



THE 1ST INFANTRY DIVISION POST



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FORT RILEY, KANSAS

Female platoon leader credits competitiveness for career success



First Lt. Sabina Montgomery, fifth from left, Battery B, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, platoon leader, poses with other Battery B Soldiers in front of a M109A7 Paladin April 16.

Story and photo by Chad L. Simon
1ST INF. DIV. PUBLIC AFFAIRS

First Lt. Sabina Montgomery, a platoon leader with Battery B, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division — the only woman in her battery — said she is almost always initially viewed as a female officer, not just a first lieutenant.

Montgomery said she is accustomed to the surprised reactions she gets from Soldiers and officers alike after serving three years in 1st Bn., 5th FA Regt., and from being a graduate from the Virginia Military Institute in 2014.

“There was a lot of pushback from alumni,” Montgomery said. “They have pushback against females being there because it was all male dominated (until 1997) and they feel the male comradery is gone, or you can’t do certain things because females are there.”

Montgomery did not allow for any pushback against her or other female students to keep her from being a leader at the nearly 180-year-old venerable military college. As a cadet, she started the club volleyball team at VMI.

Upon graduating from VMI, Montgomery went through officer candidate school. It was there that she sought to be an artillery officer in the Army.

“I actually picked field artillery while going through Officer Candidate School,” Montgomery said. “I didn’t know it had just been opened to females.

“Once I found out the accuracy and precision we need in our job, it really appealed to me. It is such an important job (in) that we are the front runner. We have to destroy all this stuff so the infantry can go in and have a safe buffer.”

See GUNNERY, page 8

‘Dagger’ brigade prepares for upcoming exercise

By Spc. Dustin Biven
22ND MOBILE PUBLIC AFFAIRS DETACHMENT

GRAFENWOEHR, Germany — Soldiers from 1st Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, lined up vehicles to have Multiple Integrated Laser Engagement System gear installed from April 10 and 11 for use during Combined Resolve X.

Combined Resolve X is a 7th Army Training Command-led, U.S. Army Europe-directed exercise scheduled from April 9 through May 12 in Hohenfels and Grafenwoehr training areas in Southeastern Germany.

The use of MILES simulates the effects of live fire and provides the opportunity for Soldiers to be able to accurately use a weapon in a two-sided, force-on-force exercise.

“Being able to use MILES during Combined Resolve X is a great advantage,” said Sgt. Michael Lundy, a human intelligence analysis assigned to 1st Bn., 63rd Armor Regt. “It brings the simulation into a more realistic combat feel. It makes Soldiers more accountable for their actions or even inactions.”

In addition to enhancing the conduct of training, MILES is able to provide feedback on the effectiveness of a Soldier’s own fire position, weapon skills and use of ground cover during combat training exercises.

During Combined Resolve, Soldiers from 2nd ABCT, after receiving their MILES gear, will participate in a live-fire exercise in Grafenwoehr Training Area.

“Using the MILES gear increases the effectiveness of the over-all training,” said Staff Sgt. Cody Vance, a cavalry scout assigned to 2nd ABCT. “It provides direct feedback and allows us to identify areas of improvement, to ensure our success in a real combat situation.”

See EXERCISE, page 8

‘Devil’ brigade electronic warfare Soldiers outfitted with latest equipment



Staff Sgt. Kristoffer Perez, Cyber Electromagnetic Activities section, 1st Armored Brigade Combat Team, 1st Infantry Division, points toward a nearby objective during the final day of training with his section’s new equipment on Fort Riley, April 6. Perez is carrying a dismantled electronic warfare kit that allows him to work in concert with the rest of his section.

Story and photos by Sgt. Michael C. Roach
19TH PUBLIC AFFAIRS DETACHMENT

Electronic warfare Soldiers from 1st Armored Brigade Combat Team, 1st Infantry Division, spent the last five weeks training on cutting-edge equipment and software which will give them the ability to conduct operations on the front lines.

“I think it went phenomenal,” said Patrick Murie, an instructor from Aberdeen Proving Ground, Maryland, who was in charge of their training. “It’s a very complicated system; it is a system that these electronic warfare Soldiers have never seen anything like ... in the field before. It’s a brand-new capability, especially for the Army having this type of platform and this complete integration.”

Their training and practice with their new gear culminated in a three-day exercise that allowed the Soldiers of the Cyber Electromagnetic Activities section, 1st ABCT, to combine the efforts of their new equipment into a single fluid asset which they can now make available for the “Devil” brigade and their commander.

“It definitely enhances the capability of the brigade and allows us an additional asset to identify targets on the battlefield,” said Sgt. 1st Class

Gregory Robinson, 1st ABCT Electronic Warfare noncommissioned officer in charge, originally from Christ Church, Barbados. “We also have the capability, or we’ll present the commander the capability, to go after that target with jamming, or he can make the decision to use fires (like artillery or close air support) to attack that target as well. So another asset to identify targets, to locate targets and then also an asset to affect that target if needed. So that’s the biggest gain for the unit.”

The new equipment consists of two vehicles outfitted with software, computers and communications systems which make it possible for electronic warfare specialists to monitor a forward area for an extended amount of time. Additionally, six dismantled systems can be worn and carried by electronic warfare Soldiers on foot, were issued. This allows the person in the vehicle to act as a quarterback, said Murie, who likened the Soldiers in the vehicles to play callers.

Ultimately the equipment is designed to identify the location of signals emitted by enemy forces on the electromagnetic spectrum, such as radio frequencies, Murie said.

For Robinson, having state-of-the-art equipment is



Sgt. 1st Class Gregory Robinson, left, Electronic Warfare noncommissioned officer in charge, 1st Armored Brigade Combat Team, 1st Infantry Division, works alongside Staff Sgt. Susan Bradbury, Electronic Warfare NCO, 1st ABCT, during the final day of training with their new equipment on Fort Riley, April 6. The new vehicles are outfitted with a shelter that holds communications equipment, computers and software which allows the CEMA section to potentially operate on the front lines of the battlefield.

a tremendous step forward for him and his Soldiers.

The acquisition and fielding of the equipment has invigorated his section, Robinson said.

“I know these guys are excited ... to get out there and do the job finally and show what the (military occupational specialty) is capable of,” Robinson said.

The CEMA section’s counterparts in 2nd Armored Brigade Combat Team have already fielded the same equipment while in Europe, Murie said.

As the Devil brigade continues to build readiness for their impending rotation to the continent, Robinson is looking forward to continuing to improve the circumstances of his section.

“We’re kind of like the prototype level, so once we utilize the equipment and have lessons learned I think it just gets better,” Robinson said. “We’ll have improvements on the equipment and increase that capability that we bring to the fight.”



Chad L. Simon, 1st Inf. Div. Public Affairs
Maj. Gen. Joseph M. Martin, 1st Infantry Division and Fort Riley commanding general, speaks at the Veterans Affairs Suicide Prevention Summit April 13 at the Geary County Convention Center in Junction City, Kansas. The goal of the summit was to create a unified community plan to make the region a great place to live by creating community partnerships and increase awareness for veterans and their families. Martin said the 1st Inf. Div. and Fort Riley foster a culture of trust, mutual respect and empathy and the best way to prevent suicide is to have engaged leaders and peers.



FAMILIES GATHER FOR CREATIVE FUN AT FORT RILEY ARTS AND CRAFTS

EVERY MONTH FAMILIES HAVE THE OPPORTUNITY TO GET MESSY AND CREATIVE WITH PARENT-CHILD ART AT FORT RILEY ARTS AND CRAFTS

SEE PAGE 11

ALSO IN THIS ISSUE



GOLD STAR FAMILIES RECOGNIZED DURING SPECIAL DAY
SEE PAGE 11.

ALSO IN THIS ISSUE



STEP INTO THE DAYS OF OLD AT RENAISSANCE FAIRES THROUGHOUT THE STATE

SEE PAGE 18.



Carseat safety check, eye opener for parents

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

Before Kathryn Russell drove away from the Car Seat Safety Check, she made one quick adjustment to the backseat of the car where her 5-month-old twins sat in their rear-facing seats.

“These are coming out now,” Russell said as she disconnected the mirrors from the back headrests in front of each baby.

She had just learned from Garrison Safety Officer Tom Anderson that those popular accessories could pose a serious danger to babies.

Parents like the mirrors because it allows them to see their children who are in rear-facing seats. However, should a crash occur, they can become projectiles. Being located so close to a baby’s head, there is a risk of injury.

Russell moved to Fort Riley from Fort Benning, Georgia only a week before the safety check. She learned about it on Facebook and with the two little

ones was quick to take advantage of any opportunity to make sure the girls stay safe.

“This is great,” she said. “I am learning a lot.”

The event was sponsored by the Garrison Safety Office, but Public Health and the fire department also had people on hand to inspect car seats and talk to parents about vehicle safety. Throughout the morning 30 vehicles with 45 car seats were inspected.

Safety and occupational health specialist Dawn Douglas was pleased so many people were coming in to have their seats checked and were actively engaged in the process of learning how to make sure the seats were positioned properly.

What she routinely finds is that people do a great job about making sure they have a car seat, but sometimes that’s as far as it goes.

“Mainly, people are not familiar with their car seat,” Douglas said. “They go into the store and buy one that is not suitable.”

One common mistake parents make when installing the car seat is in the way it is latched into the vehicle. The seat should be attached using either the seat belt or the anchors, not both, she said. Once the child is old enough to forward face the tether should be used with the seatbelt or the lower anchors.

Douglass said another point parents often learn at the check stops are that the car seats have overtime become loose.

“They are often not as secure as they can be,” she said.

If the seats never come out of the vehicle, parents should periodically check to make sure they are in as tight as they were the first day they installed the seat.

The Safety Office conducts the checks every quarter, but anyone is invited to stop into the office in basement of building 500 and ask for one of the safety officers to check over their seat, or they can call the office at 785-240-0647 for an appointment.



Kathryn Russell removes the mirror from the back of the seat in front of her daughter Riley April 12. She removed Riley’s and the one from Riley’s sister, Raelyn, after learning they could become projectiles and hurt the 5-month-old twins in the event of a collision.

Locals look for best deal at “Storage Wars”, Fort Riley

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

“Sold!”

That’s what a small crowd bundled up at the storage units just south of the Main Exchange were hoping to hear April 14 as 19 units were placed up for auction by Lock and Leave Storage.

This is the first time an event, some have dubbed “Storage Wars” after the A&E television show, like this has taken place on Fort Riley, said Nancy Kezler, Lock and Storage.

“My boss said that she doesn’t believe there has been another one,” she said. “Her family started the units in 1989 and in 1992 is when they came to Fort Riley.”

Kezler admitted she had never seen the television show.

“I was caught off-guard when it was starting to get called ‘Storage Wars,’” she said. “I have never seen the show, so I didn’t know what was going on. I had to have it explained to me.”

