



THE 1ST INFANTRY DIVISION POST



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FORT RILEY, KANSAS



Sgt. Patrick Jubrey | 1st CAB PUBLIC AFFAIRS

Twelve of the 13 UH-60 Black Hawk helicopters with the 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, prepare to land at Marshall Army Airfield after completing an air assault training mission April 19. The “Nightmares” assisted 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div., in a False Insertion training mission. The purpose of the training was to have the enemy pull their reserves so the main effort of 1st Bn., 16th Inf. Regt., could advance their unit further.

Fort Riley volunteers recognized, valued



Leann Martin, wife of Maj. Gen. Joseph Martin, 1st Infantry Division and Fort Riley commanding general, speaks April 17 during the annual Volunteer Recognition Ceremony at Riley's Conference Center. The ceremony recognized 22 Soldiers, civilians and families for their volunteer efforts throughout the year.

Awards presented to 22 groups, individuals at annul gathering

Story and photo by J. Parker Roberts
1ST INF. DIV. PUBLIC AFFAIRS

More than 20 Soldiers, civilians and families from across the 1st Infantry Division and Fort Riley were recognized April 17 during the annual Volunteer Recognition Ceremony at Riley's Conference Center.

All 22 individuals and groups were recognized with plaques following a dinner and remarks by Leann Martin, who was introduced by her husband, Maj. Gen. Joseph Martin, 1st Inf. Div. and Fort Riley commanding general.

“It's wonderful to see all of our volunteers and their families and friends who support them,” Leann Martin said. “Fort Riley is truly fortunate to have so many willing volunteers give of their time not for recognition, but because they care.”

A volunteer herself, Leann Martin said most give of their time because they truly believe in a cause or organization.

“There are many benefits to volunteering,” she said. “Volunteers may learn a new skill that can later be applied to their resume. Volunteering allows you to get out and meet people and if you have little children, this may be one of the greatest perks of volunteering, because you may need some adult conversation.”

Leann Martin said volunteers save organizations money and help keep programs going.

“In my opinion, the most important part of volunteering is it allows a person to build relationships and connections,” she said. “In this ever-changing world of technology we live in, nothing takes the place of good, face-to-face conversation, human contact and truly looking into the eyes of another person.”

The ceremony also recognized the top volunteer in five categories: Jen Betty in the Family Member category; Pfc. Thierry Decembre with the 1st Armored Brigade Combat Team, 1st Inf.

See VOLUNTEERS, page 7

Garrison employees recognized during monthly ceremony

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

The Fort Riley Garrison command team recognized civilian employees during the monthly employee awards ceremony April 20 in front of Building 500.

Col. John D. Lawrence, garrison commander, welcomed everyone and emphasized the importance of recognizing the civilian work force.

“These are important functions for us, because we do recognize our great employees here,” he said. “That's very, very important for this garrison. Everybody here is busy. We continue to support the division ... So, it's very important that we do have this recognition once a month at a minimum.”

Lawrence said he was excited to see the large number of employees from the different directorates being recognized and credited the directors for taking care of their employees by ensuring they get the recognition they deserve.

“The great thing for me ... look at the number of people we've got (being recognized),” he said. “That means, not only are we recognizing, but we are awarding as well. That comes back to the directors taking care of your people and making sure they get the appreciation and the recognition they deserve.”

Five members of the civilian workforce were nominated and considered as the “Best of the Best” for their directorates during the month of March. Each was presented a certificate of appreciation signed by Lawrence and Garrison Command Sgt. Maj. Andrew T. Bristow II, the garrison

command sergeant major. Each also received a garrison coin.

The March nominees included: Reed Scott, Directorate of Family and Morale, Welfare and Recreation; Joel Gulker, Directorate of Plans, Training, Mobilization and Security; Amy Bipes, Office of the Staff Judge Advocate; Kyle Ochs, Directorate of Public Works and Paula McGuire, Directorate of Human Resources.

Bipes was declared as the Employee of the Month for March after all five were recognized. Her nomination, written by Harry Hardy, director, stated she worked with a Soldier who, after a lengthy absence without leave, was diagnosed with paranoid schizophrenia and was deemed incompetent to stand trial. Neither the Fort Riley staff judge advocate nor Medical Command leaders were able to find a solution to separate the Soldier from the Army, as he was not competent to face adverse actions. The Soldier's case was handed to Bipes. She began proceedings to initiate a guardianship for the Soldier and was able to assist them through the Army medical retirement process. That process allowed the Soldier to retire with the medical benefits needed to ensure treatment would be available.

Hardy accepted the award on behalf of Bipes, as she was off for the day to spend time with her grandchildren.

After the monthly award was presented Lawrence recognized the previous month employees prior to naming the Employee of the Quarter.

For the month of January the Employee of the Month was Toshia Lamb, from the Directorate of



Franz Carbonneau, Directorate of Planning, Training, Mobilization and Security, receives a certificate and lapel pin for 50 years of combined federal service in the government of the United States of America from Fort Riley Garrison Commander Col. John D. Lawrence April 20. Carbonneau has either flown or assisted in training helicopter pilots since 1966 according to Steve Crusinberry, DPTMS Director.

Resource Management. The February Employee of the Month was Mike Patro, Directorate of Plans, Training, Mobilization and Security.

The Fort Riley Garrison Employee of the Quarter was Bipes, who is now eligible for Garrison Employee of the Year.

Three employees were then presented with awards for their service.

Lance Anttila, DFM-WR, received a U.S. Army Garrison Fort Riley Certificate of Achievement for Safety.

Dawn Douglas, Garrison Safety Office, received the Department of the Army Achievement Medal for Civilian Service.

Michelle Durgin, DF-MWR, received the De-

partment of the Army Commander's Award for Civilian Service.

Lawrence then recognized five employees for their years of dedication.

Joseph William, John Ison, Lee Jones and Charles Garrett, all of DPTMS, received a certificate and lapel pin for each having 40 years of federal service.

“What I want to recognize here is 40 years,” Lawrence said. “Think about that. Forty years of their lives supporting the military ... that is a feat we should all strive for. I cannot thank these individuals enough for giving that much of their life to support the Department of Defense. It's an incredible milestone.”

See AWARDS, page 7



LOOKING DOWN IN CLASS TAKES ON NEW MEANING FOR RECENT GRADUATES

FORT RILEY SOLDIERS RECENTLY COMPLETED THE AIRSTREAMS PROGRAM

SEE PAGE 9

ALSO IN THIS ISSUE



BATMAN AND THE JOKER IN THE SAME ROOM? SUPERHERO SATURDAY BROUGHT COSTUMES OUT FOR THE DAY

SEE PAGE 11.

ALSO IN THIS ISSUE



SPC SHELL TRAVELS TO ST. GEORGE, KANSAS WITH A RIVER FRONT VIEW, ACCESS AND SMALL TOWN LIFE

SEE PAGE 16.



Award goes to....



James Edward Hoch | NAPERVILLE EXCHANGE CLUB
Col. John D. Lawrence accepts the Abraham Lincoln Award on behalf of the 1st Infantry Division from Emy Trotz the Naperville Illinois Exchange Club Lincolnland District President, April 14. The award is given to groups or individuals who make a difference for the nation. The award was given to commemorate the 100th anniversary of the 1st Inf. Div.

Five Big Red One Soldiers college bound with Green to Gold scholarship program

By Chad L. Simon
1ST INF. DIV. PUBLIC AFFAIRS

Several 1st Infantry Division Soldiers will head off to college next fall as part of the Army ROTC Green to Gold Division Commander Hip Pocket Scholarship. Following graduation, the Soldiers will receive a commission as an active-duty officer.

The five “Big Red One” Soldiers were nominated by their commands before being chosen by Maj. Gen. Joseph M. Martin, 1st Inf. Div. and Fort Riley commanding general, for the scholarships.

“It was everything I wanted, but I still couldn’t believe that I was chosen for this,” said Spc. Terrance Daniels, 3rd Battalion, 66th Armor Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div., automated logistic specialist.

Daniels said he put himself on his commander’s radar by earning his associate degree in just nine months. Daniels took up to 28 credit hours in one semester to earn his degree.

“For a young, junior-enlisted Soldier to take the time to better himself during a rotation in Korea speaks volumes on what type of person Spc. Daniels is,” said Command Sgt. Maj. Waylon Petty, 3rd. Bn., 66th Armor Regt. “He spent his personal time to complete his associates degree while deployed because going green to gold was his personal and professional goal, and he achieved that.”

Daniels will attend Columbus State University near his hometown of Americus, Georgia, before returning as an officer in the Army.

Another 1st ABCT Soldier selected for a scholarship is Sgt. Ziguang Lu, Headquarters and Headquarters Troop, 1st Squadron, 4th Cavalry Regiment, 1st ABCT, platoon sergeant. Lu will attend Syracuse University starting this fall majoring in international studies.

Lu lived in Guang Dong Province, China, before immigrating to the United States at the age of 13. He feels his multicultural background will make him a better officer.

“Growing up in China, I have two different mindsets — culturally,” Lu said. “I am more open to new things or different ideas than my own.”

He also feels his personal knowledge of China will be advantageous to the Army.

“One of the biggest, if not the biggest, potential threats to the U.S. is China, both eco-

nomically and military wise,” Lu said. “I have an in-depth understanding of both cultures that will help me to be able to handle a situation more than some people that don’t have that understanding.”

Both Soldiers feel they were inspired to become officers because of the examples set forth by officers in the commands.

“I saw 3-66 had some great officers,” Daniels said. “They helped to mold me and make me want to become just like them. They told me about their ROTC or OCS experience and I was like ‘I want to be just like that.’”

Lu also learned how to be a better Soldier by going through the scholarship process, and feels he will be-

come a better officer because of it.

“Every person that I asked for help has given me great support,” Lu said. “That also taught me something. If I can help someone then I will help them to best of my abilities because maybe the help I offer won’t mean much to me, but it might be something big to them.”

Other Soldiers receiving the scholarship are Spc. Leo Hapeman Jr., 1st Engineer Battalion, 1st ABCT; Spc. Haley D. Haye, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Inf. Div.; and Spc. Aaron J. Plue, 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Inf. Div.

Cadets hold Spring training exercise at Fort Riley

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

Fort Riley was the temporary home to more than 100 ROTC cadets from five regional colleges April 21-22 as Kansas State University hosted their annual spring Field Training Exercise.

The exercise is the last opportunity these ROTC juniors get to perfect their leadership in a large format before attending Advanced Training Camp in Fort Knox, Kentucky, during the summer.

The weekend began with a two-fold confidence builder as the cadets tied Swiss seats, a type of modified harness prior to using them to rappel from towers. Then, they made their way through an obstacle course. Neither event was new, but they served as skill refreshers.

