



THE FIGHTING FIRST!

# THE 1ST INFANTRY DIVISION POST



www.riley.army.mil

FRIDAY, FEBRUARY 23, 2018

Vol. 10, No. 8



Fort Riley, Kansas

## Never too much experience



M2A3 Bradley Fighting Vehicle crews with Troop A, 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, complete their live-fire iteration during a combined-arms, live-fire exercise at Fort Riley training area Jan 30.

## ‘Quarterhorse’ squadron builds readiness, experience

Story and photo by Capt. Jonathan Camire  
1ST ABCT PUBLIC AFFAIRS

Throughout January and February, Soldiers of 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division focused on training unit objectives and building readiness while out at the field. The “Quarterhorse” squadron deployed to a Fort Riley training area with two main training objectives — execute mission command systems and build experience through qualified gun crews, said Lt. Col. Brian Gilbert, commander of 1st Sqdn., 4th Cav. Regt.

“This was the first opportunity for the squadron as a whole to execute mission command systems and exercise the systems to maintain and sustained the squadron,” Gilbert said. “I was impressed with Headquarters and Headquarters Troop and Forward Support Company at executing mission command and sustaining the squadron.” The troop’s objectives were to train qualified gun crews and increase the experience for new Soldiers. Many of crew gunners and vehicle commanders within the squadron have never participated in qualification gunnery, Gilbert said.

“Soldiers came out of the training qualified with more experience and better trained, increasing the squadron’s overall readiness,” he said. Throughout the training, vehicle crews learned how to maneuver, platoon leaders learned how to fight with their platoons and platoon sergeants learned how to manage ammo and conduct casualty evacuation, Gilbert said. “The time in the field was a good experience for the troopers,” said Sgt. 1st Class Benjamin Clark, platoon sergeant, Troop C, 1st Sqdn., 4th Cav. Regt. “Troopers gained more experience training on putting live rounds downrange and maneuvering the vehicles versus the simulator.”

Sgt. 1st Class Clark’s platoon has spent more than 130 hours in the Bradley Fighting Vehicle simulators, he said. “While this is my second combined-arms, live-fire exercise, I am learning more about maneuvering the Bradley,” said Spc. Elywnn Bright, Bradley Fighting Vehicle driver for Troop A, 1st Sqdn., 4th Cav. Regt., from Hope, Arkansas. “This (training) allows the crew the chance to fire live rounds and qualify our crew.” The Troopers of Quarterhorse squadron are scheduled to complete their combined-arms, live-fire exercise at the end of February.

## Fort Riley community to benefit from Corvias solar program



Corvias staff checks out the power inverter that converts direct current to alternating current from the first running solar panels in Fort Riley at the Warner Peterson neighborhood Feb. 8. By October, there will be about 1,200 solar panels installed on residential rooftops on post.

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

The first solar panel was installed in the Warner Peterson neighborhood Feb. 8. On a regional scale, approximately 1,260 residential homes at Fort Riley will receive solar panels by October, said Clay Boyer, operations director for Corvias Fort Riley. These efforts are part and parcel of the Department of Defense Privatized Solar Challenge Initiative for Corvias’ Portfolio-based Solar Program. “It is one the largest solar programs in the state of Kansas,” he said. “The total project will be approximately 10.5 megawatts generated.” However, not every house at every neighborhood will have solar panels installed. Such houses include the homes on Historic Main Post, Boyer said. As for other homes, it’ll depend on how much power the panels generate from the direction of the sun. “It has to do with and based on the azimuth of the house,” he said. “As far as the

energy calculations, essentially (it is) whether or not the solar power generated makes sense for the program.” Typically, the ideal place for a solar panel would be in an area that has unobstructed line of sunlight for the longest portion of the day. “Facing south is preferable (for panel placement) with no shading concerns,” said Beth Worthley, Corvias strategic advisor out of Rhode Island. For Corvias neighborhoods across the nation, Worthley said the housing partner hopes the program can produce about 70 megawatts of power across 10 different military installations throughout the country from both rooftops and ground solar panel models. “We have completed work in Maryland at Fort Meade and Aberdeen Proving Ground,” Worthley said. “And we are currently in-progress with construction in Fort Riley and Edwards Air Force Base in California.” Fort Riley is the fourth military installation contract

See SOLAR, page 2

## Pool locker room renovations set to begin late February



The locker room at Eyster Pool clears out for floor renovations scheduled to begin Feb. 28. The pool’s operating hours will not change, however, locker room availability will be impacted. The men’s locker room will be renovated first.

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

The locker room floor at Eyster Pool will be renovated starting Feb. 28 with no effect to operating hours and scheduled events. “Currently, we plan for Eyster Pool to remain open during the renovation,” said Judy Gardner, recreation specialist at Eyster Pool. Hedy Noveroske, aquatic program manager, said the renovations will begin in the men’s locker room by removing all lockers, washrooms and partitions. “They are going to rip out the old tile and put in a new epoxy floor similar to the one we have at Whitside Gym locker rooms,” she said.

See RENOVATIONS, page 3

### FORT RILEY VOLUNTEER SPOTLIGHT



Margot Dudewicz was recognized by the Combined Scholarship Fund of Greater Fort Riley for her volunteer position as the applications chair. She handles preparing applications for judging. Dudewisz also volunteers with American Red Cross and Fort Riley Spouses Club. Her leadership inspires others to get involved. To learn more about volunteer opportunities, call Jane Brookshire, Army Volunteer Corps Program manager, at 785-239-4593.

### IN THIS ISSUE



SEITZ ELEMENTARY SCHOOL CELEBRATES THE 100TH BIRTHDAY OF LT. GEN. RICHARD SEITZ, SEE PAGE 9.

### ALSO IN THIS ISSUE



EXPLORE THE LITTLE APPLE OF KANSAS’ EYE, MANHATTAN, SEE PAGE 14.



DECONTAMINATION NATION



COURTESY PHOTO

Soldiers of Troop B and Headquarters and Headquarters Troop, 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, trained on conducting operational decontamination as part of their combined-arms, live-fire exercise Jan. 31 in the Fort Riley training area. Training such as this ensure the Troopers of 1st Sqdn., 4th Cav. Regt., have the skills they need to deploy, fight and win across the entire spectrum of conflict.

SOLARContinued from page 1

owned by Corvias to have solar panels installed, she said.

HOW THIS PROGRAM WORKS

According to the Solar Panel frequently asked questions page on CorviasMilitaryLiving.com, there will be no change in individual home energy bills. However, the energy savings reaped will be put back into on-post military communities as a whole in terms of infrastructure and facilities.

“The effort will stabilize energy costs for the community as a whole, which will increase funds available for future improvements in housing,” the FAQ said. “Residents will benefit as a community rather than as individuals via the reduced energy rate. The savings will allow for spending for sustainability and redevelopment on things such as new homes, playgrounds, roads, preventative maintenance, roofing and renovations.”

The initiative itself will cost nothing to the Army, Worthley said. She added, all the work is contracted out to Sunstone Solar Solutions, who finances, owns and maintains the solar program at Fort Riley.

“This isn’t a traditional solar lease or ownership of solar that you would have on a residential house,” she said. “In exchange, (Fort) Riley housing will pay for the electricity that is generated at below the cost that we are paying from the utility company.”

For that, the Army receives Renewable Energy Credits that can be leveraged toward federal mandated renewable energy development goals, Worthley said.

“One of the (RECs) goals that (former) President (Barack) Obama has outlined as part of his clean power plan for military housing is to install 300 megawatts of renewable energy across federally subsidized housing by 2020,” she said. “So our 70 megawatts (from Corvias housing across the nation) are going to help achieve that 300-megawatt goal.”

The end-goal for the initiative is to ensure a more stable energy rate for the military, Worthley said.

“The military has goals for renewable energy and sustainability,” Worthley said. “Energy security is a big thing and energy rate stabilization is big.”

NEW JOBS FOR VETERANS

According to Corvias Portfolio-based Solar Program, veterans are actively being interviewed through the USO Fort Riley Pathfinder Program.

“The installation company is working with the Fort Riley USO through the Pathfinder program to actively pursue potential veterans for open positions they will have for installation technicians for the duration of the project here,” Boyer said.

The portfolio also projects an estimated 37 percent of annual electricity consumption to be offset from power generated at Fort Riley. Also in the portfolio, these numbers were translated to 14,000 megawatts generated within the first year alone, which is equivalent to taking 2,736 cars off the road annually or planting 14,510 acres of forest.

# Hiring fair seeks passionate lifeguard and adventure park employees

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

Now hiring for the Directorate of Family and Morale, Welfare and Recreation: Outdoor Recreation and Sports, Fitness and Aquatics. Employees were on-hand for the Adventure Park Hiring Event Feb. 12 at Riley’s Conference Center offering an additional opportunity to apply for lifeguard positions.

“We have not used hiring events before for the lifeguarding positions because of difficulties with the pre-test certifications but Hedy Noveroske, our aquatics manager, came up with this concept to allow for both the same day,” said Chris Solano, non-appropriated funds human resources officer, DFMWR.

Solano said the hiring event was held earlier in the season to prepare for summer hiring.

“We actually had this event really early in the season,” he said. “We choose this date because it is a teacher in-service day. So our local high schoolers will be able to attend today. We really need people when (the season) starts. Sometimes even in March and April we can get folks hours on the weekends.”

Solano said those who are unable to start work until May came in to begin their background checks.

“But even if someone is not able to start until May, college students that have school until May, that is no problem at all,” Solano said. “We would rather take care of the background checks so when they are able to start working, rather than them having to wait another two to three weeks for the background check process.”



A lifeguard float is propped on the welcome desk at the Directorate of Family and Morale, Welfare and Recreation, Outdoor Recreation and Sports, Fitness and Aquatics hiring fair Feb. 12 at Riley’s Conference Center. Also on the same day, lifeguarding pre-testing was conducted.

He said there are a total of 25 open positions for applicants. “Depending upon those availabilities, if we have those who can work limited hours we may be looking at hiring more to

fill the different shifts and positions especially at the (Outdoor) Adventure Park,” Solano said.

Once certified and cleared by background checks, applicants can start work anytime.

“Lifeguarding will be available typically throughout the season,” he said. “The more lifeguards we have the more programs we can offer, very similar to the child care arena. The sooner we get them to apply, the sooner we get them through the background check process and sooner we can have them start.”

Noveroske said her goal is to hire 25 to 35 lifeguards for the summer, especially for the Custer Hill pool.

“Right now I have 17 active lifeguards,” Noveroske said. “Do I have them working at one time? Absolutely not. I have them working throughout the week. I have some kids that can only work weekends. I have some kids that can only work a Tuesday from 2 to 5 p.m. We schedule them as best as we can around their school schedule.”

The hiring process at the fair was designed as a one-stop-shop for applicants. For those interested in lifeguarding, she said all they need to do is give her a call.

“If we have someone out there who is interesting in becoming a part of our team they give us a call, schedule a pre-test, get them through the pretest and schedule them through a class,” Noveroske said. “What is fantastic about this year is Chris Solano, our HR director, got a new position description for the shallow water (lifeguard). Fort Riley is the first to have that Army-wide.”