The television show, which has expanded into two spin-offs, follows storage unit auctions in California, where

bidders seek out treasures in abandoned storage units. Some small fortunes have been made with items found

inside many large losses have also occurred.

As the crowd gathered outside the store rooms in



Jeff Ruckert, Ruckert Auctions and Realty, takes bids during the storage auction held April 14 behind the main exchange. Nineteen storage lockers were up for bid due to non-payment in the first time event held on Fort Riley.

the cold and damp conditions the anticipation built as the group awaited the first store room to be opened up.

“We got a really good crowd today,” said auctioneer Jeff Ruckert, Ruckert Auction and Realty, Manhattan, Kansas. “I think they advertised it really well and the people are here to get really good deals.”

Of the 19 units available, most were smaller units Kezler said.

“(We have) two large units that are up for auction,” she said. “Most of our units that are up are considered closet units.”

With this being an auction on a military installation there were several key rules bidders had to follow. First and most importantly

if any Army-issued individual equipment was found to be inside the store rooms, the Military Police were to be contacted and the items secured and returned to the Central Issue Facility.

Winners were given until April 16 to remove the items and clear the storage room to make it available to future renters.

The facility, which recently had new units brought in from Scott Air Force Base, Illinois, is hoping to have a relaunch soon.

“We are hoping to do a re-grand opening to reintroduce it,” Kezler said. “We are under contract from AAFES, so a portion of our sales goes back to AAFES. Which of course goes back to MWR to help the Soldiers.”

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1 Corinthians 15:20-22

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Air, missile defense countering Unmanned Aerial Systems

Story and photos by David Vergun
ARMY NEWS SERVICE

HUNTSVILLE, Ala. – The threat from enemy unmanned aerial systems continues to proliferate at an astonishing rate, said the director of the Army’s newly created Air and Missile Defense Cross-Functional Team.

To counter that threat, the Army has developed a “tiered-layered approach,” said Brig. Gen. Randy McIntire, who also serves as the commandant of the Air Defense Artillery School at Fort Sill, Oklahoma, and as the chief of Air Defense Artillery.

McIntire spoke last month during the Association of the U.S. Army’s

Global Force Symposium and Exposition here. That tiered-layered approach, he said, involves multiple countermeasures against both attack and reconnaissance unmanned aerial systems. Those countermeasures include:

- Projectiles fired from Land-based Phalanx Weapons System; Reconfigurable Integrated-weapons Platform; and the Common Remotely Operated Weapons Station. All three systems can be mounted on vehicles or fixed sites.
- The Compact Laser Weapon System, which can be mounted on a vehicle or fixed site.
- High-energy lasers, which can be mounted on vehicles as small as Strykers.

- The Coyote Anti-UAS, which is a UAS that crashes into enemy UASs or explodes near them, dispersing blast fragments from its warhead.
 - Electronic warfare for attack, control or denial of UAS command link signals and video communication.
 - A host of radars for UAS detection, including radar, Ku radar, and even a reused version of the former Future Combat System’s Multi-Mission radar.
- With some 175 platoons in a single brigade combat team, “we cannot have enough air defense systems out there,” McIntire said, adding that the

tiered-layered approach is also used against a variety of other threats, from rockets and artillery, to tactical and intercontinental ballistic missiles.

Today’s battlefield, McIntire said, has become more three-dimensional, meaning that Soldiers must not only keep their eyes on ground-based threats, but also threats from the air, to include UASs.

McIntire said lasers in particular, address the “cost-per-intercept,” meaning that as long as it is receiving power it cannot run out of ammunition like a weapon that fires projectiles. As such, it would be useful against a swarm of UASs.

Currently, the Army has successfully demonstrated a 5-kilowatt high-energy, Stryker-mounted laser against UASs, he said. A 50kW laser mounted on a Heavy Expanded Mobility Tactical Truck was demon-

strated this year, and plans are to incorporate the 50kW laser on a Stryker, which is much smaller than a HEMTT.

Fielding of 50kW Stryker-mounted lasers to BCTs could begin as early as fiscal year 2023, he added.

The ultimate goal, he said, is to test a 100kW laser.

The AMD CFT, he said, is working very closely with the Next Generation Combat Vehicle CFT, with the goal of putting laser and/or projectile-based systems on future NGCV vehicles. The AMD CFT is also working closely with the Network CFT to ensure that the network used to operate all of the equipment and command and control is interoperable and secure.

Barry Pike, program executive officer, Missiles and Space, likened the UAS threat to the IED threat faced by Soldiers in Iraq and Afghanistan, with the en-

emy developing more powerful and sophisticated IEDs over time.

“We know how to adapt and respond (to the UAS threat) but as we do something, we know other people are going to watch what we do and they’re going to respond. What we have to do is continue to think not just one step ahead but five, 10 steps ahead,” he said.

Lastly, McIntire said none of the UAS countermeasures can work without the dedicated professionals who man the systems day and night.

Ever since Operation Desert Storm, that force has seen a high operations tempo, with about 60 percent forward stationed or forward deployed, he said. That’s put a lot of stress on that community, and the Army G-1 and Human Resources Command are looking for ways to relieve that stress and also increase the number of incentives, he added.

Criminal Investigation Command seeks qualified Officers to join investigator Warrant Officer ranks



First lieutenants and captains from all military occupational specialties have the opportunity to serve with the U.S. Army Criminal Investigation Command as CID special agents. Those interested should to submit applications to transition to a CID Special Agent warrant officer.

ARMY NEWS

QUANTICO, Va. — The U.S. Army Criminal Investigation Command is seeking first lieutenants and captains, from all military occupational specialties, interested in becoming CID Special Agents to submit applications to transition to a CID Special Agent warrant officer.

The MILPER Message Number 18-054, Officer Application Requirements for Appointment to CID Warrant Officer, outlines the specifics of the program.

“Applications will be accepted through May 18,” said Lisa Dodd, chief of Special Agent Accessions Branch. “Approved applications will be considered by the warrant officer accession board which convenes in July, so qualified applicants are encouraged to visit the closest regular Army CID office to start the process as soon as possible. Please keep in mind that one does not have to have a police background it’s not a requirement to qualify and be accepted into this specialized program. A complete list of CID offices can be found www.cid.army.mil/.

In addition to the CID Agent application, qualified

officers must also prepare a warrant officer application. The warrant officer application and packet submission checklist are available at your local CID office. The warrant officer application requirements, packet submission checklist, and Warrant Officer Recruiting Team points of contact are located on the U.S. Army Recruiting Command website at www.USAREC.army.mil/hq/warrant/. For more information, visit www.gowarrantnow.com or contact the Warrant Officer Recruiting Team at usarmy.knox.usarec.mbx.9sbn-wo-team-questions@mail.mil.

As CID Special Agent warrant officers are subject matter experts and leaders who manage all aspects of felony criminal investigations in all operational environments. They plan, organize and supervise criminal investigations, protective services and rule-of-law operations.

According to senior CID leadership, the Commissioned Officer to Warrant Officer Program is open to all specialties. It’s a unique model because company grade officers have a great deal of leadership training early in their career versus a great depth of techni-

cal training and our warrant officers have an extensive amount of technical proficiency. This blend between the commissioned and warrant officers is viewed as synergistic because those junior agents can share lessons of both leadership and technical work with the newly transitioned officers.

This is the third consecutive year this particular recruiting program has been offered. Prior to that, transitions were on a case-by-case basis.

“The officers that choose to go down the warrant officer path are bringing a wealth of knowledge and experience to the criminal investigation table, when coupling specialty performance differences between the commissioned and warrant officer ranks,” said Chief Warrant Officer 5 Edgar Collins, CID’s command chief warrant officer. “They are already bringing the leadership traits and skills that are learned as an officer, and they will be applying them once they are a warrant officer.”

Dodd added that qualified officers who are interested in becoming CID special agents are encouraged to contact the CID Special Agent Accessions Branch for specific details at USArmy.Join-CID@mail.mil. They can also contact the nearest CID office, where personnel can help answer questions about the special agent program.

Those selected for appointment will be scheduled to attend the CID Special Agent Course at Fort Leonard Wood, Missouri, and the Warrant Officer Basic Course, also at Fort Leonard Wood. Acceptance into the CID program is contingent upon successful completion of all training and a favorable Single Scope Background Investigation. Appointment to warrant officer will incur a six-year active-duty service obligation.



A Coyote Anti-Unmanned Aerial Systems Block 1B is on display at the Association of the U.S. Army's Global Force Symposium and Exposition, March 28, 2018 in Huntsville, Ala. The Coyote explodes on contact or near enemy UAS to take them out.



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see all the bubbles.

ANNIE JOHNSON
WATERTOWN, New York

USO volunteer



"My siblings, and the relaxation of the
waves at the ocean; I miss surfing, that
was probably my favorite thing to do back
home."

SPC. CODIE EVANS
VIRGINIA BEACH, Virginia

1st Enigeeer Battalion, 1st Armored Bri-
gade Combat Team, 1st Infantry Division



"Family, all my family is there."

CARLA SILANO
FORT COLLINS, Colorado

Wife of Chief Warrant Officer 4
Yossarian Silano, G3 Air 1st Infantry
Division



"My family and friends, and Joe's
Hotdogs."

SPC. JACOB COLLINS
JOLIETTE, Illinois

1st Enigeeer Battalion, 1st
Armored Brigade Combat Team,
1st Infantry Division

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By Gail Parsons
1ST INF. DIV. POST

When the Government Accountability Office comes out with its new updates later this month, Fort Riley's Director of Internal Review and Audit Compliance Stephen Kane will give it a cursory look, but with retirement looming, he likely won't have much time to study the changes.

For more than 35 years Kane has performed auditing services on Fort Riley to ensure the government's resources are being used as efficiently as possible.

"Mostly we look at performance and see if there are better ways of doing things," he said. "We are always looking for monetary benefits, as well as fraud, waste and abuse."

Knowing that the word "audit" has unpleasant connotations, he tries to focus on the positive aspect of the job.

"It's mainly about being able to find things that help the Soldiers and their families have a better experience at Fort Riley. The more we can find in savings, the more (those dollars) can go to the benefit of the Soldier," he said. "It is difficult when we find negative things."

Unfortunately, it does happen and will always happen, but when fraud, waste or abuse

is uncovered, he and his staff will address it head on. However, the negative, even specifics of any positive findings, is something he is hesitant to speak about.

"I don't like to talk about some of the results that we find because our results go to the garrison commander, commanding general, or the Chief of Staff to implement or do what they want," he said. "We don't like to publicize what we do."

Because of the negativity associated with audits, a good auditor will need to have a thick skin and a sense of humor, he said.

"I remember one colonel that said he had a place for our out brief – it was out in the impact area," he said. "After I showed him what our findings and results he understood."

