

THE 1ST INFANTRY DIVISION POST



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FORT RILEY, KANSAS



ABOVE: Soldiers from 1st Platoon, 977th Military Police Company, 97th Military Police Battalion, get on line during civil disturbance training July 26 on Fort Riley. The training is part of the unit's Mission Essential Task List. **INSET:** Soldiers from the 977th Military Police Company, 97th Military Police Battalion, push back the opposing force acting as rioters July 26 during civil disturbance training on Fort Riley.



Civil disturbance training builds military police unit readiness

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

On July 26, Soldiers from 1st Platoon, 977th Military Police Company, 97th Military Police Battalion, formed a wall of clear plastic shields, which interlocked to deter the would-be crowd during a civil disturbance training in the 97th MP Bn. area.

This training is essential to have a basic background if there is ever a need to deploy the civil disturbance gear,

according to platoon leader 1st Lt. Jonathan Blakeman.

"(It's) very, very important because the concept of civil disturbance is you have demonstrators out demonstrating legally and then we come out and we are able to ensure that, while those demonstrators are demonstrating, if those protestors or demonstrators that are engaging in illegal activity such as looting or assaulting, that those personnel are apprehended," he said.

The Idaho Falls, Idaho, native said most people are doing what is legal — but there are a few that can make a crowd turn.

"So when we are going out, usually, you'll have your demonstrators that can make a peaceful demonstration rapidly turn into a non-peaceful demonstration," he said. "By having one agitator within the bunch, that agitator can rile up the bunch. If you can squelch that agitator, then the rest of that demonstration will calm down and it will become again a legal demonstration because it is lawful and allowed to be done."

See TRAINING, page 6

'Special Delivery' at Irwin Army Community Hospital

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

Sgt. Annika Walker, 267th Signal Company, Special Troops Battalion, 1st Sustainment Brigade, 1st Infantry Division, decided, after seeing her doctor and finding out that she wasn't quite ready to deliver, that it was time to kick start labor on her own.

She had no reason to think that this delivery would be any different than with her first child. Walker went home and ate pineapple, danced and drank red raspberry leaf tea in an effort to bring on her labor just as she had at the end of her first pregnancy. This time she added a step to her pre-delivery routine. She hoped that by drinking a homemade mixture called midwives' brew, which consisted of almond butter, castor oil, apricot juice and lemon verbena tea, she would be able to stimulate her contractions.

Walker's research led her to believe that, if this concoction worked, it would be many

hours before she would need to be at the hospital, allowing her to labor at home as long as possible. She was sent home with her first child when she arrived at the hospital too early in her labor and didn't want that to happen again.

This time, to Walker's surprise, her labor started almost immediately after finishing the drink. She waited at home in Junction City for her contractions to get closer together. "I labored at home for the most part," Walker said. "With my daughter, I went natural and I wanted to go natural with him. So, I'm at home and I'm like 'this hurts really bad.' I kept thinking that if I was to go to the hospital now they're going to send me back, because with my daughter, they sent me back and were like 'you're only one centimeter (dilated). Just go home.' I was thinking that the pain felt the same. I was thinking that I can't be that far along right now. I have to be, maybe, two centimeters at the most. I didn't think I was that far along."



Sgt. Annika Walker, 267th Signal Company, Special Troops Battalion, 1st Sustainment Brigade, 1st Infantry Division, holds her newborn Kayden, July 16, as she retells the harrowing story of his birth. Kayden was delivered enroute to labor and delivery by combat medic Pfc. Dennis Lingle, Irwin Army Community Hospital, July 13.

When the pain intensified, Walker decided she could not take it any longer. As she stood up to get in the car to go to the

hospital, her water broke.

As Walker's mother drove her toward Fort Riley, Walker

See BABY, page 8

Training under the moonlight



After his black-out simulated training, Pfc. Jason Crawford inspects his night vision goggles and performs preventive maintenance checks and services before turning them back into supply July 24.

'Demon' brigade Soldiers complete night vision goggle drivers training

Story and photo by Sgt. Patrick Jubrey
1ST CAB PUBLIC AFFAIRS

Soldiers from Headquarters and Headquarters Company, 1st Combat Aviation Brigade, 1st Infantry Division, had some nighttime training and fun as they completed their night vision goggle drivers training July 18 -19. The Soldiers, while in the dark of night with nothing but moonlight to illuminate their path, had to successfully negotiate and correctly identify selected terrain features and route markers. They learned how to distinguish between shadow forms which could be puddles, walls or ditches.

"As we prepare to deploy in the future, we need to have a way to transport our equipment and Soldiers around at night, whether it is deliberate or if the mission takes longer than the amount of daylight we have," said Capt. Daniel Ball, HHC commander. "We wanted to get Soldiers comfortable with wearing night vision goggles and drive under blackout conditions."

For this training, the Soldiers had about 40 percent moonlight, which is good for night vision goggles, Ball said.

"We got lucky for the first time," he said. "We had a pretty good moon out."

Ball said he hopes to get out to the range again with a different moonlight, so that it can give the Soldiers a different aspect of NVG training.

See BLACKOUT, page 6

Fort Riley Legal Assistance Office wins Chief of Staff award for excellence

By Kimberly Green
1ST INF. DIV. POST

The Legal Assistance office, Office of the Staff Judge Advocate, 1st Infantry Division and Fort Riley was recently awarded the 2017 Chief of Staff Award for Excellence in Legal Assistance. It is a selective award given only to the Army's most exceptional legal offices.

"All legal offices in the Army apply for (it) every year," said Capt. Joshua Goetting, Chief of Client Services, SJA, 1st Inf. Div. and Fort Riley. "It consists of a fairly lengthy application. Our submission this last year was about 33 pages answering all of the questions about how we run our office, the type of

things that we do for our clients — things of that nature."

The Legal Assistance Office sees between 75 to 85 people a day, with numbers sometimes spiking well over 100.

Client concerns cover a range of issues. Some clients need help with landlord/tenant matters or they have consumer protection questions when purchasing a vehicle. The office also assists Soldiers with military related matters whether it be an appeal of a non-commissioned officer evaluation report or help with a financial liability investigation for property loss.

"Every day starts with our paralegals — we have Soldiers, retirees and some Department

See AWARD, page 8

WHAT'S IN THIS ISSUE



I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM AT THE LIBRARY SOCIAL

MORE THAN 400 FAMILIES FROM FORT RILEY AND SURROUNDING COMMUNITIES DESCENDED ON JUNCTION CITY TO GET READY FOR THE 2018-19 SCHOOL YEAR

SEE PAGE 13

ALSO IN THIS ISSUE



FORT RILEY OUTDOORMEN GATHER FOR ANNUAL BANQUET AND FUNDRAISER

SEE PAGE 9

ALSO IN THIS ISSUE



SPC. SHELL SQUISHES THE VINE AND ENJOYS THE TANNINS OF KANSAS WINE THIS WEEK

SEE PAGE 16



Victory with Honors recognizes outgoing deputy commanding general, welcomes new 'Big Red One' deputy commanding officer

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

The 1st Infantry Division held a Victory with Honors ceremony in the division headquarters building July 25 on Fort Riley, Kansas.

Brig. Gen. Ross Coffman, 1st Infantry Division deputy commanding general for maneuver, relinquished his responsibilities to Col. Patrick Michaelis during the ceremony.

“My name is Coffman and I am a ‘Big Red One’ Soldier,” Coffman said. “I am so proud of that statement. I regret that my time here has been so short, but I have loved every minute of it. My grandfather trained right here at Camp Funston for World War I. My father, his first duty assignment was here as a lieutenant. Today, I am wearing his patch in his honor.”

Coffman arrived to the 1st Inf. Div. in September 2017 before deploying to U.S. Army Europe to lead the mission command element in Poland where he and his command oversaw numerous training exercises in Europe, according to Maj. Gen. John Kolasheski, 1st Infantry Division and Fort Riley commanding general.

One exercise Coffman’s command oversaw included Soldiers from the 2nd Armored Brigade Combat Team, 1st Inf. Div., as they carried out a tactical road march with more than 700 vehicles on public roads for the first time in 15 years, according to an article in Task & Purpose.

“‘Big Red One’ Soldiers are doing amazing things every day (in Poland and Europe) to assure our allies and deter anyone that would care to stand against us,” Coffman said. “Every day the Soldiers of this division — your Sol-

diers — are training, building readiness and serving as your nation’s tactical headquarters in Europe.”

As Coffman departs the 1st Inf. Div., his successor is no stranger to the Big Red One. Michaelis’ most recent tour with the 1st Inf. Div. was as the operations officer during a combat deployment to Iraq in 2014-2015.

“It would be a bit misleading if I didn’t admit there wasn’t a sense of excitement being back here at the 1st Infantry Division in the Flint Hills,” Michaelis said. “It was in this division that I first served as a lieutenant and it was 18 years later that I learned the art and science of working in coalition warfare, and working with the communities of Fort Riley.

“It is back here in the heart of the Flint Hills and the home of the 1st Infantry Division that I can once again announce that I am Patrick Michaelis, and I am a Big Red One Soldier.”



Staff Sgt. Thomas A. Drummer, noncommissioned officer in charge of S-2 (intelligence) for the 1st Infantry Division Artillery, presents Brig. Gen. Ross Coffman, 1st Infantry Division deputy commanding general for maneuver, the ceremonial cannon shell during Coffman's Victory with Honor's ceremony July 25. Coffman relinquished his responsibilities to Col. Patrick Michaelis.

'Big Red One' Soldiers help unveil World War I postage stamp

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

The United States Postal Service unveiled the “World War I: Turning the Tide” Forever stamp during a ceremony at the National World War I Museum and Memorial in Kansas City, Missouri, July 27.

Members of the 2nd Armored Brigade Combat Team Color Guard, 1st Infantry Division, participated in the unveiling wearing their WWI Doughboy uniforms — the same uniform depicted on the stamp.

Deborah Anderson spoke on behalf of the Veterans of Foreign Wars’ national headquarters. She is a former 1st Inf. Div. Soldier who deployed in support of Operation Desert Storm with the “Big Red One” in 1990.

“As a veteran, to see a Soldier on the stamp ‘Turning the Tide’ and the symbolism in the terms of the significance of the event and the sacrifices of the Soldiers served, it is just really exciting be part of this,” Anderson, VFW quartermaster general, said.

Technology allows for Soldiers and all service members to communicate easier and in other ways beyond writing letters than during past conflicts. However, for many years, Soldiers could

only communicate with friends, family and other Soldiers via the postal service.

Anderson remembered back to her time as she was deployed in Saudi Arabia and how letters played a role in her life.

“Mail means a lot; we didn’t have email, we didn’t have cell phones, we didn’t have Facebook or Skype, we didn’t have any of that,” Anderson said. “The only contact we had with the world when you were deployed was through a letter. Back in 1990-1991, mail was it, and it was so significant to have that connection.”

Retired Lt. Col. Richard Faulkner, U.S. Army Command and General Staff College professor of military history, Fort Leavenworth, Kansas, spoke about the Soldier depicted on the stamp, what that Soldier meant to him.

“The sacrifice — this was the opening act of the American century,” Faulkner said. “This is the point in time where we really do become one of the major players (on the world level). Everything we are today and how we are in the world as a force of stability really starts with World War I.”

The stamp pays tribute to the sacrifice of the Doughboy Soldiers and countless other Americans who experienced the seminal conflict of the 20th century. The stamp is a Forever series stamp, so it will always be usable if stamp prices increase in the future, according to a USPS press release.



Soldiers from the 2nd Armored Brigade Combat Team, 1st Infantry Division color guard present the colors during a ceremony unveiling the “World War I: Turning the Tide” stamp at the National World War I Museum and Memorial in Kansas City, Missouri, July 27.

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VOLUNTEER SPOTLIGHT

AMANDA SAARLOOS

As a new spouse to Fort Riley, Saarloos hit the ground running volunteering with Army Community Services.

With her extensive knowledge of their programs and services, due to her dedication to ACS in Korea, she became a key volunteer with the lending closet within the Relocation Program. Many times, she was the only volunteer who dedicated her free time organizing the closet, conducting inventory, checking in and out much needed items to families and Soldiers.

Saarloos’ dedication to the lending closet and the military community is shown daily by her willingness to aid newly arriving families. Her inviting smile for everyone who walks through the door and her ability answer any questions while providing all and resources they need to flourish in their new community, makes her stand out.

Her hard work does not stop there. She also volunteers with the Volunteer Program helping coordinate quarterly volunteer ceremonies, provides outreach services for the Army Family Team Building program, makes sure new spouses know about Military 101, and helps conduct quarterly AFAP focus groups. She is proof that one person can effect hundreds.

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Education Services helping Soldiers learn from anywhere

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

Fort Riley Education Services and tenant colleges have teamed up to provide their students with the opportunity to attend some classes in person, no matter where they are.

Using Business Skype to connect students with their professors is a new strategy that not only saves the institution money, but also creates more advantages and opportunities for students, according to Mary Byington, admissions representative and student success advisor for University of Mary, Fort Riley campus.

“What we did was we took one of our instructors who is really good with managerial finance at the graduate level, and then we connected three campuses to him,” Byington said. “It came out of necessity because our go-to instructor got a job offer and left us. It’s a great way to still have the classes. We’re hoping to improve on them so one, we can have a bigger classroom and a better learning environment for each student.

“It’s different when there’s only four people in the classroom compared to 20. You have a lot more conversation and a lot more ideas and at the graduate level that’s what they want.”

