



**DEPARTMENT OF THE ARMY
INSTALLATION MANAGEMENT COMMAND
UNITED STATES ARMY GARRISON, FORT LEAVENWORTH
PUBLIC AFFAIRS OFFICE
290 GRANT AVENUE, UNIT 6
FORT LEAVENWORTH, KANSAS 66027-1292**

IMWE-LVW-PA

December 31, 2013

MEMORANDUM FOR RECORD

SUBJECT: FORT LEAVENWORTH LAMP MISSION STATEMENT

1. The Fort Leavenworth Lamp is both a community newspaper and a command information tool, informing its readers about what is happening on post and serving as a bridge between the command and the community. School board meetings and other happenings in the post's school district are regularly covered, as are other aspects of community life. Health, fitness and safety articles are also featured in nearly every issue of the Lamp. The Lamp staff works hard to understand and support the themes and messages from both the local command and the Army.

2. Because Fort Leavenworth is at the forefront of Army officer training and doctrinal development, the Lamp often breaks news of Armywide importance. The scope of Fort Leavenworth's influence beyond the front gate often make it easy to localize national stories. Seminars, exercises, workshops, conferences and guest speakers are regularly covered. The command's outreach and involvement with the local community are also prominently featured.

3. The Lamp also serves as a weekly historical record of Fort Leavenworth. Organizational changes, leadership changes and the post's influence on the greater Army are regularly recorded. Great ideas and great leaders come from Fort Leavenworth, and it is part of the Lamp's mission to put them in the spotlight.

4. The editor of the Fort Leavenworth Lamp is the undersigned at 913-684-1728.

ROBERT A. KERR
Command Information Officer and
Editor, Fort Leavenworth Lamp
U.S. Army Garrison-Fort Leavenworth

INTERNAL INFORMATION OUTLINE

Fort Leavenworth Lamp

U.S. Army Garrison – Fort Leavenworth Public Affairs Office
290 Grant Ave., Fort Leavenworth, KS 66027

Production/Circulation:

The *Fort Leavenworth Lamp* is a weekly civilian enterprise newspaper, printed 50 times each year by GateHouse Media Inc. in Leavenworth, Kan. The *Lamp* averages 16-20 pages in two sections each week and has a circulation of 8,000 to 10,000, which fluctuates because of the academic cycles of the U.S. Army Command and General Staff College.

Audience Demographics:

Fort Leavenworth serves as a gateway for the Army in the 21st century. It is where tomorrow's leaders are groomed and future doctrine is designed.

Fort Leavenworth, the third oldest continuously active military reservation in the United States and the oldest active Army post west of Washington, D.C., has stood guard on the nation's frontier for more than 180 years. In its early days, Fort Leavenworth was on the frontier of a growing nation. Today, it is on the frontier of military thought, training and education.

The Combined Arms Center at Fort Leavenworth accomplishes mission tasks related to leader development, Army doctrine, collective training and mission command. CAC's subordinate organizations include the Center for Army Lessons Learned, the Combined Arms Center – Training, the Mission Command Center of Excellence, the Combined Arms Doctrine Directorate, the U.S. Army Information Operations Proponent, the Current Force Integration Directorate, the Combat Studies Institute, the Center for Army Leadership, U.S. Army Electronic Warfare Proponent, and *Military Review*, the professional journal of the U.S. Army.

CAC and Fort Leavenworth is commanded by a lieutenant general who also serves as the TRADOC deputy commanding general for Combined Arms, the commandant of the U.S. Army Command and General Staff College, and the director of the Joint Center for International Security Force Assistance.

The Command and General Staff College's Intermediate Level Education course trains more than just U.S. Army officers — officers from the sister services and civilians from other government agencies also attend. Each ILE class at CGSC also hosts nearly 100 international officers from almost as many countries. The college is regularly visited by military and governmental leaders, foreign dignitaries, diplomats, education experts, members of the media, military historians, and occasionally, celebrities from sports or entertainment.

Fort Leavenworth is also home to the Military Correctional Complex, which includes the U.S. Disciplinary Barracks and the Joint Regional Correctional Facility. The USDB is the only long-term maximum-security correctional facility in the Department of Defense, where about 500 military personnel are incarcerated for committing serious offenses. The JRCF, opened in 2010, houses more than 450 minimum- to medium-security military inmates, as well as service members in pre-trial confinement.

In addition, Fort Leavenworth is the home of Headquarters, 35th Infantry Division, Army National Guard, and the Mission Training Center, which each year hosts dozens of active-duty, Guard and Reserve unit battle staffs preparing for deployment.

About half of Fort Leavenworth's military population of about 3,000 consists of field-grade officers with families. More than 3,300 family members reside on post and 1,600 children attend post schools. The fort also employs more than 3,000 Department of the Army and DoD civilians and contractors. In addition, the fort serves a 37-county area populated with nearly 23,000 military retirees.

Information Strategy:


The *Fort Leavenworth Lamp* is the community's newspaper, informing its readers about what is happening on post and serving as a bridge between the command and the community. The *Lamp* staff works closely with post leaders to understand and implement communications strategies for local and Armywide themes and messages.

The *Lamp* highlights the accomplishments of and opportunities available to Soldiers and their families within the post community. Army Family Covenant initiatives are routinely reported in the *Lamp*, including an expanding Exceptional Family Member Program and the development of an autism support system that is becoming the envy of the Army.

The *Lamp* also spotlights the Garrison's efforts to preserve and protect the historic buildings and grounds, while working "green" and energy-saving technologies into restoration efforts and new construction.

School board meetings and other happenings in the post's school district are regularly covered, as are other aspects of community life. Health, fitness and safety articles are also featured in every issue of the *Lamp*.

Because Fort Leavenworth is at the forefront of Army officer training and doctrinal development, the *Lamp* often breaks news of Armywide importance. Seminars, exercises, workshops, conferences and guest speakers are regularly covered. The command's outreach and involvement with the local community are also prominently featured.



ROBERT A. KERR
Command Information Officer and
Editor, *Fort Leavenworth Lamp*

THURSDAY
OCTOBER 3, 2013



CONTACT US | Phone: 684-5267 | Fax: 684-3624 | E-mail: editor@ftleavenworthlamp.com | On the Web: www.ftleavenworthlamp.com



Prudence Siebert

Carole Sacks, meat department worker, and Charles Deirs, meat cutter, stay busy stocking ground beef as shoppers like military spouse Brandy Slaughter shop before the store closure caused by the government shutdown Oct. 1 at the Commissary. The Commissary closed later in the day to move perishables, including meat and produce.

Government shutdown limits many, closes some on-post services

Staff Report

The emergency furlough of Department of Defense civilian employees because of the Oct. 1 government shutdown is affecting many on-post services, according to post officials.

The furlough does not directly affect non-appropriated fund civilian employees, uniformed service members or many contractors, so NAF or contract activities and those staffed by uniformed service members are not affected as greatly by the furlough.

On Fort Leavenworth, a few activities and services have closed but most remain open with reduced operations during the furlough.

The Fort Leavenworth Commissary closed Oct. 2, per Defense Commissary Agency instructions to its stateside stores.

The Equal Employment Opportunity Office, the Travel Office, the Combined Arms Research Library and the Frontier Army Museum are closed. Army and Air Force



Prudence Siebert

Security Officer Terrance Fields returns an identification card to a motorist while manning Grant Gate Oct. 2. Security and emergency operations continue to conduct business as usual, and many services across post are functioning on reduced services with military staffing only or reduced civilian manning because of the government shutdown. Others, like the Commissary, Equal Employment Opportunity and the Combined Arms Research Library, are closed until further notice.

Exchange Service stores and concessions, including the Main Exchange, Food Court, Express/Class Six, Pony Express and concessions in the Lewis and

SEE SERVICES | A5

Workshop teaches media about military

Jan Dumay | Staff Writer

At Fort Leonard Wood, Mo., they got up at 4 a.m. to condition train and run an obstacle course. They learned about different guns and grenade launchers. They watched as privates trained in a night infiltration course. They participated in skills-engagement training on simulators. They met Army recruits headed for boot camp.

At Fort Leavenworth, they learned "Military 101," had an overview of the Combined Arms Center, the Command and General Staff College and the Garrison, heard from military spouses and were able to learn from and ask general officers and senior non-commissioned officers questions.

It was all part of a week-long workshop Sept. 23-27 that 14 journalists from around the nation participated in at the two installations. The sixth annual Military and the Media Workshop, or "MilJo Workshop," was designed to provide early- to mid-career journalists with an



Melissa Buckley/Fort Leonard Wood Guidon

Military and the Media Workshop participants get a feel for the M4 and other weapons used by the military in the Engagement Skills Trainer Sept. 25 at Fort Leonard Wood, Mo. The participating journalists visited Forts Leavenworth and Leonard Wood to learn more about the military.

introduction to military structure, function, strategy, tactics and training. It is fully funded by the McCormick Foundation and operated in partnership by the University of Kansas

and CAC. The journalists included both print and television reporters, editors and producers who work near military bases or cover military issues. Most had

little or no background covering the military. The purpose was to allow the journalists greater appreciation for today's military and was part of a larger effort to in-

crease military and journalistic knowledge so that each play a role in supporting the First Amendment. When it was over, several of the workshop participants said the effort was

worthwhile and fascinating. "It was a great opportunity to understand more about how everything

SEE MEDIA WORKSHOP | A5

WEATHER
TODAY: Showers and thunderstorms
HI: 86 | LOW: 68
FRIDAY: Showers and thunderstorms
HI: 84 | LOW: 45

HAPPENING THIS WEEKEND

- **OKTOBERFEST**, scheduled for Oct. 4 at Merritt Lake, has been cancelled. The Support to Survivors lantern launch will be conducted during the Movie Under the Stars event Oct. 11. For more information, call 684-1674.
- The **35TH INFANTRY DIVISION CHANGE OF COMMAND** ceremony scheduled for Oct. 5 has been postponed because of the government shutdown. The ceremony has been tentatively rescheduled for 1 p.m. Nov. 2 on Main Parade.
- The **ST. IGNATIUS OUTDOOR MASS AND PARISH PICNIC** is at 10 a.m. Oct. 6 at Hunt Lodge. For more information, contact Joan Roenfanze at 684-8992 or stig-natiuspc@yahoo.com.

Perkins thanks furloughed civilians

To the men and women of Fort Leavenworth:

It is with heartfelt sadness that I write to all our soldiers and civilians affected by the government-wide shutdown and the subsequent actions the Department of the Army must take to come into compliance.

While this great disruption of our operations was made necessary due to the current political and fiscal situation, our leadership is taking prudent steps to protect military pay for our fellow soldiers in harm's way.

Unfortunately, our civilian workforce is still deeply and personally impacted with this temporary furlough. And although, as Secretary of

FRONTIER SIX SENDS

Defense Hagel noted, the law decides who is furloughed, it does not in any way diminish the importance of your work for the Army or our mission.

Our civilian workforce and their families have endured tremendous levels of inconvenience and uncertainty through this period of furloughs resulting from sequestration, and now the budget battles in Congress. We know this is creating a disruption to your personal lives and your families lives.

Please be assured that

Command Sgt. Maj. Jeffrey Wright, I, and all of the leadership here on Fort Leavenworth are thinking of you, and hoping for a quick resolution to this impasse.

