

Walk

From Page 1A

walking program that promotes the health and fitness of Soldiers, families and civilians in the community.

"Everyone is encouraged to bring a can or cans of food to Polo Field Nov. 4. The food drive will support families throughout the holiday season and further the Team Sill, Oklahoma PRIDE concept," said Smith.

"The goal is to have healthy families and get the community involved in healthy living. I encourage everyone in the community, whether they are a family member, a civilian employee or a Soldier to get involved," said Smith.

The CG's Challenge is about promoting health and fitness for our leaders, Soldiers, families as well as all members of the Lawton community. This is a perfect opportunity for parents to interact with their children while improving their health. Child obesity is on the rise across our nation, and educational performance and

achievement are trending downward, he said.

"This challenge is important because today's generation of kids probably won't live as long as their parents, said Smith. "Forty percent of all fourth graders are overweight and borderline diabetic. That's a scary thought, and if we as a society do nothing now, these kids could suffer in the future. It all ties into the Fit Kids Coalition, part of the Army Community Covenant. We need to keep our children motivated with regards to healthy living as they get older."

This will be an ongoing challenge to all Soldiers, families, civilians and children to get out and get physically active by running or walking. "The Southwest OK Fit Kids Coalition. LPS is changing menus and encouraging fitness ... because, it has been proven that kids who are fit and exercise, on the whole are more attentive, more positive, and are more likely to be better students," said Smith.

Please do not bring pets. For more information, contact MWR Sports at 442-6200.

Frees for age makes For tSills trees tsafe

Did you know a large recreational vehicle parked in front of your house in post housing can be a safety hazard?

Picerne Military Housing offers a free storage lot for recreational vehicles, trailers and boats.

Lots are provided as a service to residents and are free to families who live on post.

I encourage you to stop by Picerne's program office at 5445 Greble Road and sign up for your free lot. It is a simple process and will help to eliminate clutter and congestion around your home.

To register for a lot, you only have to fill out a short form and show proof of insurance and registration for the vehicle you wish to store.

Picerne will assign you a lot number and a key to access it. Of course, only property that is legal for use on the installation will be permitted to be stored. I hope you take advantage of this great service our housing partner provides and help make our housing streets safer.

Parking

Parking throughout our neighborhoods is a continuous challenge. Picerne is constantly looking for new ways to improve the situation. In the meantime, parking by residents and guests is authorized in the following areas:



Did you know?

By Col. Raymond Lacey
Fort Sill Garrison commander

- Driveways and other designated parking spaces.

- On streets where the sidewalk exists on only one side of the street. Parking, with the flow of traffic, is authorized only on the side of the street where there is no sidewalk.

- On streets where sidewalks exist on both sides of the street, and it is a one-way street, parking with the flow of traffic, is authorized only on the right side of the street.

- On those streets where sidewalks exist on both sides of the street, and there are two or more entrances onto the street, parking is authorized in designated parking areas only.

In addition, remember that recreational vehicles, including trailers and all-terrain vehicles, should not be parked under carports. Recreational vehicles may be parked in garages as long as no part of the vehicle or trailer extends beyond the support structure or doorways.

Home repairs

Also, remember the safety of your neighbors when doing maintenance on your vehicles. Minor upkeep like replacing lights, changing a

Residents will be assessed charges to repair damages resulting from oil leaks, curb breaks, turf destruction and other types of damage.

Please remember you are not allowed to place your car on blocks for any reason. There are no exceptions to that rule.

For additional information on parking please refer to the Resident Responsibility Guide or contact your neighborhood office.

To reach me

To send questions or comments to me, please e-mail fcsmc@conus.army.mil or you can mail your comments to Commander, USAG-Fort Sill, 462 Hamilton Road, Suite 120, Fort Sill, OK 73503.

Thanks and have a great Fort Sill day.

Sill shorts

Dental clinics close in afternoon

All Fort Sill dental clinics will be closed today from 12:30-4:30 p.m. for safety training. Dental emergencies this afternoon can be seen at the Reynolds Army Community Hospital emergency room. Normal dental clinic hours will resume Friday.

BCTG opportunities

The 3rd Battle Command Training Group has opportunities at Fort Sill and Fort Hood, Texas, for company and field grade officers with deployment experience. For more information, call 713-824-2765 or e-mail terry.boyd@usar.army.mil.

Official mail

The Fort Sill Official Mail and Distribution Center is moving to the basement of Building 4700, Suite 5 at the end of October. All outgoing mail must be received by 2:45 p.m. to be processed the same day. For more information, call 442-3892.

Lodging reservations

People interested in lodging on post can make reservations online at www.ihgarmyhotels.com.

