

# A SHARED HERITAGE



## HOME OF THE BIG RED ONE



# THE 1ST INFANTRY DIVISION POST

★

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◀◀ FORT RILEY, KANSAS ▶▶

# ‘Big Red One’ Soldiers commemorate history of World War I

By Sgt. Michael C. Roach  
19TH PUBLIC AFFAIRS  
DETACHMENT

KANSAS CITY, Mo. — The 1st Infantry Division Band and the Commanding General’s Mounted Color Guard took part in a ceremony April 6 commemorating the United States’ entry into World War I at the National World War I Museum and Memorial.

“We’re very proud to host this event here today,” said Sylvester “Sly” James Jr., mayor of Kansas City, Missouri, while speaking to the crowd. “The World War I museum is one of our crown jewels.”



Capt. Ed Alvarado | 19TH PUBLIC AFFAIRS DETACHMENT  
**TOP AND ABOVE:** Members of the 1st Infantry Division’s Commanding General’s Color Guard, dressed in World War I “doughboy” uniforms, provided support to America’s national ceremony commemorating the centennial of the United States entry into World War I April 6 at the National World War I Museum and Memorial in Kansas City, Missouri.

“It’s an honor to represent Fort Riley. It’s an honor to represent the 1st Infantry Division and where we come from.”

STAFF SGT. JEFFERY FELLIN  
OPERATIONS NONCOMMISSIONED OFFICER FOR THE  
COMMANDING GENERAL’S MOUNTED COLOR GUARD

“In Sacrifice of Liberty and Peace: Centennial Commemoration of the U.S. Entry into World War I” was presented by the United States World War One Centennial Commission. A multimedia production, the event featured live musical perfor-

mances, excerpts from upcoming documentaries on the war, guest speakers and readings from various correspondence of that period. Flyovers were executed by Patrouille de France — the French air force’s precision aerobatic team and a B-2 stealth bomber from the 509th Bomb Wing, Whiteman Air Force Base, Missouri. As part of the ceremony, cannons were fired by Battery D, 1st Battalion, 129th Field Artillery Regiment, Missouri Army Reserve National Guard.

Robert M. Speer, acting secretary of the U.S. Army, was one of many guest speakers at the event. Speer took the opportunity to explain the lasting impact World War I had on the Army.

“As the Army Center for Military Excellence has pointed out,” Speer said, “a Soldier from the 19th century would have been lost and amazed in the Army in 1919 at the close of the war. But, a Soldier from today would have felt right at home.”



Sgt. Michael C. Roach | 19TH PUBLIC AFFAIRS DETACHMENT  
**Brig. Gen. Patrick D. Frank, 1st Infantry Division and Fort Riley acting senior commander, thanks members of the 1st Inf. Div. Band for their support and performance during the ceremony commemorating U.S. involvement in World War I at the National World War I Museum and Memorial in Kansas City, Missouri, April 6.**

Speer went on to say the standards and traditions begun during World War I not only helped define the Army for a new era but also became a baseline for how the organization continues to function in modern times.

Commemorating the involvement of the U.S. in World War I, the event that marked the beginning of the 1st Inf. Div., the CGMCG donned historic “doughboy” uniforms to serve as the color guard for the ceremony.

“It’s amazing; it’s the most unique thing I’ve done in my

Army career,” said Staff Sgt. Jeffery Fellin, the operations non-commissioned officer for the CGMCG. “It’s an honor to represent Fort Riley. It’s an honor to represent the 1st Infantry Division and where we come from.”

While the era-appropriate uniforms were a change of pace from the normal frontier garb that the CGMCG wears when on horseback, the group is always prepared to dismount for events which help celebrate the heritage of the “Big Red One,” according to Fellin.

“We often say that the story of the 1st Infantry Division is the story of America over the last 100 years,” said Brig. Gen. Patrick D. Frank, 1st Inf. Div. and Fort Riley acting senior commander, who attended the event. “We are here today to commemorate U.S. involvement in a war that would largely define the next century of world history. We also remember the Soldiers who forever set the standard for what it means to be a Big Red One Soldier.”

# New child care providers arrive at critical time through hiring fair

Story and photo by Season Osterfeld  
1ST INF. DIV. POST

Staff at Child and Youth Services alongside personnel from Civilian Personnel Advisory Center and the Directorate of Plans, Training, Mobilization and Security teamed up to hold a CYS Hiring Fair April 6 at the Junction City, Kansas, Workforce Center.

About 24 tentative job offers were extended to applicants at the fair, pending the completion of their background checks and required physical examinations.

Personnel from each organization worked together to assist about 30 applicants through their application, interviews, fingerprinting and initiation of their background checks at the hiring fair, cutting two to three weeks off the typical process.

“The goal is to get a lot of people hired and the second part of this hiring event is to facilitate a process that can be much faster than normal,” said

Christopher Solano, human resources officer — non-appropriated funds, CPAC.

Like other government agencies, CYS was under a hiring freeze, however, Fort Riley CYS personnel were able to have exceptions made to assist them in filling their critically undermanned staff thanks to the efforts of individuals like Wendy Winston, CYS administrator.

“The issues we have has to do with the hiring process because it takes so long to get people through the background check,” said David Roudybush, director of the Directorate of Family and Morale, Welfare and Recreation. “And that’s what made this one so special because Wendy and CPAC were able to go down there with portable fingerprint (machines), take the people in through what they really needed to do to really get us almost a two to three week jump on the process by how they did the hiring fair.”

While CYS and CPAC staff have held a previous hiring fair off post where they did on-site applications and interviews,

this was the first time they had finger printing available as well, Winston said. Having the finger printing there sped up the hiring process greatly and was arranged by Solano after he was brainstorming ways to get new staff in faster. Fingerprinting is one of the first steps required for the background check.

“The childcare positions do have a few more background requirements ... but hopefully this is facilitating speeding up this process,” Solano said.

About 13 applicants were already going through the regular process to get a CYS job. Solano contacted those people to notify them of the hiring fair and how it could speed up their interview and finger printing steps, saving time for everyone involved, Winston said.

“What we were able to do on the spot was select based on interview questions and then start the process with the background check,” she said.

Having the hiring fair off post also allowed those without military ties to at-



**Justina Kanz, left, family child care director for Child and Youth Services, and Morgan Hansen, center, school age services assistant director for CYS, conduct an interview with Kailyn Pounds, wife of Spc. Wayne Hill, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, April 6 during the CYS Services Hiring Fair at the Junction City, Kansas, Workforce Center.**

See **HIRING**, page 8



Month of the Military Child  
**PURPLE**

**April is Month of the Military Child. Each year, a day is designated for “Purple Up!” in honor of our military kids. In celebration of this, the 1st Infantry Division Post will “Purple Up!” in the April 21 issue. Everyone at Fort Riley in civilian clothing is invited to wear something purple April 21 to show support, appreciation and admiration to military kids.**

### IN THIS ISSUE



**SOLDIERS AND FAMILIES GATHER AT THE SPRING FLING EVENT, SEE PAGE 11.**

### ALSO IN THIS ISSUE



**LOCAL EASTER EGG HUNTS SCHEDULED FOR APRIL 16, SEE PAGE 16.**



# Signal Command leader addresses Soldiers, civilian employees

Story and photos by Patti Geistfeld  
1ST INF. DIV. POST

Brig. Gen. Welton Chase Jr., commanding general of the U.S. Army 7th Signal Command, held a town hall and award ceremony at Patton Hall auditorium March 28. A session was held in the morning for employees and leaders of the Regional Network Enterprise Center and again in the afternoon for Soldiers with a military occupation code in the signal field.

“It is important for leaders to get out and touch base with those that they lead and it offers an insight into how his policies are working, not only for the Army but the people he leads,” said N. Lee Bliss Jr., deputy director of the Regional Network Enterprise Center. “His visit was not only just to inform Soldiers and Civilians of some stra-

tegic goals and end-states but to listen as well.”

Chase spoke about several topics including where we are as a nation, how the warfighter uses networked resources to support the mission and the challenges ahead to maintain cyber security. He said our adversaries have all the capabilities that our men and women on the ground have.

“What gives our Army the advantage,” Chase said. “What’s going to give our military the advantage going forward? It’s this thing called multi-domain warfare. It’s the ability to take land, sea, air, space and cyberspace and present multiple dilemmas to an adversary in a way that he or she is not able to respond.”

Soldiers use technology and operate in locations anywhere in the world. Chase said the question would be what does that have to do with me — with

the click of a mouse, anyone can get from Fort Riley to those locations in just milliseconds.

“Our adversaries know that as well,” Chase said. “And they know that they can disrupt those Soldiers if they can penetrate your networks. And use your networks as a launch point to disrupt their (Soldiers) ability to operate forward.”

Chase said hackers are selling software now that will show up in six months. But with the intelligence the Army has, we know what they are going after. That intelligence enables the Army to maneuver defenses to protect the network in a way that civilian IT providers can’t as they don’t have the same resource capabilities.

He said there are 7.2 billion people in the world and 3.5 billion are on the internet today. That’s almost half the world.

“When you think about the air domain, the space domain, the land domain, the sea domain — no other domain has as much congestion as we do within the cyber domain,” Chase said. “You have the potential of 3.5 billion adversaries.”

There are 300 million people in the U.S. on networks and Chase said most of them patch manage their machines. But if you subtract that number that leaves 3.2 billion people that don’t follow our norms for patching and are not subject to U.S. law.

“This space is growing and as it grows I think we are going to have to look at what we do,” he said. “We are no longer an IT support provider. I mean we do that but what we do is we enable commanders that can’t live without this architecture ...

I’ve heard people say this infrastructure work that we deliver is actually the Army’s warfighting platform. And I truly believe that is true.”

He told the staff they were about to take on even more work within the Network Enterprise Technology Command. He spoke about convergence of the Army networks that are not behind the architecture. There are 32 networks and they only do 15 percent of the Army work but it takes 62 percent of the IT workforce to accomplish this effort.

“We’re going to do this thing called convergence,” Chase said. “It will take a while — it’ll probably take 10 years is my guess ... We’ve got to figure out the stuff we are doing right now and for this NEC we’re asking you to do a lot ... We’re going to ask you to do more and we’re going to give you the resources to be able to do that. That’s coming and we are using this very structured methodology where we discover what’s on their architecture and we’re developing the plan to bring them in ... I’m going to turn to your Army NEC director and this team and I will say, ‘hey, how do we do this? This is what they have out there — how do we develop a plan to bring this in with resources so we can support them?’ And then we will execute the plan.”

The town hall was followed by an award ceremony where employees were recognized for length of service. Each division chief also nominated an employee who was recognized by the presentation of a coin from the general for his or her outstanding contributions.



Brig. Gen. Welton Chase Jr., left, commanding general of the U.S. Army 7th Signal Command presents Robert Windham, right, director of the Regional Network Enterprise Center, a plaque at a town hall March 28 to connote the excellence achieved in passing the Command Cyber Readiness Inspection July 29, 2016.

The Director of the RNEC, Robert Windham accepted the plaque from Chase that connoted the excellence in passing the Command Cyber Readiness Inspection on July 29, 2016.

“You guys knocked it out of the ball park and you passed the CCRI ... That’s not an easy ... it’s a level — a standard,” he said. Not everybody has that but you do. So today we going to present to your director and to you a plaque that you can hang outside.”

Windham held the plaque high for all to see.

“I’m going to put it in the display case and each of you here has a piece of this,” Windham said. “There is not anybody here or anybody on Fort Riley that didn’t have something to do with this.”

The facts presented at the town hall indicate there are future challenges in keeping the Army computer network safe and secure.

“Cyber security is everyone’s business,” Bliss said. “No matter what your grade, rank, or position is — the threats are real. If you see something, say something.”



Brig. Gen. Welton Chase Jr., commanding general of the U.S. Army 7th Signal Command, held a town hall and award ceremony at Patton Hall auditorium March 28. A session was held in the morning for employees and leaders of the Regional Network Enterprise Center and again in the afternoon for Soldiers with a military occupation code in the signal field.

## PARTNERSHIP IN ACTION



Capt. Ed Alvarado | 19TH PUBLIC AFFAIRS DETACHMENT  
Brig. Gen. Patrick Frank, 1st Infantry Division and Fort Riley acting senior commander, and members of the 1st Inf. Div. Staff conducted physical fitness with the cadets of Kansas State University’s Army ROTC Wildcat Battalion April 5 in Manhattan, Kansas. Partnered together during the workout, “Big Red One” Soldiers and the cadets conducted multiple iterations of tire flips, crunches with logs, pullups and other exercises. After, Frank spoke about the unique and important partnership between Fort Riley and K-State and took time to recognize the senior cadets of the program as they prepare to commission into the ranks of the active duty U.S. Army and Kansas National Guard this spring.



