BIG RED ONE HOME OF THE THE **1ST INFANTRY DIVISION POST**

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FORT RILEY, KANSAS

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New garrison commander

Will Ravenstein | POS1

ABOVE: Col. Stephen Shrader orders Command Sgt. Maj Andrew T. Bristow II, right, to retire the colors at the close of the change of command ceremony July 13. INSET: Col. Stephen Shrader receives the Fort Riley Garrison guidon from Brenda Lee McCullough, director, Installation Command-Readiness, July 13 during a change of command ceremony at Ware Parade Field. Shrader replaced Col. John D. Lawrence as garrison commander.

By Gail Parsons 1ST INF. DIV. POST

Under a blazing sun at Ware Parade Field, Col. John D. Lawrence relinquished command of U.S. Army Garrison, Fort Riley, to Col. Stephen Shrader on July 13.

The ceremony followed traditions of the post beginning with the command team taking their last ride together on horses of the Commanding General's Mounted Color Guard. Brenda Lee McCullough, director, Installation Management Command-Readiness, was the reviewing officer for the ceremony. She rode in on Rifle. With her was Lawrence riding Olympic, Shrader on Apache, and

Garrison Command Sgt. Maj. Andrew T. Bristow II on Duke.

Following their arrival, a member of the color guard brought forward two bouquets of roses. Red roses were presented to Sheila Lawrence, wife of Col. John D. Lawrence. The red signifies the color of the heart and reflects the care she has shown to the garrison while standing by her husband's side.

Single red roses were presented to Col. Lawrence's mother-inlaw, Charlotte Hart, and his sister,

Shrader, wife of incoming Garrison Commander Col. Stephen Shrader.

"Yellow is the color of the new beginning and symbolizes her arrival as the new first lady of the United States Army Garrison, Fort Riley," said the narrator for the ceremony. "In time, Mrs. Shrader's rosebuds will blossom, as will her relationship with the Soldiers, civilians and their families."

As a final gesture of appreciation, Sheila Lawrence presented a basket of carrots for the horses and a bottle of bourbon was presented by Nick to the Soldiers of the Commanding General's Mounted Color Guard.

See GARRISON, page 8



Pauline Lyons. His father-in-law, Robert Hart, and Lawrence's son, Nick, were each presented pocket knives.

A bouquet of yellow roses was then presented to Tiffany

Fort Riley conducts annual training exercise

1ST INF. DIV. POST STAFF

On July 11 the Fort Riley Directorate of Emergency Services in conjunction with community partners from Junction City, Manhattan, Riley County, Geary County, Kansas Highway Patrol, Pottawatomie County and the Federal Bureau of Investigations participated in Fort Riley's annual full-scale exercise.

"Each year we annually test all our emergency responders and all our response and recovery elements of the installation," said Chris Hallenbeck, Fort Riley emergency management coordinator. "Throughout the year they are doing their own training. This is bringing them all together to test it on an overall spectrum."

The simulated attack revolved around a terroristic type of event at Grant Gate that led to the suspect escaping with a hostage. This led investigators and explosive teams to the suspect's manufacturing location.



Kimberly Green | POST

Sgt. Jacob Wolford, 630th Explosive Ordnance Disposal, 242nd Ordnance Battalion, 71st Ordnance Group, 20th Chemical, Biological, Radiological, Nuclear and Explosives Command, rendered a hand grenade safe during a full scale training exercise scenario in which a cache of homemade explosives was found July 11. MORE photos on page 8.

Hallenbeck said the important aspect of the training was the cooperation building among the community partners.

to build that, especially

beforehand," he said. "The last thing you want to do is have an incident with everybody showing up to respond and "It's very important not having those connections — you don't understand

everyone's capabilities. That's why we always include our partners when we are doing these exercises."

See EXERCISE, page 6

Outgoing 'Dagger' commander honored

By Staff Sgt. Wallace Bonner 2ND ABCT PUBLIC AFFAIRS

Col. David W. Gardner relinquished command of the 2nd Armored Brigade Combat Team, 1st Infantry Division, during a ceremony at Fort Riley's Victory Park July 9.

The ceremony included the ceremonial passing of the brigade colors to signify the formal relinquishment of authority by Gardner, and speeches from Gardner and Maj. Gen. John S. Kolasheski, 1st Inf. Div. and Fort Riley commanding general.

Prior to the start of the ceremony, Kolasheski presented the Legion of Merit to Gardner for his service and achievements as the brigade commander.

During his speech, Gardner talked about how the Soldiers of the brigade were the real stars of the ceremony. "The 'Dagger' Soldiers are

the ones who deployed from Fort Riley to the Port of Beaumont (Texas) at 'go-to-war speed,' achieved ready-to-fight standards in only 10 days after arriving in Poland and then assured our allies and deterred aggression during Atlantic Resolve," Gardner said of the brigade's recent deployment. "The Dagger Soldier operated in 12 countries over our nine-month deployment, despite less-thanideal living conditions, but successfully formed the bridge between armored brigade combat teams, solidifying lessons that have now been learned and demonstrating that a U.S. armored brigade combat team ---the most formidable formation

See DAGGER, page 6

WHAT'S IN THIS ISSUE



SOLDIERS PLAY HOOPS WITH WILDCATS

K-STATE BASKETBALL TEAM HOSTED SOLDIERS AND FAMILIES FROM 1ST **BATTALION. 7TH FIELD ARTILLERY. 2ND** ARMORED BRIGADE COMBAT TEAM, 1ST INFANTRY DIVISION, AT THE UNIVERSITY

SEE PAGE 12

ALSO IN THIS ISSUE



PART THREE OF BARRACKS SERIES FOCUSES ON THE CARE NECESSARY FOR THE OUTSIDE OF THE BARRACKS

SEE PAGE 7

ALSO IN THIS ISSUE



SPC. SHELL HEADS OUT WEST TO A TOWN THAT STRUGGLED TO **BE TAMED - VISIT** THE WONDERS OF DODGE CITY, **KANSAS**

SEE PAGE 16



Ceremony marks end of 34 years of service

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

In 1984, a young private by the name of John D. Lawrence first stepped onto the Army installation known as Fort Riley. On July 13, after a 34-year career in the Army, 14 years of that spent on Fort Riley, Col. John D. Lawrence was officially placed on the Army retiree list.

"I am humbled, but I'm proud to say that I served in this United States Army," Lawrence said. "It has been an incredible experience and it has been an incredible journey."

The reception area inside the United States Garrison Fort Riley Headquarters building was filled with family, friends and colleagues wishing Lawrence and his wife of 25 years, Sheila, the best on their special day.

"We have been lucky to have an officer like Col. John Lawrence at the helm of this garrison and the community," said Maj. Gen. John S. Kolasheski, Commanding General, 1st Infantry Division, Fort Riley. "On, in or interacting with Fort Riley is better for his having commanded here. Today we say goodbye to a great Army leader and commander but also a great Army team. Sheila has been in the Army as much as John. She has actively volunteered at every duty station and has had leadership roles in the Family Readiness Groups, Spouses Groups and the Military Council of Catholic Women."

Director for Installation Management Command-Readiness Brenda Lee Mc-Cullough presented both Col. and Mrs. Lawrence with awards. "One of the things I love doing when I'm out and about in garrisons is, I love presenting awards," she said. "We always love to celebrate success. The only sad part about this is I'm also saying goodbye to a very capable and awesome garrison commander.

"But it's not about John right now," she added, "what I want to talk about first is the role of the spouse and how important that is. And, how important that Sheila's time with us has been not only a boon to the garrison itself but to the local community. She has done some wonderful work in support of the garrison mission, but more importantly, telling the Army story. We are here today to honor that time and to honor her service to our Army and how she supported John throughout his career.'

Sheila was presented the Army Commander's Award for Public Service, for outstanding civilian service in support of the Department of Defense, Army families and community members throughout a 30-year volunteer career.

Sheila was then presented the "Lady Victory" by Buffy Kolasheski, wife of Maj. Gen. John S. Kolasheski, in recognition of her support to the 1st Inf. Div., and in keeping with the finest traditions of a Victory Lady.

Col. Lawrence was awarded the Legion of Merit for exceptionally meritorious performance from Feb. 28, 2009 to Feb. 28, 2019, while serving in various positions of great responsibility, culminating as commander, US Army Garrison Fort Riley.

"After today, for the first time in almost 35 years, the



Col. John D. Lawrence is awarded the Legion of Merit by Brenda Lee McCullough, director, Installation Management Command-Readiness, during his retirement ceremony July 13 at the U.S. Army Garrison Fort Riley Headquarters building. Lawrence retires from 34 years of active duty service with 14 years stationed at Fort Riley.

Army will not count John Lawrence among it's ranks on the active rolls," Kolasheski said. "Much has happened since the day in 1984 when Pvt. Lawrence reported for duty here on Fort Riley. The Army has changed since then, but John has been a fixture — one that I know all of our Soldiers are better for having been around."

Col. Lawrence was presented the Department of the Army Certificate of Retirement, a Certificate of Appreciation signed by President Donald J. Trump and a folded American flag as a token of appreciation, on behalf of a grateful nation, for his selfless service in defense of our liberty.

Sheila was presented the Department of the Army Certificate of Appreciation and a single red rose for her dedication to her husband and to the nation.

Col. Lawrence closed the retirement ceremony with several words of gratitude and appreciation to those around him who helped him become the leader he is, his friends and most importantly, his family.

"The community members of the Flint Hills Region have adopted me and taken me in," Lawrence said. "My

fellow commanders have supported me like no other.

"It's been an incredible journey; one that after coming to Fort Riley 34 years ago as a private my first time in this building was actually receiving an award from the commanding general," he added, "now, I have that office. It's just very humbling."

Lawrence said that there were too many to thank but we wanted to mention two — Sheila and his son, Nick.

"For my entire career they have supported me," he said. "I said it's time to move and they packed up. Most times with me, sometimes without and went on. They have been there, been my rock and my confidant, my voice of reason for all these years. They pushed me to be a better Soldier and a better man. I can't tell you how much I appreciate both of you and how much you mean to me."

The Lawrence family will remain in the Flint Hills Region, as Nick will be returning to Kansas State this fall to continue his education. Lawrence stated that he would remain active volunteering and continuing to serve the Army in whatever capacity he is able.

Warrant Officers celebrate 100 years

Story and photo by Kimberly Green 1ST INF. DIV. POST

Warrant officers on Fort Riley, active duty and retired, celebrated the 100th birthday of the corps July 9 with a fun run and a cake cutting. Chief Warrant Officer 5 Anthony C. Nistico, Company B,

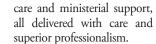


brings continuity and highly skilled Soldiers to each branch in which they work ensuring that the details are looked after.

Warrant officers are neither enlisted nor commissioned officers. They act as teachers and trainers to all Soldiers in the Army regardless of rank.

"It's important for everyone

GARRISON SPOTLIGHT CHAPLAIN (MAJ) KENT COFFEY



Additionally, he spearheads a collaborative effort with K-State, whereby additional civilian counselors are made available to Fort Riley, thereby expanding the CFLCC's customer capacity and further broadening the range of counseling services and expertise offered. The services Coffey makes possible directly contribute to the stability, resiliency and overall improved wellness of our Army families and community.

601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division, and president of the Mid-America Chapter of the U.S. Army Warrant Officer Association, traces the history of the Warrant Officer Corps to World War I when Congress established the Army Mine Planter Service in an effort to protect U.S. shores.

Nistico, a history enthusiast, started the day by reading to his fellow warrant officers, their families, friends and warrant officer recruits from War Bulletin 43 which founded the Army Warrant Officer Corps and explained their purpose. In addition to reading the historical document, Nistico wore a World War I era warrant officer uniform loaned to him from the 1st Infantry Division Museum. Although Nistico thought that the uniform added a bit of fun to the morning's run, he felt that it was more important to link Soldiers to their history.

"We have to understand our history," he said. "We have to understand where we come from in order to be able to know where we are going. If we don't know, then we're like a rudderless ship. You can have all the momentum you want but without direction you lack purpose."

Nistico had more to offer his warrant officers than just a history lesson. With the help of warrant officers from all over Fort Riley, the Warrant Officer's Association made a little history of their own. Over the last couple of months warrant officers took turns running a baton made by a machinist, Chief Warrant Officer 2 William A. Chesson, 1st Armored Brigade Combat Team, 1st Inf. Div., 99 miles. July 9 they carried the baton for its 100th mile in celebration of their birthday. July was a particularly important month for Kansas warrant officers as Governor Jeff Colyer declared it the month of the warrant officer.

