

USAA - ARM FORCES COMM.
3 x 10"
Black Only
I'm now a USAA Member

DAILY UNION
2 x 4"
Black Only
Personalized Christmas cards

MANHATTAN CATHOLIC SCHOOLS
2 x 5"
Black Only
10/30ks, 11/3ks, 11/8ks, pt

COTTONWOOD THEATERS
1 x 3"
Black Only
POST SCHEDULE



More Briefs

of worship service in the surrounding communities. For further information, call 239-5313 or 5711.

DOD Vehicle Decals

Important notice! Security alert! The Department of Defense Vehicle Registration Stickers are controlled forms and must be accounted for.

The vehicle sticker is issued to authorized individuals for the purpose of identifying properly registered privately owned vehicles.

The sticker must be scrapped off the window and returned to the Vehicle Registration Office in building 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).

In addition, the stickers are not transferable from one vehicle to another.

When purchasing a new vehicle it must be registered with the Vehicle Registration Office.

The Vehicle Registration office is open Monday - Thursday, 7:30 a.m. - 4 p.m. and Friday, 1 - 4 p.m.

Appointments are accepted by calling 239-3245.

Grief Support Group

The Fort Riley Grief Support Group will have their next meeting on Nov. 21, 6 p.m. in the annex of Kapaun Chapel.

The Support Group created by parents for parents who have lost children through miscarriages, stillborn or neonatal deaths.

This is an ecumenical group and everything is kept confidential. For more information, contact Anna Sherman, 784-4266, Sr. Carolyn Juennemann, 239-4814 or Fr. Gary Fukes, 239-5007.

The Shoppe

The Shoppe will have a Fall/Holiday Open House Thursday.

Holiday Tree Lighting

Holiday cheer will illuminate Fort Riley Dec. 6 when Col. (P) Frank Helmick lights up Fort Riley's Christmas Tree in front of the headquarters building.

The annual Holiday Tree Lighting Ceremony begins at 4:45 p.m. on Ware Parade Field and will include holiday music, the arrival of Santa Claus and warm beverages and holiday cookies.

Parking is available at Riley's Conference Center. A shuttle bus will provide transportation to Ware Parade Field.

day, 4 - 8 p.m. Stop by and enjoy refreshments and a wide selection of fall items, as well as new holiday ideas.

The Shoppe is located in building 259, Stuart Ave. (just west of the Fort Riley Honor Guard Stables).

Hours of operation are 10 a.m. - 2 p.m., Tuesday - Saturday. Phone 239-2783.

The Thrift Shop

Organizations planning to solicit funding from the Post Thrift Shop for their 2002-2003 community projects should be aware that the deadline for submitting requests is Thursday.

For any questions, call the Thrift Shop at 785-784-3874 or stop by Bldg. 267, Stuart Ave.

Dance classes

Dance classes are being offered in ballet, jazz, tap and lyrical. Classes are held for boys and girls 3-13 years of age.

The classes are currently preparing for holiday performances. Instruction will continue through the end of the school year and will culminate with a spring recital. Contact Central Enrollment Registry at 239-1558 if you have questions.

Museum Gift Shop

The museum gift shop is under operation of the U. S. Cavalry Association, which is a private organization on post.

The store's official title is, Seller's Store and carries a variety of merchandise associated with the cavalry and Fort Riley - to include books and special order going away gifts and prints.

The store's operating hours are Monday - Friday, 9:30 a.m. - 4 p.m. Call the store at 239-2743, for more information.

Mail Training

A unit mailroom class will be held Wednesday and Nov. 27, 9 a.m. - 4:30 p.m., at building. Pre-enrollment is required. Call 239-5411 to enroll. DOD

4525-6-M, Vol II, DOD Postal Manual, requires each commander who has a unit mailroom to appoint a unit postal officer and alternate unit postal officers).

Unit postal officers (if not involved in mail handling duties) only need to attend the class; they do not have to take a test.

If unit postal officer is involved in mail handling duties, then they must have a minimum of 20 days OJT and will have to take the unit mail test. Call Sylvia at 239-5411 for more information.

Post-Wide Graduation Ceremony

The Fort Riley Combined Graduation Ceremony is Dec. 5 at 1 p.m. at King Field House.

The ceremony will honor graduates from five on-post colleges and universities. The graduates have earned associates, bachelors and masters degrees in a wide range of major fields. Representatives of the colleges and universities will be on hand to present degrees.

Graduates should check-in at King Field House at 12 p.m. and the ceremony will begin at 1 p.m.

Post Battalion Wrestling Meet

The Fort Riley Post Battalion Wrestling Meet will take place on Nov. 18-20 at King Field House.

This event is open to active duty military. A battalion may organize one men's team and one women's team, each consisting of ten wrestlers.

A separate competition will be conducted for men and women.

Commanders must submit a letter of intent to participate and a team roster to the Sports Office no later than Nov. 12.

For more information about the wrestling meet, or to download the required documents, go to www.riley.army.mil/Recreation/

By Emily O'Connor K-State Intern

Snow is no longer a fond memory lingering from last year. Fort Riley's first official snowfall occurred on Halloween, Oct. 31, ushering in the holiday season.

With the snow also comes increased responsibility on the part of Fort Riley residents. As mentioned in the Fort Riley Post a few weeks ago, residents are responsible for removal of snow on their sidewalks, steps and porches.

Rock salt is not permitted for use on concrete or asphalt surfaces. However, sand is provided on post to provide traction, in these areas. The sand can be obtained from the open area located northeast of CPAC, Bldg. 319 on Marshall Avenue.

Residents must bring their own container, such as a bucket, to carry the sand in. Units needing sand are asked to bring their own trucks, according to SFC Joseph Brill, Snow Removal Control Center NCO.

De-icer is also available for residents through the Self-Help Store, Bldg. 289, to be used on porches, sidewalks and drive-

tramarial.

Marriage Enrichment Class Offered

Want to make a good marriage better? Want to better understand your spouse?

Come learn how to deal with misunderstandings and how to stop the argument cycle at the monthly Marriage Enrichment Class on Nov. 23, from 10 a.m. - 1 p.m., at the Soldier and Family Support Center, room 30. Call 239-3436 by Nov. 21.

Snow coming -- know what to do

Troop units needing de-icer are asked to submit a workorder request, DA Form 4283, to Public Works, Bldg. 372, using NSN 6810-01-278-6133, De-Icer, 100 pound drum.

Residents are also reminded that a parking policy is in effect during the snow removal season. During this season, which began Oct. 1, and lasts until April 30, parking during snow emergencies will be on one side of the street only. In the case that snow and ice are expected, all vehicles will park on the even building numbered side of the street on even calendar number days and on the odd side of the street on odd days.

However, there is an exception to this rule for streets that only allow parking on one side of the street.

No parking signs are still in effect during the snow removal season and will not be violated. Residents of Meade, Burnside and McClellan communities need to take note that if there is a major snowfall during workdays, they will need to open as much of the

area in the parking court as possible. Residents of Schofield Circle should park on the house side on even numbered days and the parade field side on odd numbered days.

Streets with residents in violation of the snow emergency parking policy will not be cleared, as it is potentially dangerous for both residents and those operating the snow removal equipment.

