



THE FIGHTING FIRST!

THE 1ST INFANTRY DIVISION POST



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FORT RILEY, KANSAS



Kalene Lozick | POST

The catwalk to the second floor connects the parking structure to Irwin Army Community Hospital's second floor and provides a view of the facilities main entrance. Below the catwalk is an outdoor seating area – located off the Dining Facilities Administration Center.

Hospital celebrates first year

Commander talks progress in women's health, first encounter clinic, future plans

By Suet Lee-Growney
1ST INF. DIV. POST

The new and improved Irwin Army Community Hospital celebrated its first anniversary Oct. 16.

Col. John Melton, IACH commander, reflected on how the breakthrough additions that transpired in IACH's first year correspond with the facility's goals. He also said the 1st Infantry Division has taken ownership of the hospital and they recognize themselves as the "Big Red One" hospital.

"We look to the hospital as a gift from the American people," Melton said. "We see our-

selves as the Big Red One hospital and the division considers us their hospital ... Our purpose is clear. We empower those who fight and win our nation's wars. Our charge is to enable the readiness of every Soldier to fight tonight and we enhance the resiliency of our families to sustain the readiness of that Soldier. That's what makes us an Army hospital ... It's like that legacy facility (the former IACH building), even though it has done its best since 1958, it was the last artifact — almost like the last thing that we had to divest ourselves in — so it can free us to relook how we want to deliver care for our division. Over here, it's all about what is possible."

Jorge Gomez, IACH public affairs officer, had his start at the legacy hospital. He said hearing Melton call IACH a "BRO hospital" helped shape the new hospital's vision.

"For me as someone who was here before Col. Melton arrived, he emphasized that we were a Big Red One hospital, which was kind of radical for us as a staff because we had never thought of ourselves that way," Gomez said. "But that helped give identity and vision and mission to the purpose (of) why we exist. That is kind of a compelling message to remind us what we are doing here."

See IACH, page 8

Fort Riley garrison fiscal year in color

By Kalene Lozick
1ST INF. DIV. POST

"When you hear, 'the color of money' ... (it) tells you the history of our budget," Bill Bunting, director of resource management Fort Riley garrison said as he pointed to the statistics.

An overview on the fiscal year 2017 involves color coordinated bar graphs, acronyms and money mazes. Bunting provided an overview of the Fort Riley garrison command budget close out for FY 2017.

"What we do is take the colors of money and make that color provide something," Bunting said. "The red dollars, are the SRM (Sustainment Restoration Modernization) dollars, the engineer stuff. Those guys fix all the brick and mortar. The white color of money is the training money, so the DPT-MS (Directorate of Plans, Training, Mobilization and Security) guys can go train the Soldiers. The green money is Base Operations, (so) an organization like PAO (Public Affairs Office) can get paid and order equipment. We have OCO (Overseas Contingency Operations) dollars, they oversee contingency stuff. You can see it is starting to die out. Ten years ago, (we) were getting \$28 million because of the war. Well what's happened to the war? It's getting a little smaller and smaller. Then we have the Department of Army Administration stuff and Army family Housing."

The color of money will change year after year due to outlining influences, like a sequestration. Year after year though, Fort Riley garrison command's budget has bounced back.

"In a bad year of sequestration (FY 13), we only had \$113,900 million," Bunting said. "Because when you furlough everyone for eight days and when you cut back on everything you have less money. In FY 14, we had a big rebound because we deferred a lot of things. We had \$145 million. As you can see overtime, we go up then we go down, we go up then we go down and then we go back up."

See BUDGET, page 2

Rural citizens bond with Fort Riley over frequency



Robert Smith, supervisory curator of Fort Riley museums, presents historical background to educate rural citizens and Riley County commissioners on the mission of the division and installation. The Riley County Rural Citizens Tour Oct. 12 was to strengthen community bonds between rural citizens and the installation.

Story and photo by Kalene Lozick
1ST INF. DIV. POST

Coffee brewed as the sun's ray entered the kitchen. It's a typical week day morning. Until the windows begin to rattle after a boom. Fort Riley's artillery fields are active. Rural citizens neighboring the installation are calling the installation to ask about the recent explosion of artillery rounds.

Fort Riley hosted the Riley County, Kansas, Rural Citizen Tour Oct. 12 with the goal to strengthen community partnership between rural citizens living near Fort Riley and the installation itself.

Angela Stewart, director of management for Directorate of Plans, Training, Mobilization and Security, said rural citizens were all invited to Fort Riley by Marvin Rodriguez, Riley County city commissioner, after a community meeting that Col. John Lawrence, Fort Riley garrison commander, attended.

"They hear all the booms and the helicopters flying around," Stewart said. "It makes you a little curious. So the garrison commander offered to have the community partners come on the installation so that

See TOUR, page 6

FORT RILEY VOLUNTEER SPOTLIGHT



Staff Sgt. Gary Rollins, Soldier and Family Assistance Center, was instrumental in the on-time reopening of the Hoop House. He cleaned the greenhouse inside and out. He worked 27 hours on this project. If not for his dedication, the Hoop House would not have been completed as scheduled.

To learn more about volunteer opportunities, call Becky Willis, Army Volunteer Corps Program manager, at 785-239-4593.

IN THIS ISSUE



FALL FEST BRINGS FAMILIES TOGETHER, SEE PAGE 9

ALSO IN THIS ISSUE



CHECK OUT THE SANDSTONE CASTLES IN CORONADO HEIGHTS, SEE PAGE 14

‘Durable’ Soldiers go back to basics

Story and photo **Spc. Walter Carroll**
1ST INF. DIV. SUST. BE. PUBLIC AFFAIRS

Soldiers from the 1st Infantry Division Sustainment Brigade conducted field training exercise Operation Reliable Focus Sept. 27 through Oct. 3 at Fort Riley. Operation Reliable Focus provided the Soldiers an opportunity to reinforce their basic Soldier task and drills ranging from land navigation to drivers training, as well as other various trainings.

Pfc. Alex J. Pierre, an Intelligence Analyst with the 1st Inf. Div. Sust. Bde., learned and recertified skills he hadn't practiced since basic combat training and co-instructed an intelligence brief.

"It's actually been a learning experience," Pierre said. "We're learning what we do on our tactical side instead of just our administrative side. Had it not been for the field I would have not known how to put up a pop or (Deployable Rapid Assembly Shelter) tent."

While participating in the FTX, Pierre had his fair share of training exercises, stating his favorite was land navigation.

"My battle buddies made it interesting," Pierre said. "Talking to my battles made me calmer and gave me more motivation."

Although land navigation was enjoyable for Pierre, he did find a few difficulties.

The daytime was harder because it was easier to confuse another point for yours, Pierre said. "You think more at night due to the low visibility."

Pfc. Courtland Hartford, an Intel Analyst 1st Inf. Div. Sust. Bde. works alongside Pierre.

"I've known Pierre since he got here in April," Hartford said. "He's a great guy, he's enthusiastic everyday he comes to work."

"I think the training was necessary and it was a good refresher," Hartford said in reference to the field exercise.

As part of the brigade intelligence staff, Pierre had an opportunity to team up with his shop battle buddies and conduct a class on the use of sand tables and ground maps.

"I never had the opportunity to learn how to build sand tables in (U.S. Army Training and Doctrine Command)," Pierre said. "In less than 24 hours my (noncommissioned officer) taught me and said I did a job well done."

The use of sand tables is a strategic tactic used to develop information about the enemy.

"A lot of Soldiers don't know what the sand tables look like," Hartford said. "We wanted to explain our thinking process."

A process that Pierre said must be accurate to get troops on the ground and in their designated locations.



The 1st Infantry Division Sustainment Brigade Soldiers try on protective gloves to lay concertina wire during Operation Reliable Focus Sept. 27 at Fort Riley, Kansas. Concertina wire is used as a barrier around a forward operating base.

"As an Intel Analyst, we have to make sure our information is as accurate as it can be, to get the troops on (the) ground where they need to be when they need to be there," Pierre said. "The sand tables are the best way to show where the enemy is going to be, how to counter their attacks and the best way for our friendly forces to use their fighting abilities."

Another training exercise that took place during the FTX was drivers training. It was an opportunity for the Soldiers to

not only learn how to drive a military vehicle, but also how to drive in the dark with night-vision goggles in the place of headlights.

"It was good to do drivers training in the field," Pierre said. "Being that it was in the field there weren't any distractions, mental or physical, and we could focus on being proficient in our military driving skills."

Chemical, Biological, Nuclear and Radiological training took place while the Soldiers conducted Operation

Reliable Focus. CBRN training prepares Soldiers by teaching them the proper use of protective mask should they ever be under a chemical attack or dealing with nerve agents. The Soldiers also learned how to properly put on and wear their protective uniform known as the Joint Services Lightweight Integrated Suit Technology.

"The uniform was snug when I tried it on but I thought it would keep me protected," Pierre said.

During the CBRN training, Pierre said he learned how to clear his new mask properly, which was different from the one he used in basic training.

"I like the way this one felt and looked."

Although he's still fairly new to the military and the unit, Pierre has high hopes for the unit and its trainings.

"Keep it being a learning experience; the more we can learn from each other the more we can help each other," Pierre said.

‘Durable’ Soldier bonds with team during field training exercise

By **Spc. Walter Carroll**
1ST INF. DIV. SUST. BDE. PUBLIC AFFAIRS

For their most recent training exercise, Soldiers of the 1st Infantry Division Sustainment Brigade had the opportunity to learn about the job — and about themselves.

During Operation Reliable Focus, Sept. 27 through Oct. 3 on Fort Riley, service members of the brigade recertified their skills in land navigation, drivers training and Chemical, Biological, Radiological and Nuclear training.

Staff Sgt. Christopher R. Foster, a Fredericksburg, Virginia, native and human resources sergeant with the 1st Inf. Div. Sust. Bde., compared his field experiences as a specialist to now being a NCO during a FTX.

"It's different perspectives; my last FTX, I was a (junior enlisted) Soldier," Foster said. "A lot of times, being given the information as a Soldier and not understanding where it comes from is different than being in a leadership position, understanding the intent and selling it to your guys, getting them to understand the mission."

Part of the exercise included conducting a 40 hour drivers training course. This course was designed to certify unlicensed service members and re-certify current license holders. With more than 18 years of experience in the Army, including drivers training, Foster has developed more of a personal reason to attend the training, even though he's already qualified for it.

"My Soldiers are there, I like to be there," Foster said. "I'm new to the section and I feel the best way for us to come together is to be in training with them."

"The class is entertaining, informative and relevant to what we're doing."

Spc. Zilporah Lewis, human resources specialist, 1st Inf. Div. Sust. Bde., works with Foster.

"No matter what we did in the field, he didn't complain, he just went along with it," Lewis said. "He puts the Soldiers' needs above his own."

Foster put on his NCO hat after the day of instruction to ensure his Soldiers had a thorough understanding of the day's lesson.

"After the instructor gives the class, I can do a check-on-learning and that's where we build a cohesive bond," Foster said.

Foster stresses the importance of taking care of the equipment they might use in a future deployment and hopes the Soldiers choose to take away a lot of information.

"Hopefully they choose to take away a lot of this information because when we do deploy and when we do take these vehicles with us a lot of what we're learning in drivers training has the potential to benefit the mission and potentially save lives," Foster said.

