

Guidon

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www.myguidon.com



■ Pick'em up, put'em down. Commander's Cup 5k draws runners from across post
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FREE

Published in the interest of the personnel at Fort Leonard Wood, Missouri

■ Burnin' down the house. Kitchen grease blazes still No. 1 fire hazard

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■ Heritage celebrated. Post honors Asian-Pacific Islander Month

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■ Get your kicks. Route 66 Summerfest opens in Rolla

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Designated routes keep runners safe



Courtesy photo

Running is a great way to stay in shape. Fort Leonard Wood offers dozens of safe run routes for individuals and units.

Some popular roadways are closed to pedestrians after designated times

By Dawn Arden
Assistant editor
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Physical training is a large part of everyday life for the military and health conscious alike. With the weather becoming increasingly warmer more people are being drawn to the outdoors in search of fresh air and the perfect PT location.

The Fort Leonard Wood Safety Office and the Directorate of Plans, Training, Mobilization and Security want to make sure that every individual, both military and civilian, are

aware of the dangers of using unauthorized run routes.

"Fort Leonard Wood is a very user friendly place, there are many places you can use safely. We don't want to see anyone get hurt," said Bruce Simpson, DPTMS, technical director.

The areas marked off and reserved for Safe and Secure Run Routes between the hours of 5 to 6:45 a.m. and are prohibited for use anytime other than that.

PT covers everything including bicycle riding, jogging, walking and leisurely strolls pushing strollers. This applies to military personnel, their

family members, and all other persons located on Fort Leonard Wood.

Chris Billadeau, Maneuver Support Center of Excellence safety specialist, says there are some routes in particular they are having a hard time keeping people off of and are afraid that someone is going to get hurt.

"It's about personal responsibility and being proactive on their part," Billadeau said.

Here is a list of some of the routes that are causing problems. They are either prohibited after the set morning

See **ROUTES**, Page A4

Special Reaction Teams ramp up skills on post

SRTs train here for worldwide mission

Story and photos by Melissa Buckley

GUIDON staff

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Fort Leonard Wood's Advanced Law Enforcement Training Division is responsible for the military law enforcement Special Reaction Teams responding to threats on installations around the world.



Front to back: Marine Cpl. Carlos Jauregui, Marine Sgt. Adam Munoz and Capt. Brian Fuchs, SRT students, advance on a doorway during a training exercise.

"SRTs are like civilian SWAT (special weapons and tactics team). They are provided advanced training in tactics, weapons and specialized equipment, eliminating potential threats while preserving human life and ensuring the safety and security of military and civilian personnel on installations," said Michael Terry, Advanced Law Enforcement Training Division chief.

Army, Air Force, Marine Corps, Navy, Coast Guard and all the civilians assigned within those services learn their Special Reaction Team skills from the U.S. Army Military Police School Special Reaction Team course either here on post or from one of the course's Mobile Training Teams, teaching the course at locations worldwide.

"SRT training is centralized. This way we can make sure everybody is operating under the same Tactics, Techniques and Procedures," Terry said. "We deploy a MTT to larger groups that need to be trained on an installation, because it's cost effective for us to go to them."

Special Reaction Teams provide commanders a unique capability to respond to special threats, such as barricaded subjects, hostage situations, active

See **SPECIAL REACTION TEAMS**, Page A4



Bridging Soldiers sling load gap crossing assets

Photo by Pfc. Jessica Box

Sgt. Christopher Pena, 50th Multi-Role Bridging Company bridge crew chief, signals for a helicopter hover during a sling load operation May 15 at Lake of the Ozarks Recreation Area. The 50th MRBC is one of five active-duty bridging companies in the U.S. Army.

By Staff Sgt. Heather Denby
Special to GUIDON

Nearly 50 Soldiers assigned to 50th Multi-Role Bridge Company, 5th Engineer Battalion, conducted sling load operations across the waters of Lake of the Ozarks Recreation Area as part of a three-day training exercise beginning May 15.

"This training directly applies to our role as a bridging asset for the 1st Infantry Division and as a combat multiplier on the battlefield," said Sgt. 1st Class Jimmy Pelliccia, a bridge crewmember and platoon sergeant in the 50th MRBC.

With the support of Kansas National Guard pilots and a CH47 Chinook helicopter, the Soldiers constructed a four-float assault raft consisting of four interior bays and two ramp bays capable of transporting maneuver units across large bodies of water.



Photo by Staff Sgt. Heather Denby

Once in the water, Soldiers from the 50th MRBC use MKII boats to move the bridge sections into place.

Sgt. Benjamin Conrad, a bridging Soldier with more than six years experience and bridge crew chief in the 50th MRBC, said sling load training is a critical skill for the unit to have even without water.

"During my deployment to Afghanistan in 2010, the water level went from 17 feet to 3 feet overnight and our free-floating bridge went

See **BRIDGE**, Page A4

Enlisted heroes remembered across Fort Leonard Wood

Names of Medal of Honor recipients found on facilities, streets



Photo by Robert Johnson

Gammon Field is one of many locations on Fort Leonard Wood honoring enlisted heroes.

By Col. John Riley
Special to GUIDON

While there are many facilities and streets on Fort Leonard Wood named for notable Army officers, the Army has also memorialized its enlisted heroes around post as well. Perhaps the most prominent is Staff Sgt. Archer Gammon for whom Gammon Field

is named. Every year, Gammon Field is host to physical training formations, military ceremonies and community events.

However, few stop to think about the man behind the name.

Gammon was a platoon sergeant in the 9th Armored Infantry Regiment, 6th Armor Division. In early January

1945, Gammon single-handedly destroyed two enemy machine gun positions with grenades while running through hip-deep snow near Bastogne, Belgium. With his platoon under fire from a German King Tiger tank and supporting infantry grenadiers, Gammon rushed forward of his platoon and killed two of the enemy riflemen, forcing the

tank to begin its withdrawal. Gammon was killed moments later by a direct hit from the retreating Tiger tank's 88mm main gun, but his platoon was able to regroup and force the continued withdrawal of the enemy unit. Gammon was awarded the Medal of Honor for his actions, which saved his

See **HEROES**, Page A4



Want more? Scan for more information at www.myguidon.com.

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114 days without a fatal accident

Think safety 24/7 and watch out for your family, friends and fellow workers.



SOCIAL MEDIA SOUNDOFF

Each week, the GUIDON asks questions on the Facebook site. While some questions get many responses, and other get very few, below are the "best of" last week's questions.

If you want to see all the responses, follow the thread of replies or answer one of these questions, go to www.facebook.com/FLWGuidon. Here are last week's questions and selected responses:

What is your favorite outdoor activity?

Running and hiking. There are so many trails here.
Sarah Alber



Fishing.
Layla Browning Garza



Camping and canoeing.. swimming fishing hiking ... Sorry, I have trouble picking just one.
Diana Harry



Running away.
Natalie Rogers Solomon



Running around with my kids and bike riding.
April Daviage

What store, restaurant or service would you like to see brought to Fort Leonard Wood?

Target, Joe's Crab Shack, Red Lobster, Macaroni Grill, Walgreens, JoAnns.... Also a bookstore like Larry Bowen's Reader's Corner in Rolla would be great.
Jenny Moore Owen



Real restaurants...no more fast food places. Kick out one of the Subways and put in a Jimmy John's. A Target, Hobby Lobby, or Sam's Club would be nice as well. Also, a place for kids, like an indoor trampoline place, that can accommodate a ton of kids. We went to one in Littleton, Colo., last Christmas and it was fabulous.
Jennifer Lynn



A McAlister's Deli, Target, TJ Max, Texas Roadhouse, Olive Garden, Hobby Lobby, Health Food Store or a Petco.
Kelly Sims Ungerecht



We really need places for kids to go and enjoy. For example: Chuck-E-Cheese, Playtime Pizza, pottery painting locations or The Wonder Place. Also we could use a Mardel's, Ashley's Homestore, Kroger, El Porton, Red Lobster, Applebee's, Target, Kohl's, Old Navy or a Lane Bryant.
Paige Terry



Tim Horton's.
Samantha Utykanski



Boston Market, a drug store like Rite Aid, CVS or Walgreens, a TJ Maxx or other clothing stores.
Kris Struna-Wunn



Hobby Lobby, Michael's or some other hobby supply store.
Rhonda Stolte Darnell



OK, almost everyone who commented on this suggested a restaurant. We undoubtedly need something that's not seasonal for the kids in this area to do. The only thing that is not seasonal and off-post for the kids to do is bowl at Buckhorn Lanes. I would recommend this place to anyone. But we need other things as well. Something like an indoor funplex would be awesome.
Jim Mooar

Go to www.facebook.com/FLWGUIDON and let us know what you think of this week's questions. The GUIDON will post up questions, but if you have a burning issue, feel free to post your own question and watch for the comments.



Commentary

Keep holiday safe

By Brig. Gen. Mark Inch
Maneuver Support Center of Excellence and Fort Leonard Wood commanding general

On Memorial Day, we will honor those who sacrificed their lives in service to our country. As we remember those who have worn our nation's uniform, I want each and everyone one of you to understand what an integral part you play in your unit, the Army, and our country. You are to be commended for volunteering to serve during this



Inch

time of war. We have all lost friends, colleagues, and battle buddies in combat. We don't need to lose them in a careless holiday accident.

Whether you are in the military, a Department of Defense civilian, a retiree, a contractor or a Family member, you are part of the Fort Leonard Wood team. As team players, we hold a responsibility to look after one another at work, home, or on holiday. As leaders, we must set the example for others to follow and get involved when circumstances aren't quite right. Be a part of the solution, not the problem.

As of today, we have enjoyed 114 consecutive days with no fatalities due to accidents. I thank you for

your efforts in this accomplishment. As you go about your holiday routines, make sure you and everyone in your vehicle is buckled up. If you drink alcohol, do it responsibly and have a designated driver. If you are a motorcycle rider, make sure you have the proper training and safety equipment. As we begin the '100 Days of Summer,' we must also take extra precaution against heat injury. Stay hydrated in your outdoor pursuits, and use the buddy system wherever you go, particularly on lakes, where we have had fatalities before.

Thank you again for all you do. Enjoy the holiday weekend and be safe.

Handshakes speak volumes

By Dr. Boshra EL-Guindy
Special to GUIDON

Sometimes a visual representation simply says more than words ever could. When we meet people, we often use non-verbal visual communication to convey a message. A smile, a frown and a wink are examples of how we replace words with gestures.



EL-Guindy

Common among these non-verbal ways to communicate is the handshake. It is a common way to say hello, say goodbye, agree with or congratulate someone. The handshake has a rich history of usage over the years in different forms and variations. It is a part of our everyday social and professional lives; part of our culture.

A handshake is the act of clasping and shaking a person's hand. Of course, variations of this act do exist, and some have varying degrees of complexity. By simply watching some of the hand maneuverings when professional athletes score a goal or a touchdown, for example, we can realize how complex and symbolic these maneuverings can be. Often team members engage in interesting choreographed handshakes for the spectators and, of course, the cameras.

A few types of handshakes are observable. First is the basic traditional handshake most of us are familiar with and use regularly. This involves eye contact with the person we are meeting. We then both extend our right hand at the same time and clasp each other's.

We then proceed to shake each other's hands a few times. The high five handshake does not involve "clasping" hands but instead "slapping" hands. The parties involved raise

their right hand above their shoulders with their five fingers pointing towards the sky. They then proceed to swing their right arms until their right hands meet in a slap. This is a more modern version of the traditional handshake.

The fist handshake is another variation of the traditional handshake. Here, two people who meet, squeeze their respective right hands into a fist position, as if they were about to engage in a boxing match. However, there is no fighting here, instead, they push their fists towards each other in a friendly way and touch each other's fist. Again, no clasping of the hands takes place.

In North America and in Europe, a firm short handshake indicates self-confidence. In many parts of Africa, in some Oriental countries, and parts of the Middle East a less firm handshake is more common, but it is not an indication of weakness.

We can always communicate much by how we offer our hand when we meet someone. Some different styles of the traditional handshake emerge. Here are some:

The indifferent handshake is a limp handshake, when the receiver expects the handshake to be a firm one. Some people call this the "dead fish" handshake. It can show lack of interest and sometimes respect for the person receiving it. It can also indicate lack of confidence from the person giving it.

The sweating hands handshake is a type of a handshake that often indicates that the giver is feeling nervous.

The quick grasp and release handshake gives the impression that "I'll touch you quick and then let go so that I can get this over with as soon as possible". This can

indicate that the person performing it does not have time for you. It can also indicate that the person is on the defensive and feels threatened by your presence. In other words, he or she is ready to protect his or her territory.

The harsh grip handshake is the opposite spectrum of the limp handshake. Here, the person clasps your hand and squeezes unreasonably harshly to the point of the handshake being painful. The intent of this type of traditional handshake is to intimidate. It is a show of power.

The politician's handshake (the campaign handshake), as the terms indicates, is associated with politicians when they meet the public. A politician campaigning will shake your right hand with his or her right hand, while placing his or her left hand on your arm or shoulder. He or she may cover your shaking hand with his or her left hand. In this case, a politician is trying to make a connection with you. It may be sincere, or insincere, depending on the person.

With the "tentative handshake," the person you meet clasps your hands, but as they shake, their palms don't touch yours. They may be timid, wanting to connect, but shyness hinders them. It could also be an indication that they do not want to reveal everything to you.

Although many other ways of greeting are popular these days, the handshake continues to be the most common non-verbal way of greeting. It is a form of social expression; it has as its foundation the traditional handshake many use each working day. It also has a tendency of evolving into newer other forms. Whatever form of handshake we choose to use, a good handshake speaks a multitude of words without uttering a sound.

(Editor's note: EL-Guindy is the Culture and Foreign Language Advisor at the Maneuver Support Center of Excellence.)