“We’ve been lucky to come out to Fort Riley every year for our FTX in the spring,” said K-State ROTC Wildcat Battalion executive officer and St. Charles, Missouri, resident Spencer Roehr. “We’ve gotten to do the repel tower and the confidence course when we were freshmen. That was, honestly, one of the most fun events we had. Just because coming in as a freshman, with no military experience, and getting to go off a repel tower and a cool obstacle course is a lot of fun. I think it’s a big morale boost to a lot of freshmen who don’t have a lot of experience and the upper classmen, like the juniors, who are preparing to go to advanced camp, to prepare themselves for what’s going to happen.”

Cadet Lt. Col. Tessa Boots, of O’Fallon, Illinois, agreed that the beginning was a confidence builder for the cadets.

“(It’s) definitely a confidence builder,” Boots said. “You look at a lot of the obstacles (and) they look ridiculous, the tower always looks tall. But once you do it and you know you can do it – a lot of us are more capable than we think we are. It’s great to get them out here and see that.”



Lone Tree, Colorado, native and Kansas State University ROTC cadet 2nd Lt. Molly Murphy repels down the tower on Fort Riley April 19. The cadets along with students from four other colleges were on Fort Riley for their annual spring field training exercise.

While the cadets were on post they took part in a road march, weapons fire, land navigation and patrol lane events.

The patrol lanes allowed the juniors to lead other cadets and make decisions — right or wrong.

“I think it’s really important,” Boots said. “I think this whole weekend is a confidence builder. What these kids find, when they go to camp, is that a lot of it — yes there are technically, tactically right decisions, a lot of times — es-

pecially in cadet command ... you make a decision and you make a decision confidently and you follow through with that. This gives them a sounding board. You’re with your peers. You’re being evaluated by other peers and mentors. It really gives you a sounding board to build that confidence and know that you can make a decision and follow through with it. I think it’s very important to be out here.”

See CADETS, page 7

Our bad

In the April 20, 2018, edition of the 1st Infantry Division Post, there is a story on page 7 with the headline, “Financial calculators can help determine adequate funds for employment.”

That is misleading. The headline should have read, “Financial calculators can help determine adequate funds for retirement.”

The post staff regrets the confusion.



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2018 tax season ends, center closes, saves customers money

By Gail Parsons
1ST INF. DIV. POST

Another tax season has ended.

When the doors of the Tax Center closed at the end of the day April 17, building 7034, all that was left was the cleanup.

"I think things have gone better than in prior years," said Elizabeth Thurston, Installation Tax Attorney. "We had a good staff this year. We had a big diversity of Soldiers representing each battalion on the installation."

For about a decade, Thurston has worked with the Tax Center to help Soldiers, families and retirees maximize their tax returns. This year her staff included 11 military Borrowed Manpower Workers and three civilians. She said this year's training made the process smooth and efficient.

"We had a CPA firm out of Kansas City, Missouri, come in and train us; that put us above the edge," she said. "Then we were also trained by the IRS."

Grant Thornton LLP had joined the Adopt-a-Base program, which is a partnership of the Tax Section of the American Bar Association and the Internal Revenue Service. The Adopt-a-Base program connects CPA firms with military installations where volunteers from the firm will train people who are signed up in the Volunteer Income Tax Assistance Program.

Thurston said the Grant Thornton volunteers prepared her team for the IRS training and testing. When the doors of the tax center opened on Jan. 22, they were ready.

A BUSY 12 WEEKS

It was not uncommon for the 12 tax preparers to see 400 to 500 clients a week.

Typical of every year, January and February were busy.

Then a slight slow down before picking up again after spring break.

"If you are expecting a refund, file right away. You want that money in your bank account earning interest for you not sitting in the IRS bank account earning interest for them," she said.

Every return the staff completed was quality reviewed by Thurston and one of the CPAs to ensure nothing was overlooked.

A KNOWLEDGEABLE TEAM

Although most of the tax preparers were not experienced in tax preparation, their training equipped them with the skills they needed by the time opening day rolled around.

Thurston said she was especially impressed with the group she had this year.

"We had a good team. Morale (was) high and we worked hard," she said.

Knowing their skills is why she would get annoyed with clients, even other Soldiers, who would come in and tell her they didn't want a soldier doing their taxes, or they didn't want a private or specialist.

"I said to them 'then go to a paid provider, or I am sorry, you will need to go somewhere else,'" she said. "I will not allow anyone to minimize the ability of my Soldiers."

In a civilian office there is no way to know if the nicely dressed person behind the desk is a convicted felon, or has filed for bankruptcy, or have had fraud charges filed against them, she would tell people.

As for the rank the Soldiers have — all that means is the person is young, or new to the military. Just like in the civilian world everyone started somewhere and sometimes the oldest person in the office can also be the least experienced.

"I take pride in the training we give our service members —



Kirk Hutchinson | FORT RILEY PUBLIC AFFAIRS

Col. John D. Lawrence recognizes the civilian tax preparation experts during a ceremony April 12. The tax center operated until the final days of tax preparation season saving Fort Riley filers thousands of dollars in preparation fees and helping many claim refunds on overpaid taxes.

Yes, they are privates but they are not dummies. I take pride in the training we give them. I take pride in that if you don't pass this IRS test you're not going to do taxes," she said. "We have one tax preparer that just got accepted to Columbia University. He turned down Georgetown to go to Columbia and he is a private."

SEARCHING FOR THE DOLLARS

By the time it was all said and done her team had completed 6,669 Federal returns and 3,253 state returns, and had saved their clients \$1,688,706 in fees, which

would have gone to civilian preparers.

"There (were) 12 of us doing taxes. Some of us are faster than others. Some of us see a client every hour on the hour starting at 9 a.m.," she said. "I can do a tax return, if it's a single Soldier, I can do it in three minutes because I know the system."

But they weren't all that easy. This year one client started out with a liability of \$50,000.

"When the preparer brought it to us, both me and the CPA worked on it and managed to reduce it to \$14,000," she said. "We truly

do dedicate our time to those returns and especially look at those with a liability to see if there was something that was missed."

On the flip side, they were able to get more than \$9 million in refunds for their clients; including one \$26,000 refund. "I couldn't believe it. I think they almost cried because they are buying a house this year that is a lot of money going to a down payment," she said.

Part of the job she enjoys is being able to pick up the phone and tell a client they are getting a nice refund, or at least not paying as much as they thought they would be.

She said sometimes she feels bad because she calls and tells people that they need to find certain paperwork and that's not always easy for them to do, especially if they moved recently.

"We are all about trying to find that extra dollar in any which way we can," she said.

DEPLOYED SOLDIERS

Soldiers who are deployed at the tax deadline have six months from the time they return file their taxes. Since the Tax Center is now closed until 2019, they can go to the Legal Assistance Office, building 216, for assistance.

Take the Fort Riley survey between May 1 to 14 at: <https://www.surveymonkey.com/r/59D9Z6S>. The survey is confidential and will help us improve how to get information to you.

HOW DO YOU GET INFORMATION? WE WANT TO KNOW

U.S. ARMY

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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Celebrity chef Robert Irvine, Army Under Secretary Ryan D. McCarthy square off in cooking challenge

By David Vergun
Army News Service

WASHINGTON — World-renowned celebrity chef Robert Irvine went toe-to-toe with Under Secretary of the Army Ryan D. McCarthy in a cooking challenge in the Pentagon's Army Executive Dining Facility here Friday.

McCarthy and Irvine competed to make the best tasting, most nutritious and presentable frittata, which is similar to an omelet. Moreover, the competition was timed for 12 minutes.

While superficially serving as a fun, Friday-morning distraction, the competition actually served as a way to draw attention to the importance of nutrition to Soldier readiness.

Food is an important part of a Soldier's life, McCarthy said, who is himself a former Soldier. It's a readiness issue because the right dietary choices contribute to a Soldier's stamina and overall fitness — both important to stay ready for combat.

Working alongside Irvine for just a short time in the kitchen, McCarthy said he learned a lot about portion strategy, such as eating more meals per day, and in smaller amounts, rather than sticking with the traditional three meals a day.

McCarthy also said Irvine discussed the importance of staying aware of what kinds of ingredients go into food being prepared and to ensure each ingredient contributes flavor, texture and overall health benefits.

That kind of nutritional vigilance is an activity the whole family can participate in, McCarthy said, from shopping for the best food to preparing and cooking it together.



David Vergun | U.S. ARMY PHOTO

World-renown celebrity chef Robert Irvine goes toe-to-toe with Under Secretary of the Army Ryan D. McCarthy in a cooking challenge in the Pentagon's Army Executive Dining Facility, April 20.

A HEALTHY, FAST BREAKFAST

Irvine showed how a frittata can really make a healthy and delicious breakfast in no time at all, using leftovers like hamburger, bacon or sausage, along with goat cheese and plenty of chopped vegetables such as tomatoes, onions, potatoes, asparagus, spinach and leeks.

For even more flavor, additional ingredients included

salt, pepper, a balsamic reduction, lemon juice, raisins and pomegranate seeds.

Of course a lot of eggs went into the mix as well, along with a dash of white wine. The entire dish was baked with virgin olive oil.

The under secretary used similar ingredients in his own version of the classic Italian dish, but both fritatas were unique in variety

and amounts of ingredients used.

The final judging results from a panel of culinary experts awarded McCarthy 168 points to Irvine's 153.

"It doesn't matter, win, lose or draw, everyone is a winner when it comes to healthy eating," Irvine said afterwards, complimenting McCarthy and the enlisted chefs.

Irvine said he is proud of the work Soldiers do in defending

America and protecting the freedoms he and everyone enjoy.

When Irvine was 15, he joined the British Royal Navy, rising to the rank of petty officer. During the 10 years he was in, he was a chef and that was where he learned his trade. Eleven years ago, Irvine became a proud U.S. citizen.

McCarthy served in the U.S. Army from 1997 to 2002 and was involved in combat

operations in Afghanistan in support of Operation Enduring Freedom with the 75th Ranger Regiment, U.S. Special Operations Command.

Assisting McCarthy were Sgt. Carey Lee and Staff Sgt. Daekum Ji. Irvine's assistants were Staff Sgt. Jose Garcia and Spc. Curtis Campbell. The Soldiers are all chefs at the Executive Dining Facility.

Non-traditional students to have time in graduation spotlight

By Gail Parsons
1ST INF. DIV. POST

College graduation is a milestone. But for non-traditional students it's not always possible to celebrate that accomplishment with a traditional graduation ceremony.

With nine colleges having outreach centers on Fort Riley, Fort Riley Education Center plans an annual graduation ceremony for students from all of the schools plus those who are graduating from distance learning centers.

"There is a lot more involved (for non-traditional students) than just going to school," said Monica Smith education services specialist. "Either they are working a full-time job; or if they are active duty then of course we know what all that can entail, they can be in the field for weeks at a time, they could be deployed. Working on their degrees, it can be a real struggle for them, and family members they could be taking care of their children on top of that and taking care of families on top of everything else and trying to go to school full time."

After going through the work it takes to complete a degree they have earned the right to walk and be recognized.

As the ceremony started getting larger, they had to move it to Manhattan's Hilton Garden Inn. Having it off post also makes it more convenient for family and friends of the graduates to attend.