Over the last century, the Warrant Officer Corps has branched out into almost every field in the Army offering their technical proficiencies wherever they go. Chief Warrant Officer 5 Anthony C. Nistico, Company B, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division, and president of the Mid-America Chapter of the U.S. Army Warrant Officer Association, holds the Kansas Governer's proclamation of the Month of the Warrant officer while wearing a World War I era uniform that would have been worn by the Army's first warrant officers 100 years ago July 9 at Demon Diner.

"We fill the gaps that are created in the Army with our expertise and experience," Nistico said. scen "And that's why it's important he to recognize the warrant officers the and their history. We have always the

been that way." Chief Warrant Officer 5 Matt Fitter, command chief warrant officer, 1st CAB, 1st Inf. Div., knows that when most people think of warrant officers they may not have a clue who they are or what they do, but that doesn't diminish the contributions they provide every day to the Army.

"We are the guys behind the scene that make things happen," he said. "We are very unique in the set of skills that we bring to the table. The Army was the first to recognize the need for that and to have it 100 years is a significant milestone. We're doing it right and the Army appreciates that effort on our part. We are part of the whole Army team."

With a high turnover for officers and enlisted personnel in the Army, the Warrant Officer Corps to understand how much we put into to the job," Nistico said. "Chief is the guy who can get it done. If you see that tank rolling or that DFAC running, a warrant officer touched it. There's no better expert than us."

As Nistico looks back on his more than 30 years of service, he has nothing but gratitude for the time he has spent in the Army as a warrant officer.

"For our 100th birthday, I would like those who don't know anything about the Warrant Officer (Corps) to understand that we are truly 'The quiet professionals' behind the scenes, tacticaltechnical experts, making sure the mission gets accomplished at all costs."

Nistico retires from the Army next year and rather than looking back at his long list of personal accomplishments in the Warrant Officer Corps, he sees all of the missions his younger warrant officers have yet to undertake and encourages them to go forward with humility.

"Understand that serving your country is the greatest privilege that anyone can ever bestow upon you," he said. "You have to be humble. You have to be contrite and work hard. Pour your heart and soul into it. If you give anything else you'll never be successful."

In true warrant officer form, the Warrant Officer Association plans to present 1st Infantry Division's leadership with the 100-mile baton and the declaration of the month of warrant officer from Colyer in order to preserve a valuable piece of warrant officer history from which future Soldiers can learn.



On a normal day when this superman chaplain is just "doing his allotted job" he expertly runs the Fort Riley Chaplain's Family Life Counseling Center at Normandy Chapel, 7865 Normandy Dr., providing life-altering, marriage-saving, and family dynamic-bettering services to Soldiers and their families. His efforts include a wide range of counseling, social work services, pastoral

But oddly, that is actually his regular job, and not why he is being recognized, believe it or not.

His extraordinary attitude, determination, and pursuit of excellence must be acknowledged by everyone around him as he continues to "Do Things Right."





HOME OF THE BIG RED ONE

Chaplain Felzenberg takes on new role as senior chaplain of Fort Riley

By Gail Parsons 1ST INF. DIV. POST

"Building combat power through spiritual strength is the new motto" for the 1st Infantry Division chaplaincy. It was coined by Chap. (Col.) Shmuel Felzenberg, Fort Riley's first senior chaplain.

Felzenberg has been at Fort Riley for just over a year and was serving as the division chaplain. However, the Army has recently unveiled a new senior chaplain position within the Chaplain Corps.

At Fort Riley, it puts the chaplaincy responsibilities of the 1st Inf. Div. and the garrison under one umbrella, which Felzenberg now holds.

He will continue his responsibilities as Division Chaplain, but will now also oversee the garrison chaplain services.

He came to Fort Riley as a lieutenant colonel in July 2017 and was promoted in April 2018, before the new program was implemented.

Adding the top level of leadership can bring the two sides together in a cooperative manner. Whether there are manning shortages or funding issues — they will have more flexibility to support each other.

Felzenberg said had there not already been a strong chaplaincy program in place, a transition such as this could potentially cause some consternation.

"We have been blessed with a solid program under both — on the garrison side, Col. (John D.) Lawrence with his leadership and his chaplain as well as on the division side," he said.

Change often comes with trepidation, but Felzenberg said he does not see a reason for concern.

"People should continue to see, at a minimum, the same continuity of rock solid, robust religious support services that they have (been getting)," he said. "Our goal ultimately is to make the execution of that support even more seamless, more rapid and be better stewards of both the funding and manning that best suits the needs of all — with each side comfault. It has to do with shortages in manpower.

"That is the singular most significant challenge," he said. "It's been an easy transition, with manning being the sole challenge."

But like all challenges, Felzenberg said he avoids looking at them as obstacles; rather, they are opportunities to adapt, overcome and improve.

A DIVINE CALLING

Without regard to what personnel manager, general or human resources person is cutting orders, signing, moving, shifting and deploying people in accordance with their plan — the ultimate plan isn't for any of them to decide, he said.

"I would venture to say that God has both great plans for the corporate group at large, as well as the individual," he said. "God's hand is driving the train, and his minions fulfill his will whether they realize it or not."

Where Felzenberg has been stationed and what positions he held are not necessarily of his doing. He has requested some locations; others came as a surprise. When he was given the opportunity to choose a location to be a senior chaplain, it didn't take but a moment for him to claim Fort Riley for his own.

"I finally got the assignment I wanted," he said. "I wanted it simply because it is the 1st Infantry Division. My motto 'is if you ain't 'First,' you're last.' And we are truly the first. Fort Riley is truly an absolutely hidden gem. The post is phenomenal, our housing is phenomenal. This for me is my singular dream job in the Army."

He believes the decision makers who led him to the office he now sits in, are the manifestation of God's will.

FROM DREAM TO ARMY

As Felzenberg looks back on the years prior to his raising his right hand and taking his oath, he sees some of the people he says God used to direct him.

He grew up in New Jersey watching World War II mova big Clint Eastwood fan," he said. "Movies that depict the Army and war — all the famous movies like "The Green Berets" with John Wayne I grew up watching."

Then one day, after he had become a rabbi and was working on the business side of the Kosher food industry, his accountant approached him.

In Morristown, New Jersey, a group was planning on dedicating a veterans memorial. They needed a member of the clergy to do the invocation.

As Felzenberg began to recall the conversation a hint of his New Jersey accent slipped out.

"I come from a small, closed Jewish environment where we never really interacted with other faith clergy and never did anything interfaith in general," he said. "It was so life-shaping and impacting to be able to do that. I still have that prayer buried in my archives, because that prayer, that experience, was a ginormous scale-tipping opportunity."

Being able to do that service for veterans made such an impact that he began contemplating the opportunity God had given him.

This happened in the mid-1990s. He had been ordained and married since 1990. For the next several years he kept feeling as though his life, his calling was outside of New Jersey.

"In the chaplaincy we make a pretty big deal about the calling that each chaplain has," he said. "A true divine calling where there is an eternal burning, a spiritual need, a desire and belief that this is what God's path is for you."

When he answered the call, it was not with the idea of being a chaplain. He had those images from the movies and the stories of his uncles in mind when he and his wife went to the recruiter's office near the veteran's memorial where God had first planted the seed.

"When I went to the recruiter, zero percent of my intent was to inquire about the chaplaincy," he said. "I went in to inquire about service in general. I didn't know what my options were. I didn't know if they were hiring. My interest was more infantry, armor. I wanted to simply be a warfighter."



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J. Parker Roberts | 1st Inf. Div. Public Affairs

Chap. (Col.) Shmuel Felzenberg's active duty Army sons, 1st Lt. Menachem Felzenberg, left, and Sgt. Chaim Felzenberg, pin his rank on at his April 2 promotion ceremony.

He walked in, and Felzenberg, who is not an imposing figure and was dressed in his religious garb, meets what he described as a "very, very large young man — E5 (sergeant)."

The recruiter asked if he was a rabbi and Felzenberg said he was.

"You want to be a chaplain," he said the recruiter told him. It wasn't a question. It was a direction.

But since only chaplain recruiters can recruit chaplains, he was kindly walked to the door.

"My wife and I were actually back at the car, having already put the money in the meter and having paid for our hour and we were like, 'well that was interesting, but we're back here at the car now," he said.

Although his interest was piqued about the chaplaincy, they went back in and he told the recruiter he wanted the same spiel he would give a 17-year-old high school graduate. The recruiter agreed, sat him down to watch the film and Felzenberg was hooked.

"People of all faiths believe in providence and in God's hand driving the train," he said. "In that moment, God's path, God's prophetic voice, God's direction to me was in the form of a 6 1/2 foot tall, large, recruiting sergeant. Out of the blue, without but a couple of words out of my mouth, without any direction or articulation on my part, he was like 'no, you want that.'" Felzenberg's path was set. But he also acknowledges another piece of his life that

has formed him into the man he is today. "My wife is my secret weapon and my sole reason for succeeding as well as I have," he said. "I could probably have checked all the blocks and progressed as I did, but she has been more than a support. My wife is exceedingly smart and sharp. Often her advice has seen its way into battalion programs, brigade direction, vision initiatives and Chaplain Corpswide ideas."

He speaks just as highly of his six children, ages 15 to 26. His two oldest boys are in the military. One is a first lieutenant engineer and one is a sergeant at Fort Campbell where he is serving as a Black Hawk crew chief.

"Without any impetus on our part, they decided to follow in dad's footsteps, although decidedly not as a chaplain, thus I live vicariously through them," he said. "So whether one is an engineer building and clearing the way and the other one is a high-speed special operator, I can live faithfully and vicariously through them knowing that either me or a product of me is doing some of what I originally intended for myself."

While he may not have ended up where he originally thought he would the day he walked into his recruiter's office, he said he is completely pleased with the path he has been on.

The motto 'Building combat power through spiritual strength,' sums up his view on what his responsibility is.

"Ultimately I believe we are combat multipliers, maintainers, sustainers of the force," he said. "We put people in the fight. We help keep people in the fight; and for those in the fight, they are hopefully stronger with us and because of us."

### Download the Fort Riley app

plimenting the other."

The biggest challenge he anticipates has nothing to do with the internal workings of his office; it's not the program's fault, or Fort Riley's ies and hearing about uncles and other family members who had served in the Army. "Far from a moral beacon

"Far from a moral beacon of guidance, there are movies like "Kelly's Heroes." I'm

# Cooking out with BOSS

Courtesy photo Soldiers from 1st Combat Aviation Brigade, 1st Infantry Division, spent their lunch hour outside July 11 thanks to Fort Riley's Better Opportunities for Single Soldiers.









### Soldiers should consider Survivor Benefit Plan before retiring

#### By David Vergun ARMY NEWS SERVICE

WASHINGTON — Soldiers nearing retirement should consider not only where they want to live, work or go to school after the Army, but also whether they want to participate in the Survivor Benefit Plan.

The primary reason for participating in the SBP is to provide a monthly annuity to the spouse and/or children of a retiree who dies - because when a retiree dies, retired pay stops.

Couples don't have to go it alone when making a decision about SBP, said Mark E. Overberg, director of Army Retirement Services.

Overberg said retirement services officers can help Soldiers make informed decisions about SBP and navigate through the administrative process. Additionally, he said, RSOs can help those who have already retired, as well as the spouses of those Soldiers who are deceased.

### **SBP PARTICIPATION**

"Federal law provides for automatic coverage of all eligible dependents at the time of retirement unless the Soldier requests otherwise. The law also requires SBP premiums be deducted from retired pay," Overberg said, add-ing also that while SBP is not free, it is not overly expensive.

For a retiree who elects SBP with just a spouse and no children, the amount of SBP premium deducted from the retiree's gross pay is 6.5 percent, he said. If there are children, that amount will increase slightly.

Overberg said that typically, annuity payments are made to surviving spouses. However, if a spouse dies or remarries before age 55, for instance, annuity payments will be made to a service member's surviving un-married children. Those payments continue until a child reaches 18 years of age. If surviving children are full-time students, however, payments continue until 22 years of age

A Soldier and his or her spouse can elect a lesser SBP amount, and premiums and annuities would decrease accordingly, Overberg said.

Overberg emphasized that SBP is not a life insurance plan. Rather, it's a benefit. Furthermore, SBP has some important benefits



Courtesy photo

A Soldier greets his family upon a return from deployment at Jacksonville International Airport near Jacksonville, Florida, April 29, 2017. Soldiers who are nearing retirement should consider participating in the Survivor Benefit Plan, which provides a monthly annuity to the spouse and/or children of a retiree who dies.

For example, SBP cannot be denied or decreased due to a Soldier's pre-existing health conditions, he said. Also, while the premiums do increase annually based on cost-of-living adjustments, so will the annual annuity amount paid out to the survivors even after the retiree's death.