For more information, visit [usajobs.gov](http://usajobs.gov) to apply for the open positions or call Eyster Pool at 785-239-4854.



Fort Riley Army Family Action Plan

Quarter Two Focus Group: Feb 27, 2018 9:00AM-3:00PM

All Focus Groups Located at Army Community Service  
7264 Normandy Drive, Fort Riley KS

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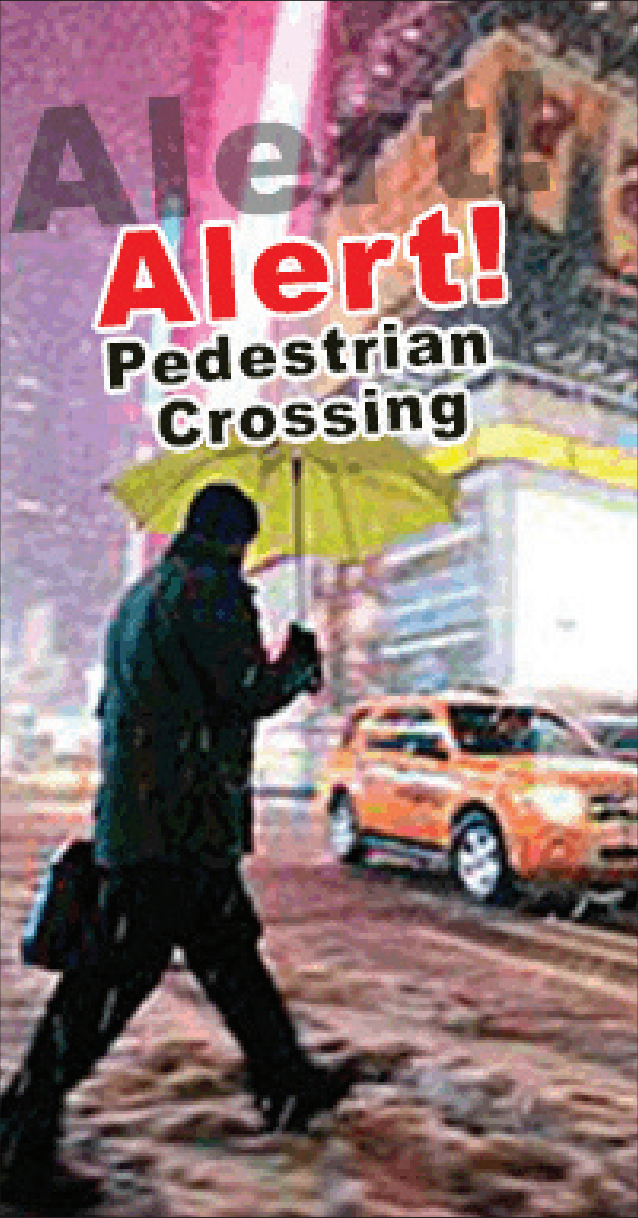
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Please call before the 10th of Nov.

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# Corvias donates parts of Colyer Manor homes to Manhattan Area Habitat for Humanity

By Suet Lee-Growney and Season Osterfeld  
1ST INF. DIV. POST

The surplus Colyer Manor homes in the old Colyer Forsyth neighborhood will soon be no more, but Corvias is leaving no stone unturned in the demolition. They have invited Manhattan Area Habitat for Humanity from Manhattan, Kansas, to sweep the property and take what the organization might need for their cause.

The purpose is two-fold: to avoid filling up the local construction and demolition landfill and to allow usable parts of the old homes, such as vanities, countertops, appliances or toilets, to have a new life, said Kelly Karl, Corvias director of construction.

“With demolishing over an excess of 1,000 homes, you’re going to fill up that landfill up very quickly,” Karl said. “So we are very cognizant of working with (the landfill) to make sure we don’t occupy that landfill and fill it up. And also just being good stewards of the environment (and) trying to divert as much or recycle as much material as possible just because it’s the right thing to do.”

Many items in the homes could be hazardous to the environment if not properly disposed of. These items include switches, thermostats and light bulbs with mercury in them and batteries.

“When you’re demolishing hundreds of homes a year, you very quickly pile up light bulbs and you can’t just throw them into the dumpster because of the environmental concerns,” Karl said. “That has been beneficial to not only us but also Habitat (for Humanity)

“With demolishing 1,000 homes, you’re going to fill up that landfill very quickly. So we are very cognizant of working with (the landfill) to make sure we don’t occupy that landfill and fill it up”

KELLY KARL  
CORVIAS/DIRECTOR OF CONSTRUCTION

because we’re able to properly transport these bulbs from the home and safely sell them at their store. Those are very popular. Batteries — there is a 9-volt battery in your smoke detector — we just can’t throw those in the dumpster, we have to try and repurpose.”

The reason Habitat for Humanity was chosen to be the beneficiary of the reusable appliances and home parts is because it was local and their market meets the needs of what Corvias is donating, Karl said.

“It was the only really local market that we can tap into with the type of product that we had to offer,” he said. “If somebody can get a benefit out of it, why not?”

According to Manhattan Area Habitat for Humanity’s website, mahfh.org, the nonprofit’s missions align with Corvias’ intention for the partnership. Manhattan Area Habitat for Humanity has operated a home improvement store since 2005 where the ReStore sells a wide variety of new and gently used appliances, furniture, building materials, and odds and ends. By doing so, the organization has helped divert “many tons of usable materials from local landfills.”

Apart from the items up for donation to Habitat for Humanity, Karl said they want to recycle the concrete in the homes too. The plan is to set aside the concrete during demolition to build an inventory. After which, they would take it to a concrete crushing operations, to handle the rest.

“We bring them to an operation that crushes it and it is certain, through



Suet Lee-Growney | POST

All the large appliances seen here at the to-be-demolished Colyer Manor housing including light fixtures, countertops and cabinetry have been donated by Corvias to Manhattan Area Habitat for Humanity in Manhattan, Kansas. By donating these items to local community partners, Corvias managed to offset 70 percent of the weight that they would have hauled to the construction and demolition landfill on Fort Riley.

engineers, they would refine it twice and we can actually use that crushed concrete for road base or underneath driveways, underneath sidewalks,” Karl said. “It’s really a win-win when you look at those avenues to be able to reutilize some of the excess material. Otherwise, it would have gone to some landfill and piled up.”

For Corvias, this recycling initiative to work with Habitat for Humanity benefits both parties, Karl said. One of Corvias’ core principles is to give back to the community. When they recognized the pros outweigh the cons in the partnership, it was a win-win.

“That’s what Corvias is all about; we are all about partnership with the local community and surrounding areas,” he said. “It’s really a win-win if you can figure out how to do it; how to do it successfully ... The capacity working on the installation and then haul costs are large part of your demolition budget, so if we are able to decrease haul times, reutilize and repurpose the material and divert from the local C&D(construction and demolition) landfill, there’s really not a lot of cons when you’re looking at it, if you can get all the right variables in a row.”

By donating these items, Corvias has been able to reduce the 32 tons in demolition weight by 70 percent from being dumped in the landfill.

“It’s a massive amount of weight that goes in to dropping over 1,000 homes when it comes down to concrete, appliances, everything,” he said. “But we’ve been able to divert over 70 percent of our what we call waste stream from the local landfills by either partnering with the local communities like Habitat for Humanity (and) Operation Walking Shield and a lot of our in-house stuff with concrete recycling.”

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GET STARTED AT [VetVerify.org](http://VetVerify.org)

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## RENOVATION

Continued from page 1

One locker room will be impacted at a time,,Noveroske said the issues with the men’s locker room will be addressed first because the floor is in worse condition.

“During that time when the locker room is shut down, our male patrons can change in either the family changing area — which is obviously only one at a time,” she said, “but then we also have the staff locker rooms as well. Those locker rooms have latrines. The only thing they will not have available to them is a hot shower.”

Showers will be available to male patrons through a makeshift shower out on the deck at Eyster Pool, Noveroske said.

With the anticipated renovations happening late February, Noveroske said all programs will stay the same and operating hours will not be altered.

“I am projecting each locker room to take at least three to four weeks,” she said. “Hopefully that is over shooting it and it won’t take that long.”

She said they will post updates on the renovations to their Facebook page and at the facility.

For more information, visit [www.facebook.com/rileymwr](http://www.facebook.com/rileymwr).

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23. I would recommend this facility to a TRICARE-eligible family member or friend.

24. I am able to see my provider when needed.

## OPERATION: FRESH START

Make it your mission to start the New Year with a clean slate. You can quit tobacco in 2017! Get started by setting your quit date at [UCanQuit2.org/Ready2Quit](http://UCanQuit2.org/Ready2Quit).

## Please join the Fort Riley Spouses Club for a Wild West Night

Games, photo booth, silent & live auctions, food & drinks!

Saturday, March 3, 2018  
6 pm - 10 pm  
Fort Riley Spouses Club  
Riley’s Conference Center, 446 Seitz Drive

Fundraiser to benefit community organizations of the Flint Hills region! Adults only! Western attire –Boots & Jeans! Open to the public!

Tickets are \$25 a person if purchased by February 25th [www.fortrileyspousesclub.org](http://www.fortrileyspousesclub.org)  
Tickets purchased after Feb. 25 or the night of the event are \$30

CYS parents’ night out, call (785) 239-9885 to register

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## LISTEN HERE: 105.7

VERSE OF THE DAY

Whoever would foster love covers over an offense, but whoever repeats the matter separates close friends.

Proverbs 17:9

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TRAFFIC REPORT

ACCESS CONTROL POINT HOURS

Those with a valid military ID card, or who have an access pass or badge, 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](http://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:**  
Grant Gate is open from 5 a.m. to 8 p.m. Monday through Friday. It is closed weekends and federal holidays.

CAMPBELL HILL ROAD CLOSURE

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 landfill will still be possible during the repairs.

ASK DR. JARGON

Army Structure

DEAR DR. JARGON,

I hate to admit this to anyone, but I am not really all that great when it comes to managing money. My Soldier is deployed and it's my first time on my own. I'm not one to go on spending frenzies or anything, but I would sure love to figure out a system on managing what we have as a family and finding ways to ensure we have a little something put away for car repairs, life's little costly crisis or just to have a fun family time when he returns. Are there any classes on budgeting and financial intelligence I can take? If so, how do I find out about them?

Sincerely,  
Cents-less in Fort Riley

DEAR CENTS-LESS,

I think the first sign of financial intelligence is asking the questions you are asking. Budgeting and financial management for your family are important things to grasp, and the fact that you want to learn puts you a step ahead already.

Fort Riley does have a resource to help you with your goals. They can start you with the very basics, work you up to a place where you can get your money working for you and to the point where you feel pretty comfortable because you have a solid plan to get you to your goals.

There are financial counselors available through Army Community Service Monday through Friday from 8 a.m. to 4 p.m. They can work with you individually or get you into Money \$mart classes that last about an hour and help with managing debt, credit, investing and buying a car.

Give the folks over at ACS a call at 785-239-9435 or stop by the office at 7264 Normandy Drive.

Good luck and may you go from cents-less to penny wise using the services available to you.

