www.riley.army.mil

Weather Forecast

Today	Saturday	Sunday
High: 39 Low: 14	High: 37 Low: 11	High: 41 Low: 17

THURSDAY

Fort Riley Post

This Week on `In Step'

Gauntlet is featured and one of Fort Riley's soldiers carries the Olympic Torch in Topeka.

In Step with Fort Riley airs every Sunday morning at 9:30 a.m. on FOX 43.

January 17, 2002 | Proudly serving the Home of America's Army | Vol. 45, No. 3

Post/Heckler

A soldier from 2nd Battalion, 34th Armor scans for a target during Gauntlet. Soldiers from the 1st Brigade Combat Team took on the OPFOR in preparation for NTC.

Gauntlet: Opposing Force soldiers challenge 1st BCT defenses

By Jeremy Heckler
19th Public Affairs Detachment

They roll through the path less traveled, creeping until they hit their target, the unlucky Blue Force soldier in their way.

They are the Opposing Force, or OPFOR and their job is to outwit, harass and train the 1st Brigade Combat Team during Gauntlet so that they are well prepared for the National Training Center deployment and a date with any conflict around the world.

"This is 1st Brigade's field problem," said SFC Odell Ford, Company C, 1st Battalion, 41st Infantry first sergeant. "They tell us what type of battles they want and we provide the opponent for them."

"We try and replicate current doctrine with succeeding amounts of greater force," said SSgt. Byron Brownfield, master gunner, Co. C, 1st Bn., 41st Inf.

Ford said that while the Devil Brigade knows what type of battle they will face, whether it is a defense in sector or a hasty defense, the OPFOR doesn't make it easy for them.

"We always try and show up where they least expect us," said Ford. "We want to cause confusion and get them to fight before they are ready."

In the first battle of Gauntlet, parts of 1st Battalion, 41st Infantry traveled through heavily wooded terrain in an attempt to surprise the enemy.

"You want to get them before they finish their defense so that they will have to split their efforts between fighting us and digging their defensive position," said Ford.

Brownfield said that during the company level operations their unit held Company C, 16th Infantry, their Blue Force counterparts in check.

"We've been rolling them up so far by being pretty shifty and carrying the dismount fight," said Brownfield. "Usually its about the Bradley carrying the day for us."

For many of the 3rd BCT soldiers, playing OPFOR can be a more relaxing time.

"The pressure isn't on us like it is on the BLUFOR," said SFC Dennis Spangler, Company C, 2nd Battalion, 70th Armor, platoon sergeant. "They have the observers around them and their performance is carefully evaluated."

Spangler said that playing OPFOR allows them to take care of many of their problems, such as maintaining their equipment because they don't have the same tempo that the other side does.

"You can play a little bit more and have a bit more fun because you're not getting evaluated as much," said Spec. Mark Renteria, Co. C, 1st Bn., 41st Inf.

In addition to the role that the 3rd BCT's maneuver units play, other units supply role-players who portray media and civilians on the battlefield who provide real-life situations that cannot be handled with a force on force battle. Each part is designed to make a deployed unit successful in any arena.

Ultimately, the goal of the OPFOR is to not only defeat the 1st BCT but to enhance the training capabilities.

"It's a team effort," said Ford. "We don't have anything personal against them, but if we can make them better and make ourselves better we are a much deadlier target for the enemy."

"We give them realistic training from a real good battalion that puts forth 100-percent effort so we can train them for their next mission," said Renteria.

"There is something about being OPFOR that gets everyone motivated," said Ford.

Devil Brigade digs in during training exercise this week

By Jeremy Heckler
19th PAD

The Devil Brigade dug in awaiting the Opposing Force in the opening battle of Gauntlet training exercises held on Fort Riley this week.

The first exercise required the 1st Brigade Combat Team to perform a defense in sector, rolling into dug in positions to fight the enemy.

"Our job out here his to construct battle positions for 2nd Battalion, 34th Armor," said 1st Lt. John Shaw, Company C, 1st Engineer Battalion. "We dig holes for their tanks and seal them in."

"The engineers provide us with a two-tier fighting position," said SSgt. Harry Carroll, Company C, 2nd Battalion, 34th Armor. Carroll was told the morning of the battle where he needed to go and to dig in.

Shaw said that his crew of combat engineers provides cover and concealment to the tanks so that they will be difficult to spot.

"The best part about having a dug in battle point is that we have a better view of the battle and it allows us to identify our fields of fire better and to hide from the enemy," said PFC Richard Bradley, Co. C, 2nd Bn., 34th Armor.

Once the crews were sealed in, they awaited the arrival of the Opposing Force who swept through the Kansas plains to attack the dug in positions. Many of the first time participants got a quick course on how to repel the

See Dig In Page 2

Proper wear of uniform could prevent injuries

By Jeremy Heckler
19th PAD

For the weary warriors of the field, sometimes the deadliest enemy can be the field conditions themselves.

The members of the 1st Brigade Combat Team and their counterparts in the 3rd Brigade Combat Team have had to battle not only each other, but also the cold weather that comes from winter in the Midwest.

Winter on Fort Riley this year has been relatively mild compared with the year before. There has been a lack of snow, warmer than usual temperatures and highs reaching 60 degrees during the day. Still the cool chill of night and morning conditions has soldiers doing all they can to keep

Even with the warmer conditions there is still the opportunity to get cold weather injuries.

"It's simple to fight cold weather injuries," said Sgt. Daniel Ball, a medic with Company C, 101st Forward Support Battalion. "Soldiers need to stay clean and dry, layer their clothes and prevent overheating and sweating."

"Many soldiers get cold weather injuries because they don't wear their clothing properly," said Capt. Richard Bett, a physician assistant with Company C, 101st Forward Support Battalion.

Bett said that many foot injuries, such as frostbite and trench-foot, could be avoided if they wear the proper footwear, like wearing wool socks instead of white cotton athletic socks or wearing all-leather or boots

Soldier makes history, carries Olympic torch

By Kevin Doheny
Staff Writer

The Olympic spirit should be very special this year.

After the horrific attacks on America in September 2001, the country will probably look to find something to bring the "Spirit of America" back to this country.

One-way to invoke spirit is competition, and the competition will be high when the 2002 Winter Olympic Games makes its journey to Salt Lake City, Utah, scheduled to begin Feb. 8.

Before the festivities can begin, and the competition can commence, the Olympic torch must be transported from ancient Olympia in Greece, to cities and towns across United States, and then final-

has traveled in the famous hands of the "Queen of Soul," Aretha Franklin, five-time gold medallist Bonnie Blair, New York Mayor Rudy Giuliani, President George W. Bush, hockey player Mario Lemieux, cyclist Lance Armstrong, tennis players Serena and Venus Williams, racecar driver Dale Earnhardt Jr., and most dramatically was held by former heavyweight championship boxer Muhammad Ali, at the beginning of the torch relay in Atlanta.

Jan. 11, the spirit of the Olympics passed through Topeka early in the morning, and the cheers from the spectators were mixed with the sounds of the horn from the train, which carried the torch.

Among the many who ran with the torch was Spec. Aaron Parker,

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nemy.

"This is my first time at Gauntlet as well as my first time as a gunner and it is a lot harder than I thought it would be," said PFC Daniel Sheppard, Company A, 1st Battalion, 16th Infantry. Sheppard said that his crew's night vision broke down and made it almost impossible for him to track and shoot the enemy during the early morning battle.

"We shifted fire to help the tank crews and the next thing that I knew we got hit," said Sheppard. He said that he was assigned an injury and awaited pickup by the medics.

Sheppard, as well as other shock casualties received medical attention and transportation for more urgent care.

"We had two casualties and we ensured that they were evacuated properly from the casualty site to the battalion aid station all the way back to the BSA," said 1st Sgt. Redell Reeder, Battery B, 1st Battalion, 5th Field Artillery.

The goal of Gauntlet is to train soldiers for the National Training Center and possible worldwide deployments.

"This is a great training for soldiers, especially for those new to the unit because they learn how the unit operates," said SSgt. Anthony Rhodes, Company B, 101st Forward Support Battalion. "Out here in the field, we push soldiers to their maximum potential and incorporate all of their training that either makes or breaks you."

"We tell our soldiers to have a lot of motivation because we are at war and they should be serious about what they do and be up to the challenge," said Reeder.

At the end of the day when all of the units have returned to their staging areas and prepare for the next battle, the engineers return the battlefield to the Kansas wilderness.

"We clean up the battlefield, cover in the holes and place pickets and engineer tape around the site for safety," said Shaw.

Post/Heckler

SFC Dennis Spangler and Spec. Fernando Vargas, Company C, 2nd Battalion, 70th Armor, scan for targets during a rehearsal for their attack on the 1st Brigade Combat Team as they kick off Gauntlet. The 3rd BCT served as the Opposition Force for the Devil Brigade's training for their March NTC rotation.

Cold continued from page 1

warm.

"You can always layer enough clothing to keep warm," said Cpl. Cassondra Walker, Company B, 101st Forward Support Battalion. "You may not be able to walk but you're going to keep warm."

I usually wear my Gortex and my polypro and I usually fit in my woobie, my field jacket liner," said PFC Richard Bradley, Company C, 2nd Battalion, 34th Armor.

