

THE 1ST INFANTRY DIVISION POST

★ 1DivPost.com FRIDAY, DECEMBER 20, 2019 Vol. 8, No. 16 ★

◀◀ FORT RILEY, KANSAS ▶▶

Haynes takes lead, reigns



Capt. Michael L. Haynes, commander of the Commanding General's Mounted Color Guard, hands the guidon to Sgt. 1st Class Dale Siebert, CGMCG acting 1st Sergeant, at the Dec. 12 change of command ceremony. To the right of Siebert was Staff Sgt. Bryan Joyce, Capt. Patrick L. Neki, out-going commander and Lt. Col. John W. Brock II, commander, Headquarters and Headquarters Battalion.

Story and photo by Gail Parsons
1ST INF. DIV. POST

Command of the Commanding General's Mounted Color Guard transferred from Capt. Patrick L. Neki to Capt. Michael L. Haynes during a brief ceremony Dec. 12 at the Fort Riley indoor riding arena. The day was also the 223rd anniversary of the day the Continental Congress approved George Washington's request for a light cavalry force to be added to the Continental Army.

Following the presentation of roses to the spouses of the incoming and outgoing commanders, Neki, Haynes and Lt. Col. John W. Brock II, commander of Headquarters and Headquarters Battalion, 1st Infantry Division, rode forward and stopped in front of the troopers.

The custodian of the guidon was Sgt. 1st Class Dale Siebert, acting 1st Sgt., he passed it to Neki who relinquished it and his command, to Brock, who in turn presented it to Haynes.

See COMMAND, page 8



HOLIDAY TRADITION

ABOVE: Community volunteers came to assist in laying wreaths. Lt. Col. Courtney Sugai, 541st Combat Sustainment Support Battalion, attended the event with her sons Kawena and Kanoa. Sugai aided other scouts from Fort Riley Pack 260 in finding the headstones for several wreaths. **RIGHT:** First Sgt. David Lawrence, 48th Chemical Brigade, presented the wreath for the Gold Star Families in memory of his brother, Staff Sgt. Mark Lawrence. Lawrence is escorted by Audie Murphy recipients, Staff Sgt. Jamilla Lane and Sgt. 1st Class Caleb Gallagher.

Fort Riley honors fallen Soldiers by laying wreaths at Post Cemetery

Story and photos by Pamela Beal
1ST INF. DIV. POST

Every year cemeteries around the world honor American veterans by placing wreaths on their graves or markers.

According to wreathscrossamerica.org, more than 1,600 locations in the United States, at sea and abroad coordinate with Wreaths Across America and Arlington National Cemetery conducts their ceremony. This year, that date was Dec. 14 and volunteers arrived at Fort Riley cemetery to participate.

"This is our 13th year to do this, and it is strictly volunteer," said Jerri McBride, of Veterans of Foreign Wars Post 1281 and Wreaths across America Fort Riley Leader.

Wreaths can be purchased each year by going to the organization's website.

"Today, we are laying 504 wreaths, so that's \$5,040 that was donated," McBride said. "We thank the community for doing that. We place ceremonial wreaths for all of the military services in our country: Army, Navy, Merchant Marines, Coast Guard, Air Force and also we do wreaths for the POW/MIA and the Gold Star families."

Wreaths Across America promotes the idea of remembering, honoring and teaching. Each year they do this with a different theme — this year's theme is 'Everyone Plays a Part,' she said.



Before volunteers began laying the wreaths, Col. Kevin Lambert, 1st Infantry Division Chief of Staff, gave some background history for the event.

"In the late 50's, early 60's, Morrill Worcester was a 12-year-old paperboy, and he won a trip to Washington D.C.," Lambert said. "On that trip he saw many sights, but

See WREATHS, page 7

Consequences, results of drinking, driving

Story and photo by
Amanda Ravenstein
1ST INF. DIV. POST

This is the second in a two-part series on the cost of driving under the influence. Part one can be found in the Dec. 13 issue of the 1st Infantry Division Post and it was over the financial and career costs of being charged with a DUI.

Though all types of people drink and drive, researchers say the common drunk driver is the younger man, age 18 to 29, who takes risks and

is a sensation seeker, exactly the kind of person fit for military duty, according to an article on the National Highway and Traffic Safety Association website.

"Nowhere in the Army do we find it okay to put innocent civilians at risk," said Maj. William Pitts, 1st Infantry Division psychiatrist. "We will go out of our way and sustain injuries to ourselves and our forces to protect the innocent. Yet, when it comes to DUIs, people are out on the roads drinking and driving with very little consideration to the person who's driving next to them, toward them or walking down the street."

He said statistics show most people who are caught drinking and driving have done it before.

"They say, 'it's not going to happen to me, I know better,'" he said. "It's not their first time, they've done it dozens of times. So, they're right in a way. Until it does and when it does, it can cost them everything. Or it can cost the people around them a lot more. Killing somebody or maiming someone, that's a really hard message to get out. If it were easier, we would have fixed this with all the time, money and effort that we're putting into it."

After a DUI charge, it can be hard to find a new normal especially after being separated from the Army, he said.

"I think a lot of what people struggle with is that kind of loss of identity," he said. "Thursday, you are a Soldier. Friday morning you're a Soldier. Friday afternoon or Saturday morning after your DUI, everything's different. So, for young Soldiers, they're dealing with a lot of lost opportunity. And for a more seasoned Soldier, the 10, 12, 14, 16 years that you've

See CONSEQUENCES, page 7

Relax, team build, reintegrate back to Kansas



Soldiers from Delta Troop, 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, hide behind barriers during a game of Archery Tag at the Outdoor Adventure Park Dec. 12.

Story and photo by
Amanda Ravenstein
1ST INF. DIV. POST

This is the second of a two-part series talking about the Warrior Adventure Quest program offered by the Directorate of Family and Morale, Welfare and Recreation.

The Soldiers of Delta Troop, 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat

Team, 1st Infantry Division, took part in the Warrior Adventure Quest program Dec. 12 as a way to reintegrate after having returned recently from rotation.

"Last January we went on a ski trip prior to deploying over to Poland, and everybody had a lot of fun with it," said 1st Lt. William Schultz-Rathbun, 1st Sqn, 4th Cav. Regt., 1st Inf. Div. "We wanted to do some-thing coming back to kind of reintegrate,

get everybody working together and having fun together, and then kind of take a little bit of a break and everybody a little bit of a chance to decompress. The last couple weeks have been pretty busy."

1st Lt. Connor Gillespie, 1st Sqn, 4th Cav. Regt., said he has seen the improvement in morale and teamwork by participating in the program.

"I mean definitely," he said. "The alternative is

the day-to-day slog of being in the motor pool or doing random paperwork. So, the fact that this is very much a weekend activity, but you know we get to do this on a Thursday in the middle of the week. I mean, a lot of the people enjoy just breaking up the nine to five."

Part of the program has the Soldiers taking part in leader-led, after-action

See QUEST, page 8

VOLUNTEER OPPORTUNITIES

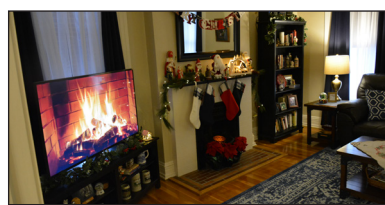
The Auto Skills Center on Fort Riley is in need of volunteers. Shifts available are:

Fridays 5 to 8 p.m.
Saturdays 9 a.m. to 5 p.m.
Sundays 9 a.m. to 5 p.m.

Contact Richard Newlon at the Auto Skills Center by email at richard.l.newlon2.civ@mail.mil or call 785-239-9764. Make sure to leave a message if no one answers.

For more information about volunteering on Fort Riley, contact Jane Brookshire volunteer coordinator with Army Community Service at 785-239-9974.

ALSO IN THIS ISSUE



RESIDENTS OPEN HOMES TO SHOW OFF HOLIDAY DECORATING SKILLS

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ALSO IN THIS ISSUE



A LOOK AT THE BIG STORIES OF 2019 IN THE ANNUAL YEAR IN REVIEW.

SEE PAGE 17 TO 20

Holiday Spirit is alive on Fort Riley



1: Volunteers placed more than 500 wreaths at the headstones of American Soldiers buried at Fort Riley Dec. 14 during the Wreaths Across America event. 2: The Fort Riley Stray Facility opened their doors for pictures with Santa Dec. 14. Ben Storm, husband of Nicole Storm, manager of the Fort Riley Stray Facility, played Santa as dogs, like Bailey, an English bulldog puppy, came in to meet him. 3: Fort Riley Soldiers picked out free Christmas trees during Trees for Troops Dec. 14. People can go to front desk at the Directorate of Family and Morale, Welfare and Recreation Outdoor Recreation Center, Building 1806 Camp Funston, to check for availability of remaining trees. 4: Left: volunteers prepare to place wreaths in memory of Soldiers buried at the Fort Riley cemetery during Wreaths Across America Dec. 14. 5: Army families showed their holiday traditions and Christmas decorations during the Tour of Homes Dec. 14. Among them was a mantle at the home of Shannon Lambert, wife of Col. Kevin Lambert, 1st Inf. Div. chief of staff, with a village of houses that represent each of their duty stations.

DININ' DEALS		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		December 22nd	December 23rd	December 24th	December 25th	December 26th	December 27th	December 28th
The Cove at Acorns Resort 3710 Farnum Creek Rd. MILFORD (785) 463-4000	Bloody Mary Bar Open 11:00am-9:00pm	1/2 Price Appetizers Open 11:00am-9:00pm	Closed Christmas Eve Closed	Merry Christmas Closed	Fajita Night Chicken \$12 Steak \$15 Trivia Night Open 4:00pm-9:00pm	Crab Legs \$22 Open 11:00am-10:00pm	Prime Rib Special \$20 for 10-oz cut \$25 for 14-oz cut Open 11:00am-10:00pm	
	Cracker Barrel 115 N East St JUNCTION CITY (785) 762-5567	Home Style Fried Chicken All Day \$9.99	Chicken & Dressing Starts at 11:00am Grilled Country Porkchops Served after 4:00pm	Homemade Meatloaf Starts at 11:00am Christmas Eve Closing 2:00pm	CLOSED Merry Christmas Closed	Lunch & Dinner Turkey & Dressing	Fried Fish All Day \$9.99	Southern Fried Chicken \$9.99

Civilians recognized at ceremony



U.S. Army Garrison Fort Riley employees were recognized for their support of the annual Installation Management Command-Readiness Garrison Commander and Command Sgt. Maj. huddle in August during the Dec. 13 Garrison Award Ceremony.

Story and photo by
Amanda Ravenstein
1ST INF. DIV. POST

At the Garrison Award Ceremony Dec. 13, more than 50 employees of Fort Riley directorates were recognized for their efforts and dedication to the installation.

Three individuals were nominated to represent the Best of the Best for November — Scott Fellows, Directorate of Plans, Training, Mobilization and Security; Maria Torres, Directorate of Public Works and Chris Goodmiller, Directorate of Family and Morale, Welfare and Recreation.

The honor of being named November Employee of the Month was given

to Torres who received a Garrison coin, certificate and a gift from Tiffany Shrader, wife of Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander.

The next recognition was for support of the annual Installation Management Command-Readiness Garrison Commander and Command Sgt. Maj. huddle in which about 50 names were called.

Five safety awards were given at the ceremony. Three were given to representatives of the Plans, Analysis and Integration Office, DFMWR and Resource Management Office while the other two were awarded to Walter Hill

and Rod Cruz from the Garrison Safety Office.

James Bednar, DPTMS, Training Support Center safety officer, received a commendation for his efforts in achieving 850 continuous days without a recordable workplace incident.

Melissa Cabana, DFMWR Army Community Service education specialist and Survivor Outreach Services support coordinator, was awarded the Civilian Service Achievement Medal for her work and performance in her duties.

The ceremony completed with all awardees lining up to receive congratulations from their peers before everyone gathered for a group photo.

Regulation allows breastmilk storage in field

By Gail Parsons
1ST INF. DIV. POST

A Department of the Army memorandum dated Nov. 10, 2015 outlined the right for Soldiers who are breastfeeding to pump their milk when they return to work — including during field deployments. However, concerns about storing the breastmilk resulted in another memorandum dated Oct. 16.

Because the 2015 regulation did not address how a woman was to store pumped breast milk, meal prep personnel in the field balked at allowing it to be stored with

food, said Sondra Redvay, lactation specialist at Irwin Army Community Hospital.

“What the (Center for Disease Control) says is that it's not a biohazard and it can be stored with food,” she said. “It is a food; it can be stored with other food.”

According to the memorandum, during field training and mobility exercises, the only location available to store expressed breastmilk is in a food-establishment refrigerator.

“Current guidance within (Technical Bulletin — Medical 530) does not specifically address the issue, but implies the practice

is prohibited based on provisions 6-305.11 (B) and 3-307.11, which require a separate location for storing personal items away from food preparation and storage areas,” the memorandum states. “Food service personnel often refuse to store expressed breastmilk; citing that it is not permitted under the provisions for storage of medicines and personal items.”

Redvay said mothers often had to “pump and dump” if they were to continue to produce breastmilk.

See REGULATION, page 7



SECRETARY OF DEFENSE
1000 DEFENSE PENTAGON
WASHINGTON, DC 20301-1000

11/26/19

MEMORANDUM FOR: SEE DISTRIBUTION

SUBJECT: Winter Holiday Season Safety

The winter holidays are a joyous time of year to celebrate and relax with family and friends. As we enter this holiday season, I encourage you to remain vigilant and mindful of the risks posed by travel, inclement weather, and holiday stress. Sadly, during the holiday season last year, the Department lost 25 Service members to preventable accidents, primarily as a result of private motor vehicle incidents. Each one of these individuals was very important to their families and vital to the success of the Department. One loss is too many.

We work diligently all year to reduce mishaps and focus on the safety and well-being of our Service Members, civilians, contractors, and families. I count on each and every member of the Department to continue exercising sound judgment and prioritizing safety during the holiday season. Wear your seatbelt. Pay close attention to weather conditions. Do not drink and drive. Use your training and common sense to do the right thing. Look out for one another. And please, dedicate this time to be with your loved ones and recharge for the upcoming New Year.

And, if you, a colleague, or loved one needs assistance, particularly managing stresses of the season, there is confidential help available through your local Civilian Employee Assistance Program. Similarly, Service members can call the Military Crisis Line for 24/7, confidential assistance, at 800-273-8255.

Thank you for your dedication and efforts within the Department. It is a great privilege and honor to serve with you each day as we continue the critical work of defending our Nation. I extend my warmest wishes to you and your families for an enjoyable and safe holiday season and ask that you take care of yourself and each other.

Matt. Egan

Class teaches how to stop bleeds, save lives

Story and photo by
Gail Parsons
1ST INF. DIV. POST

Knowing basic first aid is helpful in many cases, but when a person has a traumatic injury that causes heavy bleeding, an adhesive bandage and chest compressions will not help.

“What kills more people than anything else, is the fact that we just stand there let them bleed out,” said Bill Draper, Irwin Army Community Hospital Emergency Medical Services Director, during Stop the Bleed training for Directorate of Public Works personnel Dec. 6.

The Bleeding Control Basic Course is designed for people who have little or no medical training but may be called upon to provide trauma care before emergency medical personnel arrive.

According to the Stop the Bleed website, the campaign was initiated by a federal interagency workgroup convened by the National Security Council staff to prepare the public to save lives by raising awareness of basic actions to stop life threatening bleeding following everyday emergencies and man-made and natural disasters.

“Advances made by military medicine and research in hemorrhage control during the wars in Afghanistan and Iraq have informed the work of this initiative which exemplifies translation of knowledge back to the homeland to the benefit of the general public,” the website states.

Draper and Chris Hallenbeck, Emergency Management Coordinator, gave the class and are available to give the course to other groups on Fort Riley.

The class includes information about when and how to apply pressure, use a tourniquet and pack a wound.

After the verbal instruction part of the class, the props used to demonstrate were given to the attendees to practice with. They tried their hand on using a tourniquet on themselves and their coworkers.

A mock body part was used to give people an idea of what it could be like to pack a wound.

“(Bleeding wounds) don't just happen on the outside,” Draper said. “It happens on the inside as well.”

Whatever caused the injury made a cavity in the body — that space needs to be filled. Using the prop, Hallenbeck showed how a wound can be deeper than it may appear.