Sincerely,  
Dr. Jargon

*Dr. Jargon, cutting through the jargon that is the U.S. Army. Send your Army terminology questions to [doctorjargon@gmail.com](mailto:doctorjargon@gmail.com).*

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Third Sunday of the month, 11am

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Fort Riley Teen Center

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Monica Smith

(785) 239-9243

[Monica.a.smith54.civ@mail.mil](mailto:Monica.a.smith54.civ@mail.mil)

THINGS TO KNOW ABOUT YOUR TAX REFUND

1 If you file your tax return early and claim the Earned Income Tax Credit or the Additional Child Tax Credit, a new law requires the IRS to hold refunds until mid-February in 2017.

2 The law requires the IRS to hold the entire refund - even the portion not associated with the EITC and ACTC - until at least February 15, 2017.

3 New identity theft and refund fraud safeguards by the IRS may mean some tax returns and refunds face additional review.

Pets of the Week

THESE LOVABLE PETS ARE WAITING TO BE ADOPTED....



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QUEENY



DOTTIE & JASMINE

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## RILEY ROUNDTABLE

Do you like coffee or tea? Why?



"Coffee because there are no other substitutions."

**STEVE BALDERRAMA**  
JUNCTION CITY, KANSAS

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



"I like coffee better because I can add ice cream."

**RON STEWART**  
BROOKLYN, NEW YORK

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



"Tea. It has better flavor."

**ANGELA STEWART**  
MANHATTAN, KANSAS

Management program analyst, Directorate  
of Plans, Training, Mobilization and Security



"Tea. Because I can't stand the flavor of hot, dirty water."

**SGT. 1ST CLASS PATRICK MILLER**  
VALLEY CENTER, KANSAS

Headquarters and Headquarters Company,  
U.S. Army Garrison Fort Riley



"At work I like coffee because it's convenient. At home I like tea because hot water is accessible"

**DEBORAH WILKERSON**  
CHARDON, OHIO

Management support specialist,  
Directorate of Plans, Training, Mobilization and  
Security

## THE 1ST INFANTRY DIVISION POST

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### LETTERS TO THE EDITOR

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

## SAFETY CORNER

# Understanding Carpal Tunnel Syndrome

Thomas Anderson  
GARRISON SAFETY OFFICE

Many of us are at risk to develop carpal tunnel syndrome, so it helps to understand the variety of risk factors and ask the right questions: What age group does CTS affect? What occupations are most at risk for CTS? As we gain more knowledge of what causes CTS, what are we doing to prevent it?

Carpal tunnel syndrome can be defined as a painful condition of the hand and fingers caused by compression of a major nerve where it passes over the carpal bones through a passage at the front of the wrist and along the flexor tendons of the hand. It may be caused by repetitive movements over a long period or by fluid retention; it's characterized by sensations of tingling, numbness or burning.

The Army classifies CTS as a common musculoskeletal disorder, MSD, like tendonitis and strains of muscles or tendons. In 2015 the Army reported 266,256 full-time employees sustained such injuries and processed 1,285 claims for ergonomic injuries. Those 1,285 claims resulted in 13,530 lost work days. In other words MSDs, can severely affect the labor force and cost thousands of dollars in lost days.

Who is at risk? Within the garrison for fiscal years 2015, '16 and '17, there were 42 strains, sprains and improper lifting accidents. These soft-tissue injuries could be classified as MSD, but only one of those accidents was directly related to CTS. Many employees may experience some of the symptoms of carpal tunnel syndrome, some may even receive treatment, but not all report the injury relating to work.

However, employees that spend the majority of their day doing computer work, repetitive motion work, work requiring strong or difficult grip and vibration of hand tools are most at risk. Women are affected twice as often as men and manifestation usually occurs over the age of 30; 76 percent of CTS patients become symptomatic between the age of 40 to 70 years.

The National Institute for Occupational Safety and Health reports an average of 1.68 percent of U.S. adults — about 5,215,050 million — are affected by CTS. CTS is also three times more common among assembly workers than among people with data-entry jobs. These assembly jobs include work relating to manufacture, cleaning, sewing and meat packing. As a rule of thumb, if you have a job that requires the use of vibrating machinery or wrist flexion and extension, it is important to find a chance to rest your hands and wrists.

What can you do to prevent CTS? The first step to prevention is education and awareness. Understanding simple body mechanics can help make simple modifications on how we do every day work.

If you spend a lot of time sitting at a desk, knowing how to efficiently set up your workstation and improving your posture can help prevent injury. If you are in the garrison, both the garrison and Fort Riley Safety Office can assess your workstation and suggest modification to improve your level of comfort, efficiency and minimize the risk for MSD-related injury.

But if you would like to try some improvements on your own, try these:

- Center your work in front of you, as low as possible without

touching your legs. Your forearms should be parallel to the floor or slightly lowered. If you work while standing, have your work surface at about waist height.

- Keep your hands and wrists in line with your forearms. For example, if you work at a keyboard, tilt it to help keep this alignment. Use proper hand and wrist position for manual tasks.
- Hold your elbows close to your sides.
- Avoid leaning on the heel of your hand or your wrist.
- Take little breaks every 10 to 15 minutes. Use a reminder alarm if needed.
- Do stretching exercises every 20 to 60 minutes.

Other modifications can include trying a different tool or grip. Many people benefit from using a split, V-shaped keyboard. If possible, try one for at least a week. When using other equipment, try changing the way you hold the tool or you can try switching hands.

Training your wrists to stay straight can also help to minimize the severity of CTS.

If you have carpal tunnel symptoms and trouble training your wrists to stay straight, try wearing wrist splints for temporary relief. The key word is temporary. Splints are not meant to be worn for long periods of time, but wearing them whenever you are sleeping can help you manage carpal tunnel syndrome over the long term.

For more information on ergonomic improvement and ways to prevent CTS and MSD, contact the Garrison Safety Office, 785-240-0647.

**PAWS and think before you eat**

Monitoring weight is important for you and your pet. Eating a well-balanced and nutritious diet will help with maintaining a healthy weight. **Talk to your veterinarian for tips to help your pet maintain a healthy weight.**

Locate your local Veterinary Treatment Facility at <https://tinyurl.com/9K26uV7fs>

Approved Health Clubs: American Animal Hospital Association (AAHA), American Veterinary Medical Association (AVMA), American Pet Professional Guild (APPG), American Society of Animal Health (ASH), American Veterinary Association (AVA), American Veterinary Association of Colleges (AVAC), American Veterinary Association of Colleges (AVAC), American Veterinary Association of Colleges (AVAC)

**2017 ALTERNATIVE CARE OPTIONS**

FRG CHILD CARE				PARENTS' NIGHT OUT			
January	10	July	11	January	07	July	08
February	14	August	08	February	04	August	05
March	14	September	12	March	04	September	09
April	11	October	17	April	01	October	14
May	09	November	14	May	06	November	04
June	13	December	12	June	03	December	02

6:30-8:30pm • \$4 per child per hour\*  
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To register, call 785.239.9885 or 785.240.2818

\*Patrons may utilize their free 16 hours of care instead of paying fee. Child's traveling file must be turned in prior to care. Patrons must be registered with CYSS.

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The Fort Riley Mass Warning and Notification system now includes a mobile notification smartphone application.

The Apploc Notifier is a smartphone app which displays a purple globe on your main mobile phone screen. It is available for iOS and Android smartphones.

\*This app is not currently approved for government use as of 11/1/2016.

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**March**

**2**

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MEET THE DIRECTORS

Benjamin R. Van Becelaere, director of Plans, Analysis and Integration Office

By Kalene Lozick  
1ST INF. DIV. POST

Benjamin R. Van Becelaere, director of the Plans, Analysis and Integration Office, has worked as an intelligence officer in the Army, a Department of the Army civilian and had experience in the private sector. This rounded experience has enhanced his appreciation for working in the Fort Riley Garrison.

“I was an Army officer for a little over eight years and I’ve been a Department of the Army civilian for a little more than eight years total now as well,” Van Becelaere said. “I may have a little unique perspective because I’ve been an Army officer, a (Department of the Army) civilian and also worked in the private sector. So that, I think, has given me a little bit of a unique perspective compared to some.”

Van Becelaere said he found a sense of purpose while serving in the Army and at his current position as director of PAIO. However, he said he did not find that same sense of purpose in the private sector.

“I did a three-year stint in the private sector working for a battery company where I worked first as a financial analyst and then as a program manager,” Van Becelaere said. “A little over a year ago I came back to Fort Riley to once again serve as the director of PAIO. Coming back to Fort Riley is the best career decision I’ve ever made.”

He said PAIO works a great deal with strategic initiatives and things that have high visibility for the Garrison Command Group.

WORKING WITH A PURPOSE

He said the sense of purpose is what drove him back to Fort Riley garrison.

“You kind of don’t know how important that sense of purpose is until you don’t have it,” he said. “So that was one of my experiences that really helped bring me back to Fort Riley. It is a special place.”

He said the garrison is really a purpose-driven organization.

“I think for a lot of us who are former military, or just have that ‘need something a little more than just money’ mentality, we work here at the garrison because it gives you that sense of purpose,” he said. “You know you are here for the greater good of the Army, Soldiers and family members, and the community outside the gate. So that sense of purpose is really here in the job we do.”

Van Becelaere said what prepared him the most for his current role as a director was the mentorship he received during his first two years when he began working as a DA civilian at the Directorate of Plans, Training, Mobilization and Security.

“At the time the director of DPTMS was Tim Livsey, who is now the (Fort Riley) Deputy Garrison Commander, and that was probably the most foundational thing for me as an employee was that



COURTESY PHOTO

**Ben Van Becelaere, director of Plans, Analysis and Integration Office, lives in accordance to his three philosophies: faith, family and a strong work ethic. A strong work ethic he said was taught by his father who was the hardest working person he knows.**

mentorship with Tim,” Van Becelaere said.

Van Becelaere said the mentorship received under Livsey taught him how to better interact and brief senior level officers in the Fort Riley garrison and 1st Infantry Division, in addition to running working groups composed of representatives of many directorates within

the Fort Riley Garrison Command.

“So that was really important — that mentorship,” he said.

Within his mentorship, he said Livsey also encouraged Van Becelaere to complete the Civilian Academic Degree Training Program.

“That is a program where the Army can — if approved

— pay for you to go get a Master’s degree,” Van Becelaere said. “So I did that for a period of about two years. That was really just a part of that mentorship that really helped me down the road.”

On this professional road, Van Becelaere said he lives by three philosophies.

PERSONAL PHILOSOPHIES

Three philosophies that Van Becelaere said he lives by are faith, family and a good, strong work ethic.

“You need the family support group, of course,” Van Becelaere said. “You need faith, in my opinion to get you through some of the hard times and to keep a right perspective.”

Van Becelaere said he has been married for 22 years to his high school sweetheart. They have two teenage sons. He said they love the Flint Hills and the surrounding area.

In addition to faith and family, he said a strong work ethic is one quality that can never be underestimated. From his father he learned that a strong work ethic could include the basics, which he said some take for granted.