"We brief all of soldiers before they go on guard duty about the weather and notify about drops in the temperature," said SSgt. Anthony Rhodes, Co. B., 101st Fwd. Support Bn. recovery NCOIC.

For many soldiers the key to staying warm is keeping active.

"If they sit in a vehicle there is the potential for cold-weather injuries," said Bett.

Walker said that her job, towing downed vehicles helps keep her warm.

"I get a good workout putting on all of the tow chains," said Walker.

Staying warm is a constant test for many soldiers out in the field as they fight with heaters in their vehicles and tents in their staging areas.

"Last week, we didn't have a working heater in our tank and throughout the night I'd get a call to start up the tank to keep everyone warm," said Bradley. Bradley and the rest of his tank's crew were able to find and refurbish a heater for their tank just before Gauntlet.

"We've got plenty of heaters for our tents as well as soldiers who are licensed to use them," said Shaw.

Units place fireguards in their tents to ensure that the gas-fired heaters don't burn the tents.

When a soldier falls victim to a cold-weather injury, he is transported to an aid station where the medical team works to return the soldier to action.

"When we get a cold weather casualty we gradually rewarm the casualty and evacuate them to the rear," said Ball. Ball said that cold weather casualties are warmed up in the rear area hospital. In the case of frostbite, the affected limb must be rewarmed completely before the casualty is ready for battle.

Torch continued from page 1

orable."

Parker said his friends and family were probably more excited than he was when they found out the good news.

"The guys in my unit were cheering when they found out," he said. "I was in so much shock, I was being pretty quiet. I called my mom and she was really happy."

Parker's mother and wife nominated him for the torch relay. Parker said they saw an advertisement from Coca-Cola, asking people to send in their nominations for the relay.

"We were in the car and heard the advertisement on the radio, which had Coca-Cola.com asking for torchbearers, so I went home and did it," said Lisa Parker, Aaron's wife. "I then called his mom and told her to do it as well. She then called everyone she knew and they went online."

Both Lisa and his mother sent in letters describing why they felt he was the right choice.

"He is my hero," said Lisa. "He is also in the Army fighting for his country. I am very proud of him. Even just being his wife and him being in the Army is enough, but the Olympic torch is something special."

Parker joined a list of very prestigious people to carry the Olympic torch.

He and his family can know he did something, which very few people get a chance to do.

As the torch makes its way to Salt Lake City, many others will get a chance to glance at the symbol of the Olympic spirit.

FILL

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2 x 10"
Black Only
Restoration Advisory Board

BRIGGS-WEST LOT
4 x 11"
Black Only
Jeep

Web site online for anti-terrorism training

By Marcia Triggs
ARNEWS

A force-protection Web site to ıssist anti-terrorism officers is ıow getting more than 12,000 vis-tors a day.

The Web site, which can be ıccessed at www.at-ıwareness.org, helps soldiers neet their annual level-one anti-errorism, force-protection train-ng. The training is mandatory for oldiers annually and must be aken before traveling overseas.

Not just anyone can log onto he site. It requires an access code hat has to be issued by an instal-ation's force protection officer.

"We sent out a message early September telling installations to ıse the site, and to give us some eedback," said Kris Cline, senior ecurity specialist for the Office of the Deputy Chief of Staff for Operations. "However after Sept. .1 everybody went to the Web and he server couldn't handle all the people who were trying to use it."

Currently the contractor is try-ng to increase availability and najor improvements have already been made, said David Rudd, a orce protection action officer for ODCSOPS. At one time the serv-er would crash with 2,000 users, ıe said. Now there is up to 6,000 people using the Web at one time, Rudd added.

One way to eliminate the problem of having so many people trying to get on the site is to create a product that would allow installations to load the training program on their post Web page, said David Williams, a force protection officer at Fort Gordon, Ga.

Williams said he has not been able to log onto the site because he keeps getting a message that says the site is full, and to try again later. "The site isn't readily accessible for our troops, but if each installation was responsible for their own Army directed training site, the servers could go from handling 3,000 troops to 300 troops."

Suggestions like the one Williams made are openly accepted at the Pentagon's Army Anti-terrorism Branch, Rudd said.

The traditional way of giving the required training has been a slide presentation approved by the Training and Doctrine Command, Cline said.

The Web-based training is a multiple-choice test that puts soldiers in the middle of deadly scenarios, and gives immediate feedback when the soldier chooses the wrong answers.

The training begins with a statement explaining three ways on how not to be a target of terrorism by retired Gen. Henry Shelton, the former chairman of the Joint Chiefs of Staff. He said by keeping a low profile, being unpredictable and being vigilant, soldiers can deter terrorist from striking. Shelton's advice in the beginning of the training session will lead soldiers to make a number of right decisions while taking the 32-question test.

One scenario that requires soldiers to be vigilant places a soldier overseas TDY staying at a local hotel. When a stranger starts probing the soldier on why he's there, the soldier gets suspicious. After dinner the soldier then notices the stranger following him as he heads back to his room.

With the foundation laid, the question is what route should the soldier take to get back to his room? Instead of getting on the elevator and going directly to his hotel room, the soldier takes the elevator to the wrong floor and then uses the steps to get to his floor. That was the correct response, but there were two other wrong choices the soldier could've chosen.

At the end of each scenario the soldier is given the correct answers, and after completing the training a certificate is issued that should be printed as proof of the training.

"The Web site was created to eliminate some of the work for anti-terrorism officers so they can concentrate more on their primary mission," Kline said. "Training officers are spending two to three days a week on classroom instruction. With the Web site, they can concentrate on the anti-terrorism plan for their installation, battalion or brigade."

An anti-terrorism plan is a document that outlines what an installation is to do in the case of an emergency, Williams said. It encompasses terrorist attacks, natural disasters, physical security, chemical attacks and bomb threats to name a few scenarios, he said.

More changes to the Web site are being made, Kline said. Family members will also be able to access the site within a year, he said. They will not be required to use the site, only strongly encouraged, Rudd said.

The wording and pictures on the Web will be toned down," Kline said. "There will not be any terrorists holding guns to people's heads, and military terminology will not be used. We don't want to scare or confuse family members. We just want to remind them to look for signs and pick up on things that are not normal, and report it."

Soldiers and family members need to realize that force protection is not just the police or intelligence community's problem, Kline said.

Scholarships available

The Commanding General will award five (two-year) Green to Gold scholarships to outstanding soldiers stationed here at Fort Riley for school year 2002/2003. The Army ROTC Green to Gold scholarship program provides selected active Army enlisted members an opportunity to complete their baccalaureate degree requirements and obtain a commission through participation in ROTC. At the conclusion, they must accept an Army commission in the Regular Army, Army Reserve or Army National Guard. An obligation of eight years must be fulfilled by; serving on active duty for four years followed by ARNG, USAR or IRR duty for four years, or eight years in a Troop Program Unit.

The scholarships are for full tuition (up to $17,000 per year), plus an allowance ($600 per year) for books and fees. Once contracted, the cadet will also receive a month stipend of $300 per month for up to 10 months per year. Soldiers, if accepted, will be discharged from active duty and entered into the USAR. All assigned or attached active Army Fort Riley soldiers are eligible.

The CG's goal is to award the five scholarships by Jan. 26, to allow soldiers sufficient time to process for medical qualifications (DODMERB requirement will be worked after selection of the applicant) and submission of the final packet to Cadet Command. Interested soldiers are required to write a one-page letter to their immediate commander expressing their desires to become an officer. The soldier must also contact Sgt. Maj. Thomas Kelly at the Command Retention Office, Bldg. 7626 at 239-4216. Kelly will screen for eligibility and assist in processing the required packet.

fill

Eight million pounds recycled last year

By Karen E. Hinkle
K-State Intern

What started a little over 10 years ago as a small-scale paper-ecycling program has blossomed nto a full-scale operation.

Housed in the former recre-ıtion center in Camp Funston, the Fort Riley Recycle Center employs 11 full-time civilian staff nembers and handles everything rom aluminum cans to old refrig-erators. It also recycles hazardous naterials.

The center recycled over eight nillion pounds of material last year, and the numbers keep ncreasing, said Randy Smith, chief of the Recycle/Solid Waste Division, Directorate of Environnent and Safety.

"There's always more (recy-cling)," Smith said.

In addition to recycling materi-ıls, the recycling program has an educational awareness program, publishes articles in the newspa-per, distributes flyers and brochures and offers troop incen-ives. Units that return recyclable naterial to the center will be entered in a contest at the end of each quarter. The six units with he highest amount of recycled naterials will receive a monetary ıward to their Moral and Welfare ıccount. Some units have used hese awards to purchase office urniture or fund parties.

"We'd just like to have everybody think about recycling, whether they are on Fort Riley or off Fort Riley," Smith said.

Unfortunately, running a recycling program isn't cheap. The center manages to pay for one hird of its operational expenses rom money received from selling he recycled material. The rest nust be subsidized from Forces Command, Smith said.

Even though the recycling program is not self-sustaining, recycling does pay. It is often less expensive to recycle materials, especially hazardous materials, than to dispose of them.

In addition, Smith said, the recycling program managed to save about $750,000 last year, money that otherwise would have been spent on shipping solid waste to a landfill or disposing of it appropriately.