Thank you for everything you have done in service to the nation, and in service to this Army community which values your contributions so much.

Sincerely,

Lt. Gen. David G. Perkins
Commander, Combined Arms Center and Fort Leavenworth



SECRETARY OF THE ARMY
WASHINGTON

OCT 01 2013

To the men and women of the United States Army:

It is with deep sadness that I write you regarding the government-wide shutdown, and the actions the Department of the Army must now take to come into compliance. This great disruption of our operations was made necessary after Congress failed to enact either a FY 2014 budget or a temporary funding measure that would have allowed normal operations to continue after the 2013 fiscal year ended on September 30.

While Congress and the President have taken prudent steps to protect military pay for our men and women in harm's way, our civilian workforce will likely be deeply and personally impacted. A large number of our civilian workforce will be temporarily furloughed beginning today. As Secretary of Defense Hagel noted recently, decisions about who will be furloughed are dictated solely by law. Please know that if you are furloughed, it in no way diminishes the importance of your work to the Army or our mission.

Coming so soon after a six-day furlough required by budget sequestration, this furlough will create a tremendous hardship on both our workforce and their families. Please know that you are in our thoughts and prayers, and that we hope for a speedy resolution to this impasse. Thank you for all you have done, and will continue to do, for the United States Army.

Sincerely,

John M. McHugh

Ex-wife of D.C. sniper talks domestic violence

Jan Dumay | Staff Writer

Mildred Muhammad lived in fear that her ex-husband would shoot her in the head.

Mildred was married for 12 years to John Allen Muhammad, the Washington, D.C., sniper who with an accomplice shot 10 people dead in a three-week rampage in 2002. He was executed in 2009.

But way before the shooting spree, Mildred suffered abuse from her husband for years when they lived in Washington state, eventually divorcing him in 2000. She was at Fort Leavenworth Sept. 26 as a guest of the post's Family Advocacy Program to speak at Eisenhower Auditorium about domestic violence.

She told the audience that her ex-husband had been plotting to kill her and kidnap their three children after she filed for divorce. He eventually did take the children to Antiqua for two years before police tracked them down.

Relocating to the Washington, D.C., area with her children, Mildred never



Prudence Siebert

Domestic violence survivor, advocate and author Mildred Muhammad recounts the ordeal of trying to receive protection from her ex-husband, who had vowed to kill her, and retrieve her kidnapped children during her "Scared Silent" presentation Sept. 26 in Eisenhower Auditorium. Muhammad's ex-husband, dubbed the D.C. Sniper, terrorized the Washington, D.C., region in 2002 and was executed in 2009.

considered that her ex-husband was responsible for the shootings in the area. But when they started, she and her children were placed in protective custody because her husband

had discovered she was in the vicinity.

When asked by police if he was capable of the killings, she said that he was. Domestic violence was at the center of the shoot-

ings, she said, because her ex-husband saw it as a way to cover up her eventual murder and gain custody of their children.

She was the person he was after, Mildred said.

She said that 80 percent of victims don't have physical scars of domestic violence and that psychological abuse can be just as terrorizing.

"What I'm trying to do

is shift your thinking from only believing that you have to be physically assaulted to be a victim of domestic violence," she told the audience. "You may very well miss the person who needs the most help because that victim does not fit into that box that you've put them in. You have to start thinking outside of the box into what a victim looks like, and that can be men and women."

She said the most important question to ask someone who might be a victim of domestic violence is "How can I help?"

The Alliance Against Family Violence shelter in Leavenworth can help those on post. Those seeking shelter can call the organization's 24-hour hotline at (913) 682-9131.

Before her speech, Mildred stopped by the Leavenworth shelter and talked with members of the post's FAP.

"I've met some wonderful people and I hope that my story will help you understand better the other side of what you've heard on the news," she said.

CSI digital book wins award

Staff Report

Fort Leavenworth Combat Studies Institute's first multimedia interactive history study titled "Vanguard of Valor: Small Unit Actions in Afghanistan, Enhanced Edition" earned a Thoth Award at the Public Relations Society of America annual awards ceremony Sept. 18 at the International Trade Center in Washington, D.C.

Available as a free download as an Apple iBook on an Apple iPad, the interactive edition of

the book, which is also available in regular book format and as a PDF online, brings the Army's combat and non-combat experiences in Afghanistan to life in a tangible way through features such as 3-D digital terrain views, videos from combat actions, interactive digital models of weapon systems and vehicles, and interactive maps and charts.

An experienced panel of Thoth Awards judges selected the iBook as an awardee in the publications category, according to a press release.

Col. Tom Hanson, director of the Combat Studies Institute, said he was honored with the recognition.

"I think it shows recognition by the wider public, especially the industry, of the achievements that the Army is making in terms of embracing digital media," he said.

To download the interactive edition to iBooks on an Apple iPad, go to: <https://itunes.apple.com/us/book/vanguard-of-valor/id615188666?mt=11&ls=1>.

Lamp welcomes feedback

The Fort Leavenworth Lamp welcomes letters and comments from readers.

All letters selected for publication will be edited for style, brevity and clarity. Form letters, political letters, personal attacks, and other letters deemed inappropriate will not be published.

Send them to: Letters to the Editor, Fort Leavenworth Lamp, Command Information, Public Affairs Office, 290 Grant Ave. Unit 6, Fort Leavenworth, KS 66027-1417, fax to (913) 684-3624 or e-mail to editor@ftleav-

enworthlamp.com.

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Include a non-duty phone number or, for yard sales, a street address.

Free classified ads can be e-mailed, mailed, faxed or dropped off at the Lamp office. Ads will not be taken over the phone.

FORT LEAVENWORTH LAMP

PUBLISHED FOR THE COMMUNITY OF FORT LEAVENWORTH, KANSAS

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Commanding General
Public Affairs Officer
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Hagel: Mission continues despite shutdown

Karen Parrish | American Forces Press Service

SEOUL, South Korea — The Defense Department and other government agencies responsible for national security will carry out their missions despite the government shutdown, Defense Secretary Chuck Hagel said Oct. 1.

The secretary, traveling in the Asia-Pacific this week for high-level meetings in South Korea and Japan, sat down with reporters traveling with him to explain what is known, and what isn't, as nonessential government services are temporarily mothballed.

The secretary said he left the Sept. 30 state dinner honoring the U.S.-South Korea alliance, at which he spoke, "a little early" for a teleconference with Deputy Defense Secretary Ash Carter, comptroller Bob Hale and acting general counsel Robert Taylor. During that conversation, he said, the four discussed possibilities for minimizing the shutdown's effects on some 400,000 civilian employees who will be furloughed.

"Our uniformed military are taken care of" and will be paid, the secretary said, because President Barack Obama signed that exemption. Hagel said most Defense Department civilians furloughed received official notification Oct. 1. Those who are exempt from the shutdown remain at work and will be paid, he added.

Government agencies, including the Office of Management and Budget, have issued guidance to the civilian workforce in recent weeks on how to implement a



DoD photo by Erin A. Kirk-Cuomo

Defense Secretary Chuck Hagel briefs reporters in Seoul, South Korea, Oct. 1. Hagel answered questions regarding the government shutdown and how the Defense Department would structure through the furlough.

shutdown. Hagel said the department is working to identify whether some civilians may be called back from furlough based on the nature of their duties, but he cautioned the question might not be answerable immediately.

"Our lawyers are now looking through the law that the president signed ... to see if there's any margin here, or widening in the interpretation of the law of exempt versus non-exempt civilians," he said. "But it's a priority that we have, that we're working on right now. It's, in fact, the priority in our general counsel's office."

The secretary noted he has been asked repeatedly by South Korean officials why the shutdown occurred. Hagel, this week, called the action irresponsible, and he said it affects "our relationships around the world."

He added, "It cuts straight to the obvious question: can you rely

on the United States ... to fulfill its commitments to its allies?"

The secretary continued, "Here this great republic and democracy, the United States of America, shuts down its government. The Pentagon — even though we are exempted — our military has no budget. We are still living under this dark cloud of uncertainty, not knowing what's going to happen."

The shutdown affects missions around the world, the confidence of the nation's allies and planning for pending budget cuts, he said, but core missions will be carried out.

"We're going to be able to fulfill our mission of keeping this country ... secure, we will fulfill our mission of maintaining the alliances we have and our troops in South Korea (and) Japan, and other treaty obligations," Hagel stated.

He warned, however, that the

shutdown casts a significant pall over America's credibility with its allies.

"It is nonsensical ... it is completely irresponsible," the secretary said. "It's needless. It didn't have to happen. And I would hope that our Congress can find a new center of gravity of responsibility, and start to govern."

Hagel said the shutdown "puts us all in a very difficult spot." A strong military is essential to the nation's security, he said, but civilian employees, not only in DoD, but across government, also play a vital role in that mission.

"To think of what this is doing to these civilian employees and their families ... they've taken furloughs already this year — administrative furloughs," the secretary said. "Now we have legal furloughs. This is going to impact the future of a lot of our employees."

Hagel said a number of senior DoD civilians have spoken to him in recent months about their future.

"Their spouses are not happy; they have families — (they ask) 'how can we rely on a paycheck, how can we rely on a future ... when this is the way we're going to be treated?'"

He added, "And I don't blame them. That human dimension often gets lost in this great arena of debate in Washington — what we're doing to our people ... who make the government function."

Without quality employees, he added, "you will have a dysfunctional system, a dysfunctional government. This is serious."

Military and civilian leaders

from himself and Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, on down have sent out messages this week to the military and civilian workforce and "are upset about" the shutdown, Hagel said.

"When you take that number of civilian employees out of the mix of everyday planning and working ... you're going to impact readiness," he said. "There's no point in kidding about that. But (Americans) should not be concerned that their security is now in jeopardy. It is not; it will not be."

Hagel said he tries to reassure civilian employees, but he knows the events of the last year haven't been "very reassuring to people who have begun to build very promising, important careers, and their families rely on that — their wives, their husbands, their children. To see this kind of uncertainty, now, become almost a regular dimension of their career is very unsettling, and I don't try to convince them otherwise."

Hagel said he does believe "we will find a new center of gravity of governing in the United States of America; I think we are seeing an evolving new coalition of governance start to appear."

It may take an election cycle or two for that evolution to take hold, Hagel said.

"I do have confidence in our country," he said. "I do have confidence in our people ... (and) almost a uniquely American self-correction process. We can fix our own problems, and we always have."

Hagel observes training, visits DMZ in Korea

Karen Parrish | American Forces Press Service

SEOUL, South Korea — Defense Secretary Chuck Hagel traveled north from the South Korean capital Sept. 30, visiting U.S. and South Korean soldiers, observing training, then continuing on to Panmunjom, site of the Demilitarized Zone separating democratic South Korea from its communist northern neighbor.

At Rodriguez Live-Fire Complex, about two-thirds of the way from Seoul to the DMZ, Hagel observed training and certification of a U.S. Army 2nd Infantry Division platoon. The division's soldiers certify on critical tasks annually, a spokesman said, and the day's training simulated breaching an enemy-emplaced obstacle during a mounted attack.

The joint, combined scenario involved U.S. Bradley fighting vehicles and Apache helicopters, and South Korean K1A1 tanks. Platoon leaders must incorporate air, engineer, indirect fire and allied capabilities to successfully complete the simulated mission.