Students at Fort Riley who are enrolled in the University of Mary class will be video-linked to a class in Fargo, North Dakota, creating a larger classroom experience. They will also be able to log into the class from a personal device should the need arise from temporary duty assignment or another challenge.

“At the moment we’re using Business Skype as a classroom,” Byington said. “It



Capt. Ashley Fuqua, fire support officer for 3rd Battalion 66th Armor Regiment, 1st Battalion, 5th Field Artillery, 1st Armored Brigade Combat Team, 1st Infantry Division, logs into his class taking place in Fargo, North Dakota from his seat at Fort Riley, Kansas, July 25. Fuqua attends University of Mary and is pursuing a Masters of Business Administration.

works very, very well ... up to 10 people outside of the classroom can log in and my class usually runs about eight so if anyone is like TDY (temporary duty) or something like that, they can still join our classroom.”

This video link and the ability to attend from places other than the physical classroom helps facilitate the student’s ability to reach the 25 hours of required facetime for the course.

“As long as the teacher on the other end has sent them an invitation, they can log in and it’s like being in the classroom,” Byington said. “It’s video connected, it’s audio connected. They share their screens, they do everything, so it’s like being in the

classroom. If they’re TDY we’ll give them a link and they can call in.”

For Marian Moore, supervisory education services specialist, Fort Riley Education Services the new use of technology for education is a win for all parties involved.

“It’s a matter of saving money in terms of the schools not having to fly in and pay TDY for instructors,” Moore said. “It’s kind of a cost efficiency, plus it makes it more convenient for students. According to what University of Mary said, there was quite a bit of interest and that’s why they proposed this new program to accommodate these students.”

Soldiers recognized for dedication during retirement ceremony

STAFF REPORT

On July 25, seven “Big Red One” Soldiers were recognized for their commitment to the U.S. Army and the nation in front of family and friends during the July retirement ceremony.

Chief Warrant Officer 3 Duane E. Taylor, Company C, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, 22 years of service.

First Sgt. Derrick A. Clarke, Headquarters Support Company, Headquarters and Headquarters Battalion, 1st Infantry Division, 23 years of service.

Sgt. 1st Class James R. Griffith, Company C, 82nd Brigade Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, 24 years of service.

Sgt. 1st Class Kimberly T. Cook, Headquarters and Headquarters Company, 101st Brigade Support Battalion,

1st Armored Brigade Combat Team, 1st Infantry Division, 26 years of service.

Sgt. 1st Class Curtiss J. Foudray, 41st Engineer Company (Clearance), 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, 20 years of service.

Sgt. 1st Class Christopher M. Castlebury, Headquarters and Headquarters Company, 1st Combat Arms Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, 21 years of service.

Staff Sgt. John H. Walker Jr., Headquarters and Headquarters Battery, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, 20 years of service.

Staff Sgt. Roy D. Hammock, Headquarters and Headquarters Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade, 20 years.

June and July Fort Riley court results

JUNE RESULTS OF TRIAL, U.S. DISTRICT COURT

United States District Court at Fort Riley is part of the United States Federal Court system for the District of Kansas. The court handles all traffic tickets issued to both Soldiers and civilians on Fort Riley, and all criminal actions against civilians who commit offenses on Fort Riley.

June 7 — Aliyah M. Summers; Fort Riley, pled guilty to Criminal Damage to Property. District Court sentence: \$100 fine and \$10 special assessment.

June 21 — Jessyca E. Castel; Fort Riley, pled guilty to Disorderly Conduct. District Court sentence: \$100 fine and \$5 special assessment.

Bernard P. Niebres; Junction City, pled guilty to Battery. District Court sentence: \$200 fine and \$10 special assessment.

JUNE COURTS-MARTIAL RESULTS FORT RILEY, KANSAS

On June 5, at a general court-martial convened at Fort Riley, Pvt. Ryan C. Herchenrader, United States Army, was convicted by a military judge, pursuant to his pleas, of one specification of larceny and wrongful appropriation, one specification of

conspiracy, one specification of drunken or reckless operation of vehicle, one specification of false official statement, one specification of communicating a threat and one specification of violating a lawful order in violation of Articles 121, 81, 111, 107, 134 and 92, UCMJ. The military judge sentenced the accused to be confined for 190 days, and to be discharged from the service with a bad-conduct discharge. A pretrial agreement had no effect on the sentence.

On June 6, at a Special Court Martial convened at Fort Riley, Sgt. David E. Straw, United States Army, was convicted by a military judge, pursuant to his plea, of one specification of assault consummated by a battery in violation of Article 128, UCMJ. Contrary to his pleas, the accused was convicted by a military judge of two specifications of abusive sexual contact, one specification of indecent language, one specification of cruelty of subordinates, and one specification of assault consummated by a battery in violation of Articles 120 (on or after 28 Jun 12), 134, 93, and 128, UCMJ. The military judge sentenced the accused to be reduced to the grade of E-1 and to be confined for 50 days and to be discharged from the service with a bad conduct discharge.

On June 21, at a General Court Martial convened at Fort Riley, Spc. Zachary J. Ford, United States Army, was convicted by a military judge alone of one specification of wrongful use, possession, etc., of controlled substances in violation of Article 112a. The judge sentenced the accused to be reduced to the grade of E-1 and to be discharged from the service with a bad conduct discharge.

On June 27, at a General Court Martial convened at Fort Riley, Pfc. Colby S. Brauda, United States Army, was convicted by a military judge, pursuant to his pleas, one specification of wrongful appropriation of a motor vehicle, one specification of conspiracy, and six specifications of wrongful use, possession, of controlled substances in violations of Articles 121, 81, and 112a, UCMJ. The military judge sentenced the accused to be confined for five months and receive a bad conduct discharge. A pretrial agreement had no effect on the sentence.

On June 27, at a General Court Martial convened at Fort Riley, Spc. Dean J. Willhide, United States Army, was convicted by a military judge, pursuant to his pleas, of three specifications of extortion, seven specifications of communicating a threat, one specification of sexual assault,

one specification of violating a lawful order from a superior commissioned officer, one specification of housebreaking, four specifications of violating lawful orders from law enforcement noncommissioned officers, one specification of failure to obey a lawful order, in violation

See COURTS, page 6

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Musician uses talents to help communities relate to Army mission

By Gail Parsons
1ST INF. DIV. POST

Every year thousands of children pick up an instrument in school and learn to play music. As they grow up, that instrument often gets relegated to a dark, dusty corner while they go out and earn a living. Only a few go on to make a living with their music.

Spc. Trevor Duell, a trumpeter with the 1st Infantry Division Band, knew from a young age while growing up in Salina, Kansas, that he wanted to play trumpet, but how that would materialize later in life, he didn't know.

"If you had asked me 10 years ago what it was that I wanted to do, active-duty Army band is the last thing I would have said," he said.

After graduating from Salina South High School in 2003, he started what he described as "an interesting journey" that eventually led him to serving his country.

His college education started at Fort Hays, Kansas, where he received degrees in music education and trumpet performance.

"Then I kind of, delayed the real world by getting a master's degree in trumpet performance at Lamar University in Beaumont, Texas," he said. "And then, I further pushed off the real world by going to the University of North Texas and getting a doctorate in trumpet performance. The plan was to become a college professor and teach music on the college level."

Around that time, his path crossed with a musician who was just getting out of the Army. The musician told Du-



Courtesy photo

After earning a doctorate degree in trumpet performance Spc. Trevor Duell was assigned to the 1st Infantry Division band and has enjoyed having his first duty station in the Army being only a few miles from his hometown of Salina, Kansas.

ell if nothing else—don't join the Army and he then proceeded to tell him all kinds of stories about his time in service.

"I think most of them (comments) were in an attempt to try to get me away from it, but to me, it sounded exciting — playing in parades and playing for change of command ceremonies," Duell said. "I had gotten to the end of the line where there was no more school left to do. I thought I could use the gifts that I have and the talent that I have to serve my country."

Fort Riley is his first duty station and he said he is pleased

with having given up the academia path for the Army.

The challenges of the job are also what provides him with the greatest enjoyment, which is being well-versed in a variety of styles of music.

"It's not just marches," he said.

In any given week they have to be prepared to perform a change of command, then go to a concert and perform 50s and 60s pop, and then turn around and perform at a parade, a community event or a general's reception.

"If I was in a symphony orchestra I would be on a steady diet of Mahler and Mozart," he said. "Going back and forth between so many different styles, that has certainly been a challenge but a rewarding one."

It's also a challenge he sees himself doing for the long haul.

"You don't ship off to basic training at age 32 and only plan on doing this one or two years," he said. "I really enjoy what I do, and the people that I work with and I enjoy the mission of the Army Band."

THE MISSION

Besides being a morale booster for the troops, an important part of the band's mission is to tell the story of the Army in a way only the Army band can.

Duell said the band can interface with local communities in a way most

other military occupational specialties cannot.

"Not everyone in Kansas can relate to a tanker or a trucker or someone in a combat brigade but everyone can relate to music," he said. "Everyone can relate to a band. Sometimes the Army can be a tough neighbor to have in your backyard, especially when it's three in the morning and you're listening to howitzers going off. We need something to maintain good relationships with the community."

When the band goes out, those relationships are built with the community at large and with individuals. He sees the results and feels them deeply, especially when the band plays the "Service Song Medley" and he watches as veterans of all branches stand and salute. It makes him proud of what he is doing.

Telling the Army story is of vital importance, however there is more to the band's role in the Army.

"Why does the Army need a band? Because music has been an essential part of the military since we've had militaries, because music is a central part of humanity," he said.

Traditionally, all the way back to the Civil War, the band has been tasked with guarding the headquarters.

Even in the Revolutionary War times, the drummer was always out in front.

"That was how armies communicated on the field," he

"Not everyone can relate to a tanker or someone in a combat brigade but everyone can relate to music. Everyone can relate to a band."

Spc. Trevor Duell | 1st Infantry Division Band

said. "It was trumpeters and drummers, bugle calls — those were essential in communicating over the din of battle. It is kind of neat to be part of that which I studied in academia."

When the 1st Inf. Div. Band was constituted, it took its place alongside the war-fighting Soldiers.

"There's a story about the band that looms large in legend if not in fact," he said before telling the tale of Thunder Road.

In Vietnam, Highway 13 was known as the Thunder Road. When the 1st Inf. Div. rolled in, the commanding general, in a show of force, wanted the band to parade down a portion of Thunder Road.

Legend has it, they did so while playing the "Colonel Bogey March." The enemy was within a mile of the band as it performed, but the band played on to show that the 1st Inf. Div. had arrived and wasn't going anywhere.

"The enemy soon evacuated the area, so we fulfilled a vital combat roll without ever having to fire a shot," Duell said.

In more recent times, he said he has heard of the band touching people emotionally to the point of saving their lives.

"There have been stories about the Army bands performing, while being deployed and being back home again, that have helped Sol-

diers who were really teetering on the edge of suicide — it kind of gave them a reason to back off the ledge," he said.

The effects of music are often unnoticed when it's there, and unrealized when it's missing. As the U.S. Army reaches into every corner of the world, music is one thing that every culture can share in.

Duell spoke of an incident in Iraq when the band was working with students in a school. One student, a musician, had a life changing experience. "He told them 'you're not at all what I thought Americans were. I thought you guys were evil and really wanted to destroy us, but I see that you are kind and helping me as a musician. When I grow up, I want to study music in the United States,'" Duell said. "We actually win the hearts and minds of people at home and abroad."

The language of music is universal and it's meant to be shared.

On the civilian side, music and arts are often the first to lose funding because of the difficulties in measuring the intrinsic affects. In the Army, music is not immune to similar shortfalls.

"I have heard it said 'for every dollar you slash toward Army music you have to add two more dollars for bullets and bandages,'" he said.

TRAFFIC REPORT

ACCESS CONTROL POINT HOURS

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

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

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.

OLD 77

A project that will mill old asphalt and replace with it new asphalt has begun on Old Highway 77. The project was planned to start July 24, and is expected to take 10 to 14 days to complete, depending on weather.

Traffic control will be limited to one lane and will be directed by flaggers and pilot car.

Depending on traffic volumes, delays could be expected from 5 to 10 minutes.

ESTES ROAD REPAIR

Normandy Drive to Graves Street. Work is to be performed July 30 to Aug. 14, between 7 p.m. to 5 a.m.

FUTURE PROJECTS CHECK APP FOR MORE DETAILS

Trooper Drive Repair, Apennines Drive to Normandy Drive. Work is to be performed Aug. 2 to 17, between 7 p.m. to 5 a.m.

Seitz Drive Repair, Huebner Road to Riley's Conference Center. Work is to be performed Aug. 8 to 23, during normal working hours.

Godfrey Avenue repair, Seitz Drive to Building 432 parking area. Work is to be performed Aug. 8 to 23 during normal working hours

Smoky Hill Road Repair, Henry Drive to Marshall Drive. Work is to be performed Aug 6-10 between 7 p.m. to 5 a.m.

Caisson Hill Road Repair, 1st Division Road to Normandy Drive. Work is to be performed Aug. 20 to 30, during normal working hours.

SHARP FACE-TO-FACE TRAINING

Face-to-face Sexual Harrassment/Assault Response and Prevention training for civilian professionals is being conducted in the ACS Building, 7264 Normandy Drive, at 10 a.m. to noon. in the Great Room — **Aug. 8, Sept. 12 and Sept. 26.**

If you still have a large group of employees, 10 and above, or shift workers that need training, please have a representative contact SHARP about making special arrangements in order to make sure your element is completely trained.