In the future, the recycling center hopes to increase the percentage of waste it diverts from the landfill. Currently, the center diverts about 10 percent of Fort Riley's solid waste. By 2005, the center would like to divert 40 percent of Fort Riley's solid waste, a national goal set by the Department of Defense, Smith said.

Smith stressed that the center's ability to meet that goal rests on the Fort Riley community.

Taking part in recycling is easy. The recycling program offers a curbside recycling program in the housing area. Participants need only to sort and bag materials and place them on the curb. Recycling receptacles have also been placed in most public areas, including gyms, ballparks and meeting rooms.

"It's the right thing to do, and by doing that, everyone can help save the earth," Smith said.

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WALLACE THEATER CORP.
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Salina Powersports

LEAR SIEGLER-ARMED FORCES
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Soar & Roar w/LSI/ 1-18 &1-25

AT&T-AFC
5 x 7"
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1ST IN SEQUENCE/Off Peak Hours

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Black Only
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Briefs

Live Fire Exercise

The 1st Brigade Combat Team, 1st Infantry Division is conducting a training exercise at Fort Riley now through Jan. 25.

The training area north of Vinton School Road will be closed Jan. 21-25 due to a combined arms live fire training exercise. As part of this training, the 1st BCT will be firing 155 mm artillery rounds, 120 mm main tank rounds, 120 mm mortar rounds and .50 cal. machine gun rounds. The training will be conducted day and night. Additionally, one fixed-wing aircraft, an A-10 Thunderbolt II and several rotary wing UH-60A Blackhawks will participate in the exercise.

This training exercise known as Gauntlet is in preparation of the 1st BCT's deployment to the National Training Center at Fort Irwin, Calif., in February.

Nearby communities may notice increased noise activity during this time period. For more information, contact Scott Price at 785-239-3034 or the Fort Riley Operations Center at 785-239-2222.

Cancer Support Group meets

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

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

Job Fair planned

The Army Career and Alumni Program will be hosting the monthly Job Fair on Feb. 8 in Bldg 210, Room 006, from 9 a.m.-1 p.m. A list of employers scheduled to attend the job fair will be posted in the ACAP Center.

The job search process can be a stressful and frustrating activity. However, it does not have to be! Start with a positive attitude, research employers that you are interested in and prepare for your interview. Dress professionally and take a polished resume targeted for that employer. These are some of the steps that can lead to a successful job search.

For additional information and assistance, please call the ACAP Center 239-2248/2278.

Dinner,Dance set

Riley's Conference Center will host a Valentines Day Sweetheart Dinner and Dance Feb. 14. Dinner will be served from 6-8 p.m. and the dance featuring music from DJ Hill is set 8 p.m. to midnight. The dinner and dance are by reservation only at $19.95 per person. Reservations can be made calling (785) 784-5999. The dinner includes choice of oven roasted prime rib with Au Jus or Chicken Cordon Bleu.

Riley's is located at Huebner and Seitz Drive on Main Post.

Sports U.S.A. adds Flashback

Sports U.S.A. will offer a Flashback Thursdays program beginning Jan. 24. Music from the 70s, 80s and 90s will be featured from 8 p.m. to midnight.

Sing-A-Grams available

Better Opportunities for Single Soldiers will once again offer its Valentine Sing-A-Grams Feb. 13 and 14. Three packages are available including a song, $10; a BOSS representative. The Sing-A-Gram program is limited to military and civilian ID cardholders in the Fort Riley, Manhattan and Junction City areas.

New music programs

Sports U.S.A. continues its two new special DJ music programs. The next "Late Nights" featuring Urban and Hip-Hop with DJ Monroe are scheduled Jan. 26 and Feb. 9 and 23 starting at 10 p.m.

Upcoming Sports U.S.A. "Latin Music Nights" are Jan. 19 and Feb. 2 and 16. The "Latin Music Night program also begins at 10 p.m.

Moms club meets

The Moms Club of East Manhattan meets the third Friday of each month at 9:30 a.m. at the First Christian Church. You can enjoy fun with other moms, playgroups, projects and tours. Children are welcome. For more information call Lisa Schwarz 587-8069.

Annual dues are $18, but you can try it out without obligation.

CAC meeting set

The next Community Action Council is scheduled for Jan. 23, from 7-8:30 p.m. at Riley's Conference Center.

Hours explained

The Fort Riley Arts and Crafts Center offers a number of open shop usage areas for patrons. Usage areas include woodshop, ceramics studios, matting and framing studio, computer lab, photography, stained glass, sewing, quilting, basket weaving and leather. Specialized equipment such as sewing machines, glass saw and grinders and engraving equipment are available for walk-in use. Open shop activities hours of operation are 9 a.m.-5 p.m. Saturday, Sunday and Wednesday and 1-9 p.m. Monday and Tuesday. The Arts and Crafts Center is co-located with ITR in Bldg. 6918 across from the Post Exchange.

Upcoming programs

Outdoor Recreation is presenting a number of programs in the weeks ahead. Tomorrow there will be an outdoor update at 9 a.m. The latest information on the 2002 hunting and fishing seasons will be presented. Maps, regulations and post permits will also be available. The program is free of charge. Other program dates include Feb. 2, Outdoor Recreation Equipment Orientation beginning at 9 a.m., and a 3D Archery shoot Feb. 23, beginning at 9 a.m. All programs are conducted at the Outdoor Rec Center, Bldg. 9011, Rifle Range Road, Camp Forsyth

Lesson sign-up

Sign-up for the next series of swimming lessons at Eyster Pool begins Jan. 22. The swim lesson sessions run Monday-Thursday, Feb. 4-15. Sessions scheduled include 4-4:30 p.m., Level I; 4:30-5 p.m., Level II; 5-5:30 p.m., Level III; 5:30-6 p.m., Level IV. Cost for lessons is $20.

Collectors show set

The 8th annual Fort Leavenworth Collectors Show is set for Feb. 2. The show is on Historical Fort Leavenworth at the Fort Leavenworth Frontier Crossroads Club.

The Frontier Crossroads Club is directly across from the post cemetery. The Fort Leavenworth Historical Society sponsors the Military Collectors Show, which is a non-profit organization. This one-day show is from 9 a.m.-3 p.m. There will be 100 tables of items from the Frontier Army to Desert Storm. Collectors wanting tables must contact Dave Chuber at 913-651-3070 or Jerry Brown at 913-727-1409. Admission is $2. Doors open to public at 9 a.m.

p.m. followed by curtain time at 8 p.m.

The production will take place at Riley's Conference Center. Tickets are on sale and are available through B.O.S.S. representatives, ITR by calling 239-5624 and Riley's Conference Center at 784-5999 for $12.95.

Commissary sale

The Fort Riley Commissary is having a budget sale Friday and Saturday from 9 a.m.- 6 p.m.

Focus group

The public is invited to participate in a focus group regarding the Fort Riley Commissary on Feb 13. The objective of the meeting is to obtain the views and perspectives of commissary shoppers to asset in helping the commissary better serve customers.

The focus group will meet in the Fort Riley Commissary Training Room located in Bldg. 2310 at 10 a.m. For more information, contact Alice Miller at 239-2921.

Chef at commissary

The Fort Riley Commissary announces the return visit of Chef Dan who will be at the commissary, 11 a.m.-4 p.m., Feb. 2. He will be sharing his preparation and presentation of gourmet cuisine.

Shoppe reopens

The Shoppe is open and has a new look and new merchandise to help you get through those winter blues! The Shoppe is located in Bldg. 259 Stuart Ave. Hours of operation are 10 a.m.-2 p.m., Tuesday through Saturday. For more information, call 239-2783.

Thrift Shop

The Fort Riley Thrift Shop now has Christmas merchandise at 50 percent off. Come in and stock up on bargains. The Thrift Shop is open Tuesdays, Wednesdays, Thursdays from 9:30 a.m. - 2:30 p.m. and the first Saturday of each month from 10 a.m.-1 p.m. Consignments are taken on Tuesdays from 10 a.m. - 1 p.m. and on open Saturdays from 10 a.m. - noon. The shop is located in Bldg. 267 on Stuart Avenue near the stables. Volunteers are needed during business hours to help tag and put donations on the shelves. Child care reimbursement is available. Please call 784-3874 for more information. The Thrift Shop e-mail address is thrift@oz-online.net, for customer questions or concerns.

Sponsor training offered

Army Community Service is providing Sponsor Training on Feb. 12 at 9 a.m. This training is for soldiers, family members or civil service employees who are interested in being sponsors for new personnel assigned to Fort Riley. The Training is held at the Soldier and Family Support Center located on Custer Hill, in Bldg. 7264. Registration is required one week in advance for the training. For further information or if you have any questions, please contact ACS at 239-9435.

Course offered

The Postal Operations Center will conduct the next Unit Mail Service Training Course on Jan. 30 at the Digital Training Center, Bldg. 7285. Class hours will be 9 a.m.- 4 p.m. For additional information, contact Sylvia Johnson at 239-5411.

Marital Communication

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

Come learn how to deal with misunderstandings and how to stop the argument cycle at the Couple Communication Class on

Riley Family Life chaplain. Register by Friday by calling 239-3436.

Schedule changes

Due to the Martin Luther King, Jr. Holiday on Monday, the refuse collection will be as follows:

Jan. 21 - No Pick-up

Jan. 22 - Colyer Manor, Marshall Air Field, Main Post Family Housing.