Additionally, the government pays the SBP annuity to surviving spouses and children irrespective of the retiree's cause of death, he said. Many insurance plans have clauses in them that do not do that.

Another plus for participating in SBP is that the survivor can draw Social Security benefits without any offset of SBP annuities, he noted.

If a surviving spouse remarries before age 55, however, SBP is suspended, he said. However, if that marriage ends by death or divorce, the surviving spouse can contact DFAS to resume SBP annuity payments.

Retirees who opt in for SBP while also receiving Department of Veterans Affairs disability compensation that completely offsets their retired pay will receive a monthly bill from DFAS for premiums. The retiree could also contact the VA to arrange automatic payments from their disability compensation, Over-

He cautioned that unpaid SBP premiums will continue to accrue with interest, which must be paid at some point. The VA Disability Fact Sheet

explains the payment procedure in greater detail at soldierforlife. army.mil/sites/all/themes/sfl\_yellow/docs/static/SBP/SBP\_VA\_ Disability\_Facts.pdf.

SBP also provides an annuity for a Soldier who dies while on active duty or inactive duty training, Overberg said.

There's another way surviving spouses can receive a monthly annuity outside of SBP, he added.

The VA pays a monthly annuity, called Dependency and Indemnity Compensation, to survivors of retirees whose death was service-related. The VA pays all of the premiums for Dependency and Indemnity Compensation. All Dependency and Indemnity Compensation recipients receive the same monthly payment, which is \$1,283 per month in 2018, irrespective of rank or length of service. The payment is adjusted for annual cost of living.

opt out of participation in SBP, but this requires their spouses' approval to do so. Both will need to sign Department of Defense Pay." Not doing so means automatic opt in, Overberg said. He added that the Army encourages spouses to attend SBP briefings and that Soldiers and their spouses make joint SBP decisions.

The retiree may also opt out, with the spouse's concurrence, between the second and third year of retirement by notifying DFAS in writing.

may also The retiree withdraw for disability if they are rated totally disabled by the VA for five years starting at retirement, or for 10 years if rated totally disabled after retirement.

"Although it may seem unnecessary to consider providing for your loved ones until later on in life, please be aware that the decisions you make at retirement regarding your SBP can be difficult to change," he said. "For example, if, at retirement, you have an eligible spouse or children and decide not to have them covered under the plan, federal law prevents you from covering your current or any future spouse or children."

**OPTING OUT** Soldiers who want more in-Before Soldiers retire, they can formation about the SBP can contact their closest retirement services officer or the MyArmy-Benefits Help Desk, Monday-Friday from 8 a.m. to 4 p.m. Central Form 2656 "Data for Retired Time at 1-888-721-2769.

### Changes coming to **Expert Infantryman** Badge tasks, requirements

### By David Wright **ARMY NEWS SERVICE**

FORT BENNING, Ga. - Significant changes are coming to the manual and task requirements for the Expert Infantryman Badge.

Since 1944, the Expert Infantryman Badge has set a high standard for Infantry training in the Army. It has evolved into 30 tasks - 10 each in three lanes of weapons, patrol and medic. Now, new changes are about to be implemented.

Master Sgt. Charles Evans from the Office of the Chief of the Infantry is leading the effort to rewrite the manual for all 30 tasks in the EIB. He conducted a pilot program recently at Fort Benning, Georgia, with U.S. infantry Soldiers across multiple military occupational specialties.

"Their feedback was really essential to rolling out this new standard, making sure it was validated before it hit the horse," said Evans. "Just working out all the kinks and making sure that all the tasks were applicable, realistic and up to date with the latest doctrine."

Most of the changes in the manual are intended to standardize and streamline the options for units in how to conduct the testing. Nevertheless, there will be significant changes to some of the tests themselves.

Indirect fire, move under fire, grenades, CPR and care under fire are all being reworked. And with this year's first EIB event coming to Fort Benning in September, the burden rests upon this pilot program to finalize these changes quickly and push out the new manual.

"The reason we did this event was to make sure it wasn't just written from a single perspective, that it had feedback from all the different types of units across the Army," said Evans.

The purpose of the EIB is to recognize infantrymen who have demonstrated a mastery of critical skills that build the core foundation for individual proficiency that allow them to locate, close with and destroy the enemy through fire and maneuver and to repel an enemy through fire and close combat.



### ACCESS CONTROL POINT HOURS

Those with a valid military ID card, or who have an access pass or badge, wanting access to Fort Riley on weekends should use Estes, Ogden, Henry or Trooper gates.

For more information about Fort Riley access procedures, visit www.riley.army.mil.

The access control point hours are:

### Henry/Trooper/Ogden/Estes:

Open 24/7. Commercial traffic at Estes is required to have an access pass or badge prior to trying to access. 12th Street:

Open from 5 a.m. to 7 p.m., Monday to Friday, closed weekends and federal holidays. This gate will have inbound commercial vehicle lanes only. Although personally owned vehicles will be allowed access, there is no designated POV lane.

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

#### Grant:

Grant Gate is open from 5 a.m. to 8 p.m. Monday through Friday. It is closed weekends and federal holidays.

## **DOD** announces policy change on transfer of Post-9/11 GI Bill benefits

#### DOD News DEFENSE MEDIA ACTIVITY

WASHINGTON — The Defense Department issued a substantive change Thursday to its policy on the transfer by service members in the uniformed services of Post-9/11 GI Bill educational benefits to eligible family member recipients.

Effective one year from the date of this change, eligibility to transfer those benefits will be limited to service members with less than 16 years of total active-duty or selected reserve service, as applicable.

Previously, there were no restrictions on when a service member could transfer educational benefits to their family members. The provision that requires a service member to have at least six years of service to apply to transfer benefits remains unchanged in the policy.

### FOCUS ON RETENTION

"After a thorough review of the policy, we saw a need to focus on retention in a time of increased growth of the armed forces," said Stephanie Miller, director of accessions policy in the Office of the Secretary of Defense. "This change continues to allow career service members that earned this benefit to share it with their family members while they continue to serve."

This change is an important step to preserve the distinction of transferability as a retention incentive, she added.

If service members fail to fulfill their service obligation because of a "force shaping" event — such as officers involuntarily separated as a result of being twice passed over for promotion or enlisted personnel involuntarily separated as a result of failure to meet minimum retention standards, such as high year of tenure, the change will allow them to

retain their eligibility to transfer education benefits even if they haven't served the entirety of their obligated service commitment through no fault of their own.

All approvals for transferability of Post-9/11 GI Bill continue to require a four-year commitment in the armed forces and, more importantly, the member must be eligible to be retained for four years from the date of election, officials said.

The policy affects service members in the uniformed services, which includes the U.S. Coast Guard as well as the commissioned members of the U.S. Public Health Service and National Oceanic and



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**COLYER MANOR PROJECT** 

This project began March 19, and is expected to take approximately one year to complete. During this time, you may notice increased construction machinery, traffic and noise during the hours of 7 a.m. to 5 p.m.

Additionally, residents will encounter the following detours during the project:

- Access to Venable Drive will be available via G Street only. Craig Avenue will be closed.
- · Access to Booth Avenue, Hosmer Court and Attucks Court will be available via Colyer Avenue/Pistol Range Road only. King Avenue and Booth Avenue South of Pistol Range Road will be closed.

Parents with school-age children should note that bus routes and pick up/drop off locations may be affected by these detours. Please contact Unified School District 475 at 785-717-4049 for details.

### **DRUM STREET**

Drum Street will be repaired in the vicinity of B7856 for a utility patch across the road. The closure will be from Apennines to Normandy with access maintained to the barracks. The closure will start on July 23 at 7:30 a.m. and will be reopened on July 24 by 5 p.m.



# Commentary

★ July 20, 2018

RILEY ROUNDTABLE

If you had a time machine, where would you go and why?

"Ten years back, and I would just go

back to my childhood and tell myself all

the future has to offer, to join college

instead of the Air Force – and no boys."

CHALICIA EASLEY

HAWAII

Wife of Sgt. Antoine Easley, 1st Replacement Company

"If I had a time machine, I would go back

to before America was modernized, just

to see the roots of everything and the

beauty of everything"

PVT. JOSHUA RAILSBACK

HARKER HEIGHTS, TEXAS

101st Brigade Engineer Battalion, 1st Armored

Brigade Combat Team. 1st Infantry Division

"I would go back to before we destroyed

the environment because it would be cool

HOME OF THE BIG RED ONE

### SAFETY CORNER Eagerly jump to trampoline safety

### By Rod Cruz GARRISON SAFETY OFFICE

Team Riley, have you been injured by an unsafe trampoline? As we all know, kids love to jump, bounce, flip and fly (and a host of other things that scare parents to death!).

The only activity that can provide all of the above is a trampoline. They provide hours of entertainment and have always been a source of fun and fulfillment for adults and children.

Unfortunately, they also can cause traumatic or serious injuries to adults and children. Most trampoline injuries occur when the jumper lands too close to the edge of the trampoline, strikes another person, or worse, falls off the equipment.

According to the Consumer Product Safety Commission, there is no "safest trampoline in the world" despite advertisers' claims. Trampoline jumping poses

a high risk of injury for children. The activity can result in sprains and fractures in the arms or legs — as well as potentially serious head and neck injuries. The risk of injury is so high that the American Academy of Pediatrics strongly discourages the use of trampolines at home. Trampoline park injuries are also an area of emerging concern.

However, some parents believe getting outdoors, enjoying fresh air and engaging in aerobic activity such as bouncing and jumping outweighs the risks of injury. In any event, it's always recommended that you read and follow the manufacturer's instruction for assembling, using and disassembling the trampoline. Not to mention, an adult needs to be are present at all times while children are using the

significantly help in preventing injuries while enjoying your trampoline:

- Do not install the trampoline near trees, poles or fences which a child may hit in case of harsh play.
- Check if all the springs are in position and all bolts are well tightened before the trampoline is used.
- Install safety pads to cover the steel frame, springs and hooks.
- · Purchase good quality high trampoline safety nets to enclose your trampoline.
- Make sure there is adequate supervision. Ensure children don't jump too high so they don't lose control and jump off the trampoline.
- Never attempt stunts such as twisting somersaults, multiple somersaults, back flips and any other acrobatics that are dangerous or can hurt someone on the trampoline.

- · Remove all jewelry and any sharp objects from pockets before using the trampoline.
- Always use the trampoline ladder while getting into and out of the trampoline.
- Install the trampoline on level ground to help in proper balancing when it is in use.
- Check the trampoline regularly for defects or unsafe parts, such as rusty springs, sharp metal and shredded netting

Remember, risky behaviors such as drinking and then jumping on a trampoline are a recipe for disaster.

Trampolines can be fun for family members of all ages, and by following some simple safety and maintenance tips, it can be a safe and enjoyable activity.

For more information on trampoline safety, contact the Garrison Safety Office, 785 -240-0647.

### to see how many trees there were." **PVT. JAMES HAWKINS** DESTIN, FLORIDA

1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division



"I would have to say going back to the time of Christ, so I can learn more about where my faith started."

### SPC. DAKOTA SHERMAN VIRGINIA BEACH, VIRGINIA

1st Infantry Division Sustainment Brigade, 1st Infantry Division



"I'd probably go back five minutes into the past and slap myself for doing anything stupid with a time machine."

### **PVT. DANTE WARNER** HENRY COUNTY, GEORGIA

300th Military Police Company, 97th Military Police Battalion.

### THE 1ST INFANTRY DIVISION POST

# Why do they do that at the ceremony?

### Hey Doc Jargon,

My husband has been busy participating in recent change of command ceremonies. They are all pretty impressive, but I'm wondering: What is behind the various movements and passing of the flag? Signed,

### Impressed Wife

### Dear Impressed,

Great question. Changes of command are auspicious occasions in all the military services and, for the Army, they are governed by various regulations, including Field Manual 3-21.5 (FM

22-5). I won't get too far into the many details; I'll only give some points of interest.

The change of command is an exemplar of both the orderly transition of command from one leader to another, as well as the discipline that binds the members together as a team.

The movements and formations at changes of command have their roots in the military drill, itself an exercise and demonstration of unit discipline and cohesion. Drill enables commanders to quickly move their forces from one point to another, mass their forces into a battle formation and maneuver those forces as the situation develops.

The flags — examples of which can be found from the ancient world through modernity — are the colors of both the nation and the unit that is welcoming its new leader. Two things, among many, they signify the unit's identity and history through streamers that represent major military engagements of which the unit has been a part.

national The and organizational flags carried by color-bearing units are called the national color and the organizational color.