There is no option of signing up or reserving a seat prior to the class. Personnel just need to sign in upon arrival. The room's maximum capacity is about 200 individuals.

Pets of the Week

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

 <p>TRIS</p>	 <p>LITTLE MAN</p>	 <p>MILO</p>	 <p>PUMPKIN</p>
 <p>JEDI</p>	 <p>PACO</p>	 <p>OTIS</p>	 <p>TRIS</p>

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MEAT AND TOURS



RILEY ROUNDTABLE

What is the best or worst part of back-to-school time?



"The best thing would have to be a forced schedule and the worst would be her not being with me."

AMANDA STEWART
TERRA CEIA, FLORIDA

Wife of Sgt. Chris Stewart, 1st Combat Aviation Brigade, 1st Infantry Division



"The best part about school time is you get to make new connections with the other students."

JAMES MARTINSON
DODGE CITY, KANSAS

Son of Sgt. Clint Martinson, U.S. Army



"The best would be my kids get a chance to be with their friends and create those memories that last a lifetime. The worst would be we miss out on a lot during the day."

SGT. MAJ. ERIC JEFFERSON
CENTREVILLE, MISSISSIPPI

1st Battalion, 16th Infantry Regiment,
1st Armored Brigade Combat Team,
1st Infantry Division.



"The best is the kids are not home all day and they get to learn new things every day."

HELEN RAMOS
LOS ANGELES, CALIFORNIA

Wife of Spc. Andres Flores,
97th Military Police Battalion



"I feel like the best is a routine for the kids. A routine is healthy for them."

DAWN CLOUKEY
**HILTON HEAD ISLAND,
SOUTH CAROLINA**

Wife of Sgt. 1st Class Craig Cloukey,
82nd Brigade Engineer Battalion, 2nd Armored
Brigade Combat Team, 1st Infantry Division

THE 1ST INFANTRY DIVISION POST

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

SAFETY CORNER

Car safety: from booster seat to car seat belt

By Rod Cruz
GARRISON SAFETY OFFICE

Team Riley, for parents with small children, one of the important things to know is when to transition your child from the rear facing car seat, to front facing, to the booster seat and finally to wearing a seat belt. Armed with this information, parents can make an informed decision about type of car seat to purchase from the time the child is born until they are ready to ride with only a seat belt. Protecting your precious cargo is top priority and the Garrison Safety Office in cooperation with the Kansas Traffic Safety Resource Office supports the Booster to Belts program to bring awareness to the importance of buckling up in the appropriate car seat.

According to the Kansas Department of Transportation Child Observational Safety Belt study, only 84 percent of children age 5-9 (average booster seat age), are buckling up. Seatbelts

are designed for adults and booster seats are designed to help children fit the seatbelt correctly. So a booster seat literally boosts a child up. It is important for children and their families to know the importance of booster seats in keeping children safe in a crash.

At what age can a child transition safely and legally from a booster seat to a seat belt?

Kansas Child Passenger Safety Act (KSA 8-1343)

- This law requires all children under age 4 to be in a federally approved child safety seat.
- Children ages 4 to 8 must be in a federally approved child safety seat or booster seat unless the child weighs more than 80 lbs. or is taller than 4'9"
- Children ages 8 to 14 must be protected by a safety belt.

You can use these simple questions to find out if your child is truly past car seat age

and ready to say goodbye to the booster seat:

- Can your child sit with their bottom and back all the way against the seat?
- Does the upper seat belt strap rest against the shoulder between the neck and the arm?
- Do your child's feet rest on the floor, with knees bent at the edge of the seat?
- Is the lap belt secured low and tight across your child's thighs and hips (not belly)?
- Will your child be able to stay on this position for the duration of the trip?

If the answer to any of these questions is "no," then you need to wait to move on to the seat belt to travel. Usually, a child's height will be the key to answering "yes" to these five questions. For most kids, the magic height is 57 inches. At that height, they will usually be able to wear an adult seat belt prop-

erly in most vehicles. For many children, it might take until they turn 10 or 12 to reach that height.

The Fort Riley Garrison Safety Office has Child Passenger Safety Technicians certified by Safe Kids Worldwide, who can assist you with questions about what type to use for the child's age and height. Technicians can also provide information on national recalls from the Consumer Product Safety Commission. The Garrison Safety Office can exchange a car seat if it is deemed unserviceable, expired or defective.

To assist parents with proper installation, recall check and questions pertaining to car seats, the GSO has scheduled a Car Seat Check Lane event on Aug. 30, at Rally Point, across from the Forsyth Fire Department from 9 a.m. to 12:30 p.m.

For more information about child passenger car seat safety, please contact the Garrison Safety Office at 785-240-0647.

ASK DR. JARGON

Why are the guys talking about dresses?

Dear Doc Jargon:

My boyfriend came over the other day and said one of his buddies was seriously dressed down in front of the entire company at final formation. I'm pretty sure there is a strict military dress code and he wasn't talking about his buddy being given a casual set of clothes to wear. From his tone, I gathered that this was not a positive thing for his friend. I also

wondered if this was some sort of hazing thing, but thought that was illegal in the military. I didn't want to ask and sound dumb to him since we have only been dating a few weeks. Can you tell me what the term dressed down means?

Signed,

Dis-dressed girlfriend

Dear Dis-dressed,
Thanks for asking. The

term can be traced back into the 1400s and you are right, it isn't a hazing and the phrase has nothing to do with clothing. It has its roots in the Navy. Originally it was used without the word "down" and was an expression used by the Navy to the corrective action of taking down an old sail and re-dressing it with oil and wax so that it holds air and can do what it was designed to do when raised

again. Somewhere in the early 1900s, down was added and the term became the combined dressing down we use today to describe a verbal reprimand and is designed to be a corrective measure. I hope your boyfriend's buddy will also get the chance to rise and do what he is being trained to do.

Sincerely,

Doc

The Army's annual Antiterrorism Month begins – be vigilant

GARRISON OPSEC PROGRAM MANAGER

As August begins we mark the beginning of the Army Antiterrorism Awareness month. One of the key components of Antiterrorism Awareness Month is the iWATCH program. The iWATCH, now in its eighth year, is the Army's version of a neighborhood watch program. Neighborhood watch programs are intend to empower members of the military community with knowledge and means to recognize and report suspicious activity.

Fort Riley military community members can help protect their own communities by identifying and reporting suspicious behavior that is known to be associated with terrorist activities. Some examples of reportable activity are:

- Individual observed measuring or drawing sketches of important buildings like a hospital, post exchange, commissary or headquarters.
- Individuals, without a need to know, making inquiries about installation

security forces and procedures.

- Backpacks, briefcases, bags and other objects capable of concealing explosive devices left unattended and in areas where large numbers or people may congregate.
- Illegally parked vehicle or vehicles, which have been parked near buildings or right next to buildings.
- Intruders or individuals without proper authorization found in restricted areas.
- Attempts by individuals to obtain sensitive information; such as building blue prints, redeployments times and locations, security or emergency response plans and special event planning details not releasable to the general public.

The enemy of vigilance is complacency and if complacency is present any number of our countries adversaries will use it to seek the opportunity to attack or harm Soldiers, family members, civilian employ-

ees or our nation's interests. By remaining vigilant to the indicators a potential threat may present; enables the Fort Riley military community to maintain a robust and resilient defense to prevent terrorism.

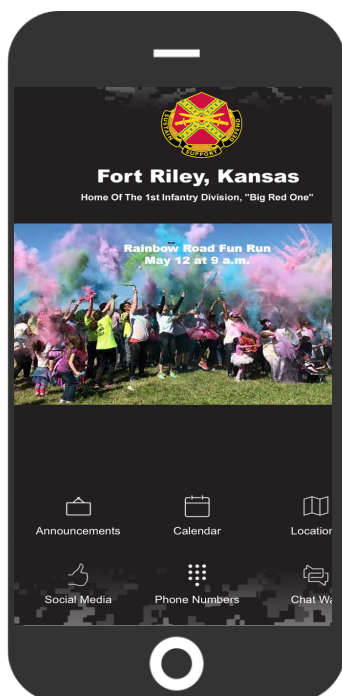
The installation antiterrorism officer, installation law enforcement and the 902nd Military Intelligence detachment, need your help in identifying suspicious behavior to prevent a terrorist attack from occurring on our installation. Remain vigilant and remember: "No Mission Too Difficult, No Sacrifice Too Great. Duty First."

If you see any of the above activities, call the Fort Riley iWATCH Hotline at 785-239-6767 (MPMP).

If you feel it is an emergency, call 911. If you wish to report anonymously, use the following link: www.riley.army.mil/Community/iWATCH/Suspicious-Activity-Report/.

All iWATCH reports will be reviewed by installation law enforcement security personnel.

Download the Fort Riley app



DUNGEONS AND DRAGONS

Every Sunday, 1pm

ANIME CLUB

Every Saturday, 5pm

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Every Friday, 6pm

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Every Wednesday, 6pm

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TRAINING

Continued from page 1



Will Ravenstein | POST
U.S. Army Academy at West Point Cadet Carla Figueroa-Matos, trains with Soldiers from the 977th Military Police Company, 97th Military Police Battalion July 26 on Fort Riley. Figueroa-Matos hopes to branch as a military police 2nd Lt. during her fourth year at West Point this fall.

The training emphasized that the civil disturbance gear each Soldier wore — plastic face shield, shin and toe protectors — along with several Soldiers carrying large plastic shields, was to be used as a show of force in the MPs escalation through their use of force protocols.

“(This) absolutely can be a show of force,” Blakeman said. “So the shields do a lot of things. They can provide protection for the Soldiers, they can provide a demonstration of our capabilities potential, which then, sometimes, a show of force can help the demonstrators to

understand, ‘hey, let’s just go ahead and not be making those illegal actions or those unlawful actions.’ Whereas if there isn’t a presence or patrol, or there isn’t a riot control unit out there, they may become unlawful. And once they become unlawful, that’s where our role really helps to keep things under control.”

Staff Sgt. Adam Zimmerman, Toledo, Ohio, was the non-commissioned officer in charge of the Soldiers during the training. He said it was important for the Soldiers, especially the younger Soldiers, to have this type of training in their back pocket.

“Its very important because the more you train, the better you get at it and you have to be better at it for real world missions because there is no second chance,” he said. “We want to always train as we fight.”

After working together on some basic maneuvers and learning how to control the formation with their shields interlocked, the Soldiers were able to face an opposing force, made from one of the squads.

The OPFOR started yelling and taunting the remaining Soldiers as they approached. As soon as the MPs got within feet of the OPFOR, the melee began. The OPFOR started to beat and bang against the shields harder than expected for a training event. The Soldiers held their line and pushed the agitators back towards the parking lot.

The training was a first for Florence, South Carolina, native Pfc. Tybria Briggs.

“It’s pretty interesting,” she said. “(It’s) pretty different for me. I’m not used to the aggressiveness, but I’ll get into it.”

Briggs said that she was caught off guard with the level of aggression from her peers, but after being knocked down by one, she was able to get back up and stand her ground with her team.

“I wasn’t expecting it at all, but that’s what you get with riot control — you get the unexpected,” she said. “I got back up, got back with my team, grouped back up and pushed forward.”

After several iterations, the Soldiers’ leadership was changed to allow U.S. Military Academy at West Point Cadet, Carla Figueroa-Matos, an opportunity at some hands-on learning. She had already gone through several rotations with the Soldiers as a team leader watching over her part of the line and ensuring the Soldiers were properly formed.

Figueroa-Matos is hoping to contract as a Military Police officer upon graduation and the time spent with the 97th MP Bn., will be beneficial to her, she said.

“I think it reinforces my opinion and my decision,” she said. “So, hopefully come November, when I put it as number one again they give it to me again. I’m loving it so far. The training is good. Everything we have been doing so far is good. Its interesting — very informative.”

Zimmerman said it was great to have the cadet and a new platoon leader out training with Soldiers.

“They’re fresh and they’re excited about the training and they bring a new mentality to it — a new aspect looking at it,” he said. “They are the future leaders of the Army. So, it’s great to have them out here.”

COURTS

Continued from page 3

of Articles, 127, 134, 120, 90, 130, 109, 91, and 92, UCMJ. The military judges sentenced the accused to be reduced to the grade of E-1, to be confined for eight years and three months and to be dishonorably discharged from the Army.

JULY U.S. DISTRICT COURT RESULTS

July 12 — Raynesha V. Hughes; Fort Riley, pled guilty to Possession of Drug Paraphernalia. District Court sentence: \$250 fine and \$10 special assessment.

Paili L. Bloom; Fort Riley, pled guilty to Disorderly Conduct. District Court sentence: \$100 fine and \$5 special assessment.

Annettia N. Manuel; Fort Riley, pled guilty

to Disorderly Conduct. District Court sentence: \$100 fine and \$5 special assessment.

Vetone Levy III.; Manhattan, pled guilty to Conspiracy to Commit Criminal Trespass and Criminal Trespass. District Court sentence: one year supervised probation, \$200 fine, and \$20 special assessment.

Shanajya B. Spencer; Junction City, pled guilty to Disorderly Conduct. District Court sentence: \$100 fine and \$5 special assessment.

July 26 — Francisco J. Garcia-Nunez; Junction City, pled guilty to Possession of Drug Paraphernalia. District Court sentence: \$200 fine and \$10 special assessment.

Taquaila S. Moore; Fort Riley, pled no contest to Criminal Damage to Prop-

erty. District Court sentence: \$100 fine and \$10 special assessment.