Jan. 23 - Ellis Heights, Peterson Heights, Montieth Heights and O'Donnell Heights.

Jan. 24 and 25 will be a normal pick up days.

Due to the holiday schedule, there will not be any large item pick ups.

Celebration set

The 1st Personnel Services Battalion and the Post Equal Opportunity Office are sponsoring a Martin Luther King Jr celebration 11:30 a.m.- 1 p.m., Wednesday, at Normandy Theater. Contact your Brigade EOA or the EO office at 239-2928 for more information.

Christian musicians sought

The Contemporary Protestant Service is looking for the following musicians: piano player, lead guitar player, bass guitar player and an additional drummer.

The service meets each Sunday at 11 a.m.. The praise team practices on Sunday mornings at 10 a.m. and Wednesdays at 7 p.m. If interested, call Chap. Jim Paulson at 239-3436. (If no answer, please leave a message on the answering machine.)

Red Cross Volunteers

The next Red Cross volunteer orientation class is Wednesday at 9 a.m. in the fourth floor training area at Irwin Army Community Hospital. BAT training is set for Thursday in the same locations from 7:45-11:30 a.m. For information or to register, call 239-1887.

AFTB Classes

Wednesday — 6:30-8:30 p.m. — Finding, Motivating, Managing Volunteers

(Three Level II modules. Volunteer management. Needs and motivating factors to build a volunteer program.)

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Sgt. Maj. Sands reflects on his time in military, Fort Riley

By Steven Cooke
19th PAD

The Garrison Sergeant Major, Sgt. Maj. James Sands, relinquished his position at a change-of-responsibility ceremony here Tuesday at Hanger 817 on Marshall Army Air Field.

CSM Kenneth Fyffe succeeds Sands, who is preparing to retire after more than 29 years of military service.

Over the past 29 years, Sands' assignments have included platoon sergeant and first sergeant in Germany. Since coming to Fort Riley, Sands served as command sergeant major of 1st Battalion, 13th Armor as well as a tour as Operations Sergeant Major for the 1st Brigade Combat Team before his term as Garrison Sergeant Major.

Being the Garrison Sergeant Major here has been one of the most challenging assignments of his career, Sands said.

He admitted that when he accepted the position, he did not know much about it.

"All I knew was a whole bunch of different acronyms that I never heard of and I tried to put them in acronyms from the hill and they didn't work," Sands said laughing.

Sands said he hoped to leave a legacy of physical fitness behind him.

"One of the things most people will remember about me is that I run," said Sands.

He said if he can challenge others to try to be a better runner than he then they have to work hard.

"I don't want us to repeat the legacy of the Korean War. We were not ready for that. We had soldiers actually lie down and stop because they couldn't go any further.

``I will never allow my soldiers not to be trained, not to live up to standards, not to be prepared for anything. My motto is be prepared not get prepared," Sands said.

His retirement plans include staying in physical shape by maintaining a training regime that includes running two hours a day, three days a week. He said that he wants to go back to school and learn several languages, including Spanish and German.

"I've met so many people from different cultures," said Sands. "I want to learn different languages. On Wednesday, I plan to start conversation Spanish to get my Spanish back."

Sands said he plans to continue his volunteer work on the installation and in the local community surrounding Fort Riley.

"The military teaches you the bearing,'' he said.

``It teaches you to have professional etiquette. It teaches you morals.''

Sands reflected that while his retirement closed one door, it opened another.

"Retirement is like cutting off a portion of me or maybe one of my arms because I love the military," said Sands.

"I love the military but we also have to understand that in the military, every good thing has got to end."

In his farewell speech, a teary-eyed Sands thanked his colleagues and the Fort Riley community for coming, especially Garrison Commander Col. Philip Pope.

"For you to be here means a lot to me," Sands said.

"I care a lot about what I do so...I get a little emotional, which is a good because I've earned it."

In his speech, Sands highlighted the value of education, the importance of soldiers coming up the ranks and living the soldier's creed everyday as three important points.

In his address to the soldiers and other attendees, Fyffe spoke of his responsibilities as the garrison's senior advisor.

"I command nothing. I am the command's sergeant major and I am here for you," said Fyffe.

"It's going to be big shoes I have to fill,'' he said addressing Sands.

``I hope I do it as well."

FORT RILEY POST

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Thrift Savings Plan now available to servicemembers

Attention all Army servicemembers - Active Duty, Reserve and National Guard.

You are now eligible to participate in the Thrift Savings Plan for Military (TSP-U).

Headquarters, Department of Army, Deputy Chief of Staff for Personnel (HQDA, DCSPER) elected the Army Benefits Center Civilian (ABC-C) to provide information and assistance to Army service members on this new benefit. The ABC-C is located on Fort Riley, Kan. Later the ABC-C will provide adjudication services of member claims resulting from delayed personnel actions.

To find out more about this new program and for information on what you need to do to participate, you can call the ABC-C at 1-877-276-9287, select option "2" for military and a counselor can give you more information. You can also go to the TSP web site at www.tsp.gov and select any of the options from the category "Uniformed Services".

Interesting Information on TSP-U

By participating in the Thrift Savings Plan for Military (TSP-U), you can enhance your retirement and save money on taxes at the same time. You may be thinking, "I just can't spare the money right now," or "I'm too young to be worrying about retirement," but you really need to think twice about this opportunity.

The TSP-U offers many advantages. Here are just a few for you to consider.

The sooner you start contributing, the sooner your money can go to work for you.

You have the flexibility of contributing as little as one percent, or as much as seven percent, of your basic pay - plus up to 100 percent of incentive pay or special pay, including bonus pay. You will also be able to contribute a higher percentage of basic pay in the future.

Your TSP-U contributions are taken out of your pay before taxes are computed, so you pay less tax now.

TSP-U earnings are tax-deferred.

You can diversify your TSP-U investment among five different investment funds:

- Government Securities Investment (G) Fund
- Fixed Income Index Investment (F) Fund
- Common Stock Index Investment (C) Fund
- Small Capitalization Stock Index Investment (S) Fund
- International Stock Index Investment (I) Fund

Special Open Season

Uniformed service members can enroll in the Thrift Savings Plan for Military (TSP-U) during a special open season that began on 9 Oct 2001 and will end on Jan. 31.

You contribute to the TSP-U from your own pay, and the amount you contribute and the earnings attributable to your contributions belong to you. They are yours to keep even if you don't serve the 20 or more years ordinarily necessary to receive uniformed services retired pay.

The TSP-U offers the same type of savings and tax benefits that many private corporations offer their employees under so-called "401(k)" plans.

TSP-U Features Interfund transfers

Loans from your own contributions and attributable earnings while you are in service.

In-service withdrawals for financial hardship or after you reach age 591/2.

Portable benefits and a choice of withdrawal options after you separate from the service.

The ability to designate beneficiaries for your account balance.

A web site with general account information.

Capability for requesting contribution allocations and interfund transfers.

Up-to-date TSP-U materials and information, and calculators to estimate account growth and annuity amounts.

What Kinds of Pay Can You Contribute to the TSP-U?

You may elect to contribute basic pay, incentive pay, or special pay (including bonus pay) to the TSP-U. You must contribute basic pay to be eligible to contribute incentive pay or special pay (including bonus pay). You may elect to contribute from basic pay, incentive pay, or special pay (excluding bonus pay) only during certain periods (e.g., during the special first open season, upon becoming a member of the uniformed services, or during regular open seasons). You may make an election to contribute from bonus pay at any time, however.

If you are not receiving incentive pay or special pay (including bonus pay) when you make your TSP-U election, you may elect to contribute from these types of pay in anticipation of becoming entitled to them. If you make such an election, the election will take effect whenever you receive the specified type of pay.

If you have not yet made a TSP-U contribution election, but you expect to become eligible for bonus pay and want to contribute some or all of it to the TSP-U, be sure to make a basic pay election before becoming eligible for the bonus pay.

When can I sign up to contribute?

If you join the uniformed services on or before Dec. 8, 2001, you may elect to participate in the TSP-U during the initial open season that began on Oct. 9, 2001 and will end on Jan. 31.

You sign up to participate in the TSP-U by submitting a TSP-U Election Form (TSP-U-1) to your local Personnel Service Center, or electronically through the Employee/Member Self - Service System (E/MSS) at www.dfas.mil. You'll then click on the E/MSS button that is under "Money Matters".

Elections submitted before January 2002 will become effective the first full pay period in January; elections submitted during January will become effective no later than the first full pay period after your service accepts your TSP-U Election Form.

If you do not enroll during the initial open season, you may enroll in either of the two open seasons held each year. Currently, the open seasons are May 15 through July 31 and Nov. 15 through Jan. 31

If you joined the uniformed services after Dec. 8, 2001, you will have 60 days after joining the service to enroll in the TSP-U. Thereafter, you may enroll during the semiannual open seasons.

For the purpose of making TSP-U contribution elections, you are considered to have joined the uniformed services on the date you first became eligible (or became re-eligible if you rejoined following a break in service) to receive basic pay. In that case, your contributions to the TSP-U will generally begin the first pay period after your service accepts your TSP-U Election Form, but not before the first full pay period in January 2002.

If you are a member of the Ready Reserve and are called to active duty for a period of more than 30 days, you may elect to contribute to the TSP-U (or change the amount of your contributions) within 60 days of your change in status.