In the case of hazardous road conditions, Williston Point Road will close. Also, during heavy snowfall, Rifle Range and Estes Roads may not be accessible, according to Lt. Col. Wesley Anderson.

Fort Riley's Channel 2 will be used to inform residents and employees if the Installation anticipates snow or ice conditions.

The alternate side parking will continue to be used until the road is cleared from curb to curb. All residents should maximize the use of their driveways to reduce the numbers of vehicles on the street during the snow removal process.

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

COMMANDER FOURTH REGION (ROTC)
2 x 5"
Black Only
out-the-in ft riley post. ROTC

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

BRIGGS-JEEP NISSAN
3 x 4.5"
Black Only
11/07/02 briggs jeep

ROOM GROUP EXPRESS
2 x 6"
Black Only
10/18, 25, 11/1, 11/07/02 room

CENTRAL MICHIGAN UNIVERSITY
4 x 6"
Black Only
central michigan



MILLESON AUTO SUPPLY
2 x 2.5"
Black Only
CAR CARE

T.O. HWS TIRE
3 x 10"
Black Only
CAR CARE P/U 10/20/02

HE TECH AUTOMOTIVE
2 x 4"
Black Only
CAR CARE

LANNY WOLF'S BODY SHOP
2 x 5"
Black Only
CAR CARE

PHILLIP'S 66- 6TH & WEBSTER
1 x 5"
Black Only
CAR CARE

FARMER'S INSURANCE
 2 x 2"
 Black Only
 CAR CARE

INTERNATIONAL AUTOMOTIVE
 2 x 2"
 Black Only
 CAR CARE

SHELTER INSURANCE - GASTON
 2 x 2"
 Black Only
 CAR CARE

DAVE'S MUFFLER
 2 x 4"
 Black Only
 CAR CARE

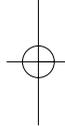
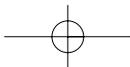
DICK EDWARDS - JC
 3 x 9.5"
 Black Only
 CAR CARE

STATE FARM INSURANCE
 1 x 5"
 Black Only
 CAR CARE

FIRESTONE/BRIDGESTONE
 2 x 5"
 Black Only
 CAR CARE



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





Fort Riley Sports



Photo: Biles

The Women's National Football League, Junction City Cavalry, hold a practice at the Twelfth Street Community Center in Junction City. The team's season begins in April. The team has two separate lines, [offense and defense] but if needed, the team members will all play both sides of the ball.

Women's pro football team preps for season opener

By William Biles
Staff Writer

Every Saturday, since April, the Women's National Football League's Junction City Cavalry can be found practicing their moves and routines on the field at the Twelfth Street Community Center in Junction City. They practice, learning the fundamentals of the game and to better themselves as a team for the upcoming season scheduled to start April 12 and a possible chance of winning the league's Suppler Bowl on Aug. 2. "We didn't have the benefit of learn-

ing the game when we were little like men do," said Rachel Madden, offensive guard/defensive tackle and team owner. "We do a lot of running and practice our playing technique on the field." The women are inspired to play for the simple love of the game, said Madden. "I like the action of the game." She added that it's nice to be able to play a game and still be able to hit people and to not have them hold a grudge against you for it. The J.C. Cavalry is the furthest team west in the 30-team league. Other teams in the Cavalry's division are the Kansas City Krunch, St. Louis Slam

and the Oklahoma City Lightning. Most of the women on the 30-person roster are mothers of teen-aged children. Their ages vary, but most are in their 30s and one is even a grandmother. The team has two separate lines, (offense and defense) but if needed, they will all play both sides of the ball, said Madden. People think it's a joke, until they see us practice, she said. "When they see us, some show a lot of interest and can't wait to get tickets for the games." Passerby's are not the only ones who think the NWFL is a joke. The National Football League have

been giving the NWFL a little pressure about the similarity in the league names and the similarity of names for the league's end-of-season cup, Madden said. "There wasn't a problem when we first started, but they've seen we are not a joke and we are not going away." According to the NWFL's website, www.nwflcentral.com, the NFL didn't give a hoot about them until they received a betting line on its Suppler Bowl. Within three days of the announcement the NFL started getting letters from the NFL's legal department stating the league didn't like the similarity

of a few NWFL team logos, the similarity to the name of the end-of-season cup and about the NWFL name itself. The NWFL said it would work with the league on the logos and even the Suppler Bowl but it will fight for its trademarked name. The Cavalry's four home games and two possible play-off games will be held at Kansas State's Wagner Stadium. All their games are scheduled for Saturday starts. "For more information on the league, you can go to our website," said Madden.

Lady Wildcats

K-State women dominate during exhibition game

By William Biles
Staff Writer

Kansas State Wildcats leading rebounder in the '01-'02 season, Kendra Wecker, forward, led the Wildcats to a win by pouring in 31 points against Team Concept during an exhibition women's basketball game Saturday. Wecker, an All-America, Naismith candidate, also nabbed 13 rebounds, an assist and a steal in the Wildcats 101-63 rout of Team Concept.

The Wildcats scored 16 of the first 18 points of the game and never looked back, although the Concept closed to within 49-31 by the end of the first half, thanks to the scoring of guard Reyna Fortenberry. Fortenberry, throughout the first-half, had a 75 percent completion ratio for her three-pointers taken. However, it wasn't enough to overcome the onslaught of the Wildcats three top scorers of the night with a combined total of 74 points. Team Concept's biggest downfall was its shaky shooting from the paint, with only 32 percent of their shots being successful and also from three-point range, amounting only a 36.4 percent success rate. While the Wildcats averaged 56.6 percent effectiveness from the paint and were able to edge the Concept in the three-point range shooting with 36.6 percent. With Wecker leading the way, the Wildcats steadily increased their lead throughout the game. Along with Wecker, the other top scorers were, Guard Laurie Koehn with 23 points and Center Nicole Ohlde with 20 points. With the trio of scorers leading the way, the biggest margin was 103-51 with 4:07 left in the game. "I received a lot of great passes from my team mates and the way our offense runs, if it's running right, we're going to have success," said Wecker. Wildcat Head Coach, Deb Patterson said, "she's maturing as a player. Kendra assumed a lead role on the offense and was extremely aggressive going to the board."

"Most of our turnovers came from trying to do too much too soon."

Wildcat Head Coach, Deb Patterson



Photo: Biles

K-State Center, Nicole Ohlde, makes a basket during an exhibition game against Team Concept.