One of the actions performed with flags is called "passing the guidon," which represents a formal transfer of authority and responsibility from an outgoing commander to an incoming one. The fact the guidon is always in someone's hands signifies the unit and its Soldiers are never without official leadership.

This explanation omits a vast number of ceremonial requirements and traditions, but reading Field Manual 3-21.5 (FM 22-5) will help you with other questions. Thanks for writing,

COME ON IN

THE WATER

IS FINE

CHECK OUT

YOUR FORT

RILEY POOLS

trampoline. In addition, here are few safety tips that can

### ASK DR. JARGON

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### EXERCISE Continued from page 1

#### **GRANT GATE ACP**

Once the scenario started, the Soldiers from 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, assumed duty as access control guards. Several vehicles entered normally before a red pickup approached the gate.

The guards proceeded to stop the vehicle and inspect it, per their training. Suddenly, a liquid substance started spraying from a container in the bed of the pickup initialing a chemical attack on Fort Riley.

After reacting to the attack the Soldiers entered a tactical pause to discuss what happened and to simulate a fire fight at the ACP, causing several injuries.

Sgt. 1st Class Daniel Donaz, 1st Bn., 7th FA Regt., 2nd ABCT, 1st Inf. Div., was the noncommissioned officer in charge of the Soldiers. He stated that the training was a great reminder that threats are as real at home as much as they are overseas.

"We have to take it as serious as everything else," Donaz said. "You have your insider threats and you have the threats from outside. It's all the same to me, but the Soldiers look at it differently. They don't see the aspects of getting the tactics, techniques and procedures here training on Fort Riley and taking them overseas. It's all the same concept.

"If they do get deployed anywhere that they do take it seriously," he added. "Everything is well rehearsed before you go on a deployment. For me, being deployed several times, it's a little different."

The simulated attack is a way for the Soldiers to take their training to another level Donaz said.

"I hope it will be a learning experience," he said. "I know it's role-playing but it's an experience and that's why you train as you fight."

After the initial attack was complete the guards prepared for the second phase — the response.

had been an incident at the gate

The call went out that there

involving an unidentified chemical and Soldiers were injured.

Elements from Fort Riley Fire Department stopped on Huebner Road to don protective gear before two members entered the hot zone. Those two firefighters were sent in to evaluate the scene and determine the number and severity of injuries of the patients.

One of the role-players, who was a bystander driving on post, was able to walk off of the scene with the firefighters to the decontamination area that was established near the truck.

Crews worked to get the Soldiers medical attention as soon as possible and they were decontaminated before being transported to Irwin Army Community Hospital.

While this scene was still unfolding, the second scenario was beginning to take shape near Moon Lake.

### **MOON LAKE HOSTAGE STANDOFF**

The exercise continued as the suspect took hostages and fled Grant Gate.

When the suspect's vehicle was spotted at the far end of Moon Lake, two Fort Riley game wardens blocked the circular road coming and going.

They watched with binoculars from behind the open doors of their unmarked pickup trucks. Eventually, one of the game wardens moved to the back and his position was replaced by Fort Riley Police.

As the suspect blocked the windows of the car with blankets or towels, the Fort Riley Police held their position and reported any movement they observed.

For more than an hour the passenger side front door was open and a leg could be observed hanging out. The MPs had reason to believe a second person, possibly a child, was in the back seat.

More than an hour passed and little movement was seen from the suspect's vehicle. Eventually the vehicle moved, first up to a shady spot, then back down.

With every move the officers kept their binoculars trained on the vehicle. After shifting position a few times, the car started slowly driving through the open field. The game wardens and military police moved in blocking the venicle's path.

Officers leapt from their vehicles and drew down on the car yelling commands to the driver and the passenger to get out of the car. The suspect and one hostage were taken out of the vehicle without incident.

With the adults secured, a game warden removed a large child dummy from the backseat. He took the child to a safe location and performed a quick medical check before safely securing him in the front seat of his truck.

The collaboration between the game wardens and the MPs showcased the need for local authorities to work hand-in-hand with military personnel in highly charged, delicate, real-life scenarios.

"The exercise is extremely important in my opinion, because it stresses the flexibility of what we can and can't do," Master Sgt. Rob Graber, Directorate of Emergency Services, said.

"It helps us learn lessons for when real world missions happen. How we can move forward, engage and work as a team to defeat whatever is going on."

While the standoff continued, two heavily armed MPs moved through the brush and trees taking a position that would allow them to move in quickly, if needed.

### HOMEMADE **EXPLOSIVES LAB**

During the time the suspect was being detained at Moon Lake, a call went out for military police to investigate a possible disturbance in a building on McGlachlin Street.

Pvt. Jamille Stephan and Pvt. D'Entrée Clark, 116th Military Police Company, 97th Military Police Battalion, responded to



Will Ravenstein | POST

Emergency vehicles stage on Huebner Road during the full-scale exercise July 11 after a simulated attack happened at Grant Gate involving an unknown chemical agent.

the threat by clearing the building room-by-room, weapons drawn. As the MPs rounded the corner near the old arms room, they realized there was much more at play than a disturbance.

Entrance was impossible due to red wires that were stretched across the entry to the barred, padlocked room. Inside the arms room were blue barrels of what looked to be chemicals and bottles of other liquids hanging from the walls, each connected by wiring. Across the room a table held various powders, aluminum foil, a surgical mask, a grinder and various other materials used to make homemade explosives. The MPs noticed the suspect's identification and Islamic State propaganda material littered the area.

They carefully backed out of the room to discuss the next action. It was decided to call for Fort Riley's Explosive Ordinance Disposal team.

Sgt. 1st Class Eliot Bray, 630th Explosive Ordnance Disposal, 242nd Ordnance Battalion, 71st Ordnance Group, 20th Chemical, Biological, Radiological, Nuclear and Explosives Command explained that playing out a scenario like this one is important because it gives law enforcement and his EOD team the opportunity to work together to "see an accurate timeline and how we are going to work here - especially in a continental United States environment where we have a lot more assets to protect," Bray said.

Because of the threat in the building, the EOD team waited for a tactical unit from the 97th MP Battalion to accompany them through the building to do a more thorough check of each room looking for boobytraps and hiding suspects.

"We do run into HME labs in Afghanistan and Iraq both, mainly Afghanistan" Bray said. "Some of the principles here are the same. We tend to have more freedom and more acceptable risks in Afghanistan than we have here," Bray said.

Once the hazard was isolated to the arms room, EOD suited up and prepared a plan on how to render the site safe. Unlike the other legs of the exercise, this phase was slow as the EOD team, led by Sgt. Jacob Wolford, also of 630th EOD, methodically checked every surface for a possible risk.

The table where MPs had noticed the suspect's ID earlier, was rigged with explosives. Wolford carefully crawled under the table to disarm the homemade device.

"Everything done here should be a whole lot more safety oriented for the (EOD) team. Where in Afghanistan, the safety is more on the unit we are out there supporting. Sometimes we have to work fast and that can be somewhat unsafe because you can't leave them out there getting shot out or rocketed," Bray said.

The exercise allowed the EOD team to teach law enforcement about HMEs while also honing their skills at home.

One-by-one Wolford and his team carefully taped grenade pins in place, cut wires, analyzed chemicals, surveyed for boobytraps and tested the air for chemical agents. Eventually the site was rendered safe.

### PRESS CONFERENCE

As the day's events wound down, the final exercise put the incoming Garrison Commander Col. Stephen Shrader on the spot in front of the media.

A press conference held in the lobby of 1st Infantry Division Headquarters included mock reporters asking questions similar to what he might have been asked if the exercise had been real.

The press conference lasted about 10 minutes before it was shut down in the manner it would be had it not just been an exercise.

### DAGGER Continued from page 1

in the history of warfare — can deploy swiftly to meet any crisis and any foe."

Gardner also paid homage to the families of the Soldiers, stating that they are America's greatest treasure.

During his speech, Kolasheski described a number of the brigade's accomplishments while under Gardner's

He also talked about the brigade working with a couple dozen partner nations during its vital nine-month Atlantic Resolve reassurance mission, and its resounding success against the enemy opposition forces during the Joint Warfighter Assessment at exercise Combined Resolve X in



Staff Sqt. Wallace Bonner | 2nd ABCT Col. David W. Gardner, commander, 2nd Armored Brigade Combat Team, 1st Infantry Division, passes the brigade colors to Maj. Gen. John S. Kolasheski, 1st Inf. Div. and Fort Riley commanding

command.

He said that during their National Training Center rotation at Fort Irwin, California, it was the first element in three years to be able to advance their engineer assets far enough to breach the enemy obstacle belt and continue fighting.

Grafenwoehr and Hohenfels, Germany, where the brigade was able to work with the division headquarters element.

Gardner's next assignment will be as the commander of the operations group at the Joint Regional Training Center in Fort Polk, Louisiana.

general, during the brigade relinquishment of command ceremony at Victory Park, Fort Riley, July 9. The passing of the colors represents the relinquishment of authority by the commander.



#### HOME OF THE BIG RED ONE

JULY 20, 2018 | 7

### Storm damage, pests, and over grown vegetation can adversely affect outside of your barracks

By Andy Massanet 1ST INF. DIV. POST

Editor's Note: This is the third and final part of the series about how Soldiers' barracks are maintained at Fort Riley. This part deals with finding and addressing issues with the outside of the barracks.

Extreme Kansas weather and a variety of pests and plants make it necessary for barracks managers and/or company first sergeants to sustain inspections of the outside condition of barracks.

### **INSPECTIONS AND COMMON TASKS**

Practically speaking, you start the inspection each and every time you pull into the parking lot, said James Weaver, area manager for the Army Barracks Management Program.

"On pitched roof buildings I like to start with the ridge cap and work my way down," Weaver said. "Visually checking the shingles, guttering, downspouts, splash blocks, fascia board, soffit, windows, and that there is positive drainage away from the building. It is necessary to visually inspect the back of your barracks as well."

In the training provided for incoming barracks managers provided by garrison staff in charge of the Army Barracks Management Program on post there are several issues related to keeping track of issues related to the outside of barracks.

According to that training, "units are responsible for the grounds maintenance within 50 feet of the unaccompanied housing building and all ancilareas, outdoor grills, tables, benches, sidewalks, green space and parking areas."

Common tasks are identified as the following:

- Sweeping paved areas such as sidewalks and parking areas.
- · Grass mowing and edge trimming of green space.
- Removal of snow and ice from sidewalks, entry steps, stoops and service drives.
- Removal of volunteer saplings growing next to the foundation of a building.
- Providing general grounds and landscaping maintenance to ensure positive water drainage away from the building foundation.
- · Conducting routine entomological and pest preventive maintenance (as appropriate for exterior of footprint).
- Policing of trash and litter and emptying of building trash containers or receptacles (does not include dumpsters).
- Reporting parking lot light outage to Directorate of Public Works for repair.

Volunteer saplings mentioned above are the beginnings of trees that have germinated next to the foundation of the building.

According to the www.gardeningknowhow.com website, volunteer saplings — also called weed trees — are typically trees like black walnut, mulberry or maple trees that produce large amounts of seeds with a high germination rate.

Garrison training for bar-

down all voluntary saplings ... before they grow into trees. The root systems can crack the foundation of a facility. Also the root systems of voluntary saplings can damage the sewer line and water line."

#### **BUGS AND VERMIN**

Conducting routine pest preventive maintenance is also important, Weaver says, because insects and other vermin are lured inside by the availability of food, shelter and living conditions, but usually get in because doors and windows are left open. Animals that can work their way into barracks include bats, skunks, raccoons, possums, snakes, squirrels and birds.

Some can also be rabid or carry parasites.

If pests get inside the barracks, managers should call the DPW at 785-239-0900 to have them removed.

### CHECK THE INFRASTRUCTURE

In addition, barracks managers should visually check sidewalks, hand rails and down spouts, as well as roof shingles, fascia board, storm water drains, windows, entry doors and all common areas for damage.

This is particularly important after storms.

Barracks managers are authorized to address minor issues - called repair and upkeep, or R&U maintenance - through completion of self-help training. Personnel responsible for R&U will draw supplies with a green R&U card.