If you leave active duty and enter the Ready Reserve, you may elect to contribute to the TSP-U (or change the amount of your contributions) within 60 days of your change in status.

If you rejoin the uniformed services after a break in service of 31 or more full calendar days, you can sign up to contribute to the TSP-U within 60 days of the date you rejoin. You are considered to have rejoined the uniformed services on the date you became re-eligible to receive basic pay.

If you rejoin the uniformed services after a break in service of less than 31 full calendar days and you were previously contributing to the TSP-U, your contributions will resume the first pay period after you rejoin the uniformed services. You cannot change the amount of your contributions until the next open season. To ensure that your contributions resume properly, you should tell your service that you were previously contributing to the TSP-U.

How Do I Stop My Contributions?

You can stop contributing to the TSP-U at any time by completing the appropriate sections of Form TSP-U-1 and submitting it to your local Personnel Service Center or through E/MSS. Your contributions will generally stop no later than the end of the pay period in which your service accepts the form. If you terminate basic pay contributions, you may no longer contribute from incentive pay, special pay, or bonus pay.

You may terminate contributions from incentive pay, special pay, or bonus pay at any time, yet continue contributions from basic pay. If you stop contributing from basic pay, incentive pay, or special pay during an open season, you cannot start contributing again from that category of pay until the next TSP-U open season.

If you stop contributing from basic pay, incentive pay, or special pay outside an open season, you will not be able to start contributing again from that category of pay until the second open season following the termination.

You may restart bonus pay contributions at any time, provided you have a contribution election for basic pay in effect.

What Is A Contribution Allocation?

To specify the way you want the contributions to your account to be invested among the five TSP-U funds, you must make a ''contribution allocation.'' Your contribution allocation will apply to all future contributions as well as loan payments and transfers from other plans. It does not affect the money already in your account. (To change the way your existing account balance is invested, you must make an interfund transfer.

To specify the way you want your contributions to be invested, use the TSP Web site or the ThriftLine, or submit Form TSP-U-50, Investment Allocation, to the TSP-U Service. The first time you make a contribution allocation or interfund transfer, you must acknowledge the risk of investing in the F, C, S, and I Funds. The Web site and the ThriftLine are the most efficient ways of making a contribution allocation. Contribution allocations generally will become effective within two business days of the date the TSP-U receives your request.

All of your contributions will be invested in the G Fund until you make a contribution allocation on the Web site or the ThriftLine, or submit Form TSP-U-50 to the TSP Service Office.

Does It Make A Difference When I Start

Yes, it does make a difference!

It's important to invest in your TSP-U account early in your career because the longer your contributions stay in your account, the more you stand to gain.

Your money makes money in the form of earnings, and those earnings in turn make money. This is what is known as the "miracle of compounding."

As money grows in your account over time, the proportion due to earnings will become larger compared to that due to contributions. Below is an example of how your money could grow:

Projected Account Balance of a Member Who Contributes seven percent of $26,000 Annual Basic Pay Account Balance at Assumed Annual Rates of Return (Compounded Monthly)

	Account Balance After:		
	4%	7%	10%
5 Yrs	$10,140	$10,920	$11,700
10 Yrs	22,360	26,260	30,940
15 Yrs	37,440	48,100	62,920
20 Yrs	55,640	79,040	115,180
25 Yrs	78,000	122,980	201,240
30 Yrs	105,300	185,120	342,940
35 Yrs	138,580	273,260	575,900
40 Yrs	179,140	398,060	959,140

How Can I Get More Information ?

You can call the Army Benefits Center - Civilian at 1-877-276-9287, select option "2" for military and a counselor can give you more information. Or you can go to the TSP web site at www.tsp.gov and select any of the options from the category "Uniformed Services".

You can also download the booklet "Plan Summary of the TSP-U for the Uniformed Services" from the TSP web site and the forms necessary for election and allocation.

The Thrift Savings Program does advise you, though, that the more you do electronically, the better it will be for you because elections can become effective quicker and allocations can be enacted faster, too.

So call now and start paying yourself first - you'll be glad you did when you retire. It's never too soon - and it's really never too late, either!

Your feedback is important to us. Send comments or suggestions to:

Lucy Gonzalez, Office of the Director
DSN 856-0015, FAX 856-2393, lucy.gonzalez@cpocswr.army.mil

Frequent flyer miles can now be kept

The 2002 Defense Authorization Act now allows official travelers to accept promotional items, including frequent flier miles, and use them for personal travel.

According to the new law "any promotional items through official travel belong to the traveler," said Dwight Moore, staff attorney at U.S. Transportation Command and a principle writer of the proposal. He said TRANSCOM recommended the change to Congress.

Mileage received by service members and federal employees before the bill was passed is also "grandfathered," Moore said. People who have accumulated mileage in frequent flyer accounts through official travel over the past years own all of that mileage, he said.

Moore explained that frequent-traveler benefits include points or miles, upgrades, or access to carrier clubs or facilities.

The change in the law was the result a legislative proposal forwarded by U.S. Transportation Command in 1999 as part its yearly package of proposals for consideration by the Department of Defense and Congress, Moore said.

The proposal went to all federal agencies for coordination and comment and eventually was sponsored by legislators. The President signed the FY 2002 Authorization Act last month.

One stipulation in the law is that government travelers cannot accept special promotional items that are not available to the general public.

"The promotional material must be obtained under the same terms as those offered to the gen-

activity.

Local travel offices can provide more information on the new law, Moore said. **(ARNEWS)**

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January 17, 2002 | Proudly serving the Home of America's Army | Page 7

Post/Doheny

Spec. Ricardo Rodriguez, 125th Forward Support Battalion, tries to keep his balance as he learns how to ride a snowboard. Rodriguez was part of the BOSS ski trip to Snow Creek, Mo., Monday.

B.O.S.S.

Local chapter spends day at slopes

By Kevin Doheny
Staff Writer

It was time to hit the slopes as soldiers from Fort Riley embarked on an adventure, which some had never been on before.

Spills, thrills and chills were the themes during their day spent at Snow Creek Ski Area in Weldon, Mo., Monday.

Better Opportunities for Single Soldiers, sponsored the trip. Along with sponsoring the trip, Snow Creek offered free lessons for those who didn't know how to ski. Along with the free lessons, they offered free rental of ski equipment, which included skis and boots.

After the soldiers received all they needed for successful runs down the steep slopes of Snow Creek, they strapped up and attacked the hills.

"This opportunity gave me a chance to learn how to ski and do something I have never done before," said Spec. Carlos Aponte, 125th Forward Support Battalion. "It also gave me a chance to come out and have a good time and learn something I never thought I would learn how to do."

"It gave me a chance to do something I would never have done in the civilian world," said Spec. Warnell Ludington, 568th CSE. "Not only do I get the day off of work to take a break and enjoy myself, it also cheaper to experience things this way."

Both soldiers believe the BOSS program does everything they can to help out the single soldier.

"By doing things like this, it will get more people involved with doing other things they wouldn't normally do," said Aponte. "Not only is it a new experience, it is also a chance to meet new people. If they continue to have different functions, people will get excited, and it will only benefit the single soldier."

"Events like this will definitely keep soldiers out of trouble and gives them something to do," said Ludington. "It makes your time here go by faster also."

Aponte also believes BOSS is doing a great job with events like the ski trip.

"BOSS is doing a lot for us," he said. "I wish more soldiers would participate. We could have more fun with more participation from other soldiers. I was able to do something new, I'm 100 percent with BOSS."

"BOSS gives soldiers a chance to do fun things and experiencing something good," said Ludington. "I'll be here for the next trip in February, but I'm not hitting any of the big hills though."

Another ski trip is scheduled for Feb. 11, and more soldiers are expected to attend the trip.

Whether it was skis or snowboards, the soldiers attacked the hills trying to learn new things.

Machines make the snow at Snow Creek, but it didn't detract the soldiers from making the trip feel like they were at a resort.

They tore up the hills and left their mark there.

Real snow or not, the trails did all they could to derail the beginners on their equipment.

The learning experiment will only help them the next time they try their luck in the snow.

Post/Doheny

Spec. Warnell Ludington, 568th CSE, falls on the snow at Snow Creek Monday. The trip was Ludington's first attempt at skiing. He said he appreciates BOSS giving him a chance to try this sport. He also said he probably never would have done this if it weren't for BOSS.

'Survey Says...' Commissary shoppers more satisfied

By Rick Brink
DeCa

FORT LEE, Va. - Agencywide efforts to improve commissaries haven't gone unnoticed by shoppers who gave the Defense Commissary Agency significantly higher marks than last year in its annual Commissary Customer Service Survey.

The customers - more than 22,000 of them throughout DeCA's four regions - noted significant improvements in produce quality, merchandise variety, meat quality, overall savings, store layouts and convenient hours of operation. In fact, they gave higher marks in all 14 categories surveyed for an overall score of 4.33 out of a possible 5. The survey score is 2.4 percent higher than last year's score, agency research analysts said.

"Our customers are telling us that we're providing a quality commissary shopping experience, and that it's getting better, which is great news for us because we're constantly striving to improve the commissary benefit," said Patrick Nixon, agency deputy director. "This survey is a tool that shows us where we can make more improvements to keep their patronage, and to attract more people from our eligible patron base to use their commissary benefit."