Women's championships planned for Bramlage

Ticket orders are now being accepted for the first and second rounds of the NCAA Women's Basketball Championship to be hosted March 23 and 25 in Bramlage Coliseum, Kansas State athletic officials announced Tuesday. The NCAA is returning to Kansas State for the second year in a row. All-session tickets, good for all three games of the tournament, are priced at \$22 for chairbacks, \$18 for bench seats and \$10 for K-State students/youth bench seats. All seating will be reserved. Ticket orders will be accepted in person at the K-State Athletic Ticket Office in Bramlage Coliseum or by calling toll-free 1-800-221-CATS. The ticket office is open 8 a.m. to 5 p.m., Monday through Friday. K-State women's basketball season-ticket holders and donors to the Ahearn Scholarship Fund will have priority in seating locations for the tournament. Deadline for donor and season-ticket holders to place their orders is January 17. Due to NCAA requirements for participating team seating locations, season-ticket holders will not be guaranteed the same seating they hold during the regular-season. The NCAA is returning to Kansas State for the second year in a row. Announcement of the participating teams and dates for the games will be made on Sunday, March 16. "We experienced great support for this event last year and expect the same excitement and passion from our fans again this year," Director of Athletics Tim Weiser said. Last year, K-State drew 22,359 fans to the two sessions of the tournament, making it the second-highest attended site in the nation. The turnout of 11,786 fans for the second-round matchups between K-State and Arkansas was the most for any single game in the NCAA Tournament outside of the Final Four.

Wrestling tournament set

The 2002 Fort Riley post Wrestling Tournament is scheduled for Nov. 18 - 20 at the King Field House where the competition is slated to begin at 6 p.m. each night. To receive maximum participation points, battalions may organize a men's team and a women's team, each team consisting of up to, but no more than 10 wrestlers and two coaches. Commanders need to submit a letter of intent to participate and a team roster to the Fort Riley Sports Office no later than Nov. 12. The weight classes are as follows: 119, 128, 139, 152, 167, 187, 214 and 276 pounds and over. All contestants are required to obtain and pass a physical within two weeks of the initial mandatory weigh-in, scheduled for Nov. 18 at 8 a.m. - 10 a.m. in King Field House. A copy of the physical must be turned in prior to or at the time of the weigh-in. Awards will go to the first and second place teams; first and second place individuals for each weight class and outstanding wrestler.



Fort Riley runner has sights on Olympics

By **Janie Bender**
Staff writer

A Fort Riley soldier placed third in the Marine Corps Marathon Oct. 27, held in Washington D.C.
Spc. Ben Sandy competed against more than 14,000 people to cross the finish line in just under two and a half hours. His time of 2:29 was just over his personal record of 2:24, he said.
Sandy became interested in running while in middle school. "I started running cross country in seventh or eighth grade. The cross-country coach suggested I train with the high school kids and in a couple of workouts, I was

beating some of them. I have been running ever since," he said.
This was Sandy's ninth marathon. He competed in four while attending Dana College in Blair, Neb. Among others, he has competed in the Athens Marathon in Greece and this was his second time running in the Marine Corps Marathon. He also competed on Fort Riley's men's team for the Army ten-miler, also held in Washington D.C. on Oct. 20.
Sandy plans to continue training and hopes to qualify for the Olympic Trials. "My goal is to be one of America's best runners," he said.
Training to be one of the top runners in America can be grueling work. Sandy runs seven days a

week. "Sundays are a long run," he said. "I do 20 to 24 miles." Mondays, Wednesdays, and Fridays, are Sandy's easy days. He runs only 12 to 16 miles on those days. Tuesdays, Thursdays, and Saturdays are tougher training days filled with hill repeats, tempo runs, and racing. Sandy's wife often runs or bicycles with him while he trains, he said.
The competition of racing is one of the things Sandy enjoys about running. "I like the feeling of the competition and being fit. I like to see what I can do compared to other runners," he said.
During a race, he concentrates on how his body is feeling and his pace, as well as who is in front of him and who is behind, he said.

"Running helps relieve stress. I don't think about what I am going to do at work, or anything like that. I think about my running goals and how I'm feeling," he said.
Being in the Army has helped and hindered his running progress, he said. "In the Army they give you time for PT and you wouldn't get that in a civilian job," he said. "I don't get to train the way I would like to during the PT time, though. My ideal would be to be able to run in the morning and then go to work for five hours and then spend the rest of the day training," he explained.
"Serious training can take up a whole day. You run in the morning and then work out during the

afternoon and run again in the evening," he said.
Sandy will ETS from the Army in February and has plans for full time training for the Olympic Trials. "I am going to Colorado to train at a higher altitude," he said. Training at a higher altitude helps increase the amount of red blood cells in the blood, Sandy explained. "More red blood cells means more oxygen to the body, which is supposed to help when you go back down and run closer to sea level."
Sandy does have plans to re-enter military service after going back to school for a masters degree in Exercise Physiology.



Ben Sandy competes in Grandma's Marathon last year. This year he hopes his time improves enough to qualify for the Olympic trials.

Doing homework pays off when elk hunting on Fort Riley

By **Chris Newell**
DES Biologist

Remember on the first day of school, your teacher would preach to the class and say, "If you do your homework you will get an A."
Staff Sgt. Trevor Haddix, USAF gets an A. Eleven minutes into Fort Riley's Elk season, Trevor Haddix arrowed a magnificent bull elk, and yes, he did his homework.
Haddix was born in Omaha, Neb. but grew up in Alaska hunting with his father.
A biologist with the Alaska Department of Fish and Game, his father used to take Trevor with him when he was too young to actually hunt.
In Alaska he has hunted big horn sheep, caribou, mountain

goats, Sitka black-tailed deer and bear. "I grew up hunting the things other people dream about hunting, so for me, I get excited about hunting turkeys."
Haddix spent the entire month of September doing his homework for a Fort Riley Elk Hunt 101.
In other words, he scouted every chance he got, and boy did it pay off. He located 26 different bulls scattered about on Fort Riley. "I knew they were there, it was just a matter of which one presented the right shot." The Madison creek drainage was a hot spot, but the fan closed down on Sept. 28, so that was not an option, Haddix said. He opted for what he thought was an area that would have the least amount of hunting pressure in order to keep the odds in his favor. "When I got

in there and got set up and bugled once, the bull bugled right back. I got situated and began cow calling. A little bit later the cows came by followed by the bull. When I shot, I knew I hit him good." Haddix has hunted for elk in other states and obviously knows what he is doing. "I know from experience that if you bugle at a bull with cows, he can't stand it and will bugle back."
The bull in question field dressed at 720 pounds and had an estimated live weight of 880-930 pounds. It green scored around 340 and was the first elk kill recorded on Fort Riley using a recurve bow.
Another aspect of Haddix

homework is maintaining his archery skills. He has participated in 3-D shoots and practices throughout the year. In fact, he makes his own bows and specifically made a bow for this elk hunt. A 56# recurve made from dried and laminated maple wood. "It took about 13 hours to make," he said. He began making bows about ten years ago as a hobby. "The custom bows I saw at the 3-D shoots were too expensive to buy, so I began making my own." He uses a band saw to rough-cut the laminated wood, uses a rotary lathe to shape the riser a little and everything else is by hand.
During the mid 80's Haddix said he got caught up in the "com-

ound craze," but during a caribou hunt he could not get into an upright position in order to shoot his compound bow with out spooking the caribou. He had a recurve with him as a back up. The next time out he took it instead of the compound and took a caribou. He has hunted with a recurve or a long bow ever since and now hunts exclusively with bows he makes himself.
Haddix seems to be extremely lucky at drawing rare and highly sought after big game tags. This was his first attempt at applying for a Fort Riley elk tag, and he drew the number one bull tag, one of only eight bull tags available for the 2002 season. In 1999, he drew the number one Fort Huachuca archery antelope tag, one of only two available. He harvested the first and only ante-

lope to date with archery equipment there also. In 1993 he drew a state of Alaska bison tag, however, Alaska law dictates that legal equipment for bison hunting be limited to rifles.
Rather ironically, he has repeatedly applied for a state of Arizona elk tag, a tag in which you have about a 25 percent chance of drawing, and has never been successful.
Haddix next challenge for the immediate future is pursuing the ever-elusive white-tailed deer. He is not as experienced at hunting whitetails as he is other North American big game and is not used to seeing the caliber of bucks we have here on post. He is however looking forward to the challenge, and I wish him and all Fort Riley hunters good luck during their hunting endeavors this fall.