Hagel spoke to U.S. and South Korean troops at the live-fire complex after observing the training. He explained he was visiting this week to celebrate the 60th anniversary of the U.S.-South Korean alliance and to celebrate South Korean Armed Forces Day.

"The South Korean soldiers are particularly important in this celebration," he said. "And we want to help celebrate this special day. It's a day that also gives us an opportunity to acknowledge this partnership."

The secretary noted that during this visit he also will preside, along with Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, over the change of



DoD photo by Erin A. Kirk-Cuomo

Defense Secretary Chuck Hagel observes a gunnery range Sept. 30 at Rodriguez Live Fire Range in South Korea. Hagel visited several military units along the Demilitarized Zone separating North and South Korea.

command ceremony that will mark the transition of U.S. Forces Korea command from Army Gen. James D. Thurman to Army Gen. Curtis M. "Mike" Scaparrotti.

Hagel thanked the troops for the opportunity to observe their training, which he called "impressive." He also thanked them, and their families, for the mission they are undertaking: protecting South Korea from its northern neighbor and maintaining peace and stability on the Korean Peninsula.

"I'm also here to spend some time with the South Korean defense minister and the leaders of South Korea in talking about what we do next — how we go forward with this relationship," Hagel told the troops.

The secretary noted he received a 2nd Infantry Division jacket during his visit, which he wore to speak to the troops.

"I shall wear it proudly, and I'll wear it more than

just here to show off the 2nd ID," he said.

The division's soldiers have a big responsibility, as they are well aware, Hagel said.

"You are the only forward-deployed division we have in the United States Army in the world. ... That responsibility doesn't cease. It doesn't ease, and it is one of constant vigilance, and I know that's a big burden," he said. "But I suspect that each of you wouldn't want it any other way, or you wouldn't be here."

Hagel said from the president on down, Americans appreciate what their deployed and forward-deployed troops are doing here and around the world.

"I know sometimes you're out here alone and wonder if anybody's paying attention and really does understand or appreciate what you do," he said. "We do. And thank you."

From the live-fire complex, the secretary traveled to the DMZ, where he and

South Korean Defense Minister Kim Kwan-jin visited the Ouellette Observation Post. Also known as Guard Post 142, it's closest to the dividing line and the last U.S.-manned outpost on the southern DMZ, all others being the responsibility of South Korean troops.

The secretary also toured Panmunjom, site of the line of demarcation, where both North and South Korea maintain military headquarters and keep vigilant eyes on each other.

Speaking to reporters at Panmunjom, Hagel said it's "probably the only place in the world where we have always a risk of confrontation, when two sides are looking clearly and directly at each other all the time."

There is no margin for error along the DMZ, the secretary said, and he credited the strong alliance between South Korea and the United States for keeping the region stable and peaceful.

"There's always a chal-

lenge; there's always a threat," he said. "But this partnership and this relationship is really unique, and it has been able to manage through many ups and downs in the differences between the two countries that share the Korean Peninsula."

Responding to a reporter's question, Hagel said he believes Kim Jong-un's regime in North Korea, which possesses chemical weapons, is watching closely to see what the world will do in response to Syria's use of such illegal weapons.

"We've always got to keep in mind that threats that come from use of weapons of mass destruction are not limited to borders or regions," he said. "They are global threats. And nations who possess those kinds of weapons and who are irresponsible do watch how the world responds and reacts."

Hagel also responded to a question asking whether the Pentagon has consid-

ered reducing its about 60,000-member force forward-deployed to the Korean Peninsula.

"No," he said. "There has not been any consideration or conversation about that. ... The Department of Defense will manage through whatever reductions we have to take ... (and) at the same time, assure our partners — and specifically here in the Asia-Pacific — that our commitments still stand."

"There's never been any consideration of changing our force protection or force presence here in Korea or anywhere else in this area," he said.

South Korea has made great strides militarily, Hagel said, and "is continuing to enhance and improve and strengthen its capabilities in all areas."

"And that's good," he added. "That's what they should do and they want to do and we want them to do. And we're supporting that."

CAC LD&E welcomes new leader Oct. 7

Combined Arms Center Leader Development and Education Public Affairs

Brig. Gen. Christopher P. Hughes will assume responsibility as the deputy commanding general for the Combined Arms Center Leader Development and Education and deputy commandant of the Command and General Staff College in a ceremony at 10 a.m. Oct. 7 on Abrams Loop.

Hughes, a native of Red Oak, Iowa, and graduate of Northwest Missouri State University, will be in charge of the day-to-day operations of the college, the Army's premier institution for educating mid-career officers. His leadership also extends to the Combat Studies Institute, the Army Manage-

ment Staff College, the Western Hemisphere Institute for Security Studies, the Defense Language Institute and *Military Review*.

Hughes was commissioned through ROTC. He later earned a master's in business management from Webster University, and is a distinguished graduate of the National War College in Washington, D.C., with a master's of science in national strategic studies. His military education includes the Infantry Officer Basic Course, Infantry Officer Advanced Course, the Army Command and General Staff College, the Armed Forces Staff College and the National War College.

Hughes previously served as the deputy commanding general

for maneuver, 3rd Infantry Division. He also served as the deputy commanding general for support and as the special assistant to the commanding general for the 3rd Infantry Division.

His troop leading assignments included service with the 4th Infantry Division, two tours in the 101st Airborne Division (Air Assault), the 509th Parachute Infantry Regiment (Opposing Forces) at the Joint Readiness Training Center, the 25th Infantry Division (Light), and Joint Task Force Bravo in Honduras.

Previous assignments include serving as the executive officer to the secretary of the Army, the chief of Army liaison to the U.S. House of Representatives, Washington,

D.C.; a war planner with U.S. Army Pacific Command; an operations officer with the Army Initiatives Group; and the chief of Army Current Operations, G-3, the Pentagon.

Hughes' awards and decorations include the Defense Superior Service Medal, Legion of Merit with oak leaf cluster, Bronze Star Medal with oak leaf cluster, Defense Meritorious Service Medal, Army Meritorious Service Medal with six oak leaf clusters, National Defense Service Medal with bronze star, Armed Forces Expeditionary Medal, the Afghanistan Campaign Medal, the Iraqi Campaign Medal, Global War on Terrorism Service Medal, Armed Forces Service Medal, Humanitar-

ian Service Medal, the NATO Medal, the Joint Meritorious Unit Award, the Army Valorous Unit Award, Army Meritorious Unit Commendation, the Army Superior Unit Award, the Combat Infantryman Badge, Expert Infantryman Badge, Ranger Tab, Master Parachutist Badge, Air Assault Badge, Joint Staff Identification Badge, Army Staff Badge, and sixteen pairs of foreign airborne wings.

He is the author of "War on Two Fronts: An Infantry Commander's War in Iraq and the Pentagon," for which he received the 2008 Army Historical Foundation's Distinguished Writing Award for Excellence.

Post, community recognize Gold Star Families



Bob Kerr photos

Lt. Gen. David Perkins, commander of the Combined Arms Center and Fort Leavenworth, presents a prayer bracelet to Gold Star Mother Phyllis Sisson during a Gold Star Mothers and Families Day ceremony at the Contemporary Protestant service Sept. 29 at Frontier Chapel. Sisson, whose son 2nd Lt. Justin Sisson was killed in Afghanistan on June 3, 2013, was one of several surviving family members recognized at the service and at the Veterans of Foreign Wars post in Leavenworth that afternoon.



Lt. Gen. David Perkins, commander of the Combined Arms Center and Fort Leavenworth, embraces Gold Star Mother Belinda Paauwe during a Gold Star Mothers and Families Day ceremony at the Contemporary Protestant service Sept. 29 at Frontier Chapel. Paauwe's son, Sgt. Michael Paauwe, was killed in El Paso, Texas, on Jan. 26, 2012, after he was struck by a drunk driver while riding his motorcycle. Several surviving family members were recognized at the service in the morning and at the Veterans of Foreign Wars post in Leavenworth in the afternoon.

Media workshop (continued from Page A1)

works and get an inside look as opposed to just being on the outside," Katie Sampson, a reporter with KSNT television station in Topeka. "That exactly what it's been."

Priya Sridhar, a freelance television reporter from Boston, agreed, saying that she learned a lot about the inner-workings of the Army.

"It seems like such a big organization, and it's very confusing for the average civilian, and so it's been an opportunity to have it broken down," she said. "One of the greatest parts of the week was to not only learn from the new recruits, who were just literally coming off the bus, but also be able to talk to two-star, one-star gen-

erals. It's fascinating to sort of hear from the bigger-picture perspective all the way down to listening to why someone enlisted in the first place."

She was particularly impressed when Command Sgt. Maj. Jeffrey Wright, of the Combined Arms Center, spoke to the journalists about the importance of following safety protocols should they become embedded with the Army on a mission.

"We're not there out there to compromise their missions," Sridhar said. "We're out there because we care."

Wright, who was the last soldier at Fort Leavenworth to talk in a classroom setting to the journalists at the

conclusion of the workshop, told them that the Army wants to work hand-in-hand with journalists and welcomes and expects them to ask questions that result in accuracy.

"We just want to be part of the process," he said.

Lt. Col. Jeffrey Allen, CAC's public affairs officer who helped organize the visit and host the journalists, said they were among the best and most inquisitive group that has participated in the workshop. They included reporters from the *Washington Times* in Washington, D.C., *The Desert Sun* in Palm Springs, Calif., *Dayton Daily News* in Dayton, Ohio, and a producer from MSNBC in New York City.



Melissa Buckley/Fort Leonard Wood Guidon

Military and the Media Workshop participant Jennifer-Leigh Ophory, national security reporter with Medill News Service, tries the Mk 19 grenade launcher in the Engagement Skills Trainer Sept. 25 at Fort Leonard Wood, Mo. Workshop participants visited Forts Leavenworth and Leonard Wood to learn more about the military.



Melissa Buckley/Fort Leonard Wood Guidon

Patrick Erickson, KHQ television reporter from Spokane, Wash., works on marksmanship with an M4 in the Engagement Skills Trainer Sept. 25 at Fort Leonard Wood, Mo. Military and the Media Workshop participants visited Forts Leavenworth and Leonard Wood to learn more about the military.



Prudence Siebert

Brig. Gen. Victor Braden, CAC's deputy commanding general for the National Guard, talks with journalists participating in the Military and the Media Workshop Sept. 26 at the Lewis and Clark Center.

HANCOCK GATE hours are now 6:30-8:30 a.m. for in/outbound traffic and 3:30-6 p.m. for outbound traffic only Monday through Friday.

Fort Leavenworth **THRIFT SHOP** will be open Oct. 5 from 9:30 a.m. to 2:30 p.m. Regular hours are 9:30 a.m. to 2:30 p.m. Tuesday, Wednesday and Thursday. During regular hours, consignments are accepted until 12:30 p.m. The store is on the corner of Pope and Grant avenues.

The **PASSPORT ISSUANCE AGENCY** in Washington, D.C., is relocating to a new facility Oct. 11-15. The agency will reopen for normal business at its new location Oct. 15. Individuals requiring an official passport or visa for PCS/TDY travel in November are reminded to process their applications early to avoid any delay in their travel. For more information, call 684-5656.

The **POST THEATER** is closed for construction. For more information, call 684-2862.