Items that require work from the DPW are initiated

Courtesy photos Extreme Kansas weather and a variety of pests and plants make it necessary for barracks managers and/or company first sergeants to

~~~

conduct inspections of the outside condition of barracks. Animals that like to come inside include raccoons and snakes. Unwanted plants that grow next to a building, called voluntary saplings, must be eliminated. Damaged shingles must be repaired before roof damage begins.

Maintenance Orders and begin tiveness, is a hazard to human with a call to the DPW service life, safety or health, will cause order desk at 785-239-0900. significant damage to a facility or The DMOs are tracked by the infrastructure, compromise secuenterprise Military Housing the rity or safety or negatively affect housing operations web-based the mission or productivity for application, as mandated by an entire operation or group. It the Office of the Secretary of includes, but is not limited to, Defense and managed at each the failure of a utility, fire protection, security alarm system, stopped-up sewer, and fire haz-**REPAIR PRIORITIES**

ards. Response time one hour. Priority 2, urgent — includes work required to correct a condition which could become an emergency, seriously affect morale, or has command emphasis. It includes situations that, if left uncorrected, will measurably reduce productivity, cause discustomer, waste resources, create the need for additional minor repairs or may escalate to an emergency. Response time seven davs

Priority 3, routine — consists of maintenance issues that are a low priority and will be performed after higher priority service orders are completed. If left uncorrected, the service order may cause measurable discomfort or inconvenience to the customer, waste resources or create the need for additional minor repairs. Response time 30 davs

First sergeants needing more information for Soldier training as barracks managers, please call



garrison.

They are:

Priorities are established for

Priority 1, emergency -

all DMOs according to urgency.

consists of work required to

correct a condition that, if not

addressed quickly, may be det-

rimental to the mission, cause a

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GARRISON Continued from page 1

After the appreciations were given the ceremony officially started with the firing of Old Glory, a replica of an 1855 model three-inch ordnance cannon.

In his last official act, Lawrence accepted the garrison colors from Bristow. He then passed them to McCullough to signify a successful completion of command.

She passed the garrison colors to Shrader, who in his first official act, passed them to Bristow. With those brief moves, the change of command was complete and it was time for brief remarks to bid farewell to the Lawrence family and welcome the Shraders.

FAREWELL AND WELCOME

Lawrence frequently shows a propensity toward modesty. He is quick to credit the team he led for the successes they accomplished while down playing his role over the last two years.

Maj. Gen. John S. Kolasheski, 1st Infantry Division and Fort Riley commanding general, was quick to put the credit for many successful tasks squarely on Lawrence's shoulders.

"There are few jobs in the Army as unique and challenging as commanding a garrison," Kolasheski said. "John Lawrence has met that challenge, ignored its difficulties and excelled beyond anyone's expectations," he said.

He spoke to an audience, including many civilians from outside of the post who have built relationships with Fort Riley under Lawrence's command.

A garrison commander has the unenviable task of managing the demands, expectations and desires of about two dozen agencies, all the Soldiers on post, their families, and the communities inside and outside of the gate.

"It takes a special officer to simply make it through command without inciting a revolt of some kind." Kolasheski said. "John is not just a special officer, he is truly a unique officer."

McCullough had similar words of praise and appreciation for Lawrence. She pointed out some of the difficult situations, which many people may not have been fully aware of because of the way they were handled.

"Col. Lawrence will tell you the many accomplishments he achieved during his command here at Fort Riley were due to the contributions of the installation team, and in many cases that is true," she said. "We stand on the shoulders of greatness; however, it was John's leadership that was the driving force for most of that success. His two-year command was marked by transformation, innovation and challenges due to increases in mission support requirements and extreme fiscal restraint."

In the face of Department of the Army mandated Lawrence reductions, developed a plan of action that resulted in zero layoffs of the civilian forces.

True to his fashion, Lawrence praised and recognized the team he has led for two years.

"This team is continuity to the division," he said. 'They synchronize the effort of 97 separate partners and they are truly the heart and soul of Fort Riley."

After recognizing all of the civilian employees and the city and county leaders from outside of the gates he turned to his wife to give additional appreciation where it belonged. Several women in the audience smiled and dabbed their eyes as they listened to Lawrence publicly affirm his love for the woman who has stood by his side for 25 years.

Simultaneously with the farewells to the Lawrence family, Shrader and his family were welcomed.

"Enjoy your time in command, it will go by in a blink of the eye," Lawrence advised Shrader. "After our short time together during transition, we couldn't be happier to leave this command in your capable hands and I know you will lead this garrison to new heights."

Kolasheski and McCullough echoed similar sentiments in their welcoming remarks.

"While we will miss the Lawrences, we welcome the Schraders," Kolasheski said. "I think the Army picked the right team for the job."

Closing out the ceremony Shrader took his turn at the podium. He expressed his thanks for a smooth transition and gave his commitment to following the example that was set before him.

"I am falling in on the great footprint of John Lawrence and what the garrison has already established over the last few years," he said.

Although this is his first time at Fort Riley, he has become somewhat familiar with the area through his wife who came here a year ago.



Will Ravenstein | POST **ABOVE:** Members of the 1st Infantry Division Artillery, led by Sqt. Eric Pennington, fire "Old Glory," a replica of an 1855 model three-inch ordnance cannon. Firing of the cannon signified the official start of the garrison change of command ceremony at Ware Parade Field on Fort Riley July 13. RIGHT: Col. John D. Lawrence embraces Command Sgt. Maj. Andrew T. Bristow II after the change of command ceremony July 13 at Ware Parade Field in front of the Fort Riley Garrison Headquarters. Lawrence retired after nearly 35 years of Army service that began and ended at Fort Riley.

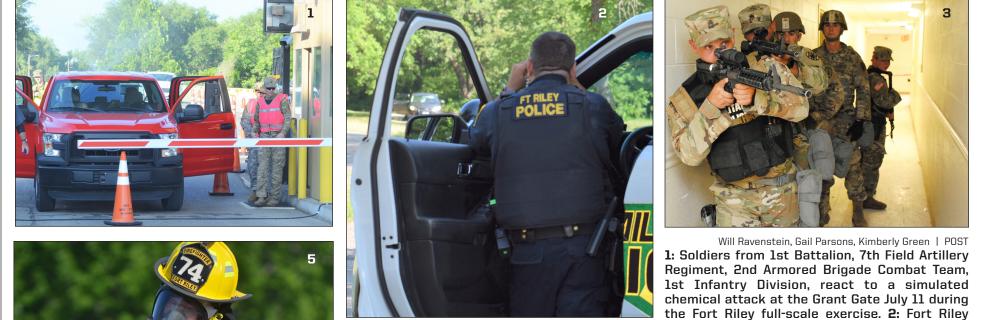
She has been immersing herself in the local communities and their children are enrolled in Geary County Schools.

"I can't say enough how awesome the community has



been to my family who's been here without me for a year," he said. "I dropped them off last summer to go to Afghanistan. They have had the benefit of enjoying what the Flint Hills have to offer."

In his opening remarks he made a comment, which he is sure to repeat many times in the coming years, "I am proud to say, my name is Col. Stephen Schrader and I am a 'Big Red One' Soldier."





Full-scale exercise



Police Officer Lt. Casey Sparks watches for movement from a vehicle parked at the far end of the Moon Lake. 3: Staff Sgt. Nick Manning, Sgt. Xavier Roman, and Spc. Paige Weimer, 97th Military Police Battalion work together with Explosives and Ordnance Disposal specialists 1st Lt. Kevin Lewis and Sgt. Jacob Wolford, 630th Explosive Ordnance Disposal, 242nd Ordnance Battalion, 71st Ordnance Group, 20th Chemical, Biological, Radiological, Nuclear and Explosives Command, to clear a building after a homemade explosives lab was found. 4: Fort Rilev law enforcement move in and draw down on a vehicle as it tried to depart from far end of the Moon Lake. The occupants of the vehicle were the suspect from an earlier chemical release at Grant Gate, and two hostages. 5: Fort Riley firefighter Sam McCallum radios in his report from the scene after responding to the reported chemical attack at Grant Gate.

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Community Life

JULY 20, 2018

FORT RILEY, KANSAS

Soldiers get to Slam 'N' Jam at Warrior Zone event

Dunk, video game, "21" contests allow Soldiers to hoop it up

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

July 14 the staff at Warrior Zone hosted a Slam 'N' Jam competition featuring three basketball-oriented events; a "NBA 2K18" video game tournament, slam dunk competition and a "21" competition. The latter two were held on the court outside in the rear of the facility.

The "NBA 2K18" and "21" tournaments were bracket-style tournaments with the best from each round progressing forward to their respective finals.

"People here get along. ... Some smack talking but not too much."

PVT. KENYALL HEGWOOD | 1ST COMBINED ARMS BATTALION, 18TH INFANTRY REGIMENT, 2ND ARMORED BRIGADE COMBAT TEAM, 1ST INFANTRY DIVISION

INSIDE

Wildcat men's basketball team holds private camp for Soldiers and their families, **PAGE 12**.

The slam-dunk contest featured four competitors that were given the opportunity to show off their style in front of the judges in two rounds. The first rounds eliminated one competitor with the final round deciding the victor. D ARMS will win the ro ARMORED ton Williams, ager, Warrior for all, basicall one-on-one for Alexander, upped the pr

Sgt. Aquai Alexander, Company A, 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, took top honors in the dunk competition. His style was voted best in class as he leapt from just inside the charity stripe towards the hoop for his dunk.

Each contestant was given three opportunities each round to perform the best dunk they could for the judges.

The "21" tournament was harder to advance through as

contestants had to square off in one-on-one-on-one against three opponents.

"Whoever can reach 21 first will win the round," said Quinton Williams, recreation manager, Warrior Zone. "It's a free for all, basically one-on-one-onone-on-one for \$100 prize. We upped the prizes since we got more sponsors for it. One point for inside the arch and two points outside the arch. They score their points, then shoot from the free throw — then they clear it up at the top of the arch (reset the action)."

The tricky part, Williams said, is if a player reaches 20 points and misses the ensuing free throw their points are reset to 13 forcing them to rebound and play catch up.

Pvt. Kenyall Hegwood, 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Inf. Div., was among the players in the first group to play. While vastly shorter than his opponents that did not stop the Monroe, Louisiana, native from winning his round.

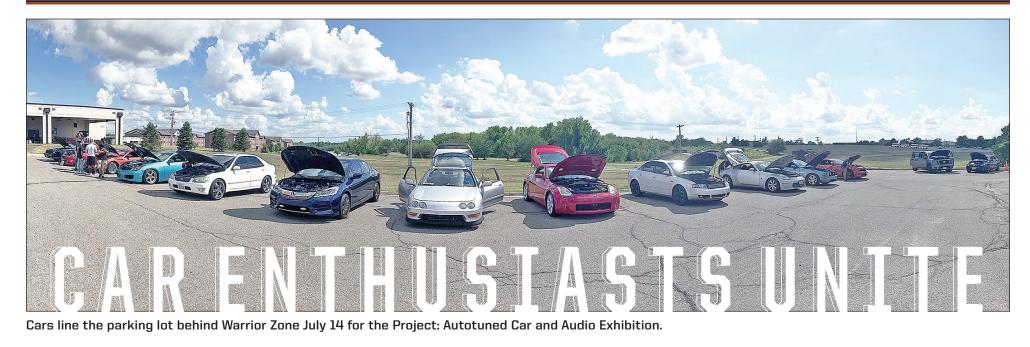
"It's just like street ball," he said. "It's more pushing each other (motivation wise) than in being in the civilian world where people be arguing and stuff. People here get along. That's what I like about. Some smack talking but not too much."

Hegwood stated that he appreciated the fact that he was able to meet new people and have a fun time playing basketball.

"Everyone worked together. No one was talking negative we all pushed each other," he said. "It was a good experience."



Pfc. Steven McCeff, 82nd Brigade Engineer Battalion, 2nd Brigade Combat Team, 1st Infantry Division, deflects off of Alex Mabry, husband of Pvt. Kimberly Horton, 24th Composite Truck Company, 1st Infantry Division Sustainment Brigade, July 14 at the Warrior Zone "21" Tournament.



Soldiers show off rides during Warrior Zone's car and audio exhibition

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

housands of dollars in modifications were on display July 14 as Warrior Zone staff hosted Project: Autotuned Car and Audio Exhibition. Close to 20 cars filled the back parking lot as

close to 20 cars filled the back parking lot as owners competed for a prize pack that included a detailing kit and trophy.



"A lot of guys are do-it-yourselfers and they do it in the parking lot or the car craft center on post, and it's a great place to show your stuff off."

STAFF SGT. DALLAS LANSINK | 5TH SQUADRON,

PAGE 9 🔺

The idea for the car show came from the love one of the Warrior Zone employees had for his vehicle, according to recreation manager Quinton Williams.

"The ambition is whatever my employees enjoy, I'm assuming the customer base will enjoy," he said. "He (Chris Taylor) loves cars and I'm sure there are more who love cars ... Whatever works for my employees I feel that should work for my customers as well. I feel there is always an interest in something."

Staff Sgt. Dallas Lansink, 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, was the first to show with his 1987 Buick Grand National. The Holstein, Iowa, native said that the car show gives him an opportunity to meet other enthusiasts that he might not normally see on a day-to-day basis.

This 2010 Chevrolet Camero SS, owned by Sgt. Dasha Long, 2nd Armored Brigade Combat Team, 1st Infantry Division, was one of over a dozen cars that filled the parking lot behind Warrior Zone July 14 during the Project: Autotuned Car and Audio Exhibition.

4TH CAVALRY REGIMENT, 2ND ARMORED BRIGADE COMBAT TEAM, 1ST INFANTRY DIVISION

"I think it's a great opportunity, especially to get cohesion among people that you normally wouldn't see," he said. "You can see what kind of styles everyone else is into and what they have done to their vehicles. A lot of guys are do-it-yourselfers and they do it in the parking lot or the car craft center on post, and it's a great place to show your stuff off."

Caguas, Puerto Rico, native Spc. Krystian Dross, 5th Sqdn., 4th Cav. Regt., 2nd ABCT, 1st Inf. Div.,

See CARS, page 11

Automotive Skills Center handy resource

Do-it-yourselfers get opportunity to hone skills, save money

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

No one likes to jump into their vehicle to find the check engine light on, or to be driving down the road and hear a strange noise coming out from underneath their ride.

For the most skilled mechanic, to the Soldier looking to save some money by doing some work himself or herself the Automotive Skills Center could be the right place to visit.