More important than a good sense of humor, his job requires an analytical mind, a background in accounting and excellent oral and written communication skills.

"You have to be able to support what your findings are whether they are good or bad," he said.

When he walks out of his office on the first floor of Building 500 for the last time, and officially enters retirement June 1, he will leave behind more than three decades of ser-



Stephen Kane

vice to Fort Riley. Unlike other industries, Kane said his job really hasn't seen huge changes.

Names have changes, responsibilities have shifted and the office has moved several times; but the actual work of auditing hasn't changed.

"The audits have always been pretty much the same," he said. "When I first started it was still comptroller."

At that time, there were eight people in the office – now there's four. Some of the decrease is because of realignment of duties. Some of the decrease is simply because of a decreased budget for his department, which has required him to pick and choose the most important audits to perform.

"We just don't have the time to monitor everything we are supposed to," he said. "Some areas get more coverage

than other areas because of the money aspect of it; their budgets are higher than everyone else's so there is more possibility of finding monetary benefits."

As he looks back on his years, one change he has seen has come full circle. His first day on the job his office was in Building 500, back when Building 500 was the Headquarters building. He said it could easily have been 20 times that his office moved, but now his last day will be in the building where he started.

"We used to joke about not unpacking our boxes because we would be moving again soon," he said.

Now the only moving he will be doing is traveling between Junction City and Topeka to spend time with his grandchildren.

Kane was born and raised in Junction City. Before he began his civil service career he had served as the vice president of operations at Fort Riley National Bank.

His wife, Rosie, was born at Fort Riley and left the area for a while before returning when they were both in high school. The couple has two children and three grandchildren.

"I am looking forward to retirement – it all centers around my grandchildren," he said. "They are a real enjoyment."

Distracted driving – School bus operators

By Dawn J. Douglas
GARRISON SAFETY OFFICE

As we continue with the theme of the month, "Distracted Driving," we want to cover this critical topic from all angles. When we talk about driving distractions, non-professional adult and teen drivers are usually the culprits, but what about professional drivers who motor our most precious cargo to and from school every day?

In 2016, the National Traffic Safety Board confirmed that a 2014 school bus crash that led to the deaths of two students and a teacher's aide was the result of distracted driving. The root cause of the incident was the driver's late reaction and sudden loss of control when he swerved to avoid traffic stopped ahead of him due to the distraction caused by reading a text message while driving.

In another incident, a 25-year veteran school bus driver took her eyes off the road for just a few seconds to inquire if any of the students had a scheduled stop and swerved off the road, resulting in the bus being overturned and landing in a ditch with 52 students on board.

Just recently, a high school basketball team on their way to a state tournament was overturned and police are investigating whether a distracted driver drove her car into the school bus.

These are a just a few of the recent tragedies caused by confirmed or suspected distracted drivers. School bus drivers are trusted with the important



responsibility of safely transporting students to and from school, as well as school-related events such as interscholastic sports. One of the worst tragedies that can occur for students, their families and friends as well as the school, is a transportation accident. Along with the human costs are staggering financial costs. Bus accidents account for 16 percent of the total number of public school claims, resulting in excess of \$7 million in losses, according to a United Education study.

School bus accidents are often the result of other drivers, especially those who are distracted. However, the drivers of school buses are also often distracted. School administrators, law enforcement, concerned parents and passengers can lower the risk of distracted driving accidents through better understanding of the many types of distractions school bus drivers can face and implementing strategies to address those risks.

Some of the most common distractions for bus drivers include:

- Reaching for objects within the vehicle, like wallets or phone and taking their eyes off the road

- Conversing with passengers
- Using MP3 players or other electronics
- Student misbehavior

In addition to prohibiting phone use and eating or drinking while driving, school districts need to train drivers to stay alert, learn their routes thoroughly to limit GPS dependency, and avoid interaction with passengers. When parents or other members of our community see drivers violating established rules, for the protection of our children, their actions should be reported. In addition, when school bus drivers must attend to an issue such as a dropped object or student disruptions, drivers should be encouraged to pull off the road and stop in a safe area.

Student conduct on a bus can pose a significant risk for driver distraction. It is not uncommon for school bus drivers to be distracted by horseplay among children, loud talking, mischievous activity and other unruly behavior. Many established discipline policies are in place to control student behavior but some students often ignore these policies. When a misbehaving student diverts a driver's attention, the lives

of all the students are in jeopardy. School bus drivers cannot be expected to double as monitors. Parents and school administrators must take responsibility in teaching children the importance of being well behaved as a passenger.

Effective strategies can be implemented to help reduce driver distractions and improve school bus safety, including:

- Develop training regimens and policies that specifically address driver distraction
- Adopt a school bus code of conduct
- Communicate school bus safety information and conduct policies to parents and students
- Give drivers extra training and resources to manage student behavior
- Consider employing crash avoidance technology such as side- and rear-facing cameras and object-sensing sonar systems

Team Riley, many of our school bus drivers are former service members, veterans and military spouses who are charged with the awesome responsibility of protecting and safely transporting our children to and from school.

In our emphasis on reducing driving distractions, communicate the importance of being good citizens while using school and public transportation.

Every member of Team Riley does their part to ensure Fort Riley is a safe and healthful place for this community to live, train and come home to.

ASK DR. JARGON

A square Army

Dear Dr. Jargon,

I'm beginning to think the Army is populated by a bunch of squares! I keep hearing terms from my husband like "squared away" and he applies that to everything. He even said the commissary was squared away yesterday! So, the housing office was squared away, the new members of the unit needed to get squared away, his new unit here has a squared-away first sergeant. What in the world

is he talking about? The best thing I can figure out is that being squared away is good and not being squared away isn't.

Questioning,
Round Peg in a squared away hole

Dear Peg,

You are spot on with your assessment of the term – except the part where the Army is full of squares. Square away means to put things in order. So, if the commissary is squared away

– he means everything was right where he expected it to be. As for the new members – they'll get there with time and training just as we all do with the right examples and leadership. Sounds like your husband is having an overall positive experience if his enlisted leadership is squared away.

Being a squared-away Soldier takes constant growth. It isn't a box you check one time and call it good. Being squared away is a status that requires mainte-

nance – personally and professionally. What that looks like will change throughout your husband's career.

Our Army definitely has its own language sometimes and squared away is definitely a prime example of that. The best advice I can give you is to keep asking questions and learning the lingo. You too will get squared away before you know it.

Sincerely,

Dr. Jargon

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785-239-8854/8135.

Universities, industry partner with Army safety research efforts

Story and photo by David McNally
ARMY RESEARCH LAB PUBLIC AFFAIRS

BURLINGTON, Mass. — Universities and industries in the Northeast region joined ranks with the U.S. Army in a science and technology endeavor officials hope will make tomorrow’s Soldiers stronger and safer.

The U.S. Army Research Laboratory, with its main laboratories in Maryland, has recently established regional presences in California, Texas and Illinois. Now, ARL Northeast is opening its doors at the George J. Kostas Research Institute for Homeland Security at Northeastern University near Boston.

“We work on a wide range of homeland and national security issues from cyber at the tactical edge to advanced materials research and manufacturing to development of state-of-the art mobile command posts,” said Dr. David Luzzi, chairman of the board of the George J. Kostas Research Institute for Homeland Security, as well as a vice president and vice provost at Northeastern University.

Government officials, including the Massachusetts congressional delegation and the commonwealth’s governor, welcomed the Army Research Lab to the region.

“It’s also exciting, not only for the work done here by the Army Research Lab, but also for our nation’s network

of universities, university researchers and the innovative work they do,” said U.S. Sen. Elizabeth Warren, the senior senator from Massachusetts. “It is this collaboration between universities and our Defense Department and our private industry that really makes us strong and gives us a competitive advantage going forward.”

Warren said she stands by the new partnership.

“You can’t do this kind of work unless you have the resources,” Warren said. “Our team is committed to getting the resources from Washington here to Massachusetts and into these projects.”

Four years ago, the Army Research Laboratory started to extend its presence across the nation so it could tap into regional talent in science and technology.

“This is the last in our expansion,” said ARL Director Dr. Philip Perconti. “Now, this ecosystem will bring together all the partners who have access to each other’s people, institutions, facilities and eventually finances.”

The laboratory has embraced the Open Campus concept because proximity is the path to research success, Perconti said.

“We want to start with ideas and then we want to become friends,” he said. “We want to develop trust by proximity to get to know one another.”

Perconti said the laboratory looks forward to continuing and growing many historic collaborations with a wide range of regional part-



U.S. Army Research, Development and Engineering Command, Maj. Gen. Cedric T. Wins, right, tours the George J. Kostas Research Institute for Homeland Security at Northeastern University near Boston April 9.



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ners that will make up the new ARL Northeast:

- Massachusetts Institute of Technology and the Army Institute of Soldier Nanotechnologies at MIT
- The University of Massachusetts System, Boston, Dartmouth, Amherst, Lowell
- Worcester Polytechnic Institute
- Harvard, Yale, Boston University, Cornell and many other world-class academic institutions
- U.S. Army Natick Soldier Research, Development and Engineering Center and the Defense Innovation Unit Experimental, or DIUx
- Federally funded research and development centers such as MIT Lincoln Lab and non-profits like Draper Lab
- Entrepreneurship and start-up sector such as MassTech Collaborative, Mass Robotics and Mass Innovation Bridge
- Industry partners such as Mass High Tech Council and several companies including Raytheon, Lockheed, General Dynamics, Rogers Corp. and Kratos Defense

“Today’s most forward looking government laboratories, corporations and research universities recognize that going alone does not get the job done anymore,” Luzzi said. “It is partnerships that are critical. And if you’re


going to move things from technology in the research lab to application, these partnerships become essential.”

“We realize now that we have an enormous responsibility,” said Northeastern University President Dr. Joseph E. Aoun. “This responsibility is to be a convener. To bring the best and brightest from the universities, from Hanscom (Air Force Base), from Natick (Soldier Systems Center) and from industry to work together to make this nation evermore secure and to make this nation number one in the world.”


The Rogers Corporation has collaborated with Northeastern for several years.

See PARTNERS, page 7

Fort Riley - Central Kansas Chapter



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Financial calculators can help determine adequate funds for retirement

By Andy Massanet
1ST INF. POST. POST

Figuring out how much money you need to live in retirement means now is the time to crunch a few numbers.

Among the tools that can assist employees are various calculators found on the internet: investment institutions and banks often make these tools available to customers and prospective clients.

While it is up to each employee which one to use, three are designed to address the specific concerns of Federal civilian employees, said Kristine Tiroch, senior human resources specialist at the Army Benefits Center-Civilian:

- Calculators available through the Employee Benefits Information System provided on the ABC-C website www.abc.army.mil/index.html
- Calculators offered at the Thrift Savings Plan website www.tsp.gov
- The Federal Ballpark E\$timate Calculator on the Office of Personnel Management website www.opm.gov/retirement-services/calculators/federal-ballpark-estimator/

According to the ABC-C 2018 National Financial Literacy Month newsletter, the calculator at the ABC-C website provides a comprehensive overview of each employee's voluntary and optional retirement estimates, as well as estimates for early retirement, disability retirement and

more.