"We used to do it at Riley's Conference Center but the set up just wasn't as good as we liked. We were running out of room people were standing around and didn't have anywhere to sit. It was getting full and chaotic," she said. "The same thing happened when we went to the Marriott. It was still a large facility but we still ended up having a lot of people standing in the back."

Last year the attendance was about 1,100 people and this year's is shaping up to

be just as large. Smith said when all the schools finish reporting their numbers she expects there to be about 350 graduates with about 200 of them walking.

This ceremony will be the 58th one Fort Riley Education Center has hosted, although in some of the past years there were two ceremonies — one for December graduates, and one for spring graduates. This year's ceremony includes graduates who earned their de-

Date: May 24
Time: 1300
Location: Hilton Garden Inn, 410 S 3rd St, Manhattan.
Schools: Fort Riley Schools represented: Central Michigan University, University of Mary, Upper Iowa University, Southwestern College, Central Texas College, Hutchinson Community College, Kansas State University, University of Kansas, Barton Community College.

Distance Learning Schools represented: Florida Institute of Technology, Liberty University, and Kansas State University, main campus.

grees at any time during the 2017/2018 school year.

Anyone who has not yet put in their intention to walk has until May 1 to do so.

The ceremony will last about one hour and 45 minutes. The guest speaker will be Brig. Gen. Stephen Smith. Following the general and the student speaker,

each school will have a representative on hand to confer the diplomas. The emcee will then call the distance learners.

"It is very special for these students," Monica Smith said. "Last year we had a gentleman who had been deployed so many times, he had graduated

about a year earlier and had not had a chance to walk."

They allowed him to walk last year. Another Soldier was

deployed at the time that the ceremony happened. They allowed his children to accept the cover on his behalf.

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1 Peter 1:18-19*

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RILEY ROUNDTABLE

Who's your favorite superhero and why?



"Wonder Woman. She is powerful. She has certain powers and she works alone. Most girl superheroes are made from a boy version, she's not."

KAILANI SALISBURY, 10, SALT LAKE CITY, UTAH

Daughter of Alisha and Staff Sgt. Michael Salisbury, Headquarters and Headquarters Company, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division.



"Batman, because he has lots of money and lots of technology and buys super cool stuff."

TYLER MEINHARDT, 13, JUNCTION CITY, KANSAS

Son of Victoria and Spec. Simon Garrett, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division.



"Captain America because he has an invincible shield."

COLIN MCCORMICK, 7 KNOXVILLE, TENNESSEE

Son of Jeffery and Rachel McCormick, Department of Defense civilian employee at Irwin Army Community Hospital.



"Captain America because he has an awesome shield - it is indestructible."

TYLER JOHNSON FLINT, MICHIGAN

Son of Kathleen and Sgt. First Class Marcello Johnson, Irwin Army Community Hospital.



"Spider-Man - because of his Spidey senses."

MALEKHAI ARRIAGA, 4 HOFFMAN ESTATES, ILLINOIS

Son of Miranda and Sgt. Nicholas Arriaga, 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division.

THE 1ST INFANTRY DIVISION POST

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LETTERS TO THE EDITOR

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

Be sure to keep your beneficiaries up to date

By Andy Massanet 1st Inf. Div. Post

Civilian employees work through an entire career. Some have planned for a retirement income by saving and investing so that they can spend time with the family that has supported them.

However, there is another kind of planning, one that involves taking care of that supportive family should the employee die before retirement age.

"Beneficiaries are those who will receive your benefits if you pass away," said Cary Stone, branch chief for the Army Benefits Center-Civilian at Fort Riley. She specializes in assisting employees who need to name their beneficiaries.

There are five benefits that require a beneficiary or beneficiaries to be named, Stone said:

- Life insurance
- Thrift Savings Plan contributions, or TSP
- Annuities from the Federal Employees Retirement System, or FERS
- Annuities from the Civil Service Retirement System, or CSRS
- Unpaid Compensation; that is, any pay owed to the employee in the event of death including salary, awards, lump-sum payments for unused annual leave etc.

"Each person can do a total of four (of those five)," said Kristine Tiroch, senior human resources specialist at the ABC-C. "The employee will do either a FERS or CSRS form, depending on their retirement plan."

There are five forms Department of the Army civilians should be aware of, Stone said. They can be accessed at www.abc.army.mil/Forms/BeneficiaryForms.htm.

They are:

- SF 1152 Designation of Beneficiary, Unpaid Compensation of Deceased Civilian Employee - File with the Civilian Personnel Advisory Center or Human Resources representative.
- SF 2808 Designation of Beneficiary, Civil Service Retirement System (CSRS) - Mail to OPM at the address at the bottom of the first page.
- SF 2823 Designation of Beneficiary, Federal Employees' Group Life Insurance Program - File with the CPAC or HR representative.
- SF 3102 Designation of Beneficiary, Federal Employees Retirement System (FERS) - File with the CPAC or HR representative.
- TSP-3 Designation of Beneficiary, TSP Mail to TSP at the address on the form.

If no beneficiaries are named, the legal order of precedence will be followed in distributing benefits in the event of death. It is:

1. Any money owed through a court order
2. If none, then to the widow or widower
3. If none, to a child or children equally, and descendants of deceased children by representation
4. If none, to parents equally or to the surviving parent
5. If none, to the appointed executor or administrator of the estate
6. If none, to the next of kin who is entitled to the estate under the laws of the state in which the employee resided at the time of death

In this order of precedence, a child includes a natural child and an adopted child, but does not include a stepchild who was not adopted; parent does not include a stepparent, unless that stepparent has adopted the employee.

By representation means that if one of the children dies before the employee, that child's share will be divided equally among his or her children.

If an employee changes agencies, going from the

Department of the Army to the Department of the Air Force, for example redoing the Designation of Beneficiary forms is recommended to ensure they will be valid, Tiroch said.

Also, it's important to have the forms uploaded to the employee's electronic Official Personnel Folder, Stone said, and have a certified copy for next of kin, although not uploading them will not necessarily make the form invalid.

"We want them to be uploaded into the eOPF, but as long as they are signed and certified by your local HR (Human Resources office) and it's a valid form before the date of death because a lot of times people are terminal they're dying so it needs to be signed and certified (and with CPAC) prior to the date of death ... we can get them from CPAC.

And finally, it's important to fill the forms out correctly," Tiroch said.

"Take care to avoid things like designations not totaling 100 percent, forms not signed, no erasures, etc., all of which could delay or effect the validity of the forms," Tiroch said. "The directions on the forms provide a lot of good information and you may want to review them closely."

Safety: Understanding national recalls

By Walter L. Hill U.S. ARMY GARRISON SAFETY OFFICE

Team Riley, as consumers, when we purchase merchandise or a product we expect that item to be safe and reliable. However, every product or item sold has the possibility of being recalled. Items can range from a baby pacifiers, child car seats or food such as meat or eggs, or a vehicle.

For example, about 2,000 pink Base Brands Water Bottles were recalled in April because they exceeded the federal lead paint standard. About 2,900 Wild Wolf Petit Collage Children's Toy Xylophones were recalled because the ball at the end of the toy xylophone beater stick has the potential of separating posing a choking hazard to young children. About 10,900 Polaris Ranger XP Recreational Off-Highway Vehicles have been recalled because the seat belt bracket can separate from the frame, posing an injury hazard to riders.

However, unless the manufacturer contacts you directly or you are searching on a national recall list, chances are you will not know that an item you purchased has a major safety defect and is under a recall. Beware when you shop for items with a high sales price but find it significantly reduced on an online auction site, yard sale or an off-brand store. Chances are the item is being sold so cheaply because it has been recalled. Before you buy a product, especially a used or secondhand one, be sure to check if the manufacturer has recalled it.

If you are buying a product for a child, such as toys,



clothing, cribs, and costume jewelry, be especially careful. Sites such as Ebay have policies in place for preventing the sale recalled items, but company representatives have posted that they cannot police every one of the millions of new and used items for sale on its site. In 2014, Meijer Supermarket Company was penalized \$2 million for selling 1,700 units of 12 different recalled products. In 2016, Best Buy agreed to pay \$3.8 million for selling 600 units of 16 different products. In 2017, Home Depot agreed to pay \$5.7 million, having distributed more than 2,800 units cutting across 33 different recalls.

To provide better service in alerting the American people to unsafe, hazardous or defective products, several federal agencies with vastly different jurisdictions have joined together to create www.recalls.gov — a "one-stop shop" for U.S. Government recalls.

Visit these websites to find the latest on safety recalls:

- NHTSA.gov, The Department of Transportation and the National Traffic Safety Administration are working to support the development of automated vehicle safety technologies of their potential to save lives.
- U.S. Consumer Product Safety Commission Oversees over 15,000 kinds of consumer product used in and around the home, in sports, recreation and schools including: appliances, clothing, furniture, lighting, and electronic.
- Safercar.gov publishes safety information on vehicles and equipment such as children's car seats.
- FSIS.USDA.gov lists recalls that involve meat, sausage, poultry, and processed egg products.
- FDA.gov lists recalls that involve food (non-meat products; fruits; veg-

etables; seafood; shelled eggs; infant formulas), medicines, medical devices, cosmetics, biologics, and radiation emitting products, veterinary drugs, and pet food.

- Foodsafety.gov publishes notices of food recalls and alerts from both the Food and Drug Administration and the U.S. Department of Agriculture.
- EPA.gov Environmental Protection Agency has the jurisdiction over recalls involving: pesticides, rodenticides, fungicides or vehicle emission testing.
- SaferProducts.gov allows you to report incidents and safety concerns with consumer products, and search for incidents reported by other consumers.

Team Riley, Unfortunately, most people are not sufficiently informed about recalls, for more information visit www.Recalls.gov or contact the Garrison Safety Office at 785-240-0647.

ASK DR. JARGON

Doc Jargon is trackin'

Dear Dr. Jargon,

I keep hearing the term "tracking" used to tell someone they understand or to ask if they do. I wonder where it comes from. I know Fort Riley sort of sits at the gateway to the Wild West and the mounted cavalry used to be the big thing out here. Could that term have begun when wagon tracks would lead the troopers to the traveling

groups and hoof prints would lead the cavalry to the raiding party?

Signed,
Spouse and avid Wild West explorer

Dear Wild West spouse,

Tracking is definitely a term used to ensure there is understanding on both sides of a conversation. It is also used to gauge awareness for upcoming events. For ex-

ample, I might ask you if you were tracking that the next Town Hall meeting is scheduled for May 1 at 12:30 p.m. at Riley's Conference Center and that anyone could go to see what events are happening throughout the area.

I think you are definitely tracking this word! It comes from a word that in the early 1500s sounded pretty close to today's version whether it was said in French, Dutch or Low

German. And each version meant the same — to read the marks left behind on a trail.

So, though the word and idea came from the same concept, the meaning has definitely morphed to mean more. The additional definition does imply that someone might be tracking the information that is being laid out before them.

Sincerely,
Doc Jargon.

The next USAG Resilience Day Off is

May

11

HAVE A STORY IDEA?