Because of the construction project at the post theater, the **MANDATORY POST TRAINING** (ASAP, TARP and Suicide Prevention) on Nov. 6 will be conducted in the Frontier Chapel sanctuary. Because of limited seating, reservations will be required. Organization training or operations representatives need to reserve seats before Nov. 4.

The **ST. IGNATIUS OUTDOOR MASS AND PARISH PICNIC** is at 10 a.m. Oct. 6 at Hunt Lodge. The event will welcome incoming St. Ignatius Parish families and bid farewell to Father Ken. Bring pets for a special pet blessing. For more information, contact Joan Roenfanze at 684-8992 or stignatiuspc@yahoo.com.

The 2013 Fort Leavenworth Faith Community **OFFERINGS OF THANKSGIVING WORSHIP CELEBRATION** is from 6:30-9 p.m. Oct. 11 at Pioneer Chapel and from 9:30-11:30 a.m. Oct. 12 at Frontier Chapel. For more information, call 684-8984.

Salat-ul-Juma, **ISLAMIC WEEKLY FRIDAY PRAYER SERVICE**, is at 1:30 p.m. at Frontier Chapel. Contact the Garrison Chaplain's Office at 684-2210 for more information.

TRUESDELL BARBERSHOP is undergoing renovations. The shop is closed for about three weeks. The projected date to re-open is Oct. 8.

The **DINING FACILITY** has new dine-in breakfast hours of 6:30-8 a.m. Monday through Friday. Weekend and federal holiday hours are 7-8:30 a.m.

The **WOMEN OF ST. IGNATIUS** meet from 8:45-11 a.m. Thursday mornings at Frontier Chapel for fellowship, learning and Bible study. Free child care is provided for children 6 weeks to 5 years old. An evening group is also available. For more information, contact Kristen Sloan at wosipresident@gmail.com.

There is a backlog in processing passports and visas **FOR FOREIGN TRAVEL** at the Department of State Passport Office. To help ensure passports and visas are received by the travel date, the Directorate of Logistics has updated the timeline. Allow 12 weeks for passport-only processing, eight weeks for visa-only processing, and 20 weeks for passport and visa processing. As soon as a tasking for overseas is received, schedule an appointment with the Transportation Office, 450 Pope Ave. To schedule an appointment, call 684-5656.

The **FORT LEAVENWORTH STRAY FACILITY** is now part of FMWR. The facility has relocated from the Veterinary Treatment Facility to Smith House at 510 Organ Ave., just one block from the intersection of East Warehouse Road and Thomas Avenue. Visit petfinder.com (type in zip code 66027) for information about the adoptable pets at the Stray Facility.

The Fort Leavenworth **VAN-POOL PROGRAM** is on-going and anyone can join a vanpool anytime. Vehicles, a comprehensive maintenance and repair program, insurance and back-up vans are provided by the vanpool company. A vanpool consists of five to 15 people who commute to and from work on a regular basis. The group shares the monthly operating expense and saves money. The Department of Defense also provides a tax-free transit subsidy that can be used to pay for vanpooling. This subsidy has risen from \$125 per rider per month to \$245 per rider per month. To join a vanpool, contact Debbie Hazelbeck at 684-3307 or e-mail deborah.a.hazelbeck.civ@mail.mil.

MCCLELLAN AVENUE is closed north of Kearney Avenue for repaving. Detour signs redirect traffic, and the McPherson Avenue intersection and all adjacent sidewalks are closed. The alley west of the Provost Marshal Office, which runs parallel to McClellan Avenue, provides access to the buildings and services north of the McPherson Avenue intersection. For more information, call 684-8947.

MOTORCYCLE SAFETY COURSES are scheduled for the year. Soldiers attending the courses must have their own properly licensed and insured motorcycle, along with all personal protective equipment. The next Basic Rider Course is Oct. 11-12. The next Basic Rider Course II (formerly known as the Experienced Rider Course) is Oct. 4. Class sizes are limited. A unit training administrator must enroll a prospective student through the Digital Training Management System. For information, contact David Green, Garrison safety officer, at 684-1743.

LUNCH HOUR NON-DENOMINATIONAL WEEKLY BIBLE STUDY is every Thursday from noon to 1 p.m. in room 106 of the

Resiliency Center, 600 Thomas Ave. The Bible study will focus on the one clear interpretation of scripture as derived by the original languages.

HOUSEHOLD HAZARDOUS WASTE can be dropped off at the HHW Collection Point in the basement of 810 McClellan Ave. weekdays from 7:30 a.m. to 4:30 p.m. There are also outside drop-off cabinets that can be used after hours. Products should be kept in their original containers, when possible. Household hazardous waste includes automotive products, home improvement products, paint, varnish, paint thinner, paint stripper, caulk and adhesives, pesticides, household cleaners, batteries, cosmetics, lighter fluid, and arts and crafts materials. E-waste is also accepted at the collection point, including computers, cell phones, cameras, modems, monitors, televisions, printers, game systems and general electronics.

The **ARTS AND CRAFTS CENTER** offers trophies, awards and engraving services with competitive prices. Stop by 310 McPherson Ave. or call 684-3373 for information.

Fort Leavenworth chapel services

Catholic:
Weekday Mass: Tuesday-Friday noon, Pioneer Chapel
Weekend Mass: Saturday 5 p.m., Pioneer Chapel
Weekend Mass: Sunday 9:30 a.m., Frontier Chapel
RCIA: Sunday 11 a.m., Pioneer Chapel

Protestant:
Liturgical Worship Sunday 8:45 a.m., Memorial Chapel
Traditional Worship Sunday 8:30 a.m., Pioneer Chapel

Gospel Worship Sunday 10 a.m., Pioneer Chapel
Episcopal Worship 10:30 a.m., Memorial Chapel
Contemporary Worship 11 a.m., Frontier Chapel
Sunday School 9:45 a.m., Frontier and Pioneer chapels

Jewish:
1st and 3rd Fridays of the month 6:30 p.m., Pioneer Chapel

Muslim:
Salat-ul-Juma, Friday 1:30 p.m.,

Frontier Chapel

Look for these groups on Facebook:

- Fort Leavenworth Chapel
- Fort Leavenworth Gospel Service
- Fort Leavenworth Gospel Service Women's Ministry
- Ft. Leavenworth Episcopal Congregation
- Ft. Leavenworth Club Beyond
- Saint Ignatius Parish, Fort Leavenworth
- Ft. Leavenworth Chapel Liturgical

PLACES TO GO THINGS TO DO

FMWR's **FORT LEAVENWORTH OKTOBERFEST**, scheduled for Oct. 4 at Merritt Lake, has been cancelled. The Support to Survivors lantern launch will be conducted during the Movie Under the Stars event Oct. 11.

The next **FORT LEAVENWORTH SPOUSES' CLUB LUNCHEON** is Oct. 9. For more information, visit www.ftleavenworthspousesclub.com.

CAC and Fort Leavenworth observe **HISPANIC HERITAGE MONTH** from 11:30 a.m. to 1 p.m. Oct. 10 at the Frontier Conference Center Main Ballroom. The guest speaker is Michael Macias, executive director of the League of United Latin American Citizens, National Educational Service Centers. Tickets are \$10 for the buffet meal. People can attend the program without purchasing the buffet meal. Call

684-1692/1694 or 684-2028 for meal tickets.

FMWR and CGSC are showing "Toy Story" for **MOVIE UNDER THE STARS** at 7 p.m. Oct. 11 at Merritt Lake. Everyone is invited to attend. Bring blankets to sit on. For more information, call 684-1674.

The Strike Zone Bowling Center is offering a **COLUMBUS DAY SPECIAL** Oct. 14. Get four games, four shoe rentals and four drinks for \$14.92. For more information, call 651-2195.

Bob Delaney, a referee in the National Basketball Association, former New Jersey State Police

trooper, author of "Covert: My Years Infiltrating the Mob" and "Surviving the Shadows: A Journey of Hope into Post-Traumatic Stress" and expert on the subject of **POST-TRAUMATIC STRESS** will speak from 1-3 p.m. Oct. 16 and 9-11 a.m. Oct. 17 in Eisenhower Auditorium at the Lewis and Clark Center. The event is open to the public. Participation is highly encouraged for soldiers and supervisors.

The **HAUNTED FORT LEAVENWORTH TOURS**, presented by the Friends of the Frontier Army Museum, will be 7-9:30 p.m. Oct. 18, 19, 25 and 26, starting at Zais Park. The walking tours leave about every 10 minutes and will take more

than an hour to complete. Tickets are \$13 for FFAM members and \$15 for non-members. Tickets can be purchased at the museum or online at www.ffam.us. The tour is recommended for ages 12 and up.

The **MID-CONTINENT PUBLIC LIBRARY VETERANS SALUTE** commemorating the 60th anniversary of the Korean War begins at 9:30 a.m. Oct. 19 at the Smithville Branch Library, 120 Richardson St., Smithville, Mo. The event is free. For more information, call (816) 532-0116.

RETIREE APPRECIATION DAY is from 7:30 a.m. to 1 p.m. Oct. 26 at the Lewis and Clark Center. The event will include guest speakers, small group discussions, static display of military vehicles and a demonstration by Leavenworth High School Junior ROTC.

DISCOUNTED TICKETS are available for the following upcoming events in the Kansas City area: Renaissance Festival, Worlds of Fun, Six Flags St. Louis, Sesame Street Live, KC Haunted Houses, Kansas City Ballet, and Broadway Across America Kansas City shows including "Wicked, the Musical," "Beauty and the Beast," "Sister Act," "Bring It On" and "Rat Pack." Tickets can be purchased from 10 a.m. to 5 p.m. Tuesday through Saturday at FMWR Leisure and Travel Services, 310 McPherson Ave. For more information, call 684-3377.

The **COMBINED ARMS CENTER WARRIORS' GALA** is at 6 p.m. Nov. 2 at the Frontier Conference Center. The event is open to everyone in the Fort Leavenworth community. Cost is \$60 per person. For tickets, call 684-0024.

CHILDREN & TEENS

The Leavenworth High School Junior ROTC and Auto Tech department **ANNUAL CAR AND MOTORCYCLE SHOW** is Oct. 5 in the north parking lot of Leavenworth High School. Registration is from 9-11 a.m. and the awards ceremony is at 2 p.m. Registration is \$5 for high school entrants and \$15 for all others. Proceeds benefit the Leavenworth Veterans Memorial Fund and the JROTC and Auto Tech programs. For more information, contact re-

tired Lt. Col. Eric Hollister at 684-1550, ext. 1260.

The Strike Zone Bowling Center is offering a **GOOD GRADES SPECIAL** from noon to 7 p.m. Oct. 12. One free game for every 'A' or equivalent, straight 'As' gets free sodas for the family and all 'B's or better earns a \$2 discount on any pizza. For more information, call 651-2195.

Youth Sports and Fitness Winter

WRESTLING AND BASKETBALL registration begins Oct. 15. The wrestling season is from Dec. 5 through March 6 and is open to children ages 5-12 years. The cost is \$45. The basketball season is from Jan. 6 through March 1 for 5-12 years old and the cost is \$40 and Jan. 14 through Feb. 20 for 3-5 years old and the cost is \$20. Volunteer coaches are needed. For more information, call 684-7525/7526.

YOUTH BASKETBALL CAMP registration begins Oct. 15. Camp is from Dec. 9 through 12. Children between the ages of 5-14 years will be divided into three different age

groups. The cost is \$40 and each participant will receive a camp T-shirt. For more information, call 684-7525/7526.