Have moral courage, speak up

By Air Force Col. Daniel Higgins
Air Force News Service

Recently, I saw a commercial depicting what appeared to be a typical business meeting. An older man, clearly the boss, said something along the lines of "So, we all agree — it's a good idea?" To which an employee responds "I think it's a stupid idea."

In the next scene, the employee who gave his opinion is out on the street with a box of personal belongings, the implication being that he was fired for speaking his mind.

I don't recall what the commercial was trying to get me to buy, but whatever it was, I don't need it. In fact, in the military, we need the opposite. It takes courage to serve in the armed forces. Yes, obviously it takes great physical courage.

All Soldiers, Sailors, Airmen or Marines, regardless of rank or career field, can find themselves suddenly and without warning in harm's way, whether deployed to a combat zone or "safely" back at home station. Physical courage is expected; it's part of the deal we made when we volunteered to serve. And I think everyone understands that.

But there's another type of courage that service members need: moral courage.

Service members need the courage to do the right thing when it might not be the easy thing. They need the courage to speak up and identify an issue or a problem when everyone else thinks things are going great.

Leaders, regardless of rank, need the courage to face their daily challenges and make the decisions necessary to accomplish the mission. Every decision involves risk; and while effective leaders can and should mitigate that risk to the extent possible, they can't eliminate it entirely.

Leaders understand that if you make enough decisions, sooner or later you'll make one that turns out to be wrong. Effective leaders get that and they find the courage to make the decision anyway. They take in the

information available to them, weigh their options, mitigate the risk where possible, but they act with confidence and persistence.

But truly effective leaders also want to hear when they are on the wrong path. In fact, I would argue they need to hear it when they are on the wrong path. Being a good Airman requires, by definition, that you also be a good wingman — and being a good wingman means speaking up when necessary. The same is true for all other branches, whether you're a wingman, battle buddy or shipmate. As my Army friends would say, the time to hear I'm about to walk into a chopper blade is before I walk into the chopper blade. After-the-fact is not helpful at all.

As a leader, I value the members of my organization who are willing to speak up with a different viewpoint. They have the courage to offer their views, understanding that they may not be popular. They may even be wrong, but they offer them up anyhow because they know it makes for a better decision.

We all bring different experiences and backgrounds to the problems we face and those different experiences influence the way we view and solve problems. Those differences are what make our military such an effective organization.

There is no monopoly on good ideas; they can come from anywhere and anyone in your unit. If you are the leader, cultivate a climate of openness that encourages your subordinates to speak freely and offer alternatives and suggestions for how to better accomplish the mission. If you're a follower, speak up.

You've got to be willing to say, "I think it's a stupid idea," when it is. Be respectful of course, but it doesn't do anyone any good for you to say, "Yeah, I thought we were on the wrong path, but I didn't want to say anything." That's not courage. That's not helpful to the organization. That's not being a good member of the team — or a good Soldier, Sailor, Airman or Marine.

(Editor's note: Higgins is assigned to the Air Force 2nd Bomb Wing Staff Judge Advocate Office at Barksdale Air Force Base, La.)



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Members of the Marine Corps Detachment assist employees from EPC Inc. in loading a truck with recycled electronic devices during Fort Leonard Wood's e-waste disposal day, April 23 at the Nutter Field House.

Post sets record with e-cycling waste collection

Story and photo by
Craig French
Special to GUIDON

The Directorate of Public Works Environmental Division offered the Fort Leonard Wood community a convenient drive-thru collection point to dispose of e-waste in an environmentally friendly way on April 23.

Despite heavy rains and cold temperatures the event significantly exceeded all past collection efforts, collecting approximately 5.7 tons of privately owned, obsolete, out-dated, inefficient or broken electronics. This surpassed previous collections of 3.8 tons.

Five members of the Fort Leonard Wood Marine Corps

Detachment assisted with moving recyclables from personally owned vehicles to a staging area. EPC Inc., a certified electronics recycler and one of two most highly rated electronics recyclers by the Missouri Department of Natural Resources packed and transported the used electronics to their St. Charles, Mo., recycling facility to refurbish, completely recycle or otherwise recover and re-use individual electronic components.

Following completion of the project, EPC provided Fort Leonard Wood with a certificate of recycling.

Although numbers are steadily increasing for recycling used electronics, the Environmental Protection Agency estimates that only 15

to 20 percent of used electronics are collected for reuse and recycling. Some industry surveys estimate that in the U.S., we toss away tens of millions of used electronics each year.

The Environmental Division has scheduled another e-waste collection in November commemorating America Recycles Day. E-cyclable's include electronic items like televisions, computers, microwave ovens, telephones, stereos, printers and other such products. The e-waste collection cannot take government equipment.

Details will be published in the GUIDON at a later date.

(Editor's note: French is the DPW Environmental Division Solid Waste and Recycling Program manager.)

Briefs

Pay office closed

The Fort Leonard Wood Defense Military Pay Office will be closed from 7:30 to 11:30 a.m. Wednesday for Employee Training. For emergencies, call 317.361.0198.

'Click it or Ticket' campaign nears

The Directorate of Emergency Services has scheduled a seat belt awareness campaign for until June 2 across the installation.

In conjunction with the Memorial Day holiday, the national "Click it or Ticket" campaign will be in full force as law enforcement personnel across the nation increase enforcement of seat belt laws.

On Fort Leonard Wood, the DES will increase public awareness of seat belt use through information, enforcement and unannounced checkpoints across the installation to increase and ensure seatbelt compliance.

For more information, contact the Provost Marshal's office at 596.4984.

AAFES holiday hours

In observance of Memorial Day, the following hours of operation will be in effect Monday.

Main Exchange	9 a.m. to 8 p.m.
PX Concessions	9 a.m. to 5 p.m.
Mini Mall Concessions	10 a.m. to 4 p.m.
Starbucks	8 a.m. to 5 p.m.
Military Clothing	10 a.m. to 5 p.m.
Furniture Store	10 a.m. to 4 p.m.
Class Six	10 a.m. to 4 p.m.
South Express	9 a.m. to 5 p.m.
North Express	7 a.m. to 10 p.m.
Food Court	10 a.m. to 7 p.m.
Burger King	9 a.m. to 5 p.m.
Church's Chicken	10 a.m. to 5 p.m.
Taco Johns	9 a.m. to 5 p.m.
Blimpies	10 a.m. to 4 p.m.
Pizza Hut	10:30 a.m. to 10 p.m.
Abrams Theater	1:30 p.m. show

All other Army and Air Force Exchange Service's facilities and concessions will be closed Monday.

XO/S3 Officer Course

The Maneuver Support Center of Excellence is scheduled to conduct an Executive Officer/Operations Officer Course for company and battalion level executive officers and operations officers (S3) and brigade executive officers June 4 and 5 in the Commander's Briefing Room in Hoge Hall. The class is designed to professionally develop new XO/S3s, incorporate Fort Leonard Wood Inspector General findings and trends from 2011 and 2012 affecting critical training management and supply discipline functions.

For more information, contact Lt. Col. Timothy Atkins at 563.4152, or by email at timothy.j.atkins2.mil@mail.mil.

Tornado sirens are for warnings only

To be in line with local and state standards for emergency weather conditions, Fort Leonard Wood will activate the tornado sirens only for a National Weather Service issued tornado warning for installation area.

The post will use other notification systems, to include giant voice for severe weather warnings, such as hail, thunderstorms or high

winds. Sirens will only be used for official tornado warnings.

Pay office organization day

The Fort Leonard Wood Defense Military Pay Office will be closed from noon to 4 p.m. on June 7 for Organization Day. For emergencies, call 317.361.0198.

Off-limits establishments

In accordance with the commanding general's policies, the following establishments have been declared off-limits to military personnel:

- Daisy's Health Spa, Superior Road, Pulaski County
- Dutchman's Liquidators, 644 Old Route 66, St. Robert

In the event the establishment has a name change, the premises remain off-limits.

Military personnel observed in the off-limits establishments are in violation of military orders and are subject to the Uniform Code of Military Justice. For more information, contact the Provost Marshal's office at 596.0575.

2013 Storm Water Management Plan for Fort Leonard Wood

In accordance with the Missouri Department of Natural Resources Permit #MO-R040088, a draft of the 2013 Storm Water Management Plan (SWMP) will be made available for public review today by the Fort Leonard Wood's Environmental Division-Storm Water Program. Public input is sought to provide information and recommendations that can help the Stormwater Program address water quality on Fort Leonard Wood.

The draft SWMP may be viewed at the Bruce C. Clarke Community Library, Fort Leonard Wood and on the web at www.wood.army.mil/dpwenv. Comments on the draft SWMP will be accepted until June 14.

Comments should be addressed to Amy Crews, MS4 Program Manager, Environmental Division, IMLD-PWE, 1334 First Street, Bldg. 2222, Fort Leonard Wood, Mo. 65473; phone 596.0882; or email at amy.m.crews4.civ@mail.mil. Submit all comments by 5 p.m. on June 14.

Domain name change

The email domain of flw-guidon.com has ceased operations. The correct email domain for the GUIDON staff is now myguidon.com.

Motorcycle safety training requirements

Motorcycle operation can be fun, but it can also be very dangerous. There are specific requirements for training that must be completed before operating a motorcycle on Fort Leonard Wood or before any military service member operates one off the installation.

To check the requirements, go to the Internet link www.wood.army.mil/safety and click on Motorcycle Safety. Specific protective equipment that must be worn by motorcycle operators may be found at the same link.

For more information, contact the Maneuver Support Center of Excellence Safety Office at 596.0116.

Avoiding kitchen fires

By Olaf Jensen
Special to GUIDON

Kitchen fires continue to be the most common cause of fires in post housing. These fires not only present a threat to a home's occupants, but those in neighboring quarters as well. Damage from a relatively small kitchen fire can cause tens of thousands of dollars in fire, smoke and water damage. Following a few steps can greatly reduce the probability of having a grease fire. For the purposes of this article we will use the terms grease and cooking oil interchangeably.

The greatest preventative measure to be taken is to never leave cooking unattended. Almost all kitchen fires can be traced back to cooks leaving the kitchen. "I only stepped away for a moment" or, "I was briefly distracted by a phone call" are two common comments made by those who have suffered a kitchen fire.

When heating grease for cooking, start at a low temperature setting and gradually increase to the desired temperature. Once the temperature is reached, the setting may need to be reduced. Grease, and the pan used to heat it will continue to absorb heat as the cooking continues. Thus, the temperature of the pan and grease will continue to rise. Stepping away even for "a moment" can allow the grease to ignite. The use of a grease thermometer aids in maintaining a safe and effective cooking temperature.

In the event of a fire, take the right steps

In the event that a fire does start, it is imperative to react promptly and correctly. Here are some important steps when a fire occurs:

First and foremost, as soon as the fire starts, order everyone out of the house and instruct someone to call 911 from a neighbor's house.

Always have charged fire extinguisher handy and know how to use it. A fire extinguisher used on a grease fire must be suitable for class B fires. Using the wrong class of extinguisher will cause the fire to grow. The fire department can provide training and literature on the safe, effective use of fire extinguishers.

Over time an extinguisher can lose its charge and the chemical agent inside it can become compacted. The extinguisher's pressure can be checked monthly by looking at the gauge on many extinguishers. If there is no gauge the extinguisher will have a plastic tab (usually green) that can be pushed in. If it immediately returns to its protruded position, the extinguisher is charged. If not, it must be replaced. During the monthly check, the extinguisher should be turned upside down and shaken to break up the agent inside it. Always make sure the extinguisher is accessible before beginning to cook.

In the event that there is no extinguisher

present, baking soda can serve as an effective extinguishing agent. Stand back from the fire and toss handfuls of baking soda on the fire. The baking soda releases carbon dioxide when it is heated displacing oxygen, which helps to smother the flames.

You should always have an oven mitt close by while cooking. Another effective way to occlude oxygen and smother the fire is to place a tight fitting lid over the pan. This can be extremely dangerous and can subject the cook to burns from splattering grease and fire. If it is to be done, the pan should be approached from down low while wearing an oven mitt. Don't get any closer than arms reach. Quickly slide the lid over the pan and get back.

Because the fire has gone out, does not mean it is safe. Only the oxygen has been removed; the heat and fuel are still present and the fire can reignite. Immediately turn off the burner. Don't touch the pan. The grease may still take hours to cool below its ignition temperature. Wait for the fire department to declare the area safe. If at any time you feel that your extinguishing efforts are not working, or the fire continues to grow, immediately exit the house closing the door behind you and await the fire department.

Don't make the fire worse

Certain behaviors can add to the intensity of the fire or promote the probability of injuries during a grease fire. Certain acts should never be done in attempts to extinguish grease fires.

Never use water on a grease fire. Hot grease has a specific gravity of less than 1, meaning, it floats on water. Adding water to a grease fire will only intensify it and splatter burning grease beyond the pan.

Never try to move a pan full of burning grease. Several people have been injured by trying to run outside with a pan of burning grease or tossing it in the sink. Not only can hot grease slosh on the person carrying it causing severe burns, it can also spread the fire from the stove to the door or sink.

Never fight a fire that extends beyond the pan. If in doubt, get out. It is much more important to get everyone out of the house and attached quarters then it is to protect the property within. Life safety always takes precedence over property conservation. Always call the fire department after a cooking fire—even if you think it's out.

To learn more about kitchen fire safety, fire extinguishers or for help determining your extinguishers class and if it is charged, call the Fort Leonard Wood Fire and Emergency Services Division at 596.0883.

(Editor's note: Jensen is a fire prevention inspector with the Fort Leonard Wood Fire Department.)

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ENERGY TIP OF THE WEEK

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When it cools off at night, turn off your air conditioning system and open your windows while sleeping. When you wake in the morning, shut the windows and blinds to capture the cool air. It will reduce the amount of electric consumed.