Calculators found in the "Planning and Tools" section of the TSP website offer eight different calculators to be used depending on the type of information employees desire.

The Federal Ballpark E\$timate Calculator on the Office of Personnel Management website includes projected Federal annuity and TSP benefits to help identify approximately how much an employee will need to save to fund a comfortable retirement.

"Whichever calculation methods you use, you should make sure you are thinking about four things," Tiroch said. "You should plan with your spouse, partner or significant other; you should know how your money is allocated (TSP, annuities, and other investments like IRAs); you should know whether or not you have military or civilian time to buyback; and you should know your budget."

The last piece, an estimated retirement budget, includes an accurate estimate of what the employee will need in the retirement years. According to the ABC-C Financial Literacy Month newsletter, that number is typically anywhere from 70 to 90 percent of his or her current annual income. So, if an employee's income is \$100,000 per year, he or she should count on needing \$70,000 to \$90,000 per year in retirement.

"That amount could include annuities, Social Security and investments, but that is the amount you should be thinking about," Tiroch said. "And,

you definitely need to sit down with your partner or significant other and find out what you want to do in retirement," Tiroch said, adding that retirees might not spend as much money on

things like gasoline, clothing or eating out. In every case, though, each employee needs to determine a budget for what retirement could look like.

"You need to think about

your bills; and I'll be honest, personally, I want to have even more money in retirement than I do right now," she said. "It's so important for people to know what they really do with their money and what they spend it on because the more knowledgeable and prepared you are about your finances, the easier it will be to transition into retirement."

The 70-to-90 percent level of retirement saving may seem like a tall order but, as the TSP website points out, over the length of a 20-, 30- or 40-year career, those resources are attainable through the compounding process.

"Compounding is powerful because it allows you to make money not just on the money you contribute to your TSP account every year, but also on the money that it earns," the website says. "Compounding makes it possible for your retirement savings to increase exponentially. For example, if you start with \$100 and, over the course of a year, you earn a 5 percent rate of return, at the end of the first year you'll have \$105. If you leave that money alone, and the next year you also earn a 5 percent rate of return, you'll have \$110.25 at the end of year two. The result: in the second year, you earned 5 percent on your original \$100 contribution

and another 5 percent on the \$5 you earned during the first year. At this rate, your original investment is doubled in less than 15 years."

More good news is that older workers who have not participated in the TSP program or something similar before now can make up ground.

"They can use the TSP catch-up program," Tiroch said. "You can start when you first walk in the door and you can start no matter where you are in your career. The important thing is that it's never too late."

The most important takeaway is to get started as soon as possible.

"Planning for retirement should start from day one," Tiroch said. "Unfortunately people often don't start thinking about it till they're about 10 years from retirement."

An early start is particularly important to younger workers for which traditional annuities and other sources of retirement income might not be available.

"They will need a more mobile source of retirement funds," Tiroch said, referring to a types of funds that follow workers no matter where they go throughout their career. "Because the chances of being in one position (for many years) like our parents did are slim."

To use the Employee Benefits Information System, the Army Benefits Center-Civilian Benefits Calculator, do the following:

1. Begin at <https://www.abc.army.mil/index.html>.
2. Go to the EBIS portal at the upper right hand side of the screen.
3. Follow log-in procedures. You will need a personal identification number (PIN).
4. Across the top of the next frame are options that include "Calculators."

With this option, you can perform:

- The Quick Retirement Estimate: A simple 3-step tool to estimate the most common retirement benefits.
- The Advanced Retirement Estimate: A comprehensive tool for estimating various types of retirement, disability, death-in-service, and survivor benefits.
- High-3 Average Salary Retirement Estimate: Use your salary history to compute the average of your highest 3 years of pay.

You can also access the Thrift Savings Plan calculators to provide a TSP Annuity Estimate for both single and joint life annuities; or the TSP Projected Account Balance, which uses this tool to project your TSP account balances into the future.

Finally, you can access other calculators at this location as well:

- One that estimates benefits that may be payable to you due to an involuntary separation.
- A Federal Employees' Group Life Insurance (FEGLI) Program calculator that allows you to determine the value of various combinations of FEGLI coverage and calculate the premiums.

But whichever one you use, start today!

PARTNERS Continued from page 6

"The fruits of this collaboration are beginning to be introduced to market and show great promise in providing game-changing performance for our customers," said Rogers Corporation Senior Vice President and Chief Technology Officer Robert Daigle. "We're very pleased to see the Army Research Lab embrace this collaborative model."

The commanding general of the U.S. Army Research, Development and Engineering Command, Maj. Gen. Cedric T. Wins, said his command is actively seeking out collaborative efforts.

"The Army needs these partnerships because as our Chief of Staff Gen. Mark Milley has said, 'The character of war is changing.' The pace and spread of technological change has a lot to do with it."

Wins said America's adversaries are just as focused on wiping out any advantage that may be developed.

"These challenge are what prompted the Army to begin to make the biggest change in 40 years with the announcement of the Army Futures Command on how it tackles with issues in regards to modernization," Wins said.

The governor of Massachusetts said the Army has come to the right region for science and technology.

"If you take a look at the arc of all the work that's been done, which has been spoken about already, on the next generation of supporting warfighters in our military and our national security, nobody plays out of their weight class the way Massachusetts does," said Massachusetts Gov. Charlie Baker. "It's a real tribute to the people who are part of this community that over and over again, the best and biggest ideas come from here."

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GUNNERY

Continued from page 1

When Montgomery arrived at Fort Riley in 2015, she met Maj. Jarod Parker when he was the operations officer for 1st Bn., 5th FA Regt., 1st ABCT, 1st Inf. Div. Parker is also a VMI graduate. She was an assistant operations officer to him at the time.

Parker was not surprised Montgomery and her platoon was chosen to shoot thousands of rounds of the Army's next mobile artillery system, M109A7 Paladin during the last few months at Fort Riley.

"She is an excellent officer," Parker said. "Typically it is hard for a lieutenant to be in a staff role because they want to be with the Soldiers. She wanted that as well, but she was very effective in her role."

Parker said Montgomery would ask the right questions and take every opportunity to learn and become better at her job as she adapted to her staff role. She took every opportunity to learn to become better in her job.

Montgomery said she has always been a competitive person, dating back to her high school days where she wanted to be the MVP of all her teams. She uses the competitive drive to be the best officer she can be.

"I don't think that strength, trust, loyalty or anything the field requires has anything to do with gender," she said. "It's more about the kind of person you are. I feel mainly that I have to prove to myself that I

am able to do it and get better. I see the other guys as competition. I try to be better at everything I do with them."

As the enlisted side of field artillery is now opening to female Soldiers, Montgomery wants to guide and mentor them as they become trailblazers on their own.

"The females in the Army before and the ones now that are taking command in field artillery have been an inspiration," Montgomery said. "They have been the ones to lead the way. I hope I can just continue and be a mentor to the females in the (fire support specialists) and (cannon crewmembers) when they do get here to Fort Riley, whenever that is."

EXERCISE

Continued from page 1



Spc. Dustin D. Biven | 22nd Mobile Public Affairs Detachment

M2 Bradley fighting vehicles line up in Grafenwoehr, Germany, to be fitted with Multiple Integrated Laser Engagement System gear on April 11, in preparation for a field exercise during Combined Resolve X. Exercise Combined Resolve X is an U.S. Army Europe exercise series held twice a year in the major training areas of southeastern Germany, with this iteration scheduled to take place in April 2018. The goal of Combined Resolve is to prepare forces in Europe to work together to promote stability and security in the region

The live-fire exercise will give the Soldiers an opportunity to use the training they have received to not only engage the enemy in training, but also react to the potential loss of equipment or assets.

"Training with this kind of equipment brings simulation training to the next level," Lundy said. "It helps Soldiers understand what it's like when specific equipment is taken out of the fight due to damage and tests their ability to effectively react to those changes. It's training like this that helps develop future leaders in the Army, helps them take

the training more serious and gives that extra moment of consideration before making a decision."

Combined Resolve leverages the power to connect multiple locations and units to create a more-realistic training environment in Europe.

The U.S. units participating in this exercise include the 2nd ABCT and 1st Air Cavalry Brigade from Fort Hood, Texas.

The 2nd ABCT and 1st ACB are designated as part of the Regionally Allocated Forces for U.S. European Command.

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America's Best Steaks
- Graham County
America's Best Steaks produces premium dry-aged steaks from Kansas-raised Black Angus beef. Dry-aging is a traditional method of curing steaks. During the process of aging the natural enzymes in the meat begin to break down the muscle fibers, creating a more tender and complex tasting steak. Most steaks today are wet-aged, a process where the beef is aged in a vacuum sealed bag. America's Best Steaks believes in the traditional process of aging the beef exposed in temperature controlled conditions. You will find their dry-aged steaks have a concentrated beef flavor, with subtle notes of nuttiness and melt in your mouth tenderness.

Bowser Meats
- Jefferson County
Bowser Meat Locker is a small operation that focuses on quality processing, both of commercial animals and wild-game. Bowser provides renowned beef and steak strips, and processes many of our specialty meats.

Brunkow Lamb
- Pottawatomie County
Isaac Brunkow raises South-down sheep and lamb on his family's farm in central Pottawatomie County. The Brunkows first began farming the region in the 1800's, and Isaac represents the sixth generation of a farmers in his family. What started as a high school project with a few head of sheep has grown to a full time operation producing quality lamb both for show and market. You will find his lamb to be tender, succulent and mild.

Eyesone Bison
- Geary County
Since 2000, Eyesone Bison has raised a small herd of Bison just west of Milford Lake. Their bison are all natural and pasture fed their entire lives. This creates a lean meat that is low in cholesterol and rich in iron. Eyesone Bison carries a deep, rich flavor and is a great healthy alternative to beef in any recipe.

Holy Goat Creamery
- Riley County
Holy Goat Creamery produces a premium selection of handcrafted pasteurized Chèvre and Feta cheeses, exhibiting exceptionally fresh, clean flavors and textures—a direct result of the pure, high-quality goat's milk produced by Arch Angel Farm in Manhattan, Kansas.

Red Whitts Pork
- Northern Riley County
This heritage pork is known for its distinctive red coat and rich, robust flavor. This breed originated in

Eastern Texas from feral stock in the mid twentieth century. By the late 90's it had become critically endangered. It has since enjoyed a growth in popularity.

