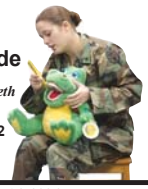
Cyan Magenta Yellow Black

Fort Riley Post



Open wide

Dental staff checks teeth at post schools

Page 22

It's called dodgeball

18 teams compete in 'Extravaganza'

Page 17

Thursday, February 16, 2006 | America's Warfighting Center | Vol. 49, No. 7

Around the Army

Heidelberg:

The European Stars and Stripes reported Feb. 14 that German police have charged three American students with marijuana possession after locking down Heidelberg High School and strip-searching nearly 40 students.

German police, with the help of U.S. Army military police, found a small amount of marijuana on the three boys during the search Feb. 10. The students will face marijuana possession charges in a German court.

Although law enforcement officials said the school has had a recurring drug problem this school year, some parents have complained that the unannounced search went too far. Of the 40 students searched, many of them were taken to the bathroom, where they were stripped down to their underwear.

For more on this story and other European and Pacific theater military news, visit www.estripes.com on the Web.

Fort Belvoir:

The Belvoir Eagle reported Feb. 9 that Fort Belvoir Elementary School students received a lesson in leadership Feb. 2 from the man who leads the installation.

Col. Brian Lauritzen discussed what it means to be a leader with the school's students via its television Web cast and then visited two classrooms where he discussed and answered questions about what it takes to be in charge.

For more on this story and other Fort Belvoir, Va., news, visit http://www.belvoireagle.com/ on the Web.

Fort Bliss:

The Monitor reported Feb. 9 that a new USO center at Fort Bliss is becoming a reality. The center is scheduled to open March 2006 and is expected to serve an estimated 20,000 active duty military personnel and members of the National Guard and Reserves, as well as their families.

The Fort Bliss center will provide free Internet and e-mail access, a large-screen TV viewing area, gaming areas, a study room, library and reading room, and a snack bar.

For more on this story and other Fort Bliss, Texas, news, visit www.lavenpublishing.com/fortblissmonitor.html on the Web.

Fort Gordon:

The Signal reported Feb. 10 that MOS-T Soldiers in Advanced Individual Training at Fort Gordon, Ga., were experiencing a life different from other AIT Soldiers. MOS-T Soldiers are in AIT to learn a new specialty, but they also learn to be squad leaders as they assist drill sergeants and instructors in training and preparing new Soldiers for their first duty assignment.

The retraining AIT Soldiers have come to Fort Gordon from all branches of the Army and even from the Navy and Air Force.

For more on this story and other Fort Gordon, Ga., news, visit www.gordon.army.mil/pao/archives.htm on the Web.

Unit attacks targets to 'reblue'

'Black Lions' fire basic weapons to refine infantry skills

By Amanda Kim Stairrett
Staff writer

Before starting to train their Soldiers, "Black Lions" leaders spent three days of master gunner training on Fort Riley this month to "reblue" themselves with the M-16 rifle, M-240 machine gun, M-249 squad automatic weapon and M-203 grenade launcher ranges.

"Reblue" refers to the process in which a rifle is reworked into topnotch shape for use.

The 1st Battalion, 28th Infantry Regiment, leaders came to Fort Riley from a variety of places, including ROTC, recruiting and overseas assignments. To meld that variety of backgrounds, the training allowed the battalion to set standards and refamiliarize leaders on the weapons systems, said Maj. Jason Pardue, battalion operations officer.

The battalion was on ranges 34 and 19 Feb. 9, firing practice rounds from an M-203 grenade launcher.

The M-203 is

See 'Reblue', Page 4

Capt. Brian Ducote slides the chamber of the M-203 out in preparation of loading a practice round Feb. 9. *Post/Stairrett*

Back in tracks

Post/Stairrett

Pfc. Mario Pena of the 1st Bn., 5th FA, waits for the order to begin preparing the Paladin gun for firing Feb. 8.

Artillerymen practice with big guns

By Amanda Kim Stairrett
Staff writer

Much of a 1st Battalion, 5th Field Artillery, Soldier's day in the field can be spent waiting … waiting for one command that sparks a flurry of shouting, loading rounds, a pull of the lanyard and, finally, a big boom.

In a matter of moments, the prairie is silent again … the lingering smell of gunpowder in the air and the adrenaline seeping from the body the only evidence of all that activity.

Outside the 155mm self-propelled howitzer, the scene isn't much different. A blast of smoke accompanies the window-rattling boom, then silence. What looked like a battle scene moments before returns to a peaceful milieu and, for some reason, the meticulous placement of 60,000-pound vehicles on the Kansas prairie seems natural.

One year ago, these Soldiers were in the field, performing the same tasks with the expectation of going to war. Now, instead of preparing for battle, they trained Feb. 8 for one last battalion live-fire exercise scheduled the end of February.

After that, the 1st Brigade, including 1st Bn., 5th FA, will take the first steps in its remissioning process, beginning with changes of command for company and bat-

See Paladins, Page 2

Smith outlines post's future

Family homes, traffic, facilities addressed

By Stephanie Perrin
Assist. MR Officer

Fort Riley's future was the topic of discussion Feb. 10 at Barlow Theater.

Col. Thomas "Ty" Smith, garrison commander, addressed the post's civilian employees at 10 a.m. and 1:30 p.m. during Fort Riley's garrison commander's address to the civilian workforce.

Smith spoke about the changes scheduled for Fort Riley because of the expected influx of Soldiers coming to the post with the return of the Big Red One.

An estimated 9,000 Soldiers and 13,000 family members are expected to arrive at Fort Riley because of the re-stationing of units and base realignments and closures, Smith said.

Fort Riley's current population, including Soldiers, family members, civilian workforce and retirees and their families, make up an estimated 46,000 people. This number is expected to increase to about 71,000, he said.

"I don't think Kansas has seen anything like this before," Smith said. Fort Riley will be the largest city in Kansas located west of Topeka, he said.

Housing available for the additional Soldiers has been an increasing concern for Fort Riley officials and surrounding communities. About 9,000 quarters will

See Smith, Page 3

Company leaders 'surprised'

Commander adds 'tests' to land nav training

By Amanda Kim Stairrett
Staff writer

Col. Ricky Gibbs, 4th Infantry Brigade Combat Team commander, took 24 of his company leaders to Fort Riley's Moon Lake Feb. 2 to practice what he called the "dying art" of land navigation.

This wasn't high tech, Global Positioning Satellite navigating. It was foot-powered map-and-compass navigation.

The officers had four hours to find 10 points in a 4.581-mile site near the post recreation area on the bluff overlooking McCormick Road and park. The course had stations Gibbs called "surprises" to test Soldier skills, such as weapons assembly, knot tying, first aid and grenade-throwing accuracy. These are basic level skills for infantrymen, said Capt. Timothy Wright, commander of Company D, 1st Battalion, 28th Infantry Regiment.

The company officers could earn extra credit for successfully completing the "surprises" at the stations. No one earned extra credit at point two, the grenade-throwing challenge. Officers had two chances to a bounce a practice grenade into a small trashcan 20 meters away.

A flag was located at each of the 10 points, and the navigator had to use a punch on his or her sheet to indicate they had found each point. One minute was added to the finish time for every point missed.

In the dark of morning, Gibbs briefed the group before they began.

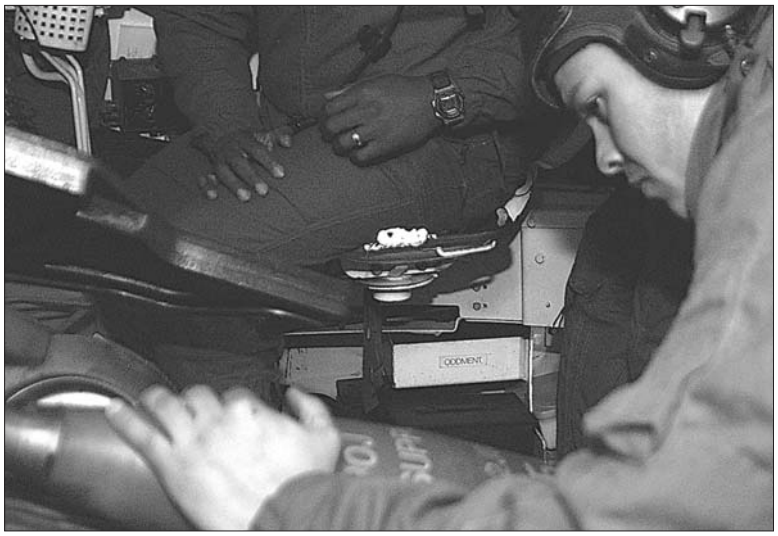
"Don't follow other people," he said. "People get lost."

He said the exercise was meant to test the leaders' skills, provide some enjoyable physical training and show them different ways they could train their Soldiers.

On paper, the course looked

See Land nav, Page 7

Capt. Jeffrey Jager moves on to the weapons assembly station after making a punch on his checklist at point five of the 4th IBCT land navigation course. Jager is commander of Co. B, 2nd Bn., 16th Inf. Regt. *Post/Stairrett*



Post/Stairrett

Pfc. Mario Pena of the 1st Bn., 5th FA, loads a round into the Paladin's 155mm gun Feb. 8 during training.

Post/Stairrett

A Soldier with the 1st Bn., 5th FA, meteorological team prepares to deploy a weather balloon into the sky. The balloon will send back data about the humidity, temperature, wind speed and barometric pressure so Soldiers can more accurately predict the aim on their howitzer rounds.

Post/Stairrett

1st Lt. William Kemberling, 1st Bn., 5th FA, surveys Paladins in the field. The battalion was training for its last live-fire exercise at the end of the month. "This is what the field artillery is all about," he said.

Paladins continued from page 1

tery level leaders.

The new commanders will take their batteries to Iraq, said Maj. Kevin Johnston, the battalion's operations officer. Instead of fighting with their tracked big guns, subordinate components of the 1st Brigade will be assigned security missions as well as training responsibilities to develop Iraqi security troops.

The deploying 1st Bn., 5th FA, units will turn in the Paladin howitzers that dotted the range Feb. 8. The tracked big guns could be sent to the Army fleet somewhere else or stay at Fort Riley, Johnston said. He wasn't sure which.

After the Paladin gunnery to qualify the artillery Soldiers in their primary combat skill, the Soldiers will start retraining on motorized and convoy security skills. That the artillerymen can be expected to accomplish the retraining shows what Johnston called the "adaptability, the flexibility of the American Soldier."

One of those Soldiers is Pfc. Mario Pena. He is a young guy from Rockford, Ill., who graduated from basic training eight months ago. He first decided on Military Occupation Specialty 13B, armor crewman, because it gave him the opportunity to "fire arms out of a tank."

After a little prodding, he admitted, "I guess I like to blow stuff up." Pena said he'll change his MOS in March to whatever fits with the brigade's remissioning.

Johnston is confident in Soldiers like Pena who are manning the howitzers, waiting for their next set of commands. Johnston is confident they are fully capable and fully prepared to accept any mission the Army hands down. Johnston promises success.

Amanda Kim Stairrett can be contacted at amanda.kim.stairrett@us.army.mil or 239-3977.

AFTER DARK VIDEO
2 x 2"
Black Only
2X2 Aft Dk Video Feb TF

MILITARY OUTLET
2 x 3.5"
Black Only
2X3.5 Military Outlet

FIRST ASSEMBLY OF GOD-MANHATTA
2 x 4"
Black Only
2X4 1st Assem/God Feb TF

THE MARTIN AGENCY
4 x 10"
Black Only
601190246 nows a great tim

Post, Army news briefly

Club planning bowling night

The Fort Riley Sergeant Audie Murphy Club chapter is planning its first "Bowl Night." All members are being asked to attend, socialize, bowl, have some fun … and wear their SAMC T-shirt.

The event takes place from 6 to 8 p.m. March 16 at Custer Hill Bowling Center.

That's 95-cent burger night at the bowling center snack bar.

For more information, call Sgt. 1st Class Darlene Washington at 239-7333.

Army offers $500 reward

The U.S. Army Criminal Investigation Command is offering a $500 reward for information leading to the indentification, apprehension and conviction of the person or persons responsible for damage to government property, housebreaking and larceny of government property.

The damage and larceny occurred at the Consolidated Troop Medical Center, Building 7672. The center was broken into some time between noon Jan. 12 and 5 a.m. Jan. 17.

Anyone with information concerning this incident should call the Fort Riley CID office at (785) 239-3931 or the military police at (785) 239-6767.

Army offers $5,000 reward

The U.S. Army Criminal Investigation Command is offering a $5,000 reward for information leading to the indentification, apprehension and conviction of the person or persons responsible for the attempted murder of four Fort Riley Soldiers.

Between 4:25 and 4:35 a.m. Jan 22, an unknown person or persons driving an unknown vehicle fired multiple 9mm rounds at a vehicle occupied by four Soldiers at the intersection of Trooper Drive and Thomas Avenue on Fort Riley. The Soldiers were returning to their barracks from the Rally Point club on post.

Anyone with information concerning this incident should call the Fort Riley CID office at (785) 239-3931 or the military police at (785) 239-6767.

Recruiter sets SF briefings

An Army Special Forces recruiter will brief Soldiers interested in joining that career field at noon and 6 p.m. Feb. 22 and 23 and the same times March 8 and 9 in the Post Retention Office, Building 7852, on Drum Street.

For more information, call (719) 524-1461 or (877) 840-8499.

Holiday alters trash schedule

The President's Day holiday will alter trash pickup on Fort Riley. The changes will be:

Feb. 20 – No pick up, federal holiday.

Feb. 21 – Colyer Manor, Main Post and the dumpster at Building 620.

Feb. 22 – Ellis Heights, O'Donnell Heights, Montieth Heights, Peterson Heights north of Thomas Avenue, Marshall Field and dumpsters at Buildings 28, 45, 471, 540, 542 and 5309.

Feb. 23 — Warner Heights, Burnside Heights and dumpster at Building 620. (No change from regular schedule.)

Feb. 24 — Meade Heights, McClellan Heights, South Warner Heights, Peterson Heights south of Thomas Avenue and dumpster at Building 5309. (No change from regular schedule.)

For more information, call Paul Cassella at 239-6274

Soldiers court-martialed

Staff Judge Advocate

The government has tried the following cases and received the following results in courts-martial at Fort Riley in December and January:

On Dec. 12, Pvt. Troy J. McCon was tried at a general court-martial and found guilty of aggravated assault with a loaded firearm.

The military jJudge sentenced him to forfeiture of all pay and allowances, confinement for six years and a Dishonorable Discharge from service.

On Dec. 14, Pfc. Clarence L. Joyner was tried at a general court-martial and found guilty of conspiring to break into barracks rooms (housebreaking) to commit larceny, eight specifications of larceny, and four specifications of burglary.

The military judge sentenced him to reduction in rank to private, forfeiture of all pay and allowances, confinement for 20 months and a Bad Conduct Discharge from service.

Also on Dec. 14, Spc. Joshua M. Genereau was tried at a general court-martial and found guilty of conspiring to break into barracks rooms (housebreaking) to commit larceny, three specifications of housebreaking, five specifications of larceny, and four specifications of burglary.

The military judge sentenced him to reduction to rank of private, forfeiture of all pay and allowances, confinement for 52 months and a Dishonorable Discharge from service.

On Jan. 27, Sgt. William B. Hendry was tried at a general court-martial and found guilty of conspiring to break into barracks rooms (housebreaking) to commit larceny, four specifications of burglary, and eight specifications of larceny.

The officer panel sentenced him to reduction to rank of private, confinement for 12 months and a Bad Conduct Discharge from service.

On Jan. 6, Spc. Brandy Ferguson was tried at a special court-martial empowered to adjudge a Bad Conduct Discharge and was found guilty of two specifications of driving under the influence of alcohol and two specifications of driving on Fort Riley with an invalid driver's license.

The military judge sentenced her to be reduced to rank of private, to forfeit $849 in pay per month for three months, to be confined for three months and to be released from service with a Bad Conduct Discharge.

On Jan. 31, Spc. Fikret Hajdarevic was tried at a general court-martial and found guilty of one specification of being absent without leave terminated by apprehension and one specification of missing movement.

The military judge sentenced him to reduced to rank of private, to forfeiture of all pay and allowances, confinement for five months and a Bad Conduct Discharge from service.

Smith continued from page 1

be required to meet Fort Riley's demand, Smith said. The post currently has 3,052 with an additional 400 quarters planned for construction.

Fort Riley officials will look to surrounding communities within 20 miles of the installation for the additional 6,000 quarters and homes. Post officials consider that distance to be a safe commute, he said.

"Most importantly, the housing needs to be affordable," Smith said. "The developers know what our targets are. It's a constant battle."

Smith addressed the differences Fort Riley will experience with the "new Big Red One."

"Today it's a different kind of Soldier," Smith said.

The Big Red One increased from 12,500 to about 19,000 Soldiers since the division left Fort Riley, he said.

"About 30 percent of the Soldiers were married (when the Big Red One left Fort Riley), and now approximately 55 percent are married," Smith said.

Smith said an additional concern for Fort Riley officials with the arrival of the Big Red One is the increase of vehicles on Fort Riley.

An additional 14,000 vehicles are expected with the arrival of incoming Soldiers, he said. "We're going to have to improve the roads. There is no question about that," Smith said.

New housing developments under construction along U.S. Highway 77 are causing Fort Riley officials to begin extending hours at some Fort Riley access control points.

"We're looking at Estes Road (access control point) being a principle gate," Smith said.

An additional Post Exchange is scheduled to be constructed on Camp Forsyth next door to the commissary, Smith announced. The new Post Exchange is scheduled to open for business in two years.

"Something that big has never been done that quickly before," Smith said.

Additional construction projects expected for Fort Riley include a new hospital, gym and recreation center, if funding is approved, Smith said.

Future plans for Fort Riley include continuing to assist the stand-up of the 4th Infantry Brigade Combat Team and to persuade a brand name restaurant to build on Fort Riley, Smith said.

"I don't want just one (restaurant); we're going to start with one," Smith said.

Post/Skidmore

Roses, ring highlight welcome home ceremony

Nicole Guse holds roses and fingers the engagement ring Spc. Jacob Perryman of the 300th MP Co. gave her about 2 a.m. Feb. 12, when his unit returned from Iraq. Maj. Gen. Dennis Hardy called the couple to the front of the formation in Hangar 817 at Marshall Army Airfield before dismissing the Soldiers. Perryman dropped to one knee to propose, and Guse answered yes as she began to cry in joy.

FANCY CREEK RANGE
2 x 2"
Black Only
2X2 Fancy Creek Range

MRS HEARTS ATTIC
2 x 3"
Black Only
2x3 Mrs. Hearts

RILEY CO. EXTENSION
2 x 5"
Black Only
2x5 Riley Co Ext Garden Show

FAITH FURNITURE
3 x 12"
Black Only
3x12 Faith Furn

Center 'fights' battles electronically

By Michael J. Nyeste
19th PAD

A routine shift for U.S. Soldiers manning a checkpoint in Iraq changes suddenly.