Become a battle buddy during Mental Health Awareness Month

Advocacy for mental health awareness is also a battle against stigma

By Juliza Ramirez-Wylie
Special to GUIDON

“The Army’s goal for suicide prevention is suicide-risk reduction. Stigma is a great barrier to achieving this goal and therefore must be prevented.”

Ernest LaMertha II

Fort Leonard Wood Suicide Prevention Program manager

The dedicated professionals who fight to ensure our principles of freedom and liberty are maintained in combat, sometimes return home to find themselves in a new battle — and it’s a battle fought by not only service members, but their Families, as well.

They may experience both public and self-stigma related to a behavioral health diagnosis and/or treatment.

But as planning and training prepares Soldiers for combat, likewise the Army prepares Soldiers and their Families with ongoing contingency planning and training to fight the battle against stigma.

Contingency training is under way — at this very moment — you are being educated, trained and recruited as a battle buddy.

Welcome to your first block of instruction: Battle Buddy 101.

Erving Goffman, a well-known sociologist, defined stigma as a “situation of an individual who is disqualified from full social acceptance.”

Public stigma can form as a result of some of the most commonly held stereotypes about individuals with be-

havioral health disorders that can label them as dangerous, incompetent and personally responsible for becoming, or continuing to have, a behavioral health disorder.

Stigma can also take the form of “self-stigma” when the individual internalizes public stigma and accepts it as a legitimate representation of oneself.

In these cases, the individual may experience a decrease in self-esteem, self-efficacy, confidence and have increasing thoughts of self-harm.

The effects of stigma on both service members and their Families create an additional barrier to helpful behavioral health services.

A 2011 study involving service members assigned to brigade combat teams found that individuals diagnosed with a behavioral health

disorder, who also held negative attitudes toward treatment, were 40 percent less likely to seek behavioral health services, according to Dr. Paul Kim and his colleagues from the Department of Military Psychiatry at the Walter Reed Army Institute of Research in Maryland.

Service members reluctant to seek behavioral health care services are more likely to complain of physical symptoms and seek additional medical care services to include emergency services and primary care.

“The Army’s goal for suicide prevention is suicide-risk reduction,” said Ernest LaMertha II, Suicide Prevention Program manager at Fort Leonard Wood. “Stigma is a great barrier to achieving this goal and therefore must be prevented.”

Leaders have a unique challenge to provide a culture that accepts psychological rest and “taking a knee” as acceptable options to psychological distress. This approach has been particularly successful for improving the outcomes for survivors of Traumatic Brain Injuries.

New protocols addressed down-range helped in early diagnosis of over 9,000 concussions in 2011. Follow-up requirements kept those who suffered a traumatic brain injury off the battlefield for 24 hours following the event, and until normal TBI screening results were obtained. This initiative has decreased the severity of those injured by TBI.

Post Traumatic Stress presentations are slated for May 29 and 30 with Bob Delaney, a former NBA referee and New Jersey State Trooper.

Delaney will share his experiences as a survivor of PTS.

During his last visit here in 2012, Delaney highlighted how influential stigma can be to PTS awareness when he described it as “the largest barrier to recovery.”

Our service members fight abroad for us here at home. In appreciation and gratitude, our traditional and honorable role has been to provide their support.

We have a unique opportunity to fight alongside our troops in this very real battle against stigma. Each of us is a uniquely qualified battle buddy here at home.

Gear-up and take your place on the home front in this recently identified and pivotal battle.

For more advanced training as a battle buddy in the battle against stigma, contact the Behavioral Health Department at General Leonard Wood Army Community Hospital.

(Editor’s note: Ramirez-Wylie is a psychology technician at the Behavioral Health Department, General Leonard Wood Army Community Hospital. John Brooks contributed to this story.)

Special Reaction Team

From Page A1

shooters and high-risk incidents on their installations.

“These types of threats require a law enforcement response above and beyond normal police patrol capabilities,” Terry said. “They are learning everything from concepts to hostage rescue. They learn how to deal with single-cell or lone wolf situations to multi-cell situations, where you have multiple terrorists attacking several locations.”

Each year 650 students graduate from Special Reaction Team training.

“Most SRT members perform a law enforcement function within their organizations and the SRT is their additional duty,” Terry said.

To attend the Special Reaction Team course each unit defines their own selection criteria based upon their mission.

“The people that are being trained here are key in training personnel on other installations,” Terry said.

That is one of the reasons Capt. Brian Fuchs, Headquarters and Headquarters Company, 761st Military Police Battalion, Alaskan National Guard commander, is on post taking the course — to share the training with his fellow Soldiers in Alaska.

“This class is giving us a great foundation of training on what SRTs are all about. I can take these fundamentals back to my unit and apply them to build teams,” Fuchs said.

He feels fortunate to be able to be on Fort Leonard Wood to get the SRT training.

“These instructors are top notch and the facilities are some of the best in the world,” Fuchs said.

Another student, Marine Cpl. Byrant Neal, Helicopter Marine Squadron, Quantico, Va., agreed. He said the SRT training is critical for the

future of his squadron.

“We are currently trying to build an SRT for our unit. We are looking into transitioning from being general Provost Marshal Officers to having a specialized unit,” Neal said. “We need an SRT to be available for rapid deployment.”

Upon gaining sufficient experience as an SRT member, troops may be selected to attend the SRT Marksman/Observer course. Terry said he graduates 250 Marksman/Observer students each year.

The SRT M/O course is a tough and very demanding experience. Students must be fully prepared for the high shooting standards associated with the SRT M/O duties. It is common for students to be eliminated from training due to improper preparation or demonstration of poor shooting skills and fundamentals.

“The SRTs are responsible for the objective itself. The Marksman/Observers provide inner perimeter security, intelligence gathering and if necessary, highly accurate and effective neutralization of hostile targets in special threat situations — they are basically snipers,” Terry said.

The Law Enforcement Tactics branch on post prides themselves with staying one step ahead of the adversaries.

“All of the instructors are either on local-civilian SRTs, military SRTs or are former military that have just come off teams. We strive to make sure we have cutting edge TTPs in their hands. So, the students graduating have the current information,” Terry said. “As we continue to lead the way we have no doubt that the SRT training program will have a positive impact on the Army’s ability to provide a highly trained force capable of rapid deployment in response to special threat situations.”



TOP: Students in the Special Reaction Team course prepare to enter a house at Stem Village during a class exercise. **ABOVE:** John Scarbrough, left, SRT instructor, observes Marine Sgt. Adam Munoz, SRT student, takes up a position during a room clearing exercise. **LEFT:** Air Force Staff Sgt. Rebecca Swift gets some instruction from Scott Langley, SRT instructor, during an exercise in the Special Reaction Team training course on post.

Routes

From Page A1

PT hours or prohibited altogether, but individuals keep using them. If you are using the following areas you could not only be interrupting training, but putting yourself at risk:

South Demolition Road (Car Wash Hill) closed to all PT after 7:30 a.m.

FLW 10 (East Gate Road), from the East Gate to FLW K FLW 25 (Big Piney Road) Water Intake Road

FLW 15 closed to all PT after 6:45 a.m.

Iowa Avenue closed to all PT after 6:45 a.m.

Indiana Avenue Polla Road

Missouri Avenue

“When it comes down to a

vehicle and pedestrian meeting, the pedestrian is not going to win,” Billadeau said.

Fort Leonard Wood has many outdoor PT tracks and walking/jogging trails of varied sizes for use. A map can be found and downloaded at www.fortleonardwoodmwr.com under Recreation, Walking/Jogging Trails.

For a map of the Safe and Secure Run Routes you can go to this link or look at the big map at the Davidson Fitness Center <https://sp.wood.army.mil/sites/MSCoE/Safety/Lists/PT/AllItems.aspx>.

The Safety Office is available to answer any questions pertaining to Safe and Secure run routes or PT areas. Call 596.0116 for more information.

Bridge

From Page A1

aground,” Conrad said. “We were able to recover the equipment by hooking it to a helicopter and sling loading it out of the area.”

The training conducted at LORA gave Soldiers a similar opportunity by staging and loading their equipment for sling load then recovering their assets when they hit the water, Conrad said.

Once the helicopter cleared, Soldiers set out in MKII boats to rapidly assemble the boat bridge.

“In a combat environment, we want to get the fighting forces from one side of the gap to the other as fast as possible,” said Capt. Andrew Lowery,



Soldiers from the 50th MRBC use a MKII boat to push a section of ribbon bridge into place on Lake of the Ozarks May 15.

Photo by Staff Sgt. Heather Denby

50th MRBC commander. “Our training and specialized equipment provide assurance for commanders who may need to bridge the gap while maneuvering their forces.”

Lowery said that he likes to challenge his Soldiers by finding different gap crossing locations throughout the Midwest.

“The training we’ve conducted here and in my time spent with this unit has been challenging, but it has been fun,” said Sgt. Christopher Pena, bridge crew chief in 50th MRBC. “I think it’s actually why I love this job and why my Soldiers love it too.”

The 50th MRBC is slated to

conduct a hasty gap crossing exercise incorporating additional security and maneuver units to enhance its Unified Land Operations readiness over the next several months.

(Editor’s note: Denby is a photojournalist assigned to the 4th Maneuver Enhancement Brigade Public Affairs Office.)

Heroes

From Page A1

platoon and forced an enemy retreat.

Gammon is just one of many enlisted Soldiers honored around the fort. In the northeast section of the cantonment area, many of the street names also serve to memorialize such heroes, many of whom are native sons of Missouri.

Here are just a few examples:

Hatler Street: M. Waldo Hatler was born in Bolivar, Mo., and was

living in Neosho, Mo., when he entered service with the 89th Division during World War I. Sgt. Hatler received the Medal of Honor for his actions during combat in the Meuse-Argonne campaign in 1918. Swimming across the Meuse River, Hatler was able to penetrate enemy lines to gather intelligence about the enemy’s positions, which were of great value to the allies.

Peden Street: Forrest Peden was born in St. Joseph, Mo., and

served in the 3rd Infantry Division as an Artillery Forward Observer. When the company he was supporting came under attack by an enemy battalion near Biesheim, France in February 1945, Technician 5 Peden engaged in hand-to-hand combat, rendered first aid to fellow Soldiers, then ran 800 yards under fire to get tank support for his unit. Peden was killed while directing the tanks into the engagement. He received the Medal of Honor posthumously for

his actions, which allowed the reinforcements to reach his comrades and drove off the enemy assault force.

Parrish Street: Technician 4 Lavern Parrish also received the Medal of Honor posthumously for actions in World War II. A native of Knox City, Mo., Parrish was serving with the 25th Infantry division in Luzon, Philippine Islands in January 1945 when his company was attacked by a large Japanese force.

Under constant hostile fire, Parrish — a medic — made repeated crossings of an open field to recover wounded comrades. In all, Parrish personally recovered four wounded men from the field and treated 37 casualties in his unit before being mortally wounded himself by enemy mortar fire which was deliberately targeted at him.

(Editor’s note: Riley is the G3 operations officer for the Maneuver Support Center of Excellence.)

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Fallujah



These are the places we remember,
to honor the lives of those we'll never forget.



Community

Thursday, May 23, 2013

GUIDON

Section B Page 1



Pet of the Week

Aussie is available for adoption at the Fort Leonard Wood Stray Animal Facility. Aussie is very playful and has been at the facility all month.

Adoption fees are \$102 for dogs and \$77 for cats, which includes microchipping, spay/neuter, vaccines, and required diagnostic testing.

For more information on adopting Aussie or any of the other available animals, contact the clinic at 596.0094.

Summer Youth Program

The American Red Cross program provides students ages 14 to 18 years old, with the opportunity to volunteer on Fort Leonard Wood.

A kick-off for the volunteer program is scheduled noon to 2 p.m. May 31 at the American Red Cross Main Office, in Bldg. 496 on Constitution Avenue. Participants must RSVP by Tuesday. For more information, or to RSVP, contact Chrissie Lance at 596.0300 or chrissie.lance@redcross.org.



AER

The Fort Leonard Wood Army Emergency Relief Campaign is scheduled to run through May 31. The 2013 goal for Fort Leonard Wood is \$250,000. To date, \$168,000 has been raised. The AER program provides emergency financial assistance to Soldiers and their Families in the form of grants, loans and scholarships.

To donate, contact your unit AER representative or Chuck Matthews, AER officer, at 596.0212.



GUIDON Facebook

The GUIDON is now on Facebook, located at www.facebook.com/FLWGUIDON. There are photo galleries, updates, and even the opportunity to chime in on the weekly viewpoint questions. "Like" us on Facebook and start interacting with the GUIDON.

Community news

If you have a community news submission for the GUIDON, or need more information concerning guidelines for community news, email the community desk at guidoncommunity@myguidon.com. You can also call 563.4014.

For more local events, see "What's Up" on Page B6.



Asian American and Pacific Islander Heritage Celebration

Story and photos by Dawn Arden

Assistant editor dawn.m.arden.civ@mail.mil

The 4th Maneuver Enhancement Brigade and the Maneuver Support Center of Excellence joined together to host Fort Leonard Wood's annual Asian American Pacific Islander month celebration at the Pershing Community Center on Monday.

The SGI USA Buddhist Community Performers from the St. Louis and Fort Leonard Wood area performed a traditional Korean drum line followed by the guest speaker.

Guest speaker, Dr. Michael Yoshida, spoke on this year's theme of Building Leadership: Embracing Culture Values and Inclusion.

Opening with the traditional Hawaiian greeting of "Aloha," Yoshida explained, "'Aloha' is a very special word—it means hello, it means goodbye, it means love."

Yoshida added that the individuals he saw before him didn't need to be told about leadership — they are already leaders.

"I'm not going to stand in front of you and teach you leadership, that's like singing to the choir," Yoshida said. "In all my years, I've learned some pitfalls of leaders and if you could just address these things, I think it's not only going to help you accept Pacific Islanders, but anyone."

Perception is one of the key faults that individuals need to work on to improve leadership skills, true leaders make up

their own minds and don't allow someone else's opinion to sway them, he said.