Commissary shoppers highly value their benefit, according to the survey, which marked the sixth consecutive year that the commissary ranked as the most valued military benefit. More than 57 percent of the participants said commissaries are their "No. 1 valued benefit." That percentage has steadily increased since the 1995 survey when shoppers first ranked the commissary as the No. 1 benefit, analysts said.

The outstanding work of store employees has a lot to do with the level of customer satisfaction, Nixon said. The only two categories to get "very good" marks were "overall satisfaction" (4.49) and "courteous, friendly and helpful employees" (the highest rated category at 4.64).

Stores use the results to make specific improvements. For example, produce quality has improved significantly in the past year since the agency established produce assistance teams, which took produce training on the road to stores that had trouble maintaining consistent quality.

Catalog available Jan. 22

The Spring & Summer 2002 Exchange Catalog will be available at military exchanges worldwide Jan 22, offering hundreds of pages of merchandise.

The catalog offers a wide selection of items from around the world. It is divided into 10 merchandise categories - For Your Home; Recreation & Toys; Healthcare; Fashion; For Someone Special; Military Pride; Home Office; Photo; Electronics and Gifts & Collectibles.

Orders can also be placed by mail, fax or phone. To place orders toll free from the United States or Puerto Rico just call 1-800-527-2345 or FAX 1-800-446-0163. For your convenience, the catalog center is open around-the-clock, seven days a week, and complimentary international access calling is available from several countries. Items can also be bought from the Exchange Catalog on the Internet at www.aafes.com, www.usmc-mccs.org, www.navy-nex.com or cg-exchange.com.

First babies of 2002 born at Irwin Army Community Hospital Jan. 1

By Emilie L. Howe
IACH PAO

On Jan. 1, 2002 at 2:57 a.m., Kira Marie (6 pounds 3 ounces) was the first baby of the New Year for Irwin Army Community Hospital. The baby girl was the first infant of the New Year for the counties of Geary and Riley.

Her parents are Maj. James and Lynn (Dack) Turonis of Fort Riley Dental Activity. He is a dentist assigned to Dental Clinic #4.

"My due date was Jan. 4," said Lynn. "I just knew she was com-

Anne (8 pounds 11 ounces) was born at 3:44 a.m. to Sgt. Casey and Dakari (Vollmer) Flinn. He is a Track Vehicle Mechanic and is assigned to Headquarters and Headquarters Company, 1st Brigade.

To recognize the births of the first babies of 2002 for Irwin Army Community Hospital, gift baskets were presented to the families.

The gifts were donated by the Fort Riley command, staff and tenant activities.

DoD honors Thomas as outstanding disabled employee

Eighteen employees with disabilities were presented Secretary of Defense certificates of recognition at the 21st annual DoD Disability Awards Ceremony and 24th Annual Disability Forum held in Bethesda, Md., on Dec. 11.

Of the 18 honorees, Vickie Thomas, Director of Medical Records at Irwin Army Community Hospital, was recognized as the Department of Army Outstanding Employee of the Year with a Physical Disability 2001. When ask if she has seen any structural changes to accommodate persons with a disability, Thomas said the workplace environment shows a monumental change for accommodating the physically handicapped compared to 20 years ago when sidewalks and public restrooms were inaccessible.

According to the Dec. 12 American Forces Press Service news release, David Chu said the DoD employs more disabled people than most other federal agencies. "I know we can do better than that." Chu said. The Secretary of Defense intends to double employment of those with severe disabilities. He is the DoD undersecretary for personnel and readiness.

The Census Bureau reports that almost 57 percent of people with severe disabilities don't have jobs. Many of them want to work and could work, but they don't seek employment.

"They're too discouraged to try, and that's a great waste of talent," Chu said.

Chu said he hopes the men and women being awarded will inspire managers and supervisors throughout DoD "to take another look at the potential for those who are classified as disabled and investigate how they can be integrated into the workforce."

The news release stated that the honorees were selected by their organizations from among thousands of defense employees worldwide. The DoD plans on hiring 32,000 persons with disabilities, with emphasis on those with severe disabilities, over the next five years.

Study seeks civilians' views on training

By Denver Beaulieu-Hains
ARNEWS

More than 95,000 Army civilians will be asked to complete a survey in what some say is an unprecedented attempt to include civilian input with military findings in the final phase of the Army Training and Leader Development Panel study.

ATLDP, the largest study of its kind, has been gathering information from surveys, focus groups and one-on-one interviews with soldiers and family members, over the past year and a half. The first three phases of the study focused on Army officers, NCOs and warrant officers.

The civilian study was added in an attempt to assess the total state of the force, officials said.

Maureen Viall, chief of Plans and Strategies for the assistant secretary of the Army (Manpower and Reserve Affiars) is the civilian study's director. "The ATLDP civilian study is particularly timely," Viall said. "Because the Army's future state is the nucleus of our transformation and this study — along with cutting-edge initiatives such as Civilian Personnel Management System XXI — support the transformed Army."

"Civilians are part of the total force, and our inclusion in this study really demonstrates that," said Sharon Scott, an employee development specialist temporarily detailed to assist with the implementation of the project. "It's important that every civilian who gets one completes it and returns it no later than Feb. 28. There have been dramatic results already from the previous phases of the study.

The broad-based civilian survey asks questions about Army culture, employee job satisfaction, and seeks to determine if civilians believe that operational and institutional training is encouraged and available to enhance their job performance, said Scott.

Some of the changes following the previous panel recommendations affect both soldiers and family members.

One initiative will offer soldiers who have a high school senior the opportunity to request stabilization at their present duty station. It allows them to delay moving their family to a new location until after graduation.

"Civilians are leaders, too. Civilians are supporting soldiers and soldiers can't go to war without civilians," said Beth Jones, personnel management specialist with 30 years of Army civilian service who is also working with the project. "It is important that we assess training and leader development of the entire Army-both military and civilian."

Both Scott and Jones say the anonymous survey is a valuable opportunity for employees to impact change, insure attainment of the civilian objective force to support transformation, and build cohesiveness between the Army's soldiers and civilians.

Shakespeare dinner theater set Feb. 1

By Jerry Brecheisen
DCA

The Army Entertainment comedy production "The Complete Works of William Shakespeare - Abridged," comes to Fort Riley, Feb. 1, and tickets are available now.

The production will be presented in dinner theater format at Riley's Conference Center. An Italian Dinner buffet will be served beginning at 6 p.m. with curtain at 8 p.m. Tickets at $12.95 are available through unit B.O.S.S. (Better Opportunities for Single Soldiers) representatives, ITR (239-5614) or Riley's (784-5999). Reservations for the dinner theater are encouraged.

Three soldiers - a chemical engineer, a mechanic, and a field artillery surveyor - take to the stage to perform all 37 of Shakespeare's works, and they do it in 90 minutes. They are Spec Travis DelMatto, Spec Jason King and PFC Derek Shannon. Supporting the soldier actors are technicians Sgt. Thomas Labeth and PFC Jarrod Lancaster, who change the scenery, run the lights and sound and help the actors with their split-second costume changes.

Army Entertainment producer Tim Higdon said the soldiers perform the play in a way everyone can relate to.

"Shakespeare is something that everybody knows. Everybody has at least heard of "Willy," as we like to call him and this play puts it in a context in which everybody can relate to Shakespeare," Higdon said.

"They don't have to understand the Shakespearian language because we don't necessarily use that the whole time. For an example, Othello is done with rap; they do King Henry V in kind of a football game of setting. Romeo and Juliet is done in a very slapstick kind of way, and we have dinosaurs in it so there's a little bit of something for everybody.

"Like our poster says, 'This isn't your mother's Shakespeare,'" he added.

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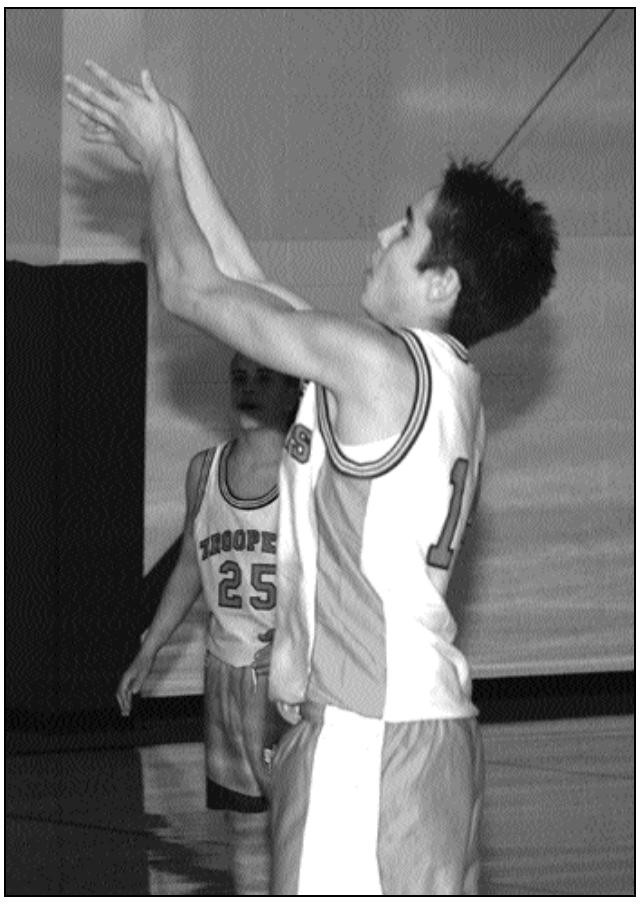
Sports