“As you're packing it ... just push around in circles,” Hallenbeck said. “You have a push down until you feel that bone.”

In a real situation, if the person is conscious, it will be painful because the packing material will touch nerves.

See CLASS, page 7



Robert Ralston, engineering technician, center, uses a Stop the Bleed prop to learn how to pack a wound on someone who has been injured, while Hadassa Baker, general engineer, left, and Tasha Jones, administrative support, watch during a class Dec. 6.

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Gilman-McCain Scholarship
for Undergraduate Children of Active Duty Military Personnel

Overview
The U.S. Department of State's Gilman-McCain Scholarship provides awards of \$5,000 for undergraduate child dependents of active duty service members to study or intern abroad on credit-bearing programs. Developed under the framework of the State Department's Benjamin A. Gilman International Scholarship Program, the John S. McCain International Scholarship for the Children of Military Families (Gilman-McCain Scholarship) is open to eligible students enrolled at accredited U.S. colleges and universities who receive any type of Title IV federal financial aid.

The Gilman-McCain Scholarship is a congressionally funded initiative of the Bureau of Educational and Cultural Affairs at the U.S. Department of State and named after the late Senator John S. McCain from Arizona. With the support of the U.S. Congress, this scholarship honors Senator McCain's legacy of public service by enabling undergraduate children of active duty military to develop the leadership and career readiness skills and global perspective to pursue careers of service and contribute to preserving the principles and alliances that are critical to an international order based on the rule of law, human rights, and democracy.

Eligibility Requirements:

- U.S. citizen
- Undergraduate student in good academic standing
- Dependent child of an active duty military member(s) during the time of application in one of the following branches: Air Force, Army, Marine Corps, Navy, and Coast Guard
- Recipient of any type of Title IV federal financial aid
- In the process of applying for, or accepted to a credit-bearing study abroad or internship program in a country with an overall Travel Advisory of 1 or 2, according to the U.S. Department of State Travel Advisory System

Application Deadlines:
Students have multiple application dates to apply for the Gilman-McCain Scholarships. Students are highly encouraged to apply as early as possible so that they can receive their scholarship payment in time for their departure. All applicants are notified of their status by email.

For students studying or interning abroad during the following date ranges	Student Application Deadline	Notification
December 2019 - October 2020	October 1, 2019	November 2019
January 2020 - October 2020	November 1, 2019	December 2019
February 2020 - October 2020	December 1, 2019	January 2020
March 2020 - October 2020	January 1, 2020	February 2020
May 2020 - April 2021	March 3, 2020	April 2020

Award Amount
The Gilman-McCain Scholarship recipients are awarded \$5,000 to be used toward the cost of study abroad or international internship programs.

For additional information and to apply, please visit gilmanmccain.org and contact your study abroad office.

- Complete the application at GilmanScholarship.org
- Contact your campus study abroad advisor as early as possible to inform them you are applying for the scholarship. They are a great resource!

Contact us at Gilman@eoe.org or visit gilmanmccain.org for additional information.

The Benjamin A. Gilman International Scholarship Program is a program of the U.S. Department of State with funding provided by the U.S. Government and supported in its implementation by the Institute of International Education (IIE).

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Looking Back: Building 380

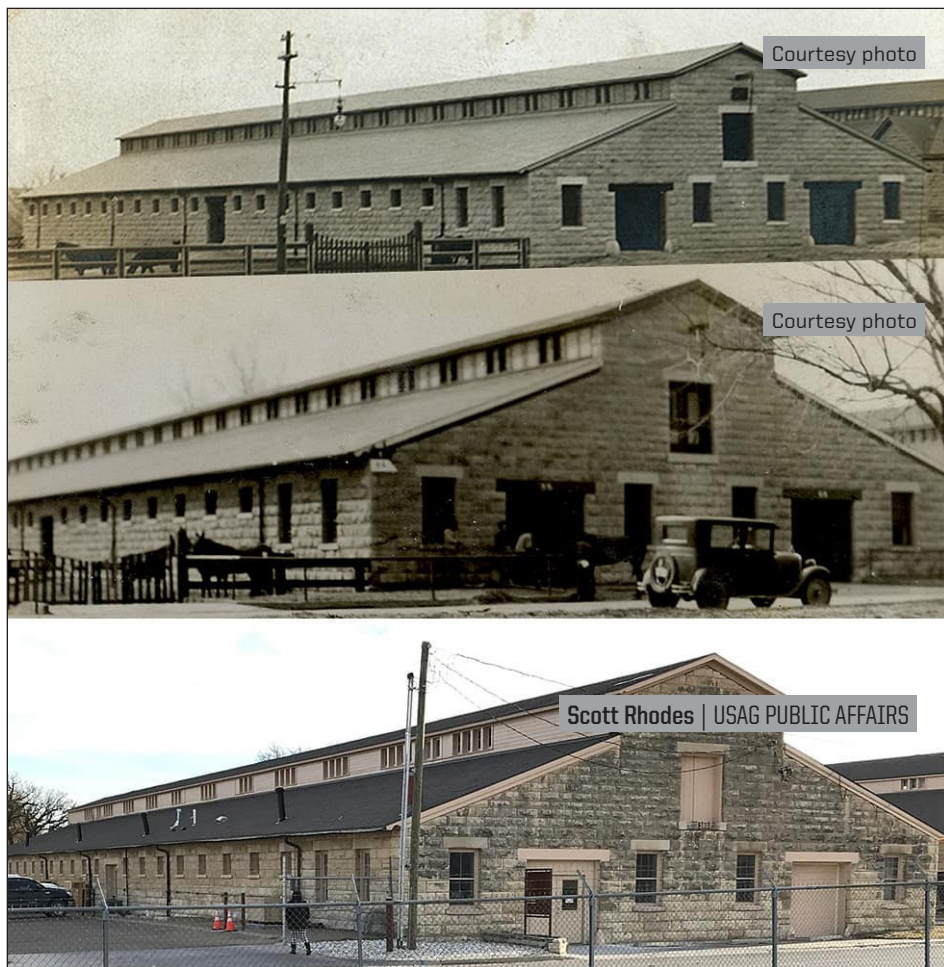
By Scott Rhodes
USAG PUBLIC AFFAIRS

Building 380 Carter Avenue was built in 1903. It was used as an Artillery Stable. Its walls and foundation were made from limestone, its floor from brick and it had a tin roof. It was built to stable 166 horses.

Like most buildings in this area of post, by 1930 building 380 was redesigned from an artillery facility to a cavalry facility. This was a result of the Artillery School at Fort Riley closing following World War I.

Today, building 380 is occupied by the Corvias Self Help Center, where residents can trade in old items for new ones such as batteries, light bulbs and fire extinguishers, and they can borrow tools like rakes, shovels and ladders.

TOP: Building 380 as it appeared in 1903, **Middle:** in 1930, **Bottom:** as it appears today.



Fort Riley historic names: Bullard

By Gail Parsons
1ST INF. DIV. POST

This is part of a continuing series exploring the people behind names of Fort Riley streets, buildings and parade fields.

Named after an Army general who was born at the start of the Civil War, Bullard Street is one block long and connects Normandy and Apennines drives.

Robert Lee Bullard was born in Alabama three months before Confederate forces fired upon Fort Sumter, South Carolina. At birth, he was named William Robert but at age 6 persuaded his father to legally change his name in honor of Confederate hero Robert E. Lee, according to <https://www.firstworldwar.com/bio/bullard.htm>.

In an article about one of their native sons at https://archives.alabama.gov/famous/r_bulard.html the Alabama Department of Archives and History describes Bullard as “every inch a Soldier and a fighting general ... Bullard was a model of military discipline and courage tempered with an abundance of common sense and a personable nature.”

Bullard started his climb up the ranks when he graduated 27th out of 39 in his class at the U.S. Military Academy at West Point in 1885.

The first conflict he participated in was with the 10th Infantry, in the Geronimo Campaign.

The International Encyclopedia of The First World War, <https://encyclopedia.1914-1918-online.net/index/118833464>, said he was a “model Soldier” who used his political connections to move to beneficial assignments. With the hope of going into combat in the Philippines, he took the position of colonel in charge of the 3rd Alabama Infantry. The unit comprised African American Soldiers under white leadership.

The 3rd never left the state. When it disbanded in 1899, Bullard moved to the 39th U.S. Volunteers, with which

he saw combat in Luzon, Philippines. After a 10-month voluntary sick leave, the International Encyclopedia said he returned to the Philippines as a major in the 28th Infantry where he served as governor of the Lake Lanao province from 1903 to 1904.

In the years leading to World War I, he served in the Second Cuban Intervention, trained National Guard units, attended the Army War College and commanded the 26th Infantry during the Mexican Revolution.

In Dec. 1917, eight months after America entered the First World War, Bullard was promoted to major general and given command of the 1st Infantry Division. In that role he led “The Big Red One” in what was the U.S. Army’s first major offensive of the war at Cantigny in April 1918, according to the First World War I website.

An article on The American Battle Monuments Commission website said prior to Cantigny, American Soldiers were serving as part of British and French units. The success of this attack proved that American forces had the training, tools and leadership necessary to be a major threat to the Germans. It was also a morale booster.

A summary of the action written by John J. Pershing commander-in-chief of the American Expeditionary Force and published on the First World War One website: “On April 25th the First Division relieved two French divisions on the front near Montdidier and on May 28th captured the important observation stations on the heights of Cantigny with splendid dash.

French artillery, aviation, tanks, and flame throwers aided in the attack, but most of this French assistance was withdrawn before the completion of the operation in order to meet the enemy’s new offensive launched May 27th toward Chateau-Thierry.

The enemy reaction against our troops at Cantigny was extremely violent, and apparently he was determined at all



Library of Congress photo
This 1919 photograph shows Lieutenant General Robert Lee Bullard (1861-1947) who served as an officer in the United States Army. Bullard was promoted to colonel in 1911 and brigadier general in 1917.

costs to counteract the most excellent effect the American success had produced.

For three days his guns of all calibres were concentrated on our new position and counter-attack succeeded counter-attack. The desperate efforts of the Germans gave the fighting at Cantigny a seeming tactical importance entirely out of proportion to the numbers involved.”

Bullard would go on to play a role in the Aisne-Marne and Meuse-Argonne offensives, where he earned a reputation as ‘Counter-attack Bullard.’

The Alabama Department of Archives and History said the nickname was earned after the Second Battle of the Marne, when he ignored the word to fall back and ordered a counterattack.

“Never one to sit idly by when there was a fight, Bullard once left a hospital where he had been confined with neuritis to join his troops on their way to the front,” the

website states. “Bullard demanded the best of his subordinates and got it. To a division head complaining of a lack of support on his flanks, he said, “I shall take no excuses on this occasion.”

By the end of the war, Bullard had risen to command the U.S. Second Army.

He retired in 1925 and died Sept. 11, 1947 — but not before raising controversy in his memoirs.

In one book he expressed his opinion that African American Soldiers were inferior to white troops, their military effectiveness impaired by both nature and the politics of the “race question,” the International Encyclopedia of The First World War said. Bullard based his comments on the 92nd Infantry Division’s failure in the Meuse-Argonne offensive. Bullard also received criticism for his support of Pershing against then-Chief of Staff General Peyton March and others.

Where there’s vapor, there’s danger

By Spc. Chris Brown
1ST INF. DIV. POST

Alcohol and drugs have long been known to wreak havoc on a career, but a lot about vaping is unknown. Though it’s become a common habit among the younger generation and with Soldiers, little is known about the dangers vape juice can induce.

The Surgeon General’s website lists several serious health complications that are known risks directly related to vaping liquid ingredients. Among those are lung disease due to flavorants like diacetyl; volatile organic compounds; heavy metals such as nickel, tin and lead along with other fine particulates that are inhaled while vaping. All of those risks are associated with the legal vape juices. But there are other dangers coming to the attention of Army leaders.

Recently, vaping has been getting Soldiers into trouble because, even though the juice they use is legal in some places, it is not in others. One of the ingredients that is gaining a lot of attention is cannabidiol. Although CBD has been legalized in many areas of the U.S., it has not been legalized at the federal level. There are also some question about the specific legality in Kansas for various types of CBD. Typically, Kansas law, according to Kansas.gov, requires CBD sold in the state to have 0% tetrahydro cannabinol, or THC, content. However, there is no regulation on how vape liquids are labeled and regulated.

A story in the July 19 issue of U.S. News and World report said, “Full spectrum commonly refers to CBD products that include THC. (Although, buyer beware: Sometimes products labeled “full

spectrum” don’t actually contain THC, and sometimes those labeled “THC-free” actually do have it.)”

So, while a non-Department of Defense civilian is able to use CBD legally in Manhattan, a Soldier may not. Even though the CBD vape juice may seem legal, it could have an illegal or hazardous substance in it. In fact, CBD isn’t the most dangerous issue in vape juices — many of which are purchased through internet sources.

“So they purchase a vaping product, and have no idea what is in it,” Tony Metcalf, drug preventive coordinator with Fort Riley’s Army Substance Abuse Prevention Program, said. “The internet says it’s a good deal for a vaping device. Well what happens when it gets to our military lab?”

See VAPE, page 7

TRAFFIC REPORT

ACCESS CONTROL POINT HOURS

Those with valid military ID cards or who have an access pass or badge and want access to Fort Riley on weekends should use Estes, Ogden, Henry or Trooper gates.

For more information about Fort Riley access procedures, visit home.army.mil/riley/index.php/about/visitor-info.

The Fort Riley Visitor’s Control Center is open Monday to Friday from 5 a.m. to 9 p.m., weekends and federal holidays from 8 a.m. to 4 p.m.

The access control point hours are:

Henry and Trooper

Open 24/7. Expect delays at Henry ACP through February. Due to construction, lanes will be reduced. Henry drive over Henry Bridge will remain one lane through April.

Estes:

Open 5 a.m. to 7 p.m. daily. Commercial traffic is required to have an access pass or badge prior to access.

Ogden:

Open from 5 a.m. to 10 p.m. daily.

12th Street:

Open from 5 a.m. to 7 p.m., Monday to Friday, closed weekends and federal holidays. This gate will have inbound commercial vehicle lanes only.

Personally owned vehicles are allowed access, there is no designated personally owned vehicle lane.

Outbound traffic is not authorized. Drivers must have a pass or badge.

Grant:

Grant Gate is open from 5 a.m. to 8 p.m. Monday through Friday. It is closed weekends and federal holidays.

CIVILIAN SPOTLIGHT

LARRY “SCOTT” FELLOWS
MODELING & SIMULATION OPS SPECIALIST
DIRECTORATE OF PLANS, TRAINING,
MOBILIZATION AND SECURITY

Larry “Scott” Fellows was the primary planner who ensured conditions were in place for a successful 13-day 2nd Armored Brigade Combat Team ‘Dagger Gauntlet’ one of the largest Virtual Brigade level capstone exercises conducted on Fort Riley.

Planning for the November exercise began

in March, as tactical vehicle maintenance became crucial during the summer and fall months, the virtual aspect of the exercise was significantly increased.

Fellows knowledge and skills as a training subject matter expert enabled him to expand the exercise, coordinate the planning and execution of four major organizations, synchronize four separate software platforms, de-conflict office-spaces for senior leaders, support the Tactical Fiber Optics grid for Command Posts and facilitate throughput of more than 2,000 Soldiers through the labyrinth of the Integrated Training Environment.

Fellows went above and beyond on a daily basis to ensure that the ‘Dagger’ Brigade had a successful Gauntlet event.



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RILEY ROUNDTABLE

What is the most overplayed Christmas song?



"Jingle Bell Rock."

SPC. JUSTIN GIPSON
LAFAYETTE, INDIANA

5th Squadron, 4th Cavalry
Regiment, 2nd Armored Brigade
Combat Team, 1st Inf. Div.



"All I Want (for Christmas)", Mariah (Carey). It's my absolute favorite, so I'm glad it's overplayed."

CHIEF WARRANT OFFICER 2
LISA KIMBERLY WILLIAMS
ALEXANDRIA, VIRGINIA

1st Combat Aviation Brigade,
1st Inf. Div.



"Jingle Bell Rock."

SGT. BRANDON GOFF
WEBSTER SPRINGS, WEST VIRGINIA

5th Squadron, 4th Cavalry
Regiment, 2nd Armored Brigade
Combat Team, 1st Inf. Div.