Yoshida said that one of the biggest problems our country is facing is political correctness.

"It's being overdone," he said, adding there is a right place and a right time for it.

"In life today, why can't we just tell it like it is?" Yoshida asked the audience.

He said that even though the word "prejudice" is a politically incorrect and very dangerous word, it is still very much alive today and it's not just a black-and-white issue.

Being half Japanese and growing up in a Japanese community in Hawaii was not easy; even though he could read, write and speak Japanese fluently, he looked white and had

to deal with prejudice.

Learning the importance of being an American from his father, who was in the 442nd Infantry Battalion — an all Japanese-American unit in World War II dubbed the Purple Heart unit; Yoshida said he has spent his life living in the footsteps of his father.

"The one thing he would never let me live down — don't ever forget that you are an American — fight and defend it," Yoshida said his father told him.

He said his father also told him to do three things if he ever wondered why he was an American and he recommends these things for others.

"The first thing was when we still had East and West Germany. He said you need to go to the border and look on the



TOP: SGI Buddhist Community Performers performing a traditional Korean drum line. ABOVE: Guest speaker Doctor Michael Yoshida.

other side of the fence to East Germany. I did, and I saw how bad it was," Yoshida said.

"The second thing he told

See HERITAGE, Page B7

Going behind bars and happy to be there

Fundraiser throws participants in jail for a good cause

Story and photos by Melissa Buckley GUIDON staff

melissa.k.buckley2.civ@mail.mil

Prisoners were behind bars at the Fort Leonard Wood Exchange Friday begging shoppers for bail money — all for a good cause, the 2013 Army Emergency Relief Fundraising Campaign.

To participate in the Most Wanted at the Wood Jail-A-Thon, post personnel swore out an arrest warrant for someone, paid the warrant fee donation and had that person thrown in jail for a half-hour. After the sheriff, played by Chuck Matthews, AER officer, arrested the prisoner they appeared before a judge and either posted bail or served their time.

"People came to the main PX to see their prisoner in jail, take a picture and have fun," Matthews said.

Lynn Morgan, Army Community Service director, said she was happy to go to jail for the AER campaign. Her staff chipped in and had her put in jail. She was charged with singing "We Are Family" at staff meetings and having too much fun at work.

"We need to do more to raise awareness regarding the AER campaign. Some people take it for granted that the money is always going to be there. I am having fun in jail today. It's for a good cause," Morgan said.

AER is a non-profit charitable organization whose charter is to assist active and retired Soldiers, their dependents, and widows/widowers of Soldiers. The AER program provides service members, their Families, retirees and widows (ers) with financial assistance for certain types of emergency needs.

AER offers three types of assistance to Soldiers and their Families. The most common is emergency financial assistance; in the form of no interest loans or grants; then assistance to widows (ers) and orphans; a separate fund to provide stipends utilized as grants only; and thirdly, educational scholarships.

The 2013 campaign goal for Fort Leonard Wood is \$250,000. The Jail-A-Thon raised \$1,904, bringing the AER total so far to \$168,000.

"In 2012 we did not meet our goal, so we want to meet or exceed it this year. The Jail-A-Thon was a fun way to help get there," Matthews said.

In 2012, the local AER campaign raised \$243,783 in contributions, and provided \$633,968 in assistance to nearly 700 local Soldiers and their Families.



Sheriff Chuck Matthews, AER officer, escorts prisoner Alice Bischoff, Housing Division chief, off to jail after being sentenced by judge Beth Bellerby, Military Police Regimental Association executive assistant.

AER worldwide received \$9.4 million and gave out nearly \$72 million in the form of grants and loans to more than 60,000 soldiers, plus an addition \$7 million in scholarship grants to 5,440 dependents.

In the past five years at Fort Leonard Wood, AER has given out more than \$4.1 million in assistance, and taken in \$1.4 million in donations. That is \$3.62 given out in assistance for every \$1.00 received in donations.

"This year's campaign goes until May

31. Soldiers can still donate until the final report is sent to AER Headquarters," Matthews said. "Soldiers can donate via payroll allotment from their Army pay, retirees from retired pay and anyone can donate by cash or check, or on-line at www.aerhq.com/donate by credit card or debit."

If you are interested in making an AER contribution, contact your unit representative or battalion staff for an AER contribution form, or call Matthews at 596.0212.

Troops, Families can visit museums free for summer

More than 2,000 sites open their doors free of charge

By Terri Moon Cronk American Forces Press Service

During the busy season of military transfers, adjusting to new communities and registering children for school, more than 2,000 museums across the nation will open their doors, free of charge, to service members and their Families as a break from the summer challenges, a Defense Department official said Tuesday.

From Memorial Day, May 27, through Labor Day, Sept. 2, all active duty service members, National Guardsmen and reservists and their Families can take advantage of this cultural and educational opportunity



in all 50 states.

"It's an exciting, inspiring, educational and economical activity for our families to enjoy this summer," said Navy Cmdr. Leslie Hull-Ryde, a Pentagon spokeswoman.

Launching its fourth year in a news conference today at the Smith-

The Smithsonian Museum of Natural History in Washington, D.C., is one of thousands of museums across the country that are waving admission fees for military Families this summer. Courtesy photo



sonian American Art Museum, the 2013 Blue Star Museums Program is a collaboration among the Defense

Department, Blue Star Families, the National Endowment for the Arts and the museums to give service members and their Families a way to spend time together in their local museums.

"After long deployments, rigorous training schedules and very long hours, our time with our families is very limited and extremely precious to us," Hull-Ryde said. "We are so grateful (to have) these programs. This program is an investment in our families."

A record number of museums are participating this year. The program began in 2010 with free access to about 600 museums, while this year's 2,000 is a figure that's still growing, Blue Star Families and NEA officials said.

"This program is helping us make memories — memories for our Families," Hull-Ryde said. "But it's more than that. It is making a difference not only in the force of today, but in the force of the future."

CHAPLAIN'S CORNER

Why we observe Memorial Day

By Chap. (Maj.) David Cerutti
Special to GUIDON

Memorial Day is almost here. Memorial Day, formerly known as Decoration Day, was set aside to honor Soldiers who died during the Civil War. As we think about this federal holiday, let us think back to Abraham Lincoln and Nov. 19, 1863. Abraham Lincoln stood on the battleground near Gettysburg, Penn. and delivered his one-minute speech, known as the Gettysburg Address. His focus that day was to dedicate a portion of the battlefield as a cemetery. He went on to say, "that from these honored dead we take increased devotion to that cause which they gave the last full measure of devotion... that this nation, under God, shall have a new birth of freedom..."

veterans, not just those from the Civil War, with a ceremony at Waterloo, New York. In 1968, Congress declared Memorial Day an official federal holiday, and with other holidays, created three-day weekends to celebrate them. Since 1971, we have observed Memorial Day on the last Monday in May.

Our modern celebration of Memorial Day, similar to the original celebration, has expanded to honor not just close friends or relatives but everyone who has died in combat. Truly, this day is a day of memorial as we pray.

Let us pray for those who have served and who are serving in the military to protect our country and try to make the world a safer place.

Let us pray for God's protection. God is our refuge and strength, an ever-present help in trouble. Psalm 46:1

Let us pray for God's for guidance. In all thy ways acknowledge him, and he shall direct thy paths. Proverbs 3:6

Heavenly Father, we put our trust in you to guide us through the choices and difficulties we might face in our lives. Amen.

(Editor's note: Cerutti is the Family Life chaplain at Fort Leonard Wood.)

Fort Leonard Wood worship schedule

Table with 2 columns: Catholic Worship, Soldier Memorial Chapel, Adoration, Confessions, Baptisms, Daily Mass, Sunday Protestant Worship, Traditional Protestant Service, 4th MEB Service, Marine Corps Service, Other Services, Muslim, Buddhist, Sunday Schools, Protestant Sunday Night Live, Financial Peace University. Includes times and locations for various services.

Table with 2 columns: Worship/Studies, Protestant Women of the Chapel (PWOC), Marine Corps Bible Study, PWOC-PM, Kids Zone, Knights of Columbus - Catholic Men, MSCoE Prayer Breakfast, Protestant Men of the Chapel, Protestant Youth of the Chapel, Gospel Bible Study, ITRO Bible Study, Catholic Men's Group, Catholic Youth, Sacred Heart Women of Faith (MCCW).

Fort Leonard Wood Area Church Directory

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1114 Historic Rt. 66 W, Waynesville, MO 65583

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(Behind Mizuki Japanese Sushi Restaurant)
Phone: 573-336-0093

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Pastor's 573-433-6665

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21325 N. Hwy Y • St. Robert
(573) 336-4477 • E-mail: gcmcbc@earthlink.net

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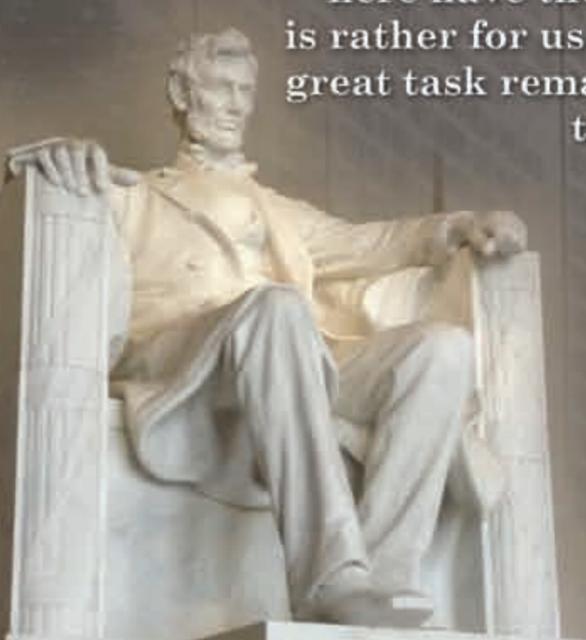
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—President Abraham Lincoln,
Gettysburg Address
November 19, 1863



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WHAT'S UP

To submit items for "What's Up," send the time, date, location, a brief description and contact information to guidoncommunity@myguidon.com. All announcements run on a space-available basis and current events take precedence over ongoing events. Announcements must be received by noon, Friday.

May 23
Installation Safety and Health Fair, 9 a.m. to 3 p.m. at Nutter Field House. Free safety and health information along with giveaways.

May 24
Waynesville High School Class of 2013 Graduation, 7:30 p.m. at Slaughter Field. In case of inclement weather, the graduation ceremony will be in the high school gymnasium and seniors will be issued limited seating passes. The middle school parking lot will open at 5:30 p.m. and gates open at 6 p.m.

May 31
Red Cross Summer Youth Volunteer Program Kick-off, noon to 2 p.m.

at the American Red Cross Main Office, Bldg. 496. RSVP by May 28 at 596.0300 or chris.lance@redcross.org.

June 2
Seventh Annual Pontiac Cruiz In and Parts Swap, 11 a.m. at Don and Lee Bennett's House, 10951 Hwy. 63, Vienne, Mo. Bring cars, friends and chairs. Free beverages, snacks and lunch. For more information, call 573.422.6263.

June 4
University of Missouri Extension Boiling Water Bath Canning of Jams and Jellies Class, 6 to 8 p.m. at the Waynesville/St. Robert Senior Center. Class is \$15 and registration is required at least two days ahead. For more information, call 774.6177 or email butterisj@missouri.edu.

June 8
Missouri Child Identification and Protection Program, 10 a.m. to 2 p.m. at the Waynesville Masonic Lodge. This free event, sponsored by the Missouri Masonic Children's Foundation and Richland 385 and Waynesville 375, gives parents a

tool to help be proactive should their child ever become missing. For information, go to www.mochip.org or contact Kenneth O'Dell at 573.433.4813.

June 15
Pulaski County 4-H Shooting Sports Benefit Turkey Shoot, 1 p.m. at the Pulaski County Shrine Club in Buckhorn. Concessions start at noon. Proceeds will help send students the 4-H state competition this fall. For information or to donate, call 573.855.4087.

The 8th Annual United Services Organization's Military support Motorcycle Ride, 10 a.m. at ozark Harley Davidson in Lebanon. Riders will depart at noon and travel to Fort Leonard Wood. Cost is \$15 per motorcycle. For more information, call 573.586.7221 or 573.512.1419.

Mini Car Demo Derby, 6:30 p.m. in Vienna, Mo. For rules or information, go to www.viennademoderby.com or call 573.821.5145.

Fort Leonard Wood Lions Club, 11:30 a.m. the second and fourth Tuesday of the month at Bldg. 1345, vicinity of Pine Street. For more information, call Harold Burleson at 528.1767, email him at burleson.harold@gmail.com or visit lionsclub.org.

Healthcare Consortium, 2:30 p.m., every second Tuesday of the month at General Leonard Wood Army Community Hospital, Rm. 155-21. This meeting is a forum for outside input into hospital process improvements. The meeting serves as a consumer advocate board and provides direct feedback from the hospital commander, Col. Marie Dominguez. It is an opportunity for beneficiaries to provide input to health care delivery policy and to promote communication between hospital leadership and beneficiaries.

Pulaski County Branch NAACP, Unit 4008 General Membership Meeting, 7 to 8:30 p.m. every first Tuesday of the month at the St. Robert Municipal Center, Chambers Room 102. For more information, contact Dr. Antiqua Hunter at 225.603.4116 or pulaskicountynaacp@yahoo.com.

Ongoing

HE SAID, SHE SAID

Couple concerned friend stole pain killers at birthday party

By Shaun and Pamela Collins
 Special to GUIDON
hesaidshesaid@myguidon.com

left over prescription pain pills. They left the bottle exactly where it was, but at least 20 pills went traveling. I told my wife and even came up with my "person of interest" and told her I was going to confront them. She told me that my "proof" was pretty weak and if I was wrong, I would really offend a good friend. She said that we should casually mention it at the next gathering and see if we get a reaction.