Gage O. Goldsmith; Fort Riley, found guilty of Reckless Driving after a bench trial. District Court sentence: four days confinement, \$300 fine and \$10 special assessment.

JULY COURTS-MARTIAL RESULTS

On July 11, at a General Court Martial convened at Fort Riley, Sgt. Joshua R. Pruett, United States Army, was convicted by a military judge of two specifications of rape and sexual assault of a child in violation of Article 120b, UCMJ. The military judge sentenced the accused to be confined for six years and to be dishonorably discharged from the service.

BLACKOUT

Continued from page 1

“We had the opportunity to train them on two different base models, our Humvees and our (Light Medium Tactical Vehicle),” Ball said. “We can then move out to other vehicles that we have on future training.”

This training was exciting for junior enlisted Soldiers. For many, it was their first time putting on NVGs.

“This was my first time doing night vision goggle training, and it was great to be able to train as you fight,” said Pfc. Jason Crawford, HHC. “As an (aviation operation specialist), it’s good to get this training in case I am a driver.”

The training also offered these aviation brigade Soldiers a chance to see the world from a new perspective.

“One of the awesome things I experienced out there was this trail that has this drop off that was pretty gnarly; it gave a lot of people a hard time because you look like you are going straight down in the LMTV vertically,” said Crawford. “It was freaky looking straight down out of the window.”

HHC plans to continue this training and expand it to include dismounting the vehicles and pulling security.

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Wing It  439 W. 6th Street JUNCTION CITY (785) 223-5282 wingitplace.com		1/2 Price Slushes ALL DAY (Med or Large only)	2 for \$9.99 Country Fried Chicken Dinners	\$1 Mini Shakes	2 for \$10 Nachos (Beef or Chicken)	5 BBQ Chicken Sandwiches \$9.99		
Pizza Hut  412 E. Chestnut St. JUNCTION CITY (785) 238-4144		All You Can Eat Supreme Lunch Buffet. Pizza, Wing- Street Wings & More! 11:30 - 1:00	Large 3 Topping and Breadsticks \$16.99 <small>(Additional charge for Pan or Stuffed Crust) Code 55 Delivery Fees & minimums required</small>	All You Can Eat Supreme Dinner Buffet. Pizza, Wing- Street Wings & More! 5:30 - 7:00	Wing Wednesday 60¢ Bone Out	All You Can Eat Supreme Dinner Buffet. Pizza, Wing- Street Wings & More! 5:30 - 7:00	Large 3 Topping, Breadsticks & Cookie \$21.99 <small>(Additional charge for Pan or Stuffed Crust) Code KW Delivery Fees & minimums required</small>	Large 1 Topping & Medium 3 Topping \$19.99 <small>(Additional charge for Pan or Stuffed Crust) Code LF Delivery Fees & minimums required</small>
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Stacy's Restaurant  118 W Flint Hills Blvd JUNCTION CITY (785) 238-3039		<u>August 5th</u> • Roast Beef • Chicken Dijon • Baked Ham Sr. Size \$8.00 Reg. \$9.00 Inc Tax	<u>August 6th</u> Chicken & Noodles Sr. Size \$7.00 Reg. \$8.00 Inc Tax	<u>August 7th</u> Smoked Brisket Sr. Size \$7.00 Reg. \$8.00 Inc Tax	<u>August 8th</u> Hamburger Steak Sr. Size \$7.00 Reg. \$8.00 Inc Tax	<u>August 9th</u> Fried Chicken Sr. Size \$7.00 Reg. \$8.00 Inc Tax	<u>August 10th</u> Roast Beef Liver & Onions Sr. Size \$7.00 Reg. \$8.00 Inc Tax	<u>August 11th</u> Cook's Choice
The Cove at Acorns Resort  3710 Farnum Creek Rd. MILFORD (785) 463-4000		Bloody Mary & Mimosa Bar 12-4 pm	1/2 Price Appetizers	\$2.00 OFF All Tacos	Kids Eat Free w/ purchase of Adult Meal	Fajita Night Chicken \$12 Steak \$15 Long Island Ice Tea \$5	Crab Legs \$22	Prime Rib Special \$20 for 10-oz cut \$25 for 14-oz cut
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The Donut Hole  431 W. 18th St. JUNCTION CITY (785) 579-4730		More than Just Sweets A VARIETY OF DONUTS AND BREAKFAST FOOD BAKED FRESH DAILY Croissant Sandwich, Glazed Donut & Soda for \$5.00 anyday						
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Munson's Prime  426 Goldenbelt JUNCTION CITY (785) 238-1135		Sunday Brunch \$15.00 per person <small>Kids under 6 eat FREE 11AM TO 2PM</small>	Bierocks \$8.00	TexMex Tuesday \$8.00	Wings Wednesdays 50¢	Lasagna \$8.00	Meatloaf \$8.00	Prime Rib 12oz \$22.00 16oz \$28.00 5pm - Close
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AwardContinued from page 1

of the Army civilians that come in because they require some type of legal assistance,” Goetting said. “The paralegals do an intake and figure out the issue. If it’s a simple issue, like a power of attorney, then they take care of it. When someone needs to see an attorney, they set up an appointment. There are also walk-ins. We try to be as available as possible to anyone who needs our services.”

Goetting knows from experience that a client may come in to speak with an attorney believing that their legal concerns lie in one area, just to discover, after visiting with the Legal Assistance Office, there may be more pressing issues to deal with first. After spending time with a client, the legal team determines how best to help them.

“We work with them to make sure that whatever the legal issues they have are resolved,” he said. “So, whether that is helping them write a letter of rebuttal, or helping them negotiate with a landlord, there many things that our attorneys do to try and help.”

Being helpful and knowledgeable are cornerstones of Fort Riley’s Legal Assistance office’s success this year. Not only was the office evaluated on the Judge Advocates’ performance, but the office is assessed as a whole to determine how well the staff work together to meet the needs of

their clients every day.

“Although many people see legal assistance as a mission primarily carried out by military attorneys, our civilian staff is really our backbone because it provides continuity and expertise that cannot be developed without attorneys and support staff that stay in their positions for years,” Goetting said.

Doing the bare minimum of what was required as a legal assistance office was not enough to be considered for the Army Chief of Staff award for legal assistance. The offices awarded for 2017 had to outshine competing offices from all over the Army. According to Goetting, only two other large installations won the award, including the 1st Armored Division at Fort Bliss and the Legal Assistance Office at Joint Base Lewis-McChord.

“This is something we take a lot of pride in,” he said. “It’s pretty selective. Not just anyone who submits an application and is doing what they’re supposed to be doing will receive the award, but it represents a recognition that there are offices that are actually going above and beyond across the Army. All the staff here is very, very happy that we won because it’s always nice to be recognized when you are going above and beyond, and we are demonstrating that.”

Goetting was quick to credit the civilian attorneys who work in the office for their daily success.

“Our two civilian attorneys, Ms. Amy Bipes and Ms. Elizabeth Thurston, have not only been here long enough to develop strong ties with the local bar (association) and community, but they have also developed extensive expertise in estate planning, taxes and immigration law,” Goetting said. “This really allows us to provide a level of expertise and service that many installations cannot.”

Much of the day-to-day work, the parts that keep the office gears turning in the Legal Assistance Office, is carried out by paralegals and office staff both active duty and civilian, including Ella Theres, who has been running the front desk in the office for 15 years. Goetting said her knowledge and customer service skills have been training military paralegals for at least that long.

“I can’t say enough good things about our paralegals and our civilian attorneys,” he said. “It is an evaluation of the entire office — not just the Judge Advocate officers but everybody. I think that is one of the reasons we are so excited about it (the award), because it’s not just a recognition of the green suiters but it’s a recognition of everybody who helped make this possible.”

BABYContinued from page 1

felt an intense need to push. She fought the urge for miles. As they approached the gates to Fort Riley, Walker knew she might not make it to the hospital in time.

The guards notified the emergency room that a pregnant woman was headed their way and was in labor.

USUAL NIGHT AT WORK

Just a few miles away at Irwin Army Community Hospital, combat medic Pfc. Dennis Lingle, IACH, was in the middle of his night shift.

“It was a relatively average night,” Lingle said. “It wasn’t too fast. It wasn’t too slow. I’m sitting at my computer doing some admin stuff and I get a page from one of my nurses that said, ‘Hey, we had a call, and someone’s coming in. They’re in labor. Can you meet them at the door with a wheelchair?’ I said, ‘Yeah, sure.’”

Lingle got a wheelchair and headed to the emergency room doors to meet the incoming patient just as he had done many times before.

“While I’m waiting, me and the people at the desk notice that this car comes in really fast and goes to the other door of the hospital,” he said. “So, I left my wheelchair there. I ran to the front desk and grabbed another wheelchair.”

Lingle approached the car and Walker immediately told him, “Baby’s coming.” He called for ER staff to come out and help. The staff told him to bring her in, but Lingle knew Walker couldn’t wait.

“It took them about 40 seconds to actually get out to me, but in that time period, I looked down and noticed that the head was sticking out. I said, ‘OK, excuse me.’ ... and I knelt down and then, right about that time, I caught the baby,” he said. “As soon as I caught the baby, Doc comes running up behind me and I just, kind of, handed the baby over. I did my part. The baby didn’t hit the ground. It was pretty cool ... I did not expect to catch a baby.”



Kimberly Green | POST

Combat medic Spc. Dennis Lingle, Irwin Army Community Hospital, finishes up paperwork on an average night at the IACH emergency room. Lingle is also known as “Special Delivery” to his medical colleagues after he delivered a baby for a fellow Soldier in the parking lot on July 13.

Walker said that Lingle looked a little surprised when he first approached the car.

“When he came out I had already pushed the head out ... I don’t think he was expecting to have to do that,” she said.

Walker knew that by the time she had arrived at the ER doors and met Lingle, there was no time to wait for the other nurses to come out and help. She needed Lingle’s help right then. She gave one more push and Kayden Walker was born into Lingle’s hands at 2 a.m., July 13.

Lingle attributes his Army medic training for his clear head in a hectic situation.

“He did a good job until the nurses came,” Walker said. “He was really helpful.”

Lingle stayed with the Walker family after Kayden’s birth, holding Walker’s two-year-old daughter, Lei’Lani, who witnessed her little brother’s arrival, as the labor and delivery staff cared for mom and baby. When Lingle headed back to the ER to finish his shift, Lei’Lani cried for him to stay.

NEW NICKNAME

Since Kayden’s birth, Lingle has become a local celebrity

within the hospital and on Fort Riley. Hospital staff have even assigned him a new nickname.

“I’ve got me a new code name — call sign” he said. “They call me ‘Special Delivery’ now.”


Lingle, who grew up on his grandmother’s farm in Farmington, Missouri, doesn’t know what to do with his newfound fame.

“With the spotlight, it’s a bit much,” he said. “I come from a small town. So, the spotlight for me doesn’t happen.”

Lingle has only been out of Advanced Individual Training since February but he’s already looking ahead at his future in the Army. He is considering using his medical training in the Rangers, a security force assistance brigade or as a flight medic.

As for mom and baby, both are doing very well and are home resting and recovering.

Walker has advice for expectant mothers. Walker said to leave for the hospital early and don’t take the midwives brew. She is grateful for Lingle’s assistance and credits the entire IACH staff in safeguarding Kayden’s special delivery.



Fort Riley and area students are back to school soon.

Pay close attention to school zones, cross walks and stopped school buses!

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from Summer Break to Runway Fame

Back-to-School Fashion Show offers children opportunity to stand out

Story and photo by Tea Sambuco
1ST INF. DIV. POST

Children from the ages of 4 to 18 participated in the Back-to-School Fashion Show on July 28 at the Fort Riley Exchange. The fashion show kicked off at 1:30 p.m., with 50 children in attendance. Parents watched from the crowd as each model strutted down the runway, turned left, right, and then waltzed back up the runway with the cheers from the crowd at their backs.

The Back-to-School Fashion Show coincided this year with the 123rd anniversary of the Exchange. “The actual birthdate was July 25, but we chose to have the event on the weekend,” said Ayub Spencer, event coordinator and sales floor manager. “We had the fashion show, which was kind of our anchor event, along with children’s activities, a grill out with a charbroil demo, and then a number of drawings and giveaways.”

The Back-to-School Fashion Show is an annual event at the Exchange. Every year, parents and their children are introduced to the new season’s clothing lines.

“Something like this is always a good event to bring the community together,” Spencer said. “Parents are obviously proud of their children and they like to see them in an event like this where they can get exposure and have an opportunity to stand out. It benefits everybody. For the store, it brings people here and it’s an opportunity to introduce them to what we have to offer. It’s a win-win.”

Spencer believes that not only is this event great exposure for the store and the children, but also serves to give the children a confidence boost for this upcoming school year.

See FASHION SHOW, page 15



Reagan Perry, 7, daughter of Maj. Joseph Perry, 1st Infantry Division Headquarters, walks down the runway during the Back-to-School Fashion Show. Perry wore a hankerchief hem dress and a denim jacket during the show on July 28 at the Exchange.

“Something like this is always a good event to bring the community together. Parents are obviously proud of their children and they like to see them in an event like this where they can get exposure and have an opportunity to stand out. It benefits everybody.”