"It was a good experience," Lewis said. "Being in the field caused us to bond more as a shop."

The students participated in drivers training for the entire duration of the FTX. This includes classroom sessions, day and night time hours behind the wheel of Humvees and learning how to tow trailers.

"The world is ever-changing, and this is something I try to drive home to my guys," Foster said.

Foster believes that some training skills are perishable and refining them is of the absolute importance.

"Hey man, you're never going to know when you're really going to need this stuff," Foster said.



Sgt. 1st Class Victor Gardner | 1ST INF. DIV. SUST. BDE
Staff Sgt. Christopher R. Foster, Human Resources Sergeant, 1st Infantry Division Sustainment Brigade, acts as a weapons guard during Operation Reliable Focus Sept. 29 at Fort Riley, Kansas. Maintaining a weapons guard is essential to mission success as it keeps positive control of weapons when Soldiers are not within an arm's reach of them.

BUDGET Continued from page 1

The budget system at Fort Riley is specific. The funds are distributed, by law, to the various items within the garrison. These funds are appropriated and must be spent, Bunting said.

"All of our money is appropriated by Congress," he said. "It does not matter what the President of the United States says, Congress holds the power of the purse ... so when Congress says you will have money for civilian pay (or) equipment, or whatever it is. That is all I can spend it on."

In some rare cases, Congress will pass a law that specifies what the money must be used for.

"Authorization laws have two basic purposes," U.S. Senate Committee on Appropriation said. "They establish, continue or modify federal programs, and they are prerequisite under House and Senate rules for the Congress to appropriate budget authority for programs."

Authorization laws occur prior to appropriation laws. For the FY 18, Bunting is still waiting for the budget to pass Congress.

"Now we are just waiting for the Appropriation Bill to be signed because our budget can change," Bunting said. "For instance, this year, which is kind of unique, the President asked for \$490 billion and Congress said you're spending \$700 billion. OK, that is a pretty

significant difference. So we're waiting to see if Congress passes (the budget) and the President signs."

The way the budget is spent during the fiscal year is broken up into four quarters.

"First quarter we start," he said. "Second quarter we are checking ourselves, maybe we can buy some things we thought we couldn't buy. Third quarter we are getting a little antsy, we are expecting more money, we are buying more things we thought we couldn't buy. And then fourth quarter we close this (the budget) thing out, get everything we need and buy into the future as much as we possibly can."

Bunting explains the process like a fuel gage. At the end of the fourth quarter, the fuel must be empty because, by law, the budget must be spent.

"Third quarter is called mid-year review and we should be at a half a tank at the gas gage," he said. "If you are above a half a tank you better start moving money around and give it those who can spend or you have a big project later to be able to spend it. That (third quarter) is when money is moved around the installation and in directorates."

Fourth quarter for FY 17 was unique this year as Fort Riley closed the budget early in June.

"Fourth quarter, wait why are you talking June? We slide left a month because

of time, making decision because of Flash the Bang."

Flash the Bang is an artillery term that determines ones distance from the crack, the boom, the bang from the flash exiting the muzzle of a tank or a rifle. This bang is referred to as Flash the Bang. Bunting and his team use this term to determine how to spend the remaining budget.

"What you think might take a couple of days could take a couple of weeks to months, that's the delay," he said. "That is why we do it in June because the meter is ticking and we got to be at zero by the end of the FY."

This year, Fort Riley did not make money but broke even, Bunting said, so the end of year shifted to the left.

"No matter how much money I have, whether it is a dollar or a billion dollars there needs to be somebody to help me spend it," he said.

"It is a team effort. Get after it early and often."

Bunting and his team in RMO focuses on three major items when distributing the funds.

"Team work, communication and collaboration," he said. "I can't get any of this stuff done to satisfy the commander's needs unless I have those three things going."

Without team work and collaboration, workers are not paid and lights go dim in buildings

"I cover civilian pay, contracts, utilities, anything we rent, equipment we buy and we do the life cycle," Bunting said. "We do cradle-to-grave, anything from the lights being turned on to the chair (garrison employees) are sitting on and we are involved with all the colors of money."

Looking forward to FY 18, Bunting and his team are looking at a good year, he said.



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THE FIGHTING FIRST!

John Abel: A ‘Big Red One’ Soldier’



THEN & NOW

By Phyllis Fitzgerald
SPECIAL TO THE POST

A native of Ponca City, Oklahoma, John Abel joined the Army in December 2001. He received both his basic training and Advance Individual Training at Fort Knox, Kentucky, earning the military occupational specialty 19K, Tanker-M1A1. After training, his first assignment was to Fort Riley, arriving June 2002. He was assigned to Company A, 1st Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, serving as an M1A1 armor crewman, driver, loader and gunner. Abel and his unit deployed to Iraq and served there from September 2003 until November 2004. They were stationed at Ramadi-Camp Junction City, Fallujah, and Habbaniyah – Camp Manhattan. “I was injured two times: from an IED (improvised explosive device) explosion and a gunshot wound,” Abel said. Abel was evacuated out of the theater and, returned to Fort Riley where he became part of the personnel security detail for the brigade commander. “I returned several times to Iraq,” Abel said. “I also helped to build up Camp Funston for the Mission Initial Training Teams or MITT.

In 2007 he was assigned to Fort Lewis, Washington, serving as a tank commander for the Stryker Mobile Gun Systems of 4th Battalion, 23rd Infantry, 5th Brigade, 2nd Infantry Division. “We tested and fielded the Strykers,” Abel said. “(Then from) April 2009 to April 2010 we deployed to Forward Operating Base Wolverine in Afghanistan.” During this deployment, he was injured by an IED and a rocket propelled grenade. We returned then deployed again in June 2011, a tour that lasted until April 2012. “During this deployment, I was injured for the third time by an anti-tank mine,” Abel said. In July 2013, Abel returned to Fort Riley and for an assignment to Company D, 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Inf. Div. In July 2014, he retired as a sergeant after 13 years. He received three Purple Hearts for injuries sustained on three separate deployments. After retirement, Abel began work as an account coordinator for Focus Work Forces and assisted with staffing for industrial clients such as Florence Corporation. “I am also a Cub Master for Pack 62 here in Junction City (Kansas) and my wife, Jessica, is a Tiger Den Leader for Pack 62,” he said. “I am also a Life Member of the Disabled American Veterans.”

Abel is part of a documentary about suicide called “Struggle Beyond the Decade.” The documentary followed Co. A, 1st Bn., 34th Armor Regt., 1st ABCT, 1st Inf. Div. Aaron Martinez, a tank commander for 2nd Platoon is the director. “In the last three years, our unit has lost eight lives to suicide,” Abel said. “This documentary came out on YouTube May 6 and later it will be out on Netflix.” The Abel family stayed in the area. “We bought a home and our son was born here,” Abel said. “We wanted stability for my son and my family. We liked the quality of care that we receive here, we like the community as a whole, and that is one of the reasons why we stayed here.” Another reason is the Cub/Boy Scout Community here, Abel said. “My favorite ‘Big Red One’ memory is the song,” Abel said. “I love to sing it makes me feel good and highlights the camaraderie shared among Soldiers. It gives you a great sense of unity and belonging. One of the things we would do is someone would sing the first line of the song and the next person would sing the next line and so on. I loved the morning PT (physical training) when the grass was a little wet and I we be walking to go PT together.”

Home electric users hold power

Story and photo by Andy Massanet
1ST INF. DIV. POST

The month of October is Energy Action Month and is a time for everyone to become enlightened about how to conserve. While personnel from the Utilities and Energy branch, Directorate of Public Works seek ways to assist in the design and implementation of methods to conserve energy in official buildings, a large portion of the consumption of energy at Fort Riley is in the private residences. According to Dan McCallister of that branch, a rough estimate of private consumption of energy on post is “about 30 percent.” That means upgrading official buildings is only part of the solution. “We’ll work with the engineering branch to figure out how we can implement energy conservation measures in the projects they are doing,” said Antonio Cervantes, an engineer for the Utilities and Energy branch. “But, it’s important for us to inform people (on saving energy). There is only so much that we can do as far as conserving energy in the home.” Cervantes said sometimes it’s the seemingly small things that add up to inefficient energy practices: leaving lights on, or tricking an air-conditioning unit to stay on. “So we are trying to keep people aware and say ‘hey, if you can do your part, then all the better,’” he said. Cervantes and fellow engineer Hadassa Baker engaged the community with a demonstration and information table at the Post



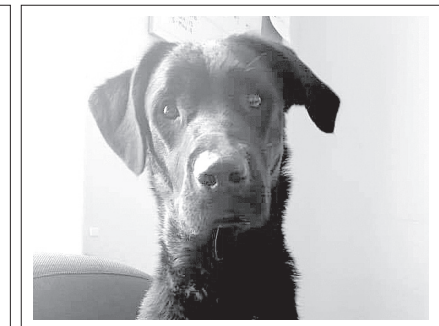
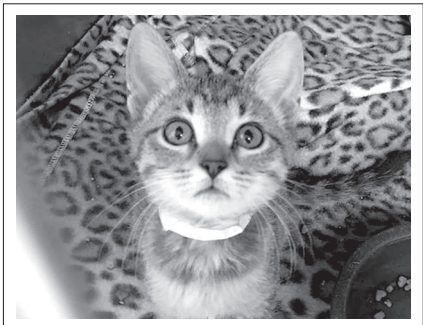


Exchange Oct. 13. It was there that they discussed with visitors some practical measures for conserving energy in the home, including the prudent selection of light bulbs. One of those visitors was Staff Sgt. Stanmore Hinds, a trumpet player for the 1st Infantry Division Band. His mother, who lives in Montgomery, Alabama, asked him to change all the bulbs in her house to the LED type. “She had an aneurysm and can’t get around too well,” Hinds said. “So she had me change out the bulbs in her house to LEDs so they wouldn’t burn out and she wouldn’t have to keep changing them.” According to a demonstration conducted by Baker and Cervantes at the PX, while the life of an ordinary incandescent bulb can be charted in months depending on use, the life of the LED bulbs Hinds installed for his mother can last more than 22 years. “I was really surprised at how much brighter they are too,” Hinds said. “Plus, they don’t get as hot as the regular bulbs.” The incandescent bulbs on display at the PX quickly grow too warm for touching. That’s because they draw 60 watts of power, compared to just 11 watts by the LED bulbs. And while the new bulbs haven’t realized a money savings yet — “I just put them in this month,” Hinds said — such savings should be coming. “I’m sure that’s part of the reason she did it though,” Hinds said, “knowing her.”

See ENERGY, page 4

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Pets of the Week

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TRAFFIC REPORT

ACCESS CONTROL POINT HOURS

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

For more information about Fort Riley access procedures, visit www.riley.army.mil. The access control point hours are:

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, closed weekends and federal holidays. This gate will have inbound commercial vehicle lanes only. Although personally owned vehicles will be allowed access, there is no designated POV lane.

Outbound traffic is not authorized. Badges and passes may be issued to commercial drivers prior to access at the gate.

Grant:

As of Oct. 16, Grant Gate is open between 5 a.m. to 8 p.m. Monday through

Friday. It is closed weekends and federal holidays.