I have a serious question. Recently we had some friends over to our house for my wife's birthday party and cookout. I had mentioned to a couple people there that I had recently had back surgery and had been on pain meds, but off now (hence why I could drink a beer this weekend and not one last weekend at another friend's place.) During the course of the afternoon and evening, one of the people in attendance went into our bathroom and took all my

What do you think we should do?

HE SAID: First, please allow me to provide a piece of advice on storing narcotics; they should never be kept in a medicine cabinet

and they should be locked up somewhere that guests and especially children cannot access them. Second, this is a difficult issue without an easy solution. If it were I, I think I would tell the person in a nonaccusatory way that you discovered some of your narcotic medication had been stolen and that you were going to call the police to report the crime. Explain that paper labels are capable of capturing multiple layers of fingerprints, so the police should be able to figure out who did it pretty easily.

Their response should tell you everything you need to know – if they protest your taking this action, they attempt to explain why their fingerprints may be on the bottle, or if they confide in you that they were the one's that took the pills you will have your answer. If they will steal your medication, they will take other

things they think you don't need and they do ... I would report them, but at the very least, friends like this are not worth having.

SHE SAID: Whenever we have narcotic medications in our house, we lock them up just for that reason. Whether this "someone" stole them to take them, or to sell them, they are all the rage right now and apparently too much of a temptation for some, even at the risk of losing a friend or even going to jail.

Since you aren't absolutely positive, I am afraid you are in a bit of a quandary. You could confront the person, but they aren't likely to confess. Consider the type of person it takes to actually steal from you, and you must realize that a confession is not likely forthcoming.

It is terrible to realize that you actually have to lock up drugs in your own house but if it has come to that,

then it has. I also suspect you won't be having this person in your house again anytime soon. That's OK. Whether you confront them or not, you need to follow your gut when it comes to setting boundaries and avoiding friends who may be detrimental to you.

(Editor's note: Shaun and Pamela Collins were both career Soldiers with a combined history of military service spanning over a half of a century. They have been where you are, so if you are facing a difficult situation, ask them. Send your question to hesaidshesaid@myguidon.com. This column and other original content from Mr. and Mrs. Collins can be found at <http://militarysuccessnetwork.com>. The opinions expressed are those of the writers and not necessarily those of the Fort Leonard Wood Public Affairs Office or the GUIDON.)



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Waynesville R-VI cafeteria staff members celebrated National School Lunch Superhero Day on May 3 with lunch and an afternoon filled with activities. Staff members are shown making their "superhero" capes.



Summer Youth Activities

Story by **Melissa Buckley**
GUIDON staff

The Pippin Youth Center is hosting a summer camp program for grades 6 to 12.

Activities include: all female camp Smart Girls, June 3 to 7, ziplining, visit to cosmetology school, shopping and White Water; Explore Missouri, June 10 to 14, Silver Dollar City, LORA, City Museum and Muny Park in St. Louis; Outdoor Adventure, June 17 to 21, Challenge Course in Rolla, Miller Cave, barbecue at Happy Hollow and zip lining in Branson; Splash N' Play, June 24 to 28, Big Surf, canoeing the Big Piney and White Water; Dive In, July 8 to 12, LORA, BBQ at Happy Hallow and Hurricane Harbor; all male camp Passport to Manhood, July 15 to 19, ziplining, basic auto skills, cross fit training and Silver Dollar City; Culinary Week, July 31 to August 2, outdoor cooking, desserts and a trip to food manufacturers in Springfield and Lambert's Café; Culinary Week 2, Aug. 7 to 9, trip to Silver Dollar City Culinary School.

Registration for the camps began May 1 at Pippin Youth Center. Each camp requires a signed permission slip and a \$25 deposit which will be returned on the final day of the camp if youth attended each day.

Youth must be registered with CYS Services. For more information call 596.0209.

A variety of camps are also being offered in by Waynesville School District in three main areas: leadership; science, technology, engineering and math; and sports.

Summer School will be held June 3 to 28 at all of the Waynesville School District Schools. Summer School and Camp registration packets are available online at http://waynesville.k12.mo.us/parents_students/summer_school_2013/

Students must be signed up for the Waynesville School District camps by May 24.

Army Volunteer Corps

The Army Volunteer Corps Program provides youth volunteers to the library, golf course and other organizations.

"Youth represent a particularly important demographic because they are the future of volunteering. Youth make up a relatively small percentage of the total number of volunteers, but their recruitment and engagement is critical to ensuring the future sustainability of the voluntary sector," said Rhonda Hutsell, Army Volunteer Corps coordinator.

The Army Volunteer Corps Program promotes and strengthens volunteerism by uniting community volunteer efforts and supporting professional management; and is an umbrella that encompasses a multitude of organizations that support our military community.

"Youth in our country are volunteering in increasing numbers. Some youth volunteer as part of a school based service-learning program. Others are involved in service projects at their church. Young people involved in youth development programs such as 4-H or Scouts typically perform community service projects, either as requirements or enhancements to their other project work," Hutsell said.

Hutsell said there are 10 reasons youth should volunteer in the summer months: to gain job experience; improve their health and self-esteem; meet community needs; gain entrance to college; meet new people and establish friends, connections and references; gain new skills and develop talents; spread positive energy and hope; make the world a better place by giving the gift of personal growth; and because it's fun.

"Youth see volunteering from a variety of perspectives, and their motivations for volunteering are professional, social and personal in nature. Often volunteering is seen as contributing to their job search by providing an opportunity to network, improve their skills and raise their profile among potential employers," Hutsell said.

For youth to volunteer, parents need to register their children for the program, fill out all the volunteer paper work and the parental permission form.

For more information, please contact Rhonda Hutsell at rhonda.l.hutsell.civ@mail.mil or call 596.0212.

Bruce C. Clarke Library

The Children's Library hours from 10 a.m. to 1 p.m. and 3 to 5 p.m. Monday to Thursday and from noon to 4 p.m. Saturday and Sunday.

For more information call 563.5857.

Faith based programs

There are several vacation Bible schools planned for this summer.

The Catholic VBS will be from 9 a.m. to noon July 8 to 12 at the Pershing Elementary School, Bldg 6501 Indiana Ave. For registration or to volunteer contact the Catholic Parish Director, Pat Johnson, at 596.3913.

The Protestant VBS will be held from 9 to 11:30 a.m. July 15 to 19 at the Main Post Chapel. Children who have completed kindergarten through those who have completed 5th grade are welcome. Pre-enrollment dates are Saturday, June 14, and June 28 from 9 a.m. to noon at the PX and the Commissary. This year's theme is Athens. If you would like to volunteer or need more information, call Cindy Dack at 596.0089.

Catholic Youth of the Chapel meets every Sunday from 2:30 to 4:30 p.m. at the Installation Chaplains Office, Bldg 6501 Indiana Ave. Open to confirmation-aged teens and up grades 8 to 12. Contact Amy Migliara, Catholic Youth Groups director 855.8272 or amy.m.migliara.ctr@mail.mil for more information.

Protestant Youth of the Chapel meet on Wednesdays from 6 to 8:30 p.m. for Sr. High School Students (9-12th grade). Jr. High School Students (6-8th grade) meet Tuesdays from 5 to 7:00 p.m. Both meet at Pershing Elementary School on Indiana Avenue across from Lieber Heights Chapel. Contact David McKay, 528.3109 or Chap. James Smith 596.0131 for more information.

Kidzone meets from 5 to 7 p.m. Tuesdays at the Installation Chaplains Office, Bldg 6501 Indiana Avenue. To attend or volunteer contact Evangeline McKay at 433.9152.

Sports

CYS Services Youth Sports & Fitness program will host Youth Baseball/Softball Clinics at Hill Topper Field. The clinic is open to registered youth ages 4 to 13. Youth must have a current physical valid through the season, turned in with registration.

Register at Parent Central Services located in Bldg. 470, Rm. 1126. For more information call 596.0209.

The Youth Sports and Fitness, Youth T-Ball and Coach Pitch Baseball program begins May 6. Cost is \$45 per participant, includes uniform and trophy. Youth must have a current physical, good through the end of the season, turned in with registration. Children must be registered with the CYS Services. Register at the Parent Central Services, located inside Bldg. 470, Rm. 1126. Practice begins May 6. Season runs from May 7 to July 6. For more information call 596.0238.

(Editor's note: This is the second part of a two part series for kids and families.)

Heritage

From Page B1

me to do; he said you need to go to Dachau (Germany). And I went to Dachau, I will never forget that day. That feeling is still with me today, so I know what can happen," he said.

"The third thing he told me to do was go to the Tomb of the Unknown Soldier in Arlington Cemetery, and I did that—and now I know why I'm an American," Yoshida said.

Col. James Reckard III, 4th Maneuver Enhancement Brigade commander, gave many

examples of Asian American and Pacific Islander's that have become heroes and some that are heroes working beside us today. One such example is Chap. (Maj.) Xiong, 4th MEB chaplain. Xiong was one of the students during the events at Tiananmen Square, Beijing in 1989 and spent 19 months in a Chinese prison due to his part in leading of the rebellion. After his release he chose to immigrate to the United States, joining the U.S. Army as a chaplain.

"You never know what heroes you are walking beside," Reckard said.

Partridge scores big on PLC audit

By **Marianne Ward**
Special to GUIDON

Partridge Elementary teachers scored very well, reaching "deep implementation," on all Professional Learning Community areas evaluated during a recent South-Central Regional Professional Development Center external evaluation.

Dr. Michelle Smith of the RPDC shared with Partridge teachers that when a

school has been recognized as an Exemplary PLC by DESE, the next year they normally drop off.

"In the case of Partridge, you have continued to raise the standards and develop innovative approaches to documenting student progress, PLC collaboration, developing programs for student success and focusing on teamwork," Smith says.

Dr. George Lauritson, principal at Partridge, thanked the teachers for continuing

to reach higher levels of knowledge to better serve their students.

"I am very proud of each staff member for their achievement and dedication," Lauritson says. "Working as teams, they have reached new levels of collaboration and commitment to each other and their students."

(Editor's note: Ward is the Director of Communications and Marketing for Waynesville R-VI School District.)

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Catfishing Derby

The Outdoor Adventure Center and the Natural Resources Branch will host the 11th annual Kid's Catfishing Derby from 10 a.m. to noon June 8 at the pond at Training Area 228.

Open to children ages 3 to 15 with a parent or guardian, the derby is free, and no fees, fishing permits or pre-registration is required. Registration will be held from 9 to 11 a.m.

For more information, call the OAC at 596.4223 or the Natural Resources Branch at 596.7604.



Family Game Night

The Fort Leonard Wood USO will host Family Game Night at 5 p.m. Friday.

Typically held the fourth Friday of the month, the USO's Game Night sessions are designed to give military parents and children a chance to spend quality time together with an evening of board games and a meal. Game Nights are free and open to service members and their families.

The USO is located in Bldg. 805.

For more information, call 329.2039.



Splashapalooza

Family and Morale, Welfare and Recreation will hold the Rec Plex Splashapalooza from noon to 4 p.m. May 25 at the facility located on Constitution Avenue.

Attendees can enjoy Family activities such as a bounce house, mini golf, go-karts and enjoy the Rec Plex pool's huge water slide.

Admission is \$7 for adults, \$5 for children 14 and younger and free for children ages 4 and younger, and includes a hot dog, chips and a beverage. A \$16 pass for a Family of four (and \$2 for additional members) is also available.

For more information, call 596.0843.

Variety show

The Lyric Live Theater in Newburg will hold a Spring Benefit Variety Show at 7:30 p.m. June 1.

The show will feature a variety of entertainers who have performed at the theater previously.

Admission is free, but donations will be accepted to help restore the historic theater, which was damaged by a storm in 2012.

For more information, visit www.lyriclivetheater.com.



Leisure



Photo by Nate Johnson, images courtesy of Route 66 Summerfest

Classic cars await visitors during last year's Route 66 Summerfest in downtown Rolla. This year's event begins May 31.

Rolla's Summerfest celebrates Route 66

GUIDON staff

The legend of

America's most famous highway has long been a vital piece of the history of the Show-Me State. Route 66 has also been a part of Rolla's history for the better part of the past two decades, when the arrival of summer is greeted by colorful pageants, tasty barbecue and the roar of classic cars and motorcycles.

The 2013 Route 66 Summerfest will take place May 31 through June 2 with most events centered around downtown Rolla.

Held each year on the first weekend in June, the festival was originally started to promote Rolla's downtown area, but has evolved into an area-wide celebration for all ages to promote Historic Route 66 and the beginning of summer.

This year's festival begins the afternoon of May 31, with the annual Association of the United States Army picnic at 5:30 p.m. in downtown Rolla. Activities for AUSA members and anyone who supports the military, tickets to the annual dinner are \$8. The event will also feature music by the 399th Army Band jazz band.

Meanwhile, down the road in St. James, hundreds of classic



ABOVE: Young participants line up for the annual Downhill Derby at last year's Summerfest. **AT LEFT:** The logo for this year's festival.

cars, motorcycles and other vehicles will gather at the St. James Visitor Center. There, auto enthusiasts will show off their rides

before they cruise down Historic Route 66 at 6 p.m. on their way

See **ROUTE 66**, Page C2

Local, area kicks on 66

Pulaski County features several sites of interest along Historic Route 66, including the Old Pulaski County Courthouse, built in 1903, and the restored Old Stagecoach Stop in Waynesville.

Motorists can also see the Hooker Cut, the deepest pavement cut along Route 66 and a popular photo for postcards in the 1940s.

A few miles from Waynesville, residents and visitors alike can enjoy spectacular views of the Big Piney River and scenic bluffs from the town of Devil's Elbow. Views from a 1923 truss bridge over the Big Piney River are considered by many to be the most scenic on Route 66. Enjoy a delicious meal at the Elbow Inn and Barbecue Pit, which looks much the same as it did in 1929 when Route 66 was in its prime.