"Merry Christmas, Darling." The Carpenter's song they play all the time in here."

DORYANNE SMALLWOOD
EWA BEACH, HAWAII

Civilian, Dominos



"Mariah Carey."

MY WHITE
SAN JOSE, CALIFORNIA

Budget Analyst, Fort Riley
Garrison Resource Management
Office

THE 1ST INFANTRY DIVISION POST

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Circulation 8,800 copies each week.

A licensed newspaper member of the Junction City and Manhattan Chambers of Commerce.

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LETTERS TO THE EDITOR

The Post welcomes letters to the editor. Letters should not contain any libelous statements or personal accusations. Letters accepted for publication must include the writer's full name and phone number. Letters may be edited for space, but never for content. Send an e-mail usarmy.riley.imcom.mbx.post-newspaper@mail.mil

SAFETY CORNER

New Year's safety tips to start 2020

'Safety' Ron Clasberry
GARRISON SAFETY OFFICE

Team Riley, it's almost time to bid 2019 a farewell and ring in the last year of the decade. But what should be a time of festivity and joy can often turn into a safety nightmare, sometimes with deadly consequences.

Whether you're gearing up for a New Year's Eve party or planning to celebrate at home, keep the following safety tips in mind to start 2020 off the right way, the safe way.

NEW YEAR'S EVE SAFETY TIPS AT HOME

New Year's Eve celebrations can vary, from small gatherings with friends to large-scale parties with alcohol and fireworks. According to the National Safety Council here are some ways to help you celebrate at home.

- Know your alcohol limit and don't drink more than you can handle.
- Alternate each alcoholic beverage with a glass of water to stay hydrated and slow the alcohol's effects.

- Be aware of your surroundings at all times.
- Keep alcohol away from children and pets.
- Make sure food isn't left out for too long. Eating food served at the wrong temperature can leave you vulnerable to foodborne illnesses.
- Even if you aren't consuming alcohol, it's important to be aware of the people who are. Recognize when someone may have had too much to drink, and make sure they don't drink and drive.
- If hosting guests, offer them a place to sleep to prevent them from having to drive home. Even if they aren't drinking, they may encounter someone on the road who has been drinking.

NEW YEAR'S EVE SAFETY TIPS WHEN OUT

Lots of bars and hotels host their own New Year's Eve parties, but don't let the music, free food and drink discounts cloud your judgment. It's important to exercise caution at public parties.

MORE SAFETY TIPS

- If going to a party, take a friend. Going alone can put you at a higher risk of incident. Having a friend can help you hold yourself accountable, plus it lets someone know where you are.
- Don't leave your drink unattended.
- Never drive under the influence of alcohol, even if you've only had one drink or don't feel intoxicated.
- Keep your phone charged in case you need to call for a ride or experience an emergency.
- Keep in touch with your group. If you get separated, check in to let them know you're safe.

Team Riley, let's commit to making 2020 a safe and prosperous year. The New Year is a chance for a fresh start. Happy New Year from all of us at the Garrison Safety Office. Follow these simple tips to prevent accidental injury or a major mishap while enjoying your New Year's celebration. For more information, contact the U.S. Army Garrison Safety Office at 785-240-4748.

Green with envy over uniform color

Dear Doc Jargon,

I just saw a term after visiting the local military museum that has me wondering what it means. We were looking at the uniforms from when our Soldiers served in Vietnam and Korea. The sign at the display said, "Soldiers were each issued several sets of O.D. Greens." I was wondering what kind of green "O.D." is. Can you explain it?

Sincerely,
Mean Green Retired Military Machine Spouse

Dear Mean Green,

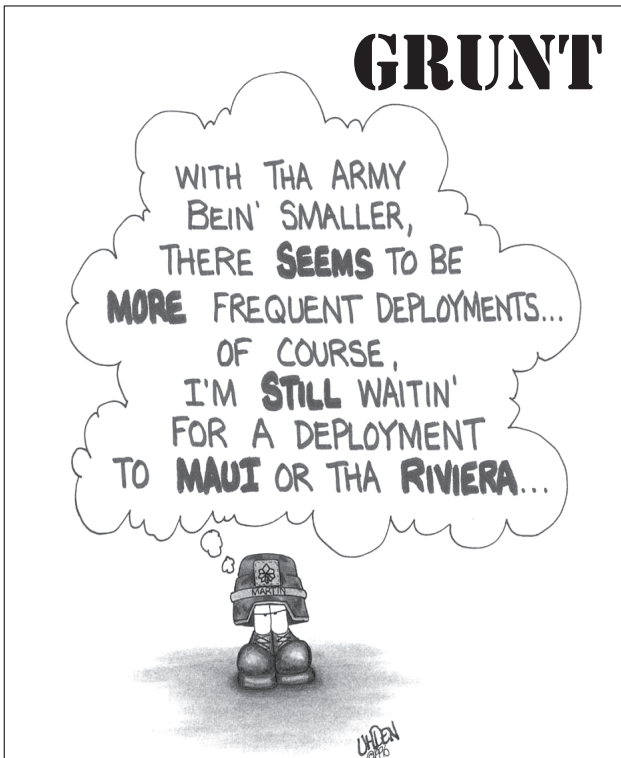
I'm happy to explain the term to you. Actually, I'm going to explain a couple of related color terms that have been associated with military uniforms in our history. The first is the

OD green you asked about. It stands for olive drab green. That has been the common term since the uniforms were first issued. However, the official term from the military catalog was OG or olive green and it was the color of the utility uniform of all branches of service from 1952 until 1989. The designation of OG-107, and a darker shade, referred to as OG-105, came from the Army's code for the color and material each uniform was made of. The OG-105 was cotton and the OG-107 was a polyester blend.

I hope you aren't too mean or too green and that you have a wonderful holiday season.

Sincerely,
Doc Jargon.

Email your military lingo questions to Doctor Jargon at doctorjargon@gmail.com.



Police bump it up

Dec. 23 to 30, for the safety of families and their children, 97th Military Police Battalion and Fort Riley police will focus enforcement of speed limits in the following communities:

Hood Drive, McDowell and Warren.

In addition to enforcement via radar, portable speed bumps will be temporarily placed.

Speed bump enforcement will continue in other communities and locations on Fort Riley; that schedule will be published on the Garrison Facebook page and website home page www.home.army.mil/riley.

Driving is a privilege and responsibility at all times and in all locations; we depend on one another to always drive cautiously and observe all traffic laws.

NOTICE

This is the final edition of the 1st Infantry Division Post for 2019, pick up the first 2020 issue Jan. 10.



DEC. 1

Sp., unknown unit, improper display of license plate

Family member, son, improper backing

Sp., unknown unit, speed 16 to 20 over

DEC. 2

Sp., 1st Bn., 7th FA Regt., 2nd ABCT, 1st Inf. Div., unsafe movement-forward

Sgt., Co. I, FSC, 1st Bn., 16th Inf. Regt., 1st ABCT, 1st Inf. Div., following too close

Sp., HHC, 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st Inf. Div., no financial responsibility

Sp., HHC, 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st Inf. Div., driving while license is suspended or revoked

Pfc., HHC, 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st Inf. Div., expired registration

DEC. 3

Pfc., Co. C, 299th BSB, 2nd ABCT, 1st Inf. Div., speed 16 to 20 over

Warrant Officer 1, unknown unit, driving wrong way on one-way street

DEC. 4

Sgt., Btry C, 1st Bn., 7th FA Regt., 2nd ABCT, 1st Inf. Div., illegal passing

Cpl., 1st Sqdn., 4th Cav. Regt., 1st ABCT, 1st Inf. Div., improper turning movement

Sp., 299th BSB, 2nd ABCT, 1st Inf. Div., no proof of insurance

Staff Sgt., 300th MP Co., 97th MP Bn., 89th MP Bde., expired registration

Sgt., 41st Eng. Co., 1st Inf. Div. Sust. Bde., no proof of insurance

Sp., 41st Eng. Co., 1st Inf. Div. Sust. Bde., failure to stop at a posted stop sign

Pvt., unknown unit, failure to use seatbelts

Sp., HHC, 3rd Bn., 66th Armor Regt., 1st ABCT, 1st Inf. Div., expired registration

Sgt., Co. B, 3rd Bn., 66th Armor Regt., 1st ABCT, 1st Inf. Div., failure to stop at a posted stop sign

Sgt., Co. F FSC, 1st Bn., 5th FA Regt., 1st ABCT, 1st Inf. Div., expired registration

Pfc., 41st Eng. Co., 1st Inf. Div. Sust. Bde., speed 11 to 15 over

2nd Lt., 1st Bn. 18th Inf. Regt., 2nd ABCT, 1st Inf. Div., failure to stop at a posted stop sign

DEC. 5

Sp., 24th CTC, 541th CSSB, 1st Inf. Div. Sust. Bde., following too close

DEC. 6

Sp., 1st ARB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., failure to stop at a posted stop sign

Sp., HHC, 299th BSB, 2nd ABCT, 1st Inf. Div., failure to yield right of way

Pvt., HHC, 1st Bn., 63rd Armor Regt., 2nd ABCT, 1st Inf. Div., failure to yield right of way

Sp., HHT, 1st Sqdn., 6th Cav. Regt., 1st CAB, 1st Inf. Div., failure to use seatbelts

Sp., 24th CTC, 541th CSSB, 1st Inf. Div. Sust. Bde., expired registration

Sp., unknown unit, failure to use seatbelts

Staff Sgt., unknown unit, failure to use seatbelts

Sp., HHC, 3rd Bn., 66th Armor Regt., 1 ABCT, 1st Inf. Div., failure to use seatbelts

Pfc., HHC, 2nd Bn., 34th Armor Regt., 1st

ABCT, 1st Inf. Div., failure to stop at a posted stop sign

Sgt., HHC, 1st Bn. 18th Inf. Regt., 2nd ABCT, 1st Inf. Div., failure to stop at a posted stop sign

DEC. 7

Pvt., 41st Eng. Co., 1st Inf. Div. Sust. Bde., no driver's license in possession

Pvt., 41st Eng. Co., 1st Inf. Div. Sust. Bde., improper turning movement

Sp., Co. B, 1st Bn. 18th Inf. Regt. 2nd ABCT, 1st Inf. Div., speed 16 to 20 over

Pvt., Co. B, 1st Bn., 16th Inf. Regt., 1st ABCT, 1st Inf. Div., speed 16 to 20 over

OTHER CITATIONS ISSUED

Dec. 1 — Expired registration

Dec. 2 — Expired registration

Dec. 3 — Speed 16 to 20 over

Dec. 4 — Speed 11 to 15 over

Dec. 7 — Failure to stop at a posted stop sign

The next USAG Resilience Day Off is

December 24

HAVE A STORY IDEA?

Send it to usarmy.riley.imcom.mbx.post-newspaper@mail.mil or call 785-239-8854/8135.

Construction updates affecting traffic

By Gail Parsons
1ST INF. DIV. POST

Phase one of the Henry Drive road work is almost complete and is ahead of schedule. There may be a lull in work before construction resumes on phase two, but the road is expected to remain one way.

"We hope to have the concrete on the shoulders placed before the end of the calendar year," said David Scruggs, chief of engineering services division for Directorate of Public Works. "If we do that, we will be ahead of schedule and the original intent was that once we finish this phase, we would go right up into the second phase."

However, it is up to the contractor's discretion to wait until Feb. 24, which was the original date phase two was expected to start.

"The contractor may hold off and wait for a little bit better weather," Scruggs said.

If no work is happening, there are pros and cons to opening both driving lanes. Motorists have become accustomed to the one-way. If the road was to reopen, it would only be for a short time before it had to be closed back down.

"Right now, it's a routine for everybody and then we change that routine and then change it back," he said. "If I had my preference, I'd keep it, just the way it is and have them continue to work even if it might be a little bit slower."

When the second phase starts, whether it be soon after the first is complete or in February, it will address the section of road between the river

bridge and the roundabout. Work will begin on the out-bound lanes and is expected to be complete by July 1.

Between April and July, the Smokey Hill and Henry Drive automatic vehicle barriers are slated for replacement. This will necessitate temporary closures with detours.

According to slides shown at the December Town Hall meeting, the AVB replacements are expected to take approximately a month, but the road closures are anticipated for about one week.

"As things get closer and firmed up a little bit more, we will start looking at the training calendar for like training holidays, (resiliency days off) and stuff like that," Scruggs said. "If we can put that one-week road closure to where we reduce the impact by a day or something that's what we're going to do. We are looking at alternatives and trying to reduce that impact as much as possible."

Reducing impact had been the initial goal with the Henry Drive project. The intent was to have most of the work done while troops were on rotation and the population on post was less.

However, best laid plans were tossed when the contractors started the work. Soon into it, they discovered the results of the conditions-study that showed the road could be repaired were incorrect — the concrete was crumbling, Scruggs said.

"We started working on this about two years ago," he said. "The study results said that it would be cheaper to repair the cracks in the road than

replace all of the concrete and so, the contract was written to that to that scope. When ... we started to repair the cracks, we found out that the road was in much worse shape than the study had indicated and that repairing the cracks was no longer the most cost-effective way to replace the road and that complete road replacement would be required."

People who drove the road daily may have seen a little bit of work being done, then nothing for a while. That was when the project was being redesigned and the contract modified.

"There was a lot of administrative stuff," he said. "We already had traffic control in place, we already had the road tore up and then we had to do this contract revision."

OTHER ROAD CONSTRUCTION

In addition to Henry Drive, there are several other projects planned and are in various stages of completion.

Custer Avenue was recently reopened after the replacement of a box culvert. However, additional work continues and the speed limit will remain 20 miles per hour.

Similar to Henry Drive, once work started on the 50- to 60-year-old culvert, crews discovered it was deteriorated more than they had anticipated. The original plan to extend the culvert turned into a replacement project, Scruggs said.

Work was also put on hold while American bald eagles were nesting nearby.

Holbrook Avenue is another multi-phase project. When

the post gained responsibility for the road from Corvias, they put a plan in place to fix it.

"It was in bad condition," Scruggs said. "So bad that we were having to take the complete roadway out and the subgrade, and then build it all back up. We couldn't just mill and overlay it because the subgrade was so bad."

Phase two, from Godfrey Avenue to the triangle at Pershing Avenue, is scheduled to start in the March, April time frame. Phase three, from the triangle on Huebner to Pershing is slated to begin after the completion of phase two. This project was split up to minimize the inconvenience for residents on Pershing.

When work commences in the spring, Scruggs said eight residences between Morris and Godfrey avenues will lose access to their driveways during the construction period.

"We're going to work really hard with those occupants and (Unified School District 475) about the bus stops and Covias Housing for the trash pickups," he said. "There's a whole lot of things that we impact when we close this little section of road down. We're going to be very sensitive to that."

In early spring, a piece of Heritage Street and Stuart Avenue below King Field House will close for about two weeks while the road is cut to replace a storm sewer.

Kitty Drive will have some shoulder work and intersection crack sealing start in the first part of 2020 and Apennines Drive will also be brought down to one-lane traffic for about a yearlong patching and surface milling.

Annual bird count records different species on post



A northern harrier was spotted during the annual Christmas Bird Count on Fort Riley Dec. 13.

Story and photo by Gail Parsons
1ST INF. DIV. POST

More than 70 species of birds were identified on Fort Riley during the annual winter, or Christmas, bird count Dec. 13.

Mike Houck, wildlife biologist with Fort Riley Directorate of Public Works, said among the less common birds spotted were the vesper sparrow, the winter wren, hermit thrush, northern shrike and a brown thrasher. The brown thrashers are usually seen on Fort Riley in the summer, he said he had never seen one here in the winter.

According to a Winter Bird Count fact sheet, counts have been conducted on Fort Riley since 2009. In that time, 82 species and more than 27,000 individual birds have been recorded on post.

The protocol for this count is the same as the Audubon and the Kansas Ornithological societies Christmas Bird Counts and the results are shared with KOS Kansas Bird Records Committee.

Biologists from the Fort Riley Environmental Department, staff from Kansas Fish and Wildlife Service and volunteers, split up and, beginning early in the morning, looked and listened for the different species.

Houck went north of Vinton Road and by noon had counted more than 30 species. He said the Christmas Bird Counts, which are conducted throughout the country, produce a picture of what birds are at Fort Riley during the winter.