AYUB SPENCER | COORDINATOR, BACK-TO-SCHOOL FASHION SHOW

Group holds annual banquet

Outdoorsmen gathering drums up support for conservation efforts

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

The Fort Riley Outdoorsmen Group celebrated 14 years at their annual fundraising banquet on July 27. The not-for-profit group, also known as FROG, partnered with other nonprofits such as Pheasants Forever, Quail Forever, National Wild Turkey Federation, Rocky Mountain Elk Foundation and Fishing’s Future to hold an event that drew in over 250 guests — hunters and conservationists alike.

The night’s festivities included a catered barbecue dinner complete with bread pudding for dessert, \$20-a-stretch raffle tickets and games. A silent auction offered guests the opportunity to win Yeti coolers, artwork, taxidermy, hunting gear and more. The night concluded with a live auction, called by Mike Temaat, of items such as a compound bow and a four-night, three-days hog hunting and inshore/offshore fishing trip to Tampa Bay, Florida, for two people.

“The important thing is that this is a fundraiser,” retired 1st Infantry Division command sergeant major and one of the current presidents of FROG, Jim Champagne said. “One hundred percent of the money we



Retired Lt. Col. Dan Gilewitch from Fort Leavenworth plays FROG plinko in an effort to win rifles. Volunteer Bryon Mohammad sold chips to drop in the plinko game during the Fort Riley Outdoorsmen Group’s 14th annual banquet. All proceeds went to support youth hunts, community projects and conservation efforts.

MORE ONLINE

- To participate in upcoming events, contact the Fort Riley Outdoorsmen Group through its Facebook page at www.facebook.com/FROutdoorsmenGroup.

make tonight goes back into the community.”

A major goal of FROG, the significance of which was reiterated throughout the night, is supporting youth in the community through outreach efforts such as hunting and fishing trips and outdoor education.

“FROG puts on annual youth hunts,” FROG board member Shawn Stratton said. “We put on youth turkey hunts, youth deer hunts and

youth pheasant hunts. We do an annual fishing derby for the kids in the summer.”

Other highly anticipated youth events are the shooting clinics sponsored by retired Col. Ollie Hunter in which kids, who may have never held a gun before, are brought in and taught to shoot trap and skeet.

The aim isn’t necessarily to make hunters out of every child but to get them interested in activities other than play-

ing video games and watching YouTube videos. “One of the reasons we promote all of the youth events that we do is to try and get the children outside, involved, (to) understand conservation, and get them excited about hunting and shooting sports.”

JIM CHAMPAGNE
PRESIDENT, FORT RILEY
OUTDOORSMEN GROUP

ing video games and watching YouTube videos.

“One of the reasons we promote all of the youth events that we do is to try and get the children outside, involved, (to) understand conservation, and get them excited about hunting and shooting sports,” Champagne said.

FROG wasn’t only raising money to support youth programs but also to benefit Soldiers at Fort Riley. Membership is free and open to anyone wanting to learn more about the outdoors including active duty Soldiers.

“We highly encourage active duty Soldiers to become

See BANQUET, page 10

Follow proper steps for disposal of unwanted items

Fort Riley offers ways to rid excess trash free of charge

By Gail Parsons
1ST INF. DIV. POST

When people are getting ready to leave Fort Riley and they have large household items like televisions and couches to get rid of, they have two choices — get rid of it the legal way for free or the illegal way, which can carry as much as a \$1,000 fine.

Chris Otto, Recycle and Solid Waste coordinator, Directorate of Public Works, Environmental Division, recently joined a crew in the task of loading up household goods people had dumped.

“We went around and picked up trash,” Otto said. “I’m guessing when people are PCSing or maybe they are just getting new furniture or whatever, they are going out into the training areas and just dumping the stuff.”

Within an hour they had picked up a flatbed truck filled with multiple couches, a scooter with the motor removed, an entire playground set and several television sets including one where a copperhead snake had been hanging out.

DID YOU KNOW?

- Dumping on any land that is not your own property is **criminal littering** and people can be fined as much as \$1,000.

Dumping on any land that is not your own property is criminal littering and people can be fined as much as \$1,000 said Lt. Adam Hastert, supervisory criminal investigator, Game Warden Section, DPW.

“Anything we find dumped in the training area meets the element of criminal littering,” he said.

There is an approved fine through the Staff Judge Advocate General’s office for \$250 plus court costs. However, if there are any hazardous materials dumped, it becomes a mandatory court appearance.

If a subsequent investigation showed contamination of the water or soil, there could be additional costs charged for the remediation, Hastert said.

Criminal littering is dumping on the property of another person without permission.

See TRASH, page 15

FORT RILEY POST-ITS

BETTER OPPORTUNITIES FOR SINGLE SOLDIERS

BOSS Barbecue — Aug. 8, 11:30 a.m. to 1 p.m., Warrior Transition Battalion, next to Irwin Army Community Hospital.

Warrior discipleship bible study — Second and fourth Wednesday, 7 p.m. at the Warrior Zone conference room.

Introductory airplane flight classes — Aug. 11 meet at 7 a.m. at Warrior Zone. Class to be held at Manhattan Airport.

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

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



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.



VICTORY WEEK

“Big Red One” Soldiers and Fort Riley will be taking part in Victory Week Aug. 6 through 10, with games, celebrations, activities and dedications.

For a complete schedule and photos visit the 1st Inf. Div. Facebook page at www.facebook.com/1stInfantryDivision/

CORVIAS MOVIE NIGHT

Corvias’ next big resident event is Movie Night coming up on Aug. 10 at the Colyer Forsyth community center. Concessions start at 7 p.m., the movie will start around 8:15 p.m..

Stay up to date with everything happening on Fort Riley and in the surrounding communities.



Scan this code and download the Fort Riley APP

OUTDOOR ADVENTURE PARK OPENS

Check out the disc golf course, the foot golf course, the 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.



DADS MAKE A DIFFERENCE MONTH

August is Dads Make a Difference Month. The Family Advocacy Program is encouraging fathers to build stronger relationships with their children.

Take the Strong Dads Challenge daily throughout August.

TACO TUESDAY AND PASTA WEDNESDAY

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

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

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

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

FORT RILEY REEL TIME THEATER SCHEDULE

Friday, Aug. 3
Ant-Man and the Wasp (PG-13) 7 p.m.

Saturday, Aug. 4
Studio Appreciation Advance Screening — Free Admission — Mile 22 (R) 2 p.m. Tickets available at both Exchange Food Court. Seating open to non-ticket holders 30 minutes prior to show time if available. Doors will open at 1230 and the show begins at 1400. Come early to get the best seats.

The First Purge (R) 7 p.m.

Sunday, Aug. 5
Ant-Man and the Wasp (PG-13) 5 p.m. Theater opens 30 minutes before first showing. For more information, call 785-239-9574. Regular Showing: \$6, children are \$3.50, children 5 and under are admitted free. 3D Showing: \$8 First Run: \$8.25, 3D; First Run: \$10.25



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.

FREE AUDIO BOOKS

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

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

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

BANQUET Continued from page 9



Kimberly Green | POST

The Fort Riley Outdoorsmen Group held its 14th annual banquet at the Fort Riley Conference Center July 27. More than 250 guests were in attendance.

part of the group,” Champagne said. “It costs nothing. All it is, is an email and you’re automatically linked in to the Fort Riley Outdoorsmen Group. There are several active duty Soldiers who sit on our executive board. For those young Soldiers that are excited about the outdoors and want to give back, we bring those folks onto the executive board. The more the merrier.”

FROG is also leading the efforts to preserve local wildlife and its habitats on and around Fort Riley. The tall grass prairie found on Fort Riley is one of the most endangered ecosystems in North America, and hunting is a major com-

ponent of ensuring the health of that ecosystem, according to Steve Wahle, board member of FROG

“Hunting is the most important tool we have for wildlife conservation,” he said. “Hunters are the only ones that pay for wildlife management and conservation. When you buy a hunting license, you are paying that state for the conservation. When I buy a duck stamp, every penny of that goes toward migratory birds and restoration. When I buy an elk permit, every penny of that goes to the elk.”

FROG provides the much-needed education on

the environmental needs of the Fort Riley area by offering hunting classes and guidance for new and experienced hunters.

For Soldiers who would like to learn to hunt or get their children involved in outdoor sports, FROG offers individualized mentorship as well as group classes.

FROG will host its annual dove hunt Sept. 1 and a youth deer hunt in early October. To participate in the events, contact the Fort Riley Outdoorsmen Group through its Facebook page at www.facebook.com/FROOutdoorsmenGroup.



1st

Encounter

Irwin Army Community Hospital

Hospital enrollment

PCM bio & photo

Facility tour

Help with PCM assignment

Benefits review (Prime vs. Select)

Your One-Stop Solution for Healthcare Transition

New to Fort Riley?

Call (785) 239-3627 or 240-7468 for an appointment. Walk ins welcome.

1

Irwin Army Community Hospital

IACH School & Sports Physicals

June 23

July 14 & 28

August 11 & 25

7:30 a.m. – 4:30 p.m.

Book your appointment now by calling (785) 239-DOCS (3627)

Visit the IACH Website for medical forms and more information.

WORSHIP

Protestant Services

Victory Chapel

239-0834

ChaplineXt Protestant Service

Sunday Worship.....1100

Children’s Church.....1115-1215

Morris Hill Chapel

239-2799

Gospel Protestant Service

Sunday School.....0900

Sunday Worship.....1100

Main Post Chapel

239-0834

Traditional Protestant Service

Sunday Worship.....1030

Catholic Services

Victory Chapel

239-0834

Sunday Mass.....0845

Sunday Catechism.....1000

Saint Mary’s Chapel

239-0834

Sunday Mass.....1200

Mid-day Mass– Mon., Wed., & Fri.....1200

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

Club Beyond - Faith Based Youth Program

Grades 6th - 12th, Meets Sundays

Combined MS/HS Youth 1830-2015 at Victory Chapel

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Club Beyond is a Non-Federal Entity and is not part of the DoD or any of it’s components and it has no government status.

AWANA

785-239-0875

Resumes in Fall

Protestant Women of the Chapel (PWOC)

For more information email rileypwoc@gmail.com or Facebook “Fort Riley PWOC”

For more information email riley@pwoc.org

Catholic Women of the Chapel (CWOC)

For more information email fortrileycwoc@gmail.com or Facebook “Fort Riley CWOC”

Resumes in Fall Check for Summer Gatherings

Check for schedule over Training Holiday weekends

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Soldiers' voting numbers down

Officials: Active-duty military participation essential to process

By Kimberly Green
1ST INF. DIV. POST

The presidential elections are not for another two years, but in November, Americans will go to the polls to elect state and federal representatives. Legislators are the individuals who make most of the decisions that affect day-to-day affairs of citizens. According to www.usa.gov, all 435 seats in the U.S. House of Representatives, one-third of Senate seats and 36 state gubernatorial seats are up for grabs this year.

Florida, Indiana, Missouri, North Dakota, Arizona, Nevada and Tennessee have contested Senate seats in 2018. The results could have impacts on the law-making landscape in Washington, D.C., for years to come. Another 25 state representative elections are also for the taking in 15 states.

Soldiers and their families cast fewer votes than the general population, said Kevin Walker, installation voting assistance officer, Fort Riley. The reasons are different for every person, but the effect of states losing those votes can be dramatic. Walker said that

some major elections have resulted in margins of just a few votes.

There has been a steady decline in active-duty military voter registration over the years, according to the Federal Voting Assistance Program, with the numbers dipping lower than the civilian voting age population. Only 46 percent of active-duty military voted in the 2016 presidential elections, a much lower percentage than in the 2012 elections when 59 percent of ADM cast ballots.

Currently, there are about 1.3 million Americans serving on active duty status, and if 54 percent do not cast their ballots, those 700,000 lost votes can significantly affect local and state election outcomes.

Walker said that there is a myth in the military community that Soldiers' absentee ballots are not counted.

"Every ballot sent in counts, absentee or not," he said. "That is one of the rumors, that they aren't (counted) — that's one of the myths. But every vote they (the states) get they will count."

Walker said that midterm elections don't often get the same attention and voter turnout as presidential election years, but midterm elections often have a more direct impact on Soldiers. Congress decides on Veteran Affairs education benefits, military

MORE ONLINE

- For more information on voting, elections and federal assistance, visit www.usa.gov/voting and www.fvap.gov/

spending, active duty pay raises and veteran health care among other issues.

Walker recommends every Soldier, military dependent, or DOD employee, register to vote at the beginning of each year regardless of whether they believe that they are already registered. This ensures that they aren't removed from a state's voter roster.

"The majority of the states require you to register every year for absentee (ballots)," Walker said. "In some states it will last two years, some states three. But for the most part, it is just better to submit the federal post card application — the registration form every year ... Most states are required by law to send you the absentee ballot 45 days before the election. Once they receive that ballot, they select who they want to vote for, and then, from there, in some states, you can fax it to them. Some states allow you to email it and every state will take them by mail."

Finding out when state and local primaries are held can be

difficult when one lives out of state. Using websites such as www.fvap.gov can aid in the process. The site helps users navigate to the elections in their state down to the local level and informs users of that state's requirements for voter registration, absentee ballot requests and ballot returns.

As for choosing a candidate once the ballot arrives, Walker recommends that each voter "get as much information about the candidate as you want and then make your own interpretation." He said that it is difficult to get unbiased information and that is why it is imperative to do your own research before voting — most of which can be done online.

Walker also understands that Soldiers often feel detached from their home communities when stationed elsewhere but stresses that it is important for Soldiers to vote in local and state elections, especially if they plan on returning to the area after their military service.

"Many Soldiers will go home to where they came from," he said. "Stay a part of it. Make a difference in that area."