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

Army Secretary Esper, senior NCO Dailey discuss modernization, retention

“Quality remains number one, we are not lowering standards in any way, shape or form, to meet recruiting numbers.”

Mark T. Esper | Secretary of the Army

By Jim Garamone
ODD NEWS

WASHINGTON — Quality trumps quantity when it comes to Soldiers, Army Secretary Mark T. Esper told reporters Friday.

Esper and Sgt. Maj. of the Army Daniel Dailey briefed reporters on recruiting, retention and equipment during the Pentagon news gaggle.

The Army is addressing readiness issues, the secretary said, but it is still the most potent fighting force in the world. “If we got the call today, the Army would deploy, fight and win in any conflict,” Esper said. “I am completely confident of that.”

Readiness in the service is trending up, he said, and if the promised levels of funding continue “and demand remains stable, we’ll be in good shape,” he said.

The Army is growing and accessions to the service are strong.

“Quality remains number one, we are not lowering standards in any way, shape or form, to meet recruiting numbers,” Esper said.

Officials up and down the command chain and in the Army Recruiting Command understand that message.

EXCEEDING STANDARDS

Right now, the Army is exceeding standards — 95 percent of recruits are high school graduates, and less than four percent of recruits are in the lowest acceptable category, Army officials said.

“I have raised ... the standard with regard to (category) fours and directed the Army recruit no more than two percent moving forward,” Esper said.

The goal for this year was

80,000 recruits. However, that goal dropped to 76,500 due to a less than planned for end strength for the Army and improved retention. Congress authorized an increase of 7,500 Soldiers this year and the Army had planned for 10,000.

“We can’t exceed end strength, so we had to drop the goals,” Dailey said.

Typically, the service sees a retention rate of about 81 percent. It is at 86 percent.

“That’s good news,” Esper said. “It tells me that our Soldiers like what they are doing and like their service in the military. This also lowers the numbers the service can recruit.”

Esper noted that with active duty retention higher than anticipated, it may mean problems in the future with recruiting into the National Guard and the Army Reserve.

The higher numbers are needed for the senior service as the Army is the “most in-demand service” by combatant commanders, the secretary said. Between 50 and 60 percent of the requirements from the combatant commands involve the Army.

“There is a mismatch between supply and demand,” he said.

The active-duty Army force is set at 483,500 service members this year, with another 4,000 Soldiers added next year.

“My view is we need to be above 500,000 with associated growth in the Guard and Reserve,” Esper said. “Once we get above that number it gives us a lot more breathing room to do what we need to do.”

HAMSTER WHEEL

The challenge right now is “you see our Soldiers on this hamster wheel of constant deployment churn,” the secretary continued.



U.S. Army photo | Staff Sgt. David N. Beckstrom

Sgt. Maj. of the Army Daniel Dailey, the senior enlisted advisor for the Army, visited with Soldiers from across 25th Infantry Division and U.S. Army Pacific Command April 12, to try and understand how he can make the Army even better. “It is my job to make the Army the best, so the leaders within the ranks can teach, coach and mentor the next generation of leaders without having to worry about the quality of life, equipment or training.”

The Army is looking at ways to make combat formations more robust to deal with the possible high intensity conflict of the future. The Army is looking to add more engineers, artillery, cyber warriors and air defense to units, Army officials said.

The big deployments are over — there are no longer 200,000 troops in Iraq or 150,000 in Afghanistan, but there is still a lot of demand. At any one time, three armored combat brigades are deployed — one in Korea, one in Europe and one in Kuwait.

“Then we are still rotating infantry brigade combat teams to Afghanistan and Africa,” Esper said.

There is also demand for troops in Pacific Pathways missions, to work with partners in Asia.

“Our Soldiers are on the go all the time with named operations and with training,” he said. “We like to say at any one time there are more than 100,000 Soldiers deployed around the world. If we can grow the force, it means we can put fewer soldiers on that hamster wheel.”

The service is also increasing the lethality of the force it does have. The Army, Marine Corps and Special Operations Command are all working with the Close-Combat Lethality Task Force, commissioned by Defense Secretary James N. Mattis.

The task force is helping the service define what the close-combat fight will need in the 21st century, Dailey said.

“As we move forward, we need to synchronize our efforts with what the Marine Corps is doing, so we use all the capabilities our soldiers need,” the sergeant major of the Army said.

EQUIPMENT UPGRADES

Both Dailey and Esper have Infantry experience, and equipment upgrades are particularly dear to their hearts.

“We’re making progress now,” Esper said. “We are going to seek a reprogramming to buy enhanced night vision goggles — binocular for the Soldiers that will give us enhanced lethality on the battlefield. This summer we will be contracting for the squad designated marksman rifle. We will begin prototyping soon the next generation squad weapon

and the same time I have seen the production of the new helmet,” he said.

“We are doing a number of things now through our Cross-Functional Teams to improve the survivability and lethality of the individual Soldier and the squad, which is totally consistent with the broader task force that this is nested in,” Esper said.

And the process is moving quickly.

“The biggest place you lose Soldiers on the battlefield is the Infantry and it is usually that last 500 meters,” the secretary said. “That’s why it is so important to the secretary of defense and important to us as Infantry to prepare our Soldiers and invest in them as much as we can so they are more capable, more lethal and survive better on the battlefield.”

Cooking School

Scallops with Fennel Salad



Scallops with Fennel Salad
Serves: Two

- 6 Dry Scallops from the Manhattan Meat Market**
- 1 Bulb of Fennel
 - 1 Orange
 - 1 Tablespoon Lemon Juice
 - 2 Tablespoons Olive Oil
 - Salt and pepper

Split the bulb of fennel in half and remove the center with a paring knife. Slice the fennel as thinly as possible. Cut away the skin of the orange and cut out the segments with a paring knife. Add to a bowl with the fennel. Add the olive oil, lemon juice and salt and pepper and toss.

Heat a large all metal or nonstick saute pan to medium high heat. While the pan preheats pat the scallops dry with a paper towel and season both sides lightly with salt and pepper. Add 2 tablespoons of vegetable oil to the pan. Add the scallops to the pan, ensuring plenty of space between them. Sear for three to four minutes, until they are golden brown an eighth to a quarter of an inch up the side. Flip the scallops and sear one and a half to two minutes more.

Serve immediately with the fennel salad. Serve with risotto or another rice dish and fresh vegetables, or add spring greens to the fennel to make a larger salad.

The Manhattan Meat Market offers more than just meat!

Norwegian and fresh caught salmon, dry scallops, Mahi Mahi, Arctic Char, Rainbow Trout, Monkfish, Ahi Tuna, Hamachi and Bronzini are just a sampling of the fresh seafood specials that arrive at the market weekly. With our seafood coming to us within days after being out of the water, our supply chain is much more direct than in a grocery store setting, allowing us to provide our customers with the highest caliber of seafood you will find in Manhattan.

Norwegian salmon and dry scallops are two superior products you'll find in our cases daily.

Norwegian Salmon

Sustainably farmed Norwegian Salmon delivers a clean taste and texture that comes from a slow, natural growth process and exceptional regulations to ensure safety. Norwegian Salmon are sustainably raised with the following practices:

- Strict Regulations: Raised and cared for under strict Norwegian regulation throughout the production chain to ensure food safety.
- No Antibiotics: Due to new disease-fighting techniques and preventive measures, the use of antibiotics is currently approaching zero.
- No Color Added: Flesh color comes from diet supplements that are similar to vitamins.

- All-Natural Diet: Norwegian Salmon are fed an all-natural diet composed of both vegetable and marine raw material, such as fish oil and fish meal from wild fish, plus vitamins, minerals and antioxidants.

Salmon is a very versatile protein and can be prepared in several fashions such as sushi, fried, boiled, grilled, marinated and can be served hot or cold. In addition to salmon being a valuable protein for your diet, it also provides vitamin A, D, B12, antioxidants and omega-3s.

Soaked vs Dry Scallops

In the seafood business, there are two ways scallops are sold: dry and soaked. Soaked (also known as 'wet' or 'treated') scallops have been soaked in a phosphate bath. When scallops are exposed to a phosphate bath, they absorb the water and swell - gaining water-weight. The absorbed water evaporates when the scallops are cooked, leaving them smaller, tougher, and less-flavorful than their dry counterparts. It is generally easy to discern treated scallops as they will usually appear very white in color. Most scallops are sold soaked, not at the Manhattan

Meat Market, however, as we sell dry scallops, wild-caught from Massachusetts.

Dry is the seafood industry term for natural scallops that have not been treated with phosphates. Natural scallops have a slightly tan or 'vanilla' color. Dry scallops are superior for the following reasons:

- For searing purposes, dry scallops caramelize beautifully!
- Dry scallops taste sweet & natural. 'Wet' scallops can sometimes have a washed-out, or even slightly 'soapy' or bitter flavor.
- You are not paying for added water with dry scallops.

The Manhattan Meat Market is excited to offer a superior grade of seafood in addition to our selection of premium Braveheart beef, Allegiance pork, and locally raised lamb, goat, house-made brats, cheeses and more. Our weekly seafood specials and recipes can be found at www.mhkmeats.com and <https://www.facebook.com/manhattanmeatmarket/>. If you're in need of a specific seafood, stop in and talk with our staff at 307 S. Seth Child Rd, Manhattan, KS or call the store at 785-712-2888. We'd be happy to assist in accommodating your special order!



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AWARDS

Continued from page 1

Franz Carbonneau, DPTMS, was recognized for 50 years of Federal service and received a certificate of appreciation and a lapel pin.

Steve Crusinberry, DPTMS director, said Carbonneau began flying helicopters in 1966 when he was in the Army and has not stopped since. Carbonneau has worked with almost every helicopter pilot stationed on Fort Riley through aircraft training and simulators. He went on to tell the crowd that Carbonneau often gives up



Will Ravenstein | POST
Harry Hardy, Office of the Staff Judge Advocate, stands in for Amy Bipes April 20 as Bipes was named April garrison Employee of the Month and Employee of the Quarter.

his free time to work with Gold Star children by allowing them to see the use the simulators.

After the employees were recognized, they were congratulated by attendees as the ceremony closed.

CADETS

Continued from page 2

The opportunity to work with other schools allowed the cadets to see different leadership types and gave them the ability to work with others who were not familiar with their style Roehr said.

“We do patrols all the time in lab, and in the fall FTX we do a little bit of it,” Roehr said. “Being able to work with people you are not generally encountering and training with gives you an opportunity to meet new people and experience peer leadership with people you might not be familiar with.”

For the seniors, it’s time to prepare for graduation, commissioning and the Basic Officers Leadership Course.

The course is a three-phase training program designed to provide initial military training for junior commissioned and warrant

officers in both active and reserve components, according to www.army.mil/ap08/information_papers/prepare/Basic_Officer_Leader_Course.html.

The BOLC I, II, and III courses are designed to create officers who are grounded in the core competencies of leading, developing and achieving; and who are capable of serving the modular force in full-spectrum operations. They are designed to be attended sequentially.

The true lessons of ROTC have come in the final year for Boots who credits working with the instructors for giving her the answers.