See WILDLIFE, page 7

Fort Riley - Central Kansas Chapter



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CONSEQUENCES Continued from page 1

put into this career, now slips (through) your hands pretty quickly when it comes time to go through the administrative separation process. So, there are a lot of people that have to figure out who they are, reidentify themselves after having such an insult to their ego."

When driving privileges are revoked because of a DUI charge, the person can feel like they have lost their freedom, he said.

"The degree to which it gets more difficult for their day-to-day life is hard to describe," he said. "It's almost unimaginable. When you lose so much, not just financially, you lose a lot of freedom. In the military there is not a lot of freedom as it is. We are already being told where to be, when to be there and how to be dressed for

the occasion. But when you lose the ability to even get yourself there, and you have to start hitting up other people for a ride, you lose a lot of personal freedom. When you need someone to give you a ride so you can go to an AA meeting, it's hard."

The counselors at the Fort Riley Army Substance Abuse Program are available for those Soldiers who need someone to talk to about the problems they are having with an alcohol addiction. They have information to help with alcohol and drug abuse prevention and treatment. Contact the ASAP at 785-239-5075 or visit the facility at 7424 Apennines Dr. Their hours of operation are Mondays through Thursdays 7:30 a.m. to 5 p.m. and non-RDO Fridays 7:30 to 4 p.m.

REGULATION Continued from page 3

"Now they're able to either keep it cold, or freeze it depending on how long they're going to be out there, and bring that milk back rather than wasting that precious liquid gold," she said.

The data shows allowing a Soldier to continue breastfeeding their child aids, not only the baby but the mother and father and her unit as well, Redvay said.

"It helps your mission readiness because moms are able to train up and remain mission ready rather than missing training because (mom or dad) is home with a sick child," she said.

When she speaks with pregnant Soldiers and new moms, she tells them, if they know they are going to the field while the baby is still breastfeeding, they should start pumping and freezing as soon as possible.

"If she starts early, she can store up enough for her baby to have breast milk the whole time she's gone," she said. "Breast milk is so amazing. It has so many antimicrobial properties

that it can stay at room temperature for three to five hours. It can stay in the refrigerator for three to five days. It can stay in the freezer with your refrigerator for up to six months. And if you have a separate freezer, because it stays so much colder, it could stay for up to a year."

A deployed Soldier can now make arrangements for the milk to be picked up when someone from the unit returns to post or, if feasible, store it and bring it back at the end of deployment.

"If somebody is bringing in supplies every day, that person can take that milk back home," she said. "If there's absolutely no way to either store or transport the milk, what she should do is pump and dump to keep ... from getting mastitis."

Redvay said mothers were often left with the choice of breastfeeding their child or getting out of the Army. With the new direction, mothers have increased options to continue breastfeeding while deployed, which will help retention and the health of baby and mother.

WREATHS Continued from page 1

the thing that impressed him most was his trip to Arlington Cemetery. Later, Morrill Worcester, in 1971, would become a small business owner and establish the Worcester Wreath Company.

In 1992 he had an abundance of wreaths ... and arranged for those wreaths to be delivered to Arlington Cemetery, remembering the impact that trip he had on him as a 12-year-old boy. He arranged for the wreaths to be delivered to a portion of the cemetery that was not well traveled, because Soldiers buried there might not be remembered this time of year.

"Well, 27 years later, and in over 1,600 locations, 700,000 wreaths will be laid today across America and overseas as we honor those who have served our nation. This year, for the 13th time, we gather at the Fort Riley Cemetery ... to lay wreaths along with hundreds of thousands of volunteers across America," Lambert said.

Chaplain (Lt. Col.) David Meyer gave the invocation. Wreaths for the military branches were presented by Lambert, for the

Army; Mike McCandless, Veterans of Foreign Wars Auxiliary 4th District president for the Marines; David Ebersole, VFW Auxiliary 4th District commander, Navy; John Roe, Elks Chapter 1037 esteemed ruler, Air Force; Karin Hansen, Manhattan Disabled American Veterans Chapter 28, Coast Guard; and Spc. Adrian Hernandez, Irwin Army Community Hospital, Merchant Marines.

A wreath was placed in honor of Gold Star families by 1st Sgt. David Lawrence, who placed it in memory of his brother, Staff Sgt. Mark

Lawrence, and in memory of those paid the ultimate sacrifice for the United States. The Prisoners of War/Missing in Action wreath was laid by Command Sgt. Maj. Jose Barajas of 1st Infantry Division Artillery.

Volunteers from the VFW, DAV, Elks Lodge, Boy Scouts, Girl Scouts, Cub Scouts, other local organizations and individuals helped to lay the wreaths at the headstones across the cemetery and were asked to say the name of the Soldier as the wreath was laid so their names are never forgotten.

CLASS Continued from page 3



Gail Parsons | POST

Chris Hallenbeck, Emergency Management Coordinator, listens to a question posed by one of the students attending the Bleeding Control Basic Course, Dec. 6. The course is designed for people who have little or no medical training but may be called upon to provide trauma care before emergency medical personnel arrive.

For some injuries, a tourniquet will be the preferred method to stopping the bleed.

Regardless of what method is used, another piece of the initial first aid is to perform a full assessment of the victim, Draper said.

"We're going to first, find the source the bleeding," Draper said. "We're going to look for continuous and large volume bleeding and pooling blood."

Even if one wound is identified, an injured per-

son should be checked for other injuries. Draper spoke of one call on post where the injured person had a nail gun go through his hand.

"It went through his hand, through the board, came back down and went into his femoral artery," he said. "Nobody saw that. They saw (his hand) because it was bleeding bad."

It wasn't until the emergency personnel went to move the victim that they

discovered the more serious injury.

In addition to the course there are Stop the Bleed kits, which Hallenbeck and Draper are hoping students will keep in their work and private vehicles.

The kits can include scissors, a tourniquet, a quick-clot gauze, protective gloves and compression bandage. Kits are discussed in the class.

To set up a Stop the Bleed class call 785-240-0400.

VAPE Continued from page 4

Metcalf said the Army does not accept ignorance as a defense when a Soldier tests positive for an illegal substance. Though vaping is a legal activity, it may carry some ingredients that have negative consequences with them. If Soldiers want to go about it legally, Metcalf advises they do extensive research on the product beforehand, and he warns against buying any sort of vape juice online.

These vape juices can contain synthetic drugs that can create an abrupt disruption to a Soldier's career and life.

"Some of these bottles come back with synthetics ... Soldiers were experiencing all kinds of side effects," Metcalf said. "They couldn't focus on anything, their hands were clammy and cold to the touch, their blood pressure was up, and these side effects lasted for 15 to 20 minutes. That's what started us on these classes for the commanders to inform them of this."

Every week, the unit commanders on Fort Riley are briefed on what to look out for when it comes to side effects of the substances that could be found vape juices their Soldiers are using. They learn to identify suspect behaviors that accompany known synthetic compounds. Based off of the information collected since May 2019, of the Soldiers who were sent for special testing because they exhibited the signs commanders have been trained to watch for, 88% have come back with positive test results for some sort of an illegal synthetic compound, said Rene Douglas, drug test coordinator with ASAP.

So, even vape juice thought to contain only nicotine, and used as a replacement for smoking, could have other compounds in it.

For more information, call the ASAP office at 785-239-4151 or visit Bldg. 7424.



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QUEST Continued from page 1

debriefing or L-LAAD which helps the Soldiers understand the connections between the activity they just experienced and the challenges they may be experiencing in their daily lives.

"You know a lot of people they see this at first as just a free day off of work," Gillespie said. "But there is legitimate training value to this just in paintball doing small unit tactics and then learning how to deal with stressful situations and in a healthy manner is kind of what we hit on."

Shultz-Rathbun said Warrior Adventure Quest gave the Soldiers options to think about for activities.

"Something besides, you know, playing Xbox or drinking or whatever," he said "Because a lot of people are just like, 'oh you know there's nothing to do in Kansas', but, there's tons of outdoor activities you can do. There's tons of stuff you can do to just blow off steam and have fun and just kind of giving people options to

think about. One of the things we talked about over there (during the L-LAAD) was healthy outlets for stress ... and having people shooting ideas back and forth and talking to each other about what they do to relieve stress is kind of helpful."

Leigh Ann Slinger, Outdoor Recreation supervisor, DFMWR, said having the program for the Soldiers to do is good because it gives them alternate activities they can participate in and still get the adrenaline rush they are looking for.

"They are going in and having a good time running around and still engaging their mind and their bodies in activities that they enjoy in a healthy way," she said. "The healthy way meaning a recreational activity, whether it be outdoors, indoors, participating in something like paintball or Archery Tag, or ATV riding. All these programs that we offer, they're made so that way they remind Soldiers there's other ways to have fun."



When it's freezing check on your neighbors.



COMMAND Continued from page 1

The passing of the guidon back to Siebert completed the transfer of command.

After dismounting, Brock shared a few thoughts with the audience and Soldiers.

"This afternoon's change of command recognizes the Soldiers and the leaders of the Commanding General's Mounted Color Guard standing in formation before you today," he said. "The Soldiers and horses did an outstanding job during today's ceremony and look absolutely amazing."

Brock shared that during the 10 months in which Neky was in command the CGMCG participated in more than 152 community engagements and performed for more than 250,000 people.

"Capt. Neky has absolutely excelled as company commander," Brock said. "Liam, your leadership has been superb and you have left a lasting impact on the Army, the 'Big Red One' and the 'Defenders Battalion.'"

He also thanked Neky's wife, Amber, for her contributions to the unit as the CGMCG Soldier and Family Readiness Group leader, before welcoming and introducing the Haynes family.

"Though we're losing one outstanding commander today, we're gaining another," he said. "I'd

like to welcome Capt. Mike Haynes, his wife Angie and their three daughters to the Defender family. There's no doubt in my mind that Capt. Haynes is the right leader for this job."

At the conclusion of Brock's remarks, Neky stepped to the podium to thank those he had worked with for the memories he will take with him as he moves to his next duty assignment — Fort Leavenworth, Kansas.

"How time flies when you're on the back of a horse — it's been a crazy, crazy 10 months," he said. "The Defender family is vast and ever growing. And if you ever need anything, I'm just a phone call away, ready to pour you a glass of whiskey."

He singled out several people for their professionalism and what they contributed to his career and the CGMCG. As a group, he commended them for their dedication to upholding the history of the Cavalry.

He reminded them to stay humble and continue to strive for their best lives.

"And remember," he said, "you represent the best ... the United States Army has to offer."

He saved his final words for his wife, whom he thanked for standing by him



Gail Parsons | POST

Staff Sgt. Bryan Joyce holds onto Smoke as Scarlett Haynes, 5, daughter of Capt. Michael L. Haynes, commander of the Commanding General's Mounted Color Guard, plays with the horse, following the change of command ceremony Dec. 12.

and expressed his love and appreciation, then turned the microphone over to Haynes.

"First Sergeant, the troops look amazing," Haynes said. "Two hundred

and forty-three years ago the Continental Congress initiated an act that calls the Cavalry to be born on this day in 1776. I look forward to taking that into the future with you."

WILDLIFE Continued from page 6

"It gives us a baseline of what species we have during that time of year," he said. "During the late spring and summertime, we do what we call breeding birds survey. The birds we survey at that time are going to be every bird that we have that's going to be nesting."

Knowing what birds are on post helps with land management.

"If there's a species that's rare or is protected, we want to know that so that we can use that in our management practices," he said. "For instance, Henslow's sparrows —

the state listed them as a species in need of conservation. The Army has them listed as a species at risk because it's a grassland-specific sparrow that lives in tallgrass prairie. Us, being in the tall grass prairie, think of it as fairly common, but it's really not if you look at the big picture nationwide. There's very few of them nationwide and they are localized."

The Audubon Society website says the Henslow's sparrow "has seriously declined in much of its former range and should be considered threatened."

Houck said knowing if the Henslow is present will give them direction on how to manage the prairie for their protection.

This particular species prefers prairieland and will nest in areas that have not been burned for a year or two. Knowing that, they might have a stand of new trees cleared, or when developing a burn plan, work around the birds' nesting time.

One of the less common species for this area, Houck said he has seen on Fort Riley was the white-tailed

kite, which was spotted a couple of years ago.

"We get we get some birds here in Kansas that you would never think we'd see — like brown pelicans from coastal areas," he said. "There's always some strange bird that ends up coming through."

A few years ago, there were snowy owls spotted.

Although the bird count may be over, Houck said if people see birds that are out of the ordinary for the area, he would like to hear from them. They can call him at 785-239-6211.

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Visit childrensmercy.org/junctioncity.**



Homes on display

No detail was forgotten when it came to decorating homes for the 36th annual Tour of Homes event hosted by the members of the Historical and Archaeological Society of Fort Riley Dec. 14. The table settings at Quarters 1, the home of Maj. Gen. John S. Kolasheski, 1st Infantry Division and Fort Riley commanding general, and his family, were festive right down to the treat on the plates.

Story and photo by Amanda Ravenstein
1ST INF. DIV. POST

Groups of people walked up and down the sidewalks of historic Main Post Dec. 14 during the 36th annual Tour of Homes event hosted by the members of the Historical and Archaeological Society of Fort Riley.

"It's just a unique opportunity to go through the homes, the historic homes on historic Main Post, and to see the inside as well as what everybody sees on the outside," said Sandy Scott, co-chair for the Tour of

Homes. "This year there are 11 homes [on the tour], and also the two chapels and Custer House."

The tour brings in visitors from around Fort Riley including former residents of the houses being displayed.

Diane Dodson, wife of retired Maj. Gen. Michael Dodson, the mayor of Manhattan and former 1st Infantry Division commanding general in 1997 and 1998, visited Quarters 1 and said she enjoyed getting to see the decorating styles of the home's current residents.

"I come and see and when I go home, I say, 'oh my gosh I wish I had thought of that,'" she said. "But we have been in this house many, many times though all the different commanders and it's been so fun to come in a see all the different ways they decorated."

She said it's also a good way to see how they have changed the homes.

"They have done away with carpeting and they put the laundry room upstairs instead of down in that creepy basement," she said. "We also had a big

radiator in here, so they've changed all the radiators and everything's different now."

Shannon Lambert, wife of Col. Kevin Lambert, 1st Inf. Div. chief of staff, said it was nice having her home on the tour.

"I know a lot of people want to see the historic homes," she said. "I chose to put it on the tour because I know people want to see the fireplaces and moldings and all those kinds of things as well as how people decorated, so I was happy to do it this year."

Internship benefits museum, student

Gail Parsons
1ST INF. DIV. POST

After 14 years as a firefighter, Darren Ivey walked away to pursue a new field. His midlife career change landed him at the Fort Riley Museum doing an internship.

He is working toward a master's degree in library science with an archives study concentration through Emporia University.

"I consider myself as much a historian as an archivist," he said.

This field choice allows him to go in-depth with primary sources — original documents, photographs diaries and letters. As an author of three history books about the Texas Rangers, he has spent countless hours in archives and understands the importance of having those resources available, he said.

When writing historical accounts of the Texas Rangers he had to depend on well-maintained archives, which he would visit about once a year.

"I want to be that person that helps other researchers or other writers get what they need," he said. "I want to be the kind of person who can say 'no we don't have that but we do have this' — something they didn't even know existed, which has happened to me a couple times."

When it came time to work on his practicum, which is required for a master's degree, he contacted Robert Smith, supervisory curator and director of the Fort Riley museum complex, where he had interned before and asked if there was a specific project he could do for the museum.

"We're always happy to give (students) hands-on training and they are always happy to get college credits for the internships," Smith said. "It's a win-win situation for both of us."

When the museum moved to its temporary location while the buildings are being renovated, there were several boxes that were full of random documents in no particular order.

"So what I'm doing is ... going through all that and trying to divide it out into different categories so it can be eventually put it into the actual archives and be accessible to people who want to come in and do some research," Ivey said.

The boxes contain items like service members' separation papers and letters they wrote home; one box had a collection of Stars and Stripes magazines from 1944 and 1945.

Ivey is going through dividing out items that need

See MUSEUM, page 14

Operation North Pole brings together families

Story by Ashlee Shill
1ST INF. DIV. POST

Children and adults gathered for a day of sleigh rides, cookies, crafts and gifts at Operation North Pole, sponsored by Kansas American Legion families in coordination with Army Community Services Dec. 14. The event was held at the Warrior Transition Battalion Unit Clam Shell gym, which was transformed into a winter scene. As families entered the building, each child was given a ticket for the North Pole.