The free **CYSS HALLOWEEN FUN RUN** starts at 9 a.m. Oct. 26 at the Resiliency Center. Registration begins at 8 a.m. Children and parents may choose to walk/run a 1k or 5k. Participants under 12 years are invited to the Resiliency Center for a Trick or Treat Zone. Volunteers are also needed. For more information, call 684-7525/7526.

The **MIDDLE SCHOOL HALLOWEEN PARTY** will be Oct. 18 at

the Harrold Youth Center. The event is from 7-11 p.m. for seventh to ninth graders and 7-9 p.m. for sixth graders. The cost is \$3 for members and \$5 for non-members. There will be music, movies, games, raffles and a costume contest. For more information, call 684-5118.

CYSS PARENT'S NIGHT OUT returns Oct. 18. Reservations are now open. Reserve space for children ages 6 weeks to 5 years at the main CDC by calling 684-9351. For kindergarteners through fifth graders, call School-Ages Services at 684-3821.

EDUCATION & EMPLOYMENT

The **ARMY CAREER AND ALUMNI PROGRAM OFFICE**, 600 Thomas Ave., is open 8 a.m. to 4:30 p.m. Monday through Thursday and 8 a.m. to noon Friday.

ACS is offering a free **WELCOMING BABY** two-night workshop for expectant parents wanting to learn more about childbirth preparation and infant care basics. The first workshop is from 5-7 p.m. Oct. 3 and 10 at the Resiliency Center. The second series will be Dec. 5 and 12. For more information, call 684-2800.

October is **DOMESTIC VIOLENCE PREVENTION**

MONTH. To report domestic violence and get more information on reporting options, call 684-2537. In recognition of the ACS Family Advocacy Program is holding several events to bring awareness to the cause. Events are Healthy Relationships from 5-6 p.m. Oct. 8, 15 and 22 at the Resiliency Center; Remember My Name musical and candlelight vigil at 6 p.m. at the Alliance Against Family Violence at 522 Kickapoo, Leavenworth; Expect Respect: Dating Violence Prevention and Awareness from 4-5:30 p.m. Oct. 21 at the Resiliency Center; and Self Defense for Women from 6:30-8 p.m. Oct. 23 at Harney Sports Complex. To receive

more details on any of the programming and to register for classes, call 684-2800/2808.

The Fort Leavenworth Veterinary Treatment Facility is hiring an **ANIMAL HEALTH TECHNICIAN**. Visit www.us-ajobs.gov and search for job listing "NCNAFFR13966685" for more information.

ACAP is hosting an **EDUCATION WORKSHOP** from 8:30 a.m. to 4 p.m. Oct. 9 in room 131 of the Resiliency Center. The workshop is for people who plan on pursuing further education after transitioning from the military. Reserve a seat by calling 684-2227 or e-mail acap.leavenworth@serco-na.com.

The **HOME BUYING SEMINAR 2013** will be from 11:30 a.m. to 1 p.m. Oct. 23 in Conference Room 106 at the

Resiliency Center. This event is free and open to all military and Department of Defense civilians interested in learning more about purchasing a home. Seating is limited. Reserve a spot by e-mailing martin.e.dawson.civ@mail.mil or Delorise.lee.civ@mail.mil or calling 684-5686/3052 by Oct. 22.

The **DEPARTMENT OF VETERANS AFFAIRS WILL SPONSOR A JOB FAIR** from 9 a.m. to 1 p.m. Oct. 23 at the Domiciliary on the Dwight D. Eisenhower Veterans Affairs Medical Center, 4101 S. 4th St., Leavenworth. For more information, call Charlotte Clemens at (913) 682-2000 ext. 52674.

A **PARENT EDUCATION CONFERENCE** is from 6-9 p.m. Oct. 29 at Frontier Chapel. Reserve a seat by con-

tacting the school liaison officer at 684-1655.

TRANSITION ASSISTANCE PROGRAM (TAP) workshops are mandated for all military personnel transitioning from active-duty service. The workshops are also available to spouses of transitioning military on a space-available basis. TAP workshops are five days from 8 a.m. to 4:30 p.m. each day. Upcoming workshops begin Oct. 21 and Nov. 4. For more information or reserve a seat in the class, call 684-2227.

ACAP presents **"CUSSEN ABOUT MONEY"** classes for those interested in learning about finance, investment and credit. Upcoming classes include Introduction to Stocks Oct. 16 and Introduction to Mutual Funds Nov. 13. All classes are at the Resiliency

Center from 11:30 a.m. to 1 p.m. Attendees are welcome to bring their lunch. To attend, RSVP by calling 684-2227.

ACAP holds a monthly class on the **FEDERAL RESUMÉ SYSTEM**. Upcoming classes are scheduled for Oct. 31 and Nov. 26. For more information or reserve a seat in the class, call 684-2227.

The next **JOB FAIR** is from 10 a.m. to 2 p.m. Nov. 5 at the Frontier Conference Center.

RESILIENCY TRAINING for spouses and civilians will be from 9 a.m. to noon Nov. 5, 9, 12 and 26 in the ACS conference room in the Resiliency Center. The training is free to attend. Pre-registration is required by Nov. 1. To register and for more information, call ACS at 684-2800.

Military must slow growth for military pay, health care

Jim Garamone | American Forces Press Service

SEOUL, South Korea — The military has to look at the entire package of compensation, health care and retirement, Army Gen. Martin E. Dempsey told a U.S. Forces Korea Town Hall meeting Oct. 1.

The chairman of the Joint Chiefs of Staff and his wife, Deanie, spent an hour answering question from the joint service audience. Budget issues were a main concern for the service members.

Personnel costs have to be brought under control, the chairman said. He assured the service members that any changes to military retirement would be grandfathered. “So the question is what do we do with retirement for the next generation of soldiers, sailors, airmen and Marines?” he said. “But compensation ... and health care costs are growing at rates that are unsustainable to the all-volunteer force.”

This does not mean cuts, the chairman said.

“We may not actually have to reduce pay and benefits, but we have to slow the growth.”

Last year, for example, DoD recommended a 1 percent pay raise for military personnel. Congress upped the total to 1.8 percent. Slowing the rate by just that much would have saved DoD \$13 billion. Instead, the money to pay for the raise came out of readiness accounts, the chairman said.

In an interview with reporters traveling with him, Dempsey expanded on this. He noted he has been through three drawdowns in his career that began in 1974 — the post-Vietnam drawdown, the post-Cold War drawdown and the current one. This one is alarming to him because it is the steepest drawdown he has seen.

“The steepness of it puts us in a position to not exert enough control on balancing our requirements across all the accounts, whether they are manpower ac-

counts, modernization, maintenance, training, family care,” he said. “It’s extraordinarily challenging to try to balance the budget because of the steepness of this drawdown.”

He is worried about the long-term effects of the drawdown. Under sequester, DoD must cut an additional \$52 billion from the budget in fiscal 2014.

“If I were able to shrink the force, close some unnecessary infrastructure, potentially cancel some weapons systems that we don’t think are as important as others, I think I can probably balance it and not affect readiness to the extent we are,” he said.

But Congress will not allow another base realignment and closure process, and Congress has continued some weapons systems the department has specifically said it does not need.

“There are parts of the budget that are untouchable to me at this point,” he said. “Unless I can touch some of those things, it all comes

out of readiness, which means the next group to deploy will be less ready than they should be.

“That’s not a position that our armed forces should be in as the greatest military on the planet serving the greatest nation on the planet.”

And sequestration could continue to be a year-by-year process, and that is dangerous “because we are asking the force to live with uncertainty and do it a year at a time,” he said. “Eventually I think they are going to lose faith if we do it a year at a time.”



Report Suspicious Activity or Behavior

iWATCH ARMY

iREPORT **i KEEP US SAFE**

See Something Say Something

On Fort Leavenworth, report suspicious activities to the People are the Eyes and Ears of the Police line at 684-PEEP (7337) or call the Military Police Desk at 684-2111.

Services (continued from Page A1)

Clark Center are not affected by the furlough and maintain normal hours.

Because they are primarily staffed by NAF employees, Directorate of Family and Morale, Welfare and Recreation businesses and activities are conducting business as usual. All three child development centers will be open regular hours. The Flying Activity, Strike Zone Bowling Center, Trails West Golf Course, Stables, Brunner Skeet Range, Harney Sports Complex, Gruber Fitness Center, Harold Youth Center, School-Age Services, Parent Central, Outdoor Equipment Rental, Auto Craft Shop, FMWR Headquarters, the School Liaison Office, the Child, Youth and School Services administrative office, Arts and Crafts, the Leisure Travel Office, the 12th Brick Grille and the Frontier Conference Center's Solarium Buffet all continue regular hours.

Army Community Service maintains limited services for Army Emergency Relief, Survivor Outreach Services, Family Advocacy Program, and the Sexual Harassment and Assault Response Program.

Munson Army Health Center maintains normal hours and services, but patients can expect delays

because of reduced staffing.

Smith Dental Clinic is providing full services with military staffing.

Veterinary Services is open, but services may be affected.

The Office of the Staff Judge Advocate only has military staffing.

The post chapels and Religious Services Office only have military staffing.

Most other Garrison offices not specifically mentioned above are open, but have reduced staffing. These include, but are not limited to, the Army Education Center, the Army Career and Alumni Program, Army Substance Abuse Program, Adjutant General Office and Mail Room, Sherman Army Airfield operations, Kinder Range and the EST 2000, the Directorate of Public Works, the Directorate of Resource Management, and the Public Affairs and Safety offices.

A complete list of activities and closures caused by the furlough can be found on the Garrison website at <http://garrison.leavenworth.army.mil/Services.aspx>.

Any changes will be updated on the Garrison website and published in the *Fort Leavenworth Lamp*.



Prudence Siebert

Department of the Army Security Guard Sgt. Kevin Tomson checks the identification card of a motorist entering post Oct. 2 at Grant Gate. Gate operations continue with business as usual, and many services across post are functioning on a reduced level with military staffing only or reduced civilian manning because of the government shutdown. Others, like the Commissary, Equal Employment Opportunity and the Combined Arms Research Library, are closed until further notice.

Read the *Lamp* online at

www.ftleavenworthlamp.com



Post renews effort to save energy

Jan Dumay | Staff Writer

Simple energy-saving acts like turning off lights in empty rooms and replacing incandescent bulbs with fluorescent lamps or LED bulbs can go a long way in reducing the energy bill that Fort Leavenworth pays each month.

To help everyone who lives and works on post know their roles in conserving energy and water, the Energy Conservation and Security Office of the Directorate of Public Works is presenting a 2013 Energy Symposium from 8 a.m. to 4 p.m. Oct. 10 in the Senator Pat Roberts Room in the Lewis and Clark Center. October has been deemed Energy Action Month.

Symposium organizers will present a 40-minute seminar and video every hour, which will include a discussion of installation-specific energy and water challenges and accomplishments.

"The education of everyone on the installation is what is really going to make the difference," said Michelle Owens, program and management analyst for the DPW's Energy Conservation Office. "The most important thing for people to remember is that all the things we're asking them to do don't cost a dime. They're all behavioral contributions."