## CUTTING THE CAKE



Tywanna Sparks | IACH PAO  
Senior leaders join Army civilians to celebrate the 21st birthday of the U.S. Army Medical Department Civilian Corps on March 30. Col. John Melton, Irwin Army Community Hospital commander; Brig. Gen. Patrick D. Frank, 1st Infantry Division and Fort Riley acting senior commander; Phyllis Whiteside and Jennifer Ellifritt, the longest tenured and the newest hospital civilian employees respectively cut a birthday cake at IACH.

WWW.FACEBOOK.COM/FORTRILEY





THE FIGHTING FIRST!

# Michael Gray: A ‘Big Red One’ Soldier



By Phyllis Fitzgerald  
SPECIAL TO THE POST

Michael Gray from Poteau, Oklahoma, joined the Army in May 1986. He went to Fort Dix, New Jersey, for basic training and then on to Fort Belvoir, Virginia, for Advanced Individual Training in the military occupation specialty 52D generator mechanic.

His first duty assignment was to Heilbronn, Germany, with the 22nd Maintenance Company. Gray deployed to Desert Shield/Desert Storm as a support element while with this company.

“We fixed a lot of broken equipment such as vehicles, generators and others,” he said. “I participated in an inspection effort for units crossing back through the berm to ensure that no contraband, explosive, dangerous materials or devices were present. My unit returned to Heilbronn and after one month, I was sent again to the Middle East to load the ships with equipment that was returning to the

United States, Europe or other places. My enlistment in the Army was up in November 1991. I departed and stayed in the Heilbronn area for the next 3 years as a civilian.”

In 1994, Gray returned to Oklahoma and joined the Army Reserve. He went through AIT and became a petroleum laboratory technician, MOS 77L. He performed his 2 weeks of annual reserve training at Fort Riley. Afterward, he decided to go back on active duty, not in the new MOS, but chose to return to his original MOS 52D, generator mechanic.

From 1995 to 1998, Gray served with 703rd Maintenance Battalion, Fort Stewart, Georgia, 2nd Infantry Division in Korea and back to Fort Stewart. In December 2000, Gray was assigned to the 101st Military Intelligence Battalion in Wurzburg, Germany.

“I was with the 10st Military Intelligence Bn. in Wurzburg until May 2006, when the 1st Infantry Division returned back to Fort Riley during Operation Gyroscope,” Gray said. “During this time in Wurzburg I served in various capacities including the Motor Pool, NBC/CBRN, Armorer, and Training NCO.”

His favorite memory with the “Big Red One” was meeting his wife while assigned to the 101st MI Bn. in Wurzburg, Germany.

When he returned to Fort Riley, he remained with the

101st MI Bn. performing various duties. He deployed to Operation Iraqi Freedom twice for 12-month and 18-month deployments. He was also assigned to Headquarters and Headquarters Company, 1st Inf. Div. Sustainment Brigade in various positions.

“On December 18, 2012, I retired after 26 years of service,” Gray said. “My wife, Bettina and I stayed in Junction City because our children were in school, Bettina was working as a dental assistant on Fort Riley and I began going to college. We also owned a home in Junction City.”

After the Army, Gray pursued college degrees and community involvement.

“I finished my Master’s Degree with Central Michigan University in Public Administration and a Graduate Certificate for Human Resources,” Gray said. “I am a past President, two times of the Junction City Arts Council. I am an active volunteer today with the JCAC. As an artist, I have provided paintings for the local American Legion Post 45 and I helped to paint the mural on the building at the corner of Washington and 6th Street. I am a current attendee of the Crossroads of Leadership class.”

*Editor’s Note: To submit your Big Red One story, email fitzmiss@yahoo.com.*

THEN  
&  
NOW



BEST PLACE TO LIVE   BEST PLACE TO TRAIN   BEST PLACE TO DEPLOY FROM   BEST PLACE TO COME HOME TO

## ‘Punishers’ roll their way to safety during training session

Story and photo by Staff Sgt.  
Aaron P. Duncan  
1ST INF. DIV. SUST. BDE.

Soldiers face many risks in the performance of their duties. The risks span all Army military occupation specializations. Everything from the equipment they operate to the training Soldiers conduct can cause serious harm or even death if safety is forgotten about the Soldiers are not properly trained, the risks are not identified and mitigation factors are not put in place. It is for those reasons Soldiers conduct risk assessment when performing all duties and complete training if the worst should happen.

The Soldiers assigned to the 165th Movement Control Team, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade, were made a little safer when they conducted a Humvee Egress Assistance Trainer session April 6 at Fort Riley.

In 2006, nearly 125 Soldier fatalities and 140 injuries happened as a result of Humvee rollover accidents, according to Army statistics. In response,

“It simulates what we could go through in real life and makes us better at handling it. It makes me more confident in myself and my battle buddies.”

SPC. GAVIN ODELL

TRANSPORTATION MANAGEMENT COORDINATOR  
ASSIGNED TO THE 165TH MOVEMENT CONTROL TEAM

the Army created the HEAT trainer in 2007. The HEAT trainer gives Soldiers the chance to experience a Humvee rollover in a safe manner. Through the number of rolls and how the vehicle comes to rest, the equipment is able to provide Soldiers several scenarios.

“The ability to conduct tactical convoys during defense, support of civil authorities operations is one of the 165th MCT’s mission essential tasks,” said Capt. Layla Vulcain, the 165th MCT commander. “The Humvee Egress Assistance Trainer is a task under that MET and allows the ‘Punishers’ to practice physically performing the necessary steps required to survive a vehicle rollover and gain experience with the proper egress procedures.”

While it may sound like a roller coaster ride, it allows Soldiers to practice things that will allow them to survive and help their fellow Soldiers survive. Whether it is grabbing hold of the vehicle gunner so he is not ejected or experiencing unbuckling while hanging upside down or trying to find a unobstructed door and communicating that information to the others in the vehicle, each Soldier participating came out with a better understanding of how to ensure their team’s safety.

“The HEAT training is essential for the Soldiers to acquire the self-control and overcome the fear that would follow a catastrophic event leading to a rollover,” Vulcain said. “This gives the Soldiers the skills needed



Staff Sgt. Luke Sulak, a Humvee Egress Assistance Trainer operator, rotates the HEAT with Soldiers inside April 6 at Fort Riley. Sulak rotated the vehicle several complete turns to simulate rolling down a hill or into a ditch before coming to rest.

to overcome a dangerous situation.”

The training also provides auxiliary benefits. A vehicle rolling over can be a scary and disorienting experience. With the Soldiers experiencing it first in a safe environment, it allows them to build confidence in

their abilities and practice overcoming fear.

“It simulates what we could go through in real life and makes us better at handling it,” said Spc. Gavin Odell, a transportation management coordinator assigned to 165th MCT from Memphis, Tennessee. “It makes me more

confident in myself and my battle buddies.”

As long as the Army needs to conduct convoys or use vehicles in missions, the risk of a rollover will always be present. However, through training Soldiers mitigate the impact of that risk.

# Easter Brunch

April 16, 10am-2pm

Riley's Conference Center

Adults: \$15.95 • Children ages 5-11: \$8.95 • Children ages 4-under: Free

Reservations are highly recommended • Open to the public

Information and reservations: 785.784.1000



TRAFFIC REPORT

ACCESS CONTROL POINT HOURS

Those wanting access to Fort Riley on Saturday or Sunday should use Estes, Ogden, Henry or Trooper gates.

For more information about Fort Riley access procedures, visit [www.riley.army.mil](http://www.riley.army.mil).

The access control point hours are now as follows:

Henry/Trooper/Ogden/Estes:

Open 24/7. Commercial traffic at Estes is required to have an access pass or badge prior to trying to access.

12th Street:

Open from 5 a.m. to 7 p.m., Monday to Friday and 8 a.m. to 5 p.m. on Saturdays; Closed Sundays and federal holidays. This gate will have inbound commercial vehicle lanes only. Although personally owned vehicles will be allowed access, there will no longer be a designated POV lane. Outbound traffic will not be authorized. Badges and passes may be issued to commercial drivers prior to access at the gate.

Grant:

Open from 5 a.m. to 7 p.m., Monday to Friday; closed Saturdays, Sundays and federal holidays.

Four Corners:

Closed indefinitely to all vehicle traffic.

VISITOR CONTROL CENTER HOURS CHANGE

Hours of the Visitor Control Center are as follows: 5 a.m. to 11 p.m. Monday through Friday and 7:30 a.m. to 5 p.m. on weekends and federal holidays.

For more information, visit [www.riley.army.mil/](http://www.riley.army.mil/) and click on the yellow "Accessing Fort Riley" tab on the right-hand side of the page.

TRAFFIC SIGN REPLACEMENT

Traffic signs are being replaced throughout main post. Use caution when driving through the area and be aware of workers.

GRANT GATE LANE CLOSURE

The right lane of the bridge leading into Grant Gate will be closed for six weeks. The lane reopens for access after the bridge ends.

New Beginnings for appraisal program

1ST INF. DIV. POST STAFF REPORT

New Beginnings, according to the Department of Defense Personnel Advisory Service, is designed to implement improvements to DOD Human Resource practices and policies, including implementation of a new Defense-wide Performance Management and Appraisal Program. New Beginnings encompasses reforms impacting Performance Management, Hiring Flexibilities, Training and Development and Workforce Incentives.

The new performance management and appraisal system will begin implementation at Fort Riley in April with those in GS-13 and above positions attending training before entering the new system June 1. The rollout will be in stages with the last segment of civilian employees entering the new system July 1, 2018.

To find out more information, the staff of the 1st Infantry Division Post will publish it as it rolls out and from the frequently asked questions addressed by the team at the DOD Civilian Personnel Advisory Service.

Question and answer for this week:

**Q:** What documentation is needed when an organization is integrated with another organization during the rating cycle?

**A:** If reorganization occurs during the rating cycle, it is important to review the reporting structure for changes in the rating official and employee relationships. Also, a review of duties may be necessary to determine if changes to the Performance Plan need to be made. Remember, if changes to the performance elements and standards are made, employee input is highly encouraged and all changes must be communicated to the employee. When both the supervisor and the duties are different and the employee has performed their elements and standards for a minimum of 90 days, a rating of record may need to be established for the outgoing performance plan and a new performance plan established.

To find out more about the new system, visit [www.cpms.osd.mil/Subpage/NewBeginnings/NBHome](http://www.cpms.osd.mil/Subpage/NewBeginnings/NBHome).

Army officer encourages Soldiers to treasure lessons in life, career

Story and photo by Sgt. Anna Pongo  
CJFLCC-OIR PUBLIC AFFAIRS

BAGHDAD, Iraq — From West Point to the sands of Iraq, U.S. Army Lt. Col. Sara Dudley, assistant chief of staff for Combined Joint Forces Land Component Command - Operation Inherent Resolve, works to bring the lessons she learned throughout her life to those she meets every day.

"I am very privileged and humbled by the experiences that the Army has granted me," Dudley said. "In hindsight, everything happens for a reason."

Through her life, Dudley discovered several life lessons which she said she feels have defined her.

She said the first is to stay humble.

"My dad continually reminded me that in every group, room, situation or area that I would find myself, that there is someone who is smarter or faster or possesses more information," Dudley said. "So, never act like you are better, smarter or know more than others — be humble in everything you do and focus on contributing to the goal of the group or situation."

Dudley, an Indianapolis, Indiana, native, is serving on her third deployment, overseeing and managing the budget for CJFLCC-OIR, which means she basically pays the bills for everything that happens in Iraq, she said.

As she works to tally numbers for the Army, Dudley confesses she never thought her career would add up to 19 years.

"I applied to West Point to spite my father," Dudley said with a laugh. "I had wanted to go to a small private type college, and he said he would pay for me to go to Purdue University or the

University of Illinois (at Urbana-Champaign). Other than that I would have to figure out how to pay for college."

Through research she discovered the military academies, which are not only tuition free but also pay cadets.

"I applied without really having a full grasp of the fact that they were paying me because then I was going to have a military service obligation," Dudley said. "So I applied to show him up. To show him that I didn't need any of his money. And then I ended up at West Point."

Though at first she said it didn't quite register that a five-year obligation to the military would follow her time at West Point, the commitment of working hard for what she wanted wasn't a new one for Dudley.

Growing up, Dudley had a passion for showing hunter and jumper horses. This wasn't a cheap hobby and through it she says she discovered another valuable life lesson.

"I learned not only that you have to work in the barn to help pay for lessons and travel to horse shows, but more so learning that no matter how good you are on a given day, it takes two," she said. "It taught me that in everything — it is never just about me or how well I individually do; it's the group, the larger situation ... So it is best to focus on doing your personal best and not beat yourself up about things outside your control."

This focus on being her best has impacted some of the Soldiers who work closely with her.

"One of the things that inspires me is just the example she sets," said Staff Sgt. Anna Knopes, operational contract support integration cell noncommissioned officer in charge, CJFLCC. "She carries herself with extreme con-

fidence. She paves her own path and has a set determination of where she wants to go and what she wants to do. I couldn't imagine a better role model."