CAMPBELL HILL ROAD CLOSURE

As of Oct. 4, Campbell Hill Road is closed north of Huebner Road for repairs.

Traffic will be diverted to the tank trail parallel to Campbell Hill Road.

The repairs will take about one month to complete. Access to the land fill will still be possible during the repairs.

HUEBNER ROAD CLOSURE

Huebner Road will be closed to thru traffic from the intersection of McCormick Road and Custer Avenue to the dog park entrance west of Lower Brick Road.

The closure will be no earlier than 9 a.m. and no later than 6 p.m. Oct. 18. Huebner Road will re-opened once work is complete in that area.

The detour will be posted and will be via Sheridan Avenue, Pleasanton Avenue and Custer Road.

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.

Question and answer for this week:

Q: Who can take Human Resources training on OPM's HRU?

A: Any DOD employee can register for, and take training on, OPM's HRU training portal. Much of the hour training available through HRU is free, while some training is available for a fee.

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.

TO FIND OUT MORE ABOUT THE NEW BEGINNINGS SYSTEM, VISIT WWW.CPMS.OSD.MIL/SUBPAGE/NEWBEGINNINGS/NBHOME

ENERGY Continued from page 3

A middle of the road choice between incandescent bulb and the LED bulb is the compact fluorescent bulb, Baker said. Less expensive than an LED bulb, the CFB uses about 14 watts and lasts over seven years.

OTHER ENERGY SAVING TIPS, RESOURCES:

- Use the information provided above and change out five of your most often-used bulbs in your house. You could save \$75 each year. (Source: Army Energy Action Month literature).
- Use a power strip for all electronic equipment, not just computers, and turn it off when not in use. The average yearly savings is about \$100 per year and up to 12 percent of your annual electric bill (Source: Army Energy Action Month literature).
- Adjust your thermostat 7 to 10 degrees for eight

hours a day for an average savings of \$83 and up to 10 percent annually on cooling and heating bills. (Source: Army Energy Action Month literature)

- Clothes dryers use a great deal of power because they need to both spin the laundry and produce heat to dry. Try an energy efficient brand of dryer or, better yet, during the warm months use an old-fashioned clothesline and let Mother Nature do the job (energyusecalculator.com/electricity_clothesdryer.htm).
- According to the www.energy.gov website other ways to save energy at home include:
 - Choose efficient appliances and use them wisely to save money and energy.
 - Make your own electricity by installing a small solar electric, photovoltaic system at your home. Also, take advantage of

clean, renewable energy by buying "green power."

- Make smart driving choices to reduce your environmental impact and reduce your fuel use and costs. Also, be aware that Both the vehicle you choose and how you drive that vehicle affect your fuel use, transportation costs, and environmental impact. Whether you're commuting long distances or making short trips around town, your driving choices matter.
- Windows, doors, and skylights are significant components in the home. Ensuring they are as energy efficient as possible can save energy; reduce heating, cooling, and lighting costs; and improve the comfort of your home.
- Insulation in your home provides resistance to heat flow. The more heat flow resistance your

insulation provides, the lower your heating and cooling costs. Properly insulating your home not only reduces heating and cooling costs, but also improves comfort.

Heating your home uses more energy and costs more money than any other system in your home -- typically making up about 42 percent of your utility bill.

No matter what kind of heating system you have in your house, you can save money and increase your comfort by properly maintaining and upgrading your equipment. For those wanting to know more about what they can do to save energy at home, there is www.energystar.gov. Created in 1992 by the Environmental Protection Agency it helps set standards for a wide range of products that claim to be energy efficient. It also provides guidance to consumers.

October is Energy Action Month

Saving energy is as easy as 1,2,3



Light up your home with efficient light-emitting diode (LED) lights, which can use 75% less energy than traditional incandescent lighting and last up to 25 times longer.



Plug electronics into power strips that can be turned off when the equipment is not in use.



WASH TEMPERATURE
all cold rinses

Save on water heating costs by using cold water when doing laundry.

Defense Commissary Agency rolls out MILITARY STAR card

By DeCA Corporate Communications

FORT LEE, Va. — The Defense Commissary Agency is rolling out acceptance of the MILITARY STAR card in all its stores to offer greater convenience to service members and their families and further strengthen funding of critical military quality-of-life programs, said Command Chief Master Sgt. Stuart Allison, DeCA senior enlisted advisor.

"Being able to use the MILITARY STAR card at the commissary is

a big win for shoppers," Allison said. "Having one convenient payment method specifically for the military community demonstrates the commitment DeCA and the exchanges have for meeting the needs of service members and families in the most cost-effective way possible to maximize the value of each benefit."

By Nov. 9, the card's acceptance will be expanded throughout commissaries worldwide for all branches of service.

BENEFITS OF THE MILITARY STAR CARD INCLUDE:

- Two points per dollar on purchases and a \$20 gift card after 2,000 points earned
- One of the lowest Annual Percentage Rates, 11.24 percent, among retail-issued cards no matter the cardholder's credit score
- Fair and flexible terms such as no annual, late or over-limit fees
- 10 percent discount on first day of use, including at the commissary

- Reduced interest deployment plan with no payments required for eligible customers
- Commissaries will accept the card only as a form of payment, meaning customers cannot get cash back from the card. Customers will need to visit an Exchange or MyECP.com to apply for a card as well as make payments and redeem their points on eligible purchases.


While customers can earn reward points on commissary purchases, STAR Card Rewards

gift cards are not redeemable at the commissary.

Customers can go to commissaries.com/customer-service/faqs for STAR card frequently asked questions and a rollout schedule: commissaries.com/customer-service/faqs-listing/military-star-card/rollout-schedule.


Customers with further questions about the card should contact the MILITARY STAR card customer contact center at 1-877-891-7827 or visit MyECP.com.

VETERANS WEEK ACTIVITIES



NOVEMBER 3
Matt Mason Concert and ESU Student Veterans Association Fundraiser
The door proceeds from this special concert at Bourbon Cowboy will be donated to the ESU Student Veterans Association. Additionally, the SVA will host a silent auction that same evening with donations from area merchants including gift baskets, t-shirts, and gift certificates.

Silent Auction 7pm - 10pm
Matt Mason - 10pm - 1am
Door donation to benefit the ESU Student Veterans Association



NOVEMBER 4
Irreverent Warriors Silkies Hike
The Emporia Chapter of Irreverent Warriors will host their second annual Silkies Hike on November 4. IW, founded in 2015, brings together veterans using humor and camaraderie to heal the mental wounds of war. Often referred to as a modern day VFW, the organization hosts Silkies Hikes throughout the United States. Veterans from throughout the Kansas region come together for a 22K hike; the distance is intentional to bring awareness to veteran suicide - estimated at 22 veterans a day.
Hike departs from the Veterans Memorial Park at 9am

FIRST ANNUAL VETERANS DAY


HONOR ★ CRAWL ★

Saturday, November 11

6:30PM *Savanna Chestnut* at the VFW



10PM *Just Passin' Through* at Bourbon Cowboy

For more info about all of these events contact Mike White, Vice Commander, VFW Post 1980 • (785) 430 8095 or michaelwwhite191@yahoo.com



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RILEY ROUNDTABLE

If you could be any mythical creature, what would you be and why?



"Dragon because of 'Game of Thrones' and the ability to issue fire whenever I want to."

RON STEWART
BROOKLYN, NEW YORK

Operations supervisor, Directorate of Plans, Training, Mobilization and Security



"Mermaid. I like the water and swim. And I really like 'The Little Mermaid.'"

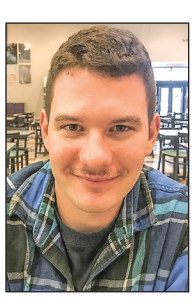
RET. SGT. LIZA BROWN
ABILENE, KANSAS



"Pegasus because read a book about it and it's a horse with wings!"

MAKENZIE BUYNDO
DIXON, KANSAS

Daughter of Staff Sgt. Michael Buyno of 287th Military Police Company, 97th Military Police Battalion, 1st Infantry Division



"Odin's raven because in Norse mythology, they are known to be the keeper of wisdom and magic."

SPC. JOHN BENTLEY
BIRMINGHAM, ALABAMA

Fort Riley Soldier



"Phoenix because it rises from ashes."

NENA FOSTER
FREDERICKSBURG, VIRGINIA

Wife of Sgt. Christopher Foster, 168 Brigade Support Battalion, 1st Infantry Division Sustainment Brigade

THE 1ST INFANTRY DIVISION POST

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

FATALITY-FREE DAYS

467

As of Wednesday, Oct. 18, 467 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 785-240-0647.

Commentary

Safe 'Trick or Treat,' Halloween fun

By Alex Bender
GARRISON SAFETY OFFICE

For many, Halloween is a time of fun, tricks and treats. However, the real dangers are not from ghosts and goblins but rather from trips, falls and pedestrian/car crashes. Many unintentional injuries can be prevented if parents closely supervise school-aged children during trick-or-treat activities. Think about safety on this annual day of make-believe.

Parents can prevent children from getting injured during Halloween by following these simple safety tips from the American Academy of Pediatrics, the Centers for Disease Control and Prevention and the National Safety Council.

CHILDREN SHOULD UNDERSTAND AND FOLLOW THESE RULES

- Never enter a stranger's home or apartment while trick or treating.
- Walk on sidewalks, not on streets, or cut across yards or lawns.
- Treats should be brought home before eating them so parents can inspect them.
- Cross at corners and do not run from house to house.

MOTORISTS, MUST BE ALERT

- Drive slowly, watch for children walking on the street, roadways, medians and curbs.

- Enter and exit driveways and alleys with caution.
- At twilight and later in the evening, be alert for children in dark clothing.
- Take care of errands and plan not to drive during hours of darkness and do so only if necessary.

PARENTS, BEFORE CHILDREN START OUT ON THEIR "TRICK OR TREAT" ROUNDS; YOU SHOULD

- Make sure that an adult or an older responsible youth will be supervising the outing for children under the age 12.
- Plan and discuss the route trick-or-treaters will follow.
- Establish a curfew for children and older youth.
- Instruct your children to stop only at houses or apartment buildings that are well-lit.
- Pin a slip of paper with the child's name; address and phone number inside a pocket in case the child gets separated from the group.
- Make sure that your front door area is well lit, and remove any hazards a child could trip over such as Jack-o-lanterns, pumpkins, garden hoses, toys, bikes, etc.
- Check outdoor lights and replace burned-out bulbs.
- Restrain and relocate pets so they do not interfere with or bite a trick-or-treater.

COSTUME DESIGN

- Make or purchase costumes that are fire resistant.

- To reduce tripping, costumes should not be long, baggy or loose. Don't wear oversized shoes. Falls are the leading cause of unintentional injuries on Halloween.
- After dark, outfits should have strips of retro-reflective tape, to make children visible.
- Masks can obstruct a child's view; consider using facial make-up instead of masks.
- Facial make-up should say, "Made with U.S. Approved Color Additives," "Laboratory Tested," "Meets Federal Standards for Cosmetics," or "Non-Toxic." Always follow manufacturer's instructions.
- If masks are worn, they should be well fitted with eye and earholes that do not obscure sight or hearing; children should not wear floppy hats or hats that will slide over their eyes.