An ambush by insurgents sends the Soldiers to the nearest cover as they return the small arms fire.

What was a quiet checkpoint in Iraq turns into a scene of chaos with deadly lead flying everywhere, people screaming and Soldiers making split-second decision that could save or lose their life and the lives of their fellow Soldiers.

The battle simulates what a Soldier might face in Iraq, but the make-believe battle takes place inside a building at Fort Riley.

No one will die today. Soldier decisions will not cost anyone's life. But the lessons learned and the practice for war could mean the battle would be won and lives would be saved if the Soldiers face the real thing when they go to Iraq.

Thousands of Soldiers use the Combat Arms Simulation Center on Custer Hill each year, honing their battle skills before they go to battle, said Richard Eyestone, a simulations training instructor at the center.

The center opened in 2003 as a facility to help trainers "ensure Soldiers get the best training possible," Eyestone said.

It allows Soldiers to sharpen their skills in three different training modes: Individual marksmanship, combat scenarios where Soldiers are placed on a simulated battlefield and engage computer graphic images and decision training where Soldiers react to various scenarios involving rules of engagement, he said.

The center's primary tool for training Soldiers is the Engagement Skills Trainer 2000. EST 2000 is a system designed to train Soldiers in individual marksmanship and collective and judgmental firing engagement of enemy targets, he said.

The system uses a computerized instructor/operator station, a high-resolution projector, an air compressor, a detection system, a screen and cables connected to simulated small arms weapons.

Soldiers train using system weapons that simulate all Army standard issue small arms weapons from 9mm handguns to M-2 .50-caliber machine guns, Eyestone said.

Every shot fired from the simulated weapons is relayed to the computerized system. This enables trainers to conduct after-action reviews to tell Soldiers how many shots were fired, shooting accuracy and where the simulated bullets hit.

The system accommodates up to 10 Soldiers at once, adding to training realism and allowing squads to practice their reaction to situations and communication among members of the squad when deciding what actions to take.

The EST 2000 replicates the sounds and feel of firing real weapons. It uses a laser to simulate a bullet fired, and all of the weapons are rigged up with an air recoil system to simulate the feel of a weapon being fired, Eyestone said.

"Also, there are speakers involved. So, when you pull the trigger, the gun is going to buck into your shoulder, the speakers are going to go 'bang' and the laser will go out and a camera mounted on the screen's projector will report if the shots hit their target."

Members of the 3rd Brigade, 75th Division (Training Support), who recently trained at the center called the EST 2000 beneficial for routine and pre-deployment training.

"What's good about this type of training is it gives a group of people an opportunity to work as a team and conduct missions to see how we react to hostile fire," said Sgt. John Haney, operations noncommissioned officer in the Emergency Operations Center for the 3rd Bde., 75th Div.

"For the most part, this is probably one of the better facilities to help Soldiers train up before they actual go (to the range) with live rounds," he said.

Sgt 1st Class Terry Rafael, training noncommissioned officer for 3rd Bde., 75th Div., agreed. "The benefits of this training that we've found so far are that it helps us with different scenarios and allows our experienced and inexperienced team leaders to practice command and control."

A climate-controlled environment is another positive aspect of the center, one Soldier said. "You don't have to deal with the rain, sun and heat," said Army Reserve Spc. Angelina Simmons, a human resource specialist with the 3rd Bde., 75th Div.

19th PAD/Nyeste

A Soldier takes aim with a simulated weapon as he watches a situation develop on the screen at the Combat Arms Simulation Center on Fort Riley. The indoor facility offers varied scenarios to train Soldiers in marksmanship, judgment and team coordination.

Post/Stairrett

Sgt. Maj. Rodney Lewis (standing), Capt. Brian Ducote (left) and 1st Sgt. Gerald Cornell (shooting) look down range to see if Cornell hit a target with a practice round shot from the M-203 grenade launcher. Ducote and Cornell lead Co. B, 1st Bn., 28th Inf. Regt.

'Reblue' continued from page 1

mounted below the barrel of an M-16. The practice rounds are about the size of two golf balls and contain a neon orange powder to mark hits on targets located 100 to 300 yards away.

Lt. Col. Patrick Frank, battalion commander, said the master gunner training stirred up great competition among the leaders, and everyone had a great time on the range because everyone "loves" to shoot the M-203.

Of all the infantry weapons, battalions don't focus on the grenade launcher enough, Frank said.

"We haven't developed the accuracy we need yet," he said, referring to orange powder that wasn't on the targets.

Battalion Command Sgt. Maj. Clifford Dockter remembered when he first fired a grenade launcher as a team leader in 1981, well before some of the 4th Infantry Brigade Combat Team's new Soldiers were even born.

Back then it was known as an M-79 and wasn't mounted on a rifle. Instead, it was a separate weapon a Soldier had to sling over his back.

That experience was key to Dockter's M-203 accuracy, which Frank praised.

Company B's commander, Capt. Brian Ducote, and 1st Sgt. Gerald Cornell were among the Soldiers who spent the morning firing the M-203.

Each smiled when a round produced a satisfying orange puff of powder on the targets. Cornell said he liked firing the weapon.

"Firing anything is fun," he said, smiling.

Ducote said they would start training Soldiers in the next seven to eight weeks. Co. B had only seven Soldiers and a platoon leader assigned as of Feb. 9.

Amanda Kim Stairrett can be contacted at amanda.kim.stairrett@us.army.mil or 239-3977.

DIAMOND & JEWELRY OUTLET
2 x 5"
Black Only
2x5 Diamond Jewelry Outlet

HOLIDAY INN EXPRESS-ABILENE
2 x 5"
Black Only
2x5 Holiday Inn- Abilene

SETH CHILD CINEMAS
2 x 5.5"
Black Only
2X5.5 Seth Childs/Feb

Commentary

Riley Roundtable

This week's question:

What do you do in your spare time, and what would you like to be able to do more of?

"I usually go back to the motel, relax, eat a good meal and watch TV. I go home on the weekends. I would like to go some place to play pool and darts, maybe have some appetizers."

Joshua Benedick
Contracted employee
Installs lockers in buildings
Home: St. Louis

"I shop. I go to the basketball games on post. I like sports. I would like to play, but they don't have women's sports."

Pfc. Yury DeSantos
Logistics specialist
Co. F, 610th Brigade Support Bn., 4th Infantry Brigade Combat Team

"Exercise is a big thing with me. I like to hang out with my buddies. I would like to socialize with my buddies at social clubs on post where you can meet with people of the same rank. They have more of those on Air Force bases."

Airman Bradford Hill
Tactical air controller
10th Air Support Ops. Squadron
Home: Tulsa, Okla.

"I just go home and relax, watch TV. My favorite show is CSI. I have the option to do other things, I just choose not to."

Sgt. Nicole Jones
Schools noncommissioned officer
HHC, 1st Brigade
Home: Ogallala, Neb.

"I like to play video games, well, one video game. I'd like to go swimming."

2nd Lt. Shirley Kim
Engineer officer
70th Engineer Battalion
Home: Riverside, Calif.

Next week's question:

If you could change anything at Fort Riley that you wanted to, what would you change, and how?

Opinions may be e-mailed to the editor at mike.heronemus@riley.army.mil or faxed to the editor at 239-2592. Opinions must reach the editor by close of business Tuesdays to appear in the following Friday's paper.

For your health

Whole grains do whole lot for hearts

By Bethany Deschamps
Chief, Nutrition Care

Capt. Bethany Deschamps

Four years ago, in the prime of the Akins/low-carb diet, carbohydrates of any kind were considered a forbidden food. This included a specific type of carbohydrates called whole grains. Large cereal and other food companies were pushing low-carb/no-carb products to comply with the population's demand for these types of foods.

Now, the Akins/low-carb diet, just like any other fad diet, is beginning to lose its popularity. It was estimated that in 2004, only 3 percent of the population was following the diet, significantly lower than in 2000 when the number was near 12 percent.

Many major food companies have stopped producing several of their low-carb foods due to decrease in sales.

In April 2005, the new food guide pyramid was released. The food guide pyramid is a guide provided to Americans for a well-balanced diet.

At the base of this pyramid, as well as the old pyramid, is the bread/pasta/cereal group. Just like this group is the base and the largest part of the pyramid, it should also be the base and largest part of a well-balanced diet.

One change to this group in the 2005 food guide pyramid is that there is an emphasis to make half of the foods from this group whole grain.

For several years, nutrition and other medical professionals have known the benefits of whole grains. It is a proven fact that eating whole grains is beneficial for preventing Coronary Heart Disease, assisting with weight loss and controlling blood sugars.

Because of this change to the food guide pyramid, several major cereal and bread companies have begun to produce products made from whole grain or to modify current products to make their prime ingredient a whole grain.

What exactly is a whole grain?

• • •

A whole grain includes all three parts of a grain's seed or kernel in the same proportions as they occur naturally growing in a field. The seed's three parts are the bran, germ and endosperm.

The bran is the outer layer and contains antioxidants, B vitamins and fiber. The germ contains B vitamins, proteins, minerals and healthy fats. The endosperm contains starchy carbohydrates, proteins and small amounts of vitamins and minerals.

Typically, only the endosperm is left after a grain is refined or processed. Refining wheat takes away about a quarter of the grain's protein and at least 17 key nutrients. You'll often see "enriched" grains on the grocery store shelf. They are refined grains that have had some vitamins and minerals added back to them after the refining process but are not the same as whole grains.

Whole grains can be cracked, split, ground or milled into flour and still retain all their nutrients. They can be added to processed foods and still be considered whole grains as long as they contain all three parts.

How much whole grain is enough?

• • •

The new food guide pyramid recommends at least half of daily intake of the bread/cereal/pasta group be whole grains. This could vary from three to eight servings, depending on how many servings an individual needs from this food group.

For more information on foods that fall in the bread/cereal/pasta group and for guidance on serving sizes, visit the new food guide pyramid on the Web at http://www.mypyramid.gov. Sample serving sizes would be one slice whole grain bread, a cup of whole grain cereal or 1/3 cup whole wheat pasta or brown rice.

Whole grains can be identified by looking at the ingredient list on the package. Don't simply rely on what the package says. Some package labels state "wheat" or "grain" but may not necessarily be whole grain.

When looking for a whole grain loaf of bread, for example, the first ingredient should be whole grain or whole wheat flour. Beware of the word "enriched," which still indicates a refined grain and not a whole grain. The first ingredient for whole grain foods should always be a whole grain of some kind.

In 2005, the Whole Grains Council launched a Whole Grain Stamp program to help consumers more easily identify whole grain products. Look for stamps on products that say, "Good Source of Whole Grain," "Excellent Source of Whole Grain" or "100 percent Whole Grain."

A few ways to incorporate whole grains into diet are switching to whole grain breads (bread, tortillas, pitas), buying whole grain pasta, eating whole grain cereals for breakfast (Kasha, oatmeal, etc), trying brown rice instead of white, or substituting flour in a recipe with whole wheat flour.

• • •

Eating whole grains is not a fad diet and the health benefits of making them a part of daily intake are proven facts. Eating whole grains and following the food guide pyramid should be a part of everyone's dietary lifestyle.

For more information on whole grains, visit http://www.healthierus.gov, http://www.pueblo.gsa.gov/guideeat/Actiongd.html or http://www.wholegrain.umn.gov.

You can also call the Irwin Army Community Hospital Nutrition Care Division at (785) 239-7644 or send e-mail to bethany.deschamps@cen.amedd.army.mil.

Got a complaint?

ICE suggestions get results; it's easy, too

By Betty A. Banner
Plans, Analysis, Integration

At the end of a day, have you ever wished that you had shared a thought with a service provider?

Did you know that you can contact many of our service providers 24 hours a day, seven days a week?

Interactive Customer Evaluation, commonly referred to as ICE, enables you to provide comments or suggestions and evaluate services on a 24/7 basis via the Internet. This system is real time and delivers your comments to the service provider within one minute of your submission.

You are an important part of the customer service excellence formula. By providing your feedback to our service providers, they can know what you need or want. Your feedback about the services you received, what you liked and didn't like and suggestions for changes are what help to insure the installation provides high quality services.

Sometimes a person doesn't think about submitting comments on what might be considered routine services, but the providers of those services need your input. One service provider put it this way, "It seems the most important complaints or suggestions have come through ICE, and it's great to be able to instantly respond to the customer."

ICE is a web-based DoD-managed system that covers all branches of service. It is accessible from any computer with Internet access.

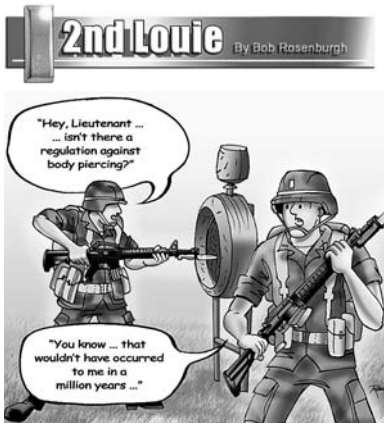
The easiest way for Fort Riley customers to access the post's ICE page is to go to the Fort Riley Web site at www.riley.army.mil and click on the ICE link on the left side. This will bring you to the search page for Fort Riley services.

• • •

If you know the general area of a service about which you wish to comment, such as dining, you can click on the category and a list of all the types of dining facilities on post will come up.

If you know the name of the service but are not sure how it is categorized, you can click at the bottom of the page on "show all." This will bring up a list of all the Fort Riley services for which we have comment cards.

If you have questions about ICE or wish to have your service listed, contact the Plans, Analysis & Integration Office at 239-2540.



Letter to the editor

Parents express gratitude for service

Editor's note: This letter was received after Fort Riley conducted a memorial service for Staff Sgt. Zyla and three other Soldiers killed in Iraq.

I am Staff Sgt. Michael S. Zyla's mother-in-law.

My husband and I are so proud of Mike and the sacrifice he made for his country, as well as Sgt. Brian Karim, Spc. James Kessinger and Spc. Peter Navarro. Our hearts and prayers are with their families.

A special "thank you" to all of those people who made possible the service honoring these men and the reception.

We are now a Gold Star family, and I will wear my Gold Star pin in honor of those who are still with us and those who are not.

We are proud to support our Soldiers.

Doreen Hightower
Elgin, Oregon

Send your letter to Editor, Public Affairs Office, 405 Pershing, Fort Riley, KS 66442, or send e-mail to mike.heronemus@riley.army.mil.

Grunt *By Wayne Uhden*

FORT RILEY POST

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Governor appoints military council

By Nicole Corcoran
Governor's press secretary

To continue an effort that is bringing 13,000 new military and civilian personnel to Kansas, Gov. Kathleen Sebelius has announced her appointments to the Governor's Military Council.

"We had a coordinated effort to keep our military bases open and active. As a result, our bases are adding thousands of new military and civilian personnel," Sebelius said. "I believe we must maintain the military's presence in our state and even expand it, and that's the mission I'm giving the council."

Lt. Gov. John Moore will serve as chairman. John Armbrust of Manhattan will serve as executive director. Armbrust retired from the Air Force as a colonel in 1993.

Previously, both men served in similar positions on the Governor's Strategic Military Planning Commission that spearheaded efforts to protect and grow Kansas bases during the Base Realignment and Closure process.

As with the earlier commission, the Governor's Military Council is a partnership between the administration, key legislators, all members of the Kansas congressional delegation and key business and military leaders representing the Kansas communities of Leavenworth/Lansing, Junction City/Manhattan, Wichita and Topeka.

The 26-member council will foster cooperation between the installations and private and public sectors and pursue initiatives to enhance the quality of life for all military personnel, active and retired.

The council also will assist in the development, coordination and execution of strategy required by any future change in missions proposed by the Department of Defense.

Each member will serve at the pleasure of the governor. By Executive Order 06-02, the council will continue in operation until May 1, 2007.

The Governor's Military Council will include the following military and community leaders:

Maj. Gen. Tod M. Bunting, Kansas adjutant general
U.S. Sen. Sam Brownback
U.S. Sen. Pat Roberts
Congressman Dennis Moore
Congressman Jerry Moran
Congressman Jim Ryun
Congressman Todd Tiahrt
State Sen. Mark Gilstrap
State Sen. Roger Reitz
State Rep. Tom Hawk
State Rep. Lee Tafanelli
Neil Fisher, Topeka
Alonzo Harrison, Topeka
Scott Stuckey, Junction City
Retired Col. Robert Ulin, Lansing
Retired Lt. Gen. Robert Arter, Leavenworth
Charlie Gregor, Leavenworth
Doug Kinsinger, Topeka
Steven J. Martens, Wichita
John Montgomery, Junction City
Retired State Sen. Lana Oleen, Manhattan
Andrew Schlapp, Wichita
Mike Shilling, Manhattan
Robin Spurrier, Wichita

The council's first meeting will be Feb. 17, in Topeka. Feb. 17 is Armed Forces Appreciation Day in the state capital.

New personnel system on track for Spiral 1.1

Program's executive officer explains delays, insists changes will be good for everyone

By Samantha L. Quigley
AFPS

WASHINGTON – The Defense Department's new National Security Personnel System is on track for initial implementation, the system's program executive officer told the human resources specialists attending a symposium in Washington Feb. 8.

"We're still on track to deploy folks into Spiral 1.1 in April," Mary Lacey told attendees. "We've got over 11,000 (non-union) employees that are going in."

The NSPS Program Executive Office designed the system for a staggered implementation based on a spiral model, she said. The approach has led to delays, she noted, but this has given the office a chance to tweak the program as it builds it.

The purpose of the spiral model to introduce NSPS was to build a little, test a little and learn a lot, Lacey said. "I'm actually confident that we're doing this the right way," she added.

The most recent implementation delay was caused by a need to take another look at the system's evaluation system. Lacey said it was robust but hard to understand and put into operation. The NSPS has spent the past six weeks reworking that portion of the system, she said.

Some whom NSPS will affect have expressed hesitation over changes it will bring, even if the changes are good for them, Lacey said. She added that communication and training will help ease these fears.

"People's feelings are important in this."

— Mary Lacey
NSPS Executive Officer

"Conversations need to happen very, very frequently. Employees will be demanding more of supervisors' time. They'll be demanding more thoughtful conversations," she said. "If you find the time, while it's painful the first year, you will get paybacks forever."

One thing supervisors should be communicating to their employees is results.

"We're not just going to measure transactions," she said. "Transactions are interesting, but they're not necessarily something that compel us to action or the only thing that helps us achieve our (objective)."

Supervisors also should set and level expectations for employees, Lacey said. Employees need to realize not everyone is a star performer every year.

"When supervisors are giving their people feedback throughout the year, you need to talk in NSPS terms," she said. "A '3' is not a bad evaluation. That's a great, solid evaluation."

NSPS evaluation ratings are based on a scale of 1 to 5, with the former number being an unsuccessful evaluation and the latter a "role model" assessment.