One of the ways Dudley incorporates this ethic of working hard is through her fitness regimen. She got into fitness through a decision to run the 113-mile TransRockies Run. The passion which training for the run instilled didn't dissipate, she said, and during her current deployment, Dudley uses it to motivate her fellow service members through workout classes.

After her sophomore year at West Point as an economics major, Dudley participated in the Acceptance of Oath ceremony which she said made her military service real to her.

"By that point I had assimilated to the military," Dudley said. "I knew that I could do it. I still thought I would do my five years and get out and go do other things. And now 19 years after graduating, I'm still doing it."

After serving in several different command positions and on a couple deployments, Dudley was planning to get out of the military and move on. Then she was asked to return to West Point to teach.

"I was like well, I'm having a good time," Dudley said. "I like the Army. I'm going to deploy for another year anyway."

As a precursor to teaching, Dudley had to get her master's. With the opportunity to go to a school she normally wouldn't be able to afford, she had a phone interview with Harvard Business School. About a week later she got her acceptance letter to Harvard to get her Master of Business Administration.

"I redeployed from Iraq and about two months later moved to Boston to go to Harvard," Dud-



Lt. Col. Sara Dudley, assistant chief of staff for Combined Joint Forces Land Component Command-Operation Inherent Resolve, leads a fitness class for other service members in Baghdad, Iraq, April 7. Fitness plays a key role in Dudley's life mission to always work hard for her goals and help others along the way.

ley said. "Teaching at the academy was very rewarding. Partially because you know that as an instructor you impact so many cadets in so many different ways. And they are all going to go out to the big Army and be so spread out and then hopefully it's like a spider web of influence."

While teaching, Dudley found another life lesson.

"I poured myself into every lesson, devoting all my time and effort into that class and product," Dudley said. "But I quickly came to learn and appreciate that no matter what I did as an instructor, my specific class was not going to be the highest priority for every single cadet."

"I realized they all had different situations and ways that they needed to prioritize all of their requirements. I needed to focus my efforts on ensuring that I could bring everyone along as a group and understand that it's not just about me or my class. This holds true in life

and all projects — regardless of how hard you work, you have to understand that it will not be everyone else's priority."

Despite the opportunities presented to Dudley by the Army, she said the fourth life lesson she has incorporated is one she wishes she had learned a lot sooner.

"When I was the executive officer to a vice admiral at the National Counterterrorism Center, he instilled in me later in my career an important concept," Dudley said. "You must find your motivation and reward in those around you: your friends, your family, your unit and all those that you touch and help in your day-to-day service. When you find peace with that, you will truly enjoy the military and understand your importance in helping and appreciating those around you."

Recently the next piece of Dudley's undertaking for continuing her education fell into

place when she was accepted for a fellowship to Yale University. This will be Dudley's official war college for professional military education school at a colonel-level education, she said.

Dudley will spend a year at Yale as a fellow, auditing courses, writing several papers and continuing her mission to be a mentor, guide and coach for Soldiers in the form of Reserve Officers' Training Corps students. She will also teach occasional classes to give the military perspective on topics, she said.

"I think what motivates me the most is that I have had a unique background in the Army," Dudley said. "It's not at all a normal path that an officer would take. And I really feel that because of the privileges that were given me by the Army, I have a unique perspective and inherent responsibility to try to help the Army think in a way it normally wouldn't."

EASTER SUNRISE SERVICE

He is Risen...

April 16, 2017 (7:00 A.M.)

OUTDOOR CHAPEL

(1<sup>st</sup> Division Road, Across From 1<sup>st</sup> Infantry Division HQ)

*Inclement weather location Victory Chapel*

*"I am the Resurrection and the Life, he who believes in me will live even if he dies..." John 11: 25*



## RILEY ROUNDTABLE

### What is your favorite thing about being a military child?



"I get to go cool places."

**JADE YIELDING**

9-year-old daughter of Sgt. Nina Hindsman, Headquarters and Headquarters Company, 2nd Armored Brigade Combat Team, 1st Infantry Division



"We keep moving places and I make new friends."

**YEDIEL GONZALEZ**

9-year-old daughter of Sgt. Rafael Gonzalez, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division



"Making new friends everywhere I go."

**KATELYNN GRIFFY**

10-year-old stepdaughter of Sgt. Peter Gonzalez, Company A, 82nd Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division



"When my dad comes back from being deployed."

**MERCEDES FIGUEROA  
AKRON, OHIO**

9-year-old daughter of Sgt. 1st Class Freddy Figueroa, Headquarters and Headquarters Company, 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division



"When I move to a new place, it's a whole new adventure with new people."

**JERRELL WESTON**

9-year-old son of Sgt. 1st Class Jerome Weston, 1st Infantry Division Sustainment Brigade

## THE 1ST INFANTRY DIVISION POST

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### FATALITY-FREE DAYS

**278**

As of Wednesday, April 12, 278 days have passed since the last vehicular fatality at Fort Riley. Safe driving doesn't happen by accident. For more information about safety, call the Garrison Safety Office at 785-239-0514.

### COMMAND TEAM CORNER

## Fort Riley and the Flint Hills – A Caring Community

Soldiers, families and friends of the 1st Infantry Division,

We are proud that the "Big Red One" can call Fort Riley home. Located in the heart of the Kansas Flint Hills, Fort Riley is part of broad and supportive regional community. But I think it's also vitally important to recognize the community of Soldiers, families and service provider's right here on post.

Fort Riley is your community, and it's important to the division that you feel a part of that community. We know that our Soldiers have a strong support network in their units, battalions and brigades, but our support systems don't stop just with Soldiers. Our great family members — without whom none of this is possible — call Fort Riley home too, and are able to receive great Army services.

Being a member of a military family can be a challenge. During April we are celebrating the Month of the Military Child, celebrating our kids for their resiliency and strength. But our spouses,



Brig. Gen.  
**Patrick D. Frank**

especially those with young children to care for, exhibit that same fortitude on a daily basis.

Fortunately there are many terrific resources here at Fort Riley for you. These include our excellent Family Readiness Groups. The FRGs provide a way for military families to share information, develop friendships, learn about resources and share support during deployments.

I know that deployments, though a regular part of our job in the Army, can be a burden on our families. The time apart and distance can be stressful, and spouses with

children can be left feeling like a sudden single parent. But the connections made through FRGs, other friendships here on Fort Riley and the services provided on the installation go a long way in easing that burden. What's more, the individuals you connect with here often have gone through or are going through the same challenges you are, and may provide greater support because of it.

During deployments, additional resources are available for parents through Child and Youth Services. For Mission Level 1 deployments to combat zones approved for IRS tax benefits, these resources include a 20 percent reduction for regularly scheduled child care, Youth Technology Labs and Respite Child Care in the form of 16 hours per child, per month of no-cost child care. Call CYS' Parent Central at 785-239-9885 to find out more.

On May 12, the nation will celebrate Military Spouse Appreciation Day and we will honor our spouses for their strength, loyalty and

commitment to Soldiers and today's Army. Our spouses are vital members of the Army family as they support our Soldiers. We are indebted to them for their unwavering support, and we will take that day to reaffirm the division's commitment to provide the best care, support and services for our families.

Living on Fort Riley also means that you and your family are close to facilities like the brand-new Irwin Army Community Hospital, USO Fort Riley, Army Community Services, the New Parent Support Center and more.

As we approach future deployments, please let your division and installation know what aspects of support your family requires here at Fort Riley by speaking to your chain of command or FRG. We are committed to providing the care and support that makes Fort Riley the best place to live.

Duty First!

Brig. Gen. Patrick D. Frank  
1st Inf. Div. and Fort Riley  
acting senior commander

### SAFETY CORNER

## Ensuring safe, medical use of essential oils

By Dawn J. Douglas  
GARRISON SAFETY OFFICE

Did you know that essential oils can be highly toxic to children? Essential oils are aromatic. They are derived and concentrated from a variety of plant extracts that are alleged to have medicinal value. They are widely promoted on the Internet to treat a variety of ailments from toothache and eczema to asthma and arthritis. The trend is to seek alternatives to medicine in the form of a more "natural" remedy.

Essential oils for medicinal purposes are problematic for a number of reasons:

- Manufacturing is not regulated the way medicines are, so the ingredients are not well standardized.
- Testimonials of their effectiveness are not based on scientific studies.
- Manufacturers do not need to demonstrate their safety and effectiveness to the Food and Drug Administration.
- Dosing is not standardized.

Dosing is critical because an essential rule of toxicology is "the dose makes the poison." All essential oils have the potential to be harmful if safe dosage levels have not been confirmed. It is a mistake to confuse "natural" with "safe." Some plant oils are highly toxic even in small doses. Highly toxic essential oils include camphor, clove, lavender, eucalyptus, thyme, tea tree and wintergreen oils. Symptoms may include chemical burns, breathing problems, liver failure and brain swelling, among others. For other plants, the toxicity is unknown.

It is important to remember children are not "small adults." Their bodies,

brains and metabolism differ from that of adults in ways other than size. Lotions and oils applied to the skin are much more readily absorbed into the body and bloodstream. Substances put in the mouth are more likely to be absorbed, even if they're not swallowed. Anything swallowed is more likely to leak into the airway and lungs — as little as a half teaspoon of aspirated oil into a child's airway can cause serious pneumonia. Accidental ingestion of tea tree oil is the most commonly reported problem. Substances that find their way into a child's bloodstream are more likely to cross over into the child's developing brain. Fat-soluble substances such as "volatile" or aromatic oils have a particular affinity for the brain and lungs if absorbed. The bottom line is without the specific advice of the child's physician, parents should avoid exposing children to essential oils.

These are suggested guidelines. Each parent should consult their primary care physician before applying essential oils to children:

- Cajuput Melaleuca cajuputi, Melaleuca leucadendron — avoid using on children under 6
- Chaste Tree Vitex agnus castus — avoid using in all routes on children prior to puberty
- Clove Bud, Clove Leaf, Clove Stem Syzygium aromaticum, Eugenia caryophyllata, Eugenia aromatica — avoid topical use on children under 2
- Eucalyptus Eucalyptus camaldulensis, Eucalyptus globulus, Eucalyptus maidenii, Eucalyptus plenissima, Eucalyptus kochii, Eucalyptus polybractea, Eucalyptus radiata, Eucalyptus

Australia, Eucalyptus phellandra, Eucalyptus smithii — avoid using on children under 10

- Lemon Leaf/Lemon Petitgrain Citrus x limon, Citrus limonum — avoid topical use on children under 2
- Lemongrass Cymbopogon flexuosus, Andropogon flexuosus, Cymbopogon citratus, Andropogon citratus — avoid topical use on children under 2
- Marjoram\* (Spanish) Thymus mastichina — avoid using on children under 6
- Oregano Origanum onites, Origanum smyrnaeum, Origanum vulgare, Origanum compactum, Origanum hirtum, Thymbra capitata, Thymus capitatus, Coridothymus capitatus, Satureja capitata — avoid use on skin of children under 2
- Peppermint Mentha x Piperita — avoid any use on children under 6
- Rosemary\* (1,8-cineole chemotype) Rosmarinus officinalis — avoid using on children under 6
- Wintergreen Gaultheria fragrantissima, Gaultheria procumbens — avoid due to methyl salicylate content
- Ylang-Ylang Cananga odorata — avoid topical use on children under 2. Also not for use when pregnant

**\*Indicates essential oils that are high in 1,8-cineole and can potentially cause respiration to slow in children.**

Essential oils have some amazing benefits to relieve common ailments. Becoming knowledgeable about correct dosage and side effects is key to keep from potentially poisoning or harming children. Contact the Fort Riley Safety Office for more information at 785-240-0647.

## March Fort Riley court results released

OFFICE OF THE STAFF JUDGE  
ADVOCATE

### MARCH U.S. DISTRICT COURT RESULTS

United States District Court at Fort Riley is part of the United States Federal Court system for the District of Kansas. The Court handles all traffic tickets issued to Soldiers and civilians that occur on Fort Riley and all criminal cases against civilians.

#### March 23

Clifford E. Streater Jr., Fort Riley was found guilty of simple assault. District Court sentence: six months supervised probation and \$10 special assessment.

Tevin J. Clowers, Blytheville, Arkansas pleaded

guilty to disorderly conduct. District Court sentence: \$100 fine and \$5 special assessment.

### MARCH COURTS-MARTIAL RESULTS

#### March 22

At a summary court-martial Spc. Jordan Q. Quaid was convicted by summary court-martial, pursuant to his pleas, of one specification of child endangerment in violation of Article 134 Uniform Code of Military Justice. The summary court-martial officer sentenced the accused to be reduced to the grade of E-2, to perform hard labor without confinement for 45 days, and an oral admonition. A pretrial agreement had no effect on the sentence.