“Working with the cadre and finding the ‘why’ to why we do things the way we do — figuring out how to articulate an intent and (to) be able to explain to others why it is the way it

is,” Boots said are important skills. “It gives you a lot of opportunities — to make mistakes and opportunities to learn. Just to get the repetitions and write the OPODS (operational orders) — we write in different ways than civilians write. So getting to have the repetitions and being able to articulate in a way that is more military centered (are important lessons).”

The time spent on Fort Riley has also made the end come more into sight for Boots who looks forward to becoming an Army officer.

“It’s getting real, it’s really exciting,” Boots said. “I’m ready to go. It’s nice to be out here and kind of see yourself in these situations.”

K-State will hold their Spring Officer Commissioning ceremony on campus, May 11 at 10 a.m.

VOLUNTEERS

Continued from page 1



J. Parker Roberts | DIVISION PAO
Installation Volunteer of the Year Jen Betty, wife of Maj. Joshua Betty, 2nd Armored Brigade Combat Team, 1st Infantry Division, rear detachment executive officer, and Maj. Gen. Joseph Martin, 1st Inf. Div. and Fort Riley commanding general, share a look of excitement while holding an oversized check representing the time and dedication contributed to the “Big Red One” and Fort Riley communities by volunteers over the last year April 17 during the annual Volunteer Recognition Ceremony at Riley’s Conference Center. The ceremony recognized 22 Soldiers, civilians and families for their volunteer efforts throughout the year.

Div., in the Active-Duty category; the family of Lt. Col. Michael Post, 1st ABCT, in the Military Family category; USO Fort Riley volunteer Connie Cronin in the Retiree category; and USO Fort Riley volunteer Annie Johnson in the Civilian category.

The overall Installation Volunteer of the Year was Betty, wife of Maj. Joshua Betty, 2nd Armored Brigade Combat Team, 1st Inf. Div., rear detachment executive officer.

“It’s amazing to be recognized among some of the best on Riley,” Betty said. “I’m just a small piece to the puzzle that makes up the larger effort of volunteers that come from the installation.”

Betty said her fellow volunteers have done incredible

things and serve the families of Fort Riley well.

“Volunteering gives you the opportunity to meet all the amazing people that are out there, that are in this lifestyle with you, and it gives you the ability to serve them and to find out what their needs are, what they enjoy doing,” she said. “It shows the positivity that’s still out there.”

The Volunteer of the Year said she enjoys helping and serving others.

“I would definitely encourage people to volunteer,” Betty said. “To see all the other efforts that everyone else does inspires me — and I hope that it launches other people to explore the volunteer opportunities that are near them, because it does for me.”


As part of the ceremony, Betty presented Maj. Gen. Martin with an oversized check representing the time and dedication contributed to the “Big Red One” and Fort Riley communities by volunteers over the last year, according to Jane Brookshire, installation volunteer coordinator. The overall value of the services represented by the check totaled \$2,122,986.16.

“Fort Riley’s volunteers truly deserve to be saluted,” said Clint Strutt, Financial Readiness Program manager, Army Community Service, who served as the master of ceremonies for the event. “It is my privilege to say thank you on behalf of everyone here for all the great work you continue to do to support Fort Riley and our community.”

Fort Riley - Central Kansas Chapter



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**Applications can be found at
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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.

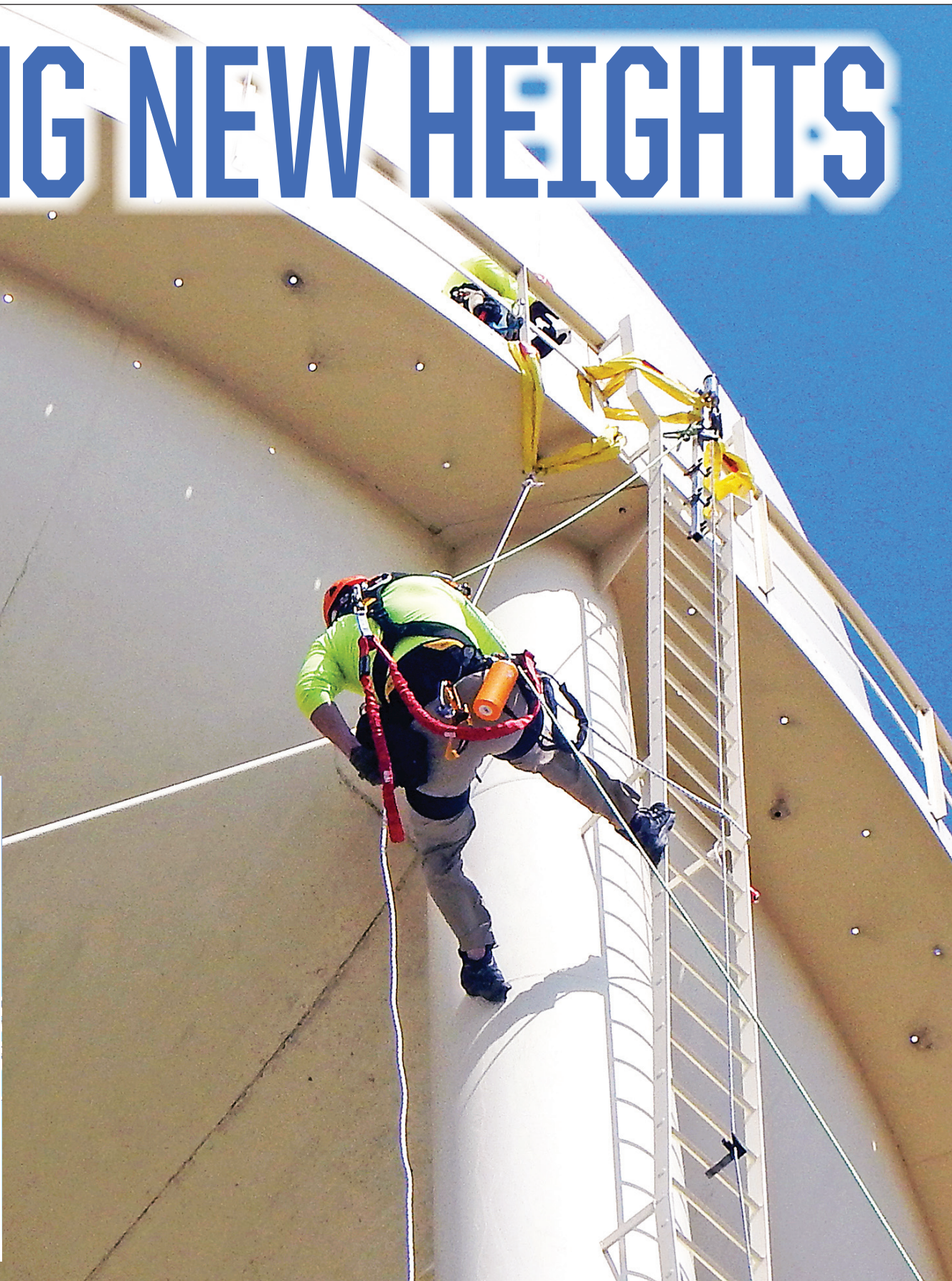
“Operation HeartFirst is our way of saying thank you to all of the fine service men and women who’ve made tremendous sacrifices for our country,” said Dave Mortensen, President of Anytime Fitness. “Currently, about 10% of our franchisees are military veterans. We’d like to see that number grow even higher.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

Questions?

Contact Mark Daly at mark.daly@sebrands.com



SCALING NEW HEIGHTS



COURTESY PHOTOS

The 1st Infantry Division and Fort Riley Soldiers who have graduated from the Airstreams Renewables Energy and Communications Tower Technician Program April 19 will have a nearly seamless transition to civilian life. Soldiers completed the 240-hour class and earned 10 industry-recognized certificates. Several of the graduates already have accepted positions with companies around the country, while several others have multiple job offers and just need to decide which one to accept.

Airstreams program puts Soldiers step closer to civilian jobs

By Gail Parsons
1ST INF. DIV. POST

Nearly two dozen Soldiers graduated from the Airstreams Renewables Energy and Communications Tower Technician Program on April 19.

Soldiers completing the 240-hour class earned 10 industry-recognized certificates, which should enable them to move seamlessly from military life into a civilian job. Several of the graduates already have accepted positions with companies around the country, while several others have multiple job offers and just need to decide which one to accept.

Graduates like Spc. Adrian Berber, a multichannel transmission operator and maintainer with the 3rd Battalion, 66th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, will wait until he returns home, or gets closer to his discharge date before putting too much energy into a job search.

"I've been applying to a lot of jobs, but I am pretty far out, still a month before I'm out of the Army," he said. "Most jobs are looking to hire immediately, they are waiting for me to get back."

He has no worries about finding a job in or near his hometown of Deer Park, Texas, with the certificates under his belt.

MILESTONE GRADUATE

- **Spc. Adrian Berber**, a multichannel transmission operator and maintainer with the 3rd Battalion, 66th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, has the distinction of being the 100th graduate of the **Airstreams Renewables Energy and Communications Tower Technician Program**.

"There's a lot of opportunity in Texas in the wind and telecom industry," he said.

Berber has the distinction of being the 100th graduate of the program, but he said that was just based on where his name landed on the roster.

Whether he was the 100th or the 101st, it makes little

difference to him, the certificates were what mattered.

When he heard about the course at his separation briefing, he recognized the number of opportunities he would have in the future if he completed the program.

"Airstreams is a renewable energy program that helps you get a bunch of certs,

mostly focused on the wind industry and the telecom industry, but you are not limited to those industries," he said. "You can translate those certifications you get from this class into other (careers). A lot of the certifications I was going to get in this class go well with the jobs I can get back home."

With solid military training in Information Technology, he can always fall back on that as well. The only thing he knows for sure is that he wants a job that will not require a lot of travel and will not stick him behind a desk all day.

He is looking for process operator or production op-

erator jobs. Besides that fact those careers pay well, he likes the challenges those type of jobs offer.

When he started out in the military, he liked that he was learning something new every day.

"At times it was challenging," he said. "As I got better at it, it started getting really easy; and when it started getting easy it wasn't as enjoyable because it wasn't as challenging."

When he got to the point that problems were too easy to fix, he started getting bored.

The Airstream class was more learning, which he liked but said it wasn't difficult.

See PROGRAM, page 12

Body Pump class helps health, fitness without risk of injury

Instructors: Benefits include training body for day-to-day living

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

Light weight, increased repetition – that's what Body Pump is all about, but one shouldn't be fooled by thinking light weight equals an easy work out.

Not everyone could make it through the entire two-hour workout at a recent Saturday morning class. Those who did left with a smile and feeling of accomplishment.

"I wanted to quit, oh yeah I did," said retired Army Staff Sgt. Nadine Smith. "But they motivated me to keep going, and this was the first time I went the full two hours straight."

She started taking the class about two months ago with the

"I wanted to quit, oh yeah I did. But they motivated me to keep going, and this was the first time I went the full two hours straight."