Under NSPS, evaluations will determine an employee's compensation. The system's three pay bands allow flexibility to adjust salaries and compensation to be competitive with the civilian sector, Lacey said.

"It's an important flexibility that we think we need to have in the department," Lacey said. "But we need to watch it. It needs to be fair (and) we need to make sure that in the process of being fair we don't … price ourselves out of business."

Also important is that employees feel the system is being applied fairly, she said, adding that feeling will come from continuous conversations with supervisors so that employees know what's expected. These conversations and the formal evaluations need to be conducted with a measure of sensitivity, she said.

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Post/Stairrett

Capt. Timothy Wright assembles an M-16 rifle at point five Feb. 10 during a 4th IBCT land navigation course for company leaders. Wright is commander of Co. D, 1st Bn., 28th Infantry Regiment.

Land nav

continued from page 1

straight forward, an easy route from one point to the next. On land, it was much more challenging with ravines, creek beds and brush.

"The colonel didn't pull any punches with this," said Sgt. 1st Class Mike Wright. Wright manned point five located at the top of a hill behind Peterson Heights housing area.

Point five was placed at a position where it was visible before point four. Several officers spotted it and fell for the trap. They trekked up the hill before realizing they had skipped point four, which was located in a hard-to-find spot on the creek below.

Navigators who found point five had to assemble and perform a functions check on the M-249 squad automatic weapon and M-16 rifle. Assembling the two was a challenge in the cold, windy temperatures.

Capt. Bret Hamilton, commander of Company A, 1st Bn., 28th Inf., was the first to pass through point five, although he wasn't the first to reach it. He found point four, but said it was difficult. Wright said a majority of the first officers to reach his point were infantry company commanders, and he expected Hamilton to do well because he had been a Ranger instructor at Fort Benning, Ga. Wright predicted Hamilton would easily carry his mountain navigation training to the hills of Fort Riley.

Capt. Wright was the first officer to complete the course, and he waited at the finish line for his fellow "Black Lions" company commanders to finish. He said it was a great event and the points were challenging. He didn't use his compass, but oriented himself on what was too far left and too far right and then navigated the course. He spent 20 minutes "poking around" for point four and eventually moved on.

Gibbs said he would announce the course winner Feb. 14 at the captains' brown bag lunch.

Capt. Wright said he and his first sergeant have already discussed this kind of training for their Soldiers, many of whom are coming from advanced individual training and don't have a lot of land navigation experience.

Sgt. 1st Class Wright praised 4th IBCT training like the land navigation exercise because it set an example and showed that the leaders were doing everything they would eventually train their Soldiers to do.

Amanda Kim Stairrett can be contacted at amanda.kim.stairrett@us.army.mil or 239-3977.

Post/Stairrett

Col. Ricky Gibbs (middle) and Maj. Mike McNally (left) go over a map of the 4th IBCT land navigation course with Capt. Timothy Wright Feb. 10. Wright finished the course first and waited for his fellow 1st Bn., 28th Infantry Regiment, company commanders to finish. Wright commands Co. D.

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Military News

Thursday, February 16, 2006 America's Warfighting Center Page 9

Army news briefly

Museum seeks Soldier stories

The National Purple Heart Hall of Honor is under construction in New York's Hudson River Valley at the New Windsor Cantonment State Historic Site. Its mission is to collect and preserve the stories of Purple Heart recipients from all branches of the service and across the generations in an attempt to ensure that all recipients are represented. Their stories will be preserved and shared through exhibits, live and videotaped interviews with the veterans themselves and the Roll of Honor, an interactive computer program preserving the stories of each individual.

The National Purple Heart Hall of Honor is the first in the nation to recognize the more than 800,000 Americans wounded or killed in action while serving in the U.S. military. For more information or to have your story preserved as a Purple Heart recipient, write Michael J. Clark, project coordinator at National Purple Heart Hall of Honor, New Windsor Cantonment State Historic Site, P.O. Box 207 (374 Temple Hill Road), Vails Gate, NY 12584-0207, phone (845) 561-1765, or send e-mail to mailto:michael.clark@oprhp.state.ny.us.

Congress sets SBP enrollment

Congress set a one-year open enrollment period that ends Sept. 30, 2006, to allow retirees to enroll in the Survivor Benefit Plan or increase their participation.

Congress set the open season after eliminating the SBP social security offset that reduced SBP coverage from 55 percent of the base amount elected to 35 percent of the base amount at age 62. The new plan provides 55 percent benefit regardless of the age of the annuitant. Those considering making an SBP open season election should go to http://www.Military.com/sbp_faq to get answers that will help with the decision.

Veterans career fair slated

A veterans career fair is planned from 9 a.m. to 3 p.m. Feb. 24 at the Colmery-O'Neal Veterans Administration Medical Center, 2200 SW Gage. Blvd., Building 24, Room A-113, in Topeka, Kan.

Those attending will have the opportunity to visit with employers who offer registered apprenticeship careers.

For more information, call organizer Jim Cox at (785) 633-8805 or (785) 494-8488 or send e-mail to jcox@ua441.org.

Warfare center course online

The Air Mobility Warfare Center's Mobility Operations School's interactive distance-learning Introduction to Air Mobility Operations Course is available online at http://www.amwc.af.mil/student_info.asp.

Course planners estimate it takes roughly eight hours to complete the course, and it is open to active, reserve and civilian Department of Defense members of all ranks.

For more information, call the school at DSN 650-7722, (609) 754-7722 or (609) 754-7722 or send e-mail to mailto:AMWCdistancelearning@mcguire.af.mil.

Iraq casualties decrease in January

By Samantha L. Quigley
AFPS

WASHINGTON – For most of January, the casualty rate in Iraq was at the lowest rate since the spring of 2004, a Multinational Force Iraq spokesman said in a briefing in Baghdad Feb. 2.

"In January ... there were 19 days where the number of casualties were lower than 50, and that's the lowest rate we've seen since the spring of '04," said Army Maj. Gen. Rick Lynch.

"If you study total casualty numbers – and these casualty numbers include Coalition, civilian and Iraqi security force casualties – the month of January had about 1,600 casualties," he said.

By comparison, he pointed out, November, December and January had monthly casualty totals 1,000 less than October and less than half those recorded in May 2004.

"You can see a significant trend line down in the number of casualties: Coalition, civilian and Iraqi security force casualties," Lynch said.

While the overall downward trend is encouraging, "the predominant number of casualties are in the Iraqi civilian population," Lynch said. "If you work the numbers, you realize that 50 percent of the casualties ... are Iraqi civilians."

Lynch attributes this to Jordanian terrorist Abu Musab al-Zarqawi's efforts to establish an Islamic caliphate in Iraq. He said the terrorist is inept at attacks against Coalition and Iraqi security forces, so he has shifted the focus of his attacks.

"He's zoomed his target (in) on Iraqi civilians," Lynch said. "That is indeed the target of Zarqawi because he can get mass effects, he can get mass coverage, and he's trying to create a sectarian divide here in Iraq."

The Feb. 1 attack on Iraqi construction workers in a Baghdad Shiite neighborhood was a prime example of Zarqawi's tactics, Lynch said. A bomb killed at least eight and wounded more than 50.

But still Iraqi citizens' tips are foiling these kinds of attacks on a more regular basis, he said.

See Casualties, Page 15

'Fit to fight'

Weight study may redefine troop fitness

By T. C. Bradford
Army News Service

FORT POLK, La. – Soldiers deployed to Afghanistan have lost weight and muscle mass while those serving in Iraq have reported gaining weight and losing their fitness edge, according to anecdotal evidence that has prompted an Army study.

Marilyn Sharp, an exercise scientist with the U.S. Army Research Institute of Environmental Medicine, said while there have been no official tests yet to prove or disprove the reports, at least one Soldier has kept an informal record.

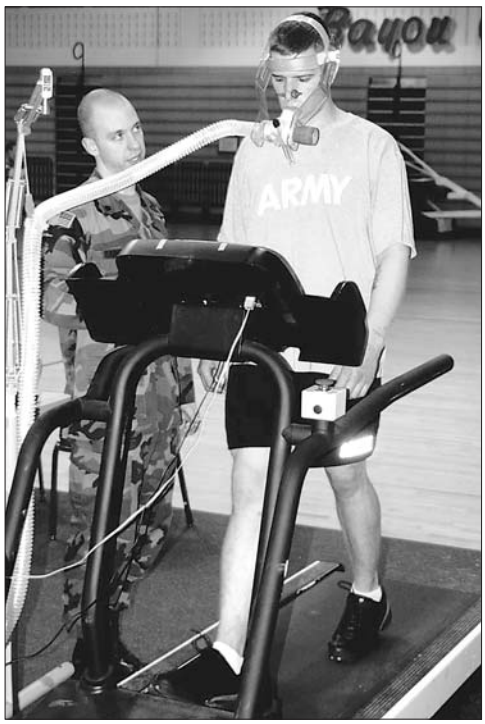
"One platoon sergeant actually measured his troops before and following a year in Afghanistan, so he's got data, but it's only on 15 people," Sharp said. "You can't say that's a representative sample.

Even so, the informal tests sparked an interest in a formal two-phased study that could change the way the Army keeps its Soldiers in top fighting form so the U.S. Army Center for Health Promotion and Preventive Medicine and the Army Physical Fitness School started using two units from the 4th Brigade Combat Team, 10th Mountain Division, to assess a program developed by the fitness school.

The 10th Mountain's 2nd Battalion, 4th Infantry Regiment, has been assigned a new physical fitness regiment called physical readiness training, while the 2nd Battalion, 30th Infantry Regiment, serves as the control group and performs the standard physical training routine.

The Institute went to Fort Polk to put Soldiers of the 2nd Bn., 4th Inf., to the test. The unit will soon deploy to the war zone, but before they leave, they will be tested in five ways to document their fitness level

See Fitness, Page 12



Army News Service

Test data collected from the 4th Brigade Combat Team, 10th Mountain Division Soldiers includes aerobic capacity. The results of the study may lead to an Army-wide change in physical training techniques, some say.

Army begins 'card' logon

Army News Service

WASHINGTON – The Army began implementing CAC Cryptographic Logon in January and will soon require a common access card and a personal identification number, or PIN, to log onto the Army's unclassified network.

By March, about 10,000 Army users, including most Pentagon staffers, are expected to be logging onto their computer network by scanning their card. By summer, implementation should be Armywide, G6 officials said.

"Protecting identity is critical as the Army moves forward to deliver a joint net-centric, information enterprise," said Lt. Gen. Boutelle, chief information officer/G6.

"One of the greatest vulnerabilities of our networks is posed by weak user names and passwords," Boutelle said. "Spyware or keystroke tracking software can steal your username and password, and even your PIN. It cannot steal your CAC. The Army's goal is to eliminate the use of username and password."

Before the CAC Logon is implemented across the Army, workshops will be offered, G6 officials said.

A workshop for major command and region information management officers is scheduled for Feb. 28 and March 1 at Fort Sam Houston, Texas. The same material will be offered on both days, a G6 official said, adding that region implementation plans will also be discussed.

CAC logon allows users to be authenticated with something they know — their PIN, and something they have — a CAC, officials said. CAC is a type of smart card with electronic information about an owner and digital public key infrastructure, or PKI, certificates that insure identity.

Part of the CIO/G6 mission is to protect and defend the Army systems, networks and information, officials said. Key to that mission is reducing vulnerability of the unclassified network through security measures such as CCL, they said.

CCL also meets the directives on identity protection published by the Army vice chief of staff in 2005 and the president's 2004 Homeland Security Presidential Directive 12.

Recently, DoD's Joint Task Force Global Network Operations started accelerating PKI implementation throughout DoD.

In the near future, the Army's intranet Army Knowledge Online also will require CAC logon, officials said. They said the Army is testing and vetting the capability to use CAC logon outside Army networks.

Army recruiting physician assistants

By Ann Erickson
Army News Service

ARLINGTON, Va. – The Army is short about 100 physician assistants and is stepping up attempts to recruit civilians and Soldiers to do the job.

This is the first time that the Army Medical Department has recruited certified civilian physician assistants to join the Army, said Capt. James Jones, Interservice Physician Assistant Program manager.

He said the Army's modularity and high operations tempo contributed to this change.

"We have a recruiting mission to obtain 20 civilian physician assistants this year, but this is likely to rise to 60," he said.

The Army offers qualified officers, warrant officers and enlisted Soldiers an educational opportunity to become a physician assistant through the Interservice Physician Assistant Program located at the AMEDD Center and School, Fort Sam Houston, Texas. Soldiers train beside candidates from the Air Force, Navy, Coast Guard, U.S. Army Reserve, National Guard and U.S. Public Health Service.

"The Army plans on filling the shortages by increasing the number of students in the IPAP. This year we are training 92 Army students versus 60," Jones said.

Upon completion of the program, graduates earn a master's degree from the University of Nebraska and receive a commission as a second lieutenant in the Army Medical Specialist Corps.

Officer students receive constructive credit for their commissioned service in accordance with DoD Instruction 6000.13.

Graduates must pass the Physician Assistant National Certifying Exam before they can provide healthcare to Soldiers, AMEDD officials said.

Another new program, called the Requirements Completion Course, is designed to help Soldiers complete the program's prerequisite courses.

"This is another way that we are working to reduce the shortages while still maintaining the highest quality medical provider possible," Jones said.

Army physician assistants are frontline medical responders, he said. "They are usually the first medical care that Soldiers receive before being transported to a hospital. They are a critical component of the Army."

Want to be a PA?

Applications for the IPAP must be sent by March 1 to the program manager at HQ, USAREC, RCHS-SVD-PA, 1307 Third Ave., Fort Knox, KY 40121-2726.

For more information about Army physician assistants or the IPAP and its requirements, visit www.armypa.info on the Web.

Pumps hydrate Afghan farms

Windmills provide water for neighbors

AFPS

BAGRAM AIR BASE, Afghanistan – Coalition forces are installing windmills across southern Afghanistan to provide farmers with water 24 hours a day.

"Windmills for the farmers provide an easy energy source to a rural area," said U.S. Army Lt. Col. Andrew Mazerik, a civil affairs officer with Task Force Bayonet of the Coalition's Combined Joint Task Force 76. "There's not a lot of maintenance needed for the windmills, and this effort shows that the Afghan government is doing something for the people."

The program began with the installation of a test windmill at Kandahar Airfield three months ago. Two windmills were installed in Uruzgan Province shortly afterward, officials said.

More recently, village elders in Helmand, Kandahar and Zabul provinces met with their governors and local provincial reconstruction team commanders to decide where other windmills could best be used.

The first windmills in Helmand and Zabul provinces are expected to be operational within weeks. A total of 30 will be installed by spring.

AFPS

Windmills in the Qalat, Kandahar and Helmand provinces of Afghanistan will help farmers there pump water to traditional crops such as wheat and soybean.

Afghans who work for C&C, an American construction company, erect the windmills in Kandahar. They are purchased with Commander's Emergency Relief Program funds for about $15,000 each.

Farmers can use the windmills to power irrigation systems for crops, such as soybeans and wheat, while avoiding operating costs and maintenance problems of diesel-powered mechanical generators. They also share water with their neighbors.

"An entire village can be supported by the windmill," Mazerik said. "It works on gravity, and it depends on how big the holding tank is. A standard size windmill pumps 10 to 30 gallons per minute. It can supply a lot of water.

Scientists rebuilding lives

Projects promise to revolutionize use of prosthetic limbs by wounded troops

By Donna Miles
AFPS

WASHINGTON – In the old Star Wars movie "The Empire Strikes Back," Luke Skywalker gets a new, fully functional right hand after Darth Vader chops his off with a light saber.

Today, thanks to work under way through the Defense Advanced Research Projects Agency, servicemembers who have lost limbs in the line of duty could experience something almost as revolutionary in the years ahead.

Among the cutting-edge technology DARPA is developing is a highly advanced mechanical arm that works and looks just like a human one, said Jan Walker, a DARPA spokesperson.

DARPA has awarded a $30.4 million contract for the program to Johns Hopkins University. Researchers at the Baltimore university's applied physics laboratory hope to create a prosthetic arm within four years that enables wearers to feel and manipulate objects, lift up to 60 pounds and conduct normal, everyday tasks, even in the dark, Walker said.

The research, part of DARPA's Revolutionizing Prosthetics 2009 program, represents a quantum leap in the advancement of prosthetic devices, she said. It basically involves connecting the limb directly into the peripheral and central nervous system so users can operate the arm naturally, just as they move their biological arm.

DARPA is looking at technologies and breakthroughs to develop a prosthetic arm that's controlled by the brain through thought, Walker explained. The limb, as envisioned, would enable users to move like they normally do, without having to think about the actual process to make it happen.

In another DARPA program, researchers at DEKA Research and Development Corp. in Manchester, N.H., are collaborating with researchers and clinicians around the country to create a prosthetic limb with near-human strength and appearance, Walker said.

Working with an $18.1 million grant awarded under DARPA's Revolutionizing Prosthetics 2007 program, the company's Integrated Solutions Division hopes to create a prosthetic arm that looks like a real one and represents a major advance in currently available technology, she said.

DARPA hopes to have this advanced prosthetic ready for clinical trials within two years.

The dual programs represent the largest pool of funding for prosthetics in at least a decade, Walker said.

Improved body armor is saving lives that might otherwise have been lost during earlier wars, resulting in a surge in amputees from operations in Iraq and Afghanistan, defense officials noted. Two DoD centers – one at Walter Reed Army Medical Center in Washington and one at Brooke Army Medical Center in San Antonio, Texas – are dedicated specifically to amputees' care.

Army Col. Geoff Ling, DARPA's manager for the Revolutionizing Prosthetics programs, said the agency is committed to ensuring that servicemembers who have lost limbs in the line of duty can go on to live normal lives.

"At DARPA, we have a vision of a future where a Soldier who has lost an extremity in battle will regain full use of that limb again," he said. "We will get to this future by making revolutionary, neurally controlled prosthetics."

DARPA is advancing the state of the art in prosthetics as the agency works to deliver an advanced upper-extremity prosthetic device within the next two years, Ling said. In four years, DARPA plans on having a prosthetic so revolutionary that it is indistinguishable in use and appearance to a missing arm.

The results of these efforts will help transform the lives of servicemembers wounded in combat who have sacrificed greatly, Ling said. "We will do whatever is necessary to restore these people who have given up so much for the idea of freedom and in service to their country," he said.

The first large-scale program to fit injured Soldiers with prosthesis was introduced in the United States during the Civil War, according to historical accounts.

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Army news briefly

Citizenship help offered Soldiers

The Department of Defense has partnered with U.S. Citizenship and Immigration Services to assist non-citizen military personnel with their citizenship applications.

The goal is to streamline and expedite the handling of their applications.

The Department of the Army has directed its battalion and brigade combat team S1s, personnel services battalions, personnel service centers, military personnel divisions and military personnel offices to assist Soldiers with their applications for citizenship and to coordinate with the U.S. Army Human Resources Command to facilitate the process.