Follow the Historic Route 66 signs to the west, and you'll soon arrive in Lebanon, home of the Route 66 Museum and Research Center, which offers hundreds of books, magazines and videos featuring the route, plus a collection of highway maps dating back to 1915. Visitors can also spend the night in an authentic part of the road's history at the Munger-Moss Motel, built in 1946.

Head east along Historic Route 66, and you'll find that, in addition to the annual Route 66 Summerfest, Rolla boasts essential stops for Route 66 fans including the Mule Trading Post and Zeno's Motel and Steak House, a Route 66 tradition for over 40 years.

Farther up the road, visitors can experience the nostalgia of old Route 66 with a stay at the 1930s Wagon Wheel Motel in Cuba.

Drive the Old Route 66 in St. James, a five-block stretch of the first divided Route 66 pavement in America. While in St. James, grab a quick bite at Johnnie's Bar, established as a café in the late 1920s, expanded into a Greyhound bus terminal in 1940, then turned back into a dining establishment in 1960.

For more Route 66 attractions in Missouri, point your browser to VisitMo.com.

— GUIDON staff

Salute to Veterans Air Show starts Friday in Columbia

Special to GUIDON

For the past quarter century, Memorial Day in Columbia, Mo., has meant a weekend filled with the thrills, chills and drama of aerial acrobatics performed by classic and modern military aircraft.

The 25th annual Salute to Veterans Memorial Day Air Show is scheduled from 9:30 a.m. to 3:30 p.m. Saturday and Sunday at the Columbia Regional Airport.

Admission is free.

The theme of this year's event is "25 years of Honoring and Remembering," which will highlight the show's signature aircraft, including a heritage flight by a World War II-era P-51 Mustang, "Gunfighter," accompanied by a B-25 Mitchell Bomber, which made history as the first aircraft to fly over Columbia's Broadway during the 1989 Salute to

Veterans Parade.

Other demonstrations, teams and aircraft for this year's event include numerous aerobatic teams flying World-War-II-era aircraft, multiple parachute teams, the World War I Kansas City Dawn Patrol with 16 planes on display and in the air, the USA K-9 Demonstration Team, the World War II Tuskegee Airman reunion, the World War II Women Air Force Service Pilots reunion, and the grand finale of the air show, a parachute jump by the Canadian Forces Skyhawks and the All Veteran Parachute Team.

The celebration is scheduled to continue at 10 a.m. Monday in downtown Columbia, with the 25th annual Salute to Veterans Memorial Day Parade.

The celebration is presented solely by the Memorial Day Weekend Salute to Veterans Corporation, a



Courtesy photo

A variety of aircraft will be a part of the 23th annual Salute to Veterans Memorial Day Air Show Friday, Saturday and Sunday at the Columbia Regional Airport.

private, not-for profit company that includes more than 3,000 volunteers. For more information, including

a schedule of events and complete list of aircraft and demonstrations, visit www.salute.org.

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Outdoors: Discover fishing in Missouri with Free Fishing Days June 8-9

By Joe Jerek
Missouri Department of Conservation

You can discover the lure of Missouri outdoors with the Missouri Department of Conservation's Free Fishing Days, scheduled over the weekend of June 8-9.

During Free Fishing Days, anyone can fish in the Show-Me-State without having to buy a fishing permit, trout stamp or trout park daily tag. Normal regulations, such as limits on size and number of fish an angler can keep, remain in effect. Some private fishing areas may still require permits, and trespass laws remain in effect on private property.

Conservation makes Missouri a great place to fish, and Free Fishing Days encourages people to sample the state's abundant fishing opportunities. Missouri is blessed with more than a million acres of surface water, and most of it provides great fishing. According to the Conservation Department, more than 200 different



Photo by David Stoner, courtesy of MDC

Children of all ages can enjoy fishing during Free Fishing Days. fish species are found in Missouri, with 40 of them being game fish for the state's more than 1.1 million anglers.

Fishing on post

In addition to a state fishing permit, persons fishing on Fort Leonard Wood must obtain a Sportsman's Permit, available for \$15 at the Outdoor Adventure Center. Anglers ages 15 and younger and those 65 and older are exempt from paying the fee. Sportsman's Permit applicants must also watch a safety video, shown daily at the OAC. For more information about fishing on post, call 596.4223 or visit www.fortleonardwoodmwr.com/outdoor.php.

Conservation also enriches Missouri's economy and Missourians' quality of life.

Fishing in the state generates more than a billion dollars for local communities and the state's economy, and supports thousands of jobs

across the state. Public fishing areas are available in every county in Missouri. Many state-owned fishing areas also have special facilities for anglers with disabilities. Contact your local Conservation Department office for Free Fishing Days near you, or go online to mdc.mo.gov/node/3675.

For information on Missouri fishing regulations, permit requirements, fish identification and more, get a copy of the department's "2013 Summary of Missouri Fishing Regulations" where permits are sold, at MDC offices and online at mdc.mo.gov/node/11414.

The Conservation Department also offers a weekly fishing report from the first Thursday in April through September that provides general fishing conditions at selected lakes, rivers, and trout parks across Missouri. Get the report online at fishing.mdc.mo.gov and sign up to have it emailed to you each week.

Battle of Island Mound site accepted into 'Network to Freedom'

Special to GUIDON

JEFFERSON CITY, Mo. — The Battle of Island Mound State Historic Site was recently accepted into the National Park Services' "National Underground Railroad Network to Freedom." Sites selected for inclusion in the Network to Freedom make a significant contribution to the understanding of the Underground Railroad in American history.

Battle of Island Mound, the newest historic site in Missouri State Parks, was dedicated on Oct. 28 on the 150th anniversary of the actual battle. The Battle of Island Mound marked the first time that African-American troops were engaged in Civil War combat. Battle of Island Mound State Historic site encompasses Fort Africa, where the 1st Kansas Colored Volunteer Infantry were camped in 1862 before a pitched battle with pro-Confederate forces near a low hill named Island Mound.

The site features a kiosk with three large interpretive panels and additional interpretive panels located along Courage Trail explain how the battle occurred and the significance of its outcome. The bravery of these men is reflected in a monument to them that concludes "Here their bravery and determination helped our nation better understand the founding fathers' words "all men are created equal."

The Battle of Island Mound State Historic Site is located in Bates County, Missouri about 7 miles west of Butler, Mo.

For information about state parks and historic sites, visit mostateparks.com. Missouri State Parks is a division of the Missouri Department of Natural Resources.

Route 66

From Page C1

to Rolla. Riding in the classic cars will be the candidates for the annual Miss Route 66 pageant, which get under way at 7 p.m. at the Rolla Downtown Band Shell.

Visitors are encouraged to bring their lawn chairs to enjoy the pageant and a free "drive-in style" Movie Under the Stars, featuring the 2012 Disney/Pixar movie "Brave" (rated PG).

The festival resumes at 7:30 a.m. June 1, with the annual Tour-de-Phelps bicycle ride from Rolla to St. James and back, followed by the 8 a.m. opening of the Route 66 Motorcycle Classic on 8th Street and the annual Classic Car Show on Pine Street.

Also that morning, festival-goers can enjoy coffee and doughnuts in the food court, while they browse items at a craft festival on 9th Street, which begins at 9 a.m.. Kids can enjoy a variety of activities, including face painting, a



Photo by Nate Johnson

giant sandbox, skateboard games and inflatables.

At 10 a.m., a 5k and 10k Run for Special Olympics will be held, followed by the annual Kids' Tricycle and Bicycle Races in the Rolla High

School parking lot.

At 12:30 p.m., kids ages 5 and older will race in their own home-made vehicles in the annual Downhill Derby. The derby rules stipulate that all vehicles must have four

wheels, a braking system and be solely powered by gravity, similar to a soap box derby.

The festival kicks into high gear the evening of June 1, with classic cars and motorcycles driving onto the festival grounds in the Rolling Thunder Parade. At 6 p.m., vehicles compete in the popular Burn-Out Contest, where drivers try to generate the most smoke, noise and crowd appeal.

The day's events conclude with a free outdoor street dance and concert featuring the band Butchwax and the Hollywoods.

On June 2, events conclude with the completion of the annual festival tennis tournament.

For a complete schedule or more information, visit the festival website at www.route66summerfest.com or call 573.341.5488.

(Editor's note: Some information in this story provided by www.route66summerfest.com.)

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Night Golf

Enjoy a round of golf after dark Friday at Piney Valley Golf Course.

Night Golf starts at 6 p.m. with glow-in-the-dark golf balls and chemical lights.

Cost is \$35 per person, which includes nine holes in daylight, a dinner at the turn and eight holes after dark. Annual Greens Fees Patrons receive a \$5 discount.

Additional dates are June 22 and July 20 at 6 p.m., and Aug. 23 and Sept. 20 at 5 p.m.

For more information, call 329.4770.



3D Archery

The next round of the Outdoor Adventure Center's 3D Archery Tournament is scheduled from 10 a.m. to 3 p.m. June 1.

Registration begins at 10 a.m. Cost is \$10 for adults, \$5 for youth.

Additional tournament dates are July 6, July 20, Aug. 3, Aug. 17 and Sept. 7.

For more information, call 596.4223.



Time trials

Active duty service members can qualify for Fort Leonard Wood's Army Ten-Miler team during the second of five time trials at 6 a.m. June 9 at the Mickey Zaun Troop Trail.

The remaining time trials are scheduled for July 13 and Aug. 3.

The fastest six runners will be a part of the post's Active Duty Mixed team, and will fly to Washington, D.C., to compete in this year's Army Ten-Miler with airfare, hotel and per diem paid for by Family and Morale, Welfare and Recreation.

Participation in the time trials is free. Registration is the morning of each event.

For more information, call 596.7444.

MP Pig Bowl

The second annual Military Police Pig Bowl/Pig Roast starts at 8 a.m. May 31 at Colyer Park.

Open to all Military Police, supporting staff and Families, the event includes flag football, chip shot, tug of war and single-elimination three-inning softball games in addition to a roasted pig dinner.

Cost is \$8 for adults, \$3 for children ages 5 to 11 and free for children ages 4 and younger. Admission should be paid to unit points of contact by May 24 or by contacting Rebecca Higeons at 563.7400 or by email at rebecca.higeons@us.army.mil.

Story and photos by Matt Decker
Leisure/Sports editor
guidonsports@myguidon.com

Joshua Schlueter was shorthanded, and didn't like his team's prospects. The drill sergeant with 1st Battalion, 48th Infantry Regiment had only four players heading into Friday's Commander's Cup Paintball Tournament — three short of a full team.

No sooner had Schlueter decided he had to somehow try to find three players than he spied a taxi pulling into the Outdoor Adventure Center parking lot.

"A taxi pulled up and five guys jumped out. I told them there was this free tournament going on, and they were on board," Schlueter.

One of those players was Taylor Williams, who took out the last remaining U.S. Marine Corps team member in the championship game.

"It felt pretty good, especially with it being against the Marines," Williams said. "This was a fun match. We had a pretty good defensive (situation) in the middle, so we were able to flank them a bit on the right. We handled it."

Minutes later, Schlueter, Williams, Ramon Juarez, Blake Hendrick, Christian Leon, William Crail and Carlon Arrington were holding the 2013 Commander's Cup Paintball Tournament Trophy.

"Three of us jumped up real quick and volunteered, and the next thing we know, we won," Hendrick said.

The Marines finished as the tournament runners up for the second consecutive year. The 554th Engineer Battalion won the tournament's third place game, defeating the 795th Military Police Battalion.

A total of 14 teams took part in this year's tournament, up significantly over last year's field.

"For whatever reason, they're coming out of the woodwork to play sports this year, and I think that's an awesome thing," said Danny Howell, Family and Morale, Welfare and



From left, 1-48th Inf. Bn. team members Joshua Schlueter, Ramon Juarez, William Crail, Christian Leon and Blake Hendrick charge out to meet the 554th Engr. Bn. in the semi-final round of the Commander's Cup Paintball Tournament on Friday at the Outdoor Adventure Center. The 1-48th Inf. Bn. team, which also included Carlon Arrington and Taylor Williams, won the tournament, defeating the Marine Corps Det. in the championship game.

Recreation sports specialist.

"It's encouraging to see this many people come out and to have this many commanders and sergeants major and first sergeants pushing it. With the Army Sports Program kicking off their region sports championships and Army sports championships — our program fits right into feeding that," Howell added.

The paintball tournament is one of several stand-alone events that make up the ongoing Commander's Cup sports series. It attracted both veteran players with their own equipment as well as players who were completely new to the sport.

"I had never done this before," said Howard Amaya, 554th Engr. Bn. "I thought it was great, especially the chance to have fun with our co-workers."

Although its format remained fundamentally unchanged, the tournament had a new location and more permanent obstacles this year than in



AT LEFT: 1-48th Inf. Bn. team members hold up the 2013 Commander's Cup Paintball Tournament trophy after their win on Friday at the OAC.

previous tournaments.

"We moved down to the regular paintball field. It's a (wooden) spool course instead of the blow-up (obstacles). We did that just for a change of pace, and it's turned out to be a decent course. It's a little bigger than the course we had before. As a team, it opens your flanks up quite a bit,"

Howell said.

Schlueter said his 1-48th Inf. Bn. team was able to take advantage of the new terrain.

"We set up a plan from the beginning to set up on the flanks and take control of the middle. We did that every time and it worked," Schlueter said.



92nd MP Bn. team members Joseph Hnatow, Willie Sheppard Jr., Robert Morris, Jesse Gouveia and Brian Dzwoniarek hold up the Commander's Cup 5k trophy. Their team won with a combined time of 71:07 on Friday.

92nd MPs win Commander's Cup 5k

Story and photos by Dawn Arden
Assistant editor
dawn.m.arden.civ@mail.mil

Friday marked the second attempt at the Commander's Cup 5K race, and this time it was a success.

With a little early morning fog and ideal running temperatures there was a record turnout

for the event, which was postponed due to weather May 3.