Families from the Exceptional Family Member Program, New Parent Support Program, Survivor Outreach Services and of the deployed and those who recently returned, were invited to register for the event, said Jane Brookshire, Survivor Outreach Services coordinator at ACS.

The first stop was a model train display and a Polar Express photo booth, where children posed for photos in the windows of the train cars. Next, a candy cane-lined path led visitors to the North Pole stage, where children were greeted by volunteer elves who took their tickets. Then through the undisclosed magic of the American Legion elves, the tickets were given to volunteers working behind the scenes in the toy shop.

As families posed for photos and talked with Mrs. Claus, the toy shop elves



Pamela Beal | POST

Staff Sgt. Elliot Chodkowski of the 1st Infantry Division Band, wife Na Young and 7-year-old daughter Madeline smiled for the camera with Santa. This was the first time the family attended the event.

selected an age-appropriate gift for each child. The families then made their way to meet and take photos with Santa. As the families left the North Pole, the elves presented a gift to each child.

A committee of five Kansas American Legion family members spend all year planning and preparing for the event, said Roger Buckley, committee chairman. The annual event is a collaborative effort between the American Legion and ACS, which coordinates with other entities. Buckley said more than 463 toys were purchased for Operation North Pole, and more than 200 members of

the legion traveled from all over the state to volunteer.

"It is our way to serve," Buckley said. "Everybody here in this Legion family is somehow connected to the military. Whether they are a veteran themselves or a family member. This is our way of giving back."

At the event, the common thread of friendship and community brought together mothers whose experiences span generations and backgrounds. Whether they were a volunteer or a participant, the mothers who attended did so for their own reasons. For some, their reason was to find connection and purpose.

GOLD STAR MOM

The children who visited the North Pole were greeted by Mrs. Claus, played by American Legion volunteer Keeley Frank. Frank engaged the children in conversation, held babies and tried to calm crying toddlers as the families posed for pictures at the North Pole. Between pictures and greetings, Frank reflected on how volunteering helps her get through hard times.

"This helps me a lot, coming to this event," Frank said. "I lost my only son. This helps me remember him."

See PRESENTS, page 14

WEEKEND WEATHER OUTLOOK

FRIDAY



HI: 46 F

LOW: 32 F

SATURDAY



HI: 46 F

LOW: 33 F

SUNDAY



HI: 50 F

LOW: 36 F

FORT RILEY POST-ITS

Post Library

Join the staff at the Fort Riley Post Library from 1 to 3 p.m. Dec. 21 for a Christmas party and get a picture with Santa. Children will be given a treat bag. Christmas classic movies will play on the big screen crafts, snacks and juice will be available while supplies last.

Warrior Zone

Warrior Zone will open from noon on New Year's Eve to 12:30 a.m. Jan. 1. A free buffet will start at 10 p.m. and the day will include gaming tournaments and a toast at midnight.
For more information call 785-240-6618

Lets go to the movies @ Barlow Theater

Friday, December 20 - Frozen 2 (PG) 7 p.m.
Saturday, December 21 - Frozen 2 (PG) 2 p.m. and 21 Bridges (R) 7 p.m.
Sunday, December 22 - A Beautiful Day in the Neighborhood (PG) 5 p.m.

Theater opens 30 minutes before first showing. For more information, call 785-239-9574.
Children 5 and younger are admitted free.
Regular Showing: Adult \$6.50, children \$3.75.
3D Showing: Adult \$8.50, Children \$5.75.
Regular first run: Adults \$8, children \$5.75;
3D first run: Adult \$10, children \$7.75.

Corvias

Say goodbye to 2019 and welcome 2020 with style. Stop by a Corvias community office on December 27 during business hours to pick up some festive New Year's Eve swag while supplies last.

- Colyer Forsyth & Historic Main Post: 22900 Hitching Post Rd.
- McClellan: 6728 McClellan Loop
- Warner Peterson & Ellis Heights: 5570 AP Hill Dr.

DFMWR

American Red Cross certified water safety instructor courses are scheduled for Jan. 11, 12, 25 and 26 at Long Fitness Center, 8609 Normandy Dr. Participants will receive training to administer and conduct classes through the ARC water safety program. They must be able to demonstrate the four major strokes at a level four proficiency.
For information on fees and registration call 785-239-4684

DFMWR

Bounce the winter blues away at a Directorate of Family and Morale, Welfare and Recreation winter bounce parties at 10 a.m. Dec. 27, Jan. 6 and Feb. 8. Children must be accompanied by an adult. Cost is \$5 per child ages 2 and older. Adults are free with a paid child

BOSS

Representatives of Better Opportunities for Single Soldiers will visit the Home of the Flint Hills, a Retirement and Assisted Living Facility in Saint George, Kansas, Jan. 11. People who would like to go should meet at Warrior Zone at 9 a.m.
For more information, call 785-239-2677.

The Hobby Studio

The Hobby Studio wraps up their kid friendly art projects with making homemade snow on Dec. 20 and 21 and a salt painted snowflake Dec. 27 and 28. The class is recommend for ages 3 and older but all are welcome. Parents must be present at all times and the classes are from 4 to 6 p.m. All supplies are included. The cost is \$5. For more information, call 785-239-9205.

Holiday music plays



Courtesy photo
Members of the 1st Infantry Division Band played the sounds of the holiday at their annual concert series Dec. 13 to 14 at the C. L. Hoover Opera House in Junction City.



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FORT RILEY ACCESS TRUSTED TRAVELER PILOT PROGRAM

Effective Nov. 4, 2019 for a six-month pilot, Fort Riley will modify its Trusted Traveler program to eliminate the requirement for each passenger in a vehicle who is 16 years old and older to present a photo ID when escorted by a Trusted Traveler.

WHAT'S NEW

- Only the Trusted Traveler will need to present a valid DOD photo ID.
- A vehicle driver or occupant, 18 years or older, who qualifies as a Trusted Traveler can present a valid DOD identification card and vouch for up to seven occupants entering the installation at the same time.
- Eliminates the requirement for each passenger to present a photo ID, all vehicle occupants 16 years of age or older must be in possession of a valid government-issued photo identification card that can be presented if needed.

WHO CAN BE A TRUSTED TRAVELER

- Any uniformed service member or government employee with a valid DOD Common Access Card (CAC)
- Any military retiree with a valid DoD Identification Card.
- Any military family member 18 years of age or older with a valid DOD ID Card

The DOD cardholder can be either the driver or occupant.

ADDITIONAL INFORMATION

- Night-time Operations: The program is in effect 24-hours a day, but between the hours of 9 p.m. to 5 a.m., all escorted visitors must list their names on an official access control journal at Henry Gate with the name of the Trusted Traveler prior to entering Fort Riley.
- Persons identified as trusted travelers, are responsible for the actions of all occupants for whom they sponsor and for meeting all requirements for escort.
- Trusted Travelers cannot vouch for persons with foreign passports or foreign identification cards.
- The trusted Traveler Program is not authorized north of Vinton School Road and applies only to accessing the post, not to facilities or areas inside the installation.
- DOD contractors in possession of a CAC are not authorized Trusted Traveler privileges.
- The Trusted Traveler status of any ID cardholder engaged in conduct detrimental to good order and discipline on the installation will be revoked, including any personnel who are subject to a criminal investigation.

For additional information on accessing Fort Riley visit <https://home.army.mil/riley/index.php/about/visitor-info> or call DES Security Branch at 785-240-2849.

1806 BUFFALO SOLDIER ROAD

WINTER BOUNCE PARTY

10AM-1PM • \$5 • DECEMBER 27, 2019
JANUARY 6, 2020 • FEBRUARY 8, 2020

INFLATABLES & YARD GAMES

ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT

ADMISSION

\$5 PER CHILD AGES 2 AND OLDER

FREE ADMISSION FOR ADULTS WITH A PAID CHILD




INFORMATION: 785-239-2363



Home of the Flint Hills Visits

The BOSS program is going to Home of the Flint Hills, a Retirement & Assisted Living Facility in St. George, KS, to visit the elders, and put on fun events for the seniors living in the home.

9AM EACH DAY
Transportation provided from the Warrior Zone

NOVEMBER 9
DECEMBER 7
JANUARY 11
FEBRUARY 8
MARCH 7
APRIL 25
MAY 30
JULY 11
AUGUST 15
SEPTEMBER 19




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"Comedian of the Year"



A Comedic Multimedia Masterpiece

January 11, 2020

7 PM

Day of art, activities with Santa

Story and photo by Ashlee Shill
1ST INF. DIV. POST

Creativity, paint and icing flowed at The Hobby Studio, an art studio operated by the Directorate of Family, Morale, Welfare and Recreation, where staff hosted A Day with Santa Dec. 14.

The day started off with a visit from Santa, along with the opportunity to take pictures against a decorated backdrop. The free photo sessions with Santa were held in the morning and afternoon. Between the photo sessions, The Hobby Studio had a children's craft class where children crafted snowflake window holders and an adult craft class where participants created DIY bath salts.

During the event, children filled their plates with sugar cookies, colored frosting and sprinkles for decorating. Many different holiday-themed crafts were offered later in the day, including a one-of-a-kind swirled paint glass tree ornament. Santa was in the studio helping children fill their plates with cookies and their ornaments with paint, although a keen eyed observer may have mistaken him for volunteer woodworking instructor Sgt. 1st Class Allen Chase, 977th Military Police Battalion, 97th Military Police Brigade.



A group of children look on as Santa, Sgt. 1st Class Allen Chase, 977th Military Police Battalion, 97th Military Police Brigade, pours paint for a craft during the Day with Santa event Dec. 14 at The Hobby Studio, an art studio operated by the Directorate of Family and Morale, Welfare and Recreation.

The evening concluded with a special artisan class focusing on stained glass, taught by Brea Thompson, recreation assistant.

"Today we are making our stained glass snowflakes," Thompson said. "If anyone missed this class and wants to take it, come into the studio and talk to us."

Callie Willcox, wife of Maj. Michael Willcox, 601st

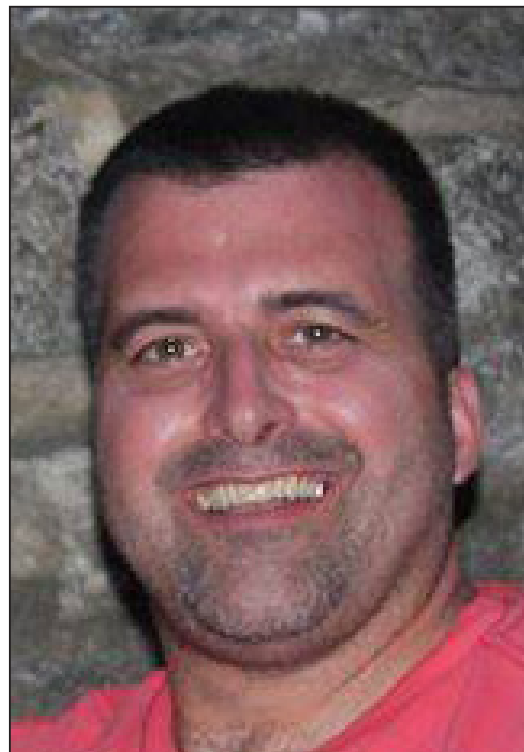
Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division, came to the studio for the first time for the stained glass class. A busy mother of two small children, Willcox said she is new to Fort Riley and was looking for a way to enjoy a few hours by herself.

"It's so nice to have some time," Willcox said. "It's nice to find little projects like these to get out and do."

Thompson said the stained glass classes are for every skill level, and that soon the artisan glass classes will be expanded to different types of glass art.

The Hobby Studio is at 6918 Trooper Dr., and hours of operation are Thursdays through Saturdays, 11 a.m. to 6 p.m. For more information on stained glass classes, visit the studio or call 785-239-9205.

TUESDAY TRIVIA CONTEST



The question for the week of Dec. 17 was:
Where can I find road condition information for Fort Riley?

Answer: <https://home.army.mil/riley/index.php/about/dir-staff/DPTMS/advisories>

This weeks winner is Eric Krueger. Eric retired from the Army in 2011 as a Sgt. 1st Class and works on Fort Riley as a contractor.

Pictured above is Eric Krueger.

CONGRATULATIONS ERIC!

Fort Riley families receive trees in time for holidays

Story and photo by Pamela Beal
1ST INF. DIV. POST

Beginning Dec. 14, Trees for Troops, an annual event hosted by Fort Riley's Directorate of Family, Morale, Welfare and Recreation, kicked off at the Outdoor Recreation Center on Camp Funston.

"The Christmas Spirit Foundation donates trees every year," said Leigh Ann Slinger, supervisory recreation specialist for outdoor recreation. "Last year we had 149 and this year we have 430 trees to give out to military families on Fort Riley. This is just a great event for families to be able to come out, get a tree and enjoy the holiday season."

According to christmas-spiritfoundation.org, Trees for Troops formed 15 years ago. Trees are donated by farmers or purchased by a donor. FedEx then collects the trees to deliver to military posts worldwide. In the past 14 years, Trees for Troops has donated 225,319 trees to soldiers and their families.

"Blue Star families get priority, so they get the first pick," Slinger said. "And we have a Boy Scout troop here to help. We volunteer to help them bring their trees to their car and enjoy the Christmas spirit."

Soldiers and families started lining up around 7 a.m. in below freezing



Capt. Alex McMahon, 1st Combat Aviation Brigade, 1st Infantry Division, brought his children, Simon, William, Maria and Paul to brave the freezing temperatures and pick out the perfect tree.

temperatures. Children were bundled up and ready to pick out the perfect tree. Within 15 minutes of the 8 a.m. start time, the line of people waiting was gone, and families were tying their trees to their cars and heading home to decorate them.

"We have never had the chance to go pick out a real tree in the cold, and we are excited to do this," said Sgt.

Carlos Morales, 1st Infantry Division Band. "We have never attended one of these events. It seemed like a fun event and the kids are excited to be here."

"We're very excited about the turnout right now," said Katie Reihmann, Directorate of Family and Morale, Welfare and Recreation. "We're very excited to get the chance to help some families."

USO receives popcorn donation

Story and photo by Pamela Beal
1ST INF. DIV. POST

Every year from August to November, Cub Scouts and Boy Scouts all over the United States conduct their biggest fundraiser of the year - popcorn sales. The money from these sales goes into programs and helps Scouts earn their way to camps throughout the year.

One option for people purchasing popcorn is to make a military donation. Military donations are done monetarily, and then local councils order the amount of popcorn to match the donations. The popcorn is then sent to organizations that can distribute to the nation's service members.

Coronado Area Council, based in Salina, Kansas, recently completed popcorn season and Kyle Smith, a scout executive, decided to give back locally to a community in his own council — Fort Riley.

"We are proud to deliver almost \$14,000 worth of Trails End popcorn that our scouts sold during our 2019 sale," said Smith. "This is just a small way for us to say thank you to those who serve and to make sure we are able to have a Scouting program in the United States."

Council staff worked with Traci Taylor, USO Kansas, Fort Riley Center operations and programs manager, and Mark Claussen, center director, to get the popcorn into the hands of Soldiers.

"We've got a lot of things going on here these last couple weeks before Christmas, so we're going to make sure and have popcorn available for everybody," Claussen said. "The Soldiers will also be excited that we



Fort Riley Scouts assisted Coronado Area Council and USO employees in unloading nearly \$14,000 in popcorn that will be distributed to Fort Riley soldiers and their families.

will have popcorn on hand when we have the NFL games, because we have the NFL package. We also get service members in here all the time that just want to grab a brief snack during the workday and it's perfect for that."

The USO will be open during Christmas break for those who are staying in the area. Do-it-yourself gift wrapping stations are open from now until Christmas, and there are events for the family throughout the break.

USO Kansas, Fort Riley Center staff will host their Welcome Winter event Dec. 20. This is an opportunity to get pictures with Santa, have some treats, make some crafts and grab some popcorn.

STAY OFF THE ROADS

For more tips visit www.ready.gov

Ready.