On the Wildside: News About Nature

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



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

November 7, 2002

America's Warfighting Center

Page 11



Post/Vanover

Jacob Almqvist, 7, takes aim on the archery range at the Turkey Shoot Saturday. This year's Turkey Shoot featured the new archery range event for kids.

Turkey shoot Competitors take shot at winning turkey

Christie Vanover
Staff Writer

Despite near freezing temperatures, nearly 250 shooters turned out to win a turkey for Thanksgiving during the 4th annual Fort Riley Turkey Shoot Saturday.

The event was an opportunity for Fort Riley and its community members to gather in a sportsmanlike setting while viewing what Outdoor Recreation had to offer, according to Jeffrey Metzger, S-3 plans officer, 3rd Brigade, 75th Division (TS). Outdoor Recreation and the 3rd Brig., 75th Div. hosted the event.

During the five-hour shoot, marksmen lined up at the range five at a time and shot paper turkey targets. "Whoever got the most hits in the center of the target won a free

turkey," said Metzger. A total of 49 turkeys were awarded to 34 adults and 15 youth competitors.

The day's activities also included an adult and youth Master Gunner competition. A number of adults made a combined total of 75 attempts to win a 12-gauge shotgun. Peter Torok won the title by shooting 11 pellets into the target's center.

Kiersten Cole beat out 21 other attempts and won the youth Master Gunner title getting seven pellets into the target. Her prize was a combination 22/20-gauge shot gun. "They're pretty nice prizes. Much more than we've done in the past," said Metzger.

Additionally, this year's Turkey Shoot featured new events like an archery range for kids. Scott Peck, who is hunting turkey with a bow this

season, shot the new event to show his kids how he hunts.

Peck brought his three children, Amanda, 7, Patrick, 9, and John, 11, to the event so they could experience the outdoors and learn more about hunting.

"They like a lot of archery because they see me doing it," he said. "I hunt a lot myself, and I always like to get into more of it and try the outdoor life."

Metzger likes to share the experience with his family as well. His daughter, Ashley, 13, spent the day assisting the soldiers on the range by running targets to the scorer's table.

"When I grew up, hunting was a big family thing. We still go out hunting as a family. If you look around, you'll see almost as many kids as you do adults," said Metzger. Outdoor Rec also opened

up the skeet range for team competitors. The "Fighting 937th Skeet Team" comprised Marc Hildenbrand, Anthony Wright, Russ Sears and Roger Durant took first place.

Rick Eyestone, manager, Outdoor Recreation, was impressed with the day's turnout. "All things considered this is the best we've ever seen," he said.

Eyestone said that fall and winter are off-seasons for the facility because the majority of the rental equipment is geared for spring and summer. He pointed out that they do offer intro to waterfowl hunting, upland game hunting and deer hunting in the fall and early winter.

Col. Gasper Gulotta, commander, 3rd Brig., 75th Div. (TS), and Col. (P) Frank Helmeck, acting commander, 24th Infantry Division (Mech)

and Fort Riley were also impressed with the turnout and the combined efforts of Morale, Welfare and Recreation and the 3rd Brig., 75th Div. (TS).

"Our MWR program has taken off in the last eight to 10 months to a high level and we are now leading the way with MWR. It takes efforts like what you guys did to expose people to this facility. Once people get exposed to this facility and its capabilities then they're going to come back. We've got to market the best-kept secret in Kansas, the best-kept secret in the Army," said Helmeck.

For more information on hunting on Fort Riley's vast hunting terrain or fishing in its 29 stocked ponds, visit <http://www.riley.army.mil/Recreation/Outdoor> or call 239-2249.

CAC meetings act as forum for information

By Jamie Bender
Staff writer

Would you like to know what is going on every month at Fort Riley? Do you have any questions about the community activities here? Is there an event or a program on post that you would like to know more about?

The Community Action Council provides a forum for the exchange of information of interest to improve the well being of Fort Riley soldiers and their families, said Betsy Young, Installation Volunteer Coordinator and Community Life Officer.

About 140 people attend CAC meetings held on the third Wednesday of each month. "Representatives come from all over the post. Commanders and Command Group spouses, Commanders and Command Sergeants Major spouses from each battalion, brigade and other units attend, a Mayor, an Assistant Mayor or Sponsor Unit Representative represent the communities, representatives from all directorates on Fort Riley and from private organizations on and off post as well as schools also attend," said Young.

Col. John Simpson, Garrison Commander, Fort Riley chairs the CAC, which is organized by the Community Life Officer.

"Each month all directorates and organizations submit information to me, which is published in the Bugle Call. The Bugle Call serves as the agenda for the meeting. It is located on the Fort Riley web page (search Bugle call). We keep about six months worth there to let people know what is going on," said Young.

At the beginning of the CAC, usually two or three presentations highlight special events or awards in the Fort Riley community, said Young. During the meeting, each directorate and organization has an opportunity to brief any upcoming events or changes going on at Fort Riley during the month. "Each person who conducts a brief also answers any questions that might be asked. If they don't have the answer right away, the answer is published in the next month's Bugle Call."

"If you have an issue or a question to address to Fort Riley agencies, the CAC is open to visitors. "Questions may also be submitted through the units, or if you live on post, through the mayors, assistant mayors or sponsor units. School issues can be addressed through the school liaison officer, Kay Forman," said Young.

The CAC for November and December will be held Dec. 11 at 9:30 a.m. The meetings are shown on Channel 2 for four days following the CAC at 8:30 a.m., 12:30 p.m., 6:30 p.m., 10:30 p.m.

Week dedicated to families

Fort Riley would like to take this opportunity to thank all military families.

President George W. Bush has sent a message to all military families. In it he states, "I commend our military families for remaining courageous and steadfast. America is grateful for your sacrifice, love, and support of our heroes in uniform. Laura joins me in sending our deep appreciation, and best wishes."

During the week of Nov. 18-22, there are several events taking place on Fort Riley for military families.

Nov. 18 — AAFES sponsors a free movie - Rugrats in Paris - 7 p.m. at Normandy Theatre.

Nov. 19 - Commissary Day - 10 a.m.-6 p.m. - Join us for Cake, Coffee and Hot Chocolate. We will have drawings for shopping sprees - there will be a case lot sale - 12 turkey giveaways and other attractions. Also, there will be a dollar night at Normandy Theatre - 7 p.m. - Spy Kids 2 - All admissions are \$1.

Nov. 20 — \$1 Night at Normandy Theatre - 7 p.m. - Lilo & Stitch - All admissions are \$1.