Post/Doheny

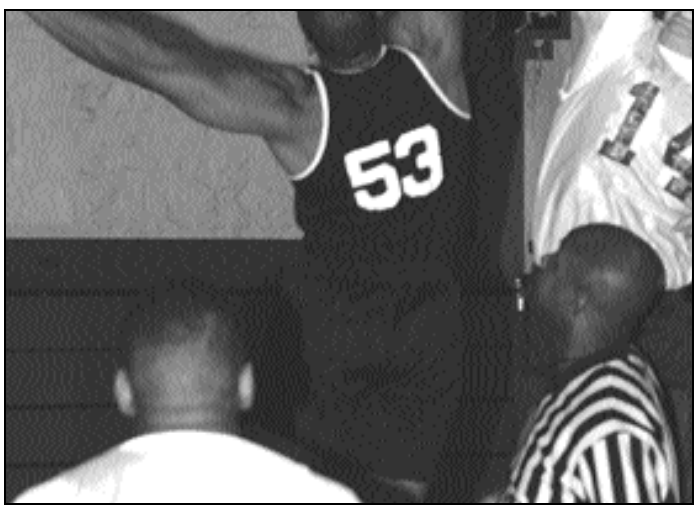
Trooper big man Harry Williams attempts a shot during the first period in their 49-17 victory over the Clay Center Bengals Tuesday at Fort Riley Middle School. Williams scored 11 points and had six rebounds. The Troopers used their superior size and abilities to defeat the Bengals. The Troopers will play Mahanttan tonight to try to run their season record to 2-0. They finish up their three-game home play Tuesday against Wamego at 4 p.m.



Post/Doheny

Trooper guard Glen Dunker hits a three-point shot over his defender. The Troopers hit several three-point-ers during their victory over the Bengals. Dunker scored three points along with grabbing one rebound.

Troopers impressive in season opener



Post/Doheny

Brad McCormick hits the floor going after a loose ball he stripped from the Bengal point guard. McCormick used his quick hands to free the ball from more than one Bengal.

By Kevin Doheny
Sports Editor

In organized sports, the first few games seem to be an adventure as teams try to find the way to play together and get into rhythm.

They try to find a way to get into sync, like in the practices leading into the first game.

Sometime it takes teams more than a few games to find this perfection as a whole unit.

As the Fort Riley Trooper Boy's "A" Team took the court Tuesday against the Clay Center Bengals, they tried to find a way to work as a unit and play together.

The season opened up just the way they pictured it, as they defeated Clay Center 49-17.

The team took the court with vengance. They opened up a quick 10-2 lead in the opening period.

They had an obvious size and speed advantage and they took the advantage running with stride. Causing turnover after turnover, they played team ball. Point guard Brad McCormick ran the offense effectively and distributed the ball to his teammates. They also hit the offensive glass hard, getting rebound after rebound. The size of their big men, Anthony Craft, Paul Sanford and Harry Williams, also was a big part of the opening period lead.

"We are very athletic," head coach Vic Garcia said. "When we get steals and run in transition and get rebounds, we are tough to beat."

Going into the second period, Garcia put in a different line-up than he had in the first period.

It didn't change the pace and control of the game, as the second wave of Troopers hit the court just as the first unit did. Reshean Uzzle hit the boards like his counterparts did in the first period. Also, Kieth Lane ran the offense just as well as McCormick did.

They began to open up the lead. The score at the half was 24-10.

"I use the different line-ups against the weaker teams to get the kids game-time experience," said Garcia. "We have more depth this year than I have had in the last 10 years.

The first unit walked on the court for the start of second half and began to handcuff the Clay Center offense. They held the Bengals to just a two-spot in the third period. They also ran their offense well, scoring 13 points in the period.

With a 25-point advantage, the Trooper second unit had a cushion to finish out the game.

Finishing strong to end the game, the second kept the pressure on the Bengals. They scored 12 points, giving them the 49-17 victory.

"I'm very pleased with the team's effort," said Garcia. "I tend to be a bit picky, but we did a lot of good things. We tend to play a little fast, but overall, I'm happy with the performance."

The Troopers continue their season against Manhattan this afternoon at the FRMS gym.

24th Inf. Div. escapes despite second half debacle

By Kevin Doheny
Sports Editor

The wheels almost came off of Headquarters and Headquarters Company, 24th Infantry Division Men's basketball team Tuesday in a Southern League basketball game at King Field House.

They held off Headquarters and Headquarters Company, 937th Engineer Battalion, 51-50, after having a lead of over 20 points late in the first half.

"We came out flat in the second half and turned the ball over," said Marques Wilson of the 24th Inf. Div. "We played very carelessly in the second half, letting them back into the game."

Not too many things went wrong for the 24th in the first half. They quickly jumped to an 18-8, lead early on in the first.

Wilson got things rolling for them as he hit a three-point shot to start the scoring. Once the 24th lead started to increase, 937th called a timeout to stop the bleeding.

After the timeout, the 24th game out firing on all cylinders, and just as they did during the initial run to start the game, they hit the glass hard. Travis McClendon controlled the boards grabbing rebound at will. This set up fast breaks on the other end of the floor for them. Jadore Scovell then began to feel his shot.

Scovell stepped behind the arc and hit his next and hit four straight three-pointers. He was a big reason why the 24th Inf. Div. began to distance them from 937th.

Being down big late in the first half, 937th made a run as time ran down in the first. They were able

They began to force turnovers and play inspired defense. The reward for turning up their play was easy points on the offensive end.

The key performers for them in the second half were Luis Figueroa, Ronnie Barnes, Marcus Rogers and John Foor.

As they made their run, shots begun to fall, which weren't falling in the first half.

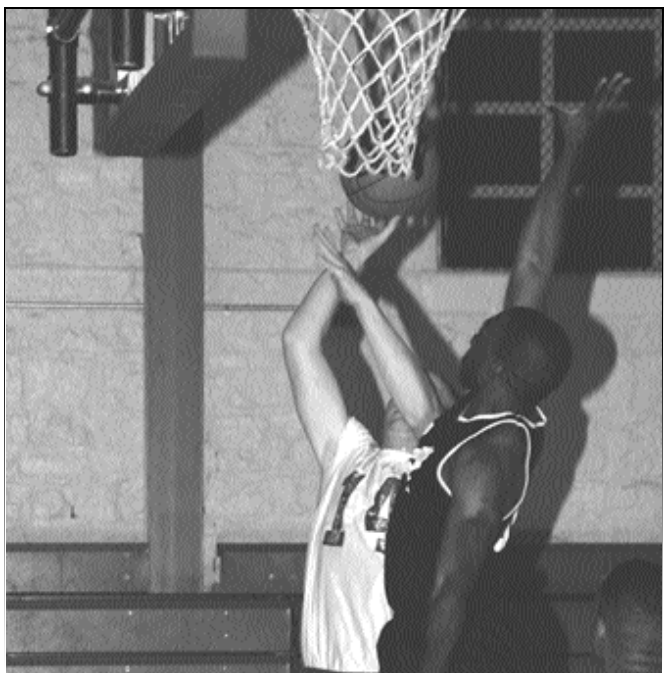
The three-point shot is what brought them back into the game.

Barnes and Rogers took over the game by turning up the heat on the 24th defense.

With just under three minutes to play, 937th had played themselves back into the game and only trailed the 24th by only five points.

The 24th took a timeout to stop the run by 937th. The timeout didn't faze 937th, as the kept the pressure on.

Down the stretch, 24th turned the ball over on four straight possessions, which 937th took advantage. They were able to cut the



High schoolers showcase talent during Army-sponsored football game

By Michael Rautio

Army News Service

Seventy-four of the nation's top ıigh school football players lescended on San Antonio during he first week of January and ended ıp learning a little about the Army ılong the way.

The athletes were in Texas to play n the U.S. Army All American Bowl Jan. 5 featuring all-star high chool players in an East versus West game. The game was televised ive on ESPN2.

The West team won this year's contest 26-6 with quarterback Vincent Yong capturing the game MVP ıonors. Young had 74 yards rushing on 10 carries and completed four of ıine passing for 79 yards.

Cold and wet conditions made for ın error-prone game.

Both teams together tallied 11 urnovers, with nine of those being umbles, including a fumble by East unning back Gerald Riggs Jr. on the irst play of the game.

For the Army, though, the game was about much more than a day of football, said Maj. Gen. Dennis D. Cavin, commanding general of the U.S. Army Recruiting Command. It was about a commitment to the youth of America, he said.

"We sponsor this event to show we want to invest in America's future," Cavin said.

"These kids are the future leaders of America," Cavin said. "We hope to expose them to the Army so they can become more familiar with it."

Most people get their perceptions of the Army through television and movies, Cavin said, adding that unfortunately that's not an accurate perception.

"If you ask the average American about the Army, they can't articulate anything other than what they have seen in movies," said Cavin. "Most people don't know anybody in their immediate family that has served."