The procedures for Soldiers to apply for citizenship under the military facilitated program and the responsibilities of the battalion or brigade combat team S1s, PSBs, PSCs, MPDs and MILPOs to assist them are explained in "The Soldier's Guide to Citizenship Application."

The Web site for this guide is at https://www.hrc.army.mil/site/active/TAGD/pssd/ins.htm.

Medals denote hurricane relief

The Joint Chiefs of Staff have approved two new medals for servicemembers who participated in Katrina and Rita hurricane relief efforts.

Military personnel eligible for the award "directly participated in the immediate humanitarian relief operations in Alabama, Louisiana, Mississippi and Texas (east of 96 degrees west longitude) from Aug. 29 to Oct. 13."

The Armed Forces Service Medal, meanwhile, is earmarked for servicemembers who worked in direct support of the hurricane relief operations for either 30 consecutive days or 60 nonconsecutive days.

A servicemember may qualify for both medals, but the place, time and actions for which he or she is awarded each one cannot overlap.

Servicemembers whose names are not collected, but believe they qualify, can request the medal through the office of the commanding officer under which they served during the operation.

Thrift Savings Plan changes

Military members and civilian employees may contribute the full amount allowed by the Internal Revenue Service annual elective deferral limit – $15,000 – to their Thrift Savings Plan in 2006.

Investing in TSP is not limited to stocks. People can choose safer government securities or invest in the new Lifecycle Funds.

Employees may start, change, stop or resume their TSP contributions at any time. Servicemembers also can invest all or part of their bonuses, special pay or incentive pay, as long as the member also contributes from basic pay.

Those serving in tax-free combat zones are allowed up to $44,000 in annual contributions.

Military members can enroll or change their contribution amount through the Defense Finance and Accounting Service Website at https://mypay.dfas.mil/mypay.aspx or by filling out a form TSP-U-1 at local military personnel finance offices.

More information about the Thrift Savings Plan can be found in the booklet "Summary of the Thrift Savings Plan" on the TSP home page at http://www.tsp.gov/ under civilian or uniformed services TSP Forms and Publications.

Fitness continued from page 9

and break down their body mass.

First Phase: Five-fold physical test

The first test is a measure of aerobic capacity which gives a read of a Soldier's peak oxygen uptake. The test is gauged on body weight, so results can be compared without regard to height or other variables. Sharp said the average Soldier has an aerobic uptake of 50 milliliters per kilogram of body weight per minute, which indicates that most are in good shape.

Second is a muscle strength test that indicates how much weight Soldiers can lift to the loading level of a five-ton truck. The test measures up to 260 pounds, which Sharp said is a substantial amount of weight. "There's a certain amount of coordination involved in the test, but we try to train them how to do the lift before they accomplish it," she said.

Third, the ability to perform a vertical jump is tested. This will measure the force Soldiers exert against the ground as they jump. It will also measure acceleration and height.

To test upper body strength, Soldiers throw a medicine ball from a seated position as far as possible. "This is actually an entry-level test for the Swedish Army, and we thought it would be a fun thing to do," explained Sharp. "We don't have much data on this for American Soldiers. After this (study), we will be able to tell what's normal for our Soldiers."

The fifth measure is a low level X-ray. Much like a CT scan, the X-ray scans the body from head-to-toe in centimeter-thick slices. The scan gives an accurate measure of body composition, which allows scientists to determine body fat, muscle and bone density.

Soldiers also complete questionnaires that give a snapshot of each Soldier's lifestyle. The questionnaire asks if they drink or smoke, what their exercise habits are, how demanding their jobs are physically and aerobically and more.

The tests should give an accurate picture of each Soldier's overall health before deployment, creating a database for scientists to use for comparing future data. The plan is to follow these Soldiers through their deployment, documenting their illnesses, injuries and other data. Upon redeployment, they will be retested.

Test data collected from 2nd Battalion, 4th Infantry, Soldiers of the 10th Mountain Division includes blood pressure.
ANS Photo

"We'd like to retest them before they get home and start getting into their normal daily routines," Sharp said. The results may change the way Soldiers prepare for missions in country and could lead to the development of a new type of meal ready-to-eat or energy bar.

Sharp said this phase of the study is important because, if the anecdotal evidence is true, it affects how Soldiers perform. "In one case (Soldiers) are losing muscle mass and we know they have to carry heavy loads.

"Once they start losing muscle mass, it decreases their ability to do that. Conversely, I think in Iraq it's more of a health issue. They're gaining weight and losing fitness. They can't go on the long runs they are used to," she added. "So it's probably more of a training and health issue in Iraq, whereas in Afghanistan it's more of a muscle mass and performance issue."

Second Phase: Comparing physical fitness training

The solution to the possible Iraq fitness issue could be as simple as providing better guidance on Soldiers' caloric needs or the development of exercise programs that are good for small, confined areas. Better training programs are also a focus of testing. Capt. Roberto Marin, U.S. Army Center for Health Promotion and Preventive Medicine, explained.

"Phase two measures the difference between the Soldiers that used the new physical readiness training and the Soldiers who trained using the Army's standard physical training program," Marin said. "The group that trained using the PRT program is deploying. When they come back, we will scan and test them again to find out what's going on with their bodies. After that they'll go into a 20- to 24-week physical readiness training program to recondition."

The standard physical fitness routine the Army Physical Fitness Test focuses on includes push-ups, sit-ups and running. The new PRT focuses on strengthening muscle groups that allow Soldiers to perform warrior skills more efficiently and with fewer injuries.

Once the Soldiers are back in peak shape, they will be tested again and compared to the control group. Scientists will assess the injury rate, performance scores and how they perform warrior skills. The hope is that Soldiers using the new physical readiness training regiment will have fewer injuries, be more mobile and better all-around Soldiers.

"The purpose of the Army Physical Fitness Training Program is to bring back into the Soldier's mind that they are performing Soldier tasks and not training solely for success in the APFT," said Lt. Col. Bill Rieger, commandant of the Army Physical Fitness School.

"The physiological assessments that Mrs. Sharp is doing with the Institute and the work that the U.S. Army Center for Health Promotion and Preventive Medicine does will help to further refine the programs we write to reduce injury and improve the Soldier's physical performance.

JON MURDOCK AUTO MALL
3 x 10"
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3x10 Murdock

CHARTER COMMUNICATIONS- THAYER
3 x 10.5"
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3X10.5 Charter/Digital Big

Outgoing commander talks of Korean alliance

By Jim Garamone
AFPS

SEOUL – The Korean peninsula has seen more change since 2000 than in the previous 40 years, the outgoing commander of Combined Forces Command and U.S. Forces Korea said.

"The past four have been extremely dynamic," Army Gen. Leon LaPorte said.

LaPorte ended a 38-year Army career during a change-of-command ceremony in Seoul Feb. 3 after serving as the commander in Korea longer than any of his predecessors. Army Gen. B.B. Bell assumed the reins of command.

The changes in Korea are not limited to the military, LaPorte said, and all the changes influence other aspects of life in the Land of the Morning Calm. Political, economic and social changes on the peninsula have an effect on security challenges and military transformation.

In 2000, the South Korean president journeyed north and met with North Korean leader Kim-jong Il. "That started a series of interactions and engagements that are still going on today," he said.

Critics of the U.S.-Republic of Korea alliance say that the pact is deteriorating and unnecessary in light of the realities in northeast Asia. "I think the alliance is re-energizing itself," LaPorte said. "It's transforming not to take care of a threat in 1950; it's transforming to meet the threats of the 21st century."

On the security front, the major change is the growth of capabilities in the South Korean military. "Twenty years ago, the South Korean military didn't have the capabilities they have today," he said. "So it's a natural evolution for the South Koreans to take over missions that have been done by the U.S. military."

The transformation of American forces also influences the South Korean military. The very modern, very well-equipped force lives and trains with its American allies. Interoperability is a term coined on the Korean peninsula in the 1970s. It means the South Koreans and U.S. forces can operate together seamlessly. "There's no alliance in the world that does that," he said. "It's probably the most powerful alliance in the world, because we do have tremendous combat capability."

And the South Korean military is taking on the lion's share of the security responsibility. He said this is a natural outgrowth of the changes in South Korean society as a whole. The country that was destroyed and prostrate in 1953 is now a regional leader in a complex neighborhood that includes Japan, China and Russia.

While the United States and South Korea agree on basic tenets and principles, the two countries do not share the exact same perspective on every issue. "We don't share the exact same perspectives with any country," LaPorte said.

He said the U.S.-Korean Alliance is "morphing" in a positive manner and that shared history and principles help to guide that transformation. On the security side, the United States and South Korea "have complementary militaries and we draw on each other's strengths," he said.

As the alliance moves forward and changes put in place in the last few years come to fruition, more change will follow. "It's natural in a democracy to discuss things like wartime operational command, it's natural to discuss strategic capability, it's natural to discuss environmental issues," LaPorte said. "These are all things that get discussed in the United States. The good news is that the roots of a democratic form of government run deep in the Republic of Korea. People worship the way they want, they gather and they vote; these are all good things."

In the next year, U.S. and South Korean planners will examine the issue of overall operational command in wartime. "We are putting together a task force over the next year that will discuss it and lay it out, look at alternatives, look at capabilities, look at timelines," LaPorte said.

The general said the structure may be totally changed, tinkered with or left as it is, "but both governments have agreed to discuss it."

U.S. Forces Korea also is transforming. The command now has fewer than 30,000 servicemembers assigned in Korea - down from 38,000. The command is putting in place further changes that will capitalize on advanced capabilities.

On the ground, U.S. Forces Korea has closed 30 installations and realigned the force. The command has worked with Korean allies to develop a master plan for U.S. forces on the peninsula and South Korea and the United States have spent billions of dollars on enhancing capabilities.

North Korea is a credible threat to the peninsula. More than 20 million South Koreans live within range of North Korean artillery, and millions more are at risk if North Korea has placed nuclear warheads on missiles.

And the North's track record is not stellar, to say the least. "North Korea is not truthful to their word," LaPorte said flatly. "They have broken every international agreement they have ever signed."

Sculptor Bruce Lindsay's clay rendering of a military dog and handler. A bronzed version will be cast for the U.S. War Dog Memorial in Holmdel, N.J.
Courtesy photo

N.J. to place war dog memorial beside that of Vietnam veterans

By Steven Donald Smith
AFPS

WASHINGTON – Man's best friend has contributed to U.S. war efforts for many years. An official war dog memorial to honor the service of these canine companions is in the works.

"Military canines make contributions every day while they serve in our military. They are hard working and do a great job of saving the lives of their handlers and the troops who walk in their footsteps," said Ron Aiello, president of the U.S. War Dogs Association and a former Marine scout dog handler who served in Vietnam.

The nonprofit association is made up of current and former military dog handlers and is committed to educating the public about the invaluable service the dogs provide.

Recently, the association successfully lobbied the state of New Jersey to place an official war dog memorial alongside the New Jersey Vietnam Veterans Memorial in Holmdel, N.J. "It will be the first official memorial that honors these dogs," Aiello said.

The association raised most of the funds for the war dog memorial on its own and hired sculptor Bruce Lindsay to design a statue of dog and handler.

ART Research in Lancaster, Pa., will cast the bronze statue in the near future, and the memorial will probably be dedicated in May or June, Aiello said.

"The U.S. War Dog Memorial will honor the nation's war dogs and will show the bond between the canine and handler," he said.

Members of the association would also like to see a national war dog memorial built in Washington, D.C. "That's a long term project though," Aiello said.

The association works in various other ways to honor and aid war dogs. For instance, it has petitioned to have the U.S. Postal Service issue a commemorative stamp for military working dogs and helps find loving homes for retired military and police dogs.

"Today the military has a retirement program for their canines. When a canine is too old to work, it is retired and put into the adoption program," Aiello said. "This program was authorized back in November of 2000 by Congress and signed by President Clinton. Since then, there have been a number of these magnificent dogs adopted out to loving families throughout the United States."

In addition, President Bush signed a Defense Appropriations Bill in December that enables military working dogs to retire early to be adopted by their handlers following an injury.

Aiello also makes it a point to reach out to today's active-duty military dog handlers. He has sent numerous care packages to dog teams serving in Afghanistan, Kuwait and Iraq.

"I like to mix it up. If I put some beef jerky in the package for the handler, I'll put a chew toy in for the dog," Aiello said.

Aiello said he is sure today's military dog handlers will form the same type of bond that he shared with his dog Stormy while serving in Vietnam.

"Growing up, my family had several dogs that I became attached to. But it was not until I became a Marine scout dog handler that I really understood the bond that can form between a human and a canine," he said. "It is a bond of friendship that lasts a lifetime."

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BRIGGS AUTO GROUP, INC
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Black Only
3x10.5 B&W Used

PANASONIC COMPUTER SOLUTIONS C
6 x 21.25"
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FULL COLOR 643931-34 OUTSHINE

New IMA director aims to be change agent

Special to the Post

Maj. Gen. Michael D. Rochelle assumed directorship of Army installations Nov. 1 in a ceremony that opened the Installation Management Agency Garrison Commanders Conference.

He said at the time that it was a fortuitous entrance on duty that enabled him to start right out with the perspectives and observations of the commanders and command sergeants major who work where the rubber meets the road.

In his initial two months, Rochelle has had the IMA staff working a list of issues that stemmed from the conference in a systematic attempt to deal fairly and judiciously with those issues in ways that make sense organizationally and from a service standpoint.

Rochelle came to IMA from Recruiting Command, where his 43-month tenure was the second-longest in command history. He comes to IMA in time to begin several years' worth of dramatic change culminating in a BRAC-ordered relocation to Fort Sam Houston, Texas, in or around 2010.

In the meantime, he will oversee this year's virtual reorganization of the Army Environmental Center and the Community and Family Support Center under IMA's control. Also this year, IMA will collapse from four to two regions in the continental United States.

With BRAC implementation beginning this year, as well as ongoing major initiatives such as Common Levels of Support, restationing and the many other activities that IMA encompasses, this promises to be a very dynamic time for the agency for the foreseeable future.

Rochelle shared a few observations that he's formed his first two months on the job:

Question: In general terms, what are your initial impressions of your new assignment? Does anything strike you as a particular opportunity or potential challenge?

Rochelle: This is not my first time in the Army installation management business, having commanded a garrison [Fort Monroe] back in the late '90s.

One thing I come back to is the remarkable view of how professional the military, civilians and contractors are at all levels of IMA and how caring they are to do the best job we can possibly do for our Soldiers, our families and our senior mission commanders.

The other thing I come back to is an appreciation for the scope of the challenges that lie ahead of us. One is the transformation from a forward-deployed Army to an expeditionary Army.

That brings with it certain demands and challenges that many of us have never faced before.

Maj. Gen. Michael D. Rochelle, the new Installation Management Agency director, talks about his observations since assuming his position Nov. 1, 2005.

If you think about the heartbeat of our installations, it's a little bit like the heartbeat that our brigades are experiencing right now – the readiness cycle and the force generation cycle. That manifests itself on our installations as well. We're grasping with how to measure that. We're grasping with how to articulate it in a coherent way for those who allocate and prioritize resources. We're getting there; we really are getting there. It's a tremendously challenging time and one that I'm excited to be a part of right now.

Question: IMA members are very focused on the changes, with the coming realignments and the move to San Antonio. Can you give any insight as to how all of that will start playing out for all of us?

Rochelle: In the short term, I would say there won't be very much change at all. The initial effort is to look at how we might gain efficiencies from the standpoint of providing even better service to the SMCs across the Army by virtually aligning the Community and Family Support Center and the Army Environmental Center under an expanded IMA.

That work is ongoing, but in the immediate future, I don't think there will be much change at all.

We've been directed to look at it virtually first, and then gradually begin to position ourselves to move to San Antonio, in my expectation, between 2008 and 2010.

Obviously at end state, I think we will see a fairly different organization from what we see today. It wouldn't make sense to take three organizations and literally stack them one on top of the other at FSH. No one would do that. Where we have duplicate functions, and there are many – Resource Management is one, HR (human resources) is another – every single organization has those core functions. We'll be looking very hard at those functions to see where there is duplication and where we can merge the assets.

The other thing I would like to mention is the work done under the task force that has looked at the existing role of the regions, as they relate to the headquarters and the garrisons, and has asked what that role should be.

That has been extraordinarily informative, and what I would expect to come out of that is an expanded role for the regions.

I expect to see a somewhat closer alignment in terms of the regions' mission with respect to our senior customer – the MACOMs (major commands). It's fuzzy right now because we don't have all the information, but we know where there are some possibilities that offer us the ability to be more agile in the sense of the expeditionary Army.

There are some things that we are supposed to do under DoD policy that we are not doing today.

One of those is a command inspection program that does two things: It certifies a new commander after a period of time – usually 90 to 180 days – that they truly have their arms around all the tools and missions that they're responsible for. It's the higher headquarters' responsibility to execute that.

It's also the higher headquarters' responsibility – IMA's – to execute that same function for the regions. That's policy and we're not doing that today, so we have to stand up that capability. It's that certification, and then assurance, that I see as the more evolving role for headquarters IMA, with a more functional or operational role growing at the region and then evolving down to the garrison.

Question: You've said in several forums that you see communication and managing expectations as a top priority. Can you elaborate on that in terms of what it means at the leadership level and the rank-and-file level?

Rochelle: Whenever you don't have all the resources necessary to accomplish any task, there is an obligation for leadership to communicate internally, as well as externally, the realities of that resourcing condition. We see that when the Army renders its posture statement annually to the Congress.

Well, there's a similar responsibility, the way I see it, for us in the installation management realm, to do that with first senior mission commanders, and that's what I charged garrison commanders to do at the commanders conference. I believe my exact words were, "more communication is better."

Along with that is the responsibility to manage the expectations of those senior leaders, as well as our Soldiers on our installations, because their expectations, given the war on terror, given the pace that our Army is maintaining, are that the resources are there.

And their expectations may well exceed at times our ability to provide and live up to those expectations. And the time to communicate and manage those expectations is beforehand and not after the fact.

That responsibility doesn't just stop at the garrison with garrison commanders, it continues up to the region director and I have a role to play in that, as well.

I see the responsibility of leadership, senior leadership especially, to predict, not simply to report out on what happened last week or last year and to report out on history. We need to be predictive in what we can expect for the future.

For example: If I'm a garrison commander at Installation ABCD, I should have conducted a thorough inspection of road networks, heating infrastructure, the water plant or even barracks.

If I'm able to look back at the level of resources invested to bring those facilities up to a certain standard, there is a way I can predict when the next catastrophic failure will occur. When we tell SMCs that we expect a bridge to fail or a heating plant or water plant to fail, either due to a lack of investment or a lack of future investment, that's what I mean by communicating and managing expectations.

Here at the headquarters, we've also undertaken determining the executive level metrics, and I don't mean just for my purposes. It means for the purpose of communicating in a meaningful way, predictively, to senior mission commanders.