Every state has its own laws about absentee voting. In order to make sure that Soldiers have the most up-to-date information visit the VFAP website or reach out to a voting assistance officer.

TUESDAY TRIVIA CONTEST



The question for the week of July 31 was:
What's going on for Victory Week?

Answer: <https://app.buildfire.com/promo/#Fort%20Riley,%20Kansas>

This week's winner is Erika Harrington, spouse of Staff Sgt. Djuan Harrington, 1st Battalion, 5th Field Artillery, 1st Armored Brigade Combat Team, 1st Infantry Division.

Pictured above is Erika Harrington.

CONGRATULATIONS ERIKA!

WWW.RILEYARMY.MIL

SUMMER SAFETY tips

HEAT SAFETY FOR FAMILIES

To avoid heat injuries this summer, the Kansas Division of Emergency Management advises following these safety tips:

- Stay out of the heat as much as possible. Limit outdoor activities until the cooler part of the day.
- Cover your skin with lightweight, light-colored clothing that reflects heat and sunlight.
- Pay attention to your hydration status and be sure to drink plenty of fluids.
- Sunburn reduces your body's ability to dissipate heat, so if you must work outside for an extended period, use sunscreen and drink plenty of water to avoid dehydration. Make sure there is someone available to check on you.
- Keep a close eye on children and check on elderly neighbors. Watch for signs of heat-related illness, such as sunburn, dehydration, heat cramps, heavy sweating, weakness, skin that is cold and pale or hot and dry and high body temperature.
- Call 911 for suspected heat-related emergencies.
- Heatwaves become more dangerous each day they continue. The cumulative effect of the excessive heat on the body leads to more cases of heat-related illness and death. You can save a life by getting someone into an air-conditioned room for just an hour or two.

KDEM officials suggest having a plan for where your family can go if there is a power outage. Many communities offer cooling centers, or consider a trip to the movies, a mall or the library if you know someone who does not have a working air conditioner in their home.

HEAT SAFETY FOR PETS

To protect your pet from extreme heat:

- Ensure outside pets have water and plenty of shade. Bring pets inside for cooling breaks during the hottest part of the day.
- Check on pets frequently to ensure they aren't suffering from the heat. If you're gone during the day, ask a neighbor to check on them.
- Don't leave your pet in an enclosed vehicle. A car's interior temperature can reach dangerous levels in just a matter of minutes. A car's interior may go from 80 degrees to 99 degrees Fahrenheit in as little as 30 minutes. In 20 minutes, it can reach nearly 120 degrees. After an hour, it's at 123 degrees.

For more information, contact the Garrison Safety Office at 785-239-2514. To learn about safety across the installation, visit www.riley.army.mil/Units/GarrisonCommand/Safety.

Fort Riley Family and MWR

SURPLUS AUCTION

AUGUST 6-19

ONLINE ONLY
EQUIP-BID.COM

Details on viewing property before bidding and picking up won auction items will be listed online at equip-bid.com

equip-bid AUCTIONS

MOVIE NIGHT

OUTDOOR SCREENING OF "COCO"

Join us on August 10 for our **FREE MOVIE NIGHT**.

- Free concessions
- Free movie
- Fun for the whole family!

Don't forget to bring a chair or blanket!

Colyer Forsyth Community Center
22900 Hitching Post Rd.
10 August- concessions open at 7pm, movie will begin at dusk

Contact your Neighborhood Office for more details. Look forward to seeing you there!

Corvias

SERVICE DIRECTORY

Your go-to guide for products and services around the area!

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SUMMER ACTIVITIES WINDING DOWN



Vacation Bible School was held July 23 to July 27 at Victory Chapel where they were “Searching the visible, discovering the invisible.” This year’s theme was Galactic Starveyors where they discovered the God of the universe through songs, videos, arts and crafts, Bible study and outside games. “VBS makes an everlasting and significant impact on each child who attends,” said William Townsend, director of religious education. During Vacation Bible School at Victory Chapel, children competed in a food drive to see who could raise more food for those in need. The food drive was a part of their missions activity, a program that followed the lives of two different missionary families and taught children how they could be missionaries in their own communities. The children brought in over 900 items for the mission.



Back-to-school to-do list

Immunizing students as a first line of defense

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

As students head back to school this fall, parents may be wondering how to keep their kids healthy. The state of Kansas requires every student, pre-kindergarten to high school, to be up to date on their shots before stepping a foot into their classrooms.

This is the best policy, according to Maj. Muoy Lim, a pediatrician at Irwin Army Community Hospital’s primary care clinic.

“Preschool and kindergarten children entering school need to have their second

set of measles, mumps and rubella which is combined with their chicken pox, which is the MMRV,” Lim said. “They’ll also get their final boosters for polio which is combined with their tetanus and whooping cough — usually at age four.”

After those initial vaccines are complete, the next set of immunizations is not due until students are ready to start middle school where their needs begin to change.

Although middle schools require the TDAP for school admission, which is the tetanus, diphtheria and whooping cough immunizations, Lim feels that isn’t enough to adequately protect children from other potentially dangerous infections.

“We highly recommend the meningitis shot and we also recommend the HPV which is the Gardasil,” she said. “This is to prevent the human papillomavirus which is known to cause cervical cancer, but now it has been found in rectal cancer, penial cancer, throat cancer and even vaginal cancer. It is also known to cause four main



Kimberly Green | POST

Isabella Hulin, 6 months, receives her scheduled vaccinations at Irwin Army Community Hospital by Licensed Practical Nurse Maria Hazel Salonga July 30. Isabella’s father, Pfc. Austyn Hulin, Company B, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, soothes her before and after her shots.

strains of warts that are sexually transmitted. This new vaccine has nine strains (of HPV) that we cover against. If you get it before the age of 15, it’s a two-part series separated by six months, minimum. If you get it after 16, it’s a three-dose series separated by two months and then three months after the second.”

The HPV vaccine is given to both boys and girls starting at age 11 to protect them from contracting future deadly diseases.

High school students, age 16 and older, will need their second meningitis shot. There is also a new vaccine called the Meningitis B vaccine, a two-part series separated by one month between shots, which protects teenagers from a different strain of meningitis.

According to Lim, the B strain of meningitis that the Meningitis B vaccine protects against, is more “virulent, and has more deaths related to the illness.”

She tells parents that, around age 11, children become more at risk for contracting meningitis as they get closer to middle school. Meningitis is a bacterial or viral infection that can cause brain and spinal cord swelling. The Centers for Disease Control and Prevention says that the symptoms of bacterial meningitis can appear suddenly and progress very quickly, resulting in coma, seizures and death for some patients.

The reasons for increased risk among pre-teens, high school students and college students is because “they are in such crowded areas and it is a bacterial infection that is contagious,” Lim added. “You can spread it that way because you’re in close quarters — in contact with people. I know the school isn’t requiring it, but when you go to college, because you’re living in dorms, that is going to be an important vaccine to have.”

Lim is familiar with parents who are concerned with immunizing their children, but she cites research and conclusive evidence of early prevention with immunizations, especially with the HPV vaccine, having better lasting effects on immunity into adulthood to these serious diseases than waiting later to be inoculated.

She admits there can be minor side effects after being immunized such as fever, swelling at the injection site or a rash. In very rare cases, more severe side effects have been reported, but she said the benefits far outweigh the risks.

Kansas immunization requirements line up with other states’ school requirements, Lim said. The strict requirements are meant to benefit, not only the children receiving the vaccinations, but also other children and adults in their schools who are barred from getting them because of compromised immune systems or other health related complications.

Lim strongly believes in the vaccine schedule as laid out by the Centers for Disease Control and Prevention and does not grant exemptions for school immunization requirements unless a child has a diagnosed reason for why it is dangerous for them to be inoculated, such as undergoing cancer treatment or receiving intravenous immunoglobulin therapy for diseases like Kawasaki disease.

Lim suggests if parents have questions, they should contact the nurse advice line, visit the front desk or make an appointment to see their primary care manager.

The immunization clinic at IACH is open Monday through Friday from 8 a.m. to 4 p.m. Any child who has been seen by their PCM in the last six months and after arriving to Fort Riley is welcome to walk in for their immunizations.

Immunization Requirements for the 2018 - 2019 School Year

K.A.R. 28-1-20 defines immunizations required for any individual who attends school or a childcare program operated by a school. Below are the requirements for the indicated school year. Please carefully review the requirements. The usual number of doses required are listed; however there are exceptional circumstances that could alter the number of doses a child needs. If you have questions about your child’s immunization status, contact your child’s primary care provider or local health department.

Proof of receiving the required immunizations must be provided to the school prior to the student attending the first day of school.

Early Childhood Program Operated by a School Ages 4 Years and Under	
Vaccine	Requirement
DTaP/DT (diphtheria, tetanus, pertussis)	4 doses
IPV (polio)	3 doses
MMR (measles, mumps, rubella)	1 dose
Varicella (chickenpox)	1 dose*
Hepatitis A	2 doses
Hepatitis B	3 doses
Hib (haemophilus influenza type B)	4 doses**
Prevnar (pneumococcal conjugate)	4 doses**
Additional ACIP Recommended Vaccines Not Required for Early Childhood Programs	
• Rotavirus: Three doses recommended for infants less than 8 months of age.	
• Influenza (flu) Vaccine: Annual vaccination is recommended for all those 6 months of age and older.	

Grades 7 - 12	
Vaccine	Requirement
Tdap (Tetanus, diphtheria, pertussis)	1 dose~
IPV (polio)	4 doses ***
MMR (measles, mumps, rubella)	2 doses
Varicella (chickenpox)	2 doses*
Hepatitis B	3 doses
Additional ACIP Recommended Vaccines Not Required for School Entry	
• HPV (Human Papillomavirus) Vaccine: Two doses are recommended at age 11 years. <i>HPV is a cancer prevention vaccine!</i>	
• Meningococcal - MCV4 (Meningitis) vaccine: One dose is recommended at 11 years of age with a booster dose at 16 years of age	
• Influenza (flu) Vaccine: Annual vaccination is recommended for all those 6 months of age and older.	

Kindergarten - Grade 6	
Vaccine	Requirement
DTaP/DT (diphtheria, tetanus, pertussis)	5 doses
IPV (polio)	4 doses ***
MMR (measles, mumps, rubella)	2 doses
Varicella (chickenpox)	2 doses*
Hepatitis B	3 doses
Additional ACIP Recommended Vaccines Not Required for School Entry	
• Influenza (flu): Annual vaccination recommended for all those 6 months of age and older.	

Notes

* Varicella (chickenpox) vaccine is not required if child has had chickenpox disease **and** disease is documented by a physician signature. Without a physician signature, vaccine is required even if you believe your child has had chickenpox disease.

** Total doses needed are dependent on vaccine type and the age doses were administered.

*** All students in grades K - 7, all new students and students currently completing the polio series must have 6 months between the last 2 doses of polio vaccine, and one dose must be after the 4th birthday.

~ All students in grades 7 - 12 are required to have one dose of Tdap regardless of the interval since the last dose of DTaP or Td.

Back-to-school tips don’t only apply to kids in the house –

By Kimberly Green
1ST INF. DIV. POST

Not every student going back to class in August needs a new lunch box and No. 2 pencils. For many active-duty Soldiers and their spouses, August is the time that they begin college classes and their needs are very different from those of their kids.

Jemalin Hall, a guidance counselor at the Fort Riley Education Center, knows first-hand how difficult being an active-duty Soldier, spouse and mother can be while also attending college.

Hall has some tips on how to get the most out of college classes while also working and caring for a family.

TIME MANAGEMENT

“Speaking as a veteran myself, I was active duty for over 10 years and I had children,” Hall said. “They were involved in sports and school and then you’re a Soldier and you’re trying to go to school and further your education — time management is very important.”

With so many responsibilities piling on top of one another it can be overwhelming for a non-traditional

student. Staying organized with the time that is available after the work is done and the kids are cared for is very important, according to Hall.

“You have to look at your schedules,” she said. “So, for the children, if they are in sports, they obviously have certain days of the week that they go to do their activities and they are also in class most of the day ... then you work from 6:30 (a.m.) to 5 o’clock in the evening. You have to allot at least an hour a day to your studies.”

The amount of time that a student needs to set aside for studying varies based on the degree type. Students

enrolled in a master’s program are expected to spend at least 20 hours a week on their courses. Where a student in an associate’s program may not have to dedicate the same amount of time to their classes, but all students still have to decide to spend their time wisely completing assignments and reading the course material, Hall said.

She recommends being dedicated to school schedules in order to prevent getting behind.

“It’s easy to fall behind in classes especially for students who take self-paced courses,” she said. “We have a lot of different online programs, and

a lot of those programs are self-paced and if you’re not disciplined to follow that program, I would not recommend taking a self-paced program.”

Hall said that while face-to-face lectures may be easier on students, Soldiers on Fort Riley experience high operation tempos and the mission, obviously, takes priority, making online classes the preferred choice.

Her advice? Strict time management.

BUDGET

With many Soldiers’ tuition assistance already capping out at this time



Parents unable to attend the USD 475 Open House the evening of Thursday Aug. 9, due to Victory Week commitments are encouraged to contact Mrs. Belle Whaley, at 785-717-4215, who will assist parents in coordinating make-up meetings with teachers on an exception basis. Alternate times for meetings include the afternoons/evenings of Aug. 8 and 10. Additionally, teaching staff will make themselves available the following the first week of school immediately after school and anytime thereafter when school is in session.