ACCESSORIES:

- Knives, swords and other accessories should be made from cardboard or flexible materials. Do not allow children to carry sharp objects.
- Bags or sacks should be light-colored or trimmed with retro-reflective tape.
- Make sure that you provide your child with a flashlight or chem-light to help them see better and be seen by motorists.

The approved times for Halloween on Fort Riley are Oct. 31, from 6 to 8 p.m. For more safety information/tips please contact the Garrison Safety Office, 785-240-0647.

RECYCLING CENTER

Don't dump diapers down recycling bins

By Chris Otto
RECYCLE AND SOLID WASTE COORDINATOR

It is a normal day at the office, you just got in and have a stack of papers waiting for you. As you get close to the stack of papers, you catch a whiff of a stomach churning smell as you notice that someone sent you a couple of rank diapers that have been ripening in the Kansas heat for a few days.

If that sounds gross, that's because it is, and it keeps happening on Fort Riley. It is hard to believe but people keep sending dirty diapers to the Recycle Center for the people who work there to deal with.

It is not just diapers that find a way into the recycle bins, but kitty litter, rotten food, and all kinds of other stuff that can't be

recycled. We are talking about stuff that most people would be more than a little angry to get sent to their work.

On some days, up to 40 percent of the materials that come to the Recycle Center are not recyclable. This is not just a problem on Fort Riley, but one that faces many recycling centers across the country. But unlike other places, Fort Riley does not charge people with trash in their recycling bins or stop collecting from repeat offenders. Some things make it into the wrong bin because people think they can be recycled when they actually can't. For example, wax-lined paper milk cartons, like ones kids get at school or that have missing photos on the back, are not recyclable due to the wax.

Some things that make it in the recycle bins (dirty diapers, deceased pets, rotten food) are just plain gross should not be sent to the Recycle Center.

Fort Riley's Recycle Center does use a state-of-the-art optical sorting machine to separate recyclable materials. Many people don't realize that the staff still ends up pulling out a good amount of the trash by hand. So that means that someone probably has to touch every diaper that is sent to the Recycle Center.

The Recycle Center does accept more than most centers in the area. In addition to the standard acceptable materials like cardboard, paper, aluminum, glass, and plastics, we take toner cartridges, white Styrofoam and cooking oil. We are happy to take your

recycling and even give you several opportunities to turn your materials in. You can drop materials off at the Recycle Center, building 1980 on 4th Street in the Camp Funston area, put them with your office collection point, family housing residents can use the green curbside recycling bins, or use one of the drop off points on post that include Main Post Exchange, Custer Hill PX, several motorpools and behind the Recycle Center. But please apply the "Golden Rule" to your recycling and refrain from sending the Staff at the Recycle Center things like dirty diapers — things you would not want sent to your work.

For questions on what can or can't be recycled on Fort Riley, call the Fort Riley Recycle Program at 785-239-2385.

September US 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.

SEPT. 7
Antonio F. McNeil Jr of Fort Riley pleaded guilty to driving while license is suspended or revoked. District Court sentence: \$200 fine and \$10 special assessment.
Juliana G. Salguero of Junction City pleaded guilty to creating a hazard. District Court sentence: \$200 fine and \$10 special assessment.
Josiah D. Hendrix of Fort Riley pleaded guilty to theft of

government property. District Court sentence: \$200 fine and \$25 special assessment.

Stephon A. Tucker of Fort Riley pleaded guilty to theft of government property and criminal trespass. District Court sentence: 10 days confinement total, to be served concurrently, a \$25, and \$10 special assessment.

SEPT. 21
Andrew D. Hill of Durant, Oklahoma, pleaded guilty to speeding. District Court sentence: \$93 fine and \$5 special assessment.
Priscilla J. Jones of Fort Riley pleaded guilty to disorderly conduct. District Court sentence: \$100 fine and \$5 special assessment.

Morgan L. Outlaw of Fort Riley pleaded guilty to

driving while license is suspended or revoked. District Court sentence: \$200 fine and \$10 special assessment.

Victoria M. Gross of Fort Riley pleaded guilty to disorderly conduct. District Court sentence: \$200 fine and \$5 special assessment.

Lisa G. Langley of Fort Riley pleaded guilty to child endangerment. District Court sentence: One year probation and \$25 special assessment.

Raphaella S. Rucker-Bey of Fort Riley pleaded guilty to child endangerment. District Court sentence: Nine months' probation and \$25 special assessment.

Justin G. Kidd of Junction City, Kansas, pleaded guilty to stalking. District Court sentence: One year

probation, \$200 fine, \$25 special assessment, and \$36 restitution.

SEPTEMBER COURTS-MARTIAL RESULTS FOR FORT RILEY

Sept. 15, at a Special Court Martial convened at Fort Riley, Pfc. Hassan J. Williams, United States Army, was found not guilty by a military judge alone of all offenses.

Sept. 26, at a Special Court Martial convened at Fort Riley, Pvt. Olusegun Gade, United States Army, was convicted by a military judge, pursuant to his pleas, of one specification of desertion in violation of Article 85, UCMJ. The military judge sentenced the accused to be discharged from the service with a bad-conduct discharge.

Have the Courage to Help a Buddy

One Suicide is one too many.

For assistance:

- Talk to your Battle Buddy and chain of command
- Call the Military Crisis Line at 1-800-273-TALK (8255) and press "1" for Military Crisis Line

TOUR

Continued from page 1

they can see a little bit more of what we do. That we are a friendly neighbor to their communities.”

Stewart and Robert Smith, supervisory curator with the Fort Riley Museum Division, guided the guests on various installation tours educating them on Fort Riley’s historic past and briefing them on the installation’s duties as a training center.

For historic education, the rural citizens visited the U.S. Calvary Museum.

The museum tour was guided by Smith and Capt. Robert Cogan, Headquarters and Headquarters Company, 2nd Armored Brigade Combat Team, 1st Infantry Division and volunteer assistant curator. Cogan gave the tour of the U.S. Calvary Museum dressed as a 1st Inf. Div. Soldier in World War I.

“As the oldest active duty division in the Army — the hundred year of the division history — has become the last 100 years of American’s history,” Cogan said. “It is import for people to see it because it is their chance to interact with both the current 1st Inf. Div. and to learn the story of the division and how that pertains to the American people.”

The interaction, education and the personal component are covered in the tour. Rodriguez brought the group together, he said, so they can have a better understanding of the military and how they connect to the civilian world.

For Rodriguez, the American history of the installation became personal. He talked of his father’s, Sgt. Viviano Rodriguez of the 56th Cavalry Brigade of Texas, connection in World War II. During the tour of the second floor, he whispered, “oh my goodness,” when he found his father’s crest.

“This is (it) right there,” he said. “That’s my dad’s crest right there.”

When asked if anyone served in the Army a gentleman raised his hand. For the others in attendance, the installation as a whole was a new experience for them.

In order to educate them on the readiness mission of the division and the installation Bill Raymann, chief of Training division of DPTMS gave them a tour of the Close Combat Tactical Trainer.

“I listened to the brief they got this morning and a lot of the questions had to do with noise,” Raymann said.

Due to the concerns of the rural citizens, Raymann said he and his team focused on how to leverage the simulation technology to minimize the noise to build their repetition up and to take them over to the capability repair land that we damage.

“Some of these families — one guy has already said he was born and raised in our impact area or by it — have had eminent domain in this region when they expanded Fort Riley in the 50s and built Tuttle Creek Lake in the 60s,” Raymann said. “So there are families who still have history and issues with the Army ... So they are very hypersensitive to land issues.”

Therefore, he wanted to respect the families and address noise.

“Fort Riley values its relationship with the folks that live around this installation,” Raymann said. “We understand at times we are an inconvenience because of the noise in particular.”

The flow of the CCTT tour began at the simulators that mitigate noise, to repairing the land and ended with an environmental



Kalene Lozick | POST
Mr. Marvin Rodriguez, Riley County city commissioner, looks at the display of cavalry unit's insignias while recalling his father's World War II Texas Army National Guard service with the 56 Cavalry Brigade during the Riley County Rural Citizens Tour Oct. 12.

recreational aspect with a brief from the staff of Directorate of Public Works Environmental Division Conservation Branch.

With the conclusion of Riley County Rural Citizen tour, Stewart said Fort Riley is conducting a study that focuses on the installation's partners and home design that can reduce noise.

According to the Joint Land Use Study website, the study is “conducted by city and county officials, residents and the military installation. The purpose of the study is to

identify compatible land uses and growth management guidelines near the installation. The process encourages the local community and installation to act as a team in order to prevent or limit any encroachment issues caused by future mission expansion or local growth.”

The study expands on the Flint Hills region, the Army installation on Fort Riley and is conducted by both city and county officials.

For more information about the study, visit the website, www.fortrileyjlus.com.

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—General George Washington
November 10th, 1781

Healthy Homes

A class for on post families to maintain a sanitary and safe environment inside their homes

This course will be taught the second and fourth Fridays of every month from 0900-1000 in the Department of Public Health Classroom. Please call the Department of Public Health at 785-239-7323 to register.

Fort Riley families residing on post are welcome to attend. Feel free to bring a light snack. Craft activities for children will be provided.

Course Topics: Injury/illness prevention, poison prevention, proper storage of household chemicals, food safety, management of household pests, pet hygiene, indoor air quality, and basic home hygiene.



Fort Riley Department of Public Health Mission:
To promote health and wellness and to prevent disease and injury of Soldiers and their families, military retirees, and Army Civilian employees at Fort Riley through workplace and community health.

Steps to a Healthy Home:

- Reduce clutter and keep clean surfaces.
- Keep poisons and household cleaners in a safe place.
- Keep your kitchen and bathrooms ventilated by using fans or opening windows.
- Handle food in a safe manner to avoid contaminating surfaces.
- Clean-up after food preparation to avoid attracting pests.

Department of Public Health

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BROTHERHOOD OF TANKERS VISIT RANGE



COURTSEY PHOTO

Members of the U.S. Army Brotherhood of Tankers, an organization dedicated to preserving and publicizing the history of Army armored forces, toured the Digital Multi-purpose Range Complex and observed a live gunnery by the 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, Oct. 13. The tour was led by Sam Leonard, range liaison officer at Douthit Gunnery Complex. Members of the organization traveled from all over the United States to attend the tour.

NEW COMMANDER FOR MOUNTED COLOR GUARD



COURTSEY PHOTO

Capt. Jennifer Houle, incoming commander of the 1st Infantry Division Commanding General's Mounted Color Guard, thanks attendees during her remarks at the unit's change of command ceremony on Fort Riley Oct. 13. Houle went through multiple interviews before being chosen for the position and spent time getting to know the unit and its mission before taking command. "I am honored and humbled to get the opportunity to take such a fine unit," Houle said while attending the national cavalry competition with the unit last month. "I look forward to all of the exciting events that we'll hopefully be attending next year."

Irwin Army Community Hospital



PROVIDER



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WOULD BE PATIENT



WOULD BE PATIENT

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Fort Riley - Central Kansas Chapter



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IACH

Continued from page 1

Melton said the hospital is one of the reasons why Fort Riley is the best place to live in terms of the quality of its staff and having a new place enables them to strive to be better providers. The facility has also received national recognition for its function and design.