Sunny Day Farms, Grass Finished Beef - Washington and Clay County
For over a century Lucinda Sku-ork's family has raised pasture fed and finished beef on their family farm. Lucinda also raises crops like kale that grow even in the middle of winter, to allow her cattle to graze naturally year round. This process produces beef that is low in fat and high in Omega-3's. Sunny Day Farms has a deep rich beef flavor and great health benefits for your family.

Triple Heartbreak Acres, Kansas Raised Goat - Riley County
Boer goats are a historic breed of goat originating in South Africa from ancient nomadic herders. The breed has a reputation for quality, tender meat.

Yoder Meats - Reno County
With a history that goes back over 40 years Yoder Meats has made a reputation for itself both at its original location in Yoder, and several others in the Wichita area as a producer of quality smoked and cured meats, as well as a full line of fresh products. We are proud to offer a selection of their bacon, sausages and other cured meats.

Lamb Chops with Mint Gremolata

While many people find cooking lamb intimidating, it is actually very straightforward. It is best to simply think of lamb chops as smaller cuts of beef. Mint gremolata brings bright spring flavors in this take on the classic combination of lamb and mint.

Lamb Chops with Mint Gremolata
Serves: 2
4 Brunkow Lamb Chops
1/2 cup fresh mint leaves
1 tablespoon lemon zest
2 teaspoons lemon juice
5 teaspoons olive oil
1/2 teaspoon fresh garlic
Salt, pepper and white sugar

Light your grill. While the grill preheats, prepare the ingredients for the gremolata. Zest and juice 1 large or two small lemons, mince several garlic cloves and finely chop the mint. Combine the ingredients in a small mixing bowl. Season with a small pinch of salt, pepper and white sugar and set aside. Season the lamb chops with salt and fresh ground black pepper.

Once your grill is hot, cook the lamb chops about three to four a side for medium rare. After grilling let the lamb chops rest about five minutes before serving. Garnish each chop with a large spoonful of mint gremolata. Serve on top of mashed sweet potatoes, parsnips or garlic potatoes, alongside your favorite spring vegetable.

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Kansas Attorney General notifying 25,000 Kansans: Some might be eligible for refunds due to scammers

TOPEKA – The Kansas Attorney General’s Office is mailing notices to nearly 25,000 Kansans who may be eligible for a refund of money they sent by wire transfer to scammers, Attorney General Derek Schmidt said.

In 2017, law enforcement officials entered into a settlement with Western Union, which was accused of knowingly allowing its wire-transfer services to be used by scammers to defraud people. As part of the settlement, Western Union set aside \$586 million to pay claims from people who lost money to scammers and transmitted the lost funds by Western Union wire transfer. However, to receive a refund, Kansans who have been scammed and qualify for a refund must file a claim with Western Union before May 31.

“To get their money back, Kansans who were scammed and who qualify for these refunds must file a claim,” Schmidt said. “We are con-

cerned many Kansans who might be eligible do not know about this extraordinary opportunity. So we are taking the unusual step of directly notifying many Kansans who sent funds by Western Union during the past few years that, if their wire transfer involved funds lost to a scam, they should file a claim and get their money back.”

The problem, Schmidt said, is that there is no list of people who were scammed and may be eligible for the refunds. People who filed complaints about the scam with a federal agency such as the Federal Trade Commission already should have been notified, but many people who are scammed do not file reports with federal agencies or with other law enforcement.

So, working with Western Union, the Attorney General’s Office is mailing direct notices to Kansans who wired \$1,500 or more via Western Union in recent years. Kansans who wired \$500 or more to one of

20 countries considered to be high-risk for scams also will receive the notice.

“We know many of the Kansans who receive our letter in fact wired funds to legitimate places for legitimate purposes,” Schmidt said. “But we have to cast the net wide and notify many in the hope that we will reach at least some who were scammed and can benefit from claiming a refund.”

Schmidt said the Iowa attorney general’s office took a similar step that resulted in more Iowans obtaining refunds.

To be eligible for a refund, fraud must have been involved in the transaction, and the wire transfer must have occurred between January 1, 2004, and January 19, 2017.

Schmidt said any Kansans who have been scammed and may qualify for a refund, whether or not they receive the Attorney General’s notice by mail, may file for a refund. He said the attorney general’s Consumer Protec-

tion Division will assist Kansans who have questions or who need help with claiming a refund. The Consumer Protection Division can be contacted at 800-432-2310 or by email to CProtect@ag.ks.gov. For more information, visit www.InYourCornerKansas.org.

“I hope Kansans who lost money to grandparent scams, romance scams, IRS scams, debt-forgiveness scams, or any of the countless other rip-offs that make their way around the state, and who transferred money to the scammer by Western Union wire transfer between the qualifying dates, will take advantage of this opportunity and file a claim to get their money back,” Schmidt said. “And I hope Kansans will spread the word about this opportunity.”

A copy of the notice being sent to about 25,000 Kansas households is available at <http://bit.ly/2GV3qBE>.

Post Scavenger Hunt



Spc. Shell has explored Fort Riley as part of the Army Substance Abuse Prevention Scavenger Hunt. Have you? For the complete list of locations and tasks visit our Facebook page or visit ASAP.

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A Word from Cathy and Larry Lust - Major General, USA (retired)

Larry Lust, MG, USA (retired) spent 35 years as an active duty member of the United States Army. A few years ago, he and his wife Cathy chose a more permanent place to live, Lakeview Village, a continuing care retirement community in Lenexa, Kansas.

"It's one of the three best decisions we've made," Larry said. "We would get married again, we would have a career in the Army again, and we would move to Lakeview Village again."



With a state-of-the-art fitness and aquatics center, medical clinic, bank, convenience store and social activities all within walking distance, the Lusts are thriving in Lakeview Village's friendly atmosphere where residents look after each other, just like their years in the military.

"It's the people that make it," Cathy said. "In addition to the residents, the staff is just unbelievable."

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APRIL 20, 2018 | 9

Choosing a fit life: Every day counts

BY SPECIAL OLYMPICS

Choosing to live a healthy life can be hard for anyone. We asked Special Olympics athlete Daniel Smrokowski, Chicago Cubs pitcher Kyle Hendricks, and his wife Emma Hendricks to share their motivations and daily routines to make health and fitness a priority in their lives.

Daniel Smrokowski was born three-and-a-third months premature and was diagnosed with learning disabilities and a severe language disorder. While communication was one of Daniel's big struggles, it was also his passion. He graduated from Roosevelt University with a B.A. in Journalism, and founded Special Chronicles, a nonprofit media platform that produces podcasts, news, and opinion pieces featuring the voices of people with autism and other special needs. Daniel is a Special Olympics athlete, Global Messenger,

and board member of Special Olympics Illinois.

Kyle Hendricks is a professional American baseball pitcher for the Chicago Cubs, a Major League Baseball team. His wife Emma is a talented athlete, having competed for Eastern Washington's cross-country team during her college days. Kyle and Emma Hendricks are also Star Champion Ambassadors for Special Olympics Illinois.

Daniel Smrokowski and Joelle Packard of Special Olympics Maryland at the Special Olympics 2015 World Summer Games in Los Angeles.

What does your typical fitness routine look like?

Daniel: I love walking or going on bike rides. I compete for Special Olympics Illinois in swimming and basketball, and I need to stay fit throughout the year to stay at the top of my game. I try to be active every day.

Kyle: For my fitness regimen, I usually do 4-6 days a week of different cardio and weight lifting routines. I've also incorporated yoga into my routine and typically do that 3-5 days per week. It is very important for me to stay fit year round because it helps prevent injuries. Once I start to fall behind on my fitness routine it becomes more and more difficult to get back into shape.

Emma: My fitness routine consists of walking or jogging 5 times a week. I try to get on my mat and practice yoga 2-3 times a week and when I can, I go to the gym to lift weights.

What's the best way for someone to motivate themselves to get fit and stay healthy?

Daniel: What has worked for me and what I'd suggest others to try is setting workout reminders on the calendar. It gets easier for me to be fit every day when I get

in the habit of putting my health first. Tell your family and friends about your goals so they can support you, too. This has really helped me.

Emma: Some of my best motivation to get fit comes from social media. I follow a number of yogis and runners and they always post routines or running tips and tricks that have worked for them. On days that I don't feel motivated enough to work out, I at least try to walk to the grocery store or around the block for fresh air. I think getting to the gym is often the hardest part of the workout.

What fitness advice would you give to Special Olympics athletes that are training to compete?

Daniel: I look up to Kyle for being our Special Olympics Illinois ambassador and for combining sport and fitness. He motivates me to want to challenge myself to get in better shape so I can

do my best when I'm competing and in my daily life. I'm thankful that Kyle understands the importance of our Inclusion Revolution.

Kyle: Some advice that I would give is to always maintain good fitness throughout the year, whether competing or not. Also, eating healthy and drinking a lot of water are extremely important to being able to compete at your best.

Emma: My three tips before a competition are to fuel your body with healthy food like fruits and vegetables, drink lots of water to stay hydrated, and get a good night's sleep so you are rested for your competition!

If starting a fitness regimen sounds like something you'd like to do, Special Olympics offers fitness programs that have changed the lives of many athletes. Fit 5 is a guide to achieving fitness and personal best by following the easy to remember goals of exercising five days

per week, eating a combination of five servings of fruits and vegetables per day, and drinking the equivalent of five bottles of water per day. The guide provides tips and recommendations for achieving these goals and includes a fitness tracker to record progress.

Fit 5 fitness cardsExternal Link: You are leaving health.gov demonstrate how to do exercises for endurance, strength and flexibility. They can be incorporated into gym or home workouts. Special Olympics athletes are featured on the cards completing the exercises along with written instructions for proper form. The cards are leveled 1 through 5, with 5 being the most challenging, making these cards great for groups with varying degrees of ability. Fitness videos also complement the cards. They are an easy way to learn about the exercises if reading or following the instructions are challenging.



Fort Riley Mass Warning and Notification System Smartphone App

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



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

The app is not currently approved for government mobile devices.

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Maggie, 10 and Breanna, 4 join their mother, Erin, family of Sgt. 1st Class Robert Hardie, Headquarters and Headquarters Company, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, work on their flower pots April 15 at Fort Riley's Arts and Crafts Center.

FLOWER POWER

Parent-child relationships grow during painting event at Arts and Crafts Center

Story and photos
by Will Ravenstein
1ST INF. DIV. POST

The Fort Riley Arts and Crafts Center was filled with laughter and conversation April 15 during the monthly parent and child craft event.

"The third Sunday of the month we always have a craft, so today they are doing a flower pot," said Eunice Morales, recreation assistant. "We have some samples, but they always want to do something different. They are always welcome to do it. It's theirs."

Most of the paint made it onto the pots as each student created their masterpiece. Several of the pots showed the participants' artistic skills while others were a creative combination of color.

"They have fun, and the little ones are funny," Morales said.



Isabella Parinas, 6, blows on her flower pot to get the paint to dry faster April 15 at the Fort Riley Arts and Crafts Center.