Nov. 21 — AAFES sponsors free Movie - E.T. The Extra-Terrestrial, 7 p.m., Normandy Theatre

Nov. 22 — PX Day - 11 a.m.-7 p.m. - Come by for cake, punch and coffee.



Post/Vanover

Ted VanZant shows his son, Cody, 11, where he hit the target. Cody aimed off the center, hoping to win a free turkey. His shot was one of nearly 250 attempted during the day.



Post/Vanover

David Vanover was among the last to shoot for a chance to win a turkey Saturday afternoon.





Cyan Magenta Yellow Black



The Information, Ticketing & Registration Office is located in building 6918, across from the PX. ITR hours of operation are Monday - Friday 10 a.m. - 7 p.m. ITR is closed on weekends and holidays. For further information, call 239-5614 or 239-4415.

Check out the Department of Army Leisure Travel website at www.ofditv-travel.com for more great deals on travel.

Czars "400 Years of Imperial Grandeur"

All the drama and intrigue of 400 years of Russian history comes alive in Topeka. The State Historical-Cultural Museum-Preserve "Moscow Kremlin," one of the most prestigious museums of Russia, is proudly presenting this exhibition in the new permanent Kansas International Museum through March 15. This museum is one of only four international museums in the U.S. and one of two in the U.S. selected for this exhibit. From the moment you begin your self-guided tour, you will be awe-struck by the magnificence and grandeur of the exhibit, which includes 267 artifacts from the era. The eleven galleries depict the lives of the czars through the artifacts that touched their lives. Discount tickets are available through ITR.

Sawyer Brown Christmas

Sawyer Brown is coming to the Salina Bicentennial Center on Dec. 14, 7 p.m. Tickets are now available through ITR.

Need Holiday Gift Ideas



Kirk Douglass

Stop by ITR for area discount movie tickets, tickets to Science City, Czars exhibit or Kansas Cosmospere and Space Center. Tickets are not date specific and make great holiday gifts. Let ITR surprise that special person with a Dream Cruise or a package for Walt Disney World or Branson. Call for further information.

Santa Suit Rental

It's time to make a reservation for that special guest in "red" for your unit or organizational parties. Cost is only \$25.

Topeka Scarecrows Hockey

Military appreciation day is Nov. 22 at the Topeka Scarecrows game. Discount tickets are \$6 through ITR. See the Scarecrows in action against Omaha at 7:05 p.m. Stop by ITR for schedule and ticket information.

Silver Dollar City

Come home to Silver Dollar City for an Old Time Christmas. The city lights up in splendor with over four million lights as the Holiday Light Parade winds its way through the streets proclaiming the Gifts of Christmas. The festival features a five-story special effects Christmas tree, Tinker the talking Christmas tree and the living nativity. Silver Dollar City truly appeals to all ages. Discount tickets are available to this and numerous other attractions in Branson as well. Let ITR put together a holiday package get-a-

way.

Disney's California Adventure

Life from a bug's point of view is the theme of an all-new playland at Disney's California Adventure theme park at the Disneyland Resort in Anaheim, Calif. The new "A Bug's Land," featuring "Flik's Fun Fair," is inspired by characters and settings from the animated film A Bug's Life. It will encompass the park's existing "It's Tough to Be a Bug" attraction and Bountiful Valley Farm, with the addition of five new attractions in "Flik's Fun Fair," a specially designed environment which will offer the young and the young-at-heart a look at the world from a bug's perspective. 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 condominium units that resort owners do not use, which generally means off-season or short-notice travel. If you enjoy off-season activities in 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.

Carnival Cruises

Dollar for vacation dollar, you get more for your money on a "Fun Ship" cruise vacation because one price covers virtually everything. The cruise price includes 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 spectaculars, use of the complete Nautical Gym, the supervised activities of the Camp Carnival children's program and even 24-hour stateroom service is complimentary. Plus, you'll have a spacious stateroom where you can savor the sheer joy of unpacking once and only once. You also get to sail to exciting destinations while you dine or dance or dream the night away.

Disney Cruises

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 seven-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 are available for all perfor-

mances at McCain Auditorium, Kansas State University, Manhattan. Call ITR or stop by and pick up a complete performance schedule.

Kansas City Chiefs

Tickets still available for the following home games: Arizona Cardinals - Dec. 1, St. Louis Rams - Dec. 8 and San Diego Chargers - Dec. 22. Tickets are \$65 each without transportation and \$80 with transportation.

Discount Movie Tickets

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

Kansas Cosmospere & Space Center

The Kansas Cosmospere & Space Center is located in Hutchinson and is quickly becoming the most comprehensive space museum in the world. It is also not exactly what you'd expect to find on the open prairies of Kansas. That's the point exactly. From the jaw-dropping Hall of Space Museum and incredible IMAX Dome Theater to the million-dollar multimedia Planetarium, the Cosmospere 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.

Native American heritage celebrated

By Jamie Bender
Staff writer

November is Native American month at Fort Riley and it was commemorated Monday with an ethnic observance held at Kapanun Chapel.

The event was to celebrate the contributions of Native Americans to the United States and how they play a part in history, said Sgt. 1st Class Jennifer Boyd, Equal Opportunity Advisor. "There are several Native American Medal of Honor recipients and today there are many Native

Americans still serving in all branches of the military."

The guest speaker for the observance was Kirk Douglass, a Cherokee Native American from Shirley, Massachusetts. Douglass' father was a soldier whose career included an assignment at Fort Riley.

Douglass himself served in the Army National Guard, the Regular Army and the Army Reserves for a total of 18 years. He also volunteered for Desert Shield and Desert Storm.

Charles Edger Wade, Douglass' grandfather, taught him the

customs, values and beliefs of his ancestors. "It's important to understand Native American culture and keep it alive," said Douglass. "A lot of our culture has been slipping slowly away. I talk to people about the history as far back as the 1700's all the way up to the present."

The role of the Native American in the historic Army was usually as a scout," Douglass said. "For me, being in the Army was like getting in touch with the warrior inside," said Douglass. "I would imagine what it must have been like in the 1800's as a scout.

The training then is not much different than it is today. We just have more technology and better things to play with."

Douglass talked about the contribution of Native Americans during World War II. "The Navajo code talkers played a major role in the war."

The code the Navajo used was never broken by the Japanese," he said.

If someone is interested in discovering the culture of the Native American, Douglass suggests finding books as the best way to research the history of the culture.

Community food campaigns underway

The Flint Hills Breadbasket invites the community to participate in this year's Mayor's Holiday Food and Fund Drive.

The Mayor's Holiday Food and Fund Drive is an annual food collection campaign dedicated to generating food for the needy in the Manhattan area. Food is distributed through the Flint Hills Breadbasket, the local food pantry. Throughout the Mayor's Holiday Food and Fund Drive, there are various opportunities for the public to provide food donations, cash donations or volunteer.