At a summary court-martial Pfc. Kwymente N. Parker was convicted by summary court-martial, pursuant to his pleas, of four specifications of larceny and one specification of obstruction of justice in violation of Articles 121 and 134 UCMJ. The summary court-martial officer sentenced the accused to be reduced to the grade of E-1, to perform hard labor without confinement for 45 days, and to forfeit \$1066.00 pay. A pretrial agreement had no effect on the sentence.

March 9 at a general court-martial Sgt. Alonso A. Contreras was convicted by a military judge, pursuant to his pleas, of one specification of cruelty and maltreatment, one specification of assault, and one specification

of adultery in violation of Articles 93, 128 and 134 UCMJ. The military judge sentenced the accused to be reduced to the grade of E-3 and to perform hard labor without confinement for 30 days. A pretrial agreement had no effect on the sentence.

#### March 16

At a general court-martial Spc. Keith M. J. Mills was convicted by a military judge, pursuant to his pleas, of one specification of child pornography in violation of Article 134 UCMJ. The military judge sentenced the accused to be dishonorably discharged from the service, to be confined for 5 months, and to be reduced to the grade of E-1. A pretrial agreement had no effect on the sentence.

The next USAG  
Resilience Day  
Off is

**APRIL**  
**14**





# Army Housing professionals teach peers Residential Communities Initiative

Story and photo by Tim Hipps  
U.S. ARMY INSTALLATION MANAGEMENT COMMAND

FORT SAM HOUSTON, Texas — Participants in the Army’s inaugural Residential Communities Initiative Training Course praised the U.S. Army Installation Management Command for using Army Housing professionals as instructors.

Hosted March 21 through 24 by the G4 Facilities and Logistics Housing division of IMCOM, instructors from IMCOM garrisons, IMCOM Headquarters, and the Office of the Assistant Chief of Staff for Installation Management covered the fundamentals of the Residential Communities Initiative, or RCI, privatized housing program.

The students included RCI-savvy veterans of Army Housing and Career Program, 27 interns and virtual rookies of the RCI program. After a week of classroom training, intensive reading, collaboration and networking with peers, 32 students and six instructors from across the Army left San Antonio as better connected Army Housing leaders.

“Doing the job and not really knowing my left and right limits, this kind of brought everything into perspective,” said Lucien Sweetenberg, a retired Command Sergeant Major serving in a two-year internship at Fort Bliss, Texas. “It really enhanced my knowledge of knowing what I should be doing and things that the partner should or should not be doing.”

“It’s kind of overwhelming because it’s a lot,” Sweetenberg said after completing the course. “You come in with a 10-percent knowledge base and the light comes on. But I think the best part was the collaboration — learning how things are going from different installations. I have a huge network now of different people that I can call and see how they do at their installa-

tion and knowing it’s not a bad thing to call them.”

The initiative provides a vision for solving an old problem. Years of funding shortfalls and resource allocation decisions created a significant deterioration in the construction, repair and maintenance of housing. In the early 1990s, the Army had an \$8-million backlog in maintenance and repair of its family housing with no sustainable plan or solution. Poor conditions of family housing was a contributing factor of good Soldiers leaving the Army.

In 1996, Congress passed the Military Housing Privatization Initiative Act that provided the military with alternative authorities for the management, construction and improvement of military housing and unaccompanied housing. The Army launched RCI to leverage private funds through partnerships to help stem the decline of infrastructure and improve Soldier and Family quality of life and retention in the all-volunteer Army.

Addressing the urgent infrastructure challenges brought on by a decade of underinvestment is IMCOM’s top priority.

“I’ve been working with RCI here at Fort Sam Houston since we started,” said Pat Baker, the RCI Asset Manager for Army Support Activity at Joint Base San Antonio-Fort Sam Houston. “It is the best thing, in my opinion, for the military. I love working this program. I want to continue working this program for our Soldiers.

“Their mission is war fighting. Ours is taking care of those who are taking care of the rest of our country,” Baker said. “We have Soldiers and Families that we have to take care of, so we’re going to do what we need to do to make sure you have the knowledge and the information and the tools that you need to accomplish your mission.”

Transformation and other challenges continue to require creative, innovative, and visionary solutions to the Army’s infra-

structure. Privatization provides mechanisms that challenge how the Army meets facility requirements and RCI personalizes those mechanisms with a clear set of goals and objectives.

For example, Pedro Saldana manages Army Housing at Camp Red Cloud, South Korea, in U.S. Forces Korea Area I, where all Soldiers receive hazardous-duty pay because it borders North Korea. On June 30, 2016, Area I was declared a dependent-restricted area.

“We have families still there from 2008 that were command sponsored but once they PCS there’s not going to be any more coming in, and that includes the DA Civilians who have families in there,” explained Saldana, a retired Army First Sergeant on his second tour of Korea as an Army Civilian. “By June 30 of this year, there’s a possibility that families of DA Civilians will be sent home.

“Obviously, it’s a very high risk area now,” added Saldana, who served 24 years as an active-duty artilleryman and now oversees more than 15,000 bed spaces of unaccompanied housing on six installations.

Back in the United States, IMCOM uses RCI to provide quality housing to Army families and single Soldiers at 34 installations. The Army out-leases assets and land for 50 years with a 25-year option under a ground lease and transfers the ownership of housing and improvements to the RCI project company. For its other 33 mostly smaller installations and garrisons, IMCOM provides traditional Army family housing.

“The reason for going to RCI was to benefit Soldiers,” said IMCOM Headquarters Housing Management Specialist Pamela Allen. “My preference is to give Soldiers the best housing available.”

Yolanda Brown, the current Army Housing Executive of the Year from Fort Bliss, Texas, was the lead instructor for the four-day course.



**Pedro Saldana, Chief of Army Housing for Area I in South Korea, fields questions following his presentation at the inaugural Residential Communities Initiative training course March 22 at the College of Installation Management on Fort Sam Houston, Texas.**

“I think it’s great that IMCOM decided to change over to having the facilitators be housing management careerists,” Brown said. “Before, we had contractors, and they did a great job, as well, but just having the relationships with other housing managers to be able to say ‘I do what you do every day so I understand and I can empathize with what you’re going through and what you’re doing’ instead of just someone telling them, ‘Hey, this is how you need to do it.’ The contractors weren’t doing the housing management every day like we are at the installations, so I think it’s great that they switched over to housing professionals teaching other housing professionals.”

Brown said the learning goes both ways. “During these courses, we learn from each other. The give and take is great. We fix so many problems in those few minutes that we can just sit and talk to each other than all the research and

hard work you can do at the installation by just getting a roomful of housing management professionals together.”

The initiative completed new construction of nearly 35,000 homes and renovated 32,000 homes with continued capital repair, replacement, maintenance and property management. The family housing end-state inventory is 86,077 homes by 2020, with an unaccompanied housing goal of 1,590 apartments.

With the split of OACSIM and IMCOM, the latter inherited 11 housing tasks, one of which was training. This was the first time IMCOM hosted and led the RCI Level I training at the College of Installation Management.

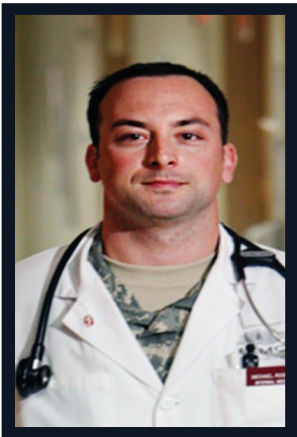
“This was probably the best course that I’ve ever attended as a housing professional,” said Saldana, who has been working with traditional Army housing since 2008. “I didn’t even know what RCI was until I got to this class. The material was presented in a very professional, and most importantly, a very understandable

level of instruction. No one tried to use ambiguous terms, and they allowed us to ask questions. The other plus was the networking and the collaboration with different installations and different ways of doing the same thing. And something that you don’t get from any other course: the camaraderie and the ability to interact and meet new folks.”

Brown sensed that, as well.

“The most I got out of the course was the people, as far as the looks on their faces when they first walked in and took that first test and how stressed out everybody was,” Brown concluded. “To the last day and them being able to tell me what the acronyms meant and that they were grateful that they learned some things and were able to take them back to the installation — that is the most rewarding. It’s just the look on their face and the confidence in their voice now that they feel they know more than what they knew when they first got here. Yeah, I think it went great.”

## Irwin Army Community Hospital



PROVIDER



NO-SHOW PATIENT



WOULD BE PATIENT



WOULD BE PATIENT



WOULD BE PATIENT

Missed appointments  
are missed opportunities for others.



## SIGNING A PROCLAMATION



Suet Lee-Growney | POST  
Brig. Gen. Patrick Frank, 1st Infantry Division and Fort Riley acting senior commander, signs the proclamation April 4 for Sexual Assault Awareness and Prevention Month. SAAPM falls in April of every year and the slogan for this year's program at Fort Riley is "Sexual Harassment Sexual Assault Not In Our Army."

## Digital survivor story program for Sexual Assault Awareness, Prevention Month tested

Story and photo by Suet Lee-Growney  
1ST INF. DIV. POST

The 1st Infantry Division Sexual Harassment/Assault Response and Prevention Program at Fort Riley was one of the first three in the nation to test run the Digital SHARP Survivor Story program April 3 and 4. Other installations testing it are Fort Irwin, California, and Fort Leavenworth, Kansas.

Spc. Jarrett Wright, a victim of sexual assault, is the main character in the program created based on his real-life experience. The project is a joint effort of the SHARP Academy in Fort Leavenworth, Kansas, Army Research Laboratories and University of Southern California Institute for Creative Technologies.

Barbara Garber, 1st Inf. Div. SHARP program manager, said the focus this April for Sexual Assault Awareness and Prevention Month is "Sexual Assault Not In Our Army."

"When someone comes in contact with a survivor of sexual assault, sometimes they don't know what to ask; they don't know how to respond," Garber said. "(The DS2) is not only going to raise awareness, it's going to help people develop empathy when it comes to survivors of sexual assault. It's going to help victims feel they're not so alone."

Sgt. 1st Class Jason Kreiling, 1st Inf. Div. SHARP officer, said the interactive program allows Soldiers to ask Wright how the military responds to sexual assault.

"I believe this product can really change how leadership and Soldiers in general view sexual assault as an issue in the military," Kreiling said.

He says the program provides a window into a problem many never had the opportunity to view before.

"Just the sheer confidential piece of sexual assault and how



Brig. Gen. Patrick Frank, 1st Infantry Division and Fort Riley acting senior commander, speaks to Paul Dickenson, sexual assault response coordinator at Irwin Army Community Hospital, and Sgt. 1st Class Valen Ingram, 1st Infantry Division Sustainment Brigade, SARC, April 4 about their opinion on the pilot Digital Survivor Story program. The DS2 is a video technology that allows anyone to interact with an actual sexual assault survivor.

hard it is for folks to be vulnerable and talk through these issues ... Seeing how wrong it can be and how hard it can be for victims, it's pretty moving," Kreiling said.

Kreiling was brought in on the production team as a consultant and subject-matter expert.

The idea, funded by the Combined Arms Center and SHARP Academy, began in September 2016. The production took place January in Los Angeles over the span of two weeks. During those two weeks, Wright was interviewed over a five-day period and asked more than 2,000 questions.

"We put Spc. Wright in this facility we call The Light Stage," said Timothy Wansbury, technology transition officer at Army Research Laboratories.

"It is an environment where we are able to video record — with dozens and dozens of cameras from different perspectives — his answers to the questions that we ask him related to his experiences," he said.

The goal of the program is for the SHARP Academy to train leaders, Soldiers and sexual assault response coordinators about male sexual assault.

"You will be able to see Spc. Wright on some kind of visual display," Wansbury said.

This display will be controlled by a single computer.

"You will be able to ask Spc. Wright a question in your own words; in English," he said. "Our system will be 'smart enough' to understand what you are asking, to reach into the database of recorded video responses and to play back his answer to your question."

After the ironing out all the kinks during the beta phase, Wansbury said the final product will be delivered to the SHARP Academy in August.

Brig. Gen. Patrick Frank, 1st Infantry Division and Fort Riley acting senior commander, tested the DS2.

"That's outstanding," Frank said.

He gave a few suggestions to the DS2 project developers that this program be available Army wide and on hologram form, and in time, perhaps, a female sexual assault victim could be included.

"Females in our formation are sexually assaulted more than the male, so I would encourage you to come up with a female avatar; a female survivor," he said.

# REGISTRATION IS OPEN

## May 15-18, 2017

### Virtual Military Spouse Symposium

Join us for the first Virtual Military Spouse Symposium, hosted by the Department of Defense Spouse Education and Career Opportunities program.

The four-day virtual symposium will feature more than 20 sessions in the following tracks:

- ✓ Career Counseling
- ✓ Tools of the Trade
- ✓ Wellness
- ✓ Corporate
- ✓ Expertise from the Field

Learn about job search tools and techniques, resources, networking, wellness and resilience, employment opportunities and more — all created with a military spouse focus. Invest in yourself, attend one session or attend them all — from your choice of location!