"They always have a story after they are finished with the pots."

Morales said a previous flower pot class had a child showcase her imagination.

"One painted it like a house," she said. "It was for her little friend that lived under her bed. She took that flower pot and it was going to be a house for him. He didn't have a house, he was living in a shoebox."

The fees from the event cover the cost of the flower pot and paint. Participants are able to walk away with their creation or could come back to get the dried pot the next day. The class instructors also provide a clear coat spray to protect the paintings from fading.

For more information on future classes or other opportunities offered at the Arts and Crafts Center call 785-239-9205.

"They have fun, and the little ones are funny. They always have a story after they are finished with the pots."

EUNICE MORALES | RECREATION ASSISTANT, FORT RILEY ARTS AND CRAFTS CENTER

Mural feeds artistic needs of Fort Riley students

Officials unveil work of children during STEAM Night event

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

The School Age Center STEAM Night held April 13, began with a special presentation, the revealing of a mural created by the students for both Custer Hill and Forsyth centers this fall during a four-week program hosted by Art Feeds and student volunteers from Kansas State University.

The acronym STEAM stands for Science, Technology, Engineering, Arts and Mathematics.

"At Art Feeds, we believe that all children are curious, imaginative, innovative and creative," said Joplin, Missouri, native Meg Bourne, founder and CEO. "So, we



School-aged students, K-State volunteers and Art Feeds workers pose for with the mural they worked on last fall after its unveiling April 14. Both school age centers; Custer Hill and Forsyth, will have a version showcasing the students creative side.

create programs to cultivate those skills with students. One track of our curriculum is mural curriculum. That's where we put it entirely in the student's hands and they design it from start to finish. They choose the theme, the color palette, they actually design what goes on the mural and then at the very last lesson they make a souvenir —

which is a paintbrush buddy they get to take home."

The connection with Fort Riley came from Girard, Kansas, native and K-State student Alex Troike who became familiar with the program after Bourne visited her high school.

"When I came here, I was looking for a way to make the biggest impact possible,"

Troike said. "Fort Riley's School Age Centers allowed me to reach a giant group of kids from all over. Instead of working with just one school I'm working with seven. So that was really awesome, and it just gave us the opportunity to have a larger impact on base."

The partnership between Art Feeds, the K-State

"At Art Feeds, we believe that all children are curious, imaginative, innovative and creative."

MEG BOURNE | FOUNDER AND CEO, ART FEEDS

students and the School Age Centers began nearly two years ago according to Bourne.

"We have loved working with the staff here," Bourne said. "The K-State students were really detrimental."

While working with students is nothing new for Art Feeds, nor is painting murals Fort Riley presented a first for the organization.

See MURAL, page 16



Kensington Ratledge, 2, daughter of Staff Sgt. Jaime Ratledge, 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, takes a moment from creating artwork April 14 for a photo during Spring Fling for Exceptional Families at Army Community Service.

Exceptional time had by exceptional families

Fort Riley's Spring Fling opportunity to focus on military kids

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

April is Month of the Military Child with celebrations and activities held throughout the month. April is also National Autism Awareness Month, which promotes awareness and self-determination.

On April 14, Fort Riley held Spring Fling for Exceptional Families in the Army Community Service building. The event gave families with exceptional members a chance to get out without all the pressures or stimulus of the larger events.

"Spring Fling is a collaboration between the Exceptional Family Member Program, New Parent Support Program and Family Advocacy," said Exceptional Family Member Program Coordinator Laurie McCauley. "The purpose of it all is to bring families, giving them an opportunity to do crafts. You can see both parents and children being able to do different types of crafts. We have educational information out. And, it's also a great time for staff to be able to network with the parents and kids to establish that relationship."

Different painting activities were offered for the families to take part in, a photo booth was offered to allow the families a fun photo opportunity and the Fort Riley Arts and Crafts Center had a design-a-card center table set up to allow the children a different way to express themselves.

"We do painting, because that's very therapeutic, and then we have a picture-taking area," McCauley said. "We have canvases and ceramics and the Arts and Crafts Center has a little activity for them where they will make cards."

The enclosed room and soft background music allowed for the children to have a space to run around and be free while still being in a sensory-sensitive location.

"It's very important," said Allison Fulmore of the New Parent Support Program. "There are not a lot of sensory-friendly events. This is one that we try to be open minded about what their needs are and make it for them. An event they can enjoy and also connect with other parents that relate to what they are going through."

While the event is geared for the children, it is also an important one for the parents to network with each other.

See SPRING, page 15

FORT RILEY POST-ITS

FORT RILEY KIDS FISHING DAY

Welcome spring with the Fort Riley Fishing Day, 12 noon to 4 p.m. April 21, at Moon Lake, Fort Riley. Registration will begin at 11:30 a.m.

A limited number of loaner rods and reels are provided for those who do not have them. Fishing bait, tackle, snacks, and refreshments are all provided. Volunteers will be on-site helping the kids with anything needed. No experience is necessary! Bring out your youngsters for a guaranteed good time! For more information

For more information call the Fort Riley Conservation Office at 785-239-6211 or the Fort Riley Outdoor Recreation Center at 785-239-2363.

SUPERHERO SATURDAY

It's time to super-suit up and get ready to save the world: Superhero Saturday is coming April 21. The day starts with a youth obstacle fun run at 9 a.m., followed by a breakfast buffet and a kids' comicon. Breakfast will be served until 11:30 a.m. and the comicon will run through noon. Participate in any or all of the events for one low price. Registration costs \$12 in advance and \$15 on the day of and includes a superhero cape for the first 150 registered youth. Costumes are encouraged.

For details call 785-239-2807.



ARTS AND CRAFTS CENTER

A framing and matting class is scheduled for 6 p.m. April 16, at the Arts and Crafts Center, 6918 Trooper Dr. Fort Riley. Cost is \$10. Subjects covered in this one-night class include material selection, mat cutting, frame chopping and assembly, and glass cutting.

All materials are provided for hands-on instruction. Students will not be working on their own projects. This class is required before using the matting and framing area. For more information call 785- 239-9205.

Spring Craft Market: While you're out for the Post Wide Yard Sale on May 5, swing by Rally Point Field to find the perfect Mother's Day present for Mom, pick up some new home decor, or come to browse and enjoy the warmer weather.

The Rally Point is at 2600 Trooper Drive Fort Riley. Vendors are still wanted. For more information call 785-239-4983.



CIVILIAN PERSONNEL ADVISORY CENTER RELOCATED

All CPAC services, including New Employee Orientation, are now available in Bldg. 253.

TACO TUESDAY AND PASTA WEDNESDAY

Stop by Riley's Conference Center for lunch 11 a.m. to 2 p.m.

Taco Tuesday features an all-you-can-eat meal with a choice of meat, hard and soft shell tacos, salsa bar, rice, beans, salad bar and dessert.

Pasta Wednesday features pasta main dish, green beans, focaccia and Greek salad.

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

USO NO-DOUGH DINNERS SCHEDULED

USO Fort Riley, will make it easy on your pocket-book in April with a No-Dough Dinner 5 p.m. April 26.

Event will be held at the Culinary Arts Lab, 251 Custer Ave.

For more information call (785) 240-5326, visit USO Fort Riley Facebook or the website: <https://fortriley.uso.org/>.



POKEMON SPELLING BEE

Think you are the biggest nerd around? Prove it! Come on out to the Warrior Zone and compete in our Pokemon Spelling Bee! sponsored by the Better Opportunities for Single Soldiers — BOSS — and the Warrior Zone, 7867 Normandy, Fort Riley. Event is scheduled for 8 p.m., April 21, and is open to all DOD cardholders 18+ years of age. For details call 785-240-6618.

BOSS Volunteer opportunities include the Fort Riley animal shelter on April 14, 6 to 7:30 p.m.

BOSS Bible study has been postponed until another location has been found where it can be held.

Visit the BOSS office or call 785-239-BOSS for more details for general information on these or other events.

FORT RILEY REEL TIME THEATER SCHEDULE

Friday, April 20
Pacific Rim: Uprising (PG-13) 7 p.m.

Saturday, April 21
Sherlock Gnomes (PG) 2 p.m.
Red Sparrow (R) 7 p.m.

Sunday, April 22
7 Days in Entebbe (PG-13) 5 p.m.

Theater opens 30 minutes before first showing
For more information, call 785-239-9574.
Regular Showing: \$6, children are \$3.50, children 5 and under are admitted free.
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.



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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

Correcting harassment, assault issues vital to Army

Confronting problem, improving force's health top priorities

By Col. John D. Lawrence
FORT RILEY GARRISON COMMANDER

April is National Sexual Assault Awareness and Prevention Month. This issue is so important to the wellness of our force that we cannot stop being aware of it when the last day of April is crossed off our calendars. We must take care of each other every single day and follow the Army's Sexual Harassment/Assault Response and Prevention motto of "Not in our Army – Together, This We'll Defend."

The subject of SHARP affects readiness at a very elemental, individual level –

NEED ASSISTANCE

- For the **Department of Defense Safe Helpline**, call 877-995-5247.

it is about trust. We train to have each other's back in conflict, and we must carry that training into our daily lives in situations where a fellow Soldier – or any individual – could be at risk of sexual harassment or assault. We are a team with shared Army values, and as a member of that team we must see harassment and sexual assault as reprehensible. Someone who commits these acts hurts our team members and wounds our Army team. Just as we would do everything possible to protect our teammates from being wounded on the battlefield, we have the same obligation in the workplace and social situations. When someone commits these criminal acts, they are cowards and do damage to the moral fiber of our Army values. It is a betrayal of trust

to our profession.

There are a number of SHARP resources available for training, prevention and support, but the best defense against sexual harassment and assault is you. If there is a party, have a plan. If there is alcohol involved, have a plan. Make sure to keep each other safe on and off the training lanes and mission fields. I understand that this can be a challenging or embarrassing topic. Have the guts to be embarrassed; because even if you're wrong, no one gets hurt and if you're right, no one gets hurt. That's the kind of risk I find acceptable and honorable. Your fellow teammates, the institution and the country are counting on you to do the right thing, always.

For more information about the Army's SHARP program, visit sexualassault.army.mil. For the Department of Defense Safe Helpline, call 877-995-5247.

— *To comment on this article or to suggest a topic for Community Corner, email usarmy.riley.incom.mbx.post-newspaper@mail.mil.*



Colonel Lawrence



Irwin Army Community Hospital

PROVIDER

NO-SHOW PATIENT

WOULD BE PATIENT

WOULD BE PATIENT

WOULD BE PATIENT

Missed appointments are missed opportunities for others.