NADINE SMITH | ARMY STAFF SERGEANT (RETIRED)

goal of staying in shape, staying fit, and staying healthy after getting out of the Army.

Besides seeing the physical progress she is making, the instructors keep her motivated. Somewhere along the line she became addicted to it she said as she got ready to jump into the next class after Body Pump.

Instructor Capt. Eddie Murray, who is a public health nurse at Irwin Army Community Hospital said he too is addicted to it because it keeps his pain at bay.

"I started doing Body Pump to recover," he said. "My pain went away. I had knee pain, I

had neck pain, and shoulder pain. I was going to physical therapy and getting treated for everything and the only thing that really worked was to bring my muscles back in balance."

Murray speaks passionately about Body Pump because as a public health nurse he sees how the program can improve a person's health and fitness without risking injury.

FUNCTIONAL FITNESS

Instructor Angela Stewart said the type of routine they do is functional fitness, which are exercises that train the body for day-to-day activity.

DID YOU KNOW?

- **Functional fitness** helps lean the muscles and increase endurance.

"That is exactly what Soldiers need," she said. "Functional fitness helps lean the muscles and increase endurance."

Moving quickly through weight movements, pushups, triceps dips, a single class is a full-body routine.

"We don't just do pushups, we do back. We don't just do biceps, we do triceps. We don't just do upper body, we do lower body," Murray said. "And we hate lunges and squats."

Regardless of whether they like lunges and squats, there is a reason for them. However, the instructors make sure the exercise is done properly.

See BODY PUMP, page 13



Krista Kucharik, back, and Nadine Smith work out to a Body Pump exercise program at King Field House April 21. Body Pump is an exercise program that encourages functional fitness.

FORT RILEY POST-ITS

BETTER OPPORTUNITIES FOR SINGLE SOLDIERS

Your BOSS needs representatives! To continue the great activities planned and to plan more. Here are some of the upcoming activities.

May 12, 7:30 a.m. to 3 p.m. Skydiving Day Trip

May 12, 6 p.m. Poker Night at the Warrior Zone

In addition to the fun stuff, BOSS has your back for your career too. Several times each month the group gathers to prep you for your next board.



NATIONAL DAY OF PRAYER EVENT AT VICTORY CHAPEL

The National Day of Prayer event is scheduled for May 3 at 11:30 a.m. The theme this year is Unity. No tickets are needed and a light lunch will be served. For more information about this event and other offerings by the Fort Riley Religious Support Office, call 785-239-3359.

ARTS AND CRAFTS CENTER

Custom services at the center include: matting and framing services, laser engraving and computerized engraving and custom made wood products.

Hours of operation are Mondays and Tuesdays 1 p.m. to 8:30 p.m. — Wednesdays, Saturdays and Sundays 9 a.m. to 4:30 p.m. — Thursdays, Fridays and holidays, the center is closed. For more information call 785- 239-9205.



COMMISSARY SIDEWALK SALE BRINGS BIG DEALS

The Defense Commissary Agency's Fort Riley store is once again having a blow-out sidewalk sale April 24 to 27. The deals are too good to print here so swing by and see what savings you can grab for your family while they last! There will be nuts, snacks, lunch meats and more available at super savings. Your commissary ... It's worth the trip.



AIR FORCE RESERVE RECRUITING

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

CIVILIAN PERSONNEL ADVISORY CENTER

All CPAC services, including New Employee Orientation, are now operating from Bldg. 253.

TACO TUESDAY AND PASTA WEDNESDAY

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

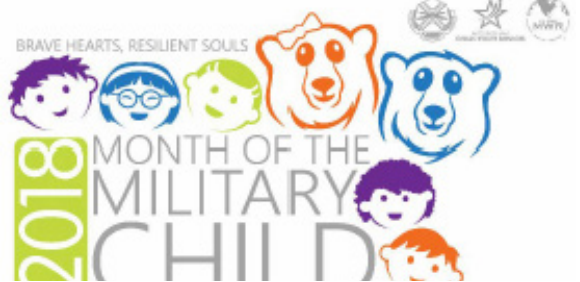
Taco Tuesday features an all-you-can-eat meal with a choice of meat, hard and soft shell tacos, salsa bar, rice, beans, salad bar and dessert.

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.

THE EXCHANGE HOLDS MOMC EVENT

The Month of the Military Child is coming to a close and your Main Exchange is having a party April 28 at 11 a.m. for Fort Riley kids. The event will feature some of their favorite emergency services representatives like D.A.R.E., the Fort Riley Fire Department and Sparky the Fire Dog!



KIDS BOWL FREE APRIL 28

In honor of the Month of the Military Child, the Custer Hill Bowling Center is giving kids free bowling when they come with an adult April 28. Come enjoy some family fun, build a few great memories and grab lunch at the snack bar while you're there.

PET SHOW, OPTION FOR ADOPTION

The Fort Riley Main Exchange is hosting a pet show May 12. Registration starts at 11 a.m. Your pet could be a winner and everyone will know how great they are! There will be prizes for the best trick, biggest pet, smallest pet and more. There will be vendors and games a drawing with prizes provided by Exchange.

At the same time, don't worry if you still don't have the perfect pet. The Fort Riley Shelter will bring some wonderful pets who need a forever home.

FORT RILEY REEL TIME THEATER SCHEDULE

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

Saturday, April 21
Ready Player One (PG-13) 2 p.m.

Sunday, April 22
Acrimony (R) 7 p.m.

Sunday, April 22
Paul, Apostle of Christ (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.

FREE AUDIO BOOKS

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

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

For more information, visit www.Kansas.3LeafGroup.com

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

Children deserve to grow up in safe and loving home

By Col. John D. Lawrence
FORT RILEY GARRISON COMMANDER

April is National Child Abuse Prevention Month. Unfortunately, we continue to see cases of child abuse, small to large, emotional and physical, across the country, including within the military.

Children deserve to grow up in a safe, loving home. If you find yourself looking in the mirror and regretting the words and actions taken with your child during a moment of anger, get help now before it becomes a career-ending issue. If you don't always feel in control, get help. It happens to everyone, none of us feel like we have it all together all the time. But what we must avoid is letting those times become physically or mentally abusive to our children.



Colonel Lawrence

The Army is one big family and we emphasize taking care of each other, down to our youngest family members. So if you see an abusive situation, say something. Also, since babies and children don't come with how-to manuals, we need to understand that asking for help is okay. Your parents may have been great role models or they may have struggled with how to be good parents. In either case, there's always room for improvement. You can do something about it.

Assistance is available here at Fort Riley and we encourage everyone to seek help to improve their parenting skills. This is especially true if you're having trouble keeping a stable temper and patience when dealing with your children. You can gain the upper hand on emotions and make better parenting decisions using the following programs through Army Community Service:

- Love and Logic Parenting: create happy families and responsible kids
- 24/7 Dad Workshop: packed with fun, inter-

esting and interactive activities to assist dads in raising healthy, mature and responsible adults

- Happiest Baby on the Block and Newborn Safety: free "ages and stages" assessment, vision and hearing screenings
- Love and Logic Early Childhood Parenting Made Fun: for parents of kids ages 0 to 6 to create happy families and responsible children
- Co-Parenting and Divorce: designed to help parents learn kind ways to co-parent, reducing parental conflict and a greater focus on a child's needs

For details about these programs and more, visit ACS or call them at 785-239-9435. Take the time to help shape the future of our country – our children – by being the best parent you can be.

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

Irwin Army Community Hospital

PROVIDER

NO-SHOW PATIENT

Missed appointments are missed opportunities for others.

WOULD BE PATIENT

WOULD BE PATIENT

WOULD BE PATIENT

WORSHIP

Protestant Services

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

Catholic Services

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

Jewish Service

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

Open Circle Service

Kapaun Chapel	239-0834
Fort Riley Open Circle— SWC	
1st & 3rd Wednesday monthly.....	1800

Wednesday Family Night

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

Club Beyond - Faith Based Youth Program

Grades 6th - 12th, Meets Sundays

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 nleypwoc@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

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- Stereo equipment
- Men and Women dress shoes
- Other Assorted Items

All things government topic of Law Day

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

Lessons that eighth-grade students at Fort Riley Middle School learned earlier in the school year were put to the test and reinforced when four members of the Office of the Staff Judge Advocate visited the school April 20.

Interaction was encouraged with the promise of candy for students who knew the right answers to questions related to the three branches of government, checks and balances, and the role of SJA in the Army.

Despite their best efforts, the Staff Judge Advocate officers had trouble stumping the students. Not even when they asked if anyone knew what president established May 1 as Law Day.

Mark Paoustovski knew it was President Dwight D. Eisenhower.

Capt. Josh Showalter said he was impressed with the student's knowledge, the quality of the questions they asked and their interaction.

"It seems like they were very interested in what we do as the SJA Corps, specifically in our office," he said.

He and SJA officers Capt. Pace Jaworski, 1st Lt. Taylor Bayless and 1st Lt. Jesse Burnett took turns at the microphone to speak about what they do and the functions of government.

One area the students weren't as familiar with was about SJA. Showalter said one of the purposes was to let the students know that SJA is part of the active Army and they play a role in the Army's day-to-day mission through several specific disciplines.

They are licensed attorneys and cover everything from divorce cases to advising the generals in the field.



Judge Advocates 1st Lt. Jesse Burnet, right, and Capt. Josh Showalter pose a scenario to a group of students selected to represent the Supreme Court justices during the Law Day presentation at Fort Riley Middle School April 20.

Jaworski opened the presentation by talking about the history of SJA, which was formed in 1775 by George Washington.

"We are the oldest law firm in the United States," he said.

To show how close SJA works with the Soldiers and their families, he asked by a show of hands how many students had moved to new duty stations. Nearly every hand went up.

"Who has had the movers damage some of your furniture?" he asked.

An equal number of hands went up. He explained one of the responsibilities of SJA is to help Soldiers receive reimbursement for damages if there should be a conflict.

Operational law, has nothing to do with surgery he said after receiving the wrong answer from one student. He went on to explain that SJA is in the field and advises the generals about being on the right side of the law when it comes at striking a target.

"We ask about collateral damage and civilians," he said. "What are we attacking? Is it a lawful military target?"

GOVERNMENT FUNCTIONS

The theme of this year's Law Day is Separation of Powers. Much of the presentation centered around the three branches of government and their roles.

Showalter quizzed the students on what the branches were and how many legislators make up each house.

The officers were impressed that some of the students knew the House of Representatives has 435 members.

He talked about the role of each branch before Bayless moved the conversation to checks and balances.

Then to pull all pieces of the lessons together the students were given scenarios to talk about how checks and balances work.

In the first, Paoustovski was given the title of President Mark. After having lunch at his favorite restaurant, McDon-

alds, President Mark had the brilliant idea that world peace could be obtained through Big Macs and French Fries.

He was going to require every school in the nation to abandon the Pledge of Allegiance and replace it with the McDonalds jingle.

Students had to figure out how to stop President Mark.