Come **Learn, Advance** and **Succeed!**

**REGISTRATION IS OPEN**

To choose your sessions and register for the symposium, go to <https://myseco.militaryspouse.mil/portal/spouse.symposium>.

If you have questions or need more information, contact us at <https://msefjobs.militaryspouse.mil/msep/contact-us>.



# Dynamic Duo: Classroom pair works together 14 years, going strong

Story and photos by Suet Lee-Growney  
1ST INF. DIV. POST

“Rest your body; it’s OK,” said Davina Cunningham, lead child and youth program assistant at Child and Youth Services Fort Riley, in a dimly lit room at nap time as she gently patted the back of a drowsy preschooler struggling to fight sleep.

Meticulously putting away little toothbrushes by color and name across the room of half-asleep three- and four-year-olds was Emma Cockrell, primary

CYPA. She cooed, “You are safe here,” in harmony with the soothing instrumental lullaby murmuring in the background.

Cunningham and Cockrell have worked as a pair since 2004 for CYS at now Warren Road CYS in Module 5 class.

“Honestly, it’s been teamwork and communication,” Cunningham said.

“And above all, respect,” Cockrell said in agreement with Cunningham.

The pair have impacted many children’s lives in the 14 years of working together. Cunningham said she is constantly

surprised how most of these parents and their children, some of which who are teenagers now, remember her and Cockrell.

“It is so rewarding,” Cockrell said. “When they come back and say ‘thank you’, you want to put your shoes on the next day and say, ‘I’m going to work.’”

“This little guy right here, we’ve had all three of his sisters” said Cunningham as she pointed at a three-year-old boy sprawled across his pallet and completely passed out for his afternoon nap. Cockrell crouched down and stealthily removed his eyewear without waking him. The boy’s eldest sibling is 14 years old now.

“We have had quite a few siblings to come back,” she said.

“It’s not an easy job,” Cunningham said. “And I’m so thankful — I thank God — for Miss Emma being that other part of the team here in the classroom because we support one another.”

Throughout the years, the two have developed quite the moniker by the children they cared for.

“You don’t separate the two names,” Cunningham said. “It’s like, one name: Miss-Emma-Miss-Davina.”

The two not only mesh together at work creating a safe

and nurturing environment for children of service members and civilian employees to grow, play and learn, but they are also close outside the classroom.

“I have come to really, really love Miss Davina,” Cockrell said as tears began to well up. “I admire her so much. We are loyal to each other out of respect. No matter where Miss Davina goes in this building, people respect her.”

Their families know each other. Their work chemistry has been perfected through years in the making.

“It’s almost like Miss Emma and I can be in a room together and, without words, we know how to just get in the flow and make things happen,” Cunningham said.

Cunningham said the secret ingredient to how well they work together is laughter.

“We laugh a lot,” she said. “Because every day is not sunshine and roses, but we keep laughter at the forefront of our teamwork and it helps kind of make things not seem as serious.”

In addition to laughter being the best medicine, Cockrell said negativity is strictly forbidden in the classroom.

“It’s so beautiful because Miss Davina always asks the children, ‘What kind of room is



Davina Cunningham, lead Child and Youth Program Assistant at First Division Child Development Center, dances with some of the children she cares for. The music of choice that day was the soundtrack to Trollz and the children's favorite dance move was to take turns being twirled by Cunningham.

this?’ And they would answer, ‘Peace and order!’” Cockrell said.

“We are really thankful that we have the opportunity

to impact (families of Soldiers and civilian employees) lives, but these little people impact us every day,” Cunningham said.



Emma Cockrell, left, primary Child and Youth Program Assistant at First Division Child Development Center, and Davina Cunningham, right, lead CYPA at First Division CDC are teammates at work and friends outside of the classroom. The two have worked together at Child and Youth Services for 14 years.

## HIRING Continued from page 1

tend without needing to go through the visit control center and receive a pass, taking up additional time and increasing the likeliness of them deciding not to attend, Winston said.

“This was a great event just because we had a lot of civilians that didn’t have access to post, so this kind of eased the pain of having to go through access control,” she said.

Winston added they received a lot of positive feedback from both military and local community members as a result and they plan to continue having fairs off post.

Catarina Canas, wife of Spc. Abraham Loyo, 1st Infantry Division Artillery, said she attended and

applied for a job at CYS to gain practical experience before opening her own daycare. The hiring fair provided her with information to help her get a better idea of what the field and job would be like, as well as the fair moving at a quick, easy pace for the day.

“I’m very interested in opening my own daycare,” she said. “My husband has been really encouraging me in pursuing that ... so I came to try and get an entry level into taking care of children and see what it takes to do childcare.”

An entry level position with CYS requires a high school diploma or equivalent and a passion for chil-

dren and starts at \$11.48 per hour. After the first six to eight months of training are complete, the employee receives a one dollar an hour raise. After all training is complete in about 18 months, they receive another raise. If they complete all certifications and become a lead teacher, they receive \$15.74 an hour, making them competitive with the surrounding communities, Winston said.

“We pay a lot better than most entry positions in Manhattan (Kansas) and Junction City and compared to the same positions off the installation, we pay fairly well,” she said.

CYS is still critically short of employees and Solano and Winston both said they intend to hold another fair soon.

Roudybush said the fair was beneficial because it saved weeks of time for both the prospective employee and the employer. Job openings for CYS are listed usajobs.gov.

“It was a win for everyone ... what could have been a tedious, frustrating process ... it was a win all around, not just for us, but the people who applied,” he said. “Even the ones who turned it down, it gave them an idea to see what it is before they said yes and start.”



# Networking opportunity available for service, family members April 26

By Kalene Lozick  
1ST INF. DIV. POST

Staff at Fort Riley, in collaboration with the Department of Defense's Defense Civilian Personnel Advisory Service, plans to host more than 80 employers for the 10th annual Hiring Heroes Career Fair April 26 from 9 a.m. to 2 p.m. at Riley's Conference Center.

The career fair is open to the public, but will focus on hiring wounded, ill, injured transitioning service members; in addition to veterans, their spouses and primary caregivers.

Hiring Heroes is a DOD Outreach Program, which began in 2005, and provides job-search assistance to wounded, ill or injured service members whose careers were cut short due to injuries received in Iraq and Afghanistan and to transitioning service members, veterans and their spouses.

"Hiring Heroes Career Fairs provide an excellent opportunity for wounded warriors, transitioning service members, spouses and veterans to network, collect information and speak face-to-face with approximately 81 DOD, other federal agency and private-sector recruiters/employers about civilian career opportunities," said Tasha D. Jones, acting Employment Readiness Program manager.

Since September 2007, the Office of the Secretary



## HIRING HEROES CAREER FAIR

JOB OPPORTUNITIES FOR WARRIORS IN TRANSITION AND THEIR FAMILIES



Wednesday, April 26, 2017

Riley's Conference Center

Building 446, Huebner and Seitz Drive  
Fort Riley, KS 66442

9:00 a.m. to 2:00 p.m.



of Defense has been conducting Hiring Heroes Career Fairs once a year at Fort Riley.

Jones said the career fair provides an excellent opportunity for all who attend. Last year, there were 375 job seekers, 83 employers, 89 interviews conducted, 33 job offers made and 104 possible future job offers.

Employers range from DOD agencies, other federal agencies, a variety

of city and state offices and private sector companies. The career fair also provides training in job hiring techniques such as networking.

For more information about the event, please contact Tasha Jones at 785-239-9435; for a full list of employers please visit Fort Riley ACS Employment Readiness Facebook at [www.facebook.com/FortRiley.ACS.EmploymentReadiness](https://www.facebook.com/FortRiley.ACS.EmploymentReadiness).

## TEAM-BASED COMPETITION



Staff Sgt. Aaron P. Duncan | 1ST INF. DIV. SUST. BDE

After performing emergency first aid on a simulated victim, a team of Soldiers carry the patient to their transportation to the evacuation site during the 1st Support Maintenance Company's maintenance ride April 6 at Fort Riley. The ride was a team-based competition within the 1st SMC, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade, that tested each Soldier's physical conditioning, tactical and technical knowledge while refining and building the Soldier's proficiency of their warrior tasks and battle drills. The day started with the Soldiers taking a physical fitness test in their Operational Camouflage Pattern uniform, or their Army Combat Uniform, and tennis shoes with no rest between events. The company was then broken down into six teams that comprised Soldiers from all sections of the company with the purpose of getting the Soldiers familiar with working with Soldiers they normally wouldn't. There were six stations to accommodate the six teams and each was allocated one hour per station to demonstrate their proficiency. Some stations evaluated Soldiers on an individual basis while others evaluated the team. The six stations consisted of land navigation, communications, weapons proficiency, rendering first aid, creating range cards and sector sketches and Humvee maintenance. Soldiers were rewarded on an individual basis for their demonstrated proficiency and level of motivation with first place receiving a four-day pass and a company coin, second place receiving a three-day pass and a company coin, and third, fourth and fifth place receiving company coins.



# 10th Mountain Division Soldiers give Coalition firepower in Iraqi skies

Story and photos by Spc. Derrik Tribbey  
CJFLCC-OIR PUBLIC AFFAIRS

AL ASAD, Iraq — U.S. Army Soldiers with Company D, 10th Aviation Regiment, 10th Mountain Division, give the Combined Joint Forces Land Component Command – Operation Inherent Resolve, fire support on the battlefield from the skies.

They do not fly UH-60 Black Hawk or AH-64 Apache helicopters. They fly unmanned aircraft systems, better known as UASs.

More specifically, the team — which supports the Coalition mission led by the 1st Infantry Division’s headquarters in Iraq — operates MQ-1C Gray Eagles, one of the largest military unmanned aircraft with a length of 28 feet and a 56-foot wingspan.

The Gray Eagle is a versatile, long-range, long-lasting force multiplier used to provide intelligence, surveillance, target acquisition and attack reconnaissance, said Spc. Michael Scharp, a UAS operator with 10th Avn. Regt, 10th Mtn. Div.

According to Capt. Joshua Heiner, commander of Co. D, 10th Avn. Regt., 10th Mtn. Div., his unit is in Iraq to provide dedicated and consistent support to the Coalition to help the government of Iraq defeat ISIS.

“Everything we do is to support the Iraqis,” Heiner said. “We are doing very well considering the experience level, especially with these UASs being so new. We are a young group and the Gray Eagle is just as young.”

Heiner described his team as very enthusiastic and while most of his operators and maintainers are junior enlisted, their age does not stop them from fulfilling their mission.

“Knowing that we are supporting the men and women on the ground (who) push forward with their mission is the most rewarding part of this job,” said Sgt. Gabriel Garcia, a squad leader with Co. D, 10th Avn. Regt., 10th Mtn. Div.



**An MQ-1C Gray Eagle, a long-endurance platform able to fly for nearly 27 hours at speeds of up to 150 knots while carrying up to four AGM-114 Hellfire missiles, is shown April 1 in Al Asad, Iraq. U.S. Army Soldiers assigned to Company D, 10th Aviation Regiment, 10th Mountain Division, deployed to Al Asad, Iraq, in support of Combined Joint Task Force - Operation Inherent Resolve, provide fire support on the battlefield from the skies. CJTF-OIR is the global Coalition to defeat ISIS in Iraq and Syria.**

Garcia referred to the nearly decade old UASs as still being one of the latest and greatest pieces of machinery to support the Army.

According to the U.S. Army Acquisition Support Center, the Gray Eagle is a long-endurance platform, able to fly for nearly 27 hours at speeds of up to 150 knots. The UAS can carry multiple payloads, including reconnaissance equipment and up to four AGM-114 Hellfire missiles, according to information from the manufacturer.

With the complexity of such a piece of equipment, the demand for its use is always high, Garcia said.

“Our days are extremely fast-paced, all while paying close attention to details,” Garcia said.

Their attention to detail is not limited to aviation — they must be technically knowledgeable as well.

Garcia said the UAS is basically a computer being flown by several computers, which increases safety for service members.

“We don’t have to worry about a pilot putting their life in danger by flying into combat,” Garcia said.

Staff Sgt. Julio Matta, a standardization operator with 10th Avn. Regt, 10th Mtn. Div., said their technological capabilities provide a tremendous asset to the battlefield.

“The ability for 24/7 coverage of the battlefield, to include reconnaissance and attacks, allows commanders of a higher echelon to track the changes on the battlefield,” Matta said.

A lot of planning and preparation goes into each mission but it does not stop there, Matta said.

“While on missions, before missions and even post missions, things change so rapidly that ‘game planning’ is non-stop,” Matta said.

The team will incorporate the weather, time and fuel into their extensive planning process because each environment they fly in is dynamic, Scharp said.

Every situation the team has encountered provides its own set of challenges and obstacles they must face and overcome, but the job demands are well worth it, Scharp said.

“I love to fly and I get paid to serve in this capacity, which ensures my family is taken care of and I get to continue to serve my country,” Matta said.