WORSHIP

Protestant Services

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

Catholic Services

Victory Chapel Saturday's Vigil Mass.....1630 Sunday Mass.....0845 Sunday Catechism.....1000 <i>*Sunday 1200 Mass cancelled until further notice*</i>	239-0834
IACH Chapel Mid-day Mass— Mon.— Fri.....1200 Tuesday & Thursday Mass.....1800 Sunday Mass.....1200	239-7872

Jewish Service

For Sabbath Services please contact the Division Chaplain at 240-6268/910-273-0767.

Open Circle Service

Kapaun Chapel Fort Riley Open Circle— SWC 1st & 3rd Wednesday monthly.....1800	239-0834
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Wednesday Family Night
Weekly classes from 1900-2000 at Victory Chapel
785-239-3359. Watchcare provided for birth-2yrs.

Club Beyond - Faith Based Youth Program
Grades 6th - 12th, Meets Sundays
Combined MS/HS Youth 1830-2015 at Victory 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 gileypwoc@gmail.com or Facebook "Fort Riley PWOC"

Catholic Women of the Chapel (CWOC)
Weekly Wednesday Meeting at Victory Chapel 0900-1130
Childcare provided.
For more information email fortrileycwoc@gmail.com or Facebook "Fort Riley CWOC"

Check for schedule over Training Holiday weekends

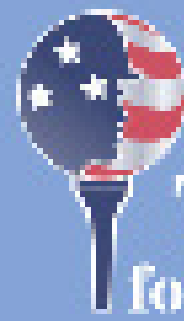
Tulip Festival
- Arts & Crafts Fair -
Wamego, Kansas

April 21-22
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Activities for all ages

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**Applications can be found at
www.teeitupforthetroops.org**

Go to veterans and click on
Anytime Fitness Veteran Franchise Opportunity



Junction City, Kansas - For the 4th year in a row, Anytime Fitness is partnering with Tee It Up for the Troops, a national non-profit organization, in an effort to help military veterans open their own gyms and provide additional employment opportunities for fellow veterans. Dubbed "Operation Heart-First," Tee It Up For the Troops will offer a \$125,000 grant and a \$125,000 loan to a select number of honorably discharged veterans for the purpose of assisting with initial start-up capital to be used for the development of an Anytime Fitness franchise. Anytime Fitness' HeartFirst Charitable Foundation™ will provide a grant to Tee It Up for the Troops, which will then offer this opportunity to approved veterans, National Guard members, or reservists, as well as oversee the selection process and management of logistics.

"Operation HeartFirst is our way of saying thank you to all of the fine service men and women who've made tremendous sacrifices for our country" said Dave Hortenson, President of Anytime Fitness. "Currently about 10% of our franchisees are military veterans. We'd like to see that number grow even higher. Veterans are some of our best and most successful club operators."

Questions?

Contact Mark Daly at mark.daly@sabrandis.com



Fort Riley community remembers fallen

Post holds activities, special ceremony for Gold Star families

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

Fort Riley recognized and supported Gold Star families April 14 with activities and a special ceremony outside Grimes Hall.

The term Gold Star family is a modern reference that comes from the Service Flag according to army.mil/goldstar. These flags or banners were first flown by families during World War I. The flag included a blue star for every immediate family member serving in the armed forces of the United States during any period of war or hostilities in which the U.S. armed forces were engaged. If that loved one died, the blue star was replaced by a gold star. These allowed members of the community to know the price the family paid in the cause of freedom. Gold Star Mother's and Family's Day is the last Sunday of September and Gold Star Spouses Day is April 5.

With April 5 landing on a Wednesday this year, Fort Riley was asked to move its remembrance ceremony to the weekend, according to Army Community Service, Survivor Outreach Services, Outreach branch manager Jeff Reade.

"They have children in school and regularly ask for us to hold our observances on a Saturday," he said. "There was another event that many of our survivors in our area here were attending on the 7th so here we are on the 14th."

The cold and wet weather was the backdrop for the outside portion of the day when the family of Sgt. 1st Class Forrest Robertson, Wamego, Kansas, placed remembrance stones outside Grimes Hall prior to releasing dove balloons into the air.



Alia, 10, Evelyn, 15 and their mom Marcie Robertson, Wamego, Kansas, release dove balloons April 14 at the Gold Star event on Fort Riley.

Sgt. 1st Class Forrest Warren Robertson, 35, was killed in action on Nov. 3, 2013. He was fatally wounded by a rocket-propelled grenade and small arms fire in Pul-E-Alam, Afghanistan. He was assigned to Headquarters Troop, 6th Squadron, 8th Cavalry Regiment, 3rd Infantry Division, Fort Stewart, Georgia. Robertson was an ROTC instructor at Pittsburg State University, Pittsburg, Kansas, prior to being reassigned to the 3rd Infantry Division.

According to Marcie Robertson, his Gold Star spouse, the family released white doves at his funeral in Wamego, Kansas.

It is very important to recognize the fallen Soldier's family and to show them they are still a part of the Army family, Reade said.

"It's a critical mission — it is so important," he said. "Those Soldiers who have given their lives for their country, serving their country through the military. They are never forgotten. Their families will always, if they so desire, be able to have a connection to the Army."

The event featured several small activities and a meal for the family.

First, they created a Fallen Hero stone prior to placing it outside in a protective case, then after the balloon launch they

"Those Soldiers who have given their lives for their country ... they are never forgotten. Their families will always ... be able to have a connection to the Army."

JEFF READE | BRANCH MANAGER, SURVIVOR OUTREACH SERVICES

were treated to an art activity hosted by Fort Riley Arts and Crafts followed by a luncheon provided by Lady Troopers.

Reade, who retired as a first sergeant in 2006, said that his military career helps with working with the families of the fallen.

"It helps tremendously," he said. "Just the understanding. It's just having the knowledge of the military and what they went through. I'm not saying that someone who is not military could definitely be a great asset to our organization and program; it sure makes it easier for me."

The staff at SOS also provides activities for the families

throughout the year, Reade said.

"Last spring, we did a land navigation course and one of the teenagers came and sat down with me. She said, 'you know my dad probably did this,' he said. 'I said he did this — this is a common skills task. This (event) was supported by a MP unit that was out there. The NCOs were helping them and teaching them to align a compass with a map and the GM angle. (They) gave them a really good basic land navigation compass orientation (class). Then they paired off with an escort and went through the land navigation course. It was pretty neat."

Reade mentioned that providing the opportunity for the families to stay connected, if they choose, to the Army is important.

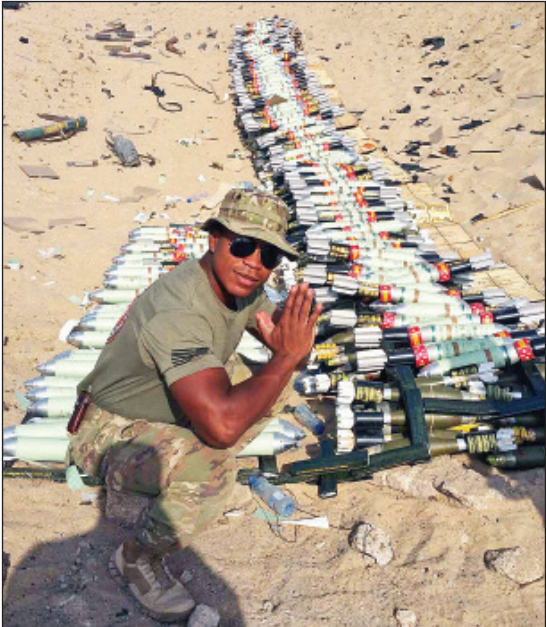
"We have a number of our spouses who really at some point are doing very well themselves, they stay in contact with our program because of their kid's self-identity," he said. "They maintain that connection and understanding. Their self-identity is intact. I just think it's incredible and it's important. It's how, I think, every Soldier would want their families to be treated after they were gone."

While the program is "go at your own pace" according to Reade, SOS provides opportunities for the families to stay involved.

"(It's important) just seeing that connection still there," he said. "In June, we are doing the helicopter simulation center where they actually get in a mock-up (of) a UH-60 cabin. That's going to be a neat event. It's just out there for family members and kids to see if they want to do. It's just kind of a come join us (event)."

For more information about the SOS visit www.riley.army.mil/Services/Family-Services/Army-Community-Service/ click on the Survivor Outreach Services tab.

TUESDAY TRIVIA CONTEST



The question for the week of April 17 was: Where can I find the information on the next Household Hazardous Waste Collection at Fort Riley?

Answer: www.riley.army.mil/About-Us/Calendar/ModuleID/634/ItemID/627/mctl/EventDetails/

This week's winner is Spc. Elijah Purcell, 630th Explosive Ordnance Disposal, 1st Infantry Division Sustainment Brigade.

Above is Spc. Elijah Purcell.

CONGRATULATIONS ELIJAH!

LETTING OFF SOME 'STEAM'



Will Ravenstein | POST

Spc. Jose Sosa, Carolina, Puerto Rico, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division works on Puff Mobiles during the STEAM event at the School Age Services building on Custer Hill with his daughter, Alanys, 10.

ADMIRING 'HOT CARS'



Will Ravenstein | POST

Spc. Corey Poole, 977th Military Police Company, 97th Military Police Battalion, prepares his 2016 Ford Mustang at the Warrior Zones monthly "Hot Cars and Hot Drinks" event March 14. The monthly event is held on the second Saturday and is open to car enthusiasts.

ASAP Scavenger Hunt

- **WHO**—Open to all ID card holders and DoD Civilians
- **WHAT**—Fun family oriented alcohol free event in recognition of National Alcohol Awareness Month
- **WHEN**—Starting 2 April 2018 continuing throughout April. Forms must be turned in to Army Substance Abuse Program (ASAP) Building 7424 by 2 May 2018
- **WHERE**—Various locations on Fort Riley (some locations will have hours of operations listed on back of entry form)
- **ADDITIONAL INFO**—
 - One participant per form. (Forms can be picked up at ASAP or printed off from the Fort Riley Facebook page).
 - Prizes will be randomly drawn after 2 May 2018. Winners do not need to be present and will be notified using the contact information on your form.
 - Participants may contact ASAP @ 785-240-6266 or 785-239-4151 for help with locations.



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Blademir DeLaRosa, 6, son of Staff Sgt. Blade DeLaRosa, 165th Movement Control Team, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade, makes a splash into the Eyster Pool April 15 at the MOMC Pool Party.

Visit www.riley.army.mil/Services/Family-Services/Army-Community-Service/ for more information about EFMP, Financial Assistance Program and New Parent Support Program and to see upcoming and ongoing events sponsored by each group.

Mark L. Stenstrom, DVM
106 N. Eisenhower • Junction City, Ks. 66441
785-762-5631

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SATURDAY MAY 5, 9-4 PM

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MURAL

Continued from page 11

“This is actually our 36th mural, we work all over South-west Missouri, Northwest Arkansas,” Bourne said. “We work a little bit everywhere, but this is our first mural on a military base.”