As part of her job, Owens is also the coordinator of the more than 200 people who are the post's "building energy monitors." She will discuss the program at the symposium. Every organization on post is required to appoint a BEM, who gets a four-hour initial training and annual refresher course.

"Their job is to stay in regular communication with me and with the energy division about what is happening in their building, what is happening with their mission, personnel changes that are happening," Owens explained, adding that the BEMs send her a biweekly report electronically. "It kind of keeps them in tune with their surroundings and with what's going on with their mission and how it can possibly impact our overall energy savings."

Since the BEM program was instituted on post in 2010, energy costs on post have significantly decreased, she said.

BEMs can request site visits with Owens, who will look at relatively simple things like light bulb use. If more detailed issues are at hand, such as a serious HVAC or structural problem, a site visit with an engineer can be arranged. Owens said that Fort Leavenworth Frontier Heritage Communities, which offers a Super Saver Program designed to promote conservation in the home, also offers home on-site visits for those who live in housing on post and want ideas on energy conservation.

Another topic to be discussed at the symposium is the post's Energy Savings Performance Contract, which has been awarded to NORESO, one of the symposium's sponsors. The contract involves an investment, savings and a reimbursement process with the goal of turning wasted energy into capital improvements.

Other symposium sponsors are the DPW-Environmental Division, Leavenworth-Jefferson Electric Cooperative and American Water.

Owens will also present the top 10 ways people can contribute to conserving energy on post. She'll also discuss peak demand, which illustrates how the energy consumed by every building on post affects every other building because the post has just one power line.

One of the Army's goals is a 30 percent total reduction in energy consumption by 2015. As a whole, the Army is committed to reducing energy consumption and reliance on foreign fossil fuels, because it affords U.S. troops every opportunity to protect energy resources they rely on to make peace.

Owens said that for every six resupply missions, one soldier is killed.

"One life lost for the purpose of energy consumption is just unacceptable," she said. "We can do better. Every one of us can do better with our behavior."



Prudence Siebert photos

Kimberly Resare, business manager with Family and Morale, Welfare and Recreation, talks with Dennis Hawley, energy engineer with the Directorate of Public Works, about the lighting at the 12th Brick Grille during a site visit to assess energy use and adaptability Sept. 30 at the restaurant in the old U.S. Disciplinary Barracks. Resare asked about the option to turn off the outer rows of lights on sunny days; the lights are currently all on or off.

Michelle Owens, management and program analyst for the energy division of the Directorate of Public Works, and Brett Wobker, DPW energy division chief, talk about how the use of Scofield Hall has changed from residential, when it needed the hot water holding tank, to office space as they check the hot water heater and boilers in the building's basement Sept. 30. Owens was recording serial numbers of the appliances to have in the event of a work order, and Wobker was looking for anything out of the ordinary.



Landscaping switches to bi-weekly service

Simone Metcalf | Fort Leavenworth Frontier Heritage Communities

Fort Leavenworth Frontier Heritage Communities would like to remind residents that TideWater Landscape Management, Inc., FLFHC's contracted landscape company, mows, trims and collects leaves in all areas that are not fenced in.

TideWater switches to a bi-weekly landscaping schedule in October.

Week One

Monday — Osage and Nez Perce villages

Tuesday — Oregon and Ottawa villages

Wednesday — Shawnee and Pawnee villages

Thursday — Riverside, and Grant and Scott avenues

Week Two

Monday — Upper Kansa, Lower Kansa and Cheyenne villages

Tuesday — Santa Fe and Iowa villages

Wednesday — Kickapoo and Pottawatomie villages, Thomas and McClellan avenues

Thursday — Main Post, Infantry Barracks and Wint Avenue

Remember this schedule is subject to change as needed; if heavy rain occurs, mowing will be completed the following day. FLFHC/TideWater is not respon-

sible for damages or failure to mow areas where items are left out.

Any questions about landscaping may be addressed to the Maintenance Department by calling (913) 651-3838.

Friendly reminders

Keep barbecue grills and fire pits away from homes when in use.

Basketball goals must be portable and cannot be placed within 10 feet of the street or cul-de-sac. Play equipment must be in backyard or side yard if no backyard exists.

Recreational vehicles, including boats and boat trailers, are not allowed to be parked in housing areas.

In addition, residents are asked to remove swings from trees. Some trees have been damaged by resident swings, and trees may not adequately support a swing.

For the safety of everyone, park only in designated parking spaces in alleyways. This allows adequate clearance for emer-

gency and trash collection vehicles.

FLFHC would like to thank all residents for their cooperation.

Deployed spouses program

The FLFHC deployed spouses program offers assistance with lawn care and snow removal when a service member is deployed. Any resident whose spouse is deployed can visit the FLFHC office at 549 Kearney Ave. to enroll. Be sure to bring a copy of the spouse's deployment orders and fill out the questionnaire available in the office and online at www.ftleavenworthfamilyhousing.com.

For routine work orders, the FLFHC Maintenance Department is available. Work orders can be scheduled for any general or emergency maintenance by contacting the Maintenance Department at (913) 651-3838.

Birthday drawing

Have a child with a birthday in October? Come by the Fort Leavenworth Frontier Heritage

Communities office at 549 Kearney Ave. to enter him or her into the monthly birthday drawing. All submissions must be received in the FLFHC office by Oct. 21.

Coloring contest

Children's coloring contest sheets are available through Oct. 21 online at www.ftleavenworthfamilyhousing.com and at the FLFHC office at 549 Kearney Ave. Contest winners will receive a prize and have their artwork published in the FLFHC newsletter.

Super Saver

Residents can nominate themselves for the Super Saver of the Month award by submitting a nomination form, which can be found on the FLFHC website at www.ftleavenworthfamilyhousing.com. Bring the form and a copy of the most recent utilities statement to the FLFHC office at 549 Kearney Ave. by Oct. 21.

Yards of the Month

The Yard of the Month program recognizes residents who spruce up and decorate their yards. Each month through October, Fort Leavenworth Frontier Heritage Communities representatives patrol villages on post to select three yards to be "Yard of

the Month."

Winners receive a \$25 Army and Air Force Exchange Service gift card and a Yard of the Month certificate, as well as recognition in the FLFHC Newsletter.

Halloweenie Roast

Join FLFHC and the Fort Leavenworth Fire Department for the seventh annual Halloweenie Roast. This free event is 4-6 p.m. Oct. 31 at Fire Station No. 2 near the intersection of Biddle Boulevard and Cody Road. Bring your little ghosts and goblins and enjoy free hotdogs, chips, drinks and a costume contest. Pets will also have an opportunity to participate and win some treats.

Stay updated on the latest news and read the FLFHC monthly Heritage Community Connections resident newsletter online at www.ftleavenworthfamilyhousing.com, and follow FLFHC on Facebook and Twitter.

For more information about any FLFHC events or activities, contact Simone Metcalf at smetcalf@themichaelsorg.com or call (913) 565-9806.

Utilities tip

Don't water lawns on windy days when most of the water blows away or evaporates.

LHS Junior ROTC does well at Raider Challenge

Lt. Col. Eric Hollister | Leavenworth High School Junior ROTC

CLINTON, Mo. —

Waking up at 5 a.m. on a Saturday is nothing new for the Leavenworth Pioneer Junior ROTC Raiders. While their peers were still sleeping, the Pioneer Raider team, which consists of two male teams and one female team, geared up for the first of several events during the Golden Valley Raider Challenge Sept. 14-15.

Physical training was the first event on the schedule consisting of a 50-meter tractor-tire flip immediately followed by a team two-mile run. After a quick breakfast of peanut butter and jelly sandwiches and fruit, the Raiders took off on a 10-kilometer (6.2-mile) run in their Army Combat Uniforms, which included boots. The Raider team attacked the rest of the physically demanding events at the Golden Valley Raider meet with the same intensity. The .75-mile-long Raider Challenge course consisted of a log carry, horizontal ladder, rope traverse, low crawl, humvee pull and a 25-foot

rope climb. In addition, the team set up a one-rope bridge and used it to cross a ravine.

The final event of the day for the team was the obstacle course, where the Raiders rolled two large tires through extremely rough terrain for one mile. The final event of the meet was a triathlon for two-person teams consisting of a two-mile run, pull-ups and archery. Leavenworth competitors were cadets John Brackett and Tyler Tavano from Pioneer Team 1, Ian Cunningham and Kile Keen from Pioneer Team 2, and Vaniah Mack and Robin Gildner from the Lady Pioneer team.

The Leavenworth Raiders were victorious. Pioneer Team 1 placed first in the one-rope bridge, PT, the Raider Challenge course and obstacle course events, and second in the 10k road march.

The Lady Pioneer Raiders, the only all-female team at the meet, took fourth in the one-rope bridge — beating eight other teams. This was a great accomplishment for the ladies.

Pioneer Team 1 was the



Photo courtesy Lt. Col. Eric Hollister, Leavenworth High School Junior ROTC

Cadets and members of the Leavenworth High School Junior ROTC Raider Team pose for a picture atop a World War II-era Sherman tank following the Golden Valley Raider Challenge competition Sept. 15 in Clinton, Mo. The Pioneer Raiders completed hours of rigorous physical training before the competition ensuring a place in the winner's circle at the conclusion of the meet.

overall champion of the meet, making it a great start to the season for the Leavenworth JROTC Raiders.

The Pioneer Raiders

trained since mid-August after school four days per week in preparation of this first of four competitions. The Leavenworth Junior ROTC program is one of

the oldest in the nation and one of the best, evident with its continuous nomination as Honor Unit of Distinction.

To learn more about

Leavenworth JROTC, visit http://lhs.usd453.org/apps/pages/index.jsp?uREC_ID=366776&type=u&pREC_ID=490267 or call (913) 705-0530.

Obamacare info for nonappropriated fund employees

Robert Dozier | Installation Management Command

JOINT BASE SAN ANTONIO

— The benefits provider for nearly 20,000 nonappropriated fund employees around the world has prepared information to assist with decision-making related to the Affordable Care Act. The U.S. Army Installation Management Command NAF Employee Benefits Office wants civilian employees at garrisons around the world to pay close attention since the marketplace health care exchanges became available in their states beginning Oct. 1.

"This is a decision-making event that may affect some employees and their families," said Bob Ramsey, chief of NAF Benefits. "We want our NAF employees to be aware of how the marketplace exchanges will be-

come available and, more importantly, what decisions have to be made to comply with the new law."

The ACA, commonly known as Obamacare, was signed into law in June 2010 by President Obama. Some provisions of this law have already taken place, such as the ability to allow children to stay on their parents' health insurance coverage until age 26.

"Oct. 1 is significant, as it is the first time that enrollments in Marketplace Healthcare Exchanges can start," said Anne Bright, NAF Employee Benefits Operations manager. "Who qualifies and who can sign up in the exchanges is the information we're trying to get out to our employees and retirees."

The marketplace was designed to help everyone find health insurance to meet their needs and fit within their budget. In addi-

tion, some may qualify for a new tax credit that will help lower their premium.

Current NAF employees who are enrolled in the DoD NAF Health Benefit Program need not do anything. This program meets the requirements of the ACA.

"In the DoD NAF HBP, the NAF employer pays 70 percent of the premium and this is likely the employee's best option under the rules of ACA," said Gloria Mick, Medical Program manager. "Some NAF employees, such as FLEX employees, are not eligible for our DoD NAF HBP, so they will have to get coverage on another employer's plan, on their parent's plan if eligible or purchase healthcare from the Marketplace Healthcare Exchanges."