Staff at the Fort Riley Post Library hosted an Ice Cream Social July 28 with families lining up for the frozen treats. Along with the toppings for the ice cream, families enjoyed activities such as tug-o-rope, bean bag toss and sack races.

AREA SCHOOL DISTRICTS

- **USD 475 Geary County:** www.usd475.org/handbooks-and-supplies/
- **USD 473 Chapman:** usd473.net/Files/SupplyLists.pdf
- **USD 383 Manhattan:** www.usd383.org/manhattan-ogden/news-list



Back-to-schoolers, communities must address safety issues

Students, parents and community members working together will forge safe environments

By Gail Parsons
1ST INF. DIV. POST

An average of 128 people are killed each year in school transportation related accidents in the United States, according to the National Highway Traffic Safety Administration.

More school-age pedestrians were killed from 6 to 7 a.m. and from 3 to 4 p.m. than any other hours of the day. Those hours coincide with the hours when children are going to and from school. The Garrison Safety Office reminds drivers and parents that they need to exercise increased caution in areas where children are walking, bicycling or waiting for a school bus.

“In that battle between a child and a car, the car is going to come out on top and then you have to live with that,” said Dawn Douglas, safety professional.

Douglas and Garrison Safety Director, Rick Hearron, have been working on a back-to-school safety campaign which includes a video that parents can watch with their children. They can find it on YouTube at www.youtube.com/watch?v=GmepiJJMN7I. The video was also shown during the July 31 Town Hall Meeting, and the entire campaign will close with an information booth at the Exchange on Aug. 10, when backpacks with coloring books and crayons will be given away.

The points they will try to get across is that it takes a joint effort among parents, children and drivers to keep Fort Riley streets safe and there are many components to school transportation safety.

BUS, PEDESTRIAN SAFETY

When waiting at a bus stop, children should stay back from the curb at least three to six feet and allow the bus to come to a complete stop before they approach to board it.

While on the bus, children should be instructed to remain seated and to avoid yelling, screaming or carrying on with their friends in a manner that is disruptive to the driver.

“If the bus driver is going to get to his destination safely, it is important that they are not distracted,” Douglas said.

It goes both ways though, she said children should also know that

BACK TO SCHOOL

This safety message is brought to you by the USAG Safety Office. We want to remind you to use good risk management principles when sending your children back to school. Here are a few safety tips:

BICYCLING SAFELY:

- Always wear a **HELMET**
- Where bright **COLORS**
- Attach **HEADLIGHT** and **TAIL LIGHT**
- Follow the **RULES** of the road

WALKING SAFELY:

- Use **DESIGNATED** crosswalk
- Don't accept **RIDES** from strangers
- OBEY** crossing guard
- Don't **TEXT** and walk
- Avoid **ALLEYS**

DRIVING SAFELY:

- WATCH** for children
- Don't block **CROSSWALK**
- OBEY** speed limits in school zones
- Allow 3 ft **PASSING** between car and bike
- Don't **DOUBLE** park in school zones
- Don't pass a vehicle **STOPPED** for pedestrians

RIDING BUS SAFELY:

- LINE** 6ft away from the curb
- Don't **SPEAK** to strangers
- WAIT** for flashing lights to **STOP** arm to extend
- OBEY** the bus driver
- CROSS** the street in front of the bus
- Don't pass a vehicle **STOPPED** for pedestrians

BE SMART. BE SAFE.

“In that battle between a child and a car, the car is going to come out on top and then you have to live with that.”

DAWN DOUGLAS
SAFETY PROFESSIONAL

BICYCLE SAFETY

Young children should ride their bikes on the sidewalks but be taught to respect the pedestrians.

“If they can't (ride on the sidewalk) they should ride on the right side of the road, which is why we want them to be situationally aware of cars and themselves,” Douglas said. “Like everyone else, they have to come to a complete stop at stoplights and stop signs. If they are going to be on the road with other drivers then they need to understand that they are going to have to be as responsible as drivers and not dart in and dart out of traffic and have high risk behaviors with their bikes.”

They should know and use the proper hand signals and always wear a bike helmet. Hearron said the Safety Office has a limited number of bike helmets they can give away to people. Anyone interested can call the Garrison Safety Office at 785-239-8469 to check on the availability.

Just like pedestrians, children riding bicycles should wear reflective bands or brightly colored clothing — especially closer to winter when it gets dark earlier.

Headlights and taillights will also make it easier for the bicycle to be seen by motorists.

MOTORISTS

“Anyone with children knows that they don't always pay attention,” Douglas said. “Adult drivers need to be aware that children are walking and biking to school. Slow down in residential areas and school zones.”

If a bus is stopped and the stop sign is out, no one should pass that bus. Drivers who come up behind it, need to wait until the bus starts moving again. Vehicles approaching are to wait in their lane of traffic until the children are safe, which is indicated by the bus driver pulling the sign in.

When picking up children at school, Douglas and Hearron know the areas get congested, but stressed the importance of not double-parking while waiting on a child.

“We understand when parents are running a little late they don't realize that sometimes the things that they're doing creates an unsafe environment,” Douglas said.

It can help if, before school starts, the parent and child go over the rules and procedures. If the parent will be picking the child up, have a designated spot where the pickup will happen every time.

“And be courteous,” she said. “Remember that when a pedestrian is inside the crosswalk, the car has to stop.”

That doesn't mean creep up to the edge of the crosswalk or keep moving slowly — the vehicle needs to come to a stop, she said.

Also remember that a child's attention span is short and they are often not paying attention. Even the most obedient children who have been taught all the rules and usually follow them, are susceptible to a moment of carelessness, which is why it takes everyone looking out for each other to keep the youngsters safe.

By adhering to the school zone speed limits and slowing down in the residential areas, motorists will have a better opportunity to react if a child should dart out from between two cars or fall over on their bicycle in the street.

BACKPACK SAFETY

Not directly related to transportation safety, but still a safety concern, Douglas said backpacks can cause their own unique set of problems.

“Kids walking with these overloaded backpacks that are so heavy that they have to lean forward to walk with them, causes ergonomic issues, especially for younger kids,” Douglas said.

She recommends choosing a backpack with the double-padded shoulder straps or the built in back support. Even better are the backpacks on wheels so children don't have to wear them at all.

“If a child weighs 100 pounds and the backpack weighs half their body weight, the backpack is obviously too heavy,” she said.

She said to watch the way they wear the backpack, if they have to pull on the straps, or lean forward when standing it may be too heavy.

“More and more schools are departing from issuing books to kids, they're putting the books on the electronic devices so it's not as bad as it used to be, but you still have kids carrying everything including the kitchen sink in their backpack,” Douglas said.

OTHER SAFETY REMINDERS

- With more and more children having cell phones, they should use care to not be distracted with texting while walking
- Don't talk to strangers or accept a ride from someone they don't know
- Children should know their phone number and address and how to contact a parent at work or another adult who the parents know
- They should know how and when to dial 911

Front View	Hand Signal	Back View
	<p>Left Turn</p> <p>Extend your left arm out sideways with all fingers extended or use your index finger to point left.</p>	
	<p>Right Turn</p> <p>Extend your left arm out sideways bent at a 90-degree angle at the elbow joint, hand pointing upward and the palm of hand facing forward.</p>	
	<p>Alternative Right Turn</p> <p>Extend your right arm straight with all fingers extended or use your index finger to point right.</p>	
	<p>Stopping or Slowing</p> <p>Extend your left arm or right arm sideways and bend your arm at a 90-degree angle at the elbow joint, hand pointing downwards and the palm of your hand facing backwards.</p>	

<https://www.nhtsa.gov/> 2005-10292

— Soldiers, military spouses tackle requirements of college

of the year, Hall tells her clients to apply for Pell grants through the Free Application for Federal Student Aid to cover the cost of upcoming courses. TA only pays for 15 credit hours per fiscal year, and if a student has been loading up on classes, they may find that the grants will help them continue to progress through their degree without having to pay out of pocket. The grant money can also be used to pay for books, which Hall said can run in the hundreds of dollars every semester.

CUTTING OUT DISTRACTIONS

Hall said put down the phone to cut out the most obvious source of distraction

for students. Simply turning on the do not disturb setting can prevent a student from being notified every time they receive an email or when someone likes a post on their Instagram.

Find a quiet space to study. If it helps to play music while working on assignments — then play it, Hall said. She personally likes white noise to drown out the other sounds in her home while she is concentrating.

ASK FOR HELP

Always ask for help. Some Soldiers find themselves in the field in the middle of a class. Other students may be struggling to

keep up with family responsibilities while studying every evening and working. Asking for help when it's needed is a way to ensure a student is successful.

“Students can always contact their instructors and ask for extra time to finish assignments,” Hall said. “With GoArmyEd they will authorize up to 180-day extensions.”

She said that extensions must be approved by instructors and are considered on a case-by-case basis.

USE STUDY GUIDES.

“No instructor wants to see their students fail,” Hall said.

Ask loved ones and friends to step in to alleviate some of the pressure. Hall asked her husband to take the kids out of the house sometimes to give her the quiet time she needed to concentrate and focus.

“Figure out your goal, and if you want that goal badly enough — you want to accomplish it — you might have to sacrifice some of your personal time, but also don't wear yourself out, if you do, and you're overwhelmed, you're going to completely shut down,” she said. “Take a day off if you have to. But whatever you do, don't fall behind because it is easy to get off track.”

Every non-traditional student has their own set of needs and obligations, but Hall has experienced the difficulties of attempting to find work outside of the Army without a college education and she does not recommend it.

“Even though you have children. Even though you are active duty, or you have all different things that are thrown at you, just remember that the outcome is always going to be greater than the journey,” she said. “So, go ahead and focus on your goals.”

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Announcements330

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Help Wanted370

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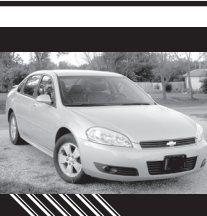
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The Junction City Daily Union has an immediate opening for a reporter who can build sources and dive into local issues. Duties include general assignment, feature writing, coverage of local government boards and copy editing.

The successful candidate will have sharp reporting instincts, outstanding news judgment, an ability to report and write quickly in a fast-moving atmosphere. A curiosity about the community and its people is vital.

This person must have the ability to work productively in a team setting.

The person must be aggressive and adept at setting priorities and reordering them as needed, particularly under deadline pressure or as circumstances change. The person should have strong writing and editing skills, and experience with Multimedia journalism is a must. We use video and social media to tell our stories.

Send resume with references and writing samples to Editor Maria Childs by email at maria@thedailyunion.net (put reporter position in the subject line)

su | do | ku

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

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

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

JUNCTION CITY

living

A new year, means a new look —

COMING SOON

The 2nd annual Junction City Living Magazine!

This vibrant, full-color glossy magazine will once again feature and showcase the best of Junction City.

Delivered to your doorstep
this August!

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Call our marketing team at 785.762.5000 to place your ad, or email:
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[Shannon Fritz | advertising@wamegonews.com](mailto:ShannonFritz@advertising.wamegonews.com)



THE DAILY UNION.

Continued from page 9



Blanchette chose to wear slim blue jeans, a white tank and a blue jean jacket. The fashionable look resounded in Carismza's own personality, which she described as very outgoing. She enjoyed wearing it so much that she decided to purchase it and wear it on her first day back-to-school.



Photos by Gail Parsons | POST

Balloons cascade down to patrons waiting at the entrance to the Post Exchange to grab as many as they could and pop them open to find the ones that contained a prize. The July 25 event was held to recognize the 123rd anniversary of the Exchange.

PX
TURNS
123!

Maria Berrios, Post Exchange store manager, left, services business manager Michelle Stanton, and Food Court Manager Adam Shaw cut a cake honoring the 123rd anniversary of the Exchange.



Continued from page 9

Otto also recommends that if the item is still in good condition to take it to the thrift shop or put it on one of the social media sites.

Nearly every house has at least one cabinet with hazardous waste. Household chemicals such as cleaning supplies, bleach and paint, WD-40 are a few examples.

The materials should not be dumped outside or down a drain either because of the potential for contamination of soil and water.

Household hazardous waste can be turned in at building 1945 on Camp Funston, where it will either be disposed of properly or given away to any Department of Defense cardholder who wants it.

There's always a turnover of products, but if someone is looking for things like deer urine — used by hunters, paint, insect repellents, cleaning supplies, varnish or any other household hazardous item, before handing over cash for it, they can check out the Environmental Waste Management Center.

“You can go down there and shop for free,” Otto said. The EWMC is also where people can take batteries for proper disposal.

People who are starting a garden can also go behind the EWMC and pick up composting.

A lot of stuff that ends up in the trash, can be recycled. Recycling saves money for Fort Riley because rather than paying to have it taken to the transfer station, they can sell it.

Some of the common items that people tend to throw away rather than recycle include glass, plastic, cooking oil, Styrofoam, cardboard and toner cartridges.

In addition to the several drop-off locations around post, people can bring their recycling to building 1980, at Fourth and G streets.

The recycling center is also where people can go to shred documents. To utilize this service, Otto said people need to make an appointment by calling 785-239-6797.

"We show them how to do it," he said. "We don't touch the paper."

By combining upper body movements with the traditional walking movements of the elliptical, people can get a full-body workout in less time than by doing all the exercises separately.

Public Health Nurse, Capt. Eddie Murray, demonstrates a move which will add muscle works to the arms and the core.

If this move seems too easy, the intensity can be cranked up by using weights.

He encourages people to plan on at least 20 to 30 minutes on the elliptical but change up the movements every couple of minutes.