## WELCOME TO KANSAS



Spc. Elizabeth Payne | 19TH PUBLIC AFFAIRS DETACHMENT  
**Brig. Gen. Patrick D. Frank, 1st Infantry Division and Fort Riley acting senior commander, traveled to Fort Leavenworth April 6 to in-brief new Fort Riley majors, who will arrive at the “Big Red One” this summer. Frank welcomed the Soldiers and discussed present installation status and shared information about upcoming activities. New troops were provided time to address logistical needs to help transition to life at Fort Riley during the break-out discussion after the brief.**



“They network together, and form bonds and friendships away from here, which also strengthens families’ readiness.”

TOIANE TAYLOR | MANAGER, FAMILY ADVOCACY PROGRAM



Missy Griffus pays close attention to how she colors a dinosaur during the Exceptional Family Member Program and New Parent Support Program Spring Fling April 7. Missy is the daughter of Staff Sgt. Ryan Griffus, 1st Squadron, 4th U.S. Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, and Jessica Drees.

## Springing into action

Annual Spring Fling event allows Fort Riley families to bond, network with each other

Story and photos by Alix Kunkle  
1ST INF. DIV. POST

More than 60 families took advantage of a beautiful Saturday morning to attend the Exceptional Family Member Program and New Parent Support Program Spring Fling, held April 7 at the Army Community Service building at Fort Riley.

The event, which has been taking place for close to two decades, was open to EFMP, NPSP and Family Advocacy Program Soldiers and families, and it provides an opportunity to bond in an intimate environment.

“(The event) is to offer opportunities for families to come in, have crafts, socialize and network with one another,” said Laurie



Fort Riley Firefighter Jeramiah Wisdom (left) shows Layne DeLong how to use various firefighting equipment during the Exceptional Family Member Program and New Parent Support Program Spring Fling April 7. DeLong is the son of Wayne and Stephanie DeLong; Wayne is part of the Family Activity Program at Army Community Services.

McCauley, Fort Riley EFMP manager.

Toiane Taylor, FAP manager, said the small setting is especially beneficial for both children and parents.

“This is a unique group because we have some exceptional family members,” she said. “It gives families an opportunity to come out, despite what challenges they may

face, in a comfortable, safe environment.”

The activities available to families were numerous. There were several arts and crafts stations, where children could

### DID YOU KNOW?

- The Exceptional Family Member Program and New Parent Support Program Spring Fling has been taking place for close to two decades.

make Easter-themed cards or paint dinosaurs; a static display from the Fort Riley Fire Department; face painting, provided by Girl Scout Troop 1641; snacks; and new family support. Several door prizes were given away throughout the morning.

Kids were busy creating their arts and crafts and playing on the fire truck, but all the while, parents were socializing and networking, too. That’s important, according to Taylor.

See SPRING, page 14

### PREVENTION IS KEY

- To report abuse occurring in a family who lives on post, call 785-239-6767. If the abuse is occurring in a family who lives off post or residence is unknown, call 1-800-922-5330.

## Steps to prevent abuse of children

Community working together to end child abuse everywhere

By Season Osterfeld  
1ST INF. DIV. POST

Raising a child can be time consuming and stressful — sometimes to the point that parents or guardians have trouble. At Fort Riley, preventing child abuse and neglect is a serious matter and the community receives regular training and information to step up, speak up and reach out, said Toiane Taylor, Family Advocacy Program manager, Army Community Service.

April is Child Abuse Prevention Month. The month is dedicated to sharing information and resources nationally about recognizing and preventing child abuse or neglect.

“The entire nation takes time out to focus on this very real problem that has far-reaching, generational impact on children who suffer abuse to include serious injury or death,” Taylor said.

At Fort Riley, there are several services and classes available to Soldiers, parents, families and community members to assist them with stress, parenting and family activities, such as the New Parent Support Program and Family Enrichment. Both programs have several classes like Scream Free Parenting available at ACS. To view the schedule of classes, visit [www.riley.army.mil/Services/Family-Services/Army-Community-Service/](http://www.riley.army.mil/Services/Family-Services/Army-Community-Service/) or call 785-239-9435.

“Parenting is a very involved and consuming task that can truly tire parents out,” Taylor said. “Young children are most at risk. If we can get the message out there that no one deserves to be abused, maybe our children and families won’t have to recover from these tragedies. Plus, no one can raise children without encouragement and support and who better to do that for Fort Riley families than the Fort Riley community?”

A safe home life for parents and children alike is important to the community and a Soldier’s ability to meet readiness goals, she said.

“Anytime an Army family member suffers from abuse, we fall short of our goals for readiness,” Taylor said. “Our theme is very simple yet true. We want everyone to know and accept that children thrive in safe, stable, nurturing homes, so step up, speak up and reach out.”

Brig. Gen. Patrick D. Frank, 1st Infantry Division and Fort Riley acting senior commander, and Col. John D. Lawrence, Fort Riley garrison commander, signed proclamations at the Family Readiness Group Round Up April 4.

Despite services, resources and training available at Fort Riley, child abuse and neglect still occur within the military community. It is everyone’s responsibility to act to prevent it, Frank said.

“Too often we see a lot of SIRs (Serious Incident Reports) that are along the lines of child abuse,” he said. “It’s unfortunate. It does happen inside of our formations ... It’s unbelievable how many assets we’ve got out there within our garrison services.”

See ABUSE, page 14

## Military families lose homes to recent fire at Bluffs

Families affected by fire discover resources available at Fort Riley

Story and photo by Season Osterfeld  
1ST INF. DIV. POST

The Bluff’s Apartment fire in Junction City, Kansas, April 8 displaced more than 15 military families who were living there, with most of them believing their homes were a total loss.

The affected Soldiers and their families gathered at the Family Assistance Center in ACS April 8 and 10 to meet with representatives from the Financial Counseling Office, Corvias Military Living, Behavioral Health, Housing Services Office, Relocation Readiness Office, the Office of the Staff Judge Advocate and



Clint Strutt, Financial Readiness Program manager for Army Community Service, discusses the insurance claims process and financial assistance available to families who recently lost their homes and belongings in a fire April 10 at ACS.

more to learn about services and assistance available to help them get back on their feet.

Donations from the American Red Cross and USO Fort Riley and items from the ACS Lending Closet are available to affected military families. Staff of ACS

are writing notices to the Fort Riley Post Thrift Store the families can take in and receive clothing and other items. Staff at Corvias Military Living are also providing a housing special to military families affected by the fire by providing them April and May

“... this is one of those times where it really shows when people say the Army is a family life, it can actually be that.”

SPC. CALEB HENRY | 601ST AVIATION SUPPORT BATTALION, 1ST COMBAT AVIATION BRIGADE, 1ST INFANTRY DIVISION

rent free if they move into on post housing.

“My entire chain of command contacted me saying, ‘hey, do you need anything?’” said Spc. Caleb Henry, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division. “It was a good eye opener, the Army does care. I knew they did, but this is one of those times where it really shows when people say the Army is a family life, it can actually be that.”

Caleb and his wife, Stephanie Henry, said they think their

apartment will be a total loss after seeing the fire in their guest bedroom and the ceiling missing in their living room while firefighters sprayed their home down with water. They have not been able to return yet to assess.

However, they both said the support they have received from the Fort Riley community has been phenomenal. Stephanie added the efforts of the firefighters were excellent and she was grateful for their assistance.

“The firefighters — they all did wonderful,” she said.



# FORT RILEY POST-ITS



### EASTER EGG HUNT AND EXTRAVAGANZA

Staff of the Main Post Exchange are hosting a day of Easter fun April 15 at 11 a.m. The event will take place in the grass field beside the PX. Families can enjoy face painting, pictures with the Easter Bunny, prizes and more. The Easter Egg Hunt is divided into three age brackets: 2 to 4, 5 to 7 and 8 to 12.

### TEEN CENTER WORKSHOP

**Teen Dating Class:** Staff of the Family Advocacy Program will a class April 19 from 4 to 5 p.m. at the Middle School Teen Center, 5800 Thomas Ave. **“Screenagers” Showing:** Middle and high school students, parents and educators are invited to attend the free showing of “Screenagers: Growing Up in the Digital Age,” which explores the effect technology has on children and youth in the United States.



### BURGER KING ON CUSTER HILL TEMPORARY REDUCED HOURS

Monday through Friday 6:30 a.m. to 9 p.m.  
Dining room closes at 8:30  
Drive-Thru remains open until 9 p.m.  
Saturday 8 a.m. to 8 p.m.  
Dining room closes at 7:30  
Drive-Thru remains open until 8 p.m.  
Sunday 9 a.m. to 8 p.m.  
Dining room closes at 7:30  
Drive-Thru remains open until 8 p.m.  
This adjustment in hours is due to staff shortages as a result of the hiring freeze.

### HOLOCAUST REMEMBRANCE DAY

The Holocaust Remembrance Day Observance will be held at Riley’s Conference Center April 24 from 11:45 a.m. to 12:45 p.m. The guest speaker is Evy Tilzer, the daughter of two holocaust survivors.

### COMBINED GRADUATION CEREMONY

Fort Riley Soldiers, family members and civilian personnel who are graduating from one of the local colleges are eligible to participate in the Fort Riley Combined Graduation Ceremony at 1 p.m. at the Hilton Garden Inn and Conference Center in Manhattan, Kansas, May 25. Local colleges include Barton Community College, Central Michigan University, Central Texas College, Hutchinson Community College, Kansas State University, Southwestern College, University of Mary and Upper Iowa University or Distance Learning college programs. For more information or to determine eligibility, contact Monica Smith, education services specialist, at 785-239-6481.

### PARENT AND CHILD CRAFT CLASS

Staff at the Arts and Crafts Center, 6918 Trooper Drive, have a parent and child craft class April 15 from 1 to 4 p.m. The craft is a wood frame painting for \$8. Classes are divided by age and advanced registration is required. To register or for more information, call 785-239-9205.



### COCKTAILS & CANVASES

The next Cocktails and Canvases at Riley’s Conference Center is April 21 from 7 to 10 p.m. The painting is a sunflower. Cost is \$25 per person and includes supplies, instruction and a beverage. Advanced registration is recommended. For more information or to purchase tickets, visit [riley.armymwr.com](http://riley.armymwr.com).



### KID’S FISHING DAY

Staff of Outdoor Recreation, the Fort Riley Outdoorsmen Group, Directorate of Public Works - Environmental, Directorate of Emergency Services and the Kansas Department of Wildlife, Parks and Tourism are hosting the Fort Riley Kids’ Fishing day April 22 from noon to 4 p.m. at Moon Lake. The event is free to ages 15 and under. Anyone 16 and older must have a Kansas Fishing License. On-site registration begins at 11:30 a.m. Loaner rods and reels are available for those who don’t have their own. Fishing bait, tackle and snacks are all provided. For more information, visit [riley.armymwr.com](http://riley.armymwr.com).

### FLAG FOOTBALL TOURNAMENT

A flag football tournament will be held April 29 at Long Fitness Center. There is a maximum of ten teams with 14 players per team and is open to all Department of Defense identification card holders 18 years and older. The cost is \$50 per team and registration must be completed by April 26. For more information call 785-239-2813.



### FORT RILEY REEL TIME THEATER MOVIE SCHEDULE

**Friday, April 14**  
Kong: Skull Island (PG-13 7 p.m.)  
**Saturday, April 15**  
The Shack (PG-13) 2 p.m.  
Kong: Skull Island (PG-13) 7 p.m.  
**Sunday, April 16**  
Closed  
Theater opens 30 minutes before first showing  
For more information call 785-239-9574.  
Regular Showing: \$6  
3D Showing: \$8  
First Run: \$8.25  
3D First Run: \$10.25  
For more information call 785-239-9574.

### FORT RILEY LEISURE TRAVEL

Discount tickets are available for events in the surrounding area as well as major theme park destinations. Upcoming events with discount tickets include:  
**Great Wolf Lodge - Kansas City Hotel:** Blackout dates apply. Waterpark tickets included for all guests.  
**B&B Junction City Gem Theater:** \$30 value gift card for \$25 good for movie tickets and concessions.  
**Salina - Rolling Hills Zoo and Museum:** adults \$10, children \$5 and seniors \$9.  
**Kansas City Sprint Center:** WWE Raw - April 24 at 6 p.m. Red Section seats #35 and Yellow Section seats \$50. All ages require a ticket  
**McCain Auditorium:** Stomp - Rhythm - April 27 at 7:30 p.m. Adults \$55 and youth under 18 \$30.

### OPEN REGISTRATION FOR SUMMER CAMP FOR K-12 BEGINS 17 APRIL AT PARENT CENTRAL

Custer Hill School Age Center and Custer Hill Youth Center will host 11 summer camp sessions that start on May 30 and run through Aug. 11. Sessions run week to week, allowing parents to sign up for only the weeks when child care is needed. Part-day specialty summer camps may be available through Forsyth East School Age Center. Operation dependent on number enrolled.