"We offer quite a few services," said Rick Newlon, senior mechanic. "We have a tire changing facility. We have a paint and body facility, AC services, suspension services, a machine shop for doing some engine internals and 39 bays with 16 lifts."

The employees offer a free class to explain the operation of the lifts in the bays which includes a tour of the facility, Newlon said. Bays are rented by the hour based on which type is needed for the project.

"There is a \$5 an hour fee for a flat bay and a \$6 an hour



Staff Sgt. Donald Creasman, Company B, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, works on the rear suspension of his 1997 Jeep Wrangler in one of the bays at Fort Riley's Automotive Skills Center July 13. The bays can be rented by any DOD cardholder for a nominal fee by the hour with tools available for use.

fee for a lift bay," he said. "That comes with tools if they choose to use them. They don't have to use our tools, but it is an option.

Then they get five brass tags with the bay number on them so they can get specialty tools out of our tool room that is pretty well equipped with stuff that would be expensive if they had to go buy it. They turn in one tag and can get a tool of their choice up to five pieces to get the job done they are trying to achieve." The Automotive Skills Center is geared for the automotive enthusiast who knows what they are doing, but the employees are there to help Soldiers interested in learning more about self-maintenance of their vehicle.

"It's for the car enthusiast but at the same time, if you don't want to pay the high prices downtown, you can come here and learn it," he said. "For someone who has never changed oil, we've had

MORE ONLINE

 For a complete list of hours and services offered within the Automotive Skills Center visit, https:// riley.armymwr.com/ programs/automotive.

a lot of first timers, we try to walk them through it one-onone. All they have to do is ask and someone will come out and show them how to do it. That's what we are here for."

Having the option to work on his own vehicle is what led Staff Sgt. Donald Creasman, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, to work on his 1997 Jeep Wrangler's suspension.

The Graysville, Tennessee, native said that having the facility on post is great as it allows people to ask for help if they get to where they need it.

"They're here to help you out, they're not going to do it for you," he said. "But if we get stumped they don't mind coming out and helping out. Most of the people that are in here are great about helping too. Everybody works together too."

See SKILLS, page 11

World Cup watch party brainchild of Warrior Zone

Soldiers unite at facility to see France take down Croatia

By Kimberly Green 1ST INF. DIV. POST

Soldiers showed up early to the Warrior Zone July 15 to join millions of soccer fans around the world in watching the 2018 World Cup tournament finals between France and Croatia.

Croatia was the underdog with less than a five percent chance of making it to play in the finals and they were the strong favorite to win among the Soldiers present at the Warrior Zone.

Red, white and blue flooded the Luzhniki stadium as more than 70,000 fans of both Croatia and France piled into witness a piece of World Cup history. This year's tournament was full of upsets. Germany, Brazil and Spain were all knocked out early leaving space for more ob"Watching with other people is always better than watching alone.

... It's unlike any other event — it's an amalgamation of all cultures from different backgrounds."

STAFF SGT. QUILLON WILLIAMS | COMPANY B, 82ND BRIGADE ENGINEER BATTALION, 2ND ARMORED BRIGADE COMBAT TEAM, 1ST INFANTRY DIVISION

scure teams, such as Croatia, to battle it out for the crown.

Although it was stormy weather for the players in Russia, Soldiers filled the Warrior Zone on Fort Riley

See WORLD CUP, page 11

FORT RILEY POST-ITS

BETTER OPPORTUNITIES FOR SINGLE SOLDIERS

BOSS Your needs representatives! To continue the great activities planned and to plan more.



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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.

USD 475 SUMMER LUNCH PROGRAM

Now through July 27 at 12th Street Community Center and Dorothy Bramlage Public Library

Breakfast also served at Junction City High School 8 - 9 a.m. USD 475 Child Nutrition Services www.usd475.org or call 785-717-4000

CYS CHILDCARE HIRING EVENT

Do you or someone you know love working with children and are looking for a job? Join us for the Child and Youth Services Childcare Provider hiring event July 24 from 9 a.m. to 1 p.m. at 6620 Normandy Drive.

- Wondering what you should bring with you to the event?
- Hardcopy federal resume with three professional references
- High School Diploma/GED or College Transcripts
- Social Security Card and Birth Certificate/Passport
- Appropriate interview attire as interviews will be conducted during the event
- Applicants are encouraged to apply early at www.USAJobs.gov (Search Keyword: "NAF," Location: "Fort Riley" or in person at this event)

For more information, call 785-239-2325.

OUTDOOR ADVENTURE PARK OPENS

Check out disc golf course, the foot golf course, climbing wall or zip across the air on the zip line.

Outdoor Adventure Park hours

Sunday through Tuesday, 10 a.m. to 7 p.m.

Wednesday - CLOSED

Thursday through Saturday, 10

a.m. to 7 p.m.

Visit the food truck from 11 a.m. to 1:30 p.m. weekdays and 11 a.m. to 2 p.m. weekends. The snack bar will also be available after the food truck leaves.

Book the family obstacle course and zip line tower online at webtrac.mwr.army.mil/webtrac/rileycyms.html.

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.

SUMMER READING PROGRAM

The Fort Riley Library will host story time every Wednesday at 1:30 p.m. come listen to a story, enjoy a snack drink and a creative craft. This event does count towards the Summer Reading Program minutes for each participant.

TACO TUESDAY AND PASTA WEDNESDAY

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

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.

FORT RILEY REEL TIME THEATER SCHEDULE

Friday, July 20 Incredibles 2 (PG) 7 p.m. Saturday, July 21 Teen Titans Go! To the Movies (PG) 2 p.m. Jurassic World: Fallen Kingdom (PG-13) 7 p.m. Sunday, July 15 Incredibles 2 (PG) 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

FORT RILEY LEISURE TRAVEL

Discount tickets are available for events in the surrounding area as well as major theme park destinations.

Great Wolf Lodge - Kansas City Hotel: Blackout dates apply. Water park 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.

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COMMUNITY CORNER

Proud to call Fort Riley home

Incoming garrison commander: Support will be top priority

By Col. Stephen Shrader FORT RILEY GARRISON COMMANDER

n Friday July 13, I had the privilege and honor to become the 86th garrison commander of Fort Riley. For the past 23 years, my family and I have enjoyed phenomenal assignments

spectacular 7,000-square-foot museum and more archived history of the Army than you can imagine. Their museum tour called "The Soldiers Experience" is an interactive one that allows you to experience the tour through the eyes of a Soldier who lived the history. Small cards, about the size of a credit card, are broken up by major conflicts such as World War I, World War II, etc., and each card includes the name of a Soldier from that conflict. The card can be inserted into interactive displays as you walk through the museum and you learn about your Soldier's experience. Because 2017 was the 100th anniversary of World War I, I chose to select a card from that stack. It turns out that I picked the card belonging to Pvt. Donald D. Kyler, a young Soldier assigned to the 16th Infantry Regiment of the 1st Infantry Division. Out of a stack of literally hundreds of cards, I picked one of a Soldier assigned to the "Big Red One" during World War I. I don't believe in coincidence and considered that an omen of good fortune because I would soon be serving as the garrison commander for the home of the "Big Red One." I still have Kyler's card and keep it as a reminder that supporting the Soldiers and families of Fort Riley and the "Big Red One" remains our top priority. To the U.S. Army Garrison Fort Riley — I want to thank the former garrison commander, Col. John D. Lawrence, and his wife, Sheila, for the outstanding transition they provided over the past few weeks. Fort Riley has truly been blessed by their efforts over the past two years. I also want to thank and say "job well done," to the entire Fort

Riley Garrison team, not only for what you do each and every day to support the Soldiers and families of Fort Riley, but also for providing world class transition briefs and being true professionals. In the year leading up to command, many senior leaders and senior civilians spoke to me about how fortunate I was to be heading to Fort Riley because of the outstanding work and innovation by the garrison. After spending the past few

Irwin Army Community Hospital Missed appointments are missed opportunities for others. PROVIDER **NO-SHOW PATIENT** WOULD BE PATIEN









Taco Tuesday features an all-you-can-eat meal with a

to installations all across the United States. As newlyweds, Tiffany and I purchased a "Home is where the Army sends us" decorative wooden house. From it, you can



Colonel Shrader

hang small wooden hearts painted with the name of each Army post and the dates we were assigned there. Each time we move to a new assignment, the ritual hanging of the little house makes the permanent change of station official and gives us the opportunity to reflect on the amazing units we were assigned to, the friends we've made, and the communities we've been a part of. We are extremely excited and proud to finally add Fort Riley, Kansas, to one of the hearts on the little house.

About a year ago, just after finding out I was selected to be the garrison commander of Fort Riley, my wife, Tiffany, and I went to the U.S. Army Heritage and Education Center in Carlisle, Pennsylvania. It, is the Army's primary historical research facility and houses a



weeks with the garrison, I an truly impressed by what you have accomplished and excited about what we can achieve in the coming years to benefit the Soldiers and families of Fort Riley.

To the local community - Junction City, Manhattan, Ogden, Riley and the greater Flint Hills Region — thank you for welcoming my family and all the families of Fort Riley. It has been my privilege to meet most of the community leaders and organizations over the past few weeks and I have to say that I am excited about the opportunities that exist between the Flint Hills Region and Fort Riley. I look forward to nurturing the network of relationships and partnerships that make Fort Riley and the surrounding community great.

To the Soldiers and families - I stand committed to ensuring the garrison continues to provide the best support possible. We are the Army's home, and we are proud to serve the rugged professionals and families of Fort Riley!

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

Club Beyond - Faith Based Youth Program

WORSHIP

Protestant Services	
Victory Chapel ChapelneXt Protestant Service	239-0834
Sunday Worship	
Children's Church	
Morris Hill Chapel Gospel Protestant Service	239-2799
Sunday School	0900
Sunday Worship	
Main Post Chapel Traditional Protestant Service	239-0834
Sunday Worship	
Catholic Services	
Victory Chapel	239-0834
Sunday Mass	
Sunday Catechism	1000
Saint Mary's Chapel	239-0834
Sunday Mass	
Mid-day Mass- Mon., Wed., & Fri	
IACH Chapel	239-7872
Mid-day Mass- Tue. & Thur	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

Grades 6th - 12th, Meets Sundays d MS/HS Youth 1830-2015 at Victory Chape 785-370-5542 Club Beyond is a Nor AWANA Resumes in Fall 785-239-0875 Protestant Women of the Chapel PLC (PWOC) Resumes in Fall Check for ummer Gatherino or Facebook "Fort Riley WOC or more inform Catholic Women of the Chapel (CWOC) Resumes in Fall Check for



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JULY 20, 2018 | 11

CARS Continued from page 9

appreciated the fact that Warrior Zone employees hosted the event.

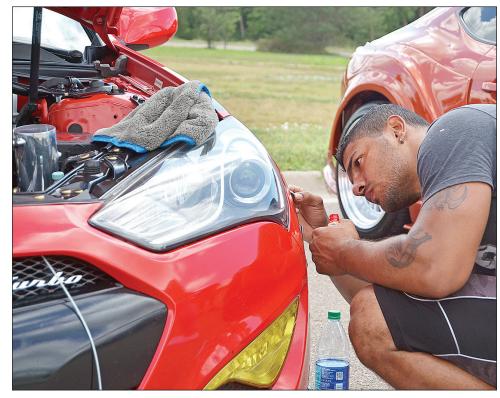
"It's actually pretty cool," he said. "People try to invest in their cars and try to get into the car game. The fact that they give them the opportunity to give them motivation and more ideas (on how to improve their car) is a good idea."

Dross showed off his Deadpool-themed 2013 Hyundai Genesis R-Spec. The red and black car featured bulletshaped spiked lug nuts on white rims.

"I bought it in 2015 and spent \$9,000, maybe \$10,000, just in upgrades including the rims and everything," he said. "I put it out on Facebook to help me give it a name and everyone agreed that it had to be 'Deadpool.' Then the movies started coming out and it was very popular. I started to do it that way to keep the flow together."

Both competitors agreed that while they would like to win, it was more about getting out and showing off their vehicle while looking at what others have done to their rides.

"I just really enjoy it, even if I go to a car show and I don't win or place, it's still worth the money to pay the registration fee just to see the reaction on people's faces," Lansink said. "Especially with a car like mine I get a lot of comments from the older crowd saying, 'my old friend had one of these back in the day'



Will Ravenstein | POST

Caguas, Puerto Rico, native Spc. Krystian Dross,5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, showed off his Deadpool-themed 2013 Hyundai Genesis R-Spec. The red and black car featured bullet-shaped, spiked lug nuts on white rims. "I bought it in 2015 and spent \$9,000, maybe \$10,000, just in upgrades including the rims and everything," he said. "I put it out on Facebook to help me give it a name and everyone agreed that it had to be 'Deadpool.' Then the movies started coming out and it was very popular. I started to do it that way to keep the flow together."

or 'I use to have one of these but I got rid of it because I had kids.' Or, someone's aunt, uncle, grandma had one and it brings back memories of a lot of fun times. It's definitely a crowd pleaser. Even if I don't win I enjoy seeing the looks on people's faces and the conversations I have with people."

Dross added that life is not about competition; neither should the car shows be about it either.

What I think is when you support other people and not punk them out with your ride, you are actually teaching them how to be more family wise instead of about competition,"