“I learned a strong work ethic from my father who was probably the hardest working person I ever have known,” Van Becelaere said. “A good work ethic to me is just the basics sometimes. We take for granted the basics. It’s getting to work on time or maybe a little early. It’s making sure deadlines are met. It’s trying to think ahead for your supervisors, what are

they going to need and try to anticipate those things. So that is what you are working towards, not being reactive and just waiting for them to tell you what they need, try to anticipate.”

He said those philosophies he abides by could help Soldiers succeed no matter their rank.

“To me those three qualities are very important whether you are a supervisor or an employee, it doesn’t matter,” he said. “To me those three are pretty critical.”

Kelley A. Paskow, lead planner in the PAIO, said Van Becelaere’s stance on family values is very visible in the small shop of four.

“Every time something happens with one of your own family members, like one of you gets sick, you have to have a team that can help carry the burden, that is really important,” she said. “So I have always appreciated the emphasis on family in the PAIO, especially for me with having had health problems and having two really small children.”


She said anytime one of her children were sick or when she needed to take a day off for medical appointments, Van Becelaere would be the one to say don’t worry about work and to be with family.

“That is why we are a team,” she said. “(He would say) go take care of yourself and your family. And there has never been any doubt in what he has said or done. He really lives by that. So I really appreciate that especially like I said with us being a small shop.”


See DIRECTOR, page 8

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Fort Riley - Central Kansas Chapter



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Richard M. Seitz, second from left, son of late Lt. Gen. Richard "Dick" Seitz speaks to one of the classes at Seitz Elementary School Feb. 16 before presenting the school principal, Jodi Testa, left, a certificate of appreciation and admiration from the 517th Parachute Regimental Combat Team Association for protecting the general's legacy during the general's 100th birthday celebration.

## SCHOOL HONORS NAMESAKE

Seitz Elementary recognizes the late general's 100th birthday, legacy that continues to shape current, future students

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

Staff, teachers and the Seitz "Dragons" smiled, laughed and swayed as they sang "You've got a Friend in Me" during an assembly celebrating the late general's birthday Feb. 16 at Seitz Elementary School.

Seitz's actual birthday falls on Feb. 18 and it has been a tradition for the school that was near and dear to his heart to celebrate his birthday every year. The last birthday Seitz celebrated was his 95th and he did so at the school. He passed away later that year in 2013.

When working with kids and trying to help them understand what character traits are, the elementary school always defaulted to Seitz, said Jodi Testa, principal of Seitz Elementary. She said the birthday celebration served as an important reminder of how to build good character.

See SEITZ, page 14



Seitz Elementary School "Dragons" demonstrate how to deal with a situation they may encounter using the values late Lt. Gen. Richard "Dick" Seitz embodied during the 100th birthday celebration of Seitz at the elementary school Feb. 16. Each year, the school celebrates Seitz's birthday to carry on his legacy and the values he stood for.

"And we feel like if our kiddos can leave elementary school with those five qualities (cooperation, assertion, responsibility, empathy and self control), which mimic the way Lt. Gen. Seitz held himself accountable to society, we know we will be doing great things for kids — he is a wonderful model for our kids."

JODI TESTA  
PRINCIPAL, SEITZ ELEMENTARY

## Open house a spring thing

Fort Riley Middle School event takes less formal approach

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

Parents and Soldiers alike supported their Fort Riley Middle School students during the FRMS Spring Open House Feb. 16.

"Today is just a day to showcase what the kids are doing and to come out and check us out because some of the parents are deployed in the fall or things are going on so they may not have had a lot of opportunities to come to the school," said Heather Oentrich, FRMS principal. "So this allows them to walk around and not feel pressured come in here (and) listen to a presentation."

She said during the Fall Open House, FRMS has special pre-



Fort Riley Middle School's Trooper Singers perform for parents and school administration during the FRMS Spring Open House Feb. 15. The open house offered parents the opportunity to see what their students accomplished thus far in the academic school year.

sentations, but the Spring Open House is less structured because of the anticipated deployment and field exercises.

"In (the library) we have science fair projects," Oentrich

See HOUSE, page 14

### POOLING RESOURCES



Kalene Lozick | POST

Maj. Foster Knowles, Headquarters and Headquarters Battalion, 1st Infantry Division, holds 1-year-old Beckett Knowles as they smile at wife Kendall Knowles during Bubble Guppies Feb. 17. The event had more than 20 families in attendance, who all learned various pool games from Caroline Simpson, aquatic instructor and wife of Pfc. Nicholas Simpson, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Inf. Div.



# FORT RILEY POST-ITS

## COCKTAILS AND CANVASES

Looking for a fun night out? Paint and sip at this month's cocktails and canvases Feb. 23.

The event is at Riley's Conference Center and doors open at 6 p.m. Painting starts at 7 p.m. Admission is \$25 per person and includes supplies, instruction and one beverage ticket.

Advance tickets purchase is recommended. For more information, call 785-784-1000.



## BOUNCE-A-PALOOZA

Bring summer fun and food indoors with MWR. Whitside Fitness Center will be filled inflatables of all kinds, for kids of all ages. Feb. 24 from 10 a.m. to 3 p.m.

Additional activities will be available as well. A special Kiddie Korner keeps it safe for younger kids. Admission costs \$2 per child, free for adults. Children 13 and under must be accompanied by an adult. For more information, call 785-239-2807

## ADULT CRAFT NIGHT

The Arts and Crafts Center, 6918 Trooper Drive, will have a adult art class Feb. 25 from 1:30 to 4 p.m. The craft of the day is felt pillow flower.

Advanced registration is required and \$15 per person. To register or for more information, call 785-239-9205.

## FRAMING AND MATTING CLASS

Learn how to select mats, cut them, chop frames, assemble the frame and mat and slice glass in this one-night class at the Arts and Crafts center 6 p.m., Feb. 26, 6918 Trooper Drive.

This class is a prerequisite to using the matting and framing area. All materials are provided.

Advance registration required and costs \$10 a person. For more information call 785-239-9205.

## CYBORG VS KUNITSKAYA UFC WATCH PARTY

The Warrior Zone will be hosting a pay-per-view watch party for the World Featherweigh Championship UFC event No. 222 between Cyborg and Kunitaskaya March 3.

Admission is free. There will be food specials offered. The preliminary will begin at 5 p.m. and the main fight card will begin at 9 p.m.

The Warrior Zone is open to ages 18 and up. For more information, call 785-240-6618.

## 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.

## TACO TUESDAY

Let's taco bout getting some grub at for lunch 11 a.m. to 2 p.m., Feb. 27, at Riley's Conference Center.

The all-you-can-eat meal includes choice of meat, hard and soft shell tacos, salsa bar, rice, beans, salad bar and dessert.

The buffet costs \$9.95, which includes a drinks. Salad bar only is \$5.95. For more information 785-784-1000.

## USO NO DOUGH DINNER

USO Fort Riley is hosting a No Dough Dinner Feb. 27 at 100 Manhattan Town Center from 5 p.m. to 6:30 p.m. The No Dough Dinner is a free dinner to active-duty military and their families.

Burgers and hotdogs will be served. Reservations are suggested for planning purposes.

For more information, call 785-240-5326.



## DFMWR HIRING EVENT

The Directorate of Family and Morale, Welfare and Recreation is hosting a hiring event March. 3 from 10 to 1 p.m. at Custer Hill Youth Center, 5800 Thomas Ave.

Youth ages 14-21 will have the chance to visit with potential employers, volunteer organizations and institutions of higher learning.

Open to all youth seeking employment, no Department of Defense identification is required.

For more information, call 785-239-9435.



## BOGA FIT

Workout your core, stamina and balance with BOGA Fit at Eyster Pool Feb. 25 from noon to 1 p.m.

This full-body workout is where you stand on a secured floating mat on 5 feet of water.

Class is limited to 12 mats; spaces available on a first-come, first-served basis. For more information, call 785-239-4855.

## FORT RILEY REEL TIME THEATER SCHEDULE

### Friday, Feb. 23

The Commuter (PG-13) 7 p.m.

### Saturday, Feb. 24

Maze Runner: The Death Cure (PG-13) 2 p.m.

The Post (PG-13) 7 p.m

### Sunday, Feb. 25

The Commuter (PG-13) 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

## 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.



## FREE AUDIO BOOKS

All military branches will get to take advantage of this service at no cost. Thousands of audiobook titles are available instantly on demand or have the CD shipped for free.

This service is open to all veterans, service members and their families residing in Kansas.

For more information, visit [www.Kansas.3LeafGroup.com](http://www.Kansas.3LeafGroup.com).

## 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.

## COMMUNITY CORNER

# Military Saves Week: A path to financial fitness

By Col. John D. Lawrence  
FORT RILEY GARRISON COMMANDER

Military Saves Week, a time for service members and their families to focus on finances, runs Feb. 26 to March 3. This year's theme of "Find Your Financial Fitness" is broken down into six specific strategies that can get you started on the path to financial freedom and help keep you there until retirement. They are:



Colonel Lawrence

- **Save to retire.** The new Blended Retirement System is now a reality. Retirement is a key goal when saving; start now to be ready later. Learn more about the new system at <http://militarypay.defense.gov/BlendedRetirement>.
- **Save the extra.** People tend to save windfall money more than saving small amounts consistently over time. Change that psychology in 2018 by saving your bonuses, pay raises and tax refund. As an added bonus, enter for a chance to win one of 100 prizes up to \$10,000 at the "Save Your Refund" site, <https://saveyourrefund.com>.
- **Save as a family.** It's easier to work as a team, especially at home with the family when everyone's on the same page. Share saving goals with kids to get them started early on the right path toward financial independence.
- **Save with a plan.** According to the 2017 Military Saver Survey, 58 percent of military savers reported they are no saving regularly since taking the Military Saves Pledge. The pledge is available at <https://militarysaves.org/for-savers/savings-tools-and-resources/take-the-pledge>.
- **Save the easy way ... automatically.** Just set up an allotment through myPay and save money into an account you don't touch. You'll watch your money grow steadily over time.
- **Save for rainy days.** An emergency fund can reduce stress significantly. Just knowing you've got an extra \$500 to \$1,000 set aside for car repairs or other emergencies that may arise creates nice peace of mind.

Learn more about Military Saves Week at [militarysaves.org](http://militarysaves.org) or give Army Community Service a call at 785-239-9435 to get a helping hand with automating your finances. It may seem like an uphill battle until you stop and look at the facts; small steps will lead to healthy saving habits that return big dividends over time. The key is to start now.

— *To comment on this article or to suggest a topic for Community Corner, email [usarmy.riley.imcom.mbx.post-newspaper@mail.mil](mailto:usarmy.riley.imcom.mbx.post-newspaper@mail.mil).*

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Protestant Services

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

Catholic Services

Victory Chapel	239-0834
Sunday Mass.....	0845
Sunday Catechism.....	1000
Saint Mary's Chapel	239-0834
Saturday's Vigil Mass.....	1630
Sunday Mass.....	1200
Mid-day Mass— Mon., Wed., & Fri.....	1200
Tuesday & Thursday Mass.....	1800
IACH Chapel	239-7872
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  
785-239-3339. Watchcare provided for birth-2yrs.