## COMMUNITY CORNER

# Fiscal fitness requires knowledge, training

By Col. John D. Lawrence  
FORT RILEY GARRISON COMMANDER

Now is a good time to look over your personal finances, budgets and retirement plans, since April is Financial Literacy Month. Just like getting physically fit, becoming fiscally fit requires knowledge, training and work. The great news is that you can make it part of your daily life so saving, bill paying and investing become routine. We even have financial counselors right here at Fort Riley’s Army Com-

munity Service who can help you take a proactive approach to budgeting, spending, saving and planning for retirement. The most basic advice about money includes “living below your means” (spending less than you make), “pay yourself first” (save, save, save) and “track every dollar” (make and follow a budget). But putting these time-tested tips into action isn’t always easy. Sometimes expensive life events get in the way and other times we splurge when we should’ve saved. The best thing to do at those times is get back on track, which is always easier when you have some support and encouragement. The professionals at ACS can help with building a plan to get you to your financial goals. Maybe you want to save

up for a car. Maybe you’re planning further into your life and want to save money to start a business when you leave the Army. Maybe you just want to see how much your family is capable of saving and what financial vehicles are out there to help you reach your goals. Workshops are available at ACS every Wednesday. “Money Management 101” is taught from 9 to 11:30 a.m. Walk-ins are welcome and you should bring your most recent end-of-month Leave and Earnings Statement. “Money Smarts” is from 1 to 2 p.m. and the topic changes each week. ACS is open Monday through Thursday from 8 a.m. to 5 p.m. and Friday from 8 a.m. to 4 p.m. Counseling services are available to Soldiers

and family members of active duty, Army civilian employees, retired military and reserve components. Emergency assistance is also available. Call 785-239-9435 for more information or to make an appointment. No matter whether you need basic advice or complex planning, ACS experts can help and it won’t cost you a thing. Take some time this month to increase your financial literacy and provide a better future for you and your family. — To comment on this article or to suggest a topic for Community Corner, email [usarmy.riley.imcom.mbx.post-newspaper@mail.mil](mailto:usarmy.riley.imcom.mbx.post-newspaper@mail.mil) or visit my Facebook page at [www.facebook.com/fortrileygc](http://www.facebook.com/fortrileygc).



Cellphone use while driving is prohibited on post. Phone calls may be made only with a hands-free device. Texting is included in the ban. Failure to adhere to policy will result in a \$75 fine.

GOAL: \$75,000\*

1

\$23,026.16 as of April 11

**2017 ARMY EMERGENCY RELIEF FUNDRAISING CAMPAIGN**  
(12-week campaign from March 1, 2017 - May 15, 2017)

**Soldiers Helping Soldiers**

In 2015, AER worldwide provided \$62.3 million in zero-interest loans, grants and scholarships to 42,743 Soldiers and family members, retirees, widows and orphans. During that same time period, Fort Riley provided more than \$1.125 million in assistance and processed nearly 1,000 separate cases.

WORSHIP	
Protestant Services	
<b>Victory Chapel</b>	239-0834
Contemporary Protestant Service	
Sunday Worship.....	1100
Children's Church.....	1115-1215
<b>Morris Hill Chapel</b>	239-2799
Gospel Protestant Service	
Sunday School.....	0900
Sunday Worship.....	1100
<b>Main Post Chapel</b>	239-0834
Traditional Protestant Service	
Sunday Worship.....	1030
Catholic Services	
<b>Victory Chapel</b>	239-0834
Sunday Mass.....	0845
Sunday Catechism.....	1000
<b>Saint Mary's Chapel</b>	239-0834
Saturday's Vigil Mass.....	1630
Sunday Mass.....	1200
Mid-day Mass- Mon, Wed., & Fri.....	1200
Tuesday & Thursday Mass.....	1800
<b>IACH Chapel</b>	239-7872
Mid-day Mass- Tue & Thur.....	1200
Buddhist Service	
<b>Normandy Chapel</b>	239-2665
Sunday.....	1430
Meditation Practice- Mon- Fri.....	1230
Open Circle Service	
<b>Kapaun Chapel</b>	239-4818
Fort Riley Open Circle- SWC	
1st & 3rd Friday monthly.....	1800

**Wednesday Night Family Night**  
Weekly light dinner and fellowship at 1800, followed by 1845 classes at Victory Chapel 785-239-3359

**Club Beyond - Faith Based Youth Program**  
Grades 6th - 12th, Meets Sundays  
MS Youth-1530-1700 at Morris Hill Chapel  
HS Youth-1830-2000 at Morris Hill Chapel 785-370-5542  
\*Club Beyond is a Non-Federal Entity and is not part of the DoD or any of it's components and it has no government status.\*

**AWANA**  
Meets Sundays, 1500-1700 Victory Chapel 785-239-0875

**Protestant Women of the Chapel (PWOC)**  
Weekly Tuesday Meeting 0900-1130 & Evenings at 1830-2000 at Victory Chapel  
Childcare Provided.  
For more information email [alicpwoc@gmail.com](mailto:alicpwoc@gmail.com) or Facebook "Fort Riley PWOC"

**Catholic Women of the Chapel (CWOC)**  
Weekly Wednesday Meeting at St. Mary's Chapel 0900-1130  
Childcare provided.  
For more information email [fortrileycwoc@gmail.com](mailto:fortrileycwoc@gmail.com) or Facebook "Fort Riley CWOC"

\*\*Check for schedule over Training Holiday weekends\*\*



# New moms need updated workout plans

New programs should be less structured, emphasize flexibility

BY K-STATE NEWS AND COMMUNICATIONS SERVICES

MANHATTAN, Kan. — Often running on empty, new moms may need a bit more flexibility and support to ease back into exercise after giving birth, according to a Kansas State University researcher.

Emily Mailey, assistant professor in kinesiology said when a mom has survived the first several weeks of having a new baby and is ready to start adding exercise — and all of its benefits — back into her life, a more flexible approach works better than a specific regimen. That’s according to Mailey’s study, recently published in the Journal of Health Psychology

“Specific exercise programs can seem like an insurmountable barrier to new moms,” Mailey said. “The results of this study suggest that the idea of encouraging new moms to fit in any kind of activity any way they can might be the best approach for easing back into exercise after giving birth.”

As part of the intervention study, Mailey hosted workshops for mothers who had given birth between six weeks to 12 months before the start of the study to discuss strategies for increasing physical activity. All participants wore accelerometers for a week to measure

activity before the workshops, immediately after the workshops and six months later. Mailey also specifically measured mothers’ perceptions of barriers to exercise.

“Even people who were really active before having kids tend to decrease their physical activity after having kids because they prioritize the baby’s needs first,” Mailey said. “In the workshops, we talked specifically about guilt and the idea that doing something for yourself is not selfish — it actually might help you be more patient or have more energy for your kids.”

Mailey divided the workshop participants into two groups. One group got general advice to increase activity and help with barriers while doing any exercise they chose, including exercise with the baby. The other group got the same advice but it was centered around a regimented running program that is designed to help a sedentary person gradually increase running with 30 minutes of exercise three times a week.

“I went into the study to see if the running program would help new moms find success with getting back into exercise,” Mailey said. “It seemed to me that it would be especially appropriate for new moms because it laid out the steps they need to be successful. That’s the opposite of what I found.”

Moms that were in the flexible group — the group that chose their favorite exercise

— increased physical activity slightly more than the regimented running group over six months, but all moms became more proficient at planning exercise into their lives as new moms and perceived time and guilt to be more surmountable barriers.

“It’s difficult for a mom to get out of this mindset that her main role is to care for her family,” Mailey said. “In the workshops, we talked about how that didn’t necessarily need to be at odds with exercising. Being active might actually help moms be better equipped to care for their family by enjoying some of the mental health benefits of exercise.”

Time and type of physical activity may have been why the flexible approach had a slight increase in prolonged physical activity.

“Some people hate running and this program didn’t change that,” Mailey said. “So, the type of exercise might have been one barrier, but another was time. I was surprised by how many people said finding a 30-minute block of time that they can dedicate to exercise was too difficult.”

Building confidence in planning around potential barriers is one way moms can successfully balance the demands of motherhood and exercise. For example, Mailey said a kid’s sleepless night might make her too tired for her morning workout so she has a backup plan — like a noontime walk or evening

dance party. The backup plan gives moms confidence to follow through with exercise.

The exercise shouldn’t be something the person hates to do, Mailey said. In the flexible group, she discussed the importance of finding an activity that the moms enjoyed doing and talked about how that activity can be broken into three 10-minute bouts of activity if needed instead of one 30-minute session a day.

“Maybe all you can do is fit in five minutes here or do 10 minutes there,” Mailey said. “By changing your mindset so that everything counts, you can build it into your day and it’s more feasible than these 30-minute chunks.”

She also advised moms in the flexible group to set realistic measurable goals. For example, the 10,000 steps guideline may be too much for new moms.

“I don’t think there is a magic number for steps,” Mailey said. “Though 10,000 steps per day is what is thrown out a lot, I encourage people to start with a baseline week just to see how many steps they get normally and then try to increase gradually.”

Overall, the workshops gave mothers support and strategies to overcome barriers, but Mailey also tried help mothers see exercise differently.

“Modeling healthy behaviors for our children and talking positively about exercise will help them have a healthy view of exercise, what it is and what it is for,” Mailey said.

## TUESDAY TRIVIA CONTEST



The question for the week of April 11 was:  
Where can I find the address of the installation tax center?

Answer: [www.riley.army.mil/Units/Staff/Staff-Judge-Advocate/Tax-Center](http://www.riley.army.mil/Units/Staff/Staff-Judge-Advocate/Tax-Center)

This week’s winner is Krystal Pursche, spouse of Staff Sgt. Matthew Pursche, 1st Battalion, 16th Infantry, 1st Armored Brigade Combat Team, 1st Infantry Division.

\* The Fort Riley Tax Center will close for this tax season April 15 at 1 p.m. The Legal Assistance Office offers tax assistance year-round. Taxes can still be completed for those with an extension. Located at 216 Custer Avenue, 785 239-3117 or email [usarmy.riley.1-id.mbx.sja-legal-assistance-office@mail.mil](mailto:usarmy.riley.1-id.mbx.sja-legal-assistance-office@mail.mil).

Pictured above are Krystal, from left, with children Sydney, Kourtnei and Zackary, and husband, Matthew.

CONGRATULATIONS KRYSTAL!

## ALL EARS AT COMMUNITY FORUM



Matt Ellington | POST

Brig. Gen. Patrick D. Frank, 1st Infantry Division and Fort Riley acting senior commander, welcomes area representatives to the community forum April 7 at Riley’s Conference Center. The forum served as an information expo for Soldiers to explore events and attractions in nearby cities.

## CHAPLAIN’S CORNER

# Passover, a celebration of freedom

By William Townsend  
DIRECTOR OF RELIGIOUS EDUCATION

Passover is the oldest and most important religious festival in Judaism. Briefly, the name Pesach, translated Passover, derives from the Hebrew word pasch, passed over, and refers to the sparing of the households of the faithful on account of the sacrificial blood of the lamb, according to Russ Jones in his article “What Is Passover-Important History and Christian Traditions” at [www.crosswalk.com](http://www.crosswalk.com).

The book of Exodus in the Old Testament tells of the origin of Passover. God promised His people He would redeem them from the bondage of pharaoh. God sent Moses to the Egyptian king with the command that pharaoh “let my people go.” When Pharaoh refused, God brought ten plagues on the land of Israel. The tenth and worst of the plagues was the death of all the firstborn children in Egypt, as explained in “What is



William Townsend

Passover?” at [www.gotquestions.org](http://www.gotquestions.org).

God commanded each head of the household should set aside a young male lamb as an offering. Even though the entire nation was responsible for the death of the lambs, each family was to apply the blood of their personal lamb upon the doorpost as a sign of their faith in the Lord’s deliverance. Following this action, the meat of the sacrifice was to be roasted with unleavened bread and bitter herbs, and eaten in haste, since the Jews were to be ready to begin their journey immediately after God killed the Egyptian first-born children. This final judgement changed the Egyptian king’s heart and he released the enslaved Israelites, John Parsons said in “A Brief Overview of Passover” at [www.hebrew4christians.com](http://www.hebrew4christians.com).

Technically, Passover is a one-day holiday that recalls the deliverance of the Lord by means of the blood of the lambs. Immediately following is the seven-day feast of unleavened bread. Modern Jewish people consider Passover to be an eight-day holiday that remembers the birth of the Jewish people as a nation. Today, Jews celebrate Passover to commemorate the liberation

of the descendants of Abraham from their prophesized slavery in Egypt, Parsons said.

From the Haggadah, the Jewish text that explains the Passover ritual meal, comes this phrase, “In each and every generation, we are obligated to see ourselves as if we personally left Egypt,” said Rabbi Bruce Kad-den in “A Christian’s Guide to Passover” at [www.interfaithfamily.com](http://www.interfaithfamily.com). Each generation is to tell the story how God delivered the Israelites.