he said. "This is not about competition — this is about a hobby that people like. Every state, I'm sure, has an activity like this. That is the important part — is teaching people to be closer instead of about competition. Not everything in life has to be about winning."

SKILLS Continued from page 9

Newlon echoed the message that employees were there to help he admitted there are things that are better left to the professional shops.

"We do not authorize them to break open an automatic transmission," he said. "Simply because when you break one down you've got a horrific amount of parts and it takes a pretty good skill level to achieve an automatic transmission. We highly recommend they take those to transmission shops because they will get in over their head and that is something that we don't do a lot of personally or haven't done personally to get them out of that situation." With the bays being rented by the hour, Newlon said there comes a time when a project may take longer than expected. Soldiers are welcome to leave their vehicle at the center. They have two options in doing so. There is a \$5 overnight storage fee to hold the vehicle on the property. That applies whether the vehicle is inside or outside. Newlon warned that if the vehicle is left in a bay the bythe-hour fees resume once the Automotive Skills Center opens for business the next operating day. "You can leave at the end of the day and then come back," he said. "Those fees start back when we open for the day because it's occupying the bay. That's what a lot of people misinterpret. It starts costing them a lot of money. I have a vehicle that's been in here for over a month and those fees are over \$45 a day when they start adding up 'cause it's in a lift bay. I can't rent that bay out because a vehicle is sitting in it." There is a new program being finalized that will allow Soldiers the opportunity to schedule an appointment and drop off their vehicle for service. It is the hope to have this program going in the beginning of the next fiscal year. However one decides to go, do-it-yourself or drop-off, once they get that going, Soldiers will need to bring the parts they need with them to work on their vehicle if they plan on replacing them. The Automotive Skills Center has emergency parts - fuses, light bulbs, oils and filters. "It's more of the emergency needs, but we don't have it for everybody," Newlon said. "It's just best if they bring their own merchandise to put on their vehicle."

WORLD CUP Continued from page 9



Kimberly Green | POST

Soldiers at the Warrior Zone watch as Croatia misses a shot in the 78th minute of the World Cup finals July 15. France won 4-2.

TUESDAY TRIVIA CONTEST

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The question for the week of July 17 was: Where can I find voting assistance information?

Answer: www.riley.army.mil/Services/Fort-Riley-Services/Voting-Assistance/

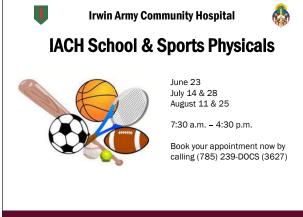
This week's winner is Sandra Schulz, mom of Pvt. Wyatt Smith, 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division.

Pictured above are Sandra and Wyatt.

**CONGRATULATIONS SANDRA!** 

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to take advantage of the large screen, comfy leather recliners and friendly competition.

Pfc. Wolly Jean, 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, from Baton Rouge, Louisiana, was rooting for Croatia even though his favorite for the crown, Brazil, was beat out by Belgium 2-1 in the quarter finals.

At the half, Croatia was down 2-1, but Jean was not deterred by their momentary setback. "They have played tough teams and they look good so far," he said. "They are creating chances and France has scored only off penalties."

Jean wanted to see Croatia take the crown for their first World Cup victory in soccer history, but a penalty kick at the end of the half was converted to a French lead by striker Antoine Griezmann changing the game's momentum.

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Gathering together to watch the World Cup is an international tradition and Soldiers at the Warrior Zone felt the same.

Watching with other people is always better than watching alone," said Staff Sgt. Quillon Williams, Company B, 82nd Brigade Engineer Battalion, 2nd ABCT, 1st Inf. Div.

Williams, originally from Guyana, Africa, who also calls New York City home, thinks it is the intermingling of many different cultures that makes the World Cup such an important event.

"It's unlike any other event — it's an amalgamation of all cultures from different backgrounds," Williams said. "The French team represents players who are Arabic, white, black that's how it should be."

Williams said that Croatia's team is no different in its diversity. It was not just the players on the field that represented multiculturalism.

Soldiers from Vietnam, Guyana, Honduras, El Salvador, Puerto Rico, New York City, San Jose and Baton Rouge were among the crowd enjoying the game and fellowship.

Quniton Williams, supervisory recreation specialist at the Warrior Zone, said that diversity in the Warrior Zone is not unique to the World Cup watch party.

We get everyone in here," he said. "Soldiers come from all over the place.'

To the disappointment of many Soldiers at the Warrior Zone, Croatia was not able to close the gap in the second half and they lost 4-2, giving France their second World Cup title in 20 vears.

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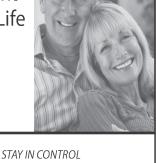
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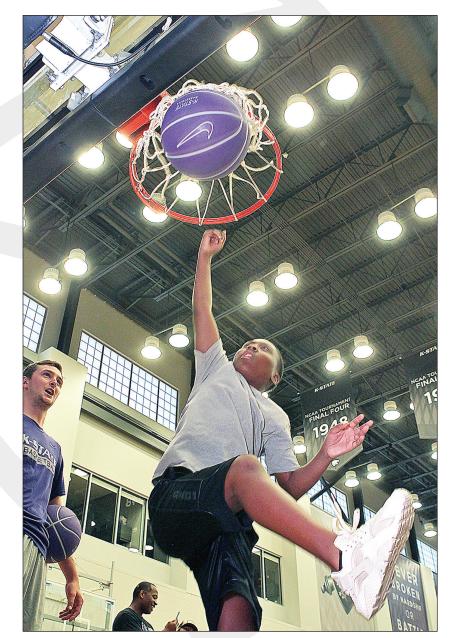


Myiah Grayson, daughter of Sgt. Wesley Hutson, 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, passes the ball the Kamau Stokes, Kansas State University men's basketball player, during a private camp for Soldiers and family members at the Ice Family Basketball Center July 11. The "First Lightning" Soldiers were invited by the K-State basketball team as part of a partnership between 1st Inf. Div. units and K-State.



Men's basketball team partners with 'First Lightning' Soldiers, families to conduct free workshop

Story and photos by Chad L. Simon 1ST INFANTRY DIVISION PUBLIC AFFAIRS



he Kansas State University men's basketball team hosted Sol-

diers and their families from 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, at the Ice Family Basketball Center on the K-State campus July 11.

The afternoon included a private hour-long basketball camp for the children of the "First Lightning" battalion, and Soldiers were able to play 3-on-3 as the K-State men's basketball team watched and cheered. The event concluded as players signed posters for attendees.

"It is an outreach of sort between both programs," said Capt. Billy Atwood, Company B, 1st Bn. 7th FA Regt., commander. "You have great neighbors in Fort Riley and great neighbors here with the Kansas State basketball team. The overall experience we get to have with our kids and our families here and to intermingle with basketball players is

phenomenal."

"It gives us a chance to give back to the community. Everything the military community does for us, it gives us a chance to let them into the facility and give a little of our time to the kids."

DEAN WADE | MEN'S BASKETBALL PLAYER, KANSAS STATE UNIVERSITY The Wildcats' success last season — reaching the Elite Eight of the NCAA tournament — added an extra element of excitement for the Soldiers in attendance.

"My kids are still pretty young, but for me as an adult, this is pretty awesome," said Sgt. Wesley Hutson, Co. B, 1st Bn. 7th FA Regt., cannon crew member. "We actually get to hang out and shake hands with players that have been on TV and played in the NCAA tournament." The K-State players said they

enjoyed providing fundamental skills training and sharing time on their practice court with Soldiers and their children.

"It gives us a chance to give

back to the community," said Dean Wade, All-Big 12 First Team coaches selection. "Everything the military community does for us, it gives us a chance to let them into the facility and give a little of our time to the kids."

For Atwood, the event was another way for him to spend time with his military unit and his family following a recent return from a deployment.

"It has been a great time here with my son; coming off a ninemonth deployment to Europe, family time is a premium right now," Atwood said. "Doing it here with the families of the Lighting battalion, it doesn't get any better than that."

The relationship between the First Lightning regiment and the Wildcats men's basketball team is one of several partnerships that exist between Fort Riley, the "Big Red One" and the university. That 10-year partnership will be officially renewed during a signing event at K-State Aug. 29.

### MORE ONLINE

• To see video from this story, go to: https://youtu.be/IZAcomMqbD4

### DID YOU KNOW?

• The **10-year partnership** between Fort Riley, the "Big Red One" and Kansas State University will be officially renewed during a signing event at K-State Aug. 29.

Fabion Clark, son of Spc. Alicia Byar, 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, supply specialist, dunks on a lowered basketball hoop during a basketball camp hosted by the Kansas State University men's basketball team at the Ice Family Basketball Complex July 11.



Dean Wade, Kansas State University men's basketball player, signs a poster for the daughter of a 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry **Division**, Soldier following an afternoon basketball camp at the Ice Family Basketball Center July 11.

### JULY 20, 2018 | 13

### FORM MATTERS

## Finding best way to use elliptical

#### **By Gail Parsons** 1ST INF. DIV. POST

Many exercises, like stretches and lunges, are great for increasing strength in the legs, especially when done with weights.

"You want your legs to grow stronger and sometimes bigger, more powerful," said Public Health Nurse Capt. Eddie Murray. "But that is not really going to tone them up. To get that nice, toned, chiseled look you have to do lots of repetition. Running does that, but at the same time the impact of running is not good for all people, especially if you already have back problems or knee problems.

When he was recovering from back issues he was told he could no longer run, which was difficult to hear because it was something he enjoyed.

"They said 'do the elliptical," he said. "But it's boring — I don't want to do that."

He tried it anyway, and discovered it was just as boring as he thought it would be.

He had a choice either risk the pain coming back or find a way to deal with the elliptical.

"I started changing it up and started learning how to do other routines to incorporate different things," he said. "You keep your legs moving the whole time. That's totally different than doing squats."

Once he started learning about the elliptical, he realized it didn't have to be so monotonous and there were ways to get the most out of a short amount of time on the machine.

"If I was just starting out, I would do it 30 minutes a day," he said. "If you are really trying to control weight or lose weight, especially body fat, I would do two sessions. I would do a 10-minute warm-up ses-

are dead set on wanting to lose 10 pounds this month, I would do it twice a day for 30 minutes and I would do it every day."

of the actual exercise. If you

### **PROPER FORM**

It would seem easy enough to just get on the machine and start walking, but Murray said it is not uncommon to see people slouching and not making the most of the workout.

"The biggest thing is body position; keeping your shoulders up, that stuff never goes away," he said. "Some people really don't put enough effort into it. You can monitor your heart rate, you can see what intensity you're at. If your heart rate isn't even getting above 100 you're wasting your time."

Keep the back straight, shoulders up, chest out, and eyes facing forward. To keep it from getting boring and to maximize the time on the elliptical he suggests switching from forward to backward about every five minutes and every minute change the arm movements.

Also be aware of the intensity levels and hand placement.

When you come in the intensity is usually set at level one," he said. "If the intensity is light then you are going to have to use more core so you don't go too fast. If you make the intensity heavier, it is going to be harder to move the pedals so it is easier to stay up."

Taking the hands off the bars is another way to give the core an extra work out because it has to be engaged in order to maintain balance.

Murray recently showed Taren Wolford, wife of Sgt. Jacob Wolford, 630th Explosive Ordnance Disposal, 1st Infantry Division Sustainment Brigade, ways to make her workout more

### Geary County youth to compete at Junior Olympics

### Special to the 1st Infantry Division

Seventeen athletes from Next Level Elite Track Club qualified at the Region 16; Kansas, Oklahoma, Missouri and Arkansas, track meet June 23 to 25. In doing so, they can now attend the 2018 AAU Track and Field National Junior Olympic Championships and compete with youth athletes from around the country.

This year the AAU Junior Olympics will take place at Drake University in Des Moines, Iowa, from July 29 to Aug. 5.

Adrian Walters will be competing in the 9-year-old boys shot put event in Des Moines..

Adrian was born on Fort Riley in 2009 and after his family spent time in Texas, Missouri and Germany, they returned to Fort Riley in March of this year. He became involved with

Next Level Elite track when his family moved back to Fort Riley.

Adrian is the son of Sgt. Quinta Harvey, who is with Company C, 101st Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, and Shaqueena Harvey.

"I am proud of myself for making it to the Junior Olympics my first year competing," said Adrian, who will be in 4th grade this fall at Fort Riley Elementary School. "My goal is to finish top-10 and also throw (the shot put) 20 feet."

Eight-five percent of the athletes on the Next Level Elite Track Team out of Manhattan, Kansas, qualified for the AAU National Junior Olympics.

Of the 17 youth that qualified for this year's Junior Olympic Games, seven are attending this national event for the first time, one of which is Adrian.

Next Level Elite track team athletes qualified to participate in 28 separate events.

Markus Severson, 10, will be in the fifth grade this fall at Wakefield Elementary.

Markus has been participating in the Junior Olympics since 2016.

"It might be hard to go to practice, but once it's over you know that it was worth something and not a waste of time," he said. "When I first started track I didn't know how good I was, but every year I felt like I knew more about how I was improving and got better at all of my events."