"We had 63 runners that finished. Again, participation is up in the 5k; I think we had about 45 runners last year. It just goes to show you that the program is solid, and when there is command emphasis (on participation) the sky's the limit," said Danny Howell, Family and Morale, Welfare and Recreation, sports specialist.

The 92nd Military Police Battalion took home the Commander's Cup trophy in this event with a combined time of 71 minutes, 7 seconds.

"They (92nd) did an amazing job — they were truckin'. So, congratulations to them," Howell said.

Joseph Hnatow, with the

See **5K RACE**, Page C4

Intramural soccer season continues

GUIDON staff

Fort Leonard Wood's intramural soccer season continued last week with action in Conferences A, B and C on the post's Field 2.

In Conference A games played May 14:

- The U.S. Marine Corps Detachment beat the 554th Engineer Battalion, 2-1;
- The 94th Engineer Battalion defeated Headquarters and Headquarters Company, 1st Engineer Brigade, 7-0;
- Garrison Command defeated Headquarters and Headquarters Company, 3rd Chemical Brigade, 12-0.

Currently in the lead of Conference A are the Marine Det., with a record of 2-0, Garrison Command, at 1-0, and the 94th Engr. Bn., at 2-0.

In Conference B games played May 15:

- The 50th Engineer Company defeated the 795th Military Police Battalion, 4-1;
- The 84th Chemical Battalion beat the 515th Engineer Company, 1-0;
- The 92nd Military Police Battalion defeated the 701st Military Police Battalion, 2-0.

The 92nd MPs, with a 1-0 record, and the 50th Engr. Co., at 2-0, currently lead Conference B.

In Conference C games played May 16:

- The Dental activity defeated the 1st Battalion, 48th Infantry Regiment, 4-1;
- The 31st Engineer Battalion beat the 35th Engineer Battalion, 8-1;
- The Air Force Detachment 1, 364th Training Squadron, defeated the 193rd Brigade Support Battalion, 3-2.

The Air Force Det., and Staff Judge Advocate, both at 1-0, and the 31st Engineers, at 2-0, currently lead Conference C.

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International students get intro to golf

Story and photos by Matt Decker
Leisure/Sports editor
guidonsports@myguidon.com

The game of golf is enjoyed in many countries and is undoubtedly one of America's great pastimes, but it's not played everywhere on the globe.

On Friday, about 30 students with Fort Leonard Wood's International Military Student Officer program got introduced to golf, with half playing on teams with U.S. players and the other half getting a lesson in the fundamentals of the game as part of the annual International Friendship Challenge golf event at Piney Valley Golf Course.

"We have about 14 playing on the course, and then we have another group who are competing in a putting competition, a chipping contest and a long drive contest," said Kay Lowder, with the Field Studies Program, who helped coordinate the event.

Some players may have been unsure about golf at first, but several participants said they liked the game once they learned some of the basics.

"There are a lot of American games. If you don't know the rules you might not enjoy it, but once you know the rules, you may learn to love it," said Samer al Habashneh, a student from Jordan.

Vesna Pehar, a student from Croatia, said she enjoyed getting to



Kay Lowder with the Field Studies Program explains the rules of a putting contest to students in the International Military Student Officer program during the annual International Friendship Challenge golf event held Friday at Piney Valley Golf Course.



From left, International Military Student Officer program students Pei-yu Chuang, from Taiwan, and Vesna Pehar, from Croatia, watch as their teammate, Happy Hopkins, makes a put on the ninth hole at PVGC. Looking on is teammate Travis Green.



AT LEFT: International Military Student Officer program students Samer al Habashneh, from Jordan, left, and Saud Alrashedi, from Saudi Arabia, hold up golf balls before competing in the putting contest Friday at PVGC.

know the game as she golfed with fellow student Pei-yu Chuang, from Taiwan, and American players Happy Hopkins and Travis Green.

relaxation and to hang out with people," Pehar said. Green indicated both Pehar and Chuang proved to be quick learners as the team progressed around the

course. "They're doing great," he said. Ezat Farhat, from Egypt, discovered that golf shares many similarities with his favorites sport: field hockey. However, there were also some important differences, too. "In field hockey the goal is much larger," he said. "Here, it's much more difficult to score, but it's the same size stick — same ball." And while he had never played golf in the real world, Saud Alrashedi, from Saudi Arabia, knew the digital version quite well.

His conclusion: "It's far easier on the PS3," he said. Students in the International Military Student Officer program are at Fort Leonard Wood to attend either the officer basic or captain's career courses. In addition to giving students a chance to discover golf for themselves, a twin goal of the Friendship Challenge is to build relationships between International Military Students, U.S. service members and community members. Following the event, participants gathered for a post-game barbecue.

Tiger roundup: WHS baseball team finishes season as district runner up

GUIDON staff

The Waynesville High School Tigers varsity baseball team finished the 2013 season as the Missouri Class 5, District 10 runners following a 3-2 loss to the Lebanon Yellowjackets in the district championship game May 15 at Rolla.

The Tigers, who had an inauspicious start to the 2013 season, entered the tournament with a 7-16 record, but clawed their way past Rolla with a 7-5 win in extra innings in the tournament's first round game. Later, Waynesville defeated Springfield's Glendale Falcons, 8-7, in the semifinals to advance to the championship game.

In other WHS sports:

Lady Tigers fall in districts

The WHS girls' soccer team lost to Camdenton, 3-2, in the first round of the Missouri Class 3, District 10 Tournament, held May 13 in Lebanon.

Camia Blash scored both goals for the Lady Tigers, with Megan Morgan providing an assist on the first goal. WHS goalkeeper Lesley Larson made seven saves.

Camdenton advanced to the championship game but was beaten by district champion Jefferson City, 3-1, in overtime.

Waynesville ended the season with a record of 16-7.

Osborn competes at sectionals

WHS freshman Robert Osborn competed at the 2012-2013 Class 2 Boys' Tennis Sectionals held May 13 in Columbia, Mo.,

Osborn lost in straight sets to Camdenton's Luc Ginoux, 6-0, 6-3.

5k race

From Page C3

Joseph Hnatow, with the 92nd MP Bn. team, came in first place with a time of 16:36 helping to secure his team's victory.

"We have a continuous mission here on Fort Leonard Wood, and also when we deploy, which is unique, we're pretty much deployed

24/7 whether it be here or down-range. We were able to put together a pretty good team and win with all that other stuff going on at the same time," said Robert Morris, 92nd MP Bn. team.

Taking second was the Medical Department Activity (73:41), and following up in third place was 5th Engineer Battalion (76:10).



Participants near the finish line in the Fort Leonard Wood Commander's Cup 5k held Friday on a course set up near the Daugherty Bowling Center. There were a total of 63 runners that finished this year, which is up from the 45 last year.



92nd MP Bn. team members Joseph Hnatow, Willie Sheppard Jr., Robert Morris, Jesse Gouveia and Brian Dzwoniarek hold up the Commander's Cup 5k trophy. Their team won with a combined time of 71:07 on Friday.



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(The following information was provided by Abrams Theater. Movie times and schedule are subject to change.)

- Adult admission: \$5
- 3D adult admission: \$7
- Child admission (Ages 6 to 11): \$2.50
- 3D child admission: \$4.50
- Ages 5 and younger: admitted free

Thursday
Jurassic Park 3D, 6 p.m., PG-13

Friday
Oz The Great and Powerful, 6:30 p.m., PG, Free.

Saturday
The Croods, 11:30 a.m., PG, Free
21 & Over, 2 p.m., R

Sunday
Oblivion, 1:30 p.m., PG-13

Memorial Day
Scary Movie V, 1:30 p.m., PG-13



Jurassic Park 3D
Millionaire John Hammond has invited three dinosaur experts see his new amusement park populated by actual, living dinosaurs — now in 3D. Stars Sam Neill and Laura Dern. Rated PG-13 for sci-fi terror. Running time: 127 minutes.

Oz the Great and Powerful
A small-time circus magician is hurled away from dusty Kansas to the vibrant Land of Oz. Stars James Franco and Mila Kunis. Rated PG for sequences of action and scary images, and brief mild language. Running time: 130 minutes.



The Croods
A family of cave-dwellers get a rude awakening when an earthquake forces them to leave the only world they know. Stars Ryan Reynolds, Nicholas Cage and Emma Stone. Rated PG for some scary action. Running time: 91 minutes.



21 & Over
When his friends visit on his 21st birthday, straight-laced Jeff Chang decides to cut loose for a change. Stars Justin Chon. Rated R for language, some graphic nudity, drugs and drinking. Running time: 93 minutes.



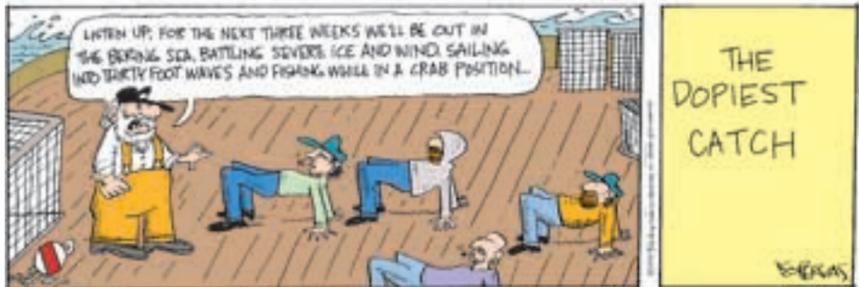
Oblivion
Jack Harper works on an evacuated Earth. But the arrival of a beautiful stranger forces him to question everything he thought he knew. Stars Tom Cruise. Rated PG-13 for violence, language and sensuality/nudity. Running time: 125 minutes.



Scary Movie 5
A family is plagued by demons. Stars Ashley Tisdale. Rated R for language, drug material, partial nudity, comic violence and gore. Running time: 86 minutes.

Out on a Limb

By Gary Kopervas



The Spats

By Jeff Pickering



R.F.D.

By Mike Marland



Just Like Cats & Dogs

By Dave T. Phipps



CryptoQuip

CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: V equals O

LWJU QVEJVUJ YDJTRJQ IGJJYO,
 CVLUO YGVRWPUA, EPAWR VUJ
 DJIID RV WPE TQ T
 QVIRLJTD CJQPAUJD?

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Salome's Stars

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ARIES (March 21 to April 19) An apparent act of injustice might turn out to be either an error in judgment or just plain stupidity. So calm down and cool off, and let the explanations roll out.

TALURUS (April 20 to May 20) It's upsetting when someone you trusted might have failed you. But with new opportunities ahead, you'll soon be too busy to feel even a wee bit sorry for yourself.

GEMINI (May 21 to June 20) A sense of uncertainty could be a good reason to change your position on an important matter. Someone close might try to talk you out of it, but it's your decision to make.

CANCER (June 21 to July 22) Being too zealous in pursuing your goal could create some resistance. Try to be more mindful of what you ask people to do, and they'll be more likely to do it.

LEO (July 23 to August 22) Things change as you go from being ignored to being Lionized once again. This is a good time to reintroduce those previously rejected ideas to a more receptive audience.

VIRGO (August 23 to September 22) Someone new in your life creates both anticipation as well as anxiety. Avoid the potential for misunderstandings by watching what you say and how you say it.

LIBRA (September 23 to October 22) Watch your budget so that you don't overspend now and have less to invest when the time is right later on. Arrange to share your weekend with someone special.

SCORPIO (October 23 to November 21) The temptation to involve yourself in a friend's or family member's personal problems is laudable. But get the facts before you make a firm commitment.

SAGITTARIUS (November 22 to December 21) You might be upset by some of your critics. But most of your associates continue to keep the faith in your ability to get the job done, and done well.

CAPRICORN (December 22 to January 19) You've reached an important point in your ongoing pursuit of your goals. You might now want to consider letting someone you trust join you on your journey.

AQUARIUS (January 20 to February 18) You've been going through a spate of uncertainty involving people you care for. But it might be time to take a stand on a position you feel sure you can defend.

PISCES (February 19 to March 20) Trading water keeps you busy, but it won't get you where you need to go. Time to stop making excuses and to start moving ahead toward your goals.

BORN THIS WEEK: You see life as both creative and pragmatic. You would not only be a fine artist, but also a successful one.

CryptoQuip Answer

When someone creates fleecy, downy clothing, might one refer to him as a software designer?

Weekly SUDOKU

By Linda Thistle

		2		6				1
3	5				1	4		
	8		4			6	7	
8				7				2
	1				2			5
		4	8				9	
	2		6					3
		7		9			6	8
1					7	2		

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★

- ★ Moderate
- ★★ Challenging
- ★★★ HOO BOY!