Jewish traditions prescribe a number of rituals associated with Passover or Pesach. One of the most recognizable is the preparation of a Sader meal. Each item has great significance to the Jewish people. The food items include: Mat-zoh, an unleavened flatbread, given as a reminder of the haste with which the Israelites fled Egypt; Maror, bitter herbs that are usually horseradish, eaten as a symbol of the bitterness of slavery; Charoses, a mixture of apples, nuts, wine and cinnamon, prepared as a reminder of the mortar used in building slave quarters; Beitzah, a roasted egg, placed as a symbol of life; Karpas, parsley or celery, representing hope and resurrection — this is given with a bowl of salted water representing tears;

Zeroah, piece of roasted lamb, placed on the plate representing the sacrificial offering and, finally, wine as a promise of redemption, Jones said.

Passover is celebrated on the 15th day of the Hebrew month of Nisan in the spring. The English date varies from year to year, based on the lunar calendar. For 2017, Pass-over begins April 10 at sunset and ends April 18 at nightfall.

For Messianic Jews, Passover marks the liberation of the entire world from the bondage of the evil one, by the hand of One greater than Moses. It was not the Israelites ancestry or good standing or amiable nature that saved them — it was only the blood of the lamb that made them exempt from death, Parsons said.

In Christianity, Jesus is the Passover. He was killed at Pass-over time and even His last supper was a Passover meal. The sacrifice of the Lamb of God — Jesus — causes the wrath of God to “pass over” those who are trusting in the Lord’s provision for redemption, as explained at [www.gotquestions.org](http://www.gotquestions.org).

Passover has its roots in Jewish history. It is part of a rich heritage which impacts Jews and Christians alike.

## REAL ESTATE WORKSHOP

June 1  
Starting at 9 a.m.



REAL ESTATE WORKSHOP

**“Strategically Using Real Estate To Create Wealth”**

Information from recognized professionals on:

- Financial Planning
- Mortgage Information/VA Loans
- Buying and Selling Properties
- Income Producing Properties
- Manage your property after PCS





KANSAS TEACHER OF THE YEAR TEAM TOURS FORT RILEY



Matt Ellington | POST

The Kansas Teacher of the Year Team listens to Chief Warrant Officer 3 Adam Rickert, 1st Combat Aviation Brigade, 1st Infantry Division, as he explains the basic operation of the Gray Eagle Unmanned Aircraft System, April 7. The teachers toured the Gray Eagle Hangar as part of their visit to Fort Riley hosted by USD 475.

ABUSE Continued from page 11

COMMON SIGNS OF ABUSE OR NEGLECT TO LOOK FOR

- Aggressive or withdrawn behavior
- Inconsistent or changing explanations for an injury or injuries
- Delay in seeking treatment or a lack of treatment altogether
- Afraid of going home
- Hunger, excessive sleeping and/or poor hygiene
- Inappropriate clothing for weather conditions
- Abrupt change in personality
- Poor peer interactions
- Promiscuous or seductive behavior
- Inhibition of play
- Habit or conduct disorders
- Inappropriate sexual knowledge
- Lags in physical development
- Failure to thrive



Season Osterfeld | POST

Toiane Taylor, back, Family Advocacy Program manager, Army Community Service, speaks to an audience about Child Abuse Prevention Month as Brig. Gen. Patrick D. Frank, center, 1st Infantry Division and Fort Riley acting senior command, and Col. John D. Lawrence, U.S. Army Garrison Fort Riley commander, sign the Child Abuse and Neglect Prevention proclamations during the Family Readiness Group Round Up April 4 at Riley's Conference Center. April is National Child Abuse Prevention Month, a month dedicated to sharing information and resources to the entire nation about recognizing and preventing child abuse or neglect.

Witnessing an act of abuse or neglect is not required to make a report. If abuse is suspected, a report should be made immediately, Taylor said. "You do not need to see or witness abuse or neglect to make a report," she said. "If one has 'reason to suspect' abuse or neglect then a report should be made. 'Reason to suspect' means there is credible evidence or inconsistency or discrepancy in explaining an injury. The reporter does not make final decision whether abuse or neglect has occurred. The multi-disciplinary team will meet and decide if incident meets criteria for abuse or neglect." To report abuse occurring in a family that lives on post, call 785-239-6767. If the abuse is occurring in a family who lives off post or residence is unknown, call 1-800-922-5330.

SPRING Continued from page 11



Alix Kunkle | POST

Natalie Hockensmith puts the finishing touches on a dinosaur she was painting during the Exceptional Family Member Program and New Parent Support Program Spring Fling April 7. Natalie is the daughter of Staff Sgt. Travis and Julie Hockensmith, of 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division.

"They network together, and form bonds and friendships away from here, which also strengthens families' readiness," she said. For Janette Caliboso, wife of Spc. Aaron Caliboso, of 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, it was a chance for her son, Oliver, to grow. "I like coming to ACS events because he's growing," Caliboso said of Oliver, who's almost 1 year old. "It's good to be around kids his age." Caliboso said he enjoyed the activities at the event. "He got to paint his canvas," Caliboso said. "He loves to get dirty." For McCauley, the most rewarding thing is seeing families interact and socialize with one another. "I think it's encouragement to families to continue to learn that it's OK to bring your children out, no matter if it's a difficult day or not, so that there's not isolation, and not that fear of getting out in public," she said.

IN SERVICE TO OTHERS



Scott Rhodes | FORT RILEY PUBLIC AFFAIRS

Members of the Retired Senior Volunteer Program with the Flint Hills Volunteer Center packaged cookies to donate to the USO Fort Riley April 4 before they were recognized for their service with a special presentation by U.S. Army Fort Riley Garrison Commander Col. John Lawrence and Scott Payne, director of USO Fort Riley. The volunteers were on post for Mayor and County Recognition Day for National Service.







# Travel & Fun in Kansas

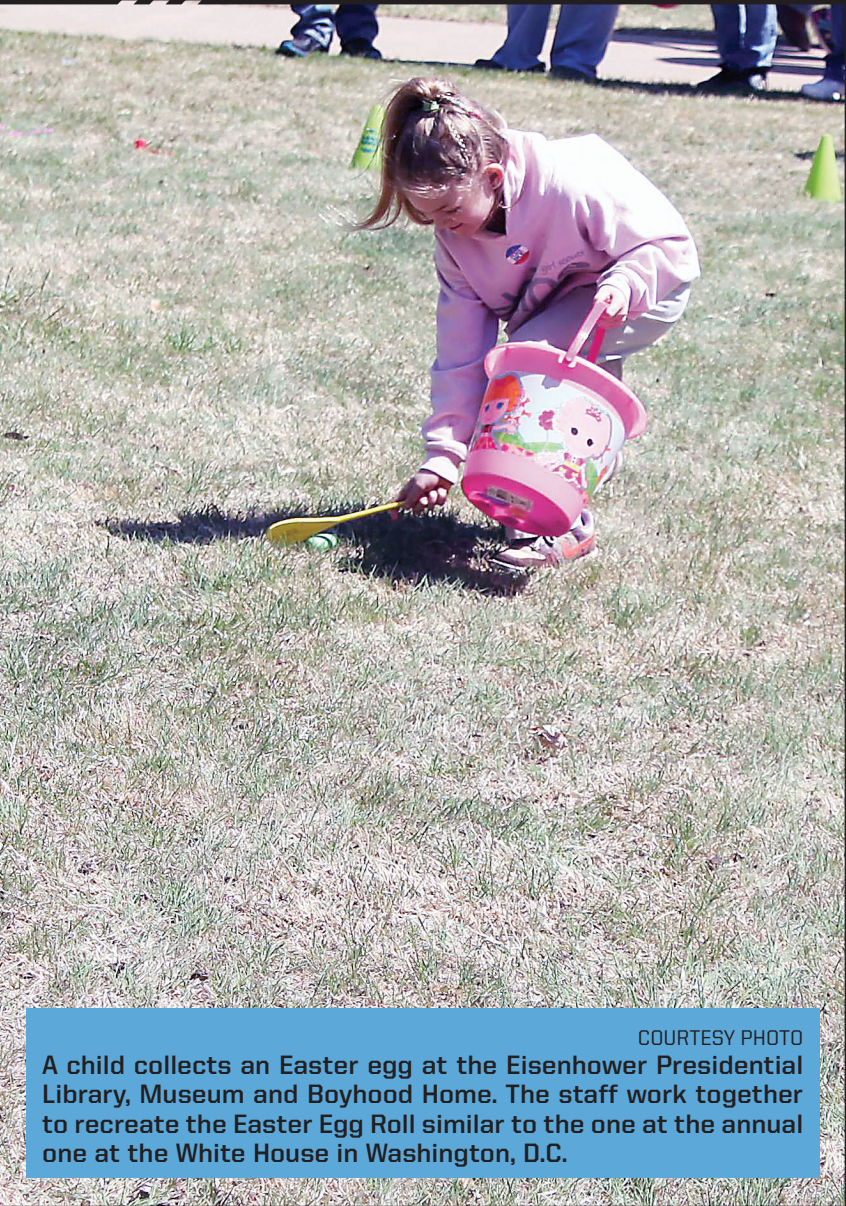


Spc. Shell wants you to check out next week's Travel & Fun in Kansas – Tulip Gardens

★ APRIL 14, 2017

HOME OF THE BIG RED ONE

PAGE 16 ★



COURTESY PHOTO

A child collects an Easter egg at the Eisenhower Presidential Library, Museum and Boyhood Home. The staff work together to recreate the Easter Egg Roll similar to the one at the annual one at the White House in Washington, D.C.

By Season Osterfeld  
1ST INF. DIV. POST

Brightly colored eggs filled with sweets and treats will soon be found hidden around parks, museums, lawns and all over town as Fort Riley and surrounding community members celebrate Easter with egg hunts and visits from the Easter Bunny.

At Fort Riley, the Easter Extravaganza is being hosted by staff of the Army and Air Force Exchange Service in the field beside the Main Post Exchange, 2010 Trooper Drive, April 15 at 11 a.m.

Easter egg hunting will be divided into three age brackets — 2 to 4, 5 to 7 and 8 to 12. There will be a coloring table, prizes, face painting and photos with the Easter Bunny.

Staff of the Eisenhower Presidential Library, Museum and Boyhood Home and the Abilene Parks and Recreation Department will host an Easter Egg Hunt April 15 at 1 p.m. at the facility, 200 SE 4th St., Abilene, Kansas. The staffs work together to recreate the Easter Egg Roll similar to the one at the White House

in Washington, D.C. After the egg hunt, there will be games, the egg roll and other activities available to families. For more information, call 785-263-6700.

In Wamego, Kansas, more than 3,000 eggs will be scattered across the Wamego City Park, 406 E 4th St., April 15 for kids to collect starting at 10 a.m. This free event is open to the public. Egg hunters must be in 5th grade or below to participate. For more information, visit [www.visitwamego.com/events/easter-egg-hunt](http://www.visitwamego.com/events/easter-egg-hunt).

Residents and staff of Valley View Senior Life, 1417 West Ash St., Junction City, Kansas, are hosting their annual Easter Egg Hunt and Carnival April 15. The free event will have 15,000 eggs hidden for children ages 12 and under. The event is open to the public. For more information, call 785-762-2162, extension 223.

Members of Acacia Lodge #91 will hold their annual Easter Egg Hunt April 16 from 3 to 6 p.m. at North Park, Thompson Drive, Junction City. The free event will have food and free Easter baskets for the first 250 kids, as well as giveaways with bicycles, rabbits and toys. For more information, call 843-468-1192.



Season Osterfeld | POST

**ABOVE:** Children hunt for Easter eggs in the grassy field beside the Main Post Exchange March 27, 2016. Staff of the PX will hold an Easter egg hunt April 15 at 11 a.m. **BELOW:** A child receives an Easter egg filled with candy eggs in the grassy field beside the Main Post Exchange March 27, 2016.



COURTESY PHOTO

The Easter Bunny is available for photos during the Easter egg hunt at the Eisenhower Presidential Library, Museum and Boyhood Home. Staff of the library and museum, along with the staff of Abilene Parks and Recreation Department will host an Easter Egg Hunt April 15 at 1 p.m., 200 Southeast 4th St., Abilene, Kansas.



COURTESY PHOTO

Families can visit game booths and vendors during the Easter egg hunt at the Eisenhower Presidential Library, Museum and Boyhood Home. Staff of the library and museum, along with staff of the Abilene Parks and Recreation Department will host an Easter Egg Hunt April 15 at 1 p.m. at the facility, 200 SE 4th St., Abilene, Kansas.



Spc. Shell, a Fort Riley box turtle, wants to remind everyone to recycle their plastic Easter eggs when they're done with them and keep candies and sweets away from pets.