In the short term, we're going to be developing that set of review and analysis metrics and applying Lean Six Sigma as we go, to help GCs and region directors to communicate with senior leaders.

Question: The realignments are being implemented as a means to find efficiencies. That certainly means the workforce will get smaller. Are plans in place to help everyone manage the changes, whether or not they elect to move with the organization?

Rochelle: Well, of course that's job one. Right now we don't have a clear picture of what those impacts will be and we may not have a good picture for quite some time yet.

One thing I'm particularly impressed with is the workforce development programs that IMA has developed. Among other things, that postures the IMA workforce for continuous and progressive training and education with a view toward meeting future requirements at the Army level.

We have, I think, a very adaptive and very progressive team of individuals. So I believe we have a leg up. But as we get a clearer picture, my commitment is to keep the workforce as well informed as I can, continuously, on what we're learning and where we think the future is taking the entire Installation Management Agency.

Question: How does BRAC play into the transformation?

Rochelle: I believe BRAC has set the conditions that have allowed the Army to begin to transform to the degree that it has and will. Similarly, BRAC provides us the environment within which we can transform by providing resources and providing the overall DoD road map and we fill in the arteries and streams and all that as that roadmap reveals itself. So it really has been the overall climate setter and we're going to use that opportunity as best we can.

Question: If you look out to the end of your time at IMA, what kind of organization will IMA be if you're successful?

Rochelle: Even more than today, I would consider success leaving a learning organization that is constantly surveying the environment – military, civil, public and private – to find those tools that can help us be even more effective in providing the quality services that our Soldiers, families and organizations deserve.

Two, I envision a workforce development program that is enhanced even beyond its current level, whereby we send even more individuals off for higher levels of training and education and bring those individuals back to continue to change the organization.

One thing I've learned in my 33 years in the Army is that it's continuously changing. I remember as a second lieutenant in a field artillery battery at Fort Campbell, Ky., reading an article about the hollow Army and what we were going to do to change that hollow Army. That was my first exposure to change at the big Army level.

Well, over the years, I've seen many changes, as have we all. And if we embrace the fact that change is both good and inevitable, if we become part of it and change ourselves in terms of our skill sets and in terms of what we're able to apply that has even broader significance to the Army, then we will benefit from that continuous change.

So that's the third point that is a healthy attitude on the part of the overall team, from the garrison up to IMA, that recognizes that change is inevitable and almost always good. It works to the benefit of our nation; it works to the benefit of our Soldiers and their families.

Casualties continued from page 9

Two recent operations were launched in Baghdad and north of Karbala on tips from Iraqi citizens. They resulted in the detention of a suspected kidnapper and the discovery of materials used in making improvised explosive devices, Lynch said.

The number of tips from Iraqis has increased from about 400 in December 2004 to 4,700 in December 2005, he said. Iraqi citizens gave Coalition and Iraqi security forces over 30,000 tips last year, the general noted.

"We find a majority ... of our operations and Iraqi security force operations are intelligence-led operations based on tips provided by Iraqi citizens," Lynch said.

Security operations are continuing all across Iraq, he added. Of the 443 total operations conducted last week, only about one-third were Coalition forces only.

"Two-thirds ... were either conducted independently by the Iraqi security forces or done in combination with Coalition forces," Lynch said. "So you see, we've reached the point in our counterinsurgency operations where the Iraqi security forces have clearly taken the lead across Iraq."

Last week's operations resulted in the detention of 320 suspected terrorists, 11 foreign fighters, 100 weapons caches and the clearing of 150 emplaced IEDs, he said.

That the IEDs were found and cleared before they detonated is important, Lynch said. "We have reached the point in our operations where we find and clear over 40 percent of the IEDs that have been emplaced," he said.

MILITARY AFFAIRS COUNCIL
1 x 2.5"
Black Only
1X2.5 Military Affairs

COTTONWOOD THEATERS
1 x 3"
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PATRICIA'S UNDERCOVER
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JOHNSON, DO, PATRICK
3 x 4"
Black Only
3x4 Dr. Johnson

GEARY COMMUNITY HOSPITAL
3 x 5.5"
Black Only
3x5.5 Pregnant Military Dep.

U.S. ARMY RESERVES- ARMED FORC
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Cyan Magenta Yellow Black

Fort Riley
Sports & Recreation

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Sports news in brief

Youth offered bowling week

Child and Youth Services is planning a "Learn to Bowl Spring Break Workshop" from 9 a.m. to noon March 20-24 at Custer Hill Lanes.

Children ages 6-12 can participate. Registration opens Feb. 1 and the workshop fee is $65.

For more information, call 239-4847.

Bicyclists plan 43-mile ride

The Riley Road Raiders, a group of bicycle enthusiasts at Fort Riley, will host a "43-4-43 President's Day Bike Ride" beginning at noon Feb. 18.

Riders should meet at 10:30 a.m. at 716 S. Jefferson St. in Junction City, Kan., for pre-ride coffee and time for last-minute tune ups.

The route will take riders across 43 miles of rolling Kansas Hills in a westerly direction from Junction City.

Riders should dress warmly. A vehicle will follow riders, so they can peel off clothing layers if needed.

Riley Road Raiders meet and greet

When: Saturday, Feb. 18, 7 - 9 p.m.

Where: Little Apple Brewery, Manhattan.

For more information, call Chris Lowery at 210-1177 or 239-7103.

Swim camp scheduled

A youth competitive swimming camp will be offered to third- through eighth-graders on post from 6:30 to 7:30 p.m. March 6-17.

The camp will provide youth who know how to swim an opportunity to work on and improve the strokes used in competitive swimming. Junction City High School and Manhattan High School sponsor swim teams.

Participants must register with Central Registration in Building 6620. Cost for the camp is $10. Each camper will get a T-shirt.

For more information, call 239-9223.

Soccer signup under way

Registration for Fort Riley Youth Sports' spring soccer season will be from noon to 5 p.m. through Feb. 24 at Central Registration in Building 6620.

Child and Youth Services charges an annual $18 fee per child (maximum fee is $40 per family).

Participants must have a sports physical form on file and dated on or after May 28, 2005, and be in grades kindergarten through eighth.

The program is open to family members of active duty military and Department of the Army civilian employees.

Volunteer coaches also are needed.

For more information, call the Youth Sports Office at 239-9223 or Central Registration at 239-4847.

Youth revisited

Post/Heronemus

Members of the "Dodge This" team (in white shirts) from Co. C, 101st FSB, grab most of the six Nerf balls laid out Feb. 11 for the start of their match with one of 17 other teams entered in the first dodgeball "Extravaganza" organized at Fort Riley.

18 teams enter first dodgeball 'Extravaganza'

By Mike Heronemus
Editor

Eighteen teams showed up at 9 a.m. in near-freezing temperatures Feb. 11 to compete in Fort Riley's first dodgeball "Extravaganza" at King Field House.

After all the "nerf" dodgeballs stopped flying, the Morris County Regional Runnerup team claimed the championship trophy, Team Illusion left with second place and the Needham team from Abilene went home with third place.

The games' hustle claimed an energy toll on most players. Each team played at least three best-two-of-three-games matches. Early in the four-hour tournament, teams would sprint to mid-court to retrieve balls, run back to their "foul-line" blue mark and then rush right back at the opponent with balls flying toward a chosen mark.

Even before 10:30 a.m., Rene Levy admitted, "I'm tired." He was part of one six-player team – "Dodge This" – from Company C, 101st Forward Support Battalion, entered in the tournament.

Levy wasn't complaining, however. "It's great. It's like the movie," he said about playing in the dodgeball tournament.

"It's a blast," agreed James Kehoe of the Channel 4 News team from 1st Battalion, 34th Armor. Kehoe said the last time he had played dodgeball was in high school. Teammate Eric Cogdell said he hadn't played since elementary school.

Gerardo Cortes of "Dodge This" had never played, but said he was having

See Dodgeball, Page 18

Wong's sharp shooting threatens Armor team

By Mike Heronemus
Editor

Andrew Wong scored 18 of his team's 27 second half points, but it wasn't enough to win their Eastern League game Feb. 9.

Headquarters and Headquarters Company, 1st Battalion, 34th Armor, came back from a 25-19 halftime deficit to defeat Wong's Company A, 1st Battalion, 34th Armor, team 46-42.

Both teams mounted offensive strategies that attacked the hoop through most of the game, but Co. A proved effective from three-point range, too. Albert Kelly led first half scoring for Co. A with three treys, and Marquez Wilson got 5 points in the opening half, including a trey.

Wong hit three three-pointers in the second half and proved deadly at the charity stripe. He sank his first two foul shots in the second half to put Co. A in the lead for the first time in the game.

The lead was short-lived, however. Sheldton Bell sunk two foul shots right after Wong's to regain the lead, 36-35, for HHC.

Wong put up a 3-pointer from the left side a few seconds later to put Co. A ahead permanently.

HHC pushed its offense to race the clock, but Don Hickson stole the ball and passed to Wong who was running downcourt, caught the pass and layed it in for another 2 points.

With time running out, HHC kept looking for lanes to the basket, but Co. A's two-three zone kept them shut out until Rick Hains almost trotted into the paint for an easy lay-up while Co. A players jogged back to their defensive positions, backs turned to their opponents.

See Hoops, Page 19

Eastern League Standings

(as of Feb. 9)

Team	W	L
331st Signal	3	4
HHC, 1-34 Armor	7	0
Co A, 1-34 Armor	6	1
Co C, 1-34 Armor	1	5
HHD/A 101st FSB	3	3
Co B, 101st FSB	3	4
HHC, 1st BCT	2	5
4th IBCT	1	5
610th BSB	4	3

Post/Heronemus

Andrew Wong (left) and HHC, 1st Bn., 34th Armor, teammate Albert Kelley battle for a rebound with Co. A, 1st Bn, 34th Armor's, Sheldton Bell Feb. 9 in Eastern League action at King Field House.

Jaunty sprayer roams Fort Riley's territory

Striped skunk common sight among area's wildlife population

Alan Hynek

By Alan Hynek
Fish and wildlife biologist

On the Wildside: News About Nature

One species of wildlife on Fort Riley needs no introduction. The striped skunk is a member of the weasel family and is probably the most recognizable mammal in North America. While most other weasels are known for their cunning and power, the skunk employs a unique defense: aroma warfare.

The striped skunk can be found throughout the state but is more abundant in the east. They can be found in a variety of habitats, preferring the edge of forests and rocky hillsides.

Breeding occurs in late February and early March. Litters range from four to 11. The kittens are sparsely haired and are born with their eyes and ears closed.

Skunks range over an area of about a mile, if food is adequate. They also become highly mobile if habitat or food becomes scarce, often traveling several miles in search of a new home.

The color markings for striped skunks vary a lot. The stripes may be wide or narrow with additional white

See Wildside, Page 18

Army biathlete falters in 1st competition

By Jack L. Gillund
Army News Service

TORINO, Italy – Army World Class Athlete Spc. Jeremy Teela faltered at the firing line and finished the Men's 20-kilometer individual biathlon competition in 51st place Feb. 11 during the XX Winter Olympics.

Competing at the Cesana San Sicario venue, 5,348 feet above sea level in the Italian Alps, the Vermont National Guard Soldier had hoped to be closer to the 14th-place individual biathlon finish he had at the 2002 Winter Olympics in Salt Lake City. Still, he came to the Games understanding he had to maintain the right attitude if he wanted to be successful.

"All I can really do is my best," he said before the start of the race.

With the return of biathletes such as Ole Einar Bjoerndalen of Norway, who came to Italy within striking distance of becoming one of the most successful athletes in the history of the Winter Olympic Games, and Michael Greis of Germany, currently ranked first in the individual World Cup standings and fourth overall in biathlon competition, Teela understood his competitors would be tough.

"I kind of faded in the end," he said about his performance. "I don't know if I did too much or not enough preparation. I just didn't have the storage in the legs that I needed."

Competing in a sport that combines the heart-pumping action of cross-country skiing with the calm nerves of a marksman takes complete concentration, said the 29-year-old WCAP athlete.

During the event, Teela demonstrated just how true that statement is. After missing five of 20 targets throughout the competition, which added five minutes to his time, his speed on the cross-country course wasn't enough to overtake the leaders. If he had shot clean, he would have finished in the top 10.

The Men's Individual biathlon competition is a timed event. Competitors start by skiing a 4-km loop and then shooting at targets 50 meters away. They repeat that sequence (alternating firing in prone and standing positions at targets that are 4.5 and 11.5 centimeters in diameter, respectively) until they have shot four times. Each missed target adds one minute to the athlete's time. The competitors finish the competition by skiing one final 4-km loop.

Eighty-eight competitors from 37 countries took part in the competition. Greis won the gold medal. The silver medal went to Bjoerndalen. Halvard Hanevold of Norway took home the bronze.

Three other biathletes competed for the United States with Teela: Jay Hakkinen of Kasilof, Alaska, finished in 10th place, Lowell Bailey of Lake Placid, N.Y., was 27th and Tim Burke of Paul Smiths, N.Y., finished 58th. Teela, although a member of the Vermont National Guard, claims Anchorage, Alaska, as his home.

Teela was scheduled to make his second biathlon appearance at the Games Feb. 14 as a competitor in the men's 10-km sprint. He said he's going to include as much rest as possible in his preparation for that event.

"It's shorter and faster but harder at this altitude," he said about the upcoming race.

Want more information?

For information about the Army World Class Athlete Program, visit http://armywcap.com.

For a complete listing of Winter Olympic events scheduled to be televised, visit http:www.Army.mil/olympics2006.

Wildside continued from page 17

coloration. Some are nearly all white, while others are nearly all black. Most on Fort Riley tend to have some white coloration on the hind feet and belly.

Skunks are truly omnivorous, meaning they will eat just about anything. In fact, they are quite beneficial to the environment because a majority of their diet consists of insects. They are said to be particularly fond of grasshoppers. They also are known to eat mice, birds, frogs, crayfish, spiders, earthworms, wild fruits and berries.

Believe it or not, striped skunks have enemies in the wild. Coyotes, badgers, bobcats and especially great horned owls are all natural predators of skunks.

Skunks are best known for their ability to spray musk when threatened. The musk is stored in glands and can be sprayed to a distance of 4 meters. The glands have enough musk for five to six sprays.

Skunks are generally not aggressive. Most will just try to escape rather than spray. One myth is that they spray frequently. In fact, some skunks may not even spray during their lifetime.

Fortunately, skunks usually give plenty of warning before spraying. Most will growl, hiss and stomp their feet or even stand on their back or front feet to appear larger than they are. Spraying is usually their last line of defense.

When it decides to spray, the skunk will turn in u-shaped fashion with head and tail facing the direction of the enemy.

Although most people know what a skunk smells like, most do not realize the liquid is extremely noxious. It can cause nausea and temporary loss of vision.

However, like porcupines, skunks appear to be overconfident of their defense mechanisms, resulting in a high mortality near roadways.

The spotted skunk is rare enough in Kansas that it is considered a state threatened species. The spotted skunk is about half the size of its striped cousin. It is also more slender with a shorter tail.

As the name implies, spotted skunks do not have stripes. Instead, they have four to six broken lines running from the back of the neck to the base of the tail. The pattern of spots varies enough that they can be used to identify certain individuals.

Like skunks, the other members of the weasel family (Mustelidea) are known for fascinating habits. The family includes badgers, otters, ferrets and weasels.

For more information on skunks or any other wildlife, contact the Conservation Branch at 239-6211, stop by Building 1020 or visit http://www.riley.army.mil/Services/Fort/Environment/NatResources/ on the Web.

Dodgeball continued from page 17

fun.

The Channel 4 News team entered to have fun, Levy said.

Fort Riley Sports Specialist Barry Sunstrom ran the tournament matches. He had registered only six teams as of Feb. 3, but a rush of teams willing to pay their $60 entry fee turned up in his office late in the week before the tournament.

Because teams had to pay an entry fee, the sports office used a special bracketing arrangement that insured each team would play at least three games, Sunstrom said. It's similar to what USSSA-sanctioned softball leagues use.

Sunstrom expected the tournament to go about five hours, with a maximum of five minutes allowed for each of the three games in individual matches.

"None of our games went five minutes," Cogdell said. "They usually lasted three minutes, and by that time I was definitely out of breath."

One player said he thought the games were more strenuous than normal Army physical training, perhaps even more demanding physically than combat football, which is sometimes used in place of normal PT to provide a variety in the training schedule.

A lot of the teams played with no practice and no planned strategy. "You just play," Cortes said, "and talk to each other."

Playing was the reason the two teams from Fort Riley's Staff Judge Advocate's Office entered, said Patrick Woolsey of the Justice League team. "We play a lot of intramural sports in Manhattan. It's good for teambuilding," he added.

Some rules for play had to be created while tournament play took place. After one team tried tagging opposing players with a ball instead of throwing it, Sunstrom decreed that, from that time on, balls would have to be thrown in order to put an opposing player out of the game.

Play progressed so rapidly, Sunstrom and his two foul line judges relied a lot on the honor system for players. With so many players watching the games and calling out when they saw players not leaving the court when put out, cheating was minimal, he said.

One continual problem for the players was inadvertently stepping across the opponent's foul-line tape. The tape required players to stand no closer than the foul-line distance to opposing players backed against the wall on their side of the court.

Stepping over the line disqualified a player, and the championship game ended when the last Team Illusion player forgot where he was and stepped across that line before throwing his ball, ending the match and handing the championship trophy to the Morris County Regional Runnerup team.

Despite minor rule problems, Sports Director Jim Westerhaus deemed the tournament a success in regard to attendance and overall play. Additional dodgeball tournaments will be considered on post, he said.

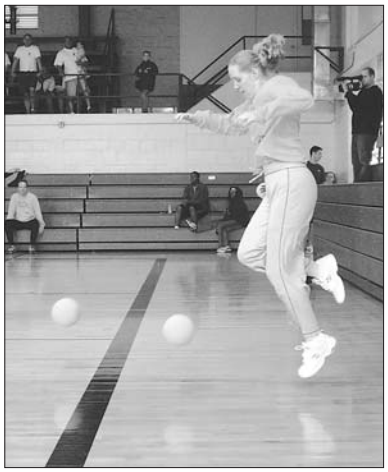
Mike Heronemus can be contacted at mike.heronemus@riley.army.mil or (785) 239-8854.

Post/Heronemus

Scott Scherberger (right) of Geneal Jso's Chickens, Directorate of Morale, Welfare and Recreation, takes aim at Spc. Tim Counihan of the Co. C, 101st FSB, Courage Crushers during one dodgeball game at King Field House Feb. 11 after Counihan lost his balance trying to retreat.