Club Beyond- Faith Based Youth Program

Grades 6th - 12th, Meets Sundays

M5 Youth-1530-1700 at Morris Hill Chapel

H5 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](mailto: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](mailto:fortrileycwoc@gmail.com) or Facebook "Fort Riley CWOC"

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

HOLIDAY CELEBRATION

A Purim (Jewish) holiday celebration will be held on Wednesday, 28 Feb., at Kapaun Chapel on Normandy. Start time will be 1830.

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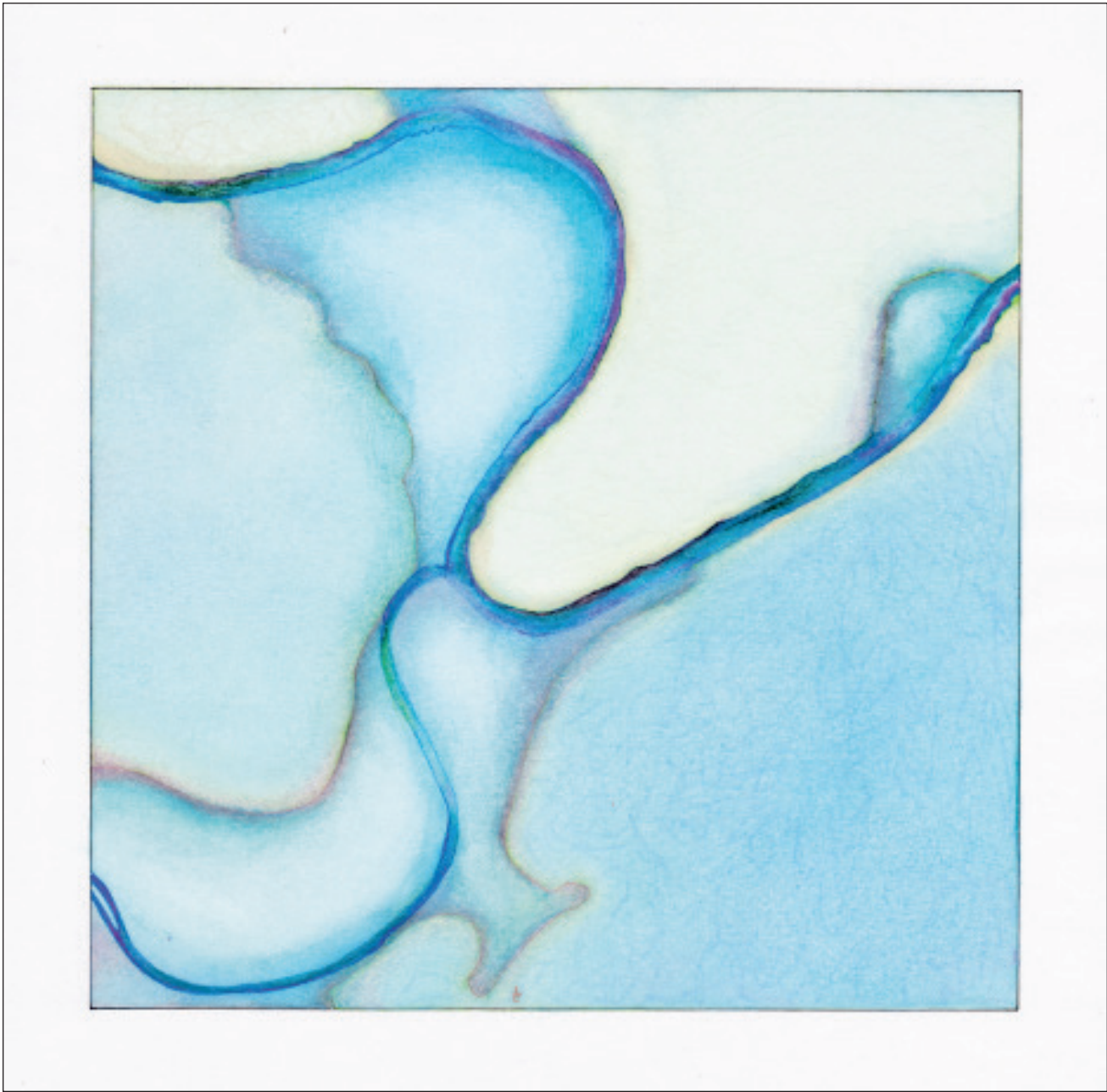
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COURTESY PHOTO  
Artist Lynn Benson’s “Kansas City 1951” is from the series “Waterplaces,” created from 2012-15, and is part of the exhibition “Water Stories: Lynn Benson,” on display Feb. 13-May 26 at Kansas State University’s Marianna Kistler Beach Museum of Art. The work is colored pencil on vellum and is 8 15/16 by 9 1/16 inches.

## ‘Water Stories’ show visits Beach Museum

Use, misuse of water featured in artist Benson’s exhibition

K-STATE NEWS

MANHATTAN — Water and the impact of human activity on this vital resource are the subjects of artist Lynn Benson’s work featured in the newest exhibition at Kansas State University’s Marianna Kistler Beach Museum of Art. Benson is the 2018 Friends of the Beach Museum of Art gift print artist.

“Water Stories by Lynn Benson,” which opened Feb. 13 and will run through May 26 in the museum’s Ruth Ann Wefald Gallery, showcases Benson’s representation of bodies of water, in a range of mediums, at the center of environmental and political struggles. The exhibition includes the unveiling of a new acquisition by the museum, a suite of 101 drawings by Benson on paper vellum called “Waterplaces.”

To create her compositions, Benson draws from satellite images and printed maps. Each drawing is mounted on a paper vellum frame she constructs. A collection of texts written by the artist accompanies the suite of drawings and describes how each particular body of water is affected by human activity. Also included in “Water Stories by Lynn Benson” is “Drops,” a more recent series in which drawings replace culture specimens in petri dishes.

“The amazing meandering lines captured by satellite views of rivers and shorelines provide inspiration for many of my recent works,” Benson said. “I play upon the botanical and anatomical similarities in paths of fluids and patterns of growth, relishing opportunities to push paint through layers while exploring fluid dynamics in liquid media.”

“The amazing meandering lines captured by satellite views of rivers and shorelines provide inspiration for many of my recent works. I play upon the botanical and anatomical similarities in paths of fluids and patterns of growth, relishing opportunities to push paint through layers while exploring fluid dynamics in liquid media.”

LYNN BENSON | ARTIST

Benson’s choice to use the properties of paper vellum — with its inherent translucence and brittle texture — for these works creates the effect of a delicate, fragile skin on which water rests. The colors’ richness imparts a jewel-like quality to the artworks, emphasizing water’s preciousness, according to Aileen June Wang, Beach Museum of Art curator.

Benson traces her longtime attraction to an interest in water — whether oceans, river deltas and aquifers, or atmospheric dynamics of drought and rain — to her proximity to the ocean as a toddler and awareness of the burning Cuyahoga River in the late 1960s. She recalls a conversation, overheard long ago, between her father and uncle, both chemical engineers, regarding pollution in the San Francisco Bay from her uncle’s chemical plant.

“I am drawn to forces within the natural world and I watch how we humans perceive and impact these delicate balances,” Benson said. “My subject matter is within that dynamic realm. Working with paint, printmaking, fabric, collage, photography, installation and more, I look for core essences and universals, surprises, fragility and reverence, in balance with specific issues surfacing in the politically and environmentally challenged world we inhabit.”

Water as a precious resource is also the subject of Benson’s “Dancing on the Table,” the 2018 Friends of

the Beach Museum of Art gift print. The work reflects the artist’s interest in water sources that flow under the ground, such as the dwindling Ogallala Aquifer, which helps farmers in the Great Plains produce one-fifth of the annual U.S. agricultural harvest.

“Dancing on the Table” was produced in collaboration with master printer Aaron Shipps at Bedrock Art Editions in Kansas City. Each print is composed of seven layers of paper and incorporates several artistic processes: lithography, chine collé, hand-coloring with colored pencil, gold leaf application and paper cutting. For information on how to purchase the print, call 785-532-7718 or go to beach.k-state.edu.

The Beach Museum of Art is offering several events related to “Water Stories by Lynn Benson”:

- “Telling Water’s Story: Art, Science and Narrative,” at 5:30 p.m. Thursday, March 8, at the museum. The program includes a presentation by Cynthia Barnett, environmental journalist and author, followed by a conversation on how the visual arts, scientific practice and journalism intersect in tackling environmental challenges. Panelists include Peter Dorhout, K-State vice president for research and a professor of chemistry, and Benson. Linda Duke, director of the Beach Museum of Art, will

moderate. The event is offered in partnership with K-State Libraries, The Collegian Media Group, Global Foods Systems, and the Prairie Studies Initiative — all at K-State — and the Volland Store Gallery near Alma.

- Artist’s Talk by Lynn Benson at 5:30 p.m. Thursday, April 5, at the museum. Benson will share details about making the 2018 Beach Museum of Art gift print and her other recent projects. Light refreshments will be served.
- “Water Stories” School Tour gives students the chance to investigate works from the Beach Museum of Art’s permanent collection related to water by various artists, including Benson and Herschel Logan, and photographer Jim Richardson. Students will think about Kansas water issues and the environment and learn more about Kansas waterways above and below ground. For more information, call the museum at 785-532-7718.

In addition to Benson’s exhibition at the Beach Museum of Art, her work will be on display in the exhibition “River Compositions” at The Volland Story Gallery, 24098 Volland Road, Alma, from May 5 to July 15. Related activities at this exhibition are available at the gallery’s website, thevollandstore.com, or by calling 785-499-3616.

### TUESDAY TRIVIA CONTEST

The question for the week of Feb. 20 was: The Soldier For Life program helps to ensure a smooth transition from military life to the civilian world. Where on Fort Riley’s official web page do I find information about all the resources available through the Soldier For Life Transition Assistance Program?




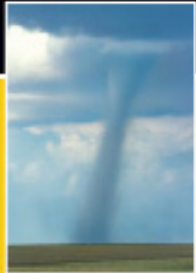

Answer: [www.riley.army.mil/Services/Soldier-Services/Soldier-For-Life-Transition-Assist-Prog/](http://www.riley.army.mil/Services/Soldier-Services/Soldier-For-Life-Transition-Assist-Prog/)


This week’s winner is Patrice Kleitz, a “French fan” of the U.S. Army and Fort Riley.

**CONGRATULATIONS PATRICE!**



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Kalene Lozick | POST  
Abilene is the hometown of Dwight D. Eisenhower. The Presidential Library, Museum and Boyhood Home is open to tours.

# K-State, Eisenhower library renew partnership agreement

Original 5-year deal proves success for two state institutions

K-STATE NEWS

MANHATTAN — After five years of fruitful partnership, two Kansas organizations hope to create even more of a good thing.

In January 2013, Kansas State University and the Dwight D. Eisenhower Presidential Library, Museum and Boyhood Home in Abilene entered a partnership to give researchers greater access to both institutions' scholarly assets.

Now, the two organizations have recommitted to the original agreement signed by U.S. Archivist David S. Ferriero and former Kansas State University President Kirk Schulz. The partnership was designed to create student internships, public lectures and the joint development of classroom curriculum.