The connection with the students has meant a lot to Troike, she said.

“It was a new experience,” she said. “I’ve worked with other elementary schools before, but never any on base before. Working with the military population has been incredible and I feel that I have a greater appreciation of what these kiddos are doing and going through on a daily basis.”

Troike also explained one of the challenges working with military children.

“We had a lot of kids that came in half way through the programming and some that left half way through the programming so that’s different,” she said. “You usually don’t see a whole lot of that when you are working with usual elementary school aged kiddos.”

The partnership created left a lasting impression on the K-State students who spent several hours, twice a week for four weeks working with

DID YOU KNOW?

- The acronym **STEAM** stands for Science, Technology, Engineering, Arts and Mathematics.

the Fort Riley children. To see the completed project not only marks a completed phase, but allows all involved to see the fruit of their labor.

“I think everybody in this project is just so excited to see the final project,” Troike said. “It’s exciting to see it come together all in one place.”

Two versions of the mural were created so students at both locations could see their creations according to Bourne.

The four-week program guided the students through the basics of understanding what a mural was and where they are usually found, determining the theme, choosing a color palette and creation of their individual pieces.

After each lesson, Bourne and the volunteers would close with a story telling web.

“We start with some sort of prompt and a ball of yarn and keep passing the ball around the circle. Whoever has the

ball adds a sentence to the story,” Bourne said. “We have a real long story at the end. That helps illustrate to the students that without this part of the story or that part of the story this wouldn’t make sense or be as magical. We relay that to the mural. How their ideas are important. How their drawings are important in this process.”

Once the pieces were drawn, Bourne began the process of scanning each image into the computer and tracing each one with Adobe Illustrator to create the proper file to be added to the colored background.

Though the classes were done in the fall, the plan to unveil the mural in April worked out well for most involved according to Troike.

“We were wanting a way to get all the kiddos and their parents here to see what they were working on for four weeks in the fall,” she said. “So, it was exciting to integrate it into

a night that was already being planned and just add our own station into the STEAM Night.”

For Children and Youth Services assistant director and Fort Riley area native Morgan Hansen, the opportunity to see the children’s reactions to the unveiling was worth the wait.

“It was amazing. It was really great to see the kids say, ‘that’s what I created,’” she said. “You see them and the art work they created, but once it’s up there and they see it — their faces is what makes it worth it. To see this, this will be displayed for years. They will get to share that for years.”

The timing of the unveiling was also a fact that weighed heavily for Hansen.

“Month of the Military Child is a big event for us,” she said. “We take pride in it; it’s what we do. We are here for the children. This is a time to celebrate them.”

SUICIDE PREVENTION

THE POWER OF 1

CYS invites you to celebrate
Month of the Military Child

Why do we celebrate in April? The Army recognizes April as the Month of the Military Child which is an opportunity to honor the contributions and sacrifices Army children and youth make to our nation through the strength they provide our soldiers and families.

APRIL 2018 SCHEDULE OF EVENTS

Parade ♦ Friday, 30 March at 10am ♦ Artillery Parade Field
The community is invited to join the CYS parade with special guests to include Riley and Scarlett Bears, the Fort Riley Fire Department, the Commanding General's Mounted Color Guard, and the 1st Division Band. The parade will begin at the south end of the Artillery Parade Field on Godfrey Avenue and conclude at the Old Trooper Statue at the Cavalry Parade Field.

Family Movie* ♦ Saturday, 7 April at 11am ♦ Barlow Theater
CYS registered families will enjoy a child-friendly movie at no cost and will be able to purchase a small popcorn and drink at a special discounted rate. *Prior registration is required. Please call 785-239-9885 or sign up on WebTrac.

Kidfest ♦ Sunday, 8 April from Noon-3pm ♦ Riley's Conference Center
Join our annual free Kidfest celebration with lots of fun for the family! Activities include static displays, small activity stations, small rides, character performances, instructional program demonstrations, informational booths, and free food. Children will be able to meet a superhero provided by the Family Advocacy Program.

Family Pool Party* ♦ Saturday, 14 April from 5-8pm ♦ Eyster Pool
CYS registered families can enjoy free swimming and playtime with the slides and rock wall. *Prior registration is required. Please call 785-239-9885 or sign up on WebTrac.

Family Bowling ♦ Saturday, 21 April from 11am-2pm ♦ Custer Hill Bowling Center
Fort Riley families and their guests can enjoy free bowling. Shoes are not included. Prior registration is not required – lanes are on a first come, first serve basis.

Operation Megaphone Lock-in* ♦ Friday, 27 April, 7pm-7am ♦ School Age/Youth Center
The overnight fun event for school age children will take place at building 5810 and the youth event will be held at building 5800. Kindergarteners will be picked up by parents by 2300. The cost for the event is \$15.00 1st-12th grade and \$5 for Kinders. *Prior registration and permission slip is required. Please call 785-239-9885 to sign up.

Family Field Trip* ♦ Saturday, 28 April from 9am-Noon ♦ Spin City in Junction City
CYS registered families will meet at Spin City and be able to utilize the skating rink and basketball court at no charge. Families will be responsible for payment for other activities to include the arcade and concession area. *Prior registration is required. Please call 785-239-9885 or sign up on WebTrac.

Questions? Please call Parent Central at 785-239-9885.
Like our Facebook page at www.facebook.com/RileyCYS.

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SEXUAL ASSAULT AWARENESS AND PREVENTION MONTH • APRIL 2018

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When I recognize a threat to my fellow Soldiers, I will have the personal courage to **INTERVENE** and prevent sexual assault. I will condemn acts of sexual harassment. I will not abide obscene gestures, language or behavior. I am a warrior and a member of a team. I will intervene.

ACTION
You are my brother, my sister, my fellow Soldier. It is my duty to stand up for you, no matter the time or place. I will take **ACTION**. I will do what's right. I will prevent sexual harassment and sexual assault. I will not tolerate sexually offensive behavior. I will act.

MOTIVATE
We are American Soldiers, **MOTIVATED** to keep our fellow Soldiers safe. It is our mission to prevent sexual harassment and sexual assault. We will denounce sexual misconduct. As Soldiers, we are all motivated to take action. We are strongest...together.

Fort Riley 24 / 7 hotline: 785.307.9338 | SHARP representative: 785.239.2277 / 785.239.3379
DoD Safe Hotline & website: 1.877.995.5247 / safehelpline.org

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- Purchase tickets by April 16

May 11: "Talk Derby to Me"
- Six 1.5-ounce pours of unique bourbon
- Purchase tickets by May 7

- Each tasting event is limited to 35 participants -
- \$50 admission includes whiskey and food pairings, cigar, appetizer bar and souvenir glass
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- Information: 785.784.1000 -

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THE 1ST INFANTRY DIVISION POST



Courtesy Photo
Performers can be found through the grounds while visiting Renaissance festivals.

Enter the world where honor is more than a word. That's what happens when you walk through the gates of a Renaissance festival. Modern language leaves your knowledge as ye start to speak in ye royal English.

Knights battle while pirates plunder the grounds for booty, fairies move around while peasants bow as the King and Queen make their rounds. Mischievous elves and helpful fairies roam the grounds and keep your eyes out for a dancing bear.

Be sure you grab one of the turkey legs, often fresh off the fire, and quench that thirst with some spiced mead.

Heavy metal takes on a new meaning for reenactors dressed in chainmail and suits of armor.

The sounds of clashing metal reverberate as demonstrations take place throughout the weekend. Fire eaters make their presence known as shoppers find the latest in chainmail offerings.

Festivals are often held twice a year — spring and fall — check out the box below for specific information.

Many take period garb seriously yet cameras and cell phones can be seen.

The wizardly world of technology is seen as sorcery and magic and referred to as such.



Manhattan is the youngest of the Renaissance festivals held in Kansas with 2018 being their second year. The student planners host a two-day event in the spring in Manhattan's City Park, rain or shine.

With free admission, the gates are open from 10 a.m. to 5 p.m. both days of the weekend guests are encouraged to dress up. Furry friends are welcome on their leash and this is a family friendly event.

Weapons, even peace-tied, are not allowed on the grounds except for the foam ones provided that do not have any sharp edges.



Courtesy Photo
Knights on horseback jousting and fighting are often a crowd pleasing event during larger Renaissance festivals.



Courtesy Photo
While safe, reenactors take their fighting serious as these two knights show at the Great Plains Renaissance Festival in Wichita, Kansas.



Hail and well met! Check out the Great Plains Renaissance Festival in Wichita's Sedgwick County Park twice a year.

There'll be jousts and jests, knights and knaves, bagpipes and blacksmiths, fire breathers, pirates, fairies and more! HUZAZH!

Upon entry into the world you are immediately greeted, make sure to tell the greeter if this is your first visit. They will greet you with a special announcement.

An average visit to the festival lasts three to four hours, but you can easily spend the whole day and still have more to see. With the introduction of The Wichita Highland Games as a part of the event – which you get access to with your Great Plains Renaissance Festival ticket – it nearly doubles the amount of stuff going on.

Purchase tickets at the gate or save money and receive a free kid's ticket at www.greatplainsrenfest.com/online-tickets/.

The festival is open from 10 a.m. to 6 p.m. with many activities and vendors available for the entire family.



Courtesy Photo
This wizard was seen roaming around the Kansas City Renaissance Festival in 2017.

Stop in to the Royal court and visit with the King and Queen to hear tales of valor or check out the Birds of Prey display where falconers talk about how birds were used for hunting and war.

Throughout the day there are jousting and fighting displays.

Take a spin at the helm as you explore the pirate ship, watch out the pirates will take hostages throughout the day.



The largest Renaissance festival is the nearly two-month long Kansas City Renaissance Festival, Sept. 1 through Oct. 14 including Labor Day and Columbus Day.

Open 10 a.m. to 7 p.m. the Kansas City Renaissance Festival is 15 minutes and 500 years west of downtown Kansas City, Kansas, in Bonner Springs.

The Kansas City Renaissance Festival is celebrating its 42nd season. The Kansas City Renaissance Festival began its journey in September 1977 as a benefit to the Kansas City Art Institute. Since then, the Kansas City Renaissance Festival has grown to be one of the largest Renaissance Festivals in the United States with an annual attendance of 200,000.

Staying true to its creative foundation, the Kansas City Renaissance Festival features several shops that sell innovative arts and crafts. With its tree-laden lanes, decorated paintings and whimsically wreathed architecture, the site is a delightful re-creation of the historical Renaissance period.

Every weekend brings something new as different themes greet visitors and participants.



Courtesy Photo
Take a spin at the helm of the pirate ship or grasp a birds-eye view of the Great Plains Renaissance Fair from onboard.

Check out the Renaissance Festivals websites for current dates, prices and more information
kcrenfest.com greatplainsrenfest.com
kstaterenfest.wixsite.com/littleapplerenfest