The teams:

Morris County Regional Runnerup
- Courage Crushers
- 1-41 Widowmakers
- Grey Wolves
- Ballers
- The Justice League
- Balt. Moose Patties
- Team Griffin
- Channel 4 News
- Showtime
- Badmamajammas
- Rescue
- Mutha Chai
- Needham
- Team Illusion
- Sinister Six
- Gen. Jso's Chickens
- Dodge this



Post/Heronemus

Kristi Moneypenny of General Jso's Chickens jumps to avoid balls thrown at her during one game at the dodgeball "Extravaganza" contested Feb. 11 at King Field House. Half her six-player team had been eliminated at this point.

CANDLEWOOD HEALTH MART PHARMAC
2 x 2"
Black Only
2X2 Candlewd Health/Feb TF

COCO BOLOS
2 x 5.5"
Black Only
2x5.5 CocoBolos

BROOKS YAMAHA
2 x 5"
Black Only
2x5 Brooks Motorcycle

STANDARD PLUMBING
2 x 5"
Black Only
2X5 Stand Plumb/Feb tf

Sports news briefly

Custer Lanes events listed

Feb. 17-18 – 10 p.m. to 1 a.m., extreme bowling

Feb. 18 – 4 to 7 p.m., family time extreme bowling, $15 per lane for six people

Feb. 19 – 4 to 7 p.m., family time extreme bowling, $15 per lane for six people

Feb. 24-25 – 10 p.m. to 1 a.m., extreme bowling

Extreme bowling features bowling under strobe lighting.

Custer Hill Bowling Center, Building 7485, offers open bowling 5 to 11 p.m. Tuesdays through Thursdays, 5 to 10 p.m. Fridays and 3 to 11 p.m. Saturdays.

For more information about Bowling Center activities, call 239-4366.

Gym, pool activities listed

King Field House and Eyster Pool staffs have scheduled several activities and classes scheduled for the coming week, including:

Feb. 16 – 9 to 10 a.m., King Field House, turbo kick

Feb. 20 – No group fitness classes

Feb. 21 – 6:30 to 7:30 a.m., King Field House, PT powertime; 9:30 to 10:30 a.m. and 5 to 6 p.m., Eyster Pool, water aerobics; 9 to 10:30 a.m., King Field House, Cardio Training Express

Feb. 22 – 4:30 to 5:30 p.m., King Field House, turbo kick; 5:45 to 6:45 p.m., King Field House, cardio pump aerobics; noon to 1 p.m., King Field House, fitness yoga

Feb. 23 – 9:30 to 10:30 a.m. and 5 to 6 p.m., Eyster Pool, water aerobics; 5:45 to 6:30 p.m., Eyster Pool, abs, buns and thighs

Feb. 24 – 9 to 10 a.m., King Field House, turbo kick

For more information, call 239-2813.

Upcoming games

Eastern League

Feb. 22

4th Infantry Brigade Combat Team plays Company B, 101st Forward Support Battalion, at 6 p.m.; Headquarters and Headquarters Company, 1st Battalion, 34th Armor, plays Headquarters and Headquarters Detachment and Company A, 101st FSB, at 7 p.m.; and Company A, 1st Bn., 34th Armor, plays Company C, 1st Bn., 34th Armor, at 8 p.m.

Southern League

Feb. 16

Headquarters and Headquarters Company, Task Force Dependable, plays Headquarters and Headquarters Battery, 1st Battalion, 5th Field Artillery, at 6 p.m.; and Company A, 1st Battalion, 16th Infantry, plays Company B, 1st Bn., 16th Inf., at 7 p.m.

Northern League

Feb. 21

Company A, 1st Battalion, 190th Military Police Battalion, plays 172nd Chemical Company at 6 p.m.; Headquarters and Headquarters Company, 24th Infantry Division (Mech), plays 997th Military Police Company, at 7 p.m.; and Meddac/Dentac plays 10th Air Support Operations Squadron, at 8 p.m.

Feb. 23

172nd Chem. Co. plays 10th ASOS at 6 p.m.; 116th Military Police Company plays 997th MP Co. at 7 p.m.; and HHC, 24th Inf. Div., plays Company A, 1st Engineer Battalion, at 8 p.m.

Post/Heronemus

Andrew Wong (white jersey) of HHC, 2nd Bn., 34th Armor, goes up for a rebound surrounded by Co. A, 2nd Bn., 34th Armor, players Sheldton Bell (32), Rick Hains (5) and Gary Christie (4) as Wong's teammate Casey Dean (left) looks on.

Hoops continued from page 17

Hains and his teammates took advantage of the momentary lack of concentration.

Hains slipped through Co. A players on the court while their teammates on the bench yelled warnings about Hains to the shuffling players.

Hains' shot brought HHC within 2 points of the leaders.

Wong then hit a field goal for 2 points to regain the 4-point lead, but Bell sank a 2-pointer to return the gap to one basket.

On their next possession and 15 seconds left on the clock, HHC called for a time-out to plan its final strategy.

HHC inbounded the ball from mid-court, but Wong stole the ball and dribbled all the way downcourt to sink a final lay-up to win the game 46-42.

Bell led second-half scoring for HHC with 8 points, Teammate Carlos Jones added 5.

• • •

In other Eastern League games Feb. 9, Headquarters and Headquarters Company, 1st Brigade, slipped past 610th Brigade Support Battalion 33-32 and Company B, 101st Forward Support Battalion, defeated 331st Signal Company 41-23.

Northern League Standings
(as of Feb. 6)

Team	W	L
HHC, 24th ID	5	2
Meddac/Dentac	1	3
116th MP Co	2	2
997th MP Co	1	4
10th ASOS	0	6
Co A, 1-190 MPs	3	1
3-75th Inf	0	2
Co A, 1st Eng Bn	2	2
1st Mntc Co	5	1
172nd Chem Co	2	2

Southern League Standings
(as of Feb. 7)

Team	W	L
HHC, 1-16 Inf	3	0
Co A, 1-16 Inf	1	2
Co B, 1-16 Inf	5	0
HHB, 1-5 FA	1	3
Btry B, 1-5 FA	1	3
Btry D, 1-5 FA	1	4
Svc Btry, 1-5 FA	5	2
D Trp, 4th Cav	1	5
HHC TFD	3	2

SCREEN MACHINE
2 x 2"
Black Only
2X2 Screen Mach/Feb TF

CLAY CENTER FAMILY PHYSICIANS
2 x 3"
Black Only
2X3 CC Fam Physicians

THE COLUMBIAN THEATER
2 x 6.5"
Black Only
2x6.5 Columbian Driving MsDais

AIB
4 x 11"

4x11 AIB Full Color

‘The Sarge’ loses at Pomona but tells kids of opportunities

By Derek Crotts
Army News Service

POMONA, Calif. – With the smell of nitro and the roar of engines permeating the air, thousands of California area high school and college students filed through the Youth Education Services, or YES area at the Pomona raceway.

This program, presented by the U.S. Army for the past five years, takes place at 22 National Hot Rod Association events throughout the racing season. It teaches students about career opportunities in the Army and racing.

The 45-minute program includes speakers like three-time National Top Fuel Dragster Champion Tony Schumacher, who snapped his winning streak Feb. 12 when he was eliminated in the second round of the Carquest Winternationals.

Two Schumachers talk about careers

“It is designed to get high school kids out and teach them the importance of the decisions they make in life,” said Capt. Bryant Schumacher, commander, Covena Recruiting Company.

No relation to the Top Fuel Champion, Capt. Schumacher pointed out that the YES program provides the youth attending with a better awareness of the many career possibilities the Army offers.

Many of the attending students, like David Marek, from University Technical Institute in Rancho Cucamonga, agreed that the Army offers a variety of choices for success.

“They (the Army) do have a lot of good jobs,” Marek said. “It offers a good education and a lot of opportunities. You can be (in the Army) for years and have fun.”

“It is very important to realize that the Army has many options for young people to meet their future goals,” Schumacher said. “Today is about awareness of the opportunities, to try to help instill values – the Army values – and the options that are available (to Soldiers).”

YES focuses on values

At one of his many presentations during the day, Tony Schumacher referred to the importance of values as he explained the need for trust in teammates: Traveling at more than 300 mph, you have to place your life and trust in the hands the people who design and build the car and the safety mechanisms that are installed and maintained by your team.

Capt. Schumacher echoed those sentiments and knows that the military builds more than just trust; it develops a sense of responsibility.

“The importance of programs like this is to make sure we have responsible individuals in our society that can go into the military and come out and be productive…developing a more responsive civilian workforce,” he said.

ANS/Thurmond

Army top fuel drag racer Tony Schumacher’s crew gives him the OK sign just prior to his winning run at Maple Grove Raceway last season.

CERTIFIED MORTGAGE SOLUTIONS I
2 x 2"
Black Only
2x2 CMS Denise Sage

FIRST SOUTHERN BAPTIST
2 x 2"
Black Only
2X2 1st South Baptist

COLLEGE HEIGHTS BAPTIST CHURCH
2 x 2"
Black Only
2X2 Coll Hghts Bapt/Feb TF

CHANGING TIMES BOUTIQUE
2 x 2"
Black Only
2x2 CTB Feb TF

SHEAR EFFECTS
2 x 2.5"
Black Only
2x2.5 Shear Effects

FIRST PRESBYTERIAN CHURCH
1 x 2.5"
Black Only
1x2.5 1st Presb Feb TF

SATURN OF TOPEKA
3 x 7"
Black Only
3x7 SaturnofTopeka

CENTRAL MICHIGAN U/OCP
3 x 8"
Black Only
3X8 CMichU WO#17700

Cyan Magenta Yellow Black

Fort Riley
Community Life

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Community news briefly

ITR has movie, travel deals

The Information, Ticketing and Reservation office on post offers destination packaging, cruises, leisure commercial travel, discount attraction tickets and tours.

Discount movie tickets for Seth Childs 12 Theatre in Manhattan also are available. Passes are $6 and may be used for all movie showings. Tickets are not movie specific and have an expiration date of a year.

For more information, call 239-5614.

Scholarship deadline near

Scholarships for Military Children applications must be submitted by the Feb. 22 deadline.

Information, applications and the essay topic for the 2006 Scholarships for Military Children program are available at commissaries worldwide and online at the program Web site, http://www.militaryscholar.org.

The program is administered by Fisher House Foundation and funded by manufacturers and suppliers of groceries and services in the commissary system. The program has awarded nearly $4 million in scholarships to more than 2,400 students since the first awards were made in 2001.

AER expands spouse aid

Army Emergency Relief is expanding its Spouse Education Assistance Program to the United States.

The Stateside SEAP is a need-based education assistance program designed to provide spouses of active duty Soldiers or the widows or widowers of Soldiers who died while on active duty with financial assistance in pursuing their educational goals.

Financial assistance is provided as a grant and is awarded based on financial need as evidenced by income, assets, family size, special financial obligations and circumstances. The maximum grant amount is $2,500 for academic year 2006-2007.

The scholarships are awarded annually for up to four academic years to attend post secondary school full-time as undergraduate level students. Second undergraduate or graduate level courses are not included.

The scholarship money can be used for tuition, books, supplies and fees and will be paid by AER directly to the college or university.

Applications are available for downloading on AER's Web site, www.aerhq.org; at AER Sections; or by mail from Headquarters, AER.

The deadline for receipt of completed applications for the upcoming academic year is May 22. Mailed applications and supporting documents must be received or postmarked by May 22 or earlier to be considered on time.

For more information, visit www.aerhq.org on the Web.

Stay In Step with Fort Riley

See what's happening on Fort Riley cable Channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m.

Studies show videos affect kids

Researchers add weight to claim that watching violence breeds violence

By Keener A. Tippin II
Kansas State University

MANHATTAN, Kan. – Three recent studies by Kansas State University's John Murray, a professor of developmental psychology, and two other research teams have shed new light on the ways in which the brains of young children and young adults respond to viewing video violence.

Murray's findings were the result of his most recent research on brain imaging and video violence in children. The other teams were led by Bruce Bartholow from the University of Missouri and Rene Weber from Michigan State University,

"Each study took a slightly different approach to assessing the neurological responses of viewers," Murray said, "but each study came to the same general conclusion: Viewing video violence activates specific areas of the brain that are known to be involved in recognizing, remembering and rehearsing or activating aggressive behavior."

In the study done by Murray and his colleagues, published February in the journal Media Psychology, young children between the ages of 8-13 watched video clips of a violent boxing match from the movie Rocky IV while their brains were scanned in an MRI unit. Murray said the study demonstrated very distinct patterns of brain activation when

See Sudies, Page 23

It's 'stuffed'

Post/Morelock

Thrift Shop Manager Tracey Sosa (left) and Consignment Clerk Marlene VanSickle plan a path to move a purchased couch from the store to the buyer's vehicle.

Shop plans yard sale to empty 'closet'

By Anna Morelock
Staff writer

Fort Riley's Thrift Shop staff is taking it all outdoors, so to speak. They plan to hold a yard sale from 10 a.m. to 1 p.m. March 4 to empty the store of its excess merchandise.

Thrift store merchandise in the yard sale will go for a quarter each, Store Manager Tracey Sosa said.

Merchandise included in the yard sale will be items that have been in the stockroom that people haven't had the opportunity to see, Sosa said. "We're not just limiting it to clothing. There will be knick knacks, household goods, dishes … a mixture of goods at a more than fair selling price."

The shop normally donates excess merchandise to other organiztions, such as the Salvation Army or Goodwill, Sosa said. "But, they don't have the room right now to support the volume of goods that we would need to donate.

"It's not for lack of (customers)," Sosa said, about the excess goods. "It's just we have got an overwhelming amount of donations between people who are PCS-ing into the area and PCS-ing out."

The small shop staff has limited time to deal with the bulk of the donations, Sosa said. More volunteers would be a solution to that problem.

"Assisting, assisting, assisting," Sosa said, is the main job of Thrift Shop volunteers. They help with sorting donations, assisting customers, putting merchandise on the floor and helping in the consignment area.

Donating time to work at the Thrift Shop comes with some perks, Sosa said. Volunteers can be reimbursed for child care expenses of up to $3.50 an hour, and they receive a 25 percent discount on store merchandise.

Besides selling donated items, the Thrift Shop consigns items for sale. People who bring items in for consignment set their own price and have 30 business days to sell their goods. If items aren't moving quickly enough, consigners can come in at any time and reduce the cost of their items. If an item doesn't sell, the owner can reclaim the merchandise or let it become thrift store merchandise.

"Some consigners aren't in the position where they're ever going to come back for the merchandise," Sosa said. "They purged because they're doing spring cleaning or they're moving, so they can let that merchandise expire and become Thrift Shop property. Then we'll sell it at even more reduced price – in most cases half off – just to get rid of it."

Consigners can sell up to 15 items a week, seven of which can be clothing. The items are sold on a 70-30 split with 70 percent of the sale going to the consigner and 30 percent going to the shop.

"I would say that a consigner that comes in here probably every Tuesday and con-

See Thrift Shop, Page 23

Retired general urges spiritual fitness

By Anna Morelock
Staff writer

Retired Lt. Gen. Freddy McFarren, commanding general of the 24th Infantry Division (Mech) and Fort Riley from 1998 to 2000, spoke about his spirituality and the importance of spiritual fitness in the military Feb. 8.

He delivered the keynote address at the post's National Prayer Luncheon in Riley's Conference Center.

"We have to be concerned about spiritual fitness," McFarren said, "because we're dealing with the welfare and the well-being of Soldiers and their family members."

Five Soldiers and one nun read prayers before McFarrren's speech. One prayer was for the nation, one for the president, one for the Army, one for the troops, one for family members and for peace.

Chap. (Col.) Kenneth Sampson, installation chaplain, said the prayers were read from a variety of faiths to represent the rich heritage of the nation.

Spc. Jeshua Screws, a chaplain's assistant, read the prayer for the Army, asking for God's protection for the Army as well as direction and wisdom for the future.

"I think (the National Prayer Luncheon) helps let Soldiers know that there's spiritual morale at Fort Riley to back them up," Screws said about the program.

"The chaplains definitely provide a lot of that for them. I see from day to day talking to the Soldiers how they need that spiritual morale on a day to day basis, and this is an event that I think helps build that for them."

Special music during the program was provided by Chap. (Col.) James Buckner, the Installation Management Agency's chief of chaplains.

Anna Morelock can be reached at 239-3032 or anna.morelock@riley.army.mil.

Marriage and military life

Senior enlisteds play major role in big 'I do'

By Gene-Thomas Gomulka
Retired Navy chaplain

A chaplain assigned to a deploying unit recently wrote about how so many of his young troops continue to rush into marriage in their early 20s, only to find themselves divorced within a few years.

While Army chaplains have recently adopted a new program to help lower high military divorce rates, the fact is that only a very small percentage of young troops attend worship services and even fewer seek counseling from chaplains before getting married.

If military leaders want to do something about high divorce rates that affect retention and operational readiness, they would be wise to recognize how senior enlisted members can be an extremely vital resource in helping junior enlisted members understand all the responsibilities associated with saying, "I do."

Senior enlisted personnel have far more contact on a daily basis with junior personnel than chaplains and family support center

See Marriage, Page 24

About the author

Gene-Thomas Gomulka is a retired Navy chaplain and author of "The Survival Guide for Marriage in the Military."

Have a question? Write Gene-Thomas at letters@plaintec.net

Community news briefly

Youth services classes set

Child and Youth Services at Fort Riley has scheduled the following classes:

Feb. 18 – 9 a.m. to 3 p.m., Red Cross baby sitting class

Feb. 18 – 3 to 5 p.m., Home Alone training

Feb. 18 – 3 to 4 p.m., youth sponsorship

For more information, call 239-9173.

Spouses plan to meet, bowl

The Enlisted Spouses Club will conduct its general membership meeting at 6:30 p.m. Feb. 22 at Custer Hill Bowling Center.

All current ESC members will bowl for free. Members can bring a friend to bowl, too.

Child care is provided, but call 784-2980 to reserve a spot.

Quilt class planned

The Fort Riley Arts and Crafts Center has scheduled a quilting class for Feb. 25. Participants will learn to make a quilted table runner.

The class fee is $20 plus cost of supplies.

Class will run from 9 a.m. until the project is completed – about five hours. Participants may leave early if they need to.

For more information, call 239-9205.

Web site links public, troops

'America Supports You' offers help military can't

By Donna Miles
AFPS

WASHINGTON – Servicemembers or military family members who need help may find the support they need just a few computer mouse clicks away on the "America Supports You" Web site.

The green button on the www.AmericaSupportsYou.mil site takes military members to a long list of resources and "America Supports You" partners, all standing by and ready to help, said Allison Barber, deputy assistant secretary of defense for public affairs.

They include traditional military and government programs as well as corporate, grassroots and individual efforts that help meet needs the Defense Department simply can't, said Barber, who came up with the "America Supports You" program concept and oversees its operations.

For example, one link on the page takes visitors to organizations that donate frequent-flier miles so family members and friends can visit wounded troops recovering from combat injuries.

Another links to groups that renovate homes and build ramps to accommodate returning troops' wheelchairs, all at no charge, Barber said.