Another scenario had the House and Senate passing a bill to require all seatbelts to be removed from vehicles because they wrinkle clothing and don't do any good anyway.

The third scenario had the nine justices fed up with the president and members of Congress. For each scenario, the students discussed what option the other two branches of government could take to rein in the branch that was getting a little out of control.

Although the students had already gone over much of the information in class, the way it was presented during Law Day helped reinforce the lessons.

Virginia Alvarenga, 15, daughter of Spc. Walter and Marta Alvarenga, said the presentation taught her a little more about the way government works.

"I learned what the branches do and how they work; and how each branch works together," she said.

Kaden Williamson, 14, son of and Kimberly and Chief Warrant Officer 3 Matthew Williamson, said he liked hearing about what SJA does because he is hoping to pursue law as a career.

"Law interests me," he said. "I like how it works, I like the idea of a fair trial for everybody – a fair chance for everybody. It really bothers me when people are wrongfully accused."

Kansas City Chiefs to host draft event at Marshall Army Airfield

Soldiers, youth-team members to announce picks for third day

Staff report

KANSAS CITY, Mo. – The Kansas City Chiefs will visit Fort Riley April 28, for an exclusive draft event presented by Park University.

The Chiefs Community Caring Team, including Chiefs Players and Ambassadors, Chiefs Cheerleaders, KC Wolf and others will be on-site to host the event for more than 1,500 Fort Riley-based military members and their families. The event will include autograph stations, football-themed activities and games, including Play60 activity stations for youth, merchandise, inflatable games, as well as food and drink stations.

In addition to the activities, Fort Riley will have a number of United States Army aircraft and military vehicles on static display for photo opportunities, weather permitting.

DRAFT DAY 3 PROGRAM

- 10:45 a.m. – Draft Day 3 program begins
- 12:45 p.m. – 1st Chiefs draft pick of the day, 4th round, 122nd overall
- 1 p.m. – 2nd Chiefs draft pick of the day, 4th round, 124th overall
- 3 p.m. – Draft Day 3 program concludes

As part of the day's festivities, Soldiers from the 1st Infantry Division and a Fort Riley youth sports team have been selected to announce the Chiefs Draft picks live on the NFL's family of media platforms – NFL Network, NFL.com and NFL Mobile. Each pick will be announced with a static display as the backdrop.

Additionally, the event is open to all active-duty members, retirees, Department of Defense civilians and veterans and their family members.



DRAFT EVENT
FORT RILEY
PARK UNIVERSITY

Sponsorship does not imply endorsement

KANSAS CITY CHIEFS DRAFT DAY 3 PARTY
SATURDAY, APRIL 28 | 10:45AM-3PM
HANGAR 746 | MARSHALL ARMY AIRFIELD

JOIN THE CHIEFS AS THEY ANNOUNCE NFL DRAFT DAY 3 PICKS!


- FREE FAMILY FUN ACTIVITIES
- PHOTO OPPORTUNITIES
- CHIEFS CHEERLEADERS & CHIEFS AMBASSADORS
- FREE FOOD

Ticket Required for Admission • Free tickets available at Leisure Travel. Open to active-duty, Guard and reserve Soldiers, veterans, retirees and immediate family members. Limited tickets available ... get your tickets early!

INFORMATION: 785.239.2807

WWW.RILEY.ARMY.MIL

TUESDAY TRIVIA CONTEST




The question for the week of April 24 was:
The Fort Riley Civilian Personnel Advisory Center has a new location on post. Where do I find the information about CPAC and their new home?

Answer: www.riley.army.mil/Units/Partners/Civilian-Personnel-Advisory-Center/


This week's winner is Emily Laverty, spouse of Capt. Michael Laverty, of Headquarters and Support Company, Headquarters and Headquarters Battalion, 1st Infantry Division.

Above are Emily and Michael Laverty.

CONGRATULATIONS EMILY!

**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.

**Battling Beliefs:
Combating Myths About Alcohol
FACTS**
Alcohol Awareness Month
April 2018

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BOSS ESCAPE PLAN



Courtesy photo | BOSS

The Better Opportunities for Single Soldiers group poses at Locked Manhattan in Manhattan, Kansas, April 20. The group went to see how adept they were at getting out of the toughest room. They had nine minutes and 10 second to spare. If you missed this one, watch for the next BOSS event on the Facebook page for BOSS and the Warrior Zone.

Park planted up on Earth Day

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

April 22 was Earth Day and the Outdoor Adventure Park staff was busy with families and employees from the Directorate of Family and Morale, Welfare and Recreation playing in the dirt.

“We are basically beautifying the adventure park,” said Travis Engle, recreation specialist. “(We are) putting trees and shrubs in to create barriers between zones. We are putting Pampas Grass that grows eight feet tall between the driving range and the pavilion area. We are putting some spruce trees in to help separate paintball from disc golf and foot golf.”

The work being done was a great tie-in to what many consider the traditional way to celebrate Earth Day and it also showcases what the Outdoor Adventure Park has to offer.

“It’s ideal for it, we get community buy-in,” Engle said. “We get them out here and see (what’s here). Hopefully in three years these trees are all flourishing and the kids can come back and go paintballing or jump on the family ropes course and see



Noah Johnson, 3, son of Sgt. 1st Class Marcello Johnson, Warrior Transition Unit, Irwin Army Community Hospital, and Halle Brown, 3, daughter of Sgt. Jacob Brown, WTU, IACH, help plant a tree at Outdoor Adventure Park April 22 during the Earth Day activities.

a tree they planted. Again, that’s community buy-in to the adventure park.”

For Sgt. Jacob Brown, Division Warrior Transition Unit, Irwin Army Community Hospital and a Winston-Salem, North Carolina, native, it was important to bring his 3-year-old daughter Halle to the event.

“It’s a good thing to start off early and get them in the dirt,” he said. “She has her own little garden at the house. She likes that. I think it’s important to show her how to look after that. I think it’s very important to teach her how to take care of our planet too. She’s got a good foothold in that area already. She gets dirty anytime she wants to. She digs it. Pun intended.”

Brown said he appreciates events like this, and his family has started to take advantage of DFMWR programs.

“It’s very cool,” he said. “I like this kind of stuff. It’s something, since we had our daughter, that we noticed a lot of cool events going on around here. We try to take part as much as we can.”

The families who attended were perfect for the amount of work at the Outdoor Adventure Park Engle said.

“A half-dozen families is ideal,” he said. “We have zones for people. We have the flower garden, the Pampas Grass, got trees over here. Everybody is hands on.”

After the work was done each child was given a baby pine tree, flower seeds and a pot to take with them to plant at home.

PROGRAM Continued from page 11

“It was actually a real easy class. If you study and go over the material they give you, you’ll pass,” he said. “The only challenging stuff for me was the climbing. I am actually scared of heights but, I’ll do it if I have to.”

GRADUATION DAY

A handful of family members were on hand as their Soldiers received their Certificate of Completion. Honor grad in this class was Adam Horr, graduated with a 99.09 and is looking at several job offers.

The ceremony started with a few quick words by their instructors reminding them of the number one rule as they move forward – safety.

They were also told that they are now part of the Airstreams family and if they need anything in the future, including job placement assistance, Airstreams is just a phone call away.

Berber said it wasn’t until his separation briefing that he learned the Army offered the Soldier for Life transition program but is glad they do and encourages other Soldiers who are leaving the military to sign up for one.

“I think it’s awesome,” he said. “It gives people more options, especially for guys who weren’t in job fields like I was. I still have that under my belt; I can refer back to IT but some guys can’t do that because their jobs don’t translate over (into civilian positions).”



COURTESY PHOTO

Fort Riley Soldiers of the “Big Red One” who graduated from the Airstreams Renewables Energy and Communications Tower Technician Program earned 10 industry-recognized certificates.

MONTH OF THE MILITARY CHILD

EVENT!
APRIL 28TH
@11 AM-1400



Come meet
FIRE DEPARTMENT
SPARKY
(Fire House Dog)

It’s all FUN & GAMES at the Main Exchange 2210 Trooper Drive

.....Lots of games and activities

.Nerf games/Legos/Activity Tables, Disney games.

.ACS/ Family Advocacy will be participating with the events.

.Dress up as your favorite Princess or Marvel Character for

A chance to win an Exchange \$25 Gift card,

Submit entry form during time of event .

MILITARY CHILDREN SERVE TOO!

ONLINE CONTESTS:

All Contest and giveaways can be entered at shopmyaafes.com/sweepstakes

> Contest /sweepstakes includes

o One (1) Grand prize \$5000 Scholarship

o Five(5) Step Jala Neighborhood Wagons. \$59.9 Value each

o Five (5) Backho Transformers Rodimus Prime.\$49.95 Value each

o One (1) \$500 Exchange Gift Card

o FIVE (5) Lego City Building Toys \$39.95 value each.

o Twelve (12) Under Armour Bags. Up to \$64.99 value each

o ONE HUNDRED (100) \$300 MILITARY STAR. Fill Your Fridge for! Commissary Gift Cards.

o And many more! See www.shopmyexchange.com/momc for complete list





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FOOD
DRIVE



CANNED BEANS <ul style="list-style-type: none">Black BeansChili BeansGarbanzo BeansGreen BeansPinto BeansPork & BeansRanch BeansKidney/Red BeansRefried BeansWhite/Navy Beans	CANNED VEGGIES <ul style="list-style-type: none">AsparagusBeetsCarrotsCornMixed VeggiesPeasPotatoesSauerkrautSpinachSuccotashYams	BAKING/COOKING <ul style="list-style-type: none">BisquickBrownie MixCake MixCookies (packaged)Cookie MixCombread MixCrackersEvap. MilkFrosting(canned)Pancake MixSalt/PepperSpices/SugarWaffle Mix	CANNED SOUPS <ul style="list-style-type: none">Beef BrothChicken BrothChiliGravySoup
CANNED FRUITS <ul style="list-style-type: none">Apple SauceApricotsCranberriesFruit CocktailMandarin OrangePeachesPearsPie FillingsPineapplePlums	CANNED MEATS <ul style="list-style-type: none">ChickenHashSalmonSloppy JoeSpamTunaVienna Sausage	CEREALS <ul style="list-style-type: none">Cold BoxedCream of WheatOatmealSingle Packet	CANNED PASTA <ul style="list-style-type: none">Pasta SauceSpaghettiRavioliTomato SauceTomato Diced
DESSERT MIX <ul style="list-style-type: none">JelloPudding	MEALS <ul style="list-style-type: none">Beef StewHamburger HelperManwichTuna Helper	STARCHES <ul style="list-style-type: none">Box Mac & CheeseDried Beans/RiceDry Pasta/NoodlesInstant PotatoesRamen/Rice Mixes	CONDIMENTS <ul style="list-style-type: none">B-B-Q SauceKetchupMayonnaiseMustardPickles/OlivesSalad Dressing
		SPREADS <ul style="list-style-type: none">HoneyJellyPeanut Butter	

FRIDAY, MAY 4, 9-6 PM
SATURDAY MAY 5, 9-4 PM

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BODY PUMP Continued from page 11

Murray attributes some of his chronic pain to years of doing exercises improperly, which makes him intent on teaching how to do each move the right way.