“I also think the new hospital demonstrates why Fort Riley is the best place to live, train, deploy from and come back home to,” he said. “Our hospital was recognized in June 2017 ‘Medical Construction & Design’ magazine cover story. The expectation was to always deliver safe and quality care, but we also want to deliver care that is not only enhanced, but also convenient ... The way the hospital is structured is it looks like we have a hotel lobby and a front desk, you wouldn’t necessarily think you’re in a hospital, though the emergency room kind of gives it away. You don’t have to talk about it, you can feel it when you walk through. What the hospital brings is not only for the families and patients that come, but also for the staff. It creates an expectation that we have to be better because the hospital enables us to be better each and every day for our patients, families, troopers and division.”

MILESTONES IN HEALTH CARE

The new facility was an opportunity for improvements on how healthcare is provided to its beneficiaries. The top two advancements made were the changes in women’s health and the 1st Encounter Clinic.

“One large area I think we should highlight is our efforts on our women’s health efforts,” Melton said. “That would include our CenteringPregnancy our WIC (Women, Infants and Children) office, also our baby recognition program.”

Melton said the drive behind development in women’s health efforts ties back to readiness and is a two-fold strategy.

“We have got a saying here: if you’re not right at home, you are not right at work,” he said. “We have Soldiers who are mothers and we have family members who are mothers. With the Soldiers who are mothers, we want to make sure we have a process that allows them to be physically and cognitively optimal to be ready as a Soldier. But at the same token, have that experience where they want to stay in the military and that the Army is family friendly. For family members who are mothers, we want create an experience that military health in the Army, we are family friendly, so that they choose to stay in the Army.”

Additionally, the involvement in women’s health services is also a timely addition in tandem with progresses made in the Army for females, Melton said.

“For us, you can even tie it into another line particularly now that the Army has opened up all our military specialties and areas of concentrations to women,” he said. “It is not a retention tool, but it is also a recruitment tool. I think it’s very important we meet that level of quality, being able to provide that experience and that capability so that women can choose a profession in the Army — and want to choose that — and being a mother is not something that’s exclusive.”

Melton also said the improvements are meant to encourage family members to remain with IACH when their Soldier is away.

“Given the expeditionary nature of our Soldiers when they’re off and deployed, whether in a combat environment or any type of deployment, that they have an appreciation that their family members are not only receiving the best care, but also getting world class experience of care,” Melton said. “Another side particularly with the experience of care when Soldiers deploy and their families stay back, we want to make sure we incentivize them to stay at Fort Riley. So they don’t necessarily feel like they have to

leave to have the support structure, quality care and the experience.”

Elizabeth Harrell, registered nurse certified at Women’s Health and OB-GYN Clinic, said having the WIC partnership brought to Fort Riley has been beneficial to the patients who come through her clinic. WIC is a supplemental nutrition and health education program designed to improve pregnancy outcomes and promote health of pregnant and postpartum women, infants and children under the age of five.

“The big thing our command has helped is getting WIC back here on post,” Harrell said. “That is a huge benefit for our patients. They can come here, get their appointment and go to WIC and get all that streamlined, especially for our lower enlisted, that’s huge.”

In the new facility, the Well-Women and OB-GYN clinics are now combined to reduce the inconvenience.

“Our Well-Women and OB-GYN have joined together so our patients when they come to our door, they will see us every appointment for OB (obstetrics) all the way to six weeks postpartum, so they have that streamlined continuum of care — which is nice” Harrell said. “They can see us for more things, we don’t have to send them out quite as much. Patients don’t have to have a referral to come into Well-Women. So if they have a concern, they can talk to the nurse practitioner; if there is an immediate concern, they can just walk over and consult with our doctors straightaway. And that has facilitate faster follow up for those GYN (gynecology) patients.”

Terri Haire, RNC at Women’s Health and OB-GYN Clinic spoke about the benefits of the having the Centering Pregnancy program brought to IACH. The program is a prenatal care for all moms and includes health check-up with additional time and attention in a group setting. Moms will meet with their provider and other

women who are due near the same time for 10 sessions during their pregnancy.

“It’s just a really nice program for a new pregnant mom that maybe her family is not in this area and the group becomes her family and her support,” Haire said.

Another upgrade from the legacy hospital is the personalized facilitation for transitioning Soldiers and their families. In the last year, the 1st Encounter Clinic has been created to be the one-stop solution to help ease healthcare transition to Fort Riley.

“When a new family arrives to Fort Riley, we have established this clinic to basically onboard that family into the healthcare system on Fort Riley,” Melton said. “And with assistance, help them navigate through the healthcare delivery system. So if they’re coming from another installation and they require further care, ongoing treatment, a renewal on the prescriptions, require school physicals, has special needs or other types of exams, we’ll take care of all of them — like a one-stop shop. That clinic ensures there is no break and that we will be able to maintain continuity of care.”

Due to the transitory nature people have personality would of military life, getting medical records transferred and figuring out new hospitals with each permanent change of duty station can be overwhelming for families when they first arrive. The personnel at IACH evaluated that this was a recurring problem and filled that need by creating the 1st Encounter Clinic.

“The purpose of the clinic is to reduce all those friction points that a family would normally have to navigate on their own when they arrive to a new duty station,” Melton said. “And by providing this we give an experience and reassurance to the family. We also provide predictability to the Soldiers so they don’t have to navigate those friction points and start focusing on getting their household establish, duties done and not worry about having to navigating the whole healthcare system.”

THE FUTURE OF IACH: PERSONALIZED CARE

With breakthrough improvements IACH established since they transitioned to the new facility, there is more progress to be met. Melton shed light on the next big thing IACH is working on: integrating personalized preventative and self-care into the beneficiary’s experience. This is a responsive care team that is designed around a patient’s needs.

“The next phase is we are going to develop programs and processes that provide more personalized care,” Melton said. “We call it a shift of population focus healthcare. We want to create programs that are active in engaging our families and our patients, and basically get into more prevention and self-care, and work with them to get ahead of anything that they may foresee as a friction point or a problem.”

Melton explained in further detail what personalized care at IACH entail with the type of healthcare they are currently providing, and how what they aim to improve can benefit hospital patients . This plan is designed around the beneficiary’s age, how they see health care, what they have going on in their life and more.

“Right now we do a lot of things that are called acute episodic care, so we are reacting to something,” he said. “You may be sick or you may become injured and then you’re basically having to manage that on your own and living through that. We want to be able to be such a responsive system that we may be actively engaging you and working with you, so that your condition doesn’t get worse. And not only your condition doesn’t get worse, actually we will work with you so you can get to self-care and get back to optimal.”

Melton said the point of the personalized plan is to “provide more convenient access, while still delivering safe high quality care.”



Kalene Lozick | POST
The new and improved Irwin Army Community Hospital celebrated its first anniversary Oct. 16.

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*By the Military Officers Association of America.



HOMEBASEIOWA.GOV



Staff Sgt. Cody Colkmire, left, 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, watches his children, Devin and Sarah, paint during Fall Fest and Pumpkin Patch for Exceptional Family Member Program, Family Advocacy Program and New Parent Support Program participants Oct. 14 at Army Community Service. Small wooden treasure chests and canvasses were available for kids and parents alike to create their masterpieces.

Falling into place

Fall Fest safe, creative venue for families to connect

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

Parents escorted spooky skeletons, daring Jedi and stealthy ninjas through the games and activities of Fall Fest and Pumpkin Patch for Exceptional Family Member Program, Family Advocacy Program and New Parent Support Program participants Oct. 14 at Army Community Service.

This year, personnel decorated the facility with a pirate theme and some dressed in costume to match.

“It’s a small scale, more intimate (event) for our EFMP, New Parent Support (Program) and FAP participants,” said Erika Herrington, EFMP systems navigator. “Families can come out and network, get to meet one another and just do something that’s special for those families.”

Upon arrival, participants could pick their pumpkin to bring home or paint at one of the craft tables. For those wanting to hold off on decorating their pumpkin, small, wooden treasure chests and canvasses were available for them to create their masterpiece.

The USO Fort Riley also provided a cookie decorating station and Fort Riley Fire and Emergency Services arrived with their mascot, Sparky, to greet attendees. Other Fort Riley organizations also set up stations and provided treats for everyone to enjoy.



The family of Sgt. Bruce Buckson, 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, pick out pumpkins during Fall Fest and Pumpkin Patch for Exceptional Family Member Program, Family Advocacy Program and New Parent Support Program members Oct. 14 at Army Community Service.

Samantha Travers, wife of Sgt. Steven Travers, 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, attended with

“Families can come out and network, get to meet one another and just do something that’s special for those families.”

ERIKA HERRINGTON
SYSTEMS NAVIGATOR, EXCEPTIONAL
FAMILY MEMBER PROGRAM

her family for the first time. She said she appreciated the hands on nature of the activities for the kids.

“I think it’s awesome,” Travers said. “The kids get to do fun things. We attended a few of the EFMP things this year and the kids really enjoy it.”

Events for EFMP, NPSP and FAP families are important because it brings the families together and introduces them to one another, Herrington said. It helps them to establish a community and know they are not alone no matter what challenges they may face.

“We have a mixed crowd,” she said. “Some of them are new arriving families to Fort Riley. Some are seasoned vets who have been here for a while. Often times, what we can do or what happens is there’s a match up with a seasoned family to a new one and they get to make and share stories.

See FALL FEST, page 12

VISITORS WELCOME

- For more information about Operation Santa Claus, visit the workshop at Rally Point.

Holiday program pushes forward

Operation Santa Claus on schedule despite flood setbacks

By Season Osterfeld
1ST INF. DIV. POST

The holidays are approaching faster than people may realize and with that approach, Fort Riley is preparing to ensure it’s a good one for service members and their families.

Operation Santa Claus is holding their ribbon cutting to start the holiday season 10 a.m., Nov. 2 at Rally Point, 2600 Trooper Drive.

“Operation Santa Claus is a garrison command sergeant major program and this year is the 32nd year the program has been active,” said Sgt. 1st Class Jorge Medina, head elf for Operation Santa Claus. “It helps brighten the holiday season for Soldiers and their families, no matter what rank or gender ... It’s just to make happy kids and help people to pass the holidays, especially with parents being deployed.”

Operation Santa Claus assists service members and their families by providing games and toys to their children for the holiday season. This is something that’s especially important to families under financial constraints and families of deployed, fallen or injured Soldiers who may not be able to give a gift to their own children, said Spc. Christopher Okotcha, one of the elves for Operation Santa Claus.

“For me, I used to be in the (Army) Reserves and now that I’m active duty, my family is more than taken care of and I’m able to buy gifts and stuff for my kids, but this program is meant for less fortunate and for those who just have a hard time during the holidays, so I wanted to do something that would help out for people that were in the situation I used to be in because I could appreciate that somebody was looking out for me,” he said. “There’s been a lot of years where I had to do double shifts on Christmas or on the holidays just to have the Christmas and this definitely benefits those families.”

See SANTA, page 11

Fort Riley Fire and Emergency Services to keep volume in check

Stations in housing neighborhoods to cap speakers’ volume

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

Housing areas in Fort Riley can expect fewer noise disturbances during the night from their local fire stations within the month.