While many groups on the site focus specifically on wounded troops, many support all servicemembers and their families in need.

Some offer free phone cards for deployed troops so they can call home without stressing their budgets.

Others send care packages and letters of encouragement to deployed members.

Still others help families keep the home fires burning during their loved one's deployment. Recognizing that family finances often get tight during deployment, some groups pitch in to cover emergency expenses or pick up the tab on niceties that too often go by the wayside during a deployment, Barber said.

One "America Supports You" team member, for example, cut a check directly to a mechanic to pay for a military family's desperately needed car repairs, she said. Another pays for camps for deployed National Guard members' kids.

While recognizing the tremendous value of initiatives conducted at the service and Department of Defense levels, Barber said the "America Supports You" program provides a conduit to services and programs beyond DoD's scope.

"These are not programs that the Department of Defense is equipped to run," she said.

"There are certain things that our grassroots groups and corporate team members can do for the military community that the military is not necessarily equipped to handle in the same way," she said.

Since its inception in November 2004, the "America Supports You" program has provided a direct link that never existed before between the American public and the country's men and women in uniform.

"What 'America Support You' has done is connect America's passion for the troops to the troops," Barber said.

Post/Morelock

Spc. Serena White from DENTAC talks to a class of fourth-graders at Jefferson Elementary School. White discussed brushing and flossing with the students as part of a program for Children's Dental Health Month.

Open wide, say 'aaah'

Post/Morelock

Cpt. Martin Gossenaur from DENTAC performs a dental check-up on Christian Wright at Jefferson Elementary School. The dentists did visual checks of students' teeth for Children's Dental Health Month. Each student received a mouth mirror and dental report to take home. The report told parents if their child needed further attention to their teeth or if they were in good shape.

MILITARY ONESOURCE
6 x 11"
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Community news briefly

Spouses plan movie night

The Fort Riley Officers' and Civilians' Spouses' Club will host a club movie night beginning at 6 p.m. Feb. 16 at the Rally Point in Camp Forsyth area.

The movie will be "Grease," so members are encouraged to dress up as their favorite "Grease" characters. Dinner will be hamburgers and French fries.

School Age Services listed

Feb. 17 – Black History Month speaker at School Age Services building

Feb. 20 – School Age Services closed for holiday

Feb. 21 – Healthy heart visit at Irwin Army Community Hospital and Bowling Center, Building 7485, kindergarten

Feb. 24 – Junction City library, kindergarten

For more information, call 239-9220.

Teen Center lists activities

Feb. 17 – 7 to 9 p.m., ice cream social

Feb. 18 – 3 to 4 p.m., youth sponsorship training

Feb. 18 – 9 p.m. to midnight, Midnight Basketball

Feb. 20 – Teen Center closed

Feb. 24 – 8 to 10:30 p.m., middle school dance

Feb. 25 – 9 to 11:30 p.m., high school dance

For more information, call the Teen Center at 239-9222.

Club Beyond posts activities

Sundays – 9:15 to 10:15 a.m., Sunday school, Main Post Chapel

Sundays – 6 to 7:30 p.m., Club Beyond (grades 9-12), basement of St. Mary's Chapel

Tuesdays – Bible Lunch Tuesdays (BLT), grades 10-12. Free lunch and devotion. Pick up outside Junction City High School band room

Wednesdays – 6 to 7:30 p.m., Club Beyond JV (grades 6-8), Teen Center

For more information, call Jason Grogan at 210-6240 or e-mail Jason.Grogan@cox.net.

Rally Point sets entertainment

Feb. 16 – Dance music 8 p.m. to close

Feb. 17 – Family Night from 5 to 8 p.m., and dance music from 8 p.m. to close

Feb. 22 – Wing Night, 20-cent wings and dance music 8 p.m. to close

Feb. 23 – Dance music 8 p.m. to close

Feb. 24 – Family Night from 5 to 8 p.m., and dance music from 8 p.m. to close

Wednesdays – Krazy Karaoke and 20-cent wing night 5 to 8 p.m.

For more information, call Rally Point at 784-5434

Thrift Shop

continued from page 21

signs their 15 items will probably average about a $70 check for the month," Sosa said. One regular consigner gets between $300 and $400 checks, she added.

"It's a good way to purge yourself of some of your kids' things that maybe they've outgrown and then still make an income out of it," Sosa suggested

Children's items are among the fastest sellers at the shop, Sosa said, including books, clothing and furniture.

Clothing, furniture, name-brand items and seasonal items are other popular sellers, Sosa said. "A lot of who our consumer is is that young Soldier PCS-ing in," she said. "So, you have to think of the practicality of what they need."

Items the store doesn't get enough of are maternity clothing, plus-size clothing, men's clothing, good shoes – especially children's shoes – and coats, she said.

The shop also has a media room filled with books, DVDs, CDs, magazines and sometimes Playstation 2 games. They're current stuff, Sosa said. "It's definitely worth going in there."

Sosa said a lot of single Soldiers with time on their hands come in to pick up books or CDs. "They maybe didn't get it in the music store because they couldn't afford it at the time and now it's at a fraction of that cost," she said.

Every Wednesday, the shop puts out a list of items that aren't being accepted for consignment that week. Electronics are often on that list. If they're newer electronics, they move fast, Sosa said, but the shop has a hard time getting rid of computers and scanners.

"We just want items that aren't damaged, soiled or broken," Sosa said. "We want items that are sellable, that a person would sell at their yard sale and pass on to the consumer, not something we're just going to have to haul away and dispose of because that's a lot of time and manpower wasted."

Last year the Thrift Shop sold just under $60,000 worth of goods. "I think that one thing people don't realize is that the Thrift Shop is a staple of the community," Sosa said. "One of the things that we do is we divest ourselves of funds twice a year, so we reinvest our money back in the community."

Twice a year the shop's board of governors reviews fund requests to decide where the money will be the most helpful. The board looks at several criteria when donating money.

"Obviously, our first priority would be to give back to the military, because that is the bulk of who we service first, but we will give to other organizations, too," Sosa said. "It's going to go back into who supports us for the most part because we want to support them in return."

The Thrift Shop has given funds to the Ogden Youth Center, local family readiness groups, the Central Kansas Military Foundation and Operation Santa Claus. Organizations wishing to apply for funds can pick up applications at the Thrift Shop.

Another way the Thrift Shop gives back to the community is by helping those in need. "We also help victims of house fires and make sure they get the items that they need," Sosa said.

"It doesn't matter if they're military or not. As long as they belong to the community, we will put that investment into them," she said.

Volunteer and Board Chairperson Brenda Sandoval said she'll continue helping out at the store because she likes to see where her donations are going. Sometimes solicitors ask for money and the people who donate really have no idea where it's going, she said. "Here, you actually see who you're helping or know that the money is going to different organizations that request funds throughout the year."

"It's been a very nice experience," said Sandoval, who has been volunteering at the store since March 2005. "I've seen people walk in on a daily basis. You get to see the same faces and new faces," she said. "People are really happy when they find good buys. It's built a nice relationship with customers."

The Thrift Shop takes donations at any time during store hours, or items may be left at the side door after hours. Consigners can bring items in from 9:30 a.m. to 1 p.m. on Tuesdays and from 10 a.m. to 1 p.m. the first Saturday of every month.

Anna Morelock can be reached at 239-3032 or anna.morelock@riley.army.mil.

Fort Riley Thrift Shop

Where: Building 267 off Stuart Avenue on Main Post

Phone: (785) 784-3874

Hours: 9:30 a.m. to 2:30 p.m. Tuesday through Thursday 10 a.m. to 1 p.m. the first Saturday of the month

Cash, Visa or MasterCard can be used to buy items.

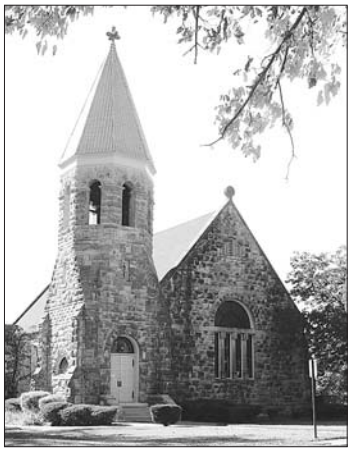
Members of the general public can shop at the Thrift Shop.

Consigners must be at least 18 years old.

Post/Morelock

Thrift Shop Manager Tracey Sosa rings up purchases for customers at the shop.

Chapel services



Post File Photo

Main Post Chapel

Tradition/Blended Protestant

This community oriented worship takes place Sundays from 10:30 to 11:45 a.m. at the Main Post Chapel. Worship combines traditional hymns with a Praise Band consisting of guitar and drum. For information about religious education programs, call 239-6597.

Catholic

Sunday Roman Catholic Mass takes place at Morris Hill Chapel 9 to 10:15 a.m. and historic St. Mary's Chapel 11 a.m. to noon. For information on Soldier and family member religious education and sacramental preparation classes, call 239-4815.

Lutheran

Traditional Lutheran Liturgical worship takes place Sundays from 11 a.m. to noon at Normandy Chapel. Services follow the Lutheran Book of Worship format with traditional piano accompaniment. Communion is shared almost every Sunday.

Traditional Protestant

Tradition oriented service with an evangelical bent takes place at Normandy Chapel on Sundays from 9:30 to 10:30 a.m. The service uses hymns from the revivalist tradition and worship is patterned after a conventional Baptist format. Piano music accompanies hymns.

Gospel Protestant

A Gospel service takes place at Morris Hill Chapel Sundays from 11 a.m. to 2:30 p.m. Sunday School is taught beginning at 9:30 a.m. The preaching of the Word of God and music in the gospel tradition is an integral part of worship. A variety of Soldier and family religious education and week night programs are scheduled. For more information, call 239-4814.

Contemporary Protestant

Drums, guitars and praise songs in an informal setting characterize worship taking place at Kapaun Chapel from 11 a.m. to 12:30 p.m. Sundays. Soldiers and young families are the target audience for these worship services.

Studies

continued from page 21

the children watched the violence, contrasted with viewing nonviolent video scenes from other TV programs.

"In particular, children responded to the video violence by activating areas of the brain involved in fear responses. The amygdala – the organ in the brain that recognizes threat in the environment and prepares the body for fight or flight – was activated, along with the posterior cingulate, an area of the brain that stores traumatic events for long-term memory, such as that found in post-traumatic stress disorder victims of violence," Murray said.

Murray, who also serves as a senior scientist-visiting scholar at the Center on Media and Child Health at Harvard Medical School Children's Hospital in Boston, said the study showed evidence of activation of the brain's premotor cortex, indicating that the children were attempting to imitate the boxing scenes while viewing the movie.

In another study by Weber and colleagues, young males played a violent video game while they were resting in an MRI. The young adult males, ages 18 to 26, were experienced video game players who played, on average, about 15 hours each week. When viewing and playing the most violent sections of the video game, as contrasted to the sections of the game that involved search for a target rather than active violence, there were changes in an area of the brain, the anterior cingulate cortex, that indicated a separation of thinking or judgment vs. emotion. This suggests that the repeated playing of violent video interactions leads to a desensitization to the infliction of pain and suffering as portrayed in the game.

In a third study by Bartholow and his colleagues, young adult males who were extensive video game players were shown images from violent video games while electrodes on their scalps measured brain wave responses. The researchers found that a particular brain wave – the P300 wave, which has been demonstrated to indicate the extent of aversive response to violent or negative scenes – was diminished among the heavy violent game players.

Furthermore, in a later part of the study, when the young men were allowed to deliver "punishment" to another participant to disrupt his performance in a competitive game the two were playing, the subjects with the lowest P300 responses – the most desensitized to violence – delivered the most aggressive "punishment."

Murray said these studies show the harmful effects of video violence. "We must remember that these studies must be seen in the context of a long history of research, approximately 50 years of studies on the topic of the harmful behavioral effects of viewing video violence," hesaid.

"Basically, this new research on brain responses to viewing violence begins to identify how and where the neurological processes of children and young adults are modified by the experience of viewing violence. When added to the behavioral research that has accumulated over the past half century, we now know that the effects of so-called 'entertainment' violence are far from entertaining. This is a serious source of violence in society; one that parents, teachers and public officials should take seriously."

Murray's research, part of a three-year $500,000 grant from the Mind Science Foundation of San Antonio, Texas, also will be a part of a collaborative effort for the book, "Children and Television: 50 Years of Research," to be published in March.

Murray's research also is part of a joint project between K-State and Harvard Medical School, which has received an additional $500,000 from the U.S. Department of Health and Human Services.

PRAIRIE HAWG CYCLE & LEATHER,
1 x 1.5"
Black Only
1x1.5 Prairie Hawg Feb TF

MYERS INSURANCE AGENCY
1 x 2"
Black Only
1x2 Myers Feb TF

MEMORIAL HOSPITAL ABILENE
1 x 2"
Black Only
1x2 Heartland Lasix

4X4 LAND, INC.
3 x 2"
Black Only
3x2 4x4Land Feb TF

SALINA POWERSPORT
3 x 2.5"
Black Only
3x2.5 Salina Powersport

LIVING WORD CHURCH - MANHATTAN
3 x 2.5"
Black Only
3x2.5 Living Word Feb TF

The new multifaith monument erected at the post's Outdoor Chapel on the bluff overlooking Camp Forsyth reflects the pews and altar at the Outdoor Chapel. The monument was installed at the beginning of January. *Post/Stairrett*

Monument erected

Varied faiths represented at Outdoor Chapel

By Amanda Kim Stairrett
Staff writer

A multifaith monument was installed the beginning of this year at Fort Riley's Outdoor Chapel to celebrate what Chap. (Col.) Kenneth Sampson, the installation chaplain, calls the "rich religious heritage of our armed forces and United States."

The gray stone marker contains engravings of tablets representing the Jewish faith, a crescent and star representing Islam, the crest of the U.S. Army chaplaincy, a wheel representing Buddhism and a cross with hash marks to represent Eastern Orthodoxy.

Sampson said the monument would help foster a spirit of tolerance and mutual respect for the variety of religions practiced within the armed forces and the Fort Riley community. Respect, cooperation and inclusion are values crucial to military life, and the monument has a part in that, he said.

Workers from Manhattan Monument installed the marker in early January, five weeks after Fort Riley Public Works installed the monument's foundation. The project was funded through an Ecclesiastical Equipment Grant from Department of the Army.

Plans for the multifaith monument began when Sampson wanted to make those of other faith traditions feel welcome and at home within the Outdoor Chapel.

The Outdoor Chapel is located on a bluff between Main Post and Custer Hill, southwest off 1st Division Road. It includes a stone altar, cross and benches.

A dedication event for the monument is planned for late spring or early summer, Sampson said.

Amanda Kim Stairrett can be contacted at amanda.kim.stairrett@us.army.mil or 239-3977.

Marriage continued from page 21

counselors who often offer premarital programs and counseling. If anyone knows that "Private Jones" or "Seaman White" is planning on marrying, it's ordinarily not the unit chaplain or a base counselor. It's probably his or her senior enlisted supervisor. Sometimes, senior enlisted personnel are aware of marriage plans even before the parents of engaged servicemembers.

If a senior enlisted member married very young only later to divorce, he or she could handle young personnel requesting leave to get married in one of two ways. He could simply recommend approval of the leave request with the attitude that this young enlisted may also have to live with the consequences of a failed marriage; or, he could take time and talk with the young person about discerning if he or she is really ready to make a lifelong permanent commitment and assume the responsibilities of parenthood.

Consider, for example, what this senior enlisted had to say to one of his young men who was requesting leave to marry:

"Around 19 years ago, when I was your age on my first tour of duty, I met this girl. She was tired of living at home with her parents and I was feeling kind of lonely being so far away from my family and friends back in New York.

"Well, to make a long story short, we got married and I deployed shortly thereafter only to discover that she became pregnant right before I deployed. I didn't send as much money home to her as I should have while I was deployed, and when I returned home and she had the baby, I guess I wasn't the most helpful guy around the house.

"We started fighting about how much time I was spending with my friends and how I felt she needed to get a job if we were going to be able to pay all our bills. In time, we started fighting a lot, and within a year of my son's birth she filed for divorce.

"She remarried about three years later, and I just recently finished sending in my last child support payment. I sat down and calculated that I paid out over $100,000 in child support over the past 18 years.

"But let me tell you, it's not the money that bothers me. What hurts more is that my wife got custody of our son who has become far more attached to his step-father than to me.

"Anyhow, what I want to say to you is that getting married is one of the most important decisions you will ever make in your life. I'd like your marriage to succeed where my first marriage failed."

If senior enlisted members offered similar advice and could provide military oriented marriage materials that can help junior enlisted members assess their preparedness to marry, high military divorce rates could be lowered and better military marriages could result.

DAILY UNION
6 x 13.5"
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POST service directory

Travel & Fun in Kansas

Leisure time ideas

At the movies:

Doors open at 6:30 p.m. Tickets cost $3.50 for adults and $1.75 for children 11 and under. Children under the age of 5 are free except during children's matinees or expected sell-outs.

Feb. 16 – Fun With Dick and Jane (PG-13) 85 min
Feb. 17 – Hoodwinked (PG) 83 min
Feb. 18 – Grandma's Boy (R) 96 min
Feb. 19 – Casanova (R) 108 min
Feb. 23 – Hoodwinked (PG) 83 min
Feb. 24 – Hostel (R) 95 min

For more information, call 784-2226 or 784-2640.

Get away and explore Kansas. The following are just a few examples of events and festivals that can be experienced in Kansas. Check out details on these and other events on the Kansas Travel & Tourism Web site, www.travelKS.com.

Topeka:

What: Arab Shrine Circus
When: Feb. 24-25
Where: Kansas ExpoCentre, One Expocentre Dr.
Cost: Adult reserved seating $14.50, children 2-12 reserved seating $11, adult general admission $12.50, children general admission $9
Tickets: (785) 234-4545 or (785) 297-1000

Overland Park:

What: "Rain" – Cirque Eloize. Encompassing circus, theater, dance and music (and rain on the stage), Rain takes you on a journey through memory. With poignancy and sensitivity, Cirque Eloize returns to the Carlsen Center with a new show that brings back passionate, joyful, and comical personal moments. Spotlighting circus artists who specialize in contortion, trapeze, juggling, acrobatics, and aerial rings, Cirque's gravity-defying performers combine unforgettable acrobatic feats with luminous musicality and pure poetry.
When: 8 p.m. Feb. 17 and 18
Where: 12345 College Blvd., Carlsen Center of Johnson County Community College
Phone: (913) 469-4445
Web site: http://web.jccc.net/carlsencenter/
Admission: $30-$25

Lawrence:

What: Canada's Royal Winnipeg Ballet presents "The Magic Flute." A vivid, boldly original production that features the sublime music of Mozart and the inventive choreography of Mark Godden. With heroes, villains, damsels in distress, captivating comic sidekicks, and a flute with magical powers, The Magic Flute blends romance, enchantment, fantasy and an extraordinary journey from darkness into light in a contemporary showcase for the exquisite dancers of Canada's premier ballet company.
When: 7:30 p.m. Feb. 17
Where: 1600 Stewart, Lied Center
Phone: (785) 864-2787
Web site: http://www.lied.ku.edu
Admission: Varies by seating choice

KSU hosts Black Watch, Welsh Guard

By Jennifer Newberry
Kansas State University

MANHATTAN – The Black Watch and the Band of the Welsh Guard will perform at 8 p.m. Feb. 17 in Kansas State University's McCain Auditorium.