Many local families do not have enough to eat. The number of hungry people in Manhattan is growing. Last year, more than 2,500 food baskets were distributed to families who could not afford a holiday meal. This year's campaign theme is "Because No One Should Go Hungry," which demonstrates the need and promotes the giving nature of the Manhattan community. Annually, the Flint Hills Breadbasket provides food to thousands of individuals and families in

Manhattan. The people of Manhattan can help support the Mayor's Holiday Food and Fund Drive by donating food, funds or volunteering. Food needed at the Breadbasket includes: small to medium turkeys, turkey breast, whole chickens, ham roasts and canned goods. Donations are used to purchase perishable items such as fresh fruit and vegetables and meats. Checks should be made payable to the Mayor's Holiday Fund and then are matched dollar for dollar by the generosity of the McCormick Foundation. There

are numerous volunteer opportunities throughout the season and throughout the year.

Also, the Breadbasket and Kansas State University have teamed up to accept canned goods at all KSU home games.

The Flint Hills Breadbasket and the Kansas State University "Cats for Cans" invites all K-State fans to bring a food donation to all of the K-State home basketball home games for both the men's and women's teams. All food collected will go to support the Mayor's Holiday Food and Fund Drive campaign to help hungry

families in the Manhattan area. Food will be distributed by the Flint Hills Breadbasket.

For questions concerning this year's campaign, please contact the Flint Hills Breadbasket at (785) 537-0730.

MAX LAUNDRY
2 x 2"
Black Only
if e've moved

LEES WESTERN WEAR
2 x 2"
Black Only
11/08pt new TP lee's western we

PATRICIA'S UNDERCOVER
1 x 8.5"
Black Only
11/08pt patricia's undercover

KEY OFFICE EQUIPMENT
2 x 6"
Black Only
Grand Opening

BRIGGS-JEEP NISSAN
3 x 4.5"
Black Only
11/08pt briggs jeep



Commissaries stocking up with turkey

By Rick Brink
DeCA

Commissary shoppers around the world might as well plan now to loosen their belts because there's plenty of food - like 8 million pounds of turkey - ready to be bought for Thanksgiving. Commissary management specialists project 6 million pounds of frozen whole turkeys and 800,000 pounds of fresh whole turkeys will be sold in commissaries this year. Add to that \$50,000 pounds of frozen turkey breast meat and 130,000 pounds of fresh turkey breast meat and the total reaches nearly 8 million pounds, all sold at great prices in DeCA's 275 stores. "Nothing says Thanksgiving like turkey, and every year during this American holiday we take special pride in providing what we like to call 'A Taste of Home' to our military service members around the

world," said Bob Vitkaes, DeCA's director of operations and product support. Sharing with others is a big part of Thanksgiving and DeCA's new gift certificate program makes it possible for service members to easily receive a gift of groceries. The certificates are available through DeCA's Internet site, <http://www.commissaries.com>. Authorized shoppers can then redeem the cer-

the holidays begins this month, those who like to bake stock up on flour, sugar, baking soda, spices and other cook-from-scratch ingredients while those who like to bake more quickly stock up on ready-made frozen desserts and pop-in-the-oven refrigerated crescent rolls and cookie dough. For those who'd prefer beef, pork, lamb and veal for the holidays, the commissary is the perfect place to shop because of the "Meat Made Easy" program. Meats sold in the commissary are merchandised by cooking method with signs, labels and even recipes. The program helps inexperienced as well as experienced cooks discover new ways to prepare that special rib roast, sirloin roast, beef tenderloin roast, crown roast of pork leg of lamb. Those who buy turkey will find cooking instructions on the packaging, and there are many Web sites that offer recipes and hints on how to prepare a crowd-pleasing turkey.

- * How much turkey?**
Buy about a pound per dinner guest and you'll have enough for seconds and leftovers.
- * How do you defrost a frozen turkey?**
Always thaw turkey in the refrigerator, never at room temperature. Allow 24-hours for every five pounds. That means a 13-pound turkey will take nearly three days so plan your purchase accordingly and make room in your refrigerator.
- * How do you carve a cooked turkey?**
Let it stand at least 20 minutes before carving to allow the juices to retract back into the meat. It will not cool off during this standing time.

tificates at any commissary worldwide. As the traditional rush to stock up for turkey.

Elves sought to assist Santa's workshop

It has often been said that non-commissioned officers are the backbone of the Army. It might just as easily be said that elves, those mysterious diligent helpers, are the backbone of Fort Riley's Operation Santa Claus Program. "Elves will decorate Santa's workshop for the holidays and ribbon-cutting ceremony on Nov. 13," said Command Sgt. Maj. Kenneth Fyffe, head elf for OSC. "They'll oversee the volunteer work force, pass out fliers in the communities, assist in picking up donations from the various drop-box sites as well as accept donations at OSC headquarters, and they will decorate and ride on the OSC float in the Christmas Parade in Junction City." Operation Santa Clause is an annual celebration held this year

from Oct. 28 until Jan. 15, 2003, to bring Christmas cheer to the less fortunate children of Fort Riley and surrounding communities. "Elves have to love kids and believe in Christmas," said Charlie Quick, representative from OSC's sponsoring unit, the Ready Now Chapter of the Noncommissioned Officers Association, Fort Riley. "They must be cheerful and dependable - especially since we're dealing with a lot of money. They also have to enjoy shopping and think like a kid." So, how are elves selected? Qualifications are simple, according to Fyffe. "We recruit one senior elf and 16 elves," he explained. "We let the units decide who they think would make good elves, and ask that

they have their soldiers' names to us by Oct. 28." He also asks units to consider the fact that soldiers need to have a strong, positive attitude and sincere desire to work because the hours are long. And, as time progresses, they're required to work nights and weekends. Quick added, "It seems like some of our best elves have been ones that are getting ready to get out of the Army. It's like a reward to them for all their hard work in the military because now they get to be a part of making people's holiday happy - and it looks good to have this kind of volunteer work on their resume." Fyffe explained that the senior elf is usually a staff sergeant or above and other elves are normally junior enlisted soldiers. Future

elves will be selected on a rotation cycle from each brigade. He added that selected elves need to possess great people skills since they will be helping volunteer workers. Fyffe said that because of the wide range of responsibilities the elves will assume, a training program is scheduled this year so they can better understand the full scope of their responsibilities. Soldiers interested in dedicating their time to the Operation Santa Claus Program, should apply through their units. Fyffe believes that those who are selected will find it a rewarding experience. "We see this as a worthy cause in two ways and hope soldiers who are selected feel the same way."

Volunteers attend conference

Fort Riley spouses Gloria Elder, Arlene Nordstrom and Theresa Donahoe recently joined Representatives from military installations around the world at the National Military Family Association 2002 Representative Conference. The Conference, held on September 20-22, brought together 49 volunteer Representatives from destinations as far away as Germany and Hawaii and as close as Fort Leavenworth, Kan. and Fort Leonard Wood, Mo., to discuss issues important to military families. Elder, Fort Riley's NMFA representative was excited to be able to meet with other representatives and with the volunteers and staff from the Washington, D.C. Headquarters. "Meeting the key people involved in making NMFA such a successful volunteer network was an incredible experience," said Elder. The three-day conference provided the 49 representatives with training on monitoring issues within military communities, reporting concerns to staff in government relations and becoming a resource for service members and their families. For Nordstrom, who only recently became an NMFA representative, NMFA ensures that she can be a spokesperson for military families. "NMFA is the only non-profit, mostly volunteer organization dedicated exclusively to the issues that affect military families. NMFA makes sure that our voices are heard on Capitol Hill," she said.