"The perception that these young people have is that the Army is a group of people who are not like me," said Cavin. "That perception is all wrong. We have to change that through outreach and demonstrating how the Army works."

Part of that exposure came in the form of real soldiers doing real jobs brought to the game to talk to prospective recruits.

The soldiers gave those interested in the Army a chance to see that the people who are serving are just like they are, Cavin said.

"We are here to show these kids what the Army is really like," Cavin said. "Most of these kids have never had any exposure to the military and many were surprised by it."

Prior to the game the Army traveled to more than 20 cities to name players to the teams and to present them with jerseys.

In addition to the media opportunity that this provided, it added something else - a chance to expose America's youth to today's Army.

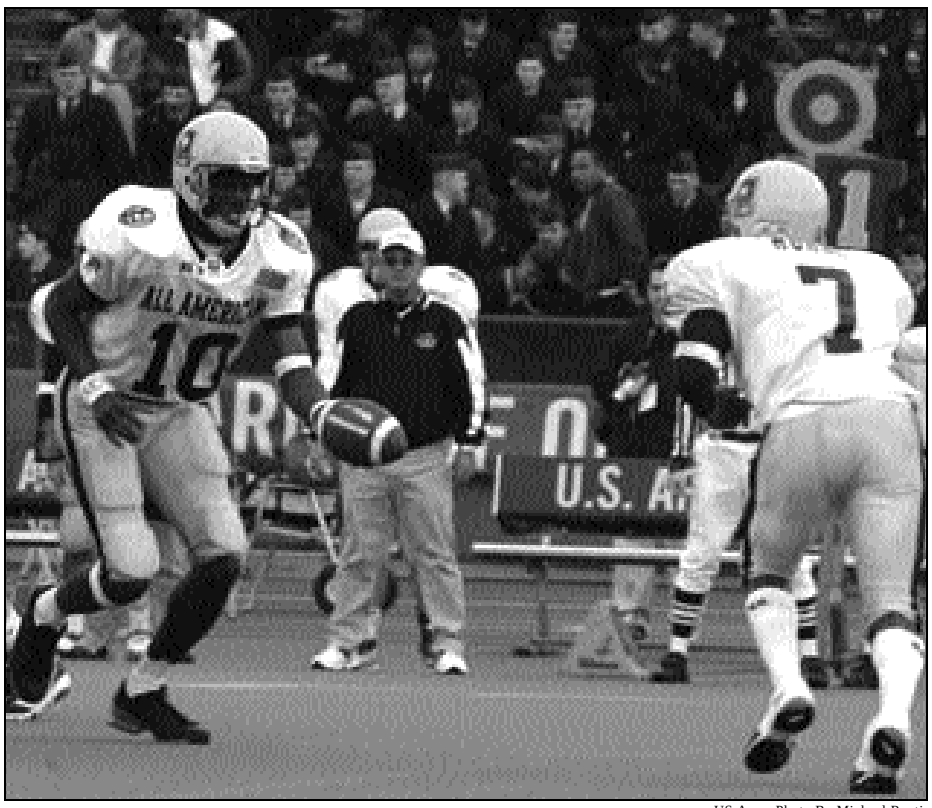
The Army was also exposed to friends and families of the high-school athletes.

This is "an awareness campaign, part of the Army's outreach program to show America who the Army is and what we are about," Cavin said.

"America's Army takes youth from all walks of life and after a couple of years, the Army will return a better citizen with a skill and a sense of purpose," Cavin said.

"We have to educate," said Cavin. "Awareness is what this is all about."

In the end, everyone involved in the game came out a winner, Cavin said.



US Army Photo By Michael Rautio

Game MVP Vincent Young gets ready to hand the ball off in the West's 26-6 victory over the East during the High School All-American Bowl in San Antonio Jan. 5.

Debacle continued from page 9

capturing the game. They fell 51-50.

After the game, Kendrick Gaines of 24th said, "We went away from our game plan in the second half and let them back into the game. We hit shots in the first half, but they didn't fall in the second."

"They came with the press in the second half, which took us out of our rhythm and game plan," said Wilson.

"They came out fired up in the second. They didn't want to loose the game."

Wilson led all scorers with 18 points, and Gaines finished with four points and two rebounds. Scovell finished with 15 points, and McClendon was the high man in rebounds for the 24th with 12.

For 937th, Barnes scored 14 points and had seven rebounds. Also, Rogers finished with 13 points, seven rebounds, and Figueroa finished with 12 points and seven rebounds.

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AUSA--if possible

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Set realistic goals when declaring new year resolutions

By Maj. Sonya J.C. Corum

For your New Year's Resolutions, were you like millions of other Americans who declared that you would lose weight and exercise more? Have you already discovered that like last year you had great intentions but found it difficult to keep those resolutions? Maybe it is time for you to change your approach and consider a lifestyle resolution — a more permanent attitude.

Often your failure in keeping resolutions is that you set unrealistic goals. To begin your new lifestyle resolution, set goals that you can reach. Once you have met these goals, you can always set new ones. What are some attainable goals? Here are a few suggestions to get you started.

Start by keeping a food and activity diary. Write down everything you eat and drink for three days. Most of us eat differently on the weekend, so you need to include a weekend day. Also, write down any physical activity that you participated in and how long you did the activity. Be sure to include activities such as walking from the parking lot to a building or using the stairs instead of the elevator.

Review your food and activity diary to identify how frequently you are consuming high fat foods, large amounts of sugar or just simply overeating, and how frequently you are exercising. Make a list of the things you are willing to change to improve your eating and exercise behaviors. Do not attempt to do the whole list at the same time. Choose two or three items on your list that are the most achievable.

If you discovered that consuming too much fat is getting in the way of your health goals, consider these ideas:

* Look for and purchase low-fat food choices when grocery shopping.

* Try baking, broiling, roasting, steaming, stewing, or grilling instead of frying foods.

* Go easy on adding fats like butter, margarine, mayonnaise, and gravies to foods in cooking or at the table.

* Enjoy pastas with a tomato or vegetable-based sauce instead of cheese or cream sauces.

Did your food and activity diary reveal that you usually eat a candy bar or something sweet mid-morning or mid-afternoon for some quick energy? You can reduce your sugar intake by having a small snack such as fruit or raw vegetables with some low-fat cheese. Yes, a snack! Often when you are feeling tired or hungry, it is your body's way of telling you that it needs fuel. A frequent cause of this is forgetting to fuel your tank first thing in the morning. Skipping breakfast causes your body to burn calories slowly to conserve fuel. "Kick start" your day and your metabolism with a simple breakfast of a bowl of cereal, low-fat or skim milk, and some fresh fruit.

One of your goals might be to eat less. Consuming large quantities of low-fat foods can be a bad thing. After all, those foods still contain calories. To help you eat smaller portions, use smaller dishes. If you are eating at a restaurant, order the children's portions or only eat half and take the rest home for lunch the next day.

Remember, exercise is a key to your success. As you know, exercise burns calories, but did you know that it also helps control your appetite? Exercise also diffuses stress and improves mood, helping to keep stress eating under control. Walking from your car to a building or using the stairs counts toward your daily activity, but for weight loss you will want to include 20-30 minutes of walking, jogging, biking, swimming, or another aerobic activity 4-5 days per week.

For the New Year, choose a new approach to eating and exercise. When January 2003 rolls around, you will be making a different New Year's Resolution since you will have conquered losing weight and exercising more.

(Maj. Corum is from the U.S. Army Center for Health Promotion and Preventive Medicine.)

Guantanamo Bay receives more Taliban POWs

GUANTANAMO BAY, Cuba (Army News Service) - Thirty additional Al-Qaeda and Taliban detainees arrived here today under tight security, bringing the total number of detainees to 50.

The prisoners of war arrived via military aircraft and were transported to Camp X-Ray for in-processing and detention.

"This group of detainees is just as dangerous as the first group that arrived last week," said Army Lt. Col. Bill Costello, spokesman for the joint task force at Camp X-Ray.

"The transfer of custody from Afghanistan to Guantanamo Bay, Cuba, is all part of the global war on terrorism," Costello said, explaining that removing the "high risk" POWs from Afghanistan allows U.S. military forces there to concentrate on other vital missions.

Detainees have been and will continue to be treated humanely, officials said at Camp X-Ray. They said humane treatment includes adequate food, water, shelter, clothing and medical treatment.

One of the detainees who arrived from Afghanistan Jan. 11 underwent surgery for an old gunshot wound Jan. 13 at the Naval Hospital, Guantanamo Bay.

The detainee, whose name was not released, was treated for a gunshot wound to the upper right arm sustained prior to arrival at Guantanamo Bay.

Navy doctors who performed the surgery determined that the wound was approximately one month old.

The detainee was alert and stable at the time of surgery, doctors said, adding that they explained the nature of the procedure to the POW before performing surgery.

The procedure, called incision and drainage, took approximately two hours for two Navy orthopedic surgeons to complete. The detainee remained under tight security throughout the procedure, officials said.

Medical personnel said they expect that the patient will regain full range of motion in his shoulder and elbow; however, he may have limited mobility in his wrist due to nerve damage resulting from the wound.

The patient was discharged from the hospital Jan. 14 and returned to Camp X-Ray.

Guantanamo Bay is preparing to receive up to 2,000 Al-Qaeda and Taliban detainees, officials said.

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Black Only
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