Worship Opportunities

Protestant Services

Victory Chapel 239-0834
ChapelXt Protestant Service
Sunday Worship.....0900
Children's Church.....0910

Morris Hill Chapel 239-2799
Gospel Protestant Service
Sunday School.....0900
Sunday Worship.....1100

Main Post Chapel 239-6597
Traditional Protestant Service
Sunday Worship.....1030
Children's Church.....1045-1130

Catholic Services

Victory Chapel 239-0834
Sunday: Confession (and by appointment).1100
Sunday Mass.....1130
Sunday Catechism.....1030

Saint Mary's Chapel 239-6597
Sunday Mass.....0900
Daily Mass - Mon., Wed., & Fri.....1200

IACH Chapel 239-7872
Daily Mass - Tue. & Thur.1200

Pagan/Wiccan Service

Kapaun Chapel 239-4818
Fort Riley Open Circle- SWC
1st & 3rd Wednesday monthly.....1800

Homefront Heroes

Support Group for spouses of Soldiers going through deployment or reintegration
Weekly Wednesday classes from 1830-1930 at Victory Chapel.
Childcare provided for 6mo - 4yrs.
Youth class for 5-10yrs

Club 1:9

Faith Based Youth Program
Grades 6th - 12th, Meets Sundays
Combined MS/HS Youth 1730-1930 at Victory Chapel
785-239-0834

AWANA

Meets Sundays, 1430-1630 at Victory Chapel
3yrs - 12th grade.

Protestant Women of the Chapel (PWOC)

Weekly Tuesday Meeting 0900-1130 & Evenings at 1830-2000 at Victory Chapel.
Childcare provided.

For more information email rileypwoc@gmail.com or Facebook "Fort Riley PWOC"

Catholic Women of the Chapel (CWOC)

Weekly Wednesday Meeting 0900-1130 at St. Mary's Chapel.
Childcare provided.

For more information email fortrileycwoc@gmail.com or Facebook "Fort Riley CWOC"

Check for schedule over Training Holiday weekends

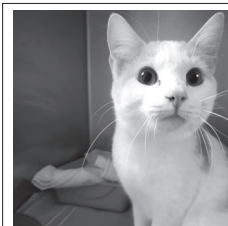
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FORM MATTERS

Side lunge with dumbbells

By Gail Parsons
1ST INF. DIV. POST

Improper form when performing any kind of lunge can cause injury to the knees.

Jason Anderson, health promotion technician at the Army Wellness Center, said when lowering into the lunge, the knee should be right in line with the foot and not extending past the toes.

"It could put the knee in a compromising position," he said. "Not tracking properly could increase your chance of injury or damage to the knee. You've got momentum in this when you're going out — that is shear force."

One lunge variation is to use weights. When doing so, it's important to make sure the back stays straight.

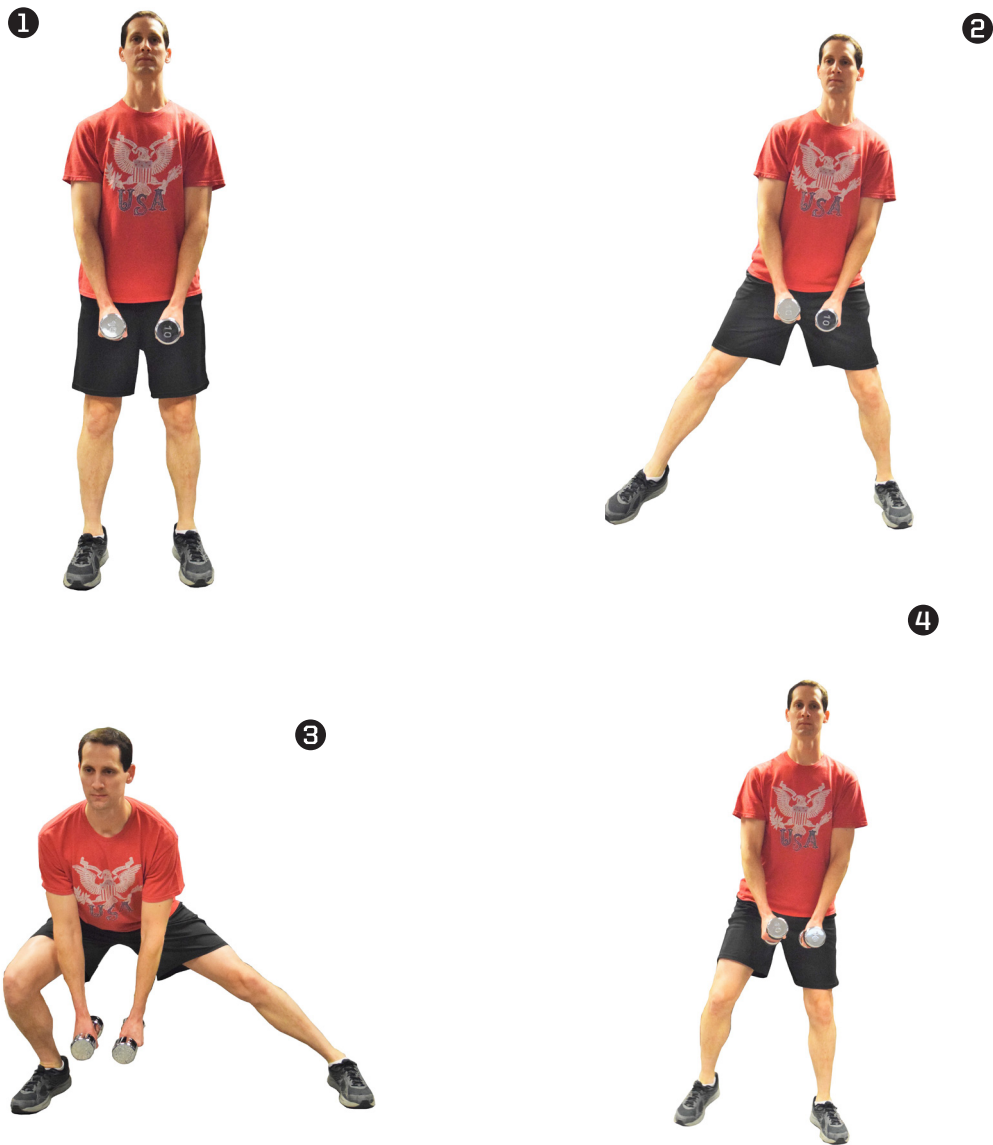
"Because you're holding this weight, the tendency is to let the weight pull you down — you don't want to do that," he said.

When executing the side lunge, Anderson said repetitions should be done on one side before switching.

"The thing with these exercises — they are versatile," he said. "You can alternate, but from a fatiguing standpoint, you want to fatigue the muscle so it gets tired."

Fatiguing the muscle will help it grow stronger, he said. "You won't get that muscle growth unless you're overloading the muscles enough," he said. "It all depends on your goals. If you're an endurance athlete, you might want to do this as a warm up, just with body weight. But then, if you're more wanting to strengthen, build muscles, grow muscles, you want to overload it — hold heavier weight and go slow."

The weighted side lunge works the quadriceps, hamstrings, glutes and calf muscles. It can be done with kettlebells, dumbbells or medicine balls — anything that can be held comfortably.



TECHNIQUES

To perform the dumbbell lunge with rotation:

1. Stand with feet facing forward and hip-width apart, hold dumbbells with straight arms hanging in front of the body.
2. Slowly step to the right while keeping the weight over the heels, both feet should be facing forward.
3. After the right foot is placed on flat on the floor, bend at the hips pushing them back and shift the body weight towards the right foot. Keep the right knee over the foot, don't let it twist. The left leg should be straight and both heels flat on the floor. Lower dumbbells to the floor near the left side of the right foot while maintaining a straight back.
4. Push off with the right leg to return to the starting position.

Form Matters is a weekly column designed to demonstrate the proper form to use when executing different exercises to minimize the risk of injury. #FitFirst

HEALTHY EATING



COURTESY PHOTO

Microwave Apple Crisp

For the Performance Triad, please use the nutrient & serving size information provided below.

Recipe Analysis: (1 serving)
Per Serving: 432 calories; 3g protein; 16g fat, 70g carbs (23.5 carbs: 1 protein)

Recipe = 0 servings of vegetables, 2 servings of fruit (0 vegetable per serving, 2 fruit per serving)

**This recipe is from Army Public Health Center Cooking Guide for Soldiers*

INGREDIENTS (1 SERVING)

- 1 large Granny Smith apple - peeled, cored and sliced
- 1 tbsp and 1 tsp. of butter, melted in microwave
- 2 tbsp packed brown sugar
- 2 tbsp quick cooking oats
- 1 tbsp and 1 tsp. all-purpose flour
- 1/8 tsp. ground cinnamon
- 1/8 tsp. ground allspice

STEPS

1. Spread the apple slices evenly in a small glass baking dish
2. In a medium bowl, mix together the melted butter, brown sugar, oats, flour, cinnamon and allspice
3. Sprinkle this topping evenly over the apples
4. Cook on full power in the microwave for 1 1/2 - 2 minutes, until apples can easily be pierced with a knife.

<https://cookpad.com/us/recipes/423584-microwavable-apple-crisp>
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Spc. Chris Brown | POST

Corvias staff at the Warner Peterson Community Center awarded two \$150 gift cards to residents who completed the housing survey Dec. 12.

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FORT RILEY MASS WARNING AND NOTIFICATION SYSTEM



The Fort Riley Mass Warning and Notification system has changed from AtHoc to ALERT.

WHAT YOU NEED TO KNOW

- All DOD military, civilian and contract support personnel whose normal place of duty is on Fort Riley are required to have an ALERT account.
- CAC holders with an AtHoc account were automatically converted.
- Family members were not automatically converted and can only be signed up by their sponsor.
- All CAC holders that have been converted to an ALERT account should follow the instructions on the Fort Riley Ready Army webpage to verify their information — two methods of contact are now required including after-duty hours contact information.
- Employees on Fort Riley without a CAC can sign up for alerts — contact the Emergency Management Office at 785-240-0400 for assistance.



For more information and instructions on setting up ALERT accounts — visit <https://home.army.mil/riley/index.php/about/dir-staff/DPTMS/ready-army>

Troopers wrestlers finish season at league tournament

Will Ravenstein
SPECIAL TO THE POST

The Fort Riley Troopers finished their 2019 wrestling season Dec. 13 in Clay Center, Kansas, at the North Central Kansas League 2019 Middle School Tournament.

The team collected 82 points on the day to finish seventh overall with six varsity medals and three junior varsity medals.

“(It’s the) second most points in tournament history for us,” said coach Robert Shefelton. “This is the most medals received by the Troopers at the NCKL. I am very proud of how we did. We came a long way this year and improved a great deal. Most of them had never wrestled before.”

Lane Chivers dominated his three opponents in the 100-pound weight class, finishing first and closing out his season undefeated.

Chivers pinned Wamego’s Gavin Marquardt in the second period. Chivers controlled the short match throughout earning five points in the first period with a takedown and three point nearfall late in the period. Starting from the bottom position in the second period, Chivers quickly worked a reversal in for two more points and maneuvered Marquardt onto his shoulders. In his second match, Chivers defeated Trenton McMullan, Concordia, and once again won with a pinfall. Chivers earned the first points in the match in the opening period with a takedown

followed by a three point nearfall as time expired. Again starting from the bottom position, Chivers rolled a reversal into a pin in the second period to advance to the championship match.

In the championship bout, Chivers defeated Abilene’s Parker Farr with a pin in the second period. Chivers, like the previous two matches, rolled out from the bottom position in the second period to earn the two points for the reversal before working Farr’s shoulders to the mat.

Korbin Ortiz, 110-pounds, finished the day and season with a second place finish in his class falling to Kellen Peery, Abilene, in the championship round. Ortiz’s lone two points came from a takedown in the first period which Peery escaped from 16-seconds before time expired. Ortiz struggled against Peery dropping five points in the second period and six in the final period giving Peery the 12-2 major decision.

Ortiz started the day with a quick pin, 37-seconds, over Chapman’s Cade Hanney to advance to the semifinals in the class. There, Ortiz bested Marysville’s Carter Trimble 4-3. Neither gladiator was able to score in the first period as they sized each other up.

Trimble opened the second period from the bottom position where he earned three points from an escape and takedown.

Down 0-3, Ortiz started the final period from the bottom where

he maneuvered a reversal into a two point nearfall as time expired for the four point swing and the win.

Jace Howard finished second in the 165-pound class after hurting his ankle in the match, falling via pinfall in the second period. Howard steamrolled through his first two competitors defeating them via pinfalls in 15 and 16-seconds respectively.

Alex Roberts finished the 155-pound round-robin tournament third after winning one of his three bouts defeating Wyatt Burgess, Wamego, via pinfall in the second period. Roberts fell to Clay Center’s Colton Spellman in the second period and to Marysville’s Dakota Slupianek in the third period — both via pinfall.

Other Troopers wrestling for the team included: Yoel Padilla, 85-pounds; Joseph Ford, 90-pounds; Devin Dahle, 95-pounds; Peo Paulo, 105-pounds; Camron Reynolds, 115-pounds; Daveon Stevens, 120-pounds; Zac Bishop, 134-pounds; Icesaiahpaul Baylon, 141-pounds; Joseph Manssong-Sanchez, 148-pounds.

The junior varsity team was also in action, though their points did not count toward the overall team score. Ethan Griffith, 105-110-pound class, Will Clem, 115-pounds and Lehuanu Monmany, 141-pounds, all earned third place medals in their respective classes to close out the season.



Courtesy photo
Lane Chivers, Fort Riley Middle School wrestler, finished the season undefeated and the Champion in the 100 pound class. at the North Central Kansas League Championship tournament in Clay Center.

New marketing job lets officers steward Army brand

By Thomas Brading
ARMY NEWS SERVICE

WASHINGTON — Starting in early 2020, Army officers looking for a new calling may discover one as marketers. The Army’s latest functional area began selecting eligible Soldiers and the application process will run through Jan. 19.

“The creation of FA 58 [Army marketing] allows the service to acquire, develop, employ and retain the marketing talent needed to deliver a cutting-edge marketing capability commensurate with one of the nation’s largest brands — the U.S. Army,” said Dr. E. Casey Wardynski, assistant secretary of the Army for Manpower and Reserve Affairs.

Eligible officers are required to have prior experience in a basic branch, along with marketing knowledge and experience. The Army plans to select 100 officers for FA 58 in the next five to six years, said Maj. Aaron Stark, FA 58 program manager.

Positions are available for officers from captain to colonel with the requisite skills and/or educational background, regardless of basic branch or current functional area.

Soldiers must exhibit a history of excellence during their initial service years, Stark said, and have either private-sector experience in marketing or an MBA or marketing-related graduate degree from a top-tier program that demonstrates a similar academic foundation.

“[The requirements] help officers turn strategic concepts into effective messaging that communicates the Army brand and the value proposition of Army service,” he said.

Once selected, officers will learn the marketing trade with military and industry partners.

Marketing officers will then go on to serve in leadership positions on projects at Army Enterprise Marketing, in Chicago, Illinois, or in support of various accessions-related commands.

In addition to being a first-rate officer, Stark said, interested candidates must also demonstrate a comprehensive understanding of Army operations and the value proposition of Army service. This includes — but is not limited to — understanding the benefits, hardships, realities and unique experiences that are rooted in being a Soldier, he said.

Ideal marketing officers “imagine solutions beyond unconventional ways of

thinking,” he said, and must be visually creative, unafraid to be imaginative and not be bound by templates or tradition.

Young marketing officers — selected as a senior captain to junior major — will generally start at the Army’s marketing headquarters in Chicago, Illinois. It’s there they will work as an apprentice on a marketing engagement team and learn the ropes, according to a news release.

After that, various options are available. Officers may move to a regional office supporting the U.S. Army Recruiting Command, U.S. Army Cadet Command, or the United States Military Academy at West Point, New York.

As a regional associate, Soldiers will take on local challenges tailored to their specific market, Stark said. Then, as they progress as marketing officers and the career field expands, more career options will, too.

Soldiers will learn and specialize in multiple marketing roles, Stark said, and work holistically with cross-functional marketing teams to solve various challenges.

Typical projects start with officers working shoulder-to-shoulder with industry partners to develop strategies and manage the Army brand. This cross-functional job identifies and classifies market segments.

Once a new strategy is developed, it turns into a marketing campaign and moves on to include creative content. After the campaign content is ready, marketing officers then identify the best medium for it.

After the best channels are identified based on local considerations, the content is delivered. Finally, the marketing team will analyze data after it’s delivered and inform leaders of future changes to the strategy.