Records holding facility

The Fort Sill Records Holding Area is relocating to 930 Fort Sill Boulevard, the same building as the post office, Suite 200. Customer service hours are Monday, Tuesday, Wednesday and Friday from 7:30-11:30 a.m. Records that need to be retired or retrieved will be scheduled from 1:30-4:30 p.m. on the same days. For more information, call 442-3892.

Everyday hero

Chevrolet Everyday Hero winners receive a 2011 Chevrolet Cruze, four tickets to Nashville, Tenn., and tickets to the 2010 Country Music Association Awards. To nominate someone, go to www.youeverydayhero.com.

Jahn's Pumpkin Hill
Cyril, OK
Pumpkin Patch, Hay Maze, Tour
Family Fun
www.jahnpumpkinhill.com

Sell unwanted items.
Quick cash. Minimum effort. Call Classified
357-9545

Train for a Rewarding Career in the Medical Field!

Day or Night classes, Now enrolling in:

- Medical Assistant /Phlebotomy
- Dental Assistant
- Pharmacy Technician
- Practical Nursing
- Massage Therapy



Platt College
112 SW 11th St., Lawton, OK
580-355-4416
Financial Aid Available For those Who Qualify • Licensed by O.B.P.V.S

FIRST MORTGAGE LOANS

15 YEAR	20 YEAR	30 YEAR
3.750% Fixed Rate*	4.000% Fixed Rate*	4.250% Fixed Rate*

*Rates and terms based on credit worthiness and subject to approval, change and some conditions apply.
*Ends November 6th, 2010. 15 year APR 4.075%, 20 year APR 4.255%, 30 year APR 4.436%.
Not available on existing FSFCU loans.

Fort Sill

FEDERAL CREDIT UNION
A Community Credit Union

Now Everyone Can Join!

353-2124

Visit us online www.fsfcu.com

NCUA

Gore Blvd. Church of Christ
6235 W. Gore Blvd., Lawton
Sunday 9,10 & 6. Wed - 7:30
Bible authority for all we do
ALL WELCOME 536-5552

FIRST PRESBYTERIAN CHURCH
W ORSHIP 10:45am
SERMON TITLE SUNDAY, OCTOBER 31, 2010
GREAT REASONS FOR GREAT GIVING
II Corinthians 8:1-15
Rev. Wayne Chaplin
1302 SW A Avenue

Zoe Embassy
Your Passport to Freedom from Poverty, Sickness and Spiritual Death

A Family Oriented Church
Sunday Worship Service 10:30 a.m.
Wednesday Bible Study 7:00 p.m.
Wednesday Youth Night 7:00 p.m.
Pastor Sam & Angela Moyd
www.zoechristiancenter.org
1108 SW Tennessee Ave. Lawton
(580) 357-5288
Transportation is available

FOR A TATTOO YOUR MOTHER WOULD APPROVE OF IN FACT, BRING HER TOO.

\$10 Off for Military with this ad



ARTISTIC INK TATTOO STUDIO
ARTISTICINKTEXAS.COM
LAWTON, OK.
3132 NW Cache Road • 580-353-8287

New Hope Church of God in Christ
Sunday School • 9:30 a.m.
Morning Worship • 11:00 a.m.
Sunday Evening • 6:30 p.m.
Tuesday Bible Study • 7:30 p.m.
churchwebcast.com
Sunday 11:00 am
Pastor Michael & Vernita Cross
1502 SW Monroe Ave • (580) 355-3237

55th ANNUAL PANCAKE DAY



Creating Independence For People With Disabilities
American Business Clubs

Monday - November 1st
Great Plains Coliseum 920 South Sheridan Rd.
6:30 a.m. to 8:00 p.m.

In Advance \$7.00 **At the Door \$8.00**
Children 4 and under FREE

Proceeds go to AMBUCS charities

Tickets available at Scotts House of Flowers, Comanche County Tag Agency, Brox Industries, Larry Holcomb Ins., any Playcare Location. OR just call 355-0814



Larry Holcomb Preston Holsinger Chad Rother
are waiting to fill your plates with delicious pancakes.

Pancakes, Eggs, Bacon OR Sausage
Drinks included (No limit on pancakes)

BRONZE Collection



Euro Top Queen \$479⁹⁵
15 year warranty

Pillow Top Queen \$599⁹⁵
15 year warranty

Box Top Queen \$699⁹⁵
15 year warranty

***Rest Assured 1 Year Comfort Guarantee**

Firm Top* Queen \$799⁹⁵
15 year warranty

Super* Queen \$899⁹⁵
15 year warranty

LADY AMERICANA MATTRESS OUTLET
107 S. Sheridan • Lawton • 353-4700
(Next Door to Wayne's Drive Inn)
We accept Mathis Brothers Credit Cards

Financing Available
Hours
Mon. - Fri. 9-7 Sat. 9-6