Fort Riley Fire and Emergency Services will be installing a volume control knob for outside speakers of Station 1 at 5000 Normandy Drive, Station 2 at 430 Holbrook Ave. and Station 5 at 2620 Trooper Drive. The speakers outside will be turned off for the most part between sundown and sunrise.

The reason FRFES made the decision to turn off the sound of their outside speak-

LISTENING TO THE CUSTOMER

- Fort Riley Fire and Emergency Services made the decision to turn off the sound of their outside speakers, particularly the stations located in housing areas, because of an Interactive Customer Evaluation comment they received from a resident.

ers, particularly the stations located in housing areas, was due to an Interactive Customer Evaluation comment from a resident they received.

Ashley Johnson, wife of Staff Sgt. Kevin Johnson, 21st Combat Hospital Support out of Fort Hood, Texas, moved to Fort Riley in July. They live near Station 1 and can hear the loud speakers at night. By their second night living here, Johnson was able to tune out the station’s loud speakers. However, her 7-year-old daughter, Natalee, wasn’t able to tune out the noise.

“My oldest has autism and her window faces the fire station, like we are right behind

it,” Johnson said. “And so every night she’d wake up and she would be like, ‘Mommy, there’s a noise’ ... As an adult, I tuned it out the second night we moved in. But her, it kept bothering her.”

Johnson said she had tried everything to help Natalee work through her sensory problems and sleep through the night, but none of them worked. So on the evening of Sept. 19, she decided to give the ICE comment route a shot.

In her message, she first thanked the fire department for their work and then explained the situation with Natalee. At the end of the com-

“This is the first time we’ve ever had a complaint about it. It’s one of those things you don’t realize it’s a distraction for others until somebody brings it up.”

RIC SEWARD
FIRE CHIEF, FORT RILEY
FIRE AND EMERGENCY
SERVICES

ment, she asked if there was anything that could be done on their end to reduce the intensity of the sound at night for her daughter.

See VOLUME, page 12



The Fort Riley Fire and Emergency Services Tender 12 vehicle drives beneath the temporarily muted speakers of Station 1 fire station at the corner of Normandy Drive and 1st Division Road. The crew stuffed the speakers with rags and taped it in as a makeshift volume control until they receive parts to install a volume control knob within the month.

FORT RILEY POST-ITS

GIFT THE GOWN

USO Fort Riley is hosting Gift the Gown Oct. 21 from 10 a.m. to 1 p.m. at 6918 Trooper Drive. Gift the Gown is for those who need a formal dress. The event will have dresses in every style, color and size. All gowns are free. For more information, visit [USO Fort Riley on Facebook](#) or call 785-240-5326.

WOODSHOP SAFETY CLASS

A Woodshop Safety Class will be held Oct. 23 at 6:30 p.m. at the Fort Riley Arts & Crafts. Attendees will learn power-tool safety and general woodshop procedures as well as the basic operation of each piece of machinery within the shop. Patrons are required to take this class before using the shop. Advance registration is required. Cost of attendance is \$10. For more information, call 785-239-9205.



GLO RUN

Twinkle like the stars in the night sky at the GLO Run Oct. 27 at 7:30 p.m. hosted by the Directorate of Family and Morale, Welfare and Recreation. For more information visit [riley.armymwr.com](#) or call 785-239-2813.

SUPPORT, ADVICE TO SPOUSES OF DEPLOYED SOLDIERS

Military Family Life Counselors are hosting a brief presentation to spouses of currently deployed Soldiers or Soldiers who recently returned from deployment Oct. 24 from 5:30 to 6:30 p.m. at Army Community Service, 7264 Normandy Drive. The presentation will be an open discussion followed by small group or individual sessions with a confidential counselor.

FALL FEST AT THE LIBRARY

Autumn has arrived and the Fort Riley Post Library at 5306 Hood Drive is celebrating. Visit the library Oct. 27 from 1 to 3 p.m. for hot cocoa, apple cider and hay rides in the Commanding General's Mounted Color Guard wagon. For more information, call 785-239-5305.



GARRISON COMMAND CLIMATE SURVEY

The survey is open to all U.S. Army Garrison Fort Riley staff. The survey closes Oct. 31. No CAC is required to take it. Log in information has been emailed to each directorate.

AIR FORCE RESERVE RECRUITING

Looking for something to do after the Army? Consider joining the Air Force Reserve. Contact Master Sgt. Jean Charles at 316-243-8434. For more information, contact Fort Riley Soldier for Life - Transition Assistance Program office at 785-239-9621.

ADVENTURE PARK NOW OPEN

The Outdoor Adventure and Travel Center opened the new Outdoor Adventure Park to the public Aug. 26. The center is at 5202 Normandy Drive. For more information, call 785-239-2363.

Adventure Park Elements include:

- Ropes Course
- Zip Line
- Paintball Courses
- Archery Range
- Rock Wall
- And more!

ARMY MARKETING RESEARCH GROUP

The Army Marketing Research Group is looking for your first-person, GoPro or cellphone video! Video clips are to be posted on social media using #usarmystories. The winner will be used for an upcoming Army recruiting commercial. All clips must follow operational security requirements.

DFMWR HIRING EVENT

The Directorate of Family and Morale, Welfare and Recreation is hosting a hiring event Oct. 31 from 9 to 11 a.m. at Riley's Conference Center. On-the-spot interviews will take place for recreation aids for the fitness centers and food and beverage attendants for other MWR facilities like the Warrior Zone, Custer Hill Bowling Center and more.

Applicants should dress professionally and bring their federal resume, two references, high school/GED or college transcripts, social security card and birth certificate or passport. For more information, call 785-239-2325.

FORT RILEY REEL TIME THEATER SCHEDULE

Friday, Oct. 20
Kingsman: The Golden Circle (R) 7 p.m.
Saturday, Oct. 21
The Lego Ninjago Movie (PG) 2 p.m.
Kingsman: The Golden Circle (R) 7 p.m.
Sunday, Oct. 22
The Lego Ninjago Movie (PG) 5 p.m.
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

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.
Kansas City Sprint Center: Disney on Ice - Dream Big tickets for the Sept. 14 to 17 performances for \$20 to \$33 depending upon show and seats selected.
And much more!
For more information on tickets and travel packages available through the Leisure Travel Center, call 785-239-5614/4415.

CARS & COFFEE

Cars & Coffee is held every third Sunday of the month at 11 a.m. at the Warrior Zone. Participants can enjoy \$2 grande size coffees, 50 cent waffles and pancakes, yard games and get the chance to be named the Car of the Month. The event is free to attend and open to the public. For more information, call 785-240-6618.

BLUE STAR PROGRAM

The Directorate of Family and Morale, Welfare and Recreation offers the Blue Star Program to family members who are geographically separated from their service member. The benefits are also open to Gold Star families and Soldiers in the Warrior Transition Battalion. Discounts and events are available to those enrolled in the program. For information about eligibility, call 785-239-2172 or email [bluestar@rileymwr.com](#).



COMMUNITY CORNER

Energy conservation is a key to resilience

By Col. John D. Lawrence
FORT RILEY GARRISON COMMANDER

This year's Energy Action Month theme is "Energy Resilience Enables Army Readiness," because energy is key to everything the Army does. Fort Riley is a leader in this area — we are stewards of maintaining secure and reliable access to energy, water and land resources vital for the Army to perform its mission and support global operations. Each person on the 1st Infantry Division and Fort Riley team can contribute to conservation efforts — small efforts combine to make a big impact. Each day, we should all place appropriate materials in recycling bins, use water sparingly, turn off lights and electronics when not in use, close vents and doors in unused rooms and take care of automobile maintenance and tire pressure. Beyond these individual actions, Fort Riley, at the enterprise level, strives to make sizable strides in energy conservation.



Colonel Lawrence

For example, in May this year, a long-term service performance contract was awarded to complete 15 energy conservation measures across the installation. This includes upgrading our central plants and energy management controls, HVAC upgrades, interior, exterior and street LED lighting and boiler and water conservation improvements. These services will be paid for through energy and operational savings, allowing Fort Riley to maximize our budget without increasing cost to taxpayers. Additionally, the Recycling Center at Camp Funston started using a single-stream processing system last year that can handle the many types of materials the center receives. They receive truckloads of materials from all across the installation, which keeps trash out of landfills. In fiscal year

2017, the Recycling Center sold about \$850,000 worth of material. That money can now be used for pollution projects and to fund Directorate of Family and Morale, Welfare and Recreation programs. Recycling really does pay at Fort Riley! Also, in 2016, Irwin Army Community Hospital received Leadership in Energy and Environmental Design certification under the U.S. Green Building Council's guidelines. LEED is the nationally accepted benchmark for the design, construction and operation of high-performance green buildings, giving owners and operators the tools needed to have an immediate and measurable impact on their buildings' performance. As a LEED facility, IACH promotes five key areas of human and environmental health — sustainable site development, water savings, energy efficiency, materials selection and indoor environmental quality. Finally, Fort Riley was chosen in 2011 as one of six installations to participate in the Army Net Zero water program and we continue to seek ways under this program to improve energy conservation. The Army's Net Zero initiative provides guidance for long-standing energy efficiency and sustainability practices. The strategy is designed for management of existing energy, water and solid waste programs. At Fort Riley, we strive to improve all facilities and energy usage to maintain greater conservation and security of resources. These are just a few examples of the multiple energy conservation initiatives across the 1st Inf. Div. and Fort Riley. With these programs — and a focus on future possibilities and day-to-day individual actions — we all can help make a difference in the world and help leave a positive legacy for future "Big Red One" families.

— To comment on this article or to suggest a topic for Community Corner, email [usarmy.riley.incom.mbx.post-newspaper@mail.mil](#) or visit my Facebook page at [www.facebook.com/fortrileygc](#).

WORSHIP

Protestant Services

Victory Chapel	239-0834
Contemporary Protestant Service	
Sunday Worship.....	1100
Children's Church.....	1115-1215
Morris Hill Chapel	
Gospel Protestant Service	239-2799
Sunday School.....	0900
Sunday Worship.....	1100
Main Post Chapel	
Traditional Protestant Service	239-0834
Sunday Worship.....	1030

Catholic Services

Victory Chapel	239-0834
Sunday Mass.....	0845
Sunday Catechism.....	1000
Saint Mary's Chapel	
Saturday's Vigil Mass.....	1630
Sunday Mass.....	1200
Mid-day Mass— Mon., Wed., & Fri.....	1200
Tuesday & Thursday Mass.....	1800
IACH Chapel	
Mid-day Mass— Tue. & Thur.	1200

Jewish Service

For Sabbath Services please contact the Division Chaplain at 240-6268.

Open Circle Service

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

Wednesday Family Night

Weekly classes from 1900-2000 at Victory Chapel
785-239-3359. Watchcare provided for birth-2yrs.

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, 1400-1600 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 [rileypwoc@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](#) or Facebook "Fort Riley CWOC"

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K-State speakers talk science

By Jennifer Tidball
K-STATE NEWS

MANHATTAN, Kan. — To communicate science and celebrate big ideas, Kansas State University and community partners have organized the first Science Communication Week from Nov. 6 to 11.