King Crossword Answers

E	W	O	N	W	V	T	S	W	H	
I	I	N	O	I	E	T	A	V	T	
W	B	S	E	Z	V	E	B	O	O	
H	I	B	V	E	S	O	V	N	G	O
H	E	A	O	H	O	O				
A	V	M	S	N	O	D	N	N	E	M
V	O	V	O	S	H	O	O			
S	T	V	L	S	N	I	Z	S	V	O
N	N	I	B	O	V					
S	N	I	V	T	S	N	V	E	S	
I	N	O	O	N	O	I	R	E		
F	O	O	B	H	O	E	V	A	N	
L	S	T	I	A	F	S	O	E	M	O

Weekly SUDOKU Answer

6	7	2	4	5	8	9	1	3
8	9	1	7	6	2	4	5	3
4	5	8	1	9	6	2	4	7
9	1	6	5	8	7	4	2	3
5	8	4	2	7	6	3	1	9
4	2	5	9	1	5	6	8	7
5	4	9	5	2	7	1	8	6
2	6	7	1	8	7	9	5	3
1	5	8	6	9	3	2	4	7

King Crossword

ACROSS

- 1 Put on lay-away, perhaps
- 5 Fool
- 8 Capri or Wight
- 12 Appellation
- 13 Hockey legend Bobby
- 14 Blunder
- 15 Stonestreet of "Modern Family"
- 16 Keanu's "Matrix" role
- 17 One
- 18 Bounded
- 20 Jimmy Carter's Georgia home
- 22 Angry group
- 23 Hostel
- 24 React in horror
- 27 Loads, as software
- 32 Id counterpart
- 33 Old Olds
- 34 Fine, to NASA
- 35 Herring's cousin
- 38 Go back and forth
- 39 Fireworks response
- 40 Go blue?
- 42 French brandy

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18				19			20	21				
			22					23				
24	25	26			27	28	29			30	31	
32					33					34		
35			36	37					38			
		39					40	41				
42	43				44		45			46	47	48
49					50	51				52		
53					54					55		
56					57					58		

- 45 Fireplace area
- 49 Shrek is one
- 50 Mimic
- 52 Will be (Sp.)
- 53 Dispatch
- 54 Mainlander's memento
- 55 Not procrastinating
- 56 Fixes a skirt
- 57 Felon's flight
- 58 Iditarod terminus
- suddenly
- 5 Sparrow or skylark
- 6 Exist
- 7 Item on stage
- 8 Tropical lizard
- 9 New family member
- 10 Pork cut
- 11 Salamanders
- 19 "Forget it!"
- 21 Torched
- 24 Jewel
- 25 Census statistic
- 26 Ultrasound image
- 28 Born
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CLICK & CLACK
TOM AND RAY MAGLIOZZI

Gas smell might indicate small leak

Dear Tom and Ray:
For the past four to six weeks, when I start my Chevy Trailblazer (2004) first thing in the morning, the smell of gas and sometimes oil comes

out of the air-conditioning vents. Once the car has run for

five minutes or so, the smell dissipates and does not come back for the rest of the day. We typically keep the car in the garage overnight. My husband does not think this is a big deal, since I have taken it to the mechanic twice and they didn't find a problem. I am still driving it with the gas smell in the morning. I drive my two young girls (5 and 2) around daily. Is my husband right that I should not worry? Or should I be concerned, take it to a different mechanic and ask them to do ... what? Thank you.

-- Shannon

RAY: I'd be concerned but not alarmed, Shannon. Let's assume that what you're smelling is gas, rather than oil. What do you need to be concerned about when you smell gas?

TOM: Fire usually is at the top of my list. And to the great thrill of every hungry liability lawyer in the country, I'm going to suggest that the risk of a gasoline fire due to your particular problem, Shannon, is relatively low (not nonexistent, but low). Why? Because it's been examined carefully by mechanics twice, and they've found no leak.

RAY: It takes very little gasoline to make a lot of gasoline smell. And if your gasoline smell is dissipating after five minutes and not coming back for the rest of the day, it's probably being caused by a very small amount of seepage.

TOM: That said, breathing gasoline fumes is not good for the old brain cells -- especially the brain cells of little kids. So, for that reason, I would ignore your husband, and push to get this fixed.

Nationally syndicated columnists Tom and Ray Magliozzi can be reached at Cars.Com.

Wake up to the risk of drowsy driving

Information from AAA

The press has extensively covered the risks - real and perceived - associated with driving while talking on the phone. There is another major and more widespread impairing condition that has received comparatively little attention: fatigue. Drowsy driving can be as dangerous as drunk driving. Sleepiness slows reaction time, decreases awareness, and impairs judgment. According to the National Highway Traffic Safety Administration (NHTSA), an estimated 800,000 to 1.88 million drivers have been involved in a crash related to drowsy driving in the past five years.

Who Is Nodding Off?

Many Americans are sleep deprived. Almost a quarter of us average less than six hours a sleep a night. Most people need a consistent eight hours a night. Young people actually need more sleep - an average of nine hours a night. It is easy to develop a sleep deficit without even realizing it due to working night-shifts or two jobs, balancing a demanding job and home life, or suffering an undetected sleep disorder. Alcohol and medications, including over-the-counter cold and allergy cures, can also increase drowsiness. Stress, illness, emotional strain, and boredom can also drain energy. It's understandable that fatigue catches up with almost all of us behind the wheel sometimes. Nearly 40 percent of drivers surveyed by NHTSA admitted they have nodded off behind the wheel at least once. Eight percent said they had done so in the past six months. These incidents may be "micro-sleeps" - dozing that spans just seconds. These momentary lapses can be fatal.

When Are You Most At Risk?

Nearly half of accidents attributed to drowsy driving happen between 9 pm and 6 am. The biological urge to sleep peaks after midnight. However, many people also experience a slump in the middle of the afternoon, particularly after a heavy lunch. Drivers who have had less than six hours of sleep the night before or who have remained awake 20 hours or more are at high risk of falling asleep at the wheel. Driving a monotonous route also puts you at risk. On a long,



straight road with no signals or billboards it is easy to let the purr of the engine and hum of the tires lull you into a less alert state. Be aware of warning signs, including:

- Trouble keeping your eyes open
- Daydreaming
- Yawning
- Drifting from your lane or tailgating
- Missing signs or exits
- Irritability and restlessness

Could You Have a Sleep Disorder?

If you are constantly tired, you may have a sleep disorder such as apnea. Not only do people with sleep apnea feel constant fatigue, their health is also jeopardized because their body is not receiving enough oxygen throughout the night. Chronic insomnia, restless legs, and narcolepsy are other sleep disturbances that could put you at risk as a driver. Your doctor can refer you to a specialist who can diagnose and treat sleep disorders.

Drowsy Driving Tips

Pulling over for a nap isn't always an option, so drivers report they combat sleepiness by opening a window, drinking coffee or soda, and turning up the volume on the radio. Most of these strategies will help only momentarily, if at all. The body's need for sleep will soon override the brain's wish to remain awake. The experts recommend:

- Get a good night's sleep before a road trip.
- Protect yourself from glare with sunglasses.
- Avoid alcohol and heavy meals.
- Stop at least every two hours for rest, a stretch, and a light snack
- Travel with a passenger and take turns driving.
- If you feel drowsy, pull over to a well-traveled area. Roll up windows and lock doors. Turn off your engine. Rest for 20 minutes or so, then walk a few minutes to be sure you are completely awake. Have some caffeine before you go back on the road.

Don't take chances with drowsiness. Sleepiness can creep up suddenly and without warning, putting you at high risk. If you begin to sense that you are at all tired, stop driving and continue your journey when you are refreshed.

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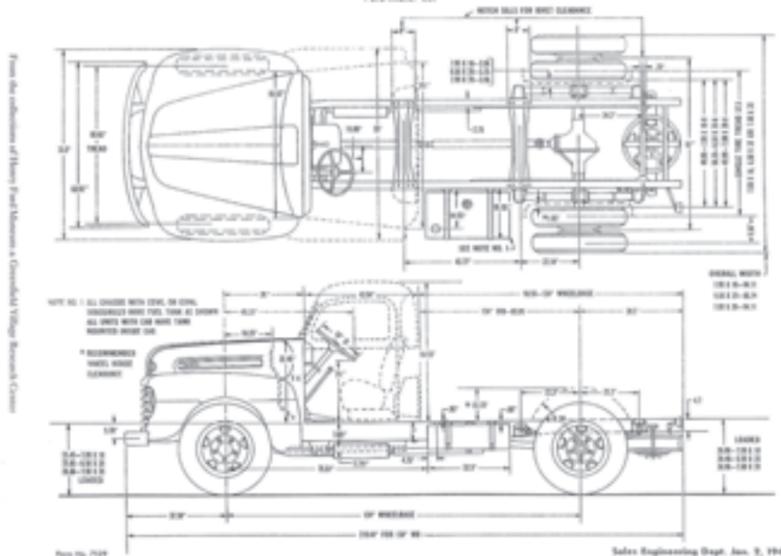
Since 1948, more than 32 million trucks have proudly worn the F-Series badge. These legendary trucks have been the best-selling pickups for 36 consecutive years, and America's overall best-selling vehicle for 31 years.

As Ford looks forward to the future of Built Ford Tough, it is appropriate to celebrate the 1948 Ford F-1 pickup that started it all.

Happy 65th anniversary and long may you run.



Body Builders Dimensional Drawing
1948 Ford F-1 (1-Ton)
Ford Motor Co.



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\$5,981

2005 Ford Five Hundred
• Limited
• Leather
• Loaded
#103625

\$9,989

2011 Hyundai GLS
• Fuel Saver
#236170

\$14,982

2010 Toyota Corolla LE
• Only 17k miles
#A75925

\$14,767

2002 Ford Explorer XLT
• 4x4
#C35364

\$7,374

2003 Honda Odyssey EX
• Sport
#448117

\$7,997

2004 GMC Yukon SLE
• 4x4
• Local Trade
#294784

\$11,426

2007 Dodge Ram 1500
• SLT
#131463

\$15,645

2007 Mercury Mountaineer
• Luxury
• AWD
• Leather
#119991

\$13,178

2008 Ford Edge SEL
• AWD
• Leather
#A89842

\$15,792

2010 Buick Enclave CXL
• Leather
• AWD
• Local Trade
#135288

\$26,607

2010 Ford Explorer XLT
• 4x4
#A75925

\$16,929

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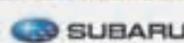


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Family room.



With Symmetrical All-Wheel Drive, more interior space and an available power rear gate, there's a whole lot to love about the all-new 2014 Subaru Forester*



All-New 2014 Subaru Forester Now Available

2014 SUBARU FORESTER 2.5i

1.9% Financing Available
See Reliable Subaru for complete details.

Stock # 521175 MSRP: \$24,162

- Symmetrical All-Wheel Drive
- SUBARU BOXER® engine
- Flexible cargo areas
- Bluetooth® hands-free connectivity



2013 SUBARU OUTBACK 2.5i

Stock # 521200 MSRP: \$24,722

- Symmetrical All-Wheel Drive
- DOHC 2.5-liter SUBARU BOXER® engine
- Vehicle Dynamics Control (VDC)
- Bluetooth® hands-free connectivity

Starting at \$22,998*



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*Price plus tax, tag, title and \$199 administrative fees. (1) EPA estimate. Mileage may vary with road conditions, vehicle conditions and driving habits. Offer ends May 31, 2013. Subaru, Forester, Outback, Tribeca, Legacy, Impreza, WRX, STI and SUBARU BOXER are registered trademarks.

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Sales Only

Memorial Day Bonus Cash Save an Extra \$500 ON



Save an Extra \$750 On All



2013 Silverado 1/2 Ton Reg. Cabs, Ext. Cabs & Crew Cabs good thru June 3, 2013

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Sonic	40 mpg Hwy*
Malibu Eco	37 mpg Hwy*
Equinox	32 mpg Hwy*
Camaro	30 mpg Hwy*

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*See dealer for complete details.

MAYDAY

DRIVE FOR FAME

Local Car Dealer Needs Help Now! Drive A Nicer, Newer Car For Just \$5 Down-This Week Only

Ft. Leonard Wood, Missouri-If you've been looking for a way to escape the old car you're stuck driving, this could be the day you've been waiting for-the day you finally get the help you need.

Local Car Dealer For The People® David West is dealing with a major screw up at his store, and this mistake could be just the thing that makes it possible for you to stop driving that car you hate once and for all.

"My buyer blew it!!! He went to the auction with orders to buy 8 cars and somehow he came back with 80!!! Now I'm straddled with all these extra cars! What a mess! The only solution is to get rid of them FAST so I'm shouting, Mayday, Mayday, I'm in trouble and need help! For \$5 down, my customers can drive away a nicer, newer car today. Sure, it's a bit drastic because I'm going spastic. I'm at the end of my rope and I feel like a dope," states David West from Al West.

Let's face it, sometimes things go according to plan and sometimes they don't. Life is messy at times. We've all screwed up something at some point in time.

So why not head down to Al West to help turn David West's mess into something positive for both of you. You can drive away a nicer, newer car and he can get rid of the extra cars he's stuck with. That's good for you, good for him, and good for our local economy.

Make David West's screw-up a hook-up for you! Now you can finally escape that battered, old piece of junk you've been stuck in for way too long. Drive away for \$5 down today!

DON'T LET BAD CREDIT KEEP YOU AWAY!

So you say you've got \$5-no problem-who doesn't? That's obviously not an issue. Something else keeps you from looking for a nicer, newer car, and that's the same issue many Americans deal with ... less than perfect credit. In fact, The Nilson Report reveals that

over 60 million Americans suffer from bad credit.

Is there something on your credit report that you are a little embarrassed about? Don't shy away because of that. At Al West, they deal with less than perfect credit ALL THE TIME.

They've dedicated an entire department to helping people like you who are stuck driving a car they hate. "My For The People~ Credit Approval Process works hard for all kinds of people. My goal is to get as many people driving a nicer, newer car as possible. I work with all kinds of banks to get car loans for people with all sorts of credit conundrums. And my team keeps trying, long after some others may quit," states West. So don't let less than perfect credit keep you from escaping that old car you are driving. Our select banks and lenders are ready and willing to help you get approved for a nicer, newer car you'll love. Say, "Mayday! Mayday! Help me right away!" Now imagine how great you'll feel behind the wheel of your nicer, newer car! Let the team at Al West help you feel good again.

**DON'T DELAY!
BRING \$5 DOWN TO DRIVE TODAY!**

Get down to Al West right now! The Mayday Madness ends once David West clears out 72 cars!!! Don't miss your chance to make your getaway in a nicer, newer car today for just \$5 down! To take advantage of this outrageous offer, visit Al West at Al West Chrysler 705 S. Bishop in Rolla and Al West Nissan 2450 N. Bishop in Rolla or call 1-888-355-0843 to get on your way to driving a nicer, newer car right now. Plus, you can start the simple credit approval process by going to www.alwest.com.

Don't delay! Say MAYDAY, MAYDAY and for \$5 down you can drive a nicer, newer car away!

*Requires bank approval. Offers may not combine.