Long-term projects flourished under the agreement. For example, the university's Institute for Civic Discourse and Democracy and the Eisenhower staff collaborated on a number of well-attended public discussion forums. The topics included gun control, economy and health care concerns. Multiple internships allowed history students to assist with archival and museum projects, while several students from the A.Q. Miller School of Journalism and Mass Communications gained media relations experience.

Some new partnerships and unforeseen opportunities have developed, too.

"Last summer, the Eisenhower Library hosted an exhibit that we created, 'From Wheat Fields to White House,' which highlighted our Marlin Fitzwater collection," said Dean of K-State Libraries Lori Goetsch. "It was an ideal venue for the display because of Fitzwater's remarkable career working for two U.S. presidents and his Abilene upbringing."

The venture marked the first time K-State Libraries created a large-scale traveling exhibit, and the project drew on the talents of both organizations' employees.

The 2016 appointment of Richard Myers as K-State president makes the partnership even more meaningful, as the areas of military and leadership are key programming and scholarly strengths of both institutions. Myers enjoyed a distinguished military career as a four-star Air Force general and chairman of the Joint Chiefs of Staff.

The Eisenhower Presidential Library and Museum is also under new leadership. Dawn Hammatt was appointed its executive director in May 2017.

Dedicated in 1962 and opened for research in 1966, the presidential library in Abilene is one of 13 administered by the National Archives and Records Administration. The Eisenhower campus includes a research library, gift shop, museum, boyhood home and a place of meditation where Eisenhower is buried.

## KARAOKE NIGHT



Suet Lee-Growney | POST  
Spc. Douglas Smith, left, Company C, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, sings a duet with the president of Better Opportunities for Single Soldiers, Spc. Delano Vankuren, Headquarters and Headquarters Company, 1st Combat Aviation Brigade, 1st Inf. Div., during the organization's Karaoke Night Feb. 16 at the Warrior Zone. The BOSS event is free to anyone above the age of 18.

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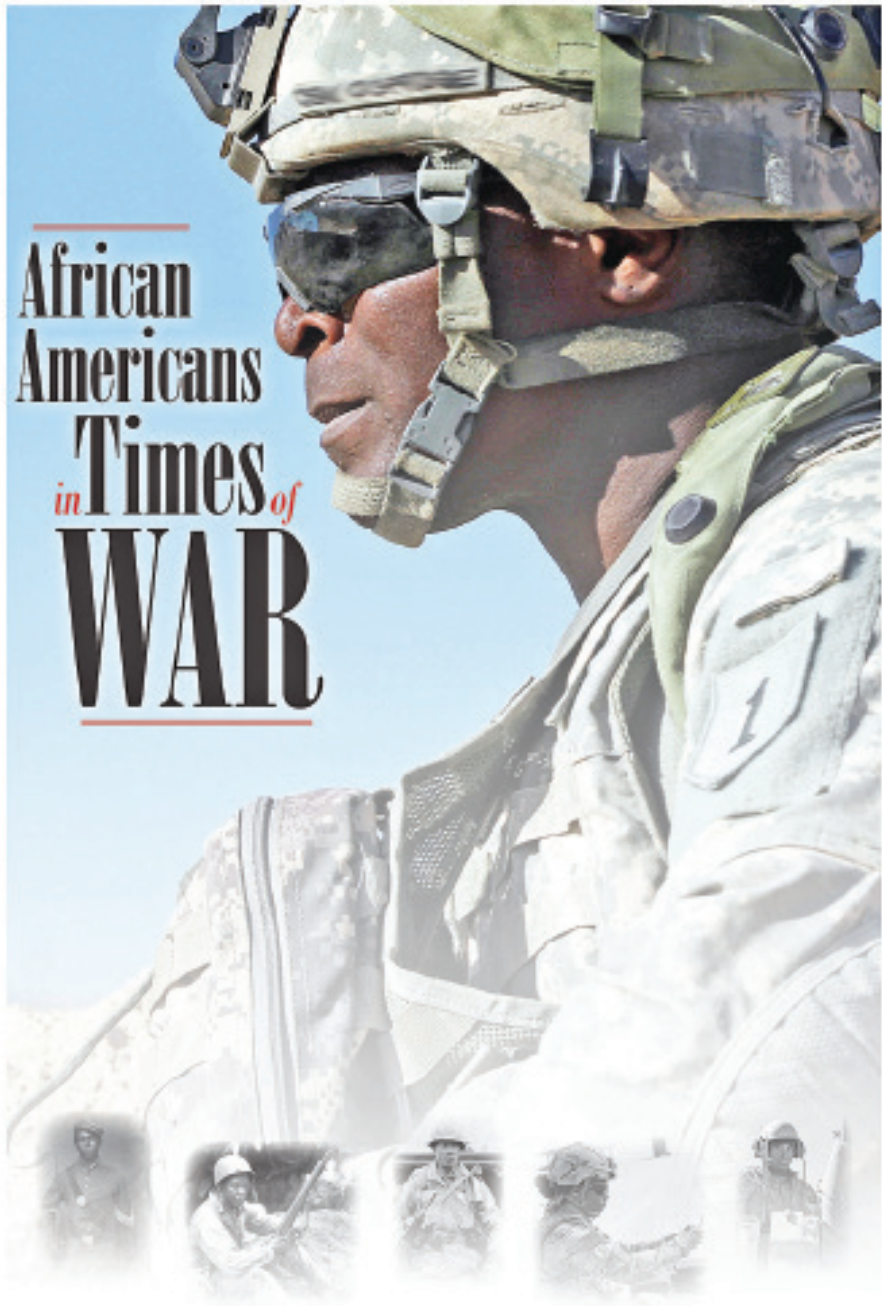
- Eat a healthy, low-fat diet (add fiber, cut cholesterol and eat more fish)
- Maintain a healthy weight
- Exercise regularly and often
- Don't smoke
- Limit alcohol use
- Avoid stress
- Have cholesterol checked
- Monitor blood pressure
- Manage diabetes
- Take your medicine
- Get enough sleep

### ADDITIONAL RESOURCES

- Centers for Disease Control & Prevention:  
[www.cdc.gov/heartdisease](http://www.cdc.gov/heartdisease)
- American Heart Association:  
[www.americanheart.org](http://www.americanheart.org)
- Irwin Army Community Hospital:  
[iach.amedd.army.mil/](http://iach.amedd.army.mil/)

[ NO MISSION TOO DIFFICULT, NO SACRIFICE TOO GREAT — DUTY FIRST! ]

## BLACK HISTORY MONTH · FEBRUARY 2018



NO MISSION TOO DIFFICULT, NO SACRIFICE TOO GREAT — DUTY FIRST!





Scoutmaster retires Col. Jim Walker talks about his younger years as a scout leader at Fort Riley between 1974 and 1976. Inga Klusa, Boy Scouts of America Cub Pack 3660 unit commissioner, said it was an honor to have Walker speaking to the cub scouts at the Blue and Gold Banquet Feb. 17 at Riley's Conference Center.

# Annual banquet highlights Scouts' achievements

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

"The Blue and Gold banquets are held each year, close to, or around, Feb. 8 — the birthday for the Boy Scouts of America in 1908," said Inga Klusa, BSA Cub Pack 3660 unit commissioner. "This annual banquet always includes Scouts and Scouters — adult leaders and volunteers — recognitions and awards."

During the banquet, the unit celebrates the BSA's birthday with a cake-decorating competition, scout promotion and special awards like the Saint George Emblem.

Attendees for the banquet were financial supporters, scout mentors and those who have guided and helped the Cub Scout pack 3660, Klusa said.

"We are not alone; we have many supporters around us," she said. "This year we had privileged opportunity to invite Scoutmaster Jim Walker, who led scouts in 1974-1976 here at Fort Riley. His story is a great milestone, as we as unit (strive) to (hold the same goal) Mr. Walker did decades ago: to provide an excellent Scouting program, with fun and safe scouting activities and events."

Walker, who is a retired colonel, said he is an active Boy Scouts of America board member, has been with the Boy Scouts for 67 years and received a Silver Beaver, the highest recognition to receive.

"It is a pleasure for me to be here," he said. "I've cherished my time as a scout."

Klusa said it was an honor to have him at the event.

Among the VIP members was the Director for Religious Education Roxanne Martinez and a supporter of the religious activities like Scout Sunday presented Klusa with the Catholic Religious Emblem from the Salina Diocese, Saint George emblem.



Inga Klusa receives the Saint George Emblem from Director for Religious Education Roxanne Martinez after Klusa's contribution to Scout Sunday, Feb. 17.

"This award can only be decided through local diocese," Klusa said. "I am deeply honored to receive this rank which gives me more strength and readiness always introduce scouts with religious programs. In recognition of outstanding service to the spiritual development of Catholic youth in the program of the Boy Scouts of America."

After the awards were given out to, parents from the scouts who got awards recognized their son's newest rank with painting their child's face.

Klusa said each den will have their unique pattern and color. Each line and color symbolized the importance of the den in Boy Scouts of America.

She said each scout and their families have a choice to move next. She said there is a period of at least one year when each Arrow of Light scout had an opportunity to visit many Boy Scout Troops, she said.

Klusa said the transition ceremony for Arrow of Light cub scouts will be held March 5 at Scout Hut, Fort Riley.

## CARD SHARKS



Kalene Lozick | POST

Pfc. Kody Seiler, Better Opportunity for Single Soldiers secretary with 1st Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, far right, shows his poker face with fellow Soldiers during the monthly BOSS Poker Night at the Warrior Zone. The BOSS Poker Night is a free event open to all Soldiers who are interested in playing poker or want to learn. Spc. Remi Adewumi, 2nd Battalion, 70th Armor Regiment, 2nd ABCT said he played poker when he was deployed to Afghanistan and was happy to see BOSS Poker Night at the Warrior Zone.

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SEITZ Continued from page 9



The Seitz family members, left, and Jodi Testa, principal of Seitz Elementary School, sway and laugh together as they and the Seitz “Dragons” sing “You’ve got a Friend in Me” during the 100th Birthday celebration of late Lt. Gen. Richard “Dick” Seitz at the elementary school Feb. 16. Each year, the school celebrates Seitz’s birthday to carry on his legacy and the values he stood for.

“What would Gen. Seitz do?” she said. “We always default to Gen. Seitz ... We have taken those character traits and divided them into the CARES: cooperation, assertion, responsibility, empathy and self-control. And we feel like if our kiddos can leave elementary school with those five qualities, which mimic the way (Lt.) Gen. Seitz held himself accountable to society, we know we will be doing great things for kids — he is a wonderful model for our kids.”

Among the special guests that afternoon were two of his children who flew in from Virginia, Cache Seitz Steinberg and retired U.S. Air Force Maj. Richard M. Seitz. Cache said her father loved the school and the kids.

“He just loved this school,” she said. “He cherished spending time with the children and his last birthday, he had his birthday party here, they made him a paper crown and he loved every minute of it. He used to come quite often to read; I think almost weekly to read with the children.”

Other family members in attendance were the general’s nephew, retired Col. John Seitz and John’s wife, Lavonne.

John, who lives in Junction City, Kansas, participates in various events put on by the school such as the Freedom Walks and talking to incoming teachers each year. He said it was important for him to keep coming

back to Seitz Elementary for any event they request because the school is part of his family’s legacy.