DAILY UNION
6 x 10.5"
Black Only
POST SERVICE DIRECTORY



Holiday Recipes

By Kay Blakley
DeCA

I absolutely love this time of year! The cool crisp air just seems to recharge my battery. October means harvest festivals, fall home and garden expos and a grand finale at the end of the month - Halloween!

An utterance of, "Oh, Wow! Look at these!" from those creatively costumed little angels parading through your house is sweet satisfaction of the greatest kind! I must admit, I have been known to simply stock my pantry with copious quantities of packaged treats from the commissary for this occasion. As always, your commissary has plenty on hand, so come on down! I'll be using my share of these easy treats too, but for a home or school party, my thoughts this year have focused more on those traditional homemade treats from my own childhood - candied apples, caramel apples, kettle corn, even funnel cakes and hot buttered cider.

I've gathered all the recipes right here. And even though none could be considered low fat or sugar free, sometimes we all need to give ourselves a little boost with comfort foods. Give one or more of these treats a try - you'll be glad you did!

Candied Apples

If you'd like to be known as the greatest treat maker on your block this Halloween, try your hand at old-fashioned candied apples. You'll need:

- * 4 to 5 medium crisp red apples at room temperature. Varieties such as Red Delicious, Jonathan or McIntosh all do very nicely.
- * 2 cups sugar
- * 3/4-cup water
- * 1/2 cup light corn syrup
- * 1/2 teaspoon red food coloring
- * 6 to 8 cinnamon disc candies, crushed, or 1/3 cup of red hot

Generously butter a cookie sheet and set aside. Bring apples to room temperature, if they have been refrigerated; wash and dry them thoroughly and remove stems. Insert a wooden skewer in stem end of each apple. The bamboo skewers used for shish kebabs do just fine, but may require two or three lengths to be strong enough to hold the apple. Cut the length you need with a strong pair of scissors. Glue the lengths together or tie them with ribbon to prevent pinched fingers.

To crush the disc candies, place them in a plastic sandwich bag and give them a few sharp whacks with the broad side of a hammer. Perform this step on a cutting board, so you don't mar your counter top.

Mix sugar, water, corn syrup and food coloring in a two-quart saucepan. Bring mixture to a boil over high heat, then reduce heat and boil gently - without stirring - until mixture reaches 290 degrees Fahrenheit on a candy thermometer or until a small amount of mixture dropped into a dish of very cold (but not iced) water separates into threads that are hard, but not brittle. Use your fingers to form the syrup into a ball, remove from the water and gently pull apart. If the ball pulls into hard threads that don't immediately break, the syrup has reached the right stage. Don't rush the process - it may take 15 minutes or so for the syrup to reach the right temperature. When the syrup is right, stir in crushed candies or red hot until melted and well mixed.

Dip apples quickly into syrup, twirling until completely coated. Stand on buttered cookie sheet to set. Cool to room temperature before eating. Best if eaten within 24 hours.

Special note: Expect your syrup pan to be a sticky mess once you're finished. Just fill it with very hot water and let it set to soften the syrup residue. If this is your first try at candied apples, you might want to set the syrup pan over another pan of gently boiling water, double boiler style, while you dip the apples. You've got to work fast enough to get all the dipping done before the syrup

starts to crystallize, and the hot steam/double boiler trick may buy you a few extra minutes of work time.

Caramel Apples

These treats are a snap to make. The ingredients are relatively inexpensive. The bag of caramels comes complete with wooden pop sticks - all you add are apples and water. Even if you lose this recipe, don't despair. It's the same one that's on the back of the Kraft caramel package. You'll need:

- * 5 wooden pop sticks
- * 5 medium apples at room temperature; washed, dried and stems removed
- * One 14-ounce package caramels (about 50)
- * 2 tablespoons water

Insert pop sticks into stem ends of apples; set aside. Generously butter a cookie sheet or spray with cooking spray; set aside. Heat caramels and water in large microwave-safe bowl on high (100 percent power) for two and a half to three minutes, or until melted and smooth. Stir every minute. I use a four-cup plastic measuring cup to melt the caramels. Its height keeps the caramel at a good depth for dipping, and its circumference is just a bit bigger than that of a medium apple.

Dip apples into melted caramel. If the coating is uneven, spoon the caramel over the apples. Allow excess to drip off, scraping bottom if needed. Cool on greased cookie sheet until caramel is set or refrigerate for about 15 minutes. Caramel apples are best if eaten right away, but can be refrigerated overnight.

Variations: Dip apples in finely chopped nuts, sprinkle tops with mini chocolate chips or shredded coconut.

Kettle Corn

Have you ever tasted popcorn seasoned with sugar rather than salt? That's basically what kettle corn is. And, because the sugar is added to the corn in the popping stage, the result is a subtle sweetness similar to caramel, only not nearly as sweet or as strong. At harvest festivals throughout the Midwest, kettle corn is made in huge cast iron pots over an open flame, and its irresistible aroma travels for blocks and blocks. It's good stuff - believe me! We even have it in microwave packs. So give it a try - make your own from scratch or pop a bag in the microwave. I bet you'll agree it's a great fall treat! You'll need:

- * 1/2 cup popcorn kernels
- * 2 tablespoons oil
- * 3 tablespoons sugar
- * A dash of salt

Coat the bottom of a heavy pan or skillet with oil. Add popcorn and sprinkle evenly with

sugar. Add a dash of salt. Cover pan and set over medium-high heat, shaking quickly and continuously until popping slows almost to a stop. Cook the lid slightly ajar from time to time, throughout popping, to allow steam to escape, and lower heat once popping is well established, to prevent the sugar from burning. Empty pan immediately, once corn is popped so the sugar doesn't caramelize on the bottom of the pan. If a few kernels turn out golden brown, that's okay. It's just a bit of caramelization and is actually very tasty.

Special note: The brand of microwave kettle corn I tried was a bit too greasy and too salty for my taste. I'm partial to the scratch method because you control the amount of oil used (you might even be able to use a bit less than the two tablespoons called for), and you are able to caramelize a bit, if that's the flavor you prefer. The cost for each method is about the same, and so is the time required. You will have to wash the popcorn pan and your measuring utensils, but in my opinion, the finished product is worth the little bit of extra effort.

Funnel Cakes

What's the longest amount of time you've stood in line at a festival for a funnel cake? These popular treats are ample proof of the power of aroma! That sweet smell will hook you every time! Make these at home and watch the whole neighborhood start queuing up at your kitchen window. You'll be surprised at how easy they are to make. Use a funnel, if you have one. If not, pour some batter into a heavy zip closure plastic bag and cut off one of the bottom corners with scissors. Don't make the hole too big. You want an opening of only about one-fourth to three-eighths inch in diameter. Here's what you'll need:

- * 1 1/4 cups all-purpose flour
- * 2 tablespoons sugar
- * 1 teaspoon baking soda
- * 3/4 teaspoon baking powder
- * 1/2 teaspoon salt
- * 1 egg
- * 3/4 cup milk

Combine first five ingredients in a large bowl. Mix the egg and milk; add to flour mixture, and stir until batter is smooth. Its consistency should be like a relatively thick pancake batter; add a bit more flour if too thin, or a bit more milk if too thick. Pour about two inches of oil into a large, heavy bottom skillet (fill no more than one third full) and heat to 375 degrees Fahrenheit. Use a deep frying thermometer to gauge the heat of the oil. An electric skillet also comes in handy, if you have one. If these tools aren't available, test the temperature by dropping a small piece of batter into the oil. If it floats to the top and bubbles around the edges, you're ready to make funnel cakes. Adjust the heat throughout the frying process to keep it as close to "just right" as possible. If the oil smokes, it's way too hot. If the oil is not hot enough, you'll end up with a tough, greasy funnel cake.