~~~

Markus qualified for the 10-year-old boys 800-meter race, 1500-meter race and the 4x400-meter relay.

Sienna Severson, 12, will be a seventh-grader at Wakefield Middle School this fall.

"I am most proud of the improvements I have made since I started track," she said. "To watch myself go from being about the middle of the pack to potentially getting on the podium at the Junior Olympics makes me feel really proud of the work that I have done to get here."

Sienna has been participating in the Junior Olympics since 2014. She came in first place in the 1,500-meter and 3,000-meter races at the regional meet this year and will be competing in both of these events later this month on a national level.

At the AAU Region 16 Track Meet, which includes qualifying athletes from Kansas, Oklahoma, Arkansas and Missouri (athletes must qualify at a district meet which was held in El Dorado, Kansas, to qualify to attend the regional meet), the Next Level Elite track club athletes set four separate Region 16 records.

Ja'Marcus Vornes set two regional records, one in the 10-year-old boys 800-meter race with a time of 2:25.38 and one in the 10-year-old boys 400-meter race with a time of 1:02.53.

Peyton Parker set a district record in the 10-year-old boys 1,500-meter race with a time of 5:05.43. The 10-year-old boy's 4x400-meter relay race, which consisted of Vornes, James Dunnigan Jr., Markus Severson and Parker, set the district record this year as well with a time of 4:44.64.



COURTESY PHOTO



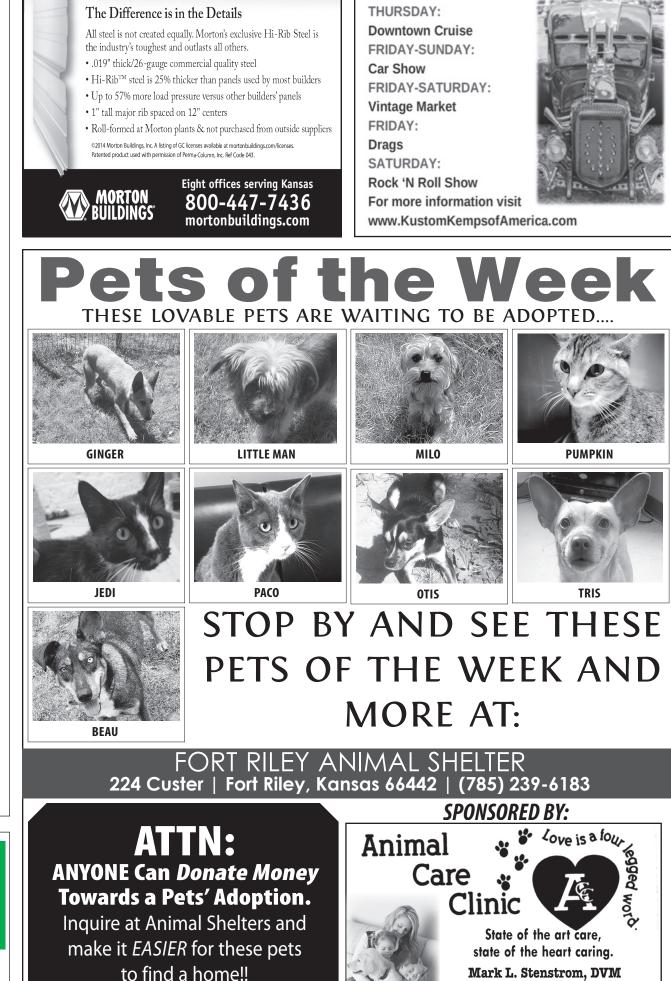


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- 1. Hold arms straight out in front. Hold this position until you feel stable.
- 2. Bring the elbows back and squeeze the shoulder blades together. Repeat motion for one minute. This move can also be done holding a towel or resistance band.
- **3**. Hold arms straight to the side with forearms facing forward and elbows in line with the shoulders.
- 4. Bring forearms up and then lower them. Repeat this motion for one minute.





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su do ku								
					9			2
							7	9
3	5			2				
	7							
5			6	4				1
	8	1				6		
		4	7				2	
8			2	1				
7					8		1	4

Level: Advanced

What Is su do ku?

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

- · Every row of 9 numbers must
- include all digits
- 1 through 9 in any order
- · 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	4	3	2	9	1	6	5	7
5	9	6	8	7	3	1	4	2
1	2	7	6	4	5	8	9	3
3	1	4	9	8	7	2	6	5
7	6	8	4	5	2	9	3	1
9	5	2	3	1	6	4	7	8
4	3	1	7	6	8	5	2	9
2	8	9	5	3	4	7	1	6
6	7	5	1	2	9	3	8	4

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Dancers perform the Can-can for an audience during the Dodge City Days.

Will Ravenstein 1ST INF. DIV. POST

"Get the Heck into Dodge." That's the motto for Dodge City, Kansas, and the reason why it keeps growing.

Dodge City was founded in 1872, a mere five miles west of Fort Dodge and midway between two major Indian crossings and the Arkansas River along the Santa Fe Trail. Its location made it a very important outpost offering protection and a supply point for troops engaged in the American-Indian Wars. Over the years Dodge City has seen booms and recessions from buffalo hunters and hide traders, to the years of cattle drives to the area before ultimately ending. Dodge City's reputation as the wildest town of the western frontier made lawmen such as Bat Masterson and Wyatt Earp legends in their own time while they fought to bring law and order to the streets. As the town thrived, thanks to the buffalo hunters, railroad workers, soldiers and drifters, shoot-outs and lawlessness reigned, creating the need for a burial place. That place was the Boot Hill Cemetery. At first there was no official cemetery in Dodge City and the more well-off citizens were buried in the post cemetery at Fort Dodge but those who weren't, were buried wherever it was convenient to dig a hole. Boot Hill Cemetery, even though it was only used until 1878, became the most famous burial ground in all of western lore and now holds prominence in downtown Dodge City.

was destined to be carried on by Dodge City's historic preservation of this famous past.

Dodge City plays host to a wide variety of attractions ranging from race tracks, theaters and museums to Historic Wright Park, Boot Hill Distillery and the Boot Hill Casino and Resort.



The residents of Dodge City invited visitors to experience 'The wild side of the state' at the 58th annual Dodge City Days. The 10-day event is the second largest festival in Kansas according to www.dodgecitydays.org. The first full day of activities starts at 11:30 a.m. July 27 with family fun at the Long Branch Lagoon, 111 4th Ave. Bring your Dodge City Day's lapel pin for \$4 entry per person and splash the summer day away. That afternoon the family fun continues as the Little Smokies Kids-Q competition takes place in Wright Park, 71 N. 2nd Ave. Watch as young barbecue chefs show off their grilling skills for bragging rights, cash and fun prizes.



Dodge City's famous law man Wyatt Earp stands watch in the park downtown reminding visitors of the town's colorful past.

with creative, lively, interactive displays and activities the entire family will enjoy. Boot Hill Museum is open all year long where you can belly up to the bar for a cold sarsaparilla, enjoy some of grandma's homemade fudge in the General Store or take home a lasting memento of your old west experience from the Boot Hill gift shop.

During the summer months, children's activities, gunfight reenactments, country-style dinners and the Long Branch Variety Show provides entertainment like none other. Cool off in the Beatty and Kelley Ice Cream Parlor before you become a character of the past in an Old West photo.

> **BOOT HILL DISTILLERY** 7 501 W. Spruce St.

In the spring of 1872 George M. Hoover loaded his wagon with whiskey barrels. He tied a bandanna to his wagon wheel and counted out exactly five miles west from the edge of Fort Dodge, Kansas, where the sale of liquor would be legal.

Hoover erected a tent bar, with only two sod pillars holding up a plank of wood for a bar and began selling to the soldiers and travelers passing through. From there Dodge City became western Kansas' largest trading post, leaving an indelible mark on American history, as well as pop culture.

In 2014 western Kansas farmers Roger and Hayes Kelman and Chris Holovach decided to revive the history and invested in western Kansas' first-ever craft distillery according to their website, www.boothilldistillery.com/our-story.

Open Wednesday, Thursday, Friday and

After Fort Dodge closed in 1882, things began to change and with the end of the cattle drives, by 1888, this illustrious period in history ended. It had become a legend that If more traditional eats are on your mind, visit the Boot Hill Museum Complex, 500 W. Wyatt Earp Blvd., for the Boot Hill Bull Fry and Bash.

Close out the first day by hoping on the mechanical bull from 9:30 p.m. to 1:30 a.m. at The Doctor's Office, 113 Gunsmoke St. and see if you can hold on for eight seconds.

Day two continues the fun with the Dodge City Days Western Parade showcasing floats sponsored by local businesses and clubs at 9:30 a.m. The Junior National Finals Rodeo qualifier will be held at 2 p.m. at the Roundup Arena, 608 S. 14th Ave. The evening closes with country star Justin Moore with special guest Mike Ryan performing at United Wireless Arena, 4100 W. Comanche St.

The complete schedule can be found by visiting www.dodgecitydays.org/ and click-ing on the schedule tab.



Relive the Old West legend of Dodge City through exhibits, education and entertainment.

The story of early Dodge City is told daily along Front Street with a rich history that dates back to the Native Americans who thrived off the land hunting buffalo, through the establishment of the Santa Fe Trail to the arrival of the U.S. Army displays explain the colorful and rowdy history of the town.

Boot Hill Museum is located on the original site of Boot Hill Cemetery and highlights the glory days of the Queen of the Cow towns



Gunfighter reenactors take a moment away from the action to pause for a photo during one of the historic recreations in Dodge City.

Saturday from 12 to 7 p.m. with tours offered on Fridays and Saturdays at 1 p.m., 3 p.m. and 5 p.m.



The Younger brothers are forever a part of history of the West at the Gunfighters Wax Museum.

GUNFIGHTERS WAX MUSEUM 603 Fifth Ave.

Visit the museum and see the life-size wax figures of famous western personalities like:

- Wyatt Earp
- Bat Masterson
- Doc Holliday
- Belle Starr
- Davey Crockett
- Buffalo Bill
- Calamity Jane
- Frank and Jesse James
- Billy the Kid
- And many, many more