Highlights of the week include NPR science correspondents Joe Palca and Maddie Sofia and National Geographic photographer Jim Richardson. Palca will present “Explaining the universe in two minutes or less” at 5:30 p.m. Nov. 9, in Forum Hall at the K-State Student Union. Richardson will present “Seeing science (and telling the tale)” at 7 p.m. Nov. 6, at the Flint Hills Discovery Center. Both events are free and open to the public.

Science Communication Week is part of the Kansas Science Communication Initiative and will incorporate other events such as Research and the State, Science Café, Science on Tap and Science Saturday.

The Kansas Science Communication Initiative brings together Kansas State University and the community to engage people in talking about science and research. Community partners include the Sunset Zoo and the Flint Hills Discovery Center.

“We’re using Science Communication Week to provide opportunities for K-State students, faculty and scientists to learn how to best communicate their research,” said Michael Herman, associate dean of the Graduate School and one of the event organizers. “We organized the week to jump-start these conversations and let folks know about all the opportunities we have to talk about science.”

Throughout the week, Palca and Sofia will also conduct workshops for students, faculty, researchers and communicators. Interested participants can register and RSVP for the workshops at k-state.edu/scicomm/events.



COURTESY PHOTO

NPR science correspondents Joe Palca and Maddie Sofia will visit Kansas State University as part of Science Communication Week. They will give public presentations and offer workshops for students, faculty, researchers and communicators.

“Science Communication Week is KSCI’s first major collaborative since organizing this past spring and summer, and it will provide a foundation for moving our collective work further around science communication in our community and region,” said Jared Bixby, curator of education at the Sunset Zoo.

Palca joined NPR in 1992 and has covered a range of science topics — from biomedical research to astronomy. He currently is focused on the eponymous series, “Joe’s Big Idea.” Stories in the series explore the minds and motivations of scientists and inventors. Palca and Sofia organize Friends of Joe’s Big Idea, which helps researchers improve their science communication skills. There are more than 500 FOJBI communities through the U.S., including one at Kansas State University.

Science Communication Week highlights include the following events. For a full list of events, visit k-state.edu/scicomm/ events or check the Kansas Science Communication Initiative Facebook page at [facebook.com/KansasScienceCommunicationInitiative](https://www.facebook.com/KansasScienceCommunicationInitiative).

- Nov. 6, 7 p.m., Flint Hills Discovery Center, 515 S. Third St., Manhattan, “Seeing science (and telling the tale)” with National

Geographic photographer Jim Richardson. Presenting images and their stories, Richardson will share his National Geographic career covering science stories ranging from neolithic archeology, soil, agriculture and feeding the planet, geology in the Scottish islands, genetically modified foods, prairie ecology, light pollution, dark skies and more.

- Nov. 7, 7 p.m., Radina’s Coffeehouse and Roastery, 616 N. Manhattan Ave., Manhattan, Sigma Xi Science Café: “Genomes, body plans, birth defects (and sea squirts!)” with Michael Vee-man, assistant professor of biology. Learn how research in diverse model organisms is illuminating embryonic development and why it is relevant to diseases like birth defects and cancer.
- Nov. 8, 10:30 a.m. to 3:30 p.m., USDA-ARS Center for Grain and Animal Health Research Open House, 1515 College Ave., Manhattan. Learn how Manhattan’s largest structure and the research tools inside help improve the lives of the public at the open house for the U.S. Department of Agriculture Agricultural

Research Service, USDA-ARS, center.

- Nov. 8, 7 to 8:30 p.m., Tallgrass Tap House, 320 Poyntz Ave., Science on Tap: “Avoiding Controversy When Covering Controversial Science” with NPR science correspondent Joe Palca. Some science topics have become hot-button issues because they touch on politically or socially sensitive issues. How do you present these topics in a way that avoids appearing partisan?
- Nov. 9, noon to 5 p.m., K-State Student Union, Research and the State. Join the Graduate Student Council and the Graduate School as they host the 2017 Research and the State event. This campus wide research forum will provide an outlet for graduate students to share how their research is important to the state of Kansas.
- Nov. 9, 5:30 p.m., Forum Hall in the K-State Student Union, “Explaining the universe in two minutes or less” with NPR science correspondent Joe Palca. The news media is frequently accused of “dumbing down” science, but that’s an unfair criticism. Palca will provide examples of reporting on complex science topics and show how to pack information into two minutes. A reception and exhibition will follow the presentation.
- Nov. 11, 1 to 3 p.m., Sunset Zoo, 2333 Oak St., Manhattan, Science Saturday. Science Saturdays offer families and guests of all ages fun, hands-on activities to discover this fascinating world. Featuring the Science Communication Fellows, this event shares their research in a unique and exciting way. The zoo will offer free admission in honor of Veterans Day.

TUESDAY TRIVIA CONTEST



The question for the week of Oct. 17 was:
What are the hours of operation at Grant Gate?

Answer: www.riley.army.mil/units/garrison-command/emergency-services/access-information

This week’s winner is Mary Martin, spouse of Chief Warrant Officer 2 Matthew Martin, Company B, 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division

Pictured above are Mary and Matthew Martin.
CONGRATULATIONS MARY!

Armed forces rodeo world finals coming to Kansas

By Season Osterfeld
1ST INF. DIV. POST

KANSAS BOUND

- This year is the first time the **Professional Armed Forces Rodeo Association World Finals** are being held in Kansas at the Kansas Expocentre Domer Livestock Facility in Topeka.

The Professional Armed Forces Rodeo Association World Finals will be held in Topeka, Kansas, Oct. 26 to 29.

The organization formed in 2000 through the efforts of Soldiers, Airmen and other service members stationed in Europe. Rodeo is popular there and they wanted to create something to bring all the armed forces and their dependents together to enjoy, said Steve Milton, representative and event coordinator for PAFRA and chief of the Fort Riley Housing Division. Since its inception, the association has continued to grow in members.

“It’s a group of all armed force and dependents, who like to rodeo, that formed this organization and it’s grown from there to what it is today,” he said.

This year is the first time the world finals are being held in Kansas at the Kansas Expocentre Domer Livestock Facility in Topeka. In previous years, the finals have been held in Texas.

“Every year they host a world finals event,” Milton said. “Since 2011 that’s been Midland, Texas, but we convinced them to move it up to Kansas.”

Events at the rodeo include team roping, steer wrestling, barrel racing, chute dogging and more. Performances begin at 7 p.m. each night.

Oct. 26, opening night, is Military Appreciation Night where service members and

their dependents can attend for free by showing their Department of Defense ID. Oct. 27 and 28 are additional performance nights with the grand finale on Oct. 28. Oct. 29 is the banquet and awards presentation.

The 1st Infantry Division Commanding General’s Mounted Color Guard will be attending for a demonstration and the presentation of the colors.

The association is about more than rodeo, Milton said. It’s about branching together service members and their families through a shared interest.

“What PAFRA represents is an embodiment of all the armed forces, their spouses and their family members,” he said. “As an armed forces family, the people and the folks that are participating in this are the same as everybody that serves here on this post and family members that support them. They’re all connected to the service in some form or fashion. We support one another because of that.”

For more information about PAFRA or the world finals, visit rodeopafra.com.

TEACHING FIRE SAFETY



Suet Lee-Growney | POST

Kathy Deutsch, Fort Riley Fire and Emergency Service fire inspector, teaches a group of students at Morris Hill Elementary School all about fire safety Oct. 10. Deutsch said fire emergency preparedness is important at every age, especially when kids are young because they are curious about fires. The basic techniques the FRFES prevention branch personnel went through with the students were to have a fire safety plan and how to dial 911. Deutsch also taught the kids who don't have a fire safety plan to make one based on skills taught during this safety class. Personnel of FRFES are visiting schools across Fort Riley to teach students about fire safety throughout the month of October.

SANTA Continued from page 9

This year, the elves are asking for additional support from the Fort Riley and surrounding communities after a flood damaged many of the toys and decorations a few months ago in the original Santa’s Workshop on Historic Main Post.

“In this case, this year, I would say there is extra work going on because our own building has been there for a while and the basement to the Operation Santa program was flooded and we had to rescue and cannibalize whatever we could,” Medina said. “Whatever you can see here in this new building is what we so far rescued from the other one.”

Like every year, toy collection boxes have been set out around Fort Riley and in surrounding cities as far as Salina, Kansas. The elves will check the boxes almost every week to collect the toys donated inside them.

However, this year the elves are also requesting donations of lights and decorations to help them transform Rally Point into the new Santa’s Workshop for the season.

“We hurt right now on decorations,” Medina said. “If anyone wants to contribute with nonmonetary contributions, just decorations. It’s a big place outside and that’s going to need to be eye catching to impress people.”



Season Osterfeld | POST

Pfc. Amanda Moore, an elf for Operation Santa Claus, decorates a small holiday tree at Rally Point Oct. 13 as she helps transform it into Santa’s Workshop. Operation Santa Claus assists service members and their families by providing games and toys to their children for the holiday season.

Toy, monetary and decoration donations may be dropped off at Rally Point at any time.

Toy collections at the boxes will run through Dec. 15. Distribution of the toys

may run to Christmas day if enough donations are received to assist as many families as possible.

Despite their setbacks, Medina said he and the other elves are keeping their spirits high and pushing forward to create another magical holiday season.

With the assistance of units and organizations on post, the elves said they are hoping to provide enough gifts to everyone who needs them. Brigades and battalions will hold their annual toy runs throughout November with days varying for each one. Irwin Army Community Hospital also donated shelving units from the old hospital facility to replace the ones Operation Santa Claus is lacking. Other organizations across the installation have also stepped in to help, but Medina said they still rely on the community for the bulk of assistance — families helping families.

“Stuff like this raises the spirit high so some families don’t feel alone,” Medina said. “Everybody is involved. Everyone plays their part and that’s what brings the spirit.”

For more information about Operation Santa Claus, visit their workshop at Rally Point.

LISTEN
HERE:
105.7

VERSE OF THE DAY

*He has shown you, O mortal, what is good.
And what does the Lord require of you?
To act justly and to love mercy
and to walk humbly with your God.*
Micah 6:8

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VOLUME

Continued from page 9

“I have much appreciation for what you do,” Johnson said. “We have a sleep tracker on our daughter and noticed the times she wakes correspond with the call sound followed by someone speaking. I don’t know if something can be done, but at least I can say I tried.”

The next day, Johnson received a response from Ric Seward, fire chief with Fort Riley Fire and Emergency Services, notifying her they were going to take immediate action to resolve the issue.

“I was so surprised,” Johnson said. “I didn’t think it would be that quick.”

Seward said he was thankful for the comment because he did not realize the speakers were a distraction to the family housing.

“This is the first time we’ve ever had a complaint about it,” Seward said. “It’s one of those things you don’t realize it’s a distraction for others until somebody brings it up. I was real grateful (Johnson) brought it up just for the fact that if it was a distraction to her up in Ellis Heights, it’s a distraction to everybody. We don’t want to be a distraction.”

The first step FRFES took was a temporary, albeit effective one. This preventative action took place immediately after the ICE comment was received because the fire department wanted to alleviate the problem right away.