“The unique experiences of both Soldiers and marketing experts will ensure FA 58 officers possess an integral understanding of Army operations and the value proposition of service in order to create, analyze and lead Army marketing strategy and execution,” Wardynski said.

Eligible Soldiers looking for a change to reclassify into FA 58 should contact FA58ArmyMarketing@westpoint.edu or get more information through the Army’s MILPER postings website at www.hrc.army.mil/milper.



Alun Thomas | USAREC Public Affairs
Staff Sgt. Justin Zorn, recruiter, Tempe Recruiting Company, engages a potential lead, prior to Arizona State University’s Salute to Service college football game between ASU and the University of Southern California, Nov. 9, Sun Devil Stadium, Tempe, Arizona.

ART AND ESSAY WINNERS



Courtesy photo
Winners of the Life Experience of the Military Family Essay and Art Contest were announced at the Fort Riley Town Hall meeting Dec. 11 at Riley’s Community Center. The annual contest, open to elementary school-aged children of military families, encourages students to write an essay or create a piece of art that shows how military families thrive amidst the unique struggles they face. For the art portion, this year’s winners were Madison Gravigan, Seitz Elementary — first place; Blaiklee Roman, Seitz Elementary — second place; and Rylie Garcia, Fort Riley Elementary — third place. In the essay category, winners included Zemirah Witt, Spring Valley Elementary — first place; Leilani Haasenritter, Seitz Elementary — second place; and Konstance Gilveli, Seitz Elementary — third place. At the beginning of the contest, students from throughout Unified School District 475 submitted their stories and artwork to be voted on by the military community. Then their works were displayed in several buildings on post, with each building that displayed the works contributing to the ultimate prizes the students could win. Prizes included items like a fishing pole, a Nerf gun, a Chick-fil-A gift card, Commissary gift cards and a scholarship grant. Additionally, each first place winner won a pizza party for their entire class. The two first place winners will each receive a plaque to display in their respective schools with their name engraved on it. The plaques will remain in the winner’s school until next year’s contest.

PRESENTS Continued from page 9

Frank is the Gold Star mother of Sgt. Kevin A. Gilbertson who was attached to the 1st Battalion, 77th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, when they were assigned to Germany. The unit was redesignated to Fort Bliss in 2008 and is part of the 1st Armored Division. Gilbertson died of wounds sustained in Ramadi, Iraq, in August 2007.

Frank said she was living in Cedar Rapids, Iowa, at the time of her son's death and didn't have access to many services to help her with her grief. She said she was referred to online services, but wanted human connection.

"Everybody grieves differently," Frank said. "I can't tell you how to grieve, or what to go through because you just have to do it in your own time. But don't let anybody tell you that you can only do it within a month or two months ... take as long as you need to do it."

Frank said grief can be hard to handle, especially during the holidays. She said those who are grieving should not isolate themselves.

"Be around people," she said. "Or go to a place on Fort Riley that can help you. Don't do it by yourself."

NEW FAMILY SUPPORT PROGRAM

Motherhood can be isolating and bring surprising challenges, said first-time mother Paula Page, wife of Spc. Richard Page, 1st Battalion, 7th Field Artillery Regiment, 2nd ABCT, 1st Inf. Div. She is enrolled in the New Parent Support Program and attended the event with her son Connor, 6 months.

Page said she naively assumed the many years she worked as an Au Pair and in childcare would have prepared her for anything motherhood and her first child might throw her way.

"This one made me throw out the whole book," she said. "You don't clock out as a mother, and he's not exactly the easiest baby on the planet. He doesn't take naps."

Page said the lactation consultants and Centering Pregnancy classes at Irwin Army Community Hospital, along with the New Parent

Support Program at ACS helped her through the first unexpected challenges. She said she would encourage other new moms to reach out if they feel unsure or alone.

"If you feel like you need to reach out, reach out," Page said. "[The services] are out there. The whole isolation and stay at home mom thing is real and sometimes you feel way out of your comfort zone. But you need to see what's out there."

BLUE STAR FAMILY

Jessica Fox, wife of Sgt. Michael Fox, Headquarters and Headquarters Battalion, 1st Inf. Div., attended with her two sons, Gabriel, 4, and Gideon, 1.

After seeing a flyer at the USO Kansas, Fort Riley Center, Fox said she registered her family for the event. Her husband is in Europe and won't be home until next year, she said.

Fox said life as a deployed spouse is not without its challenges. During her husband's last deployment, Fox, pregnant with her second child, said she decided to move home but found it hard to connect with others who did not understand the military lifestyle.

"It's especially hard talking to civilians because no one understands what you're going through," she said. "It almost made me feel more isolated even though I was surrounded by people who loved me."

Finding a connection helps Fox recharge, and she said she does so by staying involved with her church and attending Homefront Heroes, a faith-based program which meets weekly at Victory Chapel.

"Even if I weren't a believer, I like the message of encouragement and hope and love," Fox said. "The fact that you're not alone. It's just encouraging as well because the military life gets so isolated."

Brookshire said it is her hope that events like Operation North Pole help families know how much the community cares about them. She said the holidays can be a tough time for families, but the community of Fort Riley will always be there to support them.

MUSEUM Continued from page 9

to be separated, and organizing collections. He has 200 hours available to get as far as he can with the project. He has tried to not to let his interest in the materials distract him too much but has come across some interesting documents, he said.

"I couldn't read it but I found a journal by a radio operator, I'm guessing, from Iraq," he said. "There was a note on the back that said it was captured by the 1st Brigade. It was all in Arabic and I of course can't read that. It had drawings of radios in it so that's why I'm guessing he's a radio operator."

He also came across a book written in 1885 about the construction of Fort Riley.

While the museum is in a transitional period and will eventually move back into the permanent facility, the staff has had to look at what artifacts can be deaccessioned and what should stay in the collection.

Smith said they often end up with artifacts that are important historically, but do not fall within the realm of the Fort Riley Museums' mission.

The work Ivey is doing will help them know what



Gail Parsons | POST
Darren Ivey, Emporia State University student, sorts through stacks of documents at the Fort Riley Museum. Ivey is working on his practicum by helping museum staff go through boxes of paper artifacts.

they have, what needs to be saved and what should go to other places.

"A lot of the documents that Darren has been working on are diaries and

memoirs and photographs that we have not had the time to consider," Smith said. "We are stewards of the Army history here at the museum."

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22 DEC 19	1130	Mass	Catholic	Victory Chapel
22 DEC 19	1100	Combined Protestant Worship	Protestant	Morris Hill Chapel
22 DEC 19	1700	Chanukah Menorah Lighting	Jewish	Ware Field, B500
22 DEC 19	1800	Chanukah Service	Jewish	Main Post Chapel
23 DEC 19	1200	Daily Mass	Catholic	St. Mary's Chapel
24 DEC 19	1600	Christmas Eve Children's Mass	Catholic	Victory Chapel
24 DEC 19	1630	Holiday Wagon Ride & Social	All	Main Post Chapel
24 DEC 19	1800	Christmas Eve Candlelight Service	Protestant	Main Post Chapel
25 DEC 19	1000	Christmas Day Mass	Catholic	St. Mary's Chapel
26-28 DEC 19		No Masses	Catholic	
29 DEC 19	0900	Mass	Catholic	St. Mary's Chapel
29 DEC 19	1100	Combined Protestant Worship	Protestant	Morris Hill Chapel
01 JAN 20	1200	Holy Day Mass	Catholic	St. Mary's Chapel
02 JAN 20	1200	Daily Mass	Catholic	IACH Chapel
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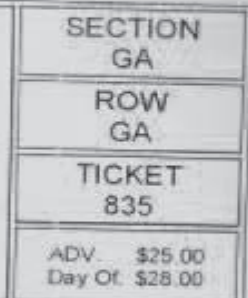
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6		9				
4	3			2		
				7		4

Level: Advanced

What Is su | do | ku?

The objective of the game is to fill all the blank squares in a game with the correct numbers. There are three very simple constraints to follow. In a 9 by 9 square sudoku game:

- Every row of 9 numbers must include all digits 1 through 9 in any order
- Every column of 9 numbers must include all digits 1 through 9 in any order
- Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9

Last Sudoku's Answers

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

Classifieds **Business** **Arts** **News** **Local** **Weather** **stocks**

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Travel & Fun in Kansas



Join Spc. Shell on Jan. 10 as he checks out area music venues

Ashlee Shill | Post

★ DECEMBER 20, 2019

HOME OF THE BIG RED ONE

PAGE 16 ★

Winter activities in Flint Hills area for staycationers

By Pamela Beal
1ST INF. DIV. POST

Traveling for the holidays may seem appealing for some people, but there is a lot to be said for staying home and enjoying some downtime. Not only can it save money, but it can be less stressful than dealing with holiday traffic and coordinating family schedules. The Flint Hills region has indoor and outdoor activities for those staying home for the holidays.

ICE SKATING

Ice skating is an activity with a short timeframe of availability. People may rent skates at the following ice rinks or bring their own.

Manhattan Ice Rink: Manhattan Ice Rink, 1101 Freemont St. in City Park is open until Feb. 21. Admission is \$3.50 and skate rental is an additional \$3.50. Passes can also be purchased.

For more information visit <https://mhkprd.com/194/Ice-Rink>.

Kansas City Ice Center: Kansas City Ice Center, 19900 Johnson Drive, Shawnee, is in the Shawnee Mission district of Kansas City. It features an indoor, National Hockey League-sized rink with seating for 800 spectators and on-premise parking for about 300 cars. This rink is only closed in summer months when the temperatures rise and make it difficult to keep the ice frozen. Admission is \$8 and \$4 skate rental. Children 4 and younger are free.

It is important to note hours for public skating as the rink is used for team practice and games. Check the calendar at <https://www.kcicecenter.com/page/show/290365-calendar>, for public-skating hours.

Crown Center Ice Terrace: Crown Center Ice Terrace, 2425 Grand Boulevard, is an outdoor rink near

Legoland and Sealife Park on the Missouri side of Kansas City. It is open until March. Admission is \$7 and \$4 skate rental. Children 4 and younger skate for free.

Crown Center offers a two-for-one Tuesday special. After 5 p.m., pay one full price admission and receive a second for free. Skate rental is not included in the special.

For information on hours and special events, visit <https://www.crowncenter.com/business/crown-center-ice-terrace>.

SLEDDING

If winter weather heads to Kansas during the holiday break, sledding may be on the to-do list.

CiCo Hill: CiCo Hill is in the Northwest part of Manhattan at CiCo Park,

Wreath and Kimball avenues. The park is a cooperative agreement between the city of Manhattan, Riley County and Unified School District 383. For more information about the park visit <https://mhkprd.com/174/CiCo-Park>.

Sixth Street bridge: A short walk from Heritage Park, in the 200 block of E. Sixth St. in Junction City, this sledding spot is a favorite in the area. Three sledding hills come off the overpass, over the train tracks.

MUSEUMS

If being out in the cold does not sound appealing, there are plenty of indoor activities as well.

Flint Hills Discovery Center: The Flint Hills Discovery Center, 315 S. Third

St. in Manhattan is a family-friendly museum. Regular admission is \$5. Admission for military with ID is \$7. Children ages 2 to 17 have a discounted rate of \$4 and children under 2 are free.

According to <https://www.flinthillsdiscovery.org>, the Tallgrass Gallery on the second floor cycles through temporary exhibits. Currently on display in this gallery is "The Zoo in You."

Eisenhower Presidential Library, Museum & Boyhood Home

This renovated museum complex, 200 SE Fourth St., Abilene includes the childhood home of President Dwight D. Eisenhower, his presidential library and a museum of his life. For ticket information visit <https://www.eisenhowerfoundation.net/672/Plan-Your-Visit>.

"The newly renovated museum features nine galleries of interactive exhibits that tell the story of Dwight and Mamie Eisenhower's amazing

lives," states the Eisenhower Foundation website, <https://www.eisenhowerfoundation.net>. "Examine artifacts and stories from the archives to gain an understanding of how Ike's experiences made him the perfect choice to lead the Allies to victory in Europe and then the United States through the tumultuous Cold War. Hear Ike's words on a variety of issues throughout his life and discover why he became known as the Champion of Peace. Meet Ike and Mamie again — for the first time"

ON POST

Corvias, USO Kansas, Fort Riley Center, Directorate of Family and Morale, Welfare and Recreation and other on-post organizations offer activities for Soldiers and families staying home for the holidays. Check out <https://home.army.mil/riley/index.php/about/calendar> for a calendar of events for Fort Riley and the surrounding area.



Ashlee Shill | Post



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TOP: A recent snowfall brought people out to CiCo Park in Manhattan for a day of sledding. When conditions are right, there are a few places in the area where people can go sledding. **LEFT:** The Discovery Center in Manhattan is one of several places in the area where people can go for indoor activities to stay out of the cold. **ABOVE and BOTTOM:** The ice skating rink is open at the Manhattan City Park. Skaters can bring their own skates or rent a pair there. **RIGHT:** Children on Fort Riley enjoyed a sled ride after a snowfall in February.



File photo



Ashlee Shill | Post



An Army M1A2 Abrams tank fires live ammunition during a Combined Resolve training exercise in Germany at Grafenwoehr Training Area, Aug. 8. Combined Resolve XII at the Joint Multinational Readiness Center is the final exercise in the 1st Armored Brigade Combat Team, 1st Infantry Division's rotation in support of Atlantic Resolve in Europe, which evaluates the interoperability of U.S. Forces with their NATO allies and partners.



One of the biggest achievements for U.S. Army Garrison Fort Riley was being named a bronze winner of the Army Communities of Excellence program. This was the final program year for ACOE and Fort Riley was recognized and awarded \$30,000 to use on a project to benefit the people who live and work here. That money was invested in creating a family friendly trail from the housing area at the top of Custer Hill to the recreational area of Moon Lake.



Leadership and staff members from battalions across the 1st Armored Brigade Combat Team, 1st Infantry Division, participate in a combined arms rehearsal prior to a live-fire event on Aug. 5. The 1st ABCT, 1st Inf. Div., is participating in Combined Resolve XII, a multinational exercise designed to increase the readiness of Regionally Allocated Forces during Atlantic Resolve rotations.



Spc. Daniel Castille and Spc. Brian Sproul, both assigned to Forward Support Company, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, conduct inventory of ammunition before handing it off to a company ammunition detail during live-fire ranges at Novo Selo Training Area, Bulgaria, April 5.

Major moments, favorite memories

STAFF REPORT

Fort Riley and the 1st Infantry Division completed 2019 with several accomplishments. Some of those have a global impact and some were closer to home. Some were as close as the kitchens and living rooms of Fort Riley families. This section of our final 2019 edition is meant to showcase the trials and triumphs of the year.

One of the harder things included hearing how Army housing needed attention. Systems, processes and houses needed fixed and the Army needed to hear from residents. Now there is a system at Fort Riley of regular housing town hall meetings and a self-help kiosk for residents who want to make simple repairs, get replacement filters, lightbulbs or weatherproofing. Work orders have stricter standards and residents have the ear of a colonel who is responsible for their neighborhood. Corvias created an app so residents could track their own work orders and broke ground on a \$62M construction project for new homes on post and efforts to continue that momentum of improvement continue.

One of the biggest achievements for U.S. Army Garrison Fort Riley was being named a bronze winner in the Army Communities of Excellence program. This was the final program year for ACOE and Fort Riley was recognized and awarded \$30,000 to use on a project to benefit the people who live and work here. That money was invested in creating a family-friendly trail from the housing area at the top of Custer Hill to the recreational area of Moon Lake. More work will be done on the trail area to include placing benches along the path.

This year we also saw the majority of our Soldiers deploy to Europe, Afghanistan and various other places through the globe. The announcement that the 2nd Armored Brigade Combat Team will deploy early in the new year to Korea. From building partnerships abroad to providing operational units on rotations around the globe, the Soldiers leaving Fort Riley were trained, equipped and supported by the men and women who work at the garrison and Irwin Army Community Hospital. In fact, IACH also earned some significant recognition by being the first Army hospital to have a nationally accredited Department of Public Health.

Other facilities on post went through some changes to better serve the population here. Riley's Conference Center became Riley's Community Center and is now a building with rooms free for on-post groups to use. There is a computer area and small workout room also available there. The Fort Riley Bowling Center underwent a transformation that turned the building into an indoor entertainment meca. Families can still bowl, but they can do so much more too. There are batting cages, climbing walls a tailgate area and the snack bar got new pizza ovens to serve customers fresh pizza at a reasonable price. The Arts and Crafts Center also got a makeover. Now dubbed The Hobby Studio, the classes offered include stained glass, woodworking and specific craft items and family craft times.