Hold your finger at the bottom of the funnel and pour in some batter. Then, using a spiral motion, remove your finger and let the batter pour into the oil. The cake should look like a free-form spiral sculpture. Your first few might look more like alien creatures than spiral sculptures, but don't worry too much about it - they'll still taste good. And, practice does improve your technique. By the time the first batch of batter is gone, they'll be looking great!

Fry each cake until golden brown, turning once. Remove with a spatula or slotted spoon, drain on paper towels and sprinkle with powdered sugar, or cinnamon sugar. Or drizzle with a thin icing, honey or maple syrup. Can also be topped with whipped cream and fruit topping. Serve immediately.

This recipe should produce about six funnel cakes, but could do more or less depending on how big you make each one.

Hot Buttered Cranberry Cider

This tasty cider is sure to take the edge off the chill of a crisp fall night. Double the recipe for a party and keep it warm by serving it from a slow cooker.

- * 4 cups apple cider
- * 4 cups cranberry juice cocktail
- * One 3-inch cinnamon stick
- * 1 cup dark rum (optional)
- * 2 tablespoons honey, or to taste
- * 1 to 6 tablespoons (or less) unsalted butter, cut into small bits

In a stainless steel or enameled saucepan, combine the cider, cranberry juice and cinnamon stick. Bring to a boil, then reduce heat and simmer for 10 minutes. Remove from heat; stir in rum, honey and butter; stir until mixed well and butter is melted. Ladle into heated mugs and serve.

Look for all these ingredients in your commissary and check out DeCA's Web site, <http://www.commissaries.com> for special savings.

Adapted from an article by Kay Blakley, DeCA European Consumer Advocate.

Classified Rancier
3 x 21.25"
Black Only

America Recycles Day scheduled for Nov. 15

America Recycles Day falls on Nov. 15, this year. You can make a difference this day and year round by recycling and reusing the plastic, aluminum, newspaper, steel cans, white paper, cardboard and glass from your daily routine.

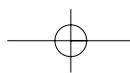
From Monday-Nov. 15, you can recommit to recycling by signing an America Recycles Day

pledge card at the Commissary, PX and shopettes.

Your pledge card enters you in a drawing to win two tickets to the Kansas State University versus Nebraska football game on Nov. 16.

You will also be entered to win state and national prizes.

classified



Tax forms to be available online

By Marcia Triggs
Army News Service

Defense Finance and Accounting Service is putting pay information at the fingertips of the military community.

Beginning in January, the 2002 W2 tax forms will be available online through DFAS' myPay system.

A personal identification number is needed to access personal accounts.

Service members, retirees and civilian employees who do not remember receiving their PIN or do not remember the number can go to <http://www.dfas.mil/>, and click on myPay, which is under the "Money Matters" heading.

Due to security reasons PINs are mailed to the recipients, and it could take from three to seven days to get the number after the request has been made, said Catherine Ferguson, a DFAS spokeswoman.

"We decided to put the W2 form online because we get a lot of phone calls from soldiers who are deployed, have lost their originals or for some reason need another copy," Ferguson said.

Troops can concentrate on their

mission when they are not worried about pay and benefits, said Dennis Eicher, Electronic Commerce, Military and Civilian Pay Services director.

That is why DFAS is providing innovative and reliable tools, he said. Troops can take charge of their pay accounts online, Eicher added.

Some of the other finance actions that can be performed online to date are: purchasing savings bonds, managing allotments, viewing and printing travel vouchers.

Reviewing leave and earning statements online as far back as three months and stopping the delivery of the hard copy is also an option, which can save the Armed Forces money, Eicher said.

If just civilians received their days to get the number after the request has been made, said Catherine Ferguson, a DFAS spokeswoman.

"We decided to put the W2 form online because we get a lot of phone calls from soldiers who are deployed, have lost their originals or for some reason need another copy," Ferguson said.

Troops can concentrate on their

that they previously had to stand in line or wait on the phone to accomplish," Ferguson said.

MyPay was formerly known as Employee Member Self Service system.

The system changed, but peo-

ple don't have to change their PINs, Ferguson said.

Customers with questions about myPay can call customer support at 1-800-3900-2348, Monday through Friday between 7 a.m. and 7:30 p.m. EST.



Post/Courtesy photo

Friends and family of the 924th Military Police Battalion gathered together for a battalion change of responsibility ceremony on Oct. 25.

The outgoing command sergeant major, CSM Carl E. Hemler, left, is retiring after 30 years of service to San Diego, Calif., with his wife, Chong Suk.

The incoming command sergeant major, CSM Michael E. Meyer, left, arrives to Fort Riley from Fort Hood, Texas, where he served as the 1st Cavalry Division Provost Sergeant Major.

President signs bills

WASHINGTON — President George W. Bush signed two bills that will give servicemembers the resources they need to serve America at home and abroad during a ceremony Oct. 23 at the White House.

"We've asked our military to liberate a captive people on the other side of the Earth. We've asked our military to prepare for conflict in Iraq, if it proves necessary. We owe them every tool they need to fulfill their missions," Bush said.

The first bill signed was the Defense Appropriations Bill, which is nearly \$335 billion — a \$37 billion increase from fiscal year 2002. The defense bill will go toward a 4.1 pay increase, additional full-time support from the National Guard and Reserve and increased funding in research and development of weapon systems, Bush said.

"This legislation begins development of the next generations of weaponry," Bush said. "We ended the Crusader artillery program, a program that was designed for a different era.

"Instead, we will fund new systems, systems that will enable our military to do a more effective job at defending America and our freedoms. Systems such as the unmanned aerial vehicles like the Predator and the Global Hawk that we've used so effectively in Afghanistan."

The Military Construction Appropriations bill, the second one signed, adds \$10.5 billion for building and upgrading military installations and for military family housing.

"We're taking care of our people," Bush said. "We want the people who wear the uniform to know America appreciates their service."

The signing of the two bills did not only send a message to Americans, but to the United States' allies and enemies.

CLUB YESTERDAY
2 x 6
Black Only
Weekly Specials PG 2/3

KANSAS PRESS ASSOCIATION, INC.
2 x 7
Black Only
Director of Nursing

MANHATTAN SHOE REPAIR
2 x 7
Black Only
11/01d1,11/01t marh. shoe

THE MARTIN AGENCY
4 x 10
Black Only
Althel Post

WACKENHUT-AFC
2 x 3
Black Only
American Military

SET
2 x 5.5
Black Only
NEW TIMES