“We wanted to mitigate the problem as soon as we could and we were real empathetic on her situation and her special needs child,” Seward said. “We are postured from a standpoint to mitigate people’s problems, not be the cause of people’s problems. We went into full gear to see what we would do ... On Sept. 20 we started working with the electricians and seeing what we could do to mitigate that there was no on or off switch on it, no volume control. So Capt. (Jason) Demars and his crew attempted to move the speaker instead of pointing to Ellis Heights. And then they stuffed rags in the speaker to reduce the decibels coming out of it.”

Also on the same day, Seward said they scheduled an appointment for Ka-Comm, a critical communications technology systems company that supplies the fire department at Fort Riley, to do a station visit at their earliest availability, which was Sept. 19.

After Ka-Comm came, they gave FRFES a quote on what

“There are times when we can be disruptive in neighborhoods just by the nature of what we do, whether it’s a fire at 3 o’clock in the morning or a medical call.”

LT. ANDREW AVANTAGIATO | FIREFIGHTER,
FORT RILEY FIRE AND EMERGENCY SERVICES

needed to be done to install a rheostat volume control knob on the stations located in Ellis Heights, Historic Main Post and Colyer Forsyth neighborhoods. Seward said they will be covering cost of the installation, which came up to be a little under \$2,000.

Fort Riley Fire and Emergency Services is still sorting through finer details on regulating volume control, but they have a rough idea of how they would like to manage the sound. There are some cases where they would leave the volume on past sunset, such as during a loud station activity.

“What we’ve kicked around is just having it on during duty hours and having it off at night,” Seward said. “I think we are looking at kind of a (volume off) sun up, sun down, but it’s going to be more based on the tempo of when the guys are out there working because a lot of the times a crew gets back from a call, and they’re power washing equipment up at Station 1. It could be on beyond sunset ... It’s not critical that that volume is turned on and up when they’re outside because they have radios.”

Lt. Andrew Avantagiato, firefighter from FRFES, said having a volume control system available benefits the crew at the station too.

“The volume control would be nice because you don’t have to have it as loud if you’re doing something (like) just washing a truck, you can have it low and still hear,” he said. “But if it’s (during) something loud, you can turn it up a little bit, and then turn it back down. So the volume control would be nice because you got the in-between now.”

Seward said FRFES is constantly evaluating and trying to improve on their service. It is part of their job to make sure the community can depend on them as a partner and not be disruptive to the lives of their customers.

“We are here protecting those who defend America,” Seward said. “So it’s really important that we have the confidence in our customers that

when they need us, whether it’s an emergency situation or something like this, where we are going to respond to their need and mitigate whatever issue or event is in front of us. I look at this as more of a community partnership.”

Avantagiato added, he is aware how disruptive the fire stations can be just by the nature of their work, so any suggestions to curtail the amount of disturbance they might cause would be welcomed.

“There are times when we can be disruptive in neighborhoods just by the nature of what we do, whether it’s a fire at 3 o’clock in the morning or a medical call,” he said. “So anything we can do to limit how disruptive we are to the community — that is installing some volume control knobs that limit that noise we create — that simple fix to not be as disruptive, not that we mean to.”

Johnson is appreciative of all the efforts FRFES has taken to meet the needs of her child. She and Natalee baked cookies the following week and brought them to the firefighters at Station 1.

“They’re such a great group of guys; they are really nice,” Johnson said. “I was super appreciative. I thought I was being some crazy lady or something, so I was like ‘I got to bring them cookies, like they didn’t have to do this’ and they totally did ... It was the next week we had taken them the cookies just to say thank you for taking such swift action and taking my child’s needs — she couldn’t sleep, it was bothering her and it was freaking her out at night. So me and my daughter, we baked cookies and took them over and said ‘hey thank you for taking our concerns seriously and going above and beyond to fix the issue.’”

Although the stuffed speakers at Station 1 are only a temporary fix until Ka-Comm upgrades the volume control, it worked.

“We haven’t heard it since,” she said.

FALL FEST

Continued from page 9



Season Osterfeld | POST

The family of Staff Sgt. Jeffrey Mally, 1st Combined Arms Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, decorate pumpkins and small, wooden treasure chests during Fall Fest and Pumpkin Patch for Exceptional Family Member Program, Family Advocacy Program and New Parent Support Program participants Oct. 14 at Army Community Service. Many children dressed up in their Halloween costumes for the event.

It’s good to feel like you’re not alone — be there with someone that’s been there before.”

For the kids, Fall Fest provided a safe place for them to play and be themselves, Herrington said.

This is something Travers said she loved most about EFMP events for her family.

“A lot of the kids can’t really do much, like my daughter — she has special needs, so she gets really bashful and shy when it comes to Halloween and doesn’t really want to do trick-or-treating or

anything,” Travers said. “This gives her an opportunity to socialize with other kids and have fun.”

While the pumpkin patch was originally planned to be outdoors, the weather had other plans. The staff worked together to move it inside and ensure everything still ran smoothly.

“The weather does not stop the show for sure,” Herrington said.

Carrie Barnett, New Parent Support home visitor, shared a similar view of the event with Travers.

“It’s safe for them to come here, dress up, do a little trick-or-treating and get a pumpkin,” she said.

This is Barnett’s third year being a part of the decorating team for Fall Fest — an event she said she loves.

“It’s the fun part of my job,” she said.

For Herrington, seeing the children happy and meeting new Fort Riley residents at the event is like being with her own family.

“It’s just nice,” she said. “It’s like a family reunion of sorts.”

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Coronado Heights

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

Peaking 300 feet above the surrounding valley floor is the hill of Coronado Heights.

About 75 miles southwest of Fort Riley, Coronado Heights Park is 3 miles outside of Lindsborg off a dirt road. The road takes visitors up a winding path to the top of the hill. Parking is available at the top and at the bottom, for those who choose to walk.

In the 1930s, Coronado Heights Park was established by the Works Progress Administration. The organization built fire pits, a primitive restroom structure, picnic tables, hiking trails and a small castle.

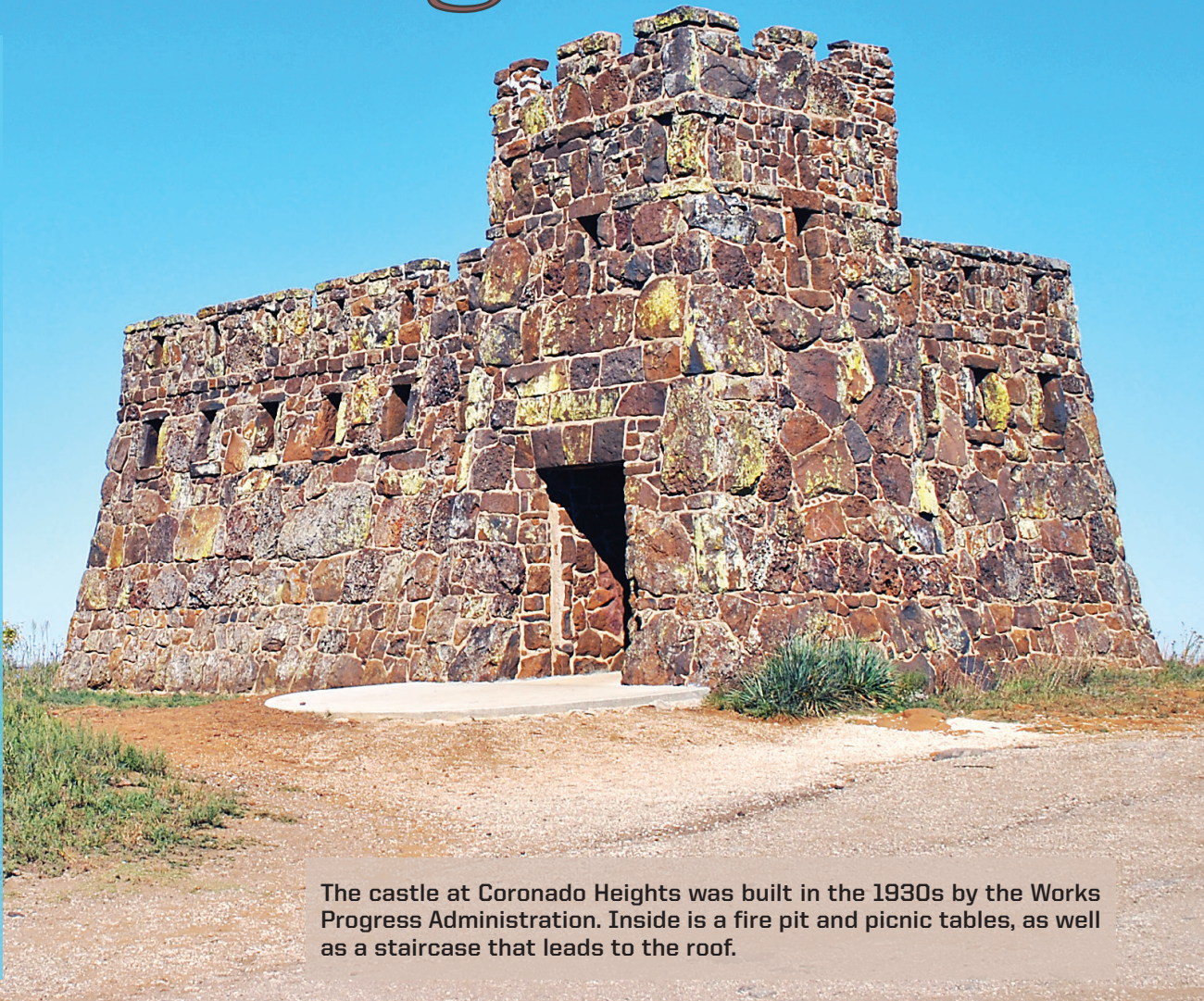
The hill is covered in sandstone formations, which have been worn smooth from centuries of weather and visitors walking and climbing upon them.

Picnic tables are built directly into the hillside and some require a small amount of climbing or careful steps to reach. However, once seated at one, they offer a balcony view of the surrounding valley. On a clear day, visitors can see for miles, reaching the curvature of the Earth off in the horizon.

The hiking and mountain biking trails on the hillside are narrow and some have spots of loose sand. Good shoes and caution are required to avoid injury.

Inside the castle is a large room with additional picnic tables and an indoor fireplace. The only light found inside is what trickles in through the small, rectangular windows at the top of the room. A narrow, steep staircase leads up to the rooftop where visitors can reach an even higher vantage point to gaze out on the surrounding landscape.

The park is free and open every day 8 a.m. to 11 p.m. For more information, visit www.travelks.com.



The castle at Coronado Heights was built in the 1930s by the Works Progress Administration. Inside is a fire pit and picnic tables, as well as a staircase that leads to the roof.



LEFT: A staircase leads up the hillside at Coronado Heights. Like the other structures there, it is built from sandstone. **RIGHT:** Coronado Heights peaks at 300 feet above the surrounding valley floor. On clear days, visitors can see into the horizon.



LEFT: Several fire pits and fireplaces are available at Coronado Heights. One fireplace is outside while the other is inside the castle. Both have picnic tables surrounding them. **RIGHT:** Several picnic tables are built into the hillside. They offer balcony views of the surrounding valley. However, some can be tricky to get to, so visitors should wear good shoes and be cautious. **BELOW:** Coronado Heights is covered in sandstone formations, which have been worn smooth from decades of weather and being walked upon.