He used squats as one example.

"You'll see a lot of people when they do squats, their knees are coming in front of their toes," he said. You are just doing movements but you're not moving functionally and that's how you injure yourself.

In Body Pump, we are coaching the whole way through. So, when we tell you to squat, we are telling you to sit back, put the weight in your heels, keep your knees behind your toes."

It's this kind of coaching Murray hopes Soldiers can use to keep from getting injured. For a young person

coming into the Army, they might get away with doing the moves incorrectly for a while. But as they get older the damage will become evident.

"The great thing about this is the coaching we integrate before, during and after," he said. "We want to make sure you are in the proper body position so you are working the muscles not the joints."

The coaching is what keeps Krista Kucharik coming back. She started the classes in January because she was interested in getting involved in weightlifting.

"I was too nervous to go down and do it by myself and go down with all those weights, I didn't know what I was doing," she said.

As she is able to learn the proper movements, she

"This is how we change health, how we integrate health outside of the hospital."

CAPT. EDDIE MURRAY | PUBLIC HEALTH NURSE, IRWIN ARMY COMMUNITY HOSPITAL

has also been able to start increasing her weight and seeing the progress she is making.

WHO CAN DO BODY PUMP

Because there are ways to modify the exercises, anyone, of any age, can do Body Pump. At a recent class the ages ranged from 16 to 61.

"I am on a permanent profile because I had a herniated disc," Murray said. "Body pump helped me recover from that. I still have chronic pain and

have to keep moving and exercising."

Judge Advocate and Body Pump Instructor Sara Andes is about 24 weeks pregnant and said she intends to continue with Body Pump until she gives birth. Andes invites other pregnant women to attend classes and she can give them the modifications to keep the baby healthy.

Regardless of the current fitness level, attendees can start Body Pump classes and do as much as they are comfortable with.

"It is not an intimidating environment," Andes said. "It's the most welcoming class I have been to. There is camaraderie built into it. It is also low impact and there are modifications for all fitness levels."

At any given time throughout the routine people are coming and going. Someone who cannot do the full two hours can come in after the class starts or leave before it is over – as several attendees do.

The instructor said they can go to units and demonstrate during a physical training session as well.

"This is how we change health, how we integrate health outside of the hospital," Murray said. "Once you have to come to the hospital, it's too late. We want to prevent problems."



Gail Parsons | POST

Capt. Eddie Murray, Public Health Nurse at Irwin Army Community Hospital and Body Pump instructor leads a class on April 21. The classes have been a popular addition at King Field House.

SUPERHERO DAY



Photos by Gail Parsons | POST

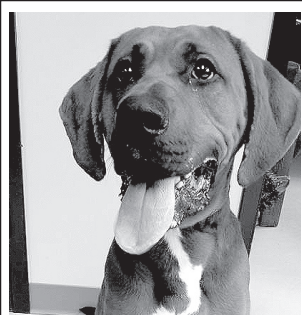
The rain and cold didn't stop children from enjoying the Superhero Day activities that were moved indoors on April 21. Akayla Salsbury, 3, and her brother, Dakota Salsbury, 5, jumped hurdles while their brother Tommy Salsbury, 8, and Kailani Salsbury, 10, wait their turn.



Malekhai Arriaga, 4, (left) dressed as the Joker let Batman, CJ Dayao, 3, knows under no certain terms that he was not to hit him with the foam weapons he had.

Pets of the Week

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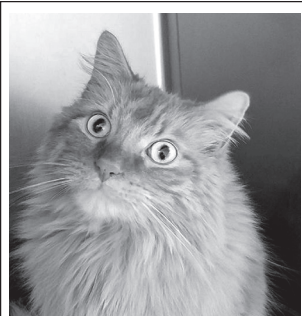
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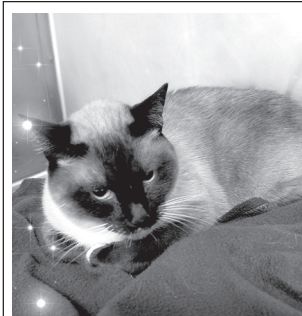
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 416 Goldenbelt Blvd. JUNCTION CITY (785) 579-6644 ikesplacegrill.com		Mon-Fri HAPPY HOUR 11a-6p						<i>*certain restrictions apply</i>
Wing It		1/2 Price Slushes ALL DAY (Med or Large only)	2 for \$9.99 Country Fried Chicken Dinners	\$1 Mini Shakes	2 for \$10 Nachos (Beef or Chicken)	5 BBQ Chicken Sandwiches \$9.99		
 439 W. 6th Street JUNCTION CITY (785) 223-5282 wingitplace.com								<i>*certain restrictions apply</i>
Pizza Hut		All You Can Eat Supreme Lunch Buffet. Pizza, Wing- Street Wings & More! 11:30 - 1:00	Large 3 Topping and Breadsticks \$16.99 <small>(Additional charge for Pan or Stuffed Crust) Code 55 Delivery Fees & minimums required</small>	All You Can Eat Supreme Dinner Buffet. Pizza, Wing- Street Wings & More! 5:30 - 7:00	Wing Wednesday 60¢ Bone Out or 80¢ Bone In Wings	All You Can Eat Supreme Dinner Buffet. Pizza, Wing- Street Wings & More! 5:30 - 7:00	Large 3 Topping, Breadsticks & Cookie \$21.99 <small>(Additional charge for Pan or Stuffed Crust) Code KW Delivery Fees & minimums required</small>	Large 1 Topping & Medium 3 Topping \$19.99 <small>(Additional charge for Pan or Stuffed Crust) Code LF Delivery Fees & minimums required</small>
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Cracker Barrel		Now Offering Catering Delivery Available • Contact Gerald (785) 762-5567						
 115 N East St JUNCTION CITY (785) 762-5567								
Coach's		Buy 1 Coach's Burger get 1 half off All Day \$2.50 tall beers	65¢ Tacos \$2.50 tall beers	Chicken Fried Steak Dinner \$10 \$2 bottles	STEAK NIGHT \$9 Steak Dinner \$2 pints	Fajitas \$9 Margaritas \$3 Specialty pints \$2.50	Ribeye Dinner \$16 \$2 Coors It pints	
 720 Caroline Ave. JUNCTION CITY (785) 238-5522								
Stacy's Restaurant		<u>April 29nd</u> • Roast Beef • Baked Chicken • Swiss Steak Sr. Size \$8.00 Reg. \$9.00 Inc Tax	<u>April 30rd</u> Chicken & Noodles Sr. Size \$7.00 Reg. \$8.00 Inc Tax	<u>May 1st</u> Pork Chops Sr. Size \$7.00 Reg. \$8.00 Inc Tax	<u>May 2nd</u> Salisbury Steak Sr. Size \$7.00 Reg. \$8.00 Inc Tax	<u>May 3rd</u> Fried Chicken Sr. Size \$7.00 Reg. \$8.00 Inc Tax	<u>May 4th</u> Roast Beef & Liver & Onions Sr. Size \$7.00 Reg. \$8.00 Inc Tax	<u>May 5th</u> Cooks Choice
 118 W Flint Hills Blvd JUNCTION CITY (785) 238-3039								
The Cove at Acorns Resort		Bloody Mary & Mimosa Bar 12-4 pm <i>Happy Hour All Day</i>	Open 11 am to 9 pm			Fajita Night Chicken \$12 Steak \$15 Trivia Night 7-9pm Long Island Ice Tea \$5	Crab Legs \$22	Prime Rib \$25 1st Saturday each Month Karaoke
 3710 Farnum Creek Rd. MILFORD (785) 463-4000								
TymeOut		Closed	Closed	25 1/2 Year Anniversary Daily Drink & Food Specials				
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su | do | ku

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

Level: Advanced

What Is

su | do | ku?

The objective of the game is to fill all the
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1 through 9 in any order
- Every column of 9 numbers must
include all digits
1 through 9 in any order
- Every 3 by 3 subsection of the 9 by
9 square must include all digits
1 through 9

Last Sudoku's Answers

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

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Travel & Fun in Kansas

★ APRIL 27, 2018

HOME OF THE BIG RED ONE

PAGE 16 ★



Spc. Shell heads to Milford Lake next week to chill out

Float down Kansas River

St. George, step back in time

Courtesy photo

Story by Will Ravenstein
1ST INF. DIV. POST

Grab a group of friends and several kayaks and roll down the Kansas River to St. George.

Overlooking the scenic Kansas River, named after the Kanza people who once roamed the area, St. George stays true to its roots while embracing the future.

Pull into shore and head up to Willies Hideout, a family-run bar and grill that features everything from sliders to Philly cheesesteaks. On weekends, the smell from the smoker will often permeate the air as pulled pork or beef sandwiches are offered.

If the bar scene is not your style, keep an eye out for the pizzeria that will open soon.

While in town, walk around and visit historic locations and photogenic oddities like the two wooden silos next to the Dalton Elevator.

The two are the last eight-sided wooden silos in the state of Kansas according to an information board posted by TravelKS.com.

Take a stroll down along Black-jack Creek hidden in a wooden area on the west end of town. With trees overhanging the creek, it gives adventurers the opportunity when the water is high enough, to swing into the creek off neighboring trees.

If you enjoy more subtle things, check out the historic buildings in town. Several have been repurposed or continue to work as originally intended.

St. George Methodist Episcopal Church, 303 Grant Ave, was built in 1879 from native stone quarried



The St. George-Zeandale Bridge spanned the Kansas River prior to being destroyed in a 1951 flood. Remnants of the bridge still stand tall in the river.

across the Kansas River and pulled on sleds to the site. Services are held every Sunday at 10:30 a.m. and everyone is welcome to come as they are.

Movie buffs might find it interesting that the church was featured in the movie "Finding the Way Home" in May 1979, according to the church's website. No record of the film is available online so any knowledge would be extremely impressive.

Downtown features the original general store building that will be-

come the new pizzeria if all goes as planned.

On the west side of the building, is a mural painted by the St. George High School Class of 1976. The scene depicts how life in the area in 1855 when the town was founded including the former St. George-Zeandale Bridge that washed away in the 1951 flood.

For large gatherings, unit get together or weddings, check out Black Jack Hills. Built as a place for wine tasting parties by the owner of Fields

of Fair Wineries, the new owners have set up the building as a gathering location featuring a banquet facility, recreation area and 13 acres of scenic trails and more.

Thursdays, Black Jack Hills is open to the public for dinner.

When the day is done, either take the short drive back to Fort Riley via Highway 24 or hop back in the kayak and continue to explore the Kansas River like you are back in the 1800s on your way to Kansas City and the Missouri River.

Kaw River

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Kansasriver.org for more information



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Courtesy photo

The St. George High School Class of 1976 paid tribute to simpler days with this mural of how St. George used to look along with special landmarks. INSERT: The old general store, that the mural is painted on, helped feed the community while in operation. Soon it will again when it opens as a pizzeria.