The show is part of K-State's McCain Performance Series. Through the groups' Celtic dancing, precision marching and the playing of pipes and drums, audience members will see full ceremonial military dress and experience music from Scotland, Ireland, Wales and England.

The Black Watch was formed in the 1700s and remains a fully operational battalion in the British army.

A pre-performance lecture will be given by Gary Mortenson, K-State professor of music, at 7 p.m. in Room 204 of McCain Auditorium. The lecture is free and open to the public.

Tickets to the Black Watch and the Band of the Welsh Guard can be purchased at http://www.k-state.edu/mccain or by calling the McCain box office at (785) 532-6428 between 11 a.m. and 6 p.m. weekdays.

Gardens galore

Annual show opens spring beautifully

Special to the Post

Century II, Wichita, will become a springtime wonderland when the Wichita Garden Show opens it doors March 1-5. The winds of winter will become a memory as the brilliant colors and sights of spring dazzle the senses in 11 beautifully landscaped and nationally acclaimed indoor gardens valued at $1 million.

Thousands of blooms, plants, trees and delicate fragrances will celebrate spring's arrival as the gardens illustrate the annual show theme: "Some Enchanted Spring."

Visitors will be able to see walk-under waterfalls that billow into delightful streams; experience restful reflection pools and winding stone paths that beckon the viewer to enter; view towering majestic pines standing guard over a colorfest of candy reds, sun-kissed yellows and soft blues in flower beds below.

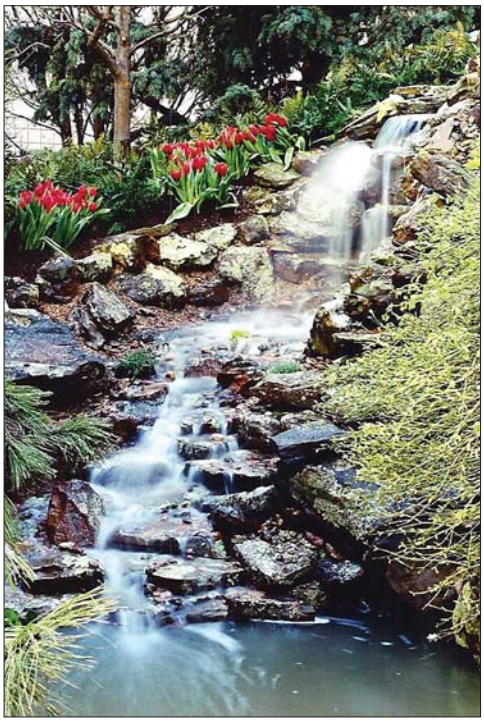
Visitors can expect to be enchanted as garden creators illustrate children's stories in the gardens as well as more traditional garden settings with outdoor kitchens, patios and new landscaping ideas for anyone's yard.

Visitors can take a trip through thrilling Narnia, tour a living storyland unfolding nursery rhymes and children's stories, explore a stone forest made of the five native stones from Kansas and experience Easter morning and all the drama in the Believer's world that preceded it. They will even find Snow White peeking around some trees in one of the halls.

Gardens will grace each exhibition hall. In addition, more than 175 commercial exhibitors will display the very latest in yard and garden products.

The Education Area will feature horticultural exhibits as well as education displays and garden club exhibits. Local

See Gardens, Page 26



Courtesy Photo
"Jacob's Ladder" by Scenic Landscape Watergarden Nursery, Inc. was displayed at the 2005 garden show.

Theater project portrays beating

Professional cast presents Wyo. crime

Special to the Post

Moises Kaufman and fellow members of the Tectonic Theater Project made six trips and conducted more than 200 interviews with the people of Laramie, Wyo., to recreate "The Laramie Project."

In October 1998, a 21-year-old student at the University of Wyoming was kidnapped, severely beaten, tied to a fence in the middle of the prairie outside Laramie and left to die.

His bloody, bruised and battered body was not discovered until the next day, and he died several days later in an area hospital. His name was Matthew Shepard, and he was the victim of this crime because he was gay.

This production by Kaufman, written in a documentary style, uses actual interviews from Shepard's friends, the people who were around him on his last outing in public and the doctors that cared for Shepard in his final days.

"The Laramie Project" is a theatrical collage that explores the depths to which humanity can sink, and the heights of compassion to which humanity can rise.

This production is not recommended for children under 18. Adult language and sensitive content will be used.

"The Laramie Project" opens March 17 and runs through March 26. Tickets are on sale and can be purchased in person at the GPTF Box Office or by calling the theater at (785) 263-2903.

This will be the first fully professional cast used for "The Laramie Project" in the State of Kansas.

The cast:

'John McAdams' played by Mark Christopher Baer from Louisville, Ohio; 'Stephen Belber' played by Jon Dickson from Abilene, Kan.; 'Amanda Gronich' played by Jesse Graham from Crossville, Tenn.; 'Andy Paris' played by Gregory Hall from Kettering, Ohio; 'Kelli Simpkins" played by Mary Watson from Farmington, Ohio; 'Mercedes Herrero' played by Elisabeth Ahrens from Kansas City, Mo.; 'Barbara Pitts' played by Lyndsey Agron from Overland Park, Kan.; 'Greg Pierotti' played by Donald Winsor from New York, N.Y.

If you go:

What: Laramie Project: GPTF Directors Choice 2006 Presentation
When: 7:30 p.m. Tuesday; 2:00 p.m. Wednesday and Sunday; 8:00 p.m. Thursday through Saturday; March 17 to 26
Where: 300 N. Mulberry St., Abilene, Kan.
Cost: Students $11; Adults $17.50
Phone: (785) 263-2903

Material contains material and strong language that may not be suitable for children under age 18.

Capitol on post closes temporarily

Partners hope to reopen site to visitors on weekends

Alison Kohler
Assist. CR Officer

The First Territorial Capitol has closed its doors to the general public for the remaining winter months.

Gaylynn Childs, member of the board of directors of the Partners of the First Territorial Capitol, said slowed visitor traffic and the cost of heating oil have forced the PFTC to close the facility until April 1.

"It's been a struggle to keep the doors open. Things have been tight and scary," Childs said.

Childs said the state owns the building, and in the mid-1990s, the Kansas State Historical Society decided to close three Kansas historic sites in order to conserve money.

The First Territorial Capitol was selected for closure and nearly did before the PFTC stepped in to keep the site open.

Childs said the PFTC, with members primarily from Riley and Geary counties, operated the site using private donations to pay the site manager's salary and absorb day-to-day costs.

Childs said several reasons contributed to the decision to close the site temporarily. Following the Sept. 11 attacks, Fort Riley instituted restricted access measures that cut the number of visitors to the Capitol.

Childs, visitor traffic typically slowed during the winter months and the slower visitor traffic and increasing cost of heating oil forced the PFTC members to face the reality that it was not affordable to keep the site open each week.

"We feel optimistic now. We hope we're at the end of this downward slide," Childs said.

Childs said the PFTC has been renegotiating with the state to get funding to open the building during its typical operating hours from 1 to 5 p.m. Thursdays through Sundays.

"If the state cannot come through, which we are very confident they will, it will still be run by the partners but will likely only be open on weekends," Childs said.

In the meantime, Childs said volunteers from the PFTC will lead group tours that make an appointment through the PFTC by calling (785) 238-1666 or by calling the Fort Riley Public Affairs Office at (785) 239-3358.

On Feb. 2, Ron Harris, a PFTC member, agreed to open the building for the Kansas State House Mom's Club to visit. He did a character re-enactment in period dress and allowed the ladies to look at the exhibits. Harris said he

See Capitol, Page 26

'42nd Street' coming to McCain's stage

By Jennifer Newberry
Kansas State University

MANHATTAN, Kan. – Winner of the 2001 Tony Award for best musical revival, "42nd Street" will be performed at 8 p.m. Feb. 25 in Kansas State University's McCain Auditorium.

The musical follows the story of a young woman, Peggy Sawyer, who rises from the chorus to become a Broadway star.

Songs performed in the show include: "Lullaby of Broadway," "We're in the Money," "Shuffle Off to Buffalo," "Keep Young and Beautiful," "I Only Have Eyes for You" and "42nd Street," which is sung while performers dance down an illuminated flight of stairs.

Tickets can be purchased at http://www.k-state.edu/mccain or by calling the McCain box office at (785) 532-6428 between 11 a.m. and 6 p.m. weekdays.

Leisure time ideas

Overland Park:

What: Red Grammer and Tom Chapin. It's guitars and good humor when these two ever-popular folk artists bring their family friendly songs for a 75-minute sure-fire pleaser for kids of all ages. With a dozen albums and multiple Grammy and Parents' Choice Awards between them, the two gifted entertainers' remarkable musicianship, great songwriting, and personal warmth always shine through.
When: 2 p.m. Feb. 25
Where: 12345 College Blvd., Carlsen Center of Johnson County Community College
Phone: (913) 469-4445
Web site: http://web.jccc.net/carlsencenter/
Admission: Adult $10; youth 12 or younger $7

Lawrence:

What: "Oklahoma!" "Oklahoma!" launched the successful songwriting partnership of Rodgers & Hammerstein and includes such favorites as "Oh What a Beautiful Mornin'," "The Surrey with Fringe on Top" and the title song. Ever since it premiered on Broadway in 1943, "Oklahoma!" has garnered numerous awards, enjoyed several revivals, been translated into more than a dozen languages, and is still garnering praise and legions of new fans among audiences worldwide.
When: 7:30 p.m. Feb. 23
Where: 1600 Stewart, Lied Center
Phone: (785) 864-2787
Web site: http://www.lied.ku.edu
Admission: Varies by seating choice

• • •

What: Salzburg Chamber Soloists with Andreas Klein, piano. Violinist Lavard Skou-Larsen and a group of first-class musicians from around the world formed the Salzburg Chamber Soloists in 1991 with a goal of performing chamber music with the freedom of soloists. Since then, the Salzburg Chamber Soloists have performed in numerous festivals and at major concert halls around the world. Celebrate the 250th anniversary of Mozart's birth with the Salzburg Chamber Soloists and pianist Andreas Klein performing an all-Mozart program: Salzburg Symphony KV. 136, Piano Concerto KV. 415, and Quintet in G minor KV. 515.
When: 2 p.m. Feb. 26
Where: 1600 Stewart, Lied Center
Phone: (785) 864-2787
Web site: http://www.lied.ku.edu
Admission: Varies by seating choice

Lincoln:

What: Lincoln Re-enactment honoring the 16th President. Lincoln presenters, Civil War re-enactors, Lincoln look-alike contest, President's Ball, vintage costuming, music and buffalo stew.
When: All day Feb. 18
Where: Downtown
Phone: (785) 524-5133
Web site: http://www.skyways.org/towns/Lincoln
Admission: Adult $12; 6-18 $6; buffalo stew costs adults $7 and children $3.50

Salina:

What: "Crossing Over" exhibit. Nine contemporary artists use ceramic sculpture to cross boundaries between art, science, and technology.
When: Noon to 5 p.m. Feb. 16-18 and 1 to 5 p.m. Feb. 19
Where: 242 S. Santa Fe, Salina Art Center
Phone: (785) 827-1431
Web site: http://www.salinaartcenter.org
Admission: Free

Manhattan:

What: 1% of Art - A Random Sample from the Permanent Collection. This interesting exhibition is comprised of 55 pieces from the 5,500 works of art in the Beach Museum of Art's permanent collection.
When: 10 a.m. to 5 p.m. Tuesday through Friday and 1 to 5 p.m. Saturday and Sunday through April 9
Where: 701 Beach Lane, Marianna Kistler Beach Museum of Art
Phone: (785) 532-7718
Web site: http://www.k-state.edu/bma
Admission: Free

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What: Strecker-Nelson Gallery Exhibit: Truthful Expressions: The Philomene Bennett Atelier. Philomene Bennett, one of the founders of the Kansas City Artist Coalition, has long been well-known for her expressive paintings, studio, and workshop. This exhibit brings together the teacher and her studio members to celebrate their truthful expressions of their art.
When: 10 a.m. to 6 p.m. Monday through Saturday through March 4
Where: 406 1/2 Poyntz Ave.
Phone: (785) 537-2099
Web site: http://www.strecker-nelsongallery.com
Admission: Free

Hutchinson:

What: Family Children's Theatre presents "Cinderella."
When: 7:30 p.m. Feb. 23-25 and 3 p.m. Feb. 26
Where: 101 S. Walnut, Memorial Hall
Phone: (620) 662-7469
Admission: Varies

Great Bend:

What: Barton County Arts Council presents Vienna Choir Boys.
When: 8 p.m. Feb. 25
Where: Lakin and Williams, Municipal Auditorium
Phone: (620) 792-4228
Web site: http://www.bartonarts.org
Admission: Adult $15, Students kindergarten through college $10

Wichita:

What: EquiFest of Kansas. A sensational showcase of equine entertainment and education. Spectacular demonstrations, stunning stallions - a horse lover's paradise. Fantastic shopping – everything for horse, rider, farm, and home. World-class experts and clinicians appearing daily: Chris Cox, Curt Pate, Peggy Cummings, Michael Richardson, Sandy Howard, Judith Cross-Strehlke, Sherman Tegtmeier and Larry Whitesell.
When: 9 a.m. to 8 p.m. Feb. 24-26
Where: 1229 E. 85th St., North Kansas Coliseum, Park City
Phone: (316) 755-1243
Web site: http://www.kansashorsecouncil.com
Admission: $10.50 per day for adults

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What: "Almost 30" features six young artists, some already represented by commercial galleries, some not. The title derives not necessarily from the artists' age but instead plays on such popular listings as "Top 30 under 30" – an organizational tool used to point out the hottest young writers, artists, and musicians, in a larger context. This exhibition deals with the complexities and anxieties of being young and trying to make it in the art world. Artists exhibited include: Larissa Bates, Jeff DeGolier (illustrated), Sarah Anne Johnson, Stacie Johnson, Renee Lotenero, and Adam Sipe.
When: 11 a.m. to 5 p.m. Tuesday through Friday and 1 to 5 p.m. Saturday and Sunday through Feb. 26
Where: 1845 Fairmount St., Ulrich Museum of Art, Wichita State University
Phone: (316) 978-3664
Web site: http://www.ulrich.wichita.edu/almost30
Admission: Free

Cottonwood Falls:

What: Music at the Emma. Weekly acoustic jam sessions playing country, gospel, bluegrass, and rock and roll. Musicians and audience welcome.
When: 7:30 p.m. Fridays only, year-round
Where: 317 Broadway, Emma Chase Café
Phone: (620) 273-6020
Admission: Free

Capitol continued from page 25

has more tours scheduled before the April 1 reopening.

"I'm a Kansas history nut, and I have an interest in keeping the Territorial Capitol going," Harris said.

Childs said the PFTC plans to make some changes while the building is closed. They already installed a new propane tank, and they are planning a new septic system and water lines. She said the closing will allow them time to make the transition to the reopening.

Besides the physical improvements, Childs said the PFTC plans to promote the site to youth groups and the Fort Riley population. She said the Kansas State Historical Society will need to hire a site manager to operate it on the four days it will be open.

"We want to make it a viable facility for disseminating the history about our past and Fort Riley," she said.

The First Territorial Capitol has history with a national impact, and the PFTC members want to promote its heritage, she said. "We have been actively involved in telling the story. It is absolutely vital to keep those doors open."

Childs said the site has been used for special events, re-enactments, family reunions, weddings and socials, and it will still be available for those purposes.

Trail needs sponsor

Special to the Post

The Kaw River Nature Trail located behind the First Territorial Capitol was built in 1986 by Tim Rues, former curator of the First Territorial Capitol. Gaylynn Childs, a member of the board of directors of the Partners of the First Territorial Capitol, said Boy Scout Troops, Eagle Scouts and a church group have cleaned and renovated the trail several times, but the latest renovation was in 2001.

Childs said the PFTC is looking for an interested agency to adopt the nature trail and renovate it again.

Childs said the trail is less than a mile long and has signs to guide users through the trail. But, the trail is no longer navigable because of overgrowth.

Anyone interested should contact Childs at (785) 238-1666.

Courtesy photo

"Cabin" was designed by Tree Top Nursery and Landscaping, Inc. for the 2005 garden show.

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experts will be on hand to answer every gardening question imaginable. This show has been created with thousands of ideas and answers about turning any yard into a private outdoor paradise. But, many people attend the show just to enjoy the beauty of the gardens and to push back the winter blues.

At 3 p.m. March 4, well known author, photographer, speaker and landscape designer Pam Duthie, known as the Gifted Gardener, will present "Continuous Color is Within Your Grasp." She will explain how to achieve year-round color in the yard using trees and shrubs. Duthie will greet the pubic and sign autographs in Arnold Greenhouse's Exhibitor Booth from 11 a.m. to 1:30 p.m. Concerts in the Gardens will present live shows at 8 p.m. each night. The March 1 show will feature inspirational songs and classics by '50s and '60s star, Frankie Valens. Heather Shelley, a new country western star, will be accompanied by the Country Fever Band March 2.

March 3 will feature classic rock by well-known dynamic RAIN; and, on March 4, internationally known Lady of Jazz Donna Tucker will perform, accompanied by Air Capital Big Band. Concerts are part of the gate admission.

Kansas State University Research and Education experts in Sedgwick County will present hourly seminars on a variety of gardening subjects from "Tree Death Begins at Planting" to "Great Shrubs Under 4 Feet" to "New Annuals for 2006."

At 11 a.m. March 4, Mike Haddock, the distinguished chair of the science department, K-State University Libraries, will present "Wildflowers of Kansas." Bob Gress of the Great Plains Nature Center, will present "Owls of North America" at 7 p.m. March 4. His presentation features numerous live owls.

A floral jewelry collection by the Jewelers' Jeweler of New York, Valentin Magro, will be displayed in the Great Gardens March 3 from 3 to 7 p.m. and March 4 from noon to 7 p.m.

Also on the agenda are an orchid show featuring hundreds of varieties, an amateur flower show with design and horticulture divisions, a professional flower show and fine art, needle art and quilted wall hangings featuring flowers.

If you go:

What: Wichita Garden Show
Where: 625 S. Anna
Phone: (316) 946-0883 or (316) 946-0561
E-mail: wichitagardenshow@sbcglobal.net

classifed runover
2 x 21.25"
Black Only

LITTLE APPLE TOYOTA/HONDA
6 x 21.25"

Full Pg/Full Color L A Toyota