“It’s a family tradition,” John said. “It’s part of the family legacy and in a way it sort of makes me feel close to my uncle because he and I were really good friends, not just an uncle and a nephew relationship.”

It is important for the school to keep celebrating the life of Seitz because it keeps everything the late general stood for alive, Richard said.

“The things that they do here at Seitz elementary keeps my dad’s legacy alive in that his interests were in educating young people knowing that they are the future of our nation,” Richard said. “And the teachers here are the ones with the great weight and responsibility on their shoulders to help and teach the next generation so they too can be leaders like my father was.”

John hopes this celebration will help the Dragons connect everything they learn about Seitz from pictures, medals and photos to a real person because many of the students have never met the man the school was named after.

“I hope that they realize that there’s more than just a name,” he said. “But many of them have never saw the real person. So this (celebration) gives a human touch makes it more real to them.”

John said the one character trait he learned from his uncle and hopes the Drag-

ons can embody is the attitude to do everything they set out to accomplish with importance.

“Everything you do is important and there’s always someone watching,” he said. “So always do it right and look out for the other guy. If you take care of others, other people will take care of you.”

Richard hopes the Dragons know that the things they do at even at elementary school are in fact important and mean something, he said.

“And if they can look up to my father as an example to help inspire them, then that is a great thing,” he said. “And that is why my sister and I flew out here from Virginia to help ... inspire the kids to learn and be patriotic and responsible young citizens.”

Testa said she didn’t know if she could speak about what it meant to her to celebrate Seitz’s 100th birthday without tears. She paused, wiped a tear from her eye and recounts one of her first encounters with the late general more than 20 years ago when she was organizing a Boy Scout activity to rake leaves at Seitz’s yard.

“I knew (Lt. Gen. Seitz probably 20 years ago,” Testa said. “And I can remember seeing him then how he carried himself; he carried himself with pride and excellence, and was so incredibly respectful to the young Boy Scouts.”

Testa reminisced the times when the Seitz came to the el-

ementary school to celebrate his birthdays and said he was always positive and engaging. As a principal, Testa said it was important for the Seitz family to continue coming back to celebrate his birthday.

“Our kiddos, because they are military connected, they are here without grandparents,” she said. “Often times they do not have their aunt or their uncle here ... for them to see school as a family whether it’s our staff or their peers, or the Seitz family coming back, these kids need to know their family is huge and their family is all over the world and also local here for them.”

Cache smiled as she looked across the assembly halls at all the Dragons exiting obediently. She put her hand over her heart when she was asked why it was important to her to come back and celebrate her father’s birthday with the school he loved so much.

“Because it reminds me of him,” she said as tears welled up in her eyes.

In addition to the mass birthday celebration, Dragons and school staff received ice-cream sandwiches compliments of the Booster Club, a Seitz Elementary School’s family support organization. The students also met with supporting unit from Irwin Army Community Hospital, who came out to support the event. When the children went back to their classes, they worked on an activity book with facts about Seitz in it.

HOUSE Continued from page 9



Families support the Fort Riley Middle School Trooper Singer choir as they perform during the FRMS Spring Open House Feb. 15. The annual event provided performances by the Trooper Singer group and the guitar class.

said. “All these projects will be entered in the Regional Science Fair . . . not every student did it but every student had the opportunity to. We also have sixth grade Language Arts Projects; they are learning about Venus so they did their own little models of that.”

Shannon Molt, assistant principal at FRMS, said the Regional Science Fair is March 10.

“We will take all (the students’) projects to that fair and hopefully some will carry on to the State’s Science Fair,” Molt said. “Last year we had nine to ten students go to the (U.S.).”

Across from the library — in the common area — Advancement Via Individual Determination students researched colleges in and around Kansas to create display boards for parents and students to view.

Oentrich said the AVID students also created an interactive themed board game showcased in the library to test their memory.

Many of the parents who attended the open house event they all enjoyed seeing what their students have accomplished this semester.

For entertainment, Oentrich said was musical performances by FRMS’s small ensembles.

Two performances were led by Leah Hecker, choir and guitar director.

The first performance was by an all-female group, Trooper Singer, followed by a dual-gender guitar performances. Both performances showcased individual students with an array of solos or partner pieces.

Fort Riley Middle School brought both Molt and Oentrich back to Fort Riley because the school matched their education philosophy and as they both said the kids for them are awesome.

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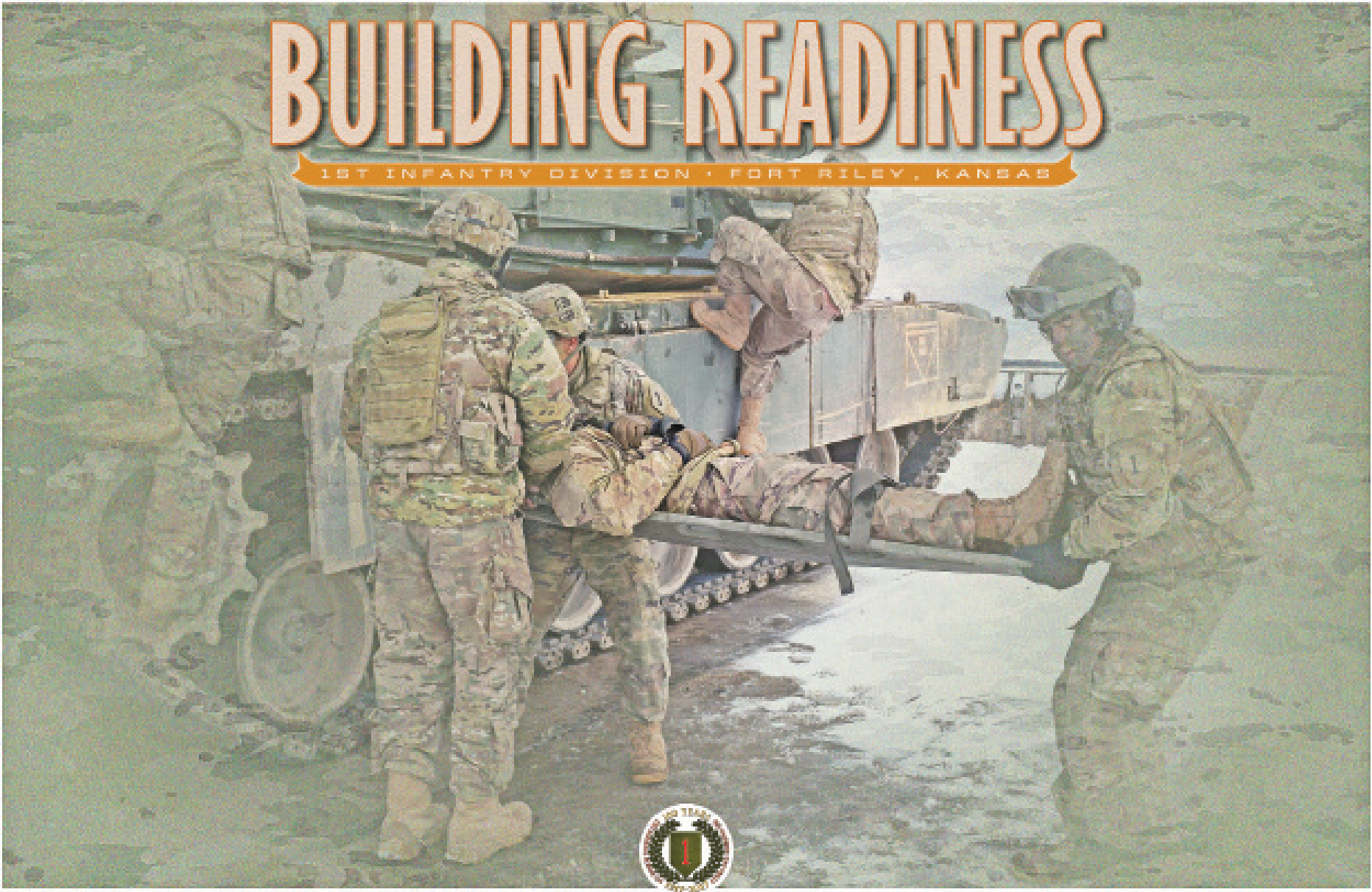
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# Sports & Recreation

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Capt. Chris Fogt



**BOBSLED**  
Military Intelligence Officer  
Event: Two-man and four-man bobsled  
Position: Brakeman  
Hometown: Alpine, Utah  
College: Utah Valley University  
Fogt won the bronze medal in the 2014 Olympic Games in Sochi. This will be his third Olympics.

Sgt. Justin Olsen



**BOBSLED**  
Human Resource Specialist  
Event: Two-man and four-man bobsled  
Position: Push Athlete  
Hometown: San Antonio, Texas  
College: DeVry University  
Sgt. Olsen is a two-time world champion and Olympic medalist. This will be his third Olympics.

Sgt. Nick Cunningham



**BOBSLED**  
Carpentry and Masonry Specialist  
Event: Two-man and four-man bobsled  
Position: Driver  
Hometown: Monterey, California  
College: Boise State University  
Sgt. Cunningham joined the Army in March 2011. He has been a U.S. World Team member almost continuously since 1999. He won an Olympic Bronze Medal in 2002.

Sgt. Taylor Morris



**LUGE**  
Human Resource Specialist  
Event: Singles Luge  
Hometown: South Jordan, Utah  
Morris, who was an alternate in the 2014 Olympics in Sochi, is a two-time Junior National Champion. He was a U.S. World Team member from 2010-2013.

Sgt. Matthew Mortensen



**LUGE**  
Interior Electrician  
Event: Doubles Luge  
Hometown: Huntington Station, New York  
College: DeVry University  
Mortensen is a veteran on the U.S. World Team, and he will be competing in his second Olympics.

Sgt. Emily Sweeney



**LUGE**  
Military Police  
Event: Singles Luge  
Hometown: Suffield, Connecticut  
Sweeney will be competing in her first Olympics in the women's singles luge. She won the 2013 Junior World Championship and is a two-time U.S. World Team member.

## Bobsled Coaches

Sgt. Shauna Rohbock



Human Resource Specialist  
Position: Bobsled Driving Coach  
Hometown: Park City, Utah  
College: Brigham Young University  
Rohbock won the silver medal in 2006 in the doubles bobsled with teammate Valerie Fleming. She placed sixth in the 2010 Olympics and was a U.S. World Team Member from 1999-2013.

Capt. Michael Kohn



Infantry Officer  
Position: Bobsled Coach  
Hometown: Myrtle Beach, South Carolina  
College: George Mason University  
Kohn is a three-time Olympic team member. He won the Bronze medal in the 2002 Salt Lake City games with driver Brian Shimer.



# Army bobsled team jumps into action during Olympics Feb. 24, 25

By Gary Sheftick  
ARMY NEWS SERVICE

*Editor's note: Sgt. Nick Cunningham, WCAP, will pilot USA Sled #2 in PyeongChang, Feb. 24 and 25, with three other athletes.*

PYEONGCHANG, South Korea — Four-man bobsled competition this weekend will be one of the final medal events of the PyeongChang Olympics, and it will culminate years of training for four Army athletes.