A tax penalty may apply for those who fail to or choose not to have health insurance. In 2014, the tax penalty starts at the

higher of \$95 or 1 percent of income, but increases each year to 2.5 percent in 2016.

"The ACA offers premium tax credits to help pay for coverage," Mick said. "These premium tax credits will depend on the person's income, but only become available when insurance is purchased through the exchanges."

Citizens living abroad for at least 330 days of the year are treated as if they have the minimum coverage.

"Our OCONUS employees who are not enrolled in the DoD NAF HBP are not required by exception; however, this may be their best option," Mick said. "We want to encourage everyone to find the best insurance option that protects their family and saves them money."

Some retirees under 65 years old who are enrolled in the DoD NAF HBP will have the option of

dropping coverage and seeking a better or more affordable plan on the marketplace exchanges.

"It will depend upon the balance between the employer-paid percentage and the insurance premium tax credit," Mick said. "This will be a difficult decision for our under 65 retirees because it will depend on the individual's actual income stream. Once a retiree drops their NAF coverage, they are not allowed to re-enroll."

If an employee drops his or her NAF HBP and applies for coverage through the exchanges, he or she will be asked specific information about the employer plan. This information can be found on the NAFBenefits.com or the links provided below.

More detailed information and links to official information websites can be found at <http://www.armymwr.org/hr/marketplaceexchanges.aspx>.

Read the *Fort Leavenworth Lamp* online at
www.ftleavenworthlamp.com

MUNSON NOTES

Munson Army Health Center **WILL REMAIN OPEN** during the government shutdown. All MAHC services will be available. Patients should expect increased wait times because of reduced staffing.

Munson Army Health Center will close at 11:30 a.m. Oct. 4 for **ORGANIZATION DAY**.

Munson Army Health Center will be minimally staffed from 7 a.m. to 1 p.m. **OCT. 9 FOR TRAINING DAY**. Limited services will be available.

Munson Army Health Center is **CLOSED OCT. 14** for the federal holiday. For emergencies visit the nearest emergency room or call 911.

The next U.S. Drug Enforcement Administration **PRESCRIPTION DRUG TAKE-BACK EVENT** is from 10 a.m. to 2 p.m. Oct. 26 at the Fort Leavenworth Exchange. Unwanted prescription medications can be dropped off at the collection site. Hazardous drugs and medical sharps will not be accepted.

Some Munson Army Health Center patients are randomly sent **PATIENT SATISFACTION SURVEYS** in the mail and via e-mail after receiving treatment at the facility. Based on the satisfaction ratings of the surveys, MAHC receives extra funding that can be used for projects and expanded services. Responding to the surveys is beneficial for the facility and patients.

The Munson Army Health Center **RADIOLOGY DEPARTMENT** is under renovation. The radiology waiting room will move to the corridor outside the TRICARE Service Center for about a month during the construction.

Munson Army Health Center patients can now sign up to receive **APPOINTMENT REMINDERS VIA TEXT MESSAGE**. To opt-in to the text-message option, patients can pick

up a form at the information desk or any of the reception desks and return the form to room 1B040 in the main facility.

The Munson Army Health Center Nutrition Care Department offers a **CHOLESTEROL CLASS** from 10-11 a.m. the first Wednesday of the month. Call Nutrition Care at 684-6170 for more information.

Patients can no longer **ACCESS LABORATORY RESULTS** via the Munson Army Health Center webpage. Patients are directed to www.tricareonline.com for laboratory results. All current patient accounts on the MAHC website will be deactivated.

The **FORT LEAVENWORTH ARMY WELLNESS CENTER** is now in Eisenhower Hall, 250 Gibbon Ave. and is seeing patients from 6:30 a.m. to 3 p.m. Monday through Friday. AWC services available include fitness testing, metabolic testing, state-of-the-art body fat testing, biofeedback and classes on stress management. Arrive at least 15 minutes early to the appointment. Complete all necessary paperwork available on Soldier Fitness Tracker at <https://www.sft.army.mil/awc/> before the appointment. Call 684-6318 to schedule.

The Munson Army Health Center Nutrition Care Department's **ARMY MOVE WEIGHT LOSS CLASSES** are from 2:30-4 p.m. on Tuesdays in the Col. Harder Conference Room in the main facility. Call Nutrition Care at 684-6170 for information.

The **MAHC TRAVEL CLINIC** is now open by appointment only from 1-3:30 p.m. Tuesdays and Wednesdays in Preventive Medicine, located in Gentry Clinic. Personnel planning travel to parts of the world where unusual diseases may be present should visit the Travel Clinic several weeks or months before the planned trip since vaccinations needed may require two or three doses given over several months. Medications (i.e., malaria med-

ication) will require a visit to a primary care provider. Call 684-6539 to make an appointment in the Travel Clinic.

Because of minimal staffing at the Munson Army Health Center Preventive Medicine Clinic, **HEARING SCREENING WALK-INS** are from 7:30-11:30 a.m. Tuesday and Thursday (except holidays). Appointments are available from 10-11:30 a.m. Monday and Wednesday and 1-3:30 p.m. Monday through Thursday. For information, call the hearing program manager at 684-6546. Call the Call Center at 684-6250 to make an appointment.

PHYSICAL THERAPY PATIENTS should wear physical training clothing or their Physical Training Uniform to appointments.

Munson Army Health Center does not have an emergency department. **FOR EMERGENCY CARE**, call 911 or report to the nearest emergency room.

Subscribe to **RECEIVE WEEKLY MUNSON NOTES E-MAILS** by sending an e-mail to tisha.m.entwistle@us.army.mil with "subscribe" in the subject line.

Munson Army Health Center is now using the **ARMY MEDICINE SECURE MESSAGING SERVICE**. Beneficiaries can communicate with their health care team securely online. To register for the service, visit the reception desk at any of the clinics within MAHC. Patients will have to fill out a form in person so identification can be verified. Patients should receive an e-mail invitation within three working days.

The Munson Army Health Center **EXCEPTIONAL FAMILY MEMBER PROGRAM** office is on the second floor and check-in is at the Specialty Clinic reception desk. Office hours are 8 a.m. to 4 p.m. Monday, Tuesday, Wednesday and Friday and 8-11 a.m. Thursday. Walk-in hours are from 1-3 p.m. Monday, Tuesday, Wednesday and Friday. Screenings for overseas moves are by appointment only. Call 684-6681 for information or to make an

appointment.

Service members requiring **INDIVIDUAL SOLDIER READINESS PROCESSING** need to call Preventive Medicine at 684-6539 as soon as possible to schedule an appointment (not later than 30 days before a deployment). SRP appointments are available the second and fourth Tuesday of each month. Service members deploying with Fort Leavenworth will still SRP at Fort Riley.

The **MAHC BEHAVIORAL HEALTH DEPARTMENT** is now using a new Army program

called the Behavioral Health Data Portal. The BHDP is a paperless web-based application that will replace portions of the intake process. New and current patients will now be asked to complete portions of their intake online. Call 684-6771 for more information.

Soldiers must complete the online portion of the **PERIODIC HEALTH ASSESSMENT** two to four days before phase two of the PHA or the appointment will have to be rescheduled. Call the appointment line at 684-6250 to schedule phase one and two of the PHA.

Pet of the Week



Prudence Siebert

Cooper is a male longhair Chihuahua available for adoption at the Fort Leavenworth Stray Facility at 510 Organ Ave. The Stray Facility is open from 11 a.m. to 3 p.m. Tuesday through Thursday and from 11 a.m. to 5 p.m. Monday and Friday. Read more about the Stray Facility's adoptable pets at www.petfinder.com (zip code 66027), visit pets at the facility, e-mail lampphoto@yahoo.com or call 684-1669 for more information.

Tips offered for preventing crib deaths

Maj. Lakisha Flagg | U.S. Army Public Health Command

ABERDEEN PROVING GROUND, Md. — The birth of a child is a miraculous moment. It is a time filled with hope as new parents, family members and friends anticipate the many years of joy and happiness that normally accompany the arrival of a newborn.

Unfortunately, about 4,000 babies die every year in the United States, and the cause of death for these children is often not obvious or immediately known. Sudden Infant Death Syndrome is responsible for

nearly half of these deaths. SIDS is the leading cause of all deaths among infants under a year old, and it often occurs when babies are between 2 months and 4 months old. Some people call SIDS “crib death” because many babies who die of SIDS are found in their cribs.

Many years ago, the American Academy of Pediatrics identified sleep position as a contributing factor in SIDS deaths, and in 1994 the organization began its popular “Back to Sleep” campaign, which encouraged parents and caregivers to place infants on their backs when putting

them down to sleep. The organization admonished parents and caregivers to reserve “Tummy Time” for times when infants are awake and closely watched by caretakers. “Back to Sleep” positioning was found to be the most effective action that parents and caretakers could take to reduce the risk of SIDS for children in their care. Because of the campaign, the rate of SIDS deaths in the United States decreased by more than 50 percent.

Since that time, several other factors that contribute to SIDS have been identified. These factors include physical entrapment

in bedding and furniture, suffocation and choking. In response to these newly identified risk factors, the AAP has launched a new SIDS prevention campaign called “Safe Sleep for All Babies.” This campaign encourages caretakers to continue placing infants in the proper sleep position and advises them to also ensure that their child has a safe sleeping environment by removing all choking and strangulation hazards from infants’ sleep areas. These specific risk-reduction strategies to prevent SIDS include:

- Placing infants in a crib or bassinet, in the

same room as the parents;

- Avoiding co-sleeping/placing infants in the same bed as adults or other children

- Placing babies on their backs to sleep, even for short naps;

- Reserving “Tummy Time” (laying infants on their belly) for when they are awake and someone is watching;

- Using a firm sleep surface, such as a crib mattress covered with a fitted sheet;

- Keeping soft objects like pillows, quilts, bumper pads and stuffed animals out of the crib until infants

are older than 12 months;

- Keeping soft objects and loose bedding away from sleep area;

- Making sure babies don’t get too hot and keeping the room at a comfortable temperature for an adult;

- Avoiding the use of cribs that are broken, that have missing parts or that have drop-side rails; and

- Keeping infants away from tobacco smoke and places where people smoke.

By adopting these simple safety tips, parents and caregivers can reduce the risk of SIDS for infants in their care.

Tinnitus common, but sometimes puzzling condition

Maj. Melisa Lecese | U.S. Army Public Health Command

ABERDEEN PROVING GROUND, Md. — Even if you are unfamiliar with the term tinnitus, you may have experienced this distracting ringing, buzzing, clicking, roaring or rushing sound in the ears at one time or another.

Tinnitus is not a disease; however, it is likely related to an underlying condition. The most common condition that tinnitus relates to is noise exposure, both work-related and recreational. Other conditions that tinnitus may relate to include aging, ear or sinus infections, head or neck injury, heart or vascular disease, some medications, stress or fatigue.

An estimated 50 million Americans experience constant tinnitus. More than 16 million who suffer from tinnitus have sought medical attention to find relief. Among veterans, tinnitus is the most common service-connected disability.

Tinnitus can interfere with ability to concentrate for short or

long periods of time. It is most noticeable in quiet, not because the sound grows louder in this setting, but because the sound is more easily heard in a place where there is little sound competition. In severe cases, depression and insomnia plague the individual affected. Tinnitus can be a source of severe mental stress for some.