The USO Fort Riley also got a makeover. Now, it is USO Kansas to better reflect the scope of service provided to the region by one of the busiest



Capt. William Johnson and Pfc. Te'Verne Phillips, Soldiers with the Mission Command Element, 1st Infantry Division, deployed to Poland as part of Atlantic Resolve, participate in an indoor soccer tournament against a group of Polish soldiers Feb. 22 in Poznan, Poland.



Soldiers from the "Big Red One" fill one of many chartered buses to take them to the airport Jan. 30 as they begin their Europe rotation. About 3,500 Soldiers from the 1st Armored Brigade Combat Team, 1st Infantry Division, are at the start of a nine-month mission in support of Operation Atlantic Resolve. About 1,900 1st Combat Aviation Brigade troops will support Atlantic Resolve and Operation Freedom's Sentinel in Afghanistan along with 150 from the 1st Infantry Division Sustainment Brigade Headquarters.

JANUARY

FEBRUARY

MARCH

YEAR IN REVIEW



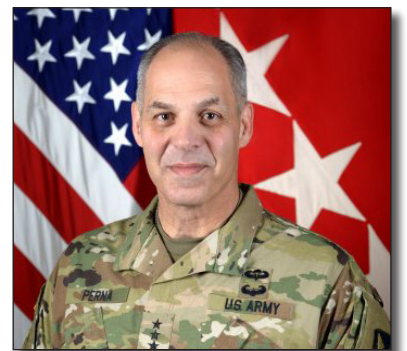
Firefighters at Station One welcomed a new truck Jan. 7. Traditionally, firefighters host a pushing in ceremony. So, the crew pushed the new truck into the firehouse. This honors the firefighters' work from the days of horse-drawn trucks.



SpareTime Interactive Entertainment opened Jan. 17. The facility has an 18-hole glow putt-putt course, two bating cages, three interactive simulators, a 60-foot projection screen TV and 15 lanes of bowling.



Irwin Army Community Hospital became the first Army hospital to have a nationally accredited public health department. This plaque was revealed during a ceremony at the hospital Jan 24.



U.S. Army Garrison Fort Riley, along with the rest of Installation Management Command was placed within Army Materiel Command March 1 under Gen. Gustav F. Perna. The move gave IMCOM a 4-star advocate.

20



Fort Riley's Veterinary Service Clinic began its makeover in January. The facility now features lab space, more kennels and staff locker rooms



In a single day, wildlife biologists with the conservation branch of the Directorate of Public Works, counted 311 Bald Eagles. The birds, when iced out of their normal fishing spots, travel south until they came to open water where they can catch a meal. When weather up north warmed up, the birds flew home.



Irwin Army Community Hospital began Virtual Health allowing care in areas where local providers weren't available. Col. Kirk Waibel, a dermatologist at Brook Army Medical Center was able to have a face-to-face consultant with a patient through the new video teleconferencing system Feb 11.



Former Sgt. Robert Kenneth De Service Cross at a March 28 ceremony. Maj. Daniel T. Hendrex, Lt. Gen. commanding general; Maj. Gen. Fort Riley commanding general; former squad leader; and Det. and Sophia.



Sgt. 1st Class Martin Fuller, tank commander and platoon sergeant with the 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, communicates with other Soldiers by radio Jan. 15, during the 1st Inf. Div's Dagger Gauntlet exercise at Fort Riley, Kansas. Fuller and his team were setting up a defense against projected enemies coming from the north.



Clint Harold, Corvias maintenance supervisor, shows 4½-year-old Brayden Czerniak, son of Sgt. 1st Class Derek Czerniak, Company B, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, how to use a caulking gun while installing a baseboard inside the new Corvias Self-Help Center March 27.



President Donald J. Trump awards the Medal of Honor to former Staff Sgt. David Bellavia in a White House ceremony June 25 in the White House's East Room.



Law enforcement officers sweep and clear classrooms at Fort Riley Middle School during the full-scale exercise July 24.



Fort Riley's new deputy garrison commander, David Fullmer, oined the command team July 22.



U.S. Army Chief of Staff Gen. Mark A. Milley hosts a promotion ceremony for Lt. Gen. Joseph M. Martin, at the Pentagon, Arlington Virginia, July 26. From left to right, Gen. Joseph M. Martin, his wife Mrs. Leann Martin and Gen. Mark A. Milley.



Chris Dumler, Directorate of Family and Morale, Welfare and Recreation, creative design manager, scoots down the road during his race at the Riley's Rascals Derby Aug. 10 in Camp Funston.

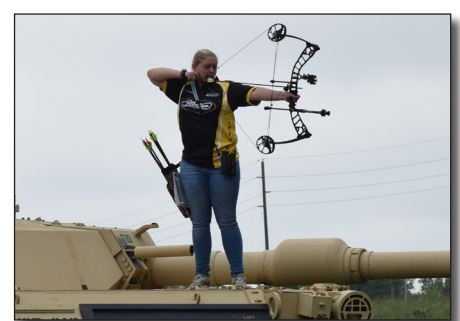


The honorable Ryan McCarthy, left, acting Secretary of the Army, and U.S. Sen. Jerry Moran met with faculty members while touring Seitz Elementary School Sept. 5.



In a ceremony June 21, Maj. Gen. John S. Kolasheski, 1st Infantry Division and Fort Riley commanding general, left, places a stole around the shoulders of Chaplain (Col.) Kevin Forrester signaling his appointment as senior chaplain for the 1st Inf. Div. and Fort Riley.

Maj. Gen. John S. Kolasheski, 1st Infantry Division and Fort Riley commanding general, passes the brigade colors to Col. Paul T. Krattiger, incoming commander, 1st Armored Brigade Combat Team, 1st Inf. Div., during a change of command ceremony at Ducal Palace Zagan, Poland, July 7.



Reagan Morris, Chapman-Blue River Archery team, Chapman High School, takes aim at a target from the back of an M1 Abrams during the Fort Riley Directorate of Family and Morale, Welfare and Recreation's Bow Slinger Archery Tournament Aug. 24 at the Outdoor Adventure Park.

20

YEAR IN REVIEW

JULY

AUGUST

SEPTEMBER

APRIL

MAY

JUNE

19

YEAR IN REVIEW



On display during the Jefferson Elementary School open house March 4 were the first and last staff pictures. The school was permanently closed at the end of the 2018-2019 school year.



Representatives from Exchanges from around the world show off the awards they received during the 2019 Main Store Manager/General Manager Conference in Frisco, Texas, May 6 to 9.



1st Infantry Division and Fort Riley Soldiers explore the items for sale at the new Culinary Outpost Kiosk May 21.



Debolt III, center, is presented the Distinguished Service Medal during a ceremony. With him were, left, Command Sgt. Maj. Paul E. Funk II, III Corps and Fort Hood commander; John S. Kolasheski, 1st Infantry Division and Fort Riley commander; Master Sgt. Anthony M. Roszko, Debolt's wife, Amanda; and his children Braylon and



Graduates await the presentations of the degrees for each college during the 2019 Education Services Commencement Exercise at the Courtyard Marriott Convention Center May 23.



Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander, and Peter Dorhout, vice president for research, Kansas State University, sign the latest Intergovernmental Support Agreement linking K-State and Fort Riley May 13.



Corvias and Fort Riley leaders broke ground Oct. 1 in the Warner Peterson area construction site of 96 new homes. The homes are part of a series of housing projects already underway, an investment of \$62 million in new construction, renovations and energy-efficient upgrades at Fort Riley. Pictured, from left to right: Steve Milton, chief, Housing Division, Fort Riley Public Works; Paige Callaway, Fort Riley resident and spouse of First Sgt. Cody Callaway, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division; Heath Burleson, partnership advisor, Corvias; Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander; Angela Watson, operations director, Corvias-Fort Riley; Kelly Karl, director of construction, Corvias.



Maj. Gen. John Kolasheski, left, 1st Inf. Div. and Fort Riley commanding general, Lt. Col. Joshua Campbell, left center, Command Sgt. Maj. Daniel Leasor, right center, 97th Military Police Battalion, and Command Sgt. Maj. Craig Bishop, 1st Inf. Div. senior noncommissioned officer, pose with the Victory Week Commander's Cup after after the "Guardians" were announced as the 2019 Victory Week champions for the third time in four years.



Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander, left, Kilee Debita, facility director at Whiteside Fitness Center, and Maj. Gen. John S. Kolasheski, 1st Infantry Division and Fort Riley commander, cut the ceremonial ribbon to open the new 10,000 square foot Functional Fitness training area inside Whiteside Fitness Center Sept. 9.



The 2019 Fall Apple Day and Historical and Archaeological Society of Fort Riley Pie Queens Theresa Beier, wife of Lt. Col. Karl Beier, Misson Command Element Forward chief of staff, left, and Yvonne Gutierrez, wife of Command Sgt. Maj. Ricard Gutierrez, Irwin Army Community Hospital senior noncommissioned officer, take time from their day to show off their time period dresses Sept. 21.



Norraine Wingfield, Kansas Traffic and Safety Resources Office project director, and Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander, sign the latest of Intergovernmental Support Agreements Sept. 11 at Garrison Headquarters, promoting safety for Fort Riley Soldiers, families and civilians.



Tod Scalf assumed the position of director for the Fort Riley Directorate of Family and Morale, Welfare and Recreation in late June.



Soldiers and families were treated to a steak dinner during the 1 ID Welcome home celebration hosted by members of the Junction City Chamber of Commerce Military Affairs Council Nov. 2 at Fifth Street Playground Park in Junction City.



The 26 foot Christmas Tree in front of Garrison Headquarters was lit Dec. 10 during a celebration that included a visit from Santa Claus and cookies and hot chocolate provided by USO Kansas, Fort Riley Center.



Sergeant Major of the Army Michael A. Grinston, left, visited Soldiers assigned to 1st Battalion, 18th Infantry Regiment, 1st Infantry Division, to view the Gym in the Box prototype during his tour on Fort Riley Sept. 25.



Members of 1st Infantry Division, Fort Riley Garrison and the Directorate of Family and Morale, Welfare and Recreation cut the ribbon during a ceremony officially changing the name of the former Riley's Conference Center to Riley's Community Center Oct. 1.

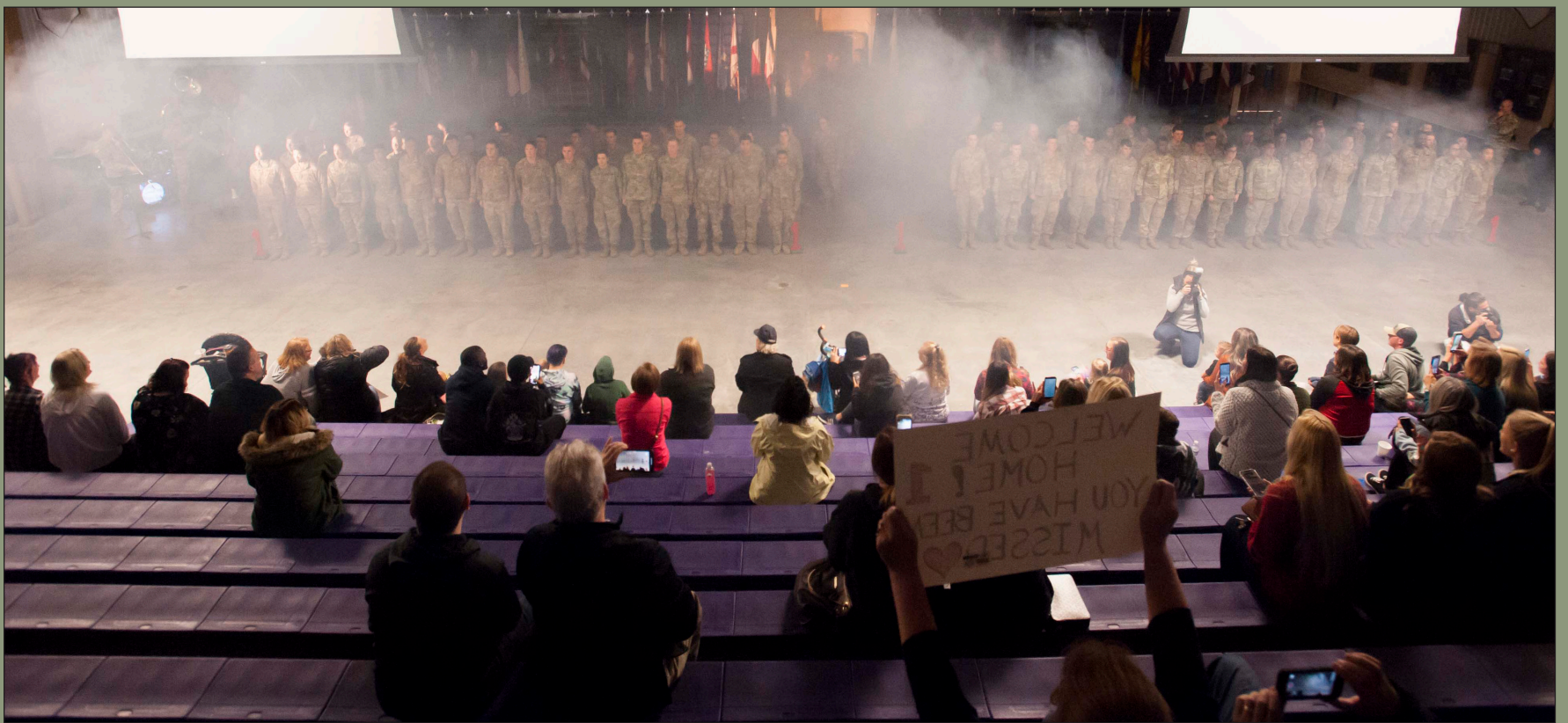


Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander, answers questions from audience members and viewers of the live feed during the Quarterly Housing Town Hall Sept. 11 at Riley's Conference Center.

YEAR IN REVIEW

19

Welcome home – you were missed



Soldiers from the 1st Armored Brigade Combat Team, 1st Infantry Division, returned to Fort Riley Oct. 20 after completing their rotation assignment in Europe in support of Atlantic Resolve.



This family was ready to reunite with their Soldier after he returned from rotation to Europe in support of Atlantic Resolve with the 1st Armored Brigade Combat Team, 1st Infantry Division, Oct. 10.



Staff Sgt. Harry Pichay, 300th Military Police Company, 97th Military Police Battalion, kisses his wife Pamela, after being released from formation Nov. 30. The welcome home ceremony served to mark their return from a nine-month rotation in Europe in support of Atlantic Resolve.



This Soldier posed for pictures with his children after returning from a rotation assignment to Afghanistan with 1st Infantry Division Sustainment Brigade Oct. 16.



Maj. Gen. John S. Kolasheski, 1st Infantry Division and Fort Riley commanding general, addresses families waiting to reunite with the Soldiers of the 1st Armored Brigade Combat Team, 1st Inf. Div. Oct. 10 after returning from a rotation assignment to Europe in support of Atlantic resolve.

MEMORIES Continued from page 17

USO organization in the continental U.S. Efforts to form partnerships in the region also benefited the operational side of the Fort Riley family. Inter-Governmental Support Agreements with Manhattan, Kansas, and the Kansas Traffic Safety Office gave us a cost avoidance on winter road salt and a collaboration on safety equipment and materials to increase safety education efforts on post. As for education, the Fort Riley Education Center held a combined graduation that saw about 140 students walk the stage to collect diplomas and certificates from six colleges and universities. While some were seeking educational opportunities, others were looking for careers as military spouses or when

transitioning from the uniform to civilian life. The Fort Riley Soldier For Life - Transition Assistance Program, the USO Pathfinder Program and Army Community Service held several employment and education fairs bringing prospective employers face-to-face with qualified candidates. Not only did SFL-TAP provide employment leads, the team there also maintained partnerships with ABF Freight, Airstreams Renewables, Heroes Make America and others. These partnerships helped transitioning Soldiers learn new skills and try on new career paths through internships. The goal, a smooth transition from service to civilian life for about 2,000 Soldiers in 2019. For more memorable moments, check out the photos in this section.

NO MISSION TOO DIFFICULT, NO SACRIFICE TOO GREAT.

DUTY FIRST!