Sgt. 1st Class Nathan Weber practiced for the winter games while deployed in Afghanistan last year, while Sgt. Justin Olsen, Sgt. Nick Cunningham and Capt. Chris Fogt were already training with the U.S. National Team.

“Every free moment I had, I’d be in the gym or I’d be running sprints or pushing sleds,” Weber said of his tour in Afghanistan.

The Special Forces medic even ran laps around the forward operating base during a mortar attack.

“You can say I’m a little bit of an adrenaline junky,” Weber said, explaining with a smile that the mortar attack raised his adrenaline levels and helped him clock a faster time than ever before.

This week Weber will be pushing a new bobsled across the starting gate at the Olympic Sliding Center along with two fellow Soldiers in the same sled.

## THE BIG FOUR

Three-time Olympian Fogt, who earned a bronze medal at the last games in Sochi, will be the sled’s brakeman. Another three-peat Olympian and gold-medalist from the 2010 Vancouver games, Olsen will drive the sled.

Olsen, at 6-foot-2 and 235 pounds, is Team USA’s largest bobsled pilot.

“For bobsled, you have to be fast and big and strong,” Fogt said. “The bobsled weighs about 400 pounds. You have to get that thing going from zero to as fast as you can ... in a short period of time.”

Fogt himself is six feet and 205 pounds while Weber is six feet and weighs 223 pounds. The fourth member of their bobsled team is civilian Carlo Valdes, 6-foot-2 and 220 pounds. He played wide receiver for the UCLA football team a year before moving to track and field and earning prominence throwing the javelin.

Their new 400-pound sled was tested earlier this year at the Olympic training center in Lake Placid, New York, before going on the World Cup circuit. The team of four placed ninth in Koenigssee, Germany, Jan. 18 as they qualified the sled for the Olympics.

“We’ve made some advancements with this new sled,” Olsen said. “Overall it’s just

a larger sled. It allows for a bigger team to be relatively hidden inside the sled and be more aerodynamic. I’m one of the larger pilots on tour and with the four-man, you can’t really tell that.”

### NASCAR AND REMEMBRANCE

Olsen compared bobsled to the NASCAR racing circuit, due to the importance both place in aerodynamics, vehicle design and maintenance. In fact, the sled in which Olsen earned his Olympic gold medal in Vancouver was designed by former NASCAR racer Geoff Bodine.

That sled, Night Train, was driven by the late Steven Holcomb. So was Night Train 2, the sled in which Fogt earned bronze four years ago in Sochi.

Holcomb himself was a former Army World Class Athlete Program, or WCAP Soldier who broke a 60-year drought for Team USA in four-man bobsled when he snagged gold in Vancouver. The last USA Olympic gold in that sport had been in 1948.

Holcomb was a member of the Utah National Guard from 1999 to 2006 when he began having health issues and almost went blind. Even after his vision improved, he felt that the sight issues had enabled him to “feel” the bobsled course better than other pilots.

He was found dead in his room at Lake Placid May 6, 2017, with a diagnosis of fluid in his lungs. This year USA bobsledders have dedicated their performance in PyeongChang to Holcomb’s memory.

## MENTOR AND ROLE MODEL

Weber feels resilience is one of the most important qualities he brings to the team. He’s had to overcome a number of obstacles to make the Olympic team, he said.

“Aside from having to train while running missions and being deployed, it’s not always easy walking into a new place where you’re working and tell the people ... ‘hey, I want to do this absolutely crazy thing because I think I can go to the Olympics.’”

Weber is a member of the 10th Special Forces Group at Fort Carson, Colorado, and said leaders there have given him tremendous support and allowed him time to train in bobsled.

While going through the Special Forces Q Course about eight years ago, Weber picked up a magazine and read about fellow Soldier Olsen winning a gold medal in bobsled and it inspired him to take up the sport.

Later, Olsen became his mentor and role model. “I joke with him all the time: If he’s going to scrape his knee on the way into the sled, I’m like OK, I need to scrape my knee on the way into the sled,” Weber said.



Courtesy Photo | U.S. ARMY WORLD CLASS ATHLETE PROGRAM  
U.S. bobsled racers, including Maj. Chris Fogt and Sgt. Justin Olsen, compete in the World Cup at Park City, Utah, November 2017. Fogt and Olsen were both named to the U.S. bobsled team that will compete in the 2018 Winter Olympics.

Now he’s pushing the sled right behind Olsen.

“Having him be the reason that I came into the sport and now being in the sled with him at the Olympics, it’s 100 percent unreal,” Weber said. “It’s come full circle and it’s awesome.”

Weber was actually in back of the bobsled when Olsen made his first run as a pilot three years ago, moving up from brakeman to driver. “He believed in me,” Olsen said.

“He just got back from a deployment, and he was right in the back of the sled, torn hamstring, he didn’t care,” Olsen said.

Weber said nothing will stop him from competing.

“Anything can happen and I’ll get out there and perform the next day,” he said. “It doesn’t matter what it is.”

## VETERAN LEADERSHIP

Weber feels Fogt brings veteran leadership to the team.

“He got us so fired up at the line, it was absolutely incredible,” Weber said of the captain at the starting gate in Koenigssee. “He really helps bring out the best in everybody on the team.”

Fogt, a military intelligence officer, deployed to Iraq for a year after competing in the Vancouver Olympics. He said the work ethic there and elsewhere across the Army translates well to sports.

He believes hard work is the biggest factor to success in the Olympics. Athletes, like Soldiers, must keep trying to improve themselves, he said.

“What the Army has taught me the most is mental toughness,” Fogt said. “There’s times you’re in the field, there’s times you don’t eat for a couple of days, there’s times you don’t sleep.”

He went to the National Training Center at Fort Irwin, California, twice. “You don’t shower for 15 days, you eat maybe one hot meal a day and you realize that your body can do it,” Fogt said.

“Brand new privates came to NTC and it was easy to see them grow and develop while in the box,” he said. You realize the mental toughness, that you can do hard things if you put your mind to it -- and bobsled is the same way. The support that the Army gives us is huge.”

## WORLD-CLASS ATHLETE PROGRAM

Both Fogt and Olsen said that without the support the Army provides, they wouldn’t be able to compete.

“WCAP allows for us to train pretty stress-free and do our sport,” Olsen said. “I think that’s one of the reasons why we’ve got myself as a medalist, Chris Fogt’s a medalist from Sochi and hopefully we can keep that medal train rolling.”

Olsen said he’s glad to have the opportunity to wear the uniform and represent Soldiers around the world. “We just hope that we can make Soldiers proud,” he said.



Courtesy Photo | KSU SPORTS-  
Jim Dickey, former head coach for the K-State football team and the first coach to lead the program to a bowl game, died Feb. 18 at age 84.

# Former K-State coach Jim Dickey passes away

By K-State Sports

MANHATTAN, Kan. — Jim Dickey, former head coach for the Kansas State University Wildcats football team who led the program to its first bowl game in school history, died Feb. 18 in Houston, Texas. He was 84.

Dickey became K-State’s 24th head coach Dec. 29, 1977, as he took over a program that had 6-27 record the previous three years. After going a combined 11-22 his first three seasons, Dickey took the unusual approach of redshirting multiple players — including upperclassmen — in 1981 to set the program up for a breakout the next year.

The tactic worked as K-State produced its first winning season in 12 years by going 6-5-1 in 1982, including a 33-10 victory over Colorado in the regular-season finale to propel the Wildcats to their first-ever bowl game, the 1982 Independence Bowl.

For his efforts, Dickey was named the 1982 Big 8 Coach of the Year, just the second conference coach of the year honoree in program history.

The 1982 season also produced three All-Big 8 players in split end Mike Wallace, cornerback Greg Best and defensive tackle Reggie Singletary, the most all-conference Wildcats in 12 years.

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— Jill Abramson, former executive editor of the New York Times

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## su | do | ku

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

Level: Advanced

## What Is su | do | ku?

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

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

Last Sudoku's Answers

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

# March 23<sup>rd</sup> National PUPPY Day

## PHOTO CONTEST

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# Travel & Fun in Kansas



Spc. Shell wants you to check out next week's Travel & Fun in Pillsbury Crossing

★ FEBRUARY 23, 2018

HOME OF THE BIG RED ONE

PAGE 18 ★



The Manhattan mural showcases the sunflower fields seasonally located off of Kimball, north of the Bill Snyder Family Stadium. The mural is located on the Manhattan Arts Center: Creative Studios building.

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

To the locals, Manhattan, Kansas, is known as the Little Apple and can offer adventures to those ready to explore.

To the trail blazers, Manhattan has a variety of outdoor trails from beginners to expert levels.

Konza Prairie Biological Station offers a Konza Prairie natural trail ranging in various miles. Hikers can take a 6-mile hike or a 1.5-mile hike. The prairie overlooks the rolling hills of the less than one percent of the tallgrass prairie. This Kansas ecoregion is known as the Flint Hills. The lands of Manhattan sit within this Flint Hills ecoregion.

To those interested in a leisure hike away from cityscapes, Tuttle Creek State Park offers trails for horses, walking and bicycles. Tuttle Creek State Park also offers RV camping amenities, fully stocked cabins with kitchens and primitive campsites for adventurous souls.

The state park provides a man-made beach at the campsite within the main lake. The man-made beach is an ideal site for families wanting a dip in the pool during warmer weather. However, to aspiring human polar bears, the state park is the location for the annual Polar Plunge, an event to raise awareness for the Special Olympics.

For couples, the Little Apple has date-ready locations.

Manhattan Hill on the east side is a local's favorite for it overlooks the industrial park. The Bluemont Scenic Overlook is tucked away in a residential community, above the city's water treatment plant. The overlook is free to the public and offers a closeby getaway.

The city's downtown district is Poyntz Avenue, which runs perpendicular to the west Manhattan Town Center entrance. Downtown offers restaurants such as AJ's New York Pizzeria, The Chef, Harry's, Wine Dive + Kitchen, Della Voce and Tallgrass Tap House. Also in the downtown district are all kinds of boutiques and two thrift stores.

The Little Apple offers a variety of local family friendly parks. The City Park, during warmer months, offers Manhattan City Park Swimming and Splash Park. In between both parks are a rose garden and a historic cabin. During the summer, the City Park will offer Concerts in the Park for free and a series of live entertainers.

To the animal lovers, Sunset Zoo is the place to visit. The zoo offers discounted tickets for military ID holders and students with valid student ID.

Sports fans unite at the following outdoor recreation opportunities. They can play baseball, tennis, mini-golf, disc-golf, golf and football at parks scattered throughout the city limits. Manhattan offers opportunities to remain active all year long.

For more information, visit the Little Apple's website at [cityofmhk.com](http://cityofmhk.com).



**ABOVE LEFT: Manhattan's City Park is located just minutes away from the Linear Trail, running the perimeter of the town and to the Discovery Center, an interactive exhibit fit for the whole family. BELOW: Late night donuts and mac n' cheese grilled cheese cravings can be met with the Varsity Donut's truck, located just south of Starbucks parking lot, across from Bluemont Hotel. During operating hours, the Varsity Truck can have a line wrapping around nearby buildings and to a parking lot.**