Despite ongoing research efforts, the exact cause of tinnitus is unclear. Tinnitus that is related to noise exposure is believed to be the result of damage or stress to cells in the inner ear. These cells are known as “hair cells” because of the hair-like projections that are attached to these cells. Hair cells play an important role in the hearing process and damage results in damaged hearing.

Because noise-induced hearing loss is often related to tinnitus, any measures taken to limit hazardous levels of noise will help prevent tinnitus. In pre-existing cases, these protective measures will prevent tinnitus from worsening. Turning down the volume or moving away from

the noise is a wise noise-limiting practice. Use hearing protection in situations where noise levels cannot be limited.

Sadly, there is no cure for tinnitus, but there are many treatments and treatment programs available that help some individuals cope with and manage this condition.

Counseling programs assist in changing reactions toward the tinnitus. A primary goal is to facilitate relaxation by decreasing awareness of the tinnitus.

People who have hearing loss in conjunction with the tinnitus may find treatment for both by using hearing aids. Hearing aids amplify speech and environmental sounds, which often makes the tinnitus less noticeable.

Sound generators facilitate relaxation and sleep. These devices produce gentle, repetitive, soothing sounds such as waterfalls or soft music. Some sound generators can even be worn in the ear and are used as part of tinnitus retraining therapy.

Now that you know what the “buzz” is all about, you can make

wise choices to prevent this troubling condition from happening to you. For those who are already

experiencing tinnitus, there is help available in several different forms.

Before an emergency, know the way to safety.

Every minute counts in an emergency.

- Get a portable emergency kit.
- Follow your emergency plan.
- Listen to the radio or TV for instructions.

It's up to you. Prepare Strong. For more information, visit www.ready.army.mil

READY ARMY



Patton football action

Lawrence West Middle School Warhawks try to drag down Patton Junior High School Tiger Jaden Morgan during the eighth-grade game Sept. 26 on Normandy Field. The Warhawks won 38-20.

Prudence Siebert photos



Patton Junior High School Tiger Andrew Activie, pursued by Lawrence West Middle School's Vanni Martinez and Jared Hicks, gains yardage for his team during the eighth-grade football game Sept. 26 on Normandy Field.



Patton Junior High School Tiger Seth Johnson dodges Lawrence West Middle School Warhawk Jared Hicks during the eighth-grade football game Sept. 26 on Normandy Field. The Warhawks won 38-20.

Racers brave elements to complete course

Connie Carpenter | Special to the Fort Leavenworth Lamp

Rains, winds in the teens and 10-degree temperature swings tested Adventure Racer's mettle as they competed in the Santa Fe Trail Adventure Triathlon Sept. 28. As rain pelted the overhead entrance at Gruber Fitness Center, racers crafted their strategies for which sequence of the canoe-mountain bike-trek course to complete first.

As the race started, Team Geonia — Stephanie Edwards and Maj. Dillon Haynes, from Command and General Staff Officer Course Class 2014-01 — sprinted toward the canoe. With the slim possibility of thunderstorms in the forecast, Team Geonia wanted to complete the canoe early in the competition.

In addition to being classmates at the CGSOC 2014-01, Team Go Ask Mommy — Majors Kurtts and Moffitt — each have twin toddler daughters. Go Ask Mommy rammed the canoe off the Smith Lake

shoreline and settled into a solid paddle stroke producing a two-foot wake.

Veteran racers Geonia fell behind Go Ask Mommy keeping pace and fighting the increasing rains.

At the bike transition, Team Wear Blue — Anna Courie and Emily Hoey — studied the mountain bike course and reviewed the route. Wear Blue spontaneously decided to ride the course in a reverse direction.

Team Van Laar — Deborah and Joshua Van Laar — took the traditional approach of navigating the bike course in a forward direction. The mother and son team flew down the wet, grassy meadow of Dragoon Glen speeding to the northeastern wetlands.

Maj. Jamie Jordahl, from Operations Group C, Mission Command Training Program, sprinted to the trek course.

As Wear Blue and Van Laar approached the wetlands, Go Ask Mommy completed the canoe and sped toward Dragoon Glen

on their mountain bikes. The team dive-bombed down Dragoon Glen and quickly joined the first two teams.

Geonia chose to capture the trek leaving the mud-caked wetland bike trails for last. Within 56 minutes of the race start, all racers were traveling across the wetlands. Wear Blue became the first casualty of the elements. The deep mud tore off a rear chain derailleur causing one of their bikes to lose all pedal power. Wear Blue dragged the bike to the first trail entrance and offloaded the mangled equipment into the trail brush.

As the race staff recovery vehicle approached them, Wear Blue dashed over to a nearby puddle and washed up for the ride back to the starting point. The team later received kudos for the cleanest passport in a rainstorm and the Claude Monet award for body-paint decoration.

The remaining teams struggled to navigate the two trails pushing their bikes through the soaked

terrain and capturing all five markers.

Go Ask Mommy became the second victims of the bike-eating trail losing a chain derailleur. The team "MacGyvered" the damaged bike by removing the chain and turning the cross-bike into a free-wheel glider. One team member pedaled his bike while pushing the other member on the glider toward the Smith Lake transition point.

Having already completed the canoe and the trek, Go Ask Mommy and Jordahl raced to the finish at Smith Lake. Go Ask Mommy's innovative bike repair proved to be the winning move as they closed in on the finish at two hours and 13 minutes. Jordahl followed closely behind with a second place finish of two hours and 19 minutes. Geonia arrived in third place at three hours and six minutes incurring an additional 12-minute penalty for not making the three-hour race cut-off.

Having spent two hours and 29 minutes on the

soggy mountain bike trail, Van Laar returned to Smith Lake needing to complete the trek and canoe in less than 31 minutes. Joshua pushed the canoe over the shoreline. Deborah was seated at the bow of the canoe dangling three feet in the air over the lake water.

Race staff rushed to grab their cameras to record the next move. Joshua leaped into the canoe's stern. A roar of water sounded as both racers and canoe plunged sideways into the lake. Joshua and Deborah remained determined and quickly re-floated the canoe. As they sloshed across the lake with 40 pounds of lake water in the tippy canoe, Van Laar encountered their first Amazing Race moments. Their lively discussions echoed across the misty lake.

Fifteen minutes later, Van Laar exited the lake to the cheer of the other race teams. With only 14 minutes and a 5-kilometer trek before the race cut-off time, Van Laar decided to

accept a race penalty and clear the course. They completed the course in three hours and 35 minutes with a 70-minute race penalty. Although dropped from the race due to mechanical problems, Wear Blue also demonstrated their racer pride by completing the trek. They completed the course minus five mountain bike navigation markers in two hours and 57 minutes.

The FMWR outdoor adventure series continues with the Family Friendly Orienteer Course on Oct. 19. Information is available at the www.ftlvadventure.com webpage and the Fort Leavenworth Adventure Series Facebook page.

Editor's note: Connie Carpenter is an experienced orienteer and adventure racer. She currently serves as the event director for the Fort Leavenworth Outdoor Adventure Series. She can be reached at (913) 683-5634 or cmccassociates@me.com.

SPORTS SHORTS

Special Troops Battalion, Combined Arms Center and FMWR are hosting the **4TH ANNUAL 5K/10K/HALF MARATHON** beginning at 8 a.m. Oct. 5 at Harney Sports Complex. Register online at www.fortleavenworthfmwr.com and click on "Adult Sports" to find the registration link. Registration is \$15 for 5K or 10K, \$20 for half marathon or \$35 per family. Same-day registration is available for an additional \$5. For

more information, call 684-5136.

The **FALL YELLOW BALL SHAMBLE** is at 9 a.m. Oct. 5 at Trails West Golf Course. Entry fee is \$35 for pass holders and \$50 for non-pass holders. Pre-pay and save \$5. Shamble format means each two-person team is assigned two Titleist yellow balls to play the entire round. For each ball returned with the score card, the team reduces its overall score by one stroke; for any ball lost

the team increases its score by one stroke. For more information, call 651-8132.

The next **CAC SCRAMBLE** will begin with a shotgun start at 1:30 p.m. Oct. 11. Entry fee is \$55 for the public and \$40 for annual pass holders. Pre-pay and save \$5. Entry fee includes greens fee, cart rental, range balls, beverages and hole prizes. For more information, call 651-7176.

Gruber Fitness Center has an on-site **CHILD CARE CO-OP** Monday through Wednesday from 9-11 a.m. for co-op members. Availability depends on the number of active co-op mem-

bers. In exchange, volunteer to work two to three child care sessions a month. All volunteers must complete background checks and CYSS training before becoming an active member. Children must be registered through CYSS Parent Central. For more information, e-mail grubercoop@gmail.com or call 684-1651. Application packets are available at Parent Central, Room 121, Resiliency Center, 600 Thomas Ave.

DoD civilians can participate in the **CIVILIAN FITNESS PROGRAM**, which allows full-time employees three hours of administrative leave per week for physi-

cal training, monitoring and education. For details, contact Matt Price at 684-3224.

Brunner Range, 701 Sheridan Drive, offers **FREE SKEET SHOOTING LESSONS** at 10 a.m. every Wednesday and Thursday and at 9 a.m. Saturday and Sunday. Equipment rental is available. For information, call 684-8132.

HARNEY SPORTS COMPLEX is open 5 a.m. to 8:30 p.m. Monday through Friday and 8:30 a.m. to 5 p.m. Saturday and Sunday. Call 684-2187 for information.

LAMP ADS

For sale: New Harbinger Big Grip Pro lifting straps, \$15, two brand new three-packs of Staples document frames \$6 each. Will deliver to Fort Leavenworth or Leavenworth. Call (816) 464-0561 or e-mail david-westport@yahoo.com.

For sale: Small dorm refrigerator, 30-inches by 20-inches, \$15; West Bend 900-watt black microwave with chrome front, \$25; Simply Perfect Home 1000-watt microwave, \$30; JVC

RX 307 stereo receiver, synthesizer with remote, \$50; HP Slim Line Pavilion 5216f computer with Windows 7, bad Ethernet card but will add Netgear wireless Dual Band device, \$150; Craftsman 10-inch table saw 3.0 Model 248830, \$110; Light brown sofa with three cushions in great condition, \$50; leather barstool, \$10; old Bose 501 speakers still in working condition, \$30. Call (913) 683-5602 for more information.

Free ad qualifications

The *Fort Leavenworth Lamp* provides free classified ads to military members, civilian employees on Fort Leavenworth, military and civilian retirees, and their family members.

All ads must be accompanied with military sponsor, Fort Leavenworth employee or retiree information — grade, office and duty phone.

Deadline for ads is 4 p.m. the Friday before the desired publication date.

Ads concerning real estate sales and rentals, babysitting, personal messages, sales representatives or businesses are considered commercial ads. They are handled by GateHouse Media at 682-0305.

Government telephone numbers and e-mail addresses will not be printed in the Lamp Ads.

Ad submissions are accepted by e-mail to ads@fleavenworthlamp.com, or in person at the *Lamp* office in room 219 at 290 Grant Ave.

Because of space limitations, ads are limited to one ad per family per week. Ads may contain multiple items. Ads will be published only once for each item.

For more information about free ads call 684-LAMP (5267).

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