1. With or without weights, lift arms directly overhead while maintaining a straight back
2. Bending at the elbows, only lower the forearms behind the head and between the shoulder blades
3. Return arm to position one
4. Bring arms straight forward and repeat for one minute

 Kids in school,
Moms at the Pool!
A Day for Moms to Relax!

FRIDAY, AUGUST 17 • 11AM-2PM
Custer Hill Aquatic Center

OPEN TO AGES 18+

\$15

- Get pampered poolside! Enjoy cocktails and light appetizers, massages and partake in a YOGA Fit class to release your summer tensions
- Win great prizes like manis and pedis

Tickets are available for purchase at Custer Hill Aquatic Park and online at riley.armymwr.com

785.239.4854

2018

DADS MAKE A DIFFERENCE MONTH

STRONG DADS Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Step 1: Take a photo of Dad & Kids doing ANY activity together Step 2: Send photos to dads@rileymwr.com or tag the Fort Riley Parenting Facebook page or hashtag #10DDMM Step 3: Win cool prizes and fun family time! Submit photos NLT Sept. 5						
5 Play a game of catch	6 Build a fort with blankets	7 Bake your favorite cookie	8 Check out a book at the library	9 Do a science project together	10 Play hide and seek	11 Free food & fun! Dad's Outdoor Adventure, 10am-2pm Adventure Park
12 Create an obstacle course	13 Start a rock collection	14 Do an art project together	15 Learn a skill together	16 Read a classic book together	17 Do something your child enjoys	18 Be spontaneous - have a water balloon fight
19 Be artistic together	20 Plant something together	21 Create a family tree	22 Share your favorite childhood memory	23 Share with your child a difficult obstacle you overcame while growing up	24 Play dress up	25 Dad's Tea Party 10am-noon, Riley's Conference Center
26 Go fishing	27 Tell your child how much you love them	28 Silly serious interviews (Take turns asking questions)	29 Write an encouraging letter to your child	30 Teach your child about charity	31 Teach your child values (inner/outer beauty, integrity, money)	

August is Dads Make a Difference Month. The Family Advocacy Program is encouraging fathers to build stronger relationships with their children.

To do so, we are giving away a grand prize, the **Fort Riley's Strong Dad of the Month Grill Package** which will include a grill, chairs, coolers and utensils.

TO ENTER

1. Take and submit a photo of you and your children doing any activity together. Need an idea? Check out the calendar above or any local community activity or event!
2. Send the photo to dads@rileymwr.com, tag the Fort Riley Parenting Facebook page or hashtag #10DDMM. The more photos you submit increases your chances at winning!

Photos must be posted/received by September 5 in order to qualify for the Fort Riley's Strong Dad of the Month grand prize.

Featured Events

OUTDOOR ADVENTURE DAY

August 11, 10am-2pm • Outdoor Adventure Park
Opportunity for fathers to engage with children and families doing outdoor activities, such as: paintball, archery, and family ropes course. Free food and giveaways provided.

DAD'S TEA PARTY "Every Princess Needs a Superhero"

August 25, 10am-Noon • Riley's Conference Center
Opportunity for Fathers to engage with daughter's and families to build self-esteem. ACS will host a tea party with a dance, story time and arts and crafts activities.

INFO: 785-239-9435

VOLUNTEER-VOLUNTEER-VOLUNTEER-VOLUNTEER-VOLUNTEER

Volunteers are a vital part of any community, especially at Fort Riley, KS. There are many places to work and a wide variety of positions available. Some of the following organizations have limited childcare reimbursement available. Please feel free to use these contact numbers as a point of reference when you are ready to make a difference in the Fort Riley Community, or call, Jane Brookshire, AVCC at 785-239-9974/9435 for more details.

Army Community Service	Jane Brookshire	239-9974
Army Family Team Building	Jane Brookshire	239-9974
American Red Cross (All Medical/Dental/Vet)		239-1887

DFMWR ACTIVITIES

** Adventure Park		239-2363
** Arts & Crafts Bldg 6918	Marilyn Paras	239-9328
**Auto Skills Shop Bldg 7753		239-9205
**BOSS Program 7867 Normandy		239-2677
**Custer Hill Bowling Center Bldg 7485	Nicole Fountain	240-3591
**Child & Youth Services Bldg 6620	Danitta Brantley	239-4759
**Teen Center 5800 Thomas Dr	Danitta Brantley	239-4759
** Youth Sports Bldg 6620	Brittany Glascock	239-9223
**Gyms		239-2573
**Ft. Riley Library 5306 Hood Dr		239-5305
**Outdoor Recreation	Travis Engle	239-2271
**Warrior Zone Bldg 7867		240-6618
Fort Riley Historical Society	hasfrpresident@gmail.com	
The Thrift Shop		784-3874
Fort Riley Spouse Club	volunteering.frsc@gmail.com	
Boy Scouts	www.scouting.org	587-1818
Girl Scouts	Facebook: jcftrileygirlscoutinginformation page	http://www.gsksmo.org
**USO – Fort Riley	Theresa Guadagno	240-5328/5326
Fort Riley MWR Stray Shelter	Nicole Storm	239-6183

****Evening and/or weekend hours available**

COMMUNITY ORGANIZATIONS

Big Brother/Big Sister	132 N. Eisenhower Dr. Junction City	238-1650
	519 Pierre St. Manhattan	776-9575
Habitat for Humanity	811 N. Washington St. Junction City	238-3126
	727 Poyntz Ave. Manhattan	537-7545
Salvation Army	308 Poyntz Ave. Manhattan,	539-9399

FORT RILEY SCHOOLS, PTA, SITE Council, Room Parent, Special Projects

Fort Riley Elementary		717-4450
Fort Riley Middle School		717-4500
Jefferson Elementary		717-4550
Morris Hill Elementary		717-4650
Seitz Elementary		717-6500
Ware Elementary		717-4600

POST CHAPELS

Directors of Religious Education	Dr. Townsend	239-0875
Directors of Religious Education	Roxanne Martinez	240-1443
To volunteer at Chapels listed below contact Directors of Religious Education		
St. Mary's Chapel	Main Post Chapel	Morris Hill Chapel
Kaupaan Chapel		
Victory Chapel	Normandy Chapel	Hospital Chapel
Chapel Watchcare		
Protestant Women of the Chapel (PWOC)	rlevwpoc@gmail.com	
Catholic Women of the Chapel (CWOC)	fortrilevcwoc@gmail.com	

Please contact your Battalion for Family Readiness Group volunteer opportunities.

07/26/2018



Sp. Shell travels to Minneaplis, Kansas, next week to check out the geological oddity that is Rock City.

★ AUG. 3, 2018

HOME OF THE BIG RED ONE

PAGE 16

The Kansas wine industy returns after a diffiicult history

Photos and Story By Gail Parsons
1ST INF. DIV. POST

In the years before prohibition, even the years before statehood, Kansas had a thriving wine and vineyard industry.

Bob DesRuisseaux, owner of Prairie Fire Winery near Paxico, Kansas, said in the 1800s there were more than 9,000 acres of grapes and more than 100,000 acres of orchards, much of which went to wine making.

“Grapes are native to Kansas, as well, you’ll find them along the creek beds,” he said. “The Native Americans knew where they were.”

The French fur traders were the first to write about the location of the grapes, which the Native Americans led them to. The documents showed how the French would pull up under bountiful grapevines and drop the grapes into their wagons.

Later, Lewis and Clark followed those writings and found the grapes the French spoke of.

However, the industry suffered a major defeat in 1881 when Kansas became the first state in the country to include the outlawing of alcoholic beverages in its constitution. Over the next several decades, the Christian Women’s Temperance Movement spread the word of the evils of imbibing.

Although she was not born in Kansas, Carrie Nation, who became synonymous with the temperance movement, started her bar-smashing campaign in Medicine Lodge, Kansas. Despite the constitutional ban against alcohol, it was widely ignored until she marched into town with her infamous hatchet.

Nation’s goal of having a federal ban on alcohol hit one major snag — taxes. Liquor taxes were a majority of the revenue that was funding the government at the time.

“In order to get prohibition enacted, the Women’s Christian Temperance Movement and those in favor of prohibition had to say (to the government), ‘we will help you establish an income tax so

you will have a replacement tax,” DesRuisseaux said. “Our income tax system was passed, then they were able to go through and pass prohibition.”

When federal prohibition ended, states enacted their own liquor laws, but Kansans were the holdouts. Although the state did eventually lift the constitutional ban. Until this day, it has yet to ratify the 21st Amendment of the U.S. Constitution, which repealed the 18th Amendment that established prohibition. The 18th is the only amendment to the US Constitution that has ever been appealed.

“Statewide probation continued in Kansas,” DesRuisseaux said. “This was the longest prohibition in the nation and lasted from 1881 until 1949.”

Even after state prohibition ended, the laws remained tight on the consumption and production of alcohol. In 1985 the wine industry had its first glimmer of resurrection when the Kansas Farm Winery Act passed setting the stage for the return of winemaking in the state.

The comeback was slow, but by 2005, 13 licensed Kansas farm wineries produced 50,000 gallons of wine from only 170 total acres of grapes. Today, DesRuisseaux said there are about 600 acres of active vineyards, 10 percent of which are his.

A TRUE KANSAS WINE

Simply having a winery within the boundaries of the state is not enough to call the wine produced there a Kansas wine.

“Wine is about a sense of place, and a true Kansas wine is made with grapes or fruit that is grown here in Kansas,” he said. “That’s really what makes all wine special wine, tasting the wine, something that is grown in that region and is not going to taste exactly the same as it will anywhere else. That’s part of the adventure, to go around and try different wines from different places.”

He said there is some debate among wine producers about what percentage of Kansas-grown fruit needs to be in the wine in order for it to be classified as a Kansas wine.



A taste of Kansas wines

Prairie Fire Winery

20250 Hudson Ranch Road
Paxico, Kansas
785-636-5533
www.prairiefirewinery.com
Take exit 335, go straight at the stop sign onto Hudson Ranch Rd. or Snokomo Frontage Rd.

DesRuisseaux grew up in New Hampshire but fell in love with Kansas when he came out here on business. A graduate of the University of California Davis winemaking program, DesRuisseaux has been making wine for more than 25 years.

He started Prairie Fire in 2008. The first vintage was in 2011.

“Most of our grapes are French-American hybrids and vinifera grapes that are more cold hardy,” he said. “We also have some Heritage Vines that were here in Kansas from pre-prohibition and also some experimental vines. One of our vines that we got this year that I really like is from a vine which is the oldest planted vine living in the state. It was planted somewhere between 1858 and 1863. That vine was alive during the Civil War.”

More than 60 acres of vineyards with about 7,500 vines produce the red and white grapes that go into his 31 varieties of wine, which spans the spectrum of dry to sweet. All of his wines are made with his fruit and that which is grown within a 30-mile radius of the vineyard.

When visitors come to Prairie Fire, DesRuisseaux said it is up to them to set the tone for their experience.

They can relax on the quiet front porch with a glass of wine with a cheese and summer sausage platter, or they can wander up the trails that wind through the vineyards to the top of a ridge with spectacular views of the Flint Hills. There is space for small weddings — no larger than 50 or 60 people, bachelorette parties, or other gatherings.

As a “dirt to glass” operation, Prairie Fire has a commitment to the sustainability and success of family farms and ranches. They further their commitment with educational research and learning experiences for anyone interested in learning more about what they do. Call or visit their website for more details.

Smoky Hill Vineyards and Winery

2771 Centennial Road
Salina, Kansas
785-825-8466

What started with one acre of grapes, planted in 1991, has since grown into one of the largest wineries in Kansas.

Smoky Hill Winery grows grapes over eight acres at the Smoky Hill Estate Vineyard, three acres at White Cross Vineyard and six acres at Long Vineyard in Salina, according to the Kansas Department of Agriculture. They will supplement their need with grapes purchased in and out of state.

“There are simply not enough grapes in Kansas,” Bart Hettenbach, winery manger and vintner said. “We are one of the oldest in the state and we make excellent wines from sweet to dry.”

All of their wines are produced at the Salina location.

“We have great wines,” Hettenbach said. “I take my time making them and try to do them real special.”

The winery is open for tastings, however, Hettenbach suggests people call in advance to ensure there will be someone

there. There are 14 wines people can taste at no charge unless they choose to purchase their wine glass.

They offer wine tastings and tours for groups up to 20 people, but reservations are recommended.

Wyldeewood Cellars Winery

32633 Grapevine Road
Paxico, Kansas
785-636-8908
www.wyldeewoodcellars.com

Right off Interstate 70 at the Paxico exit is Wyldeewood Cellars Winery where people can stop in for a free wine tasting and learn why their elderberry wine is award winning.

“We are a retail store and a fruit and berry winery,” said salesclerk Katy Adams. “We specialize in sweet wines and are known for our elderberry wines.”

They grow all the elderberries they use, as well as the Traminet and Chambourcin grapes in Mulvane, Kansas, south of Wichita, that go into their wines.

“We import most of our fruits, but also try to stay local,” Adams said.

The family owned business began in 1995 as the way for the brother and sister team of John Brewer and Merry Bauman to make the family farm profitable, according to their website.

They have more than 40 wines made from fruits, berries, and some various grape varieties, as well as several non-alcoholic varieties.

Their Strawberry Rhubarb Pie Wine recently earned a Double Gold in an International competition.

In making the wines, they combine the latest scientific advances with old world techniques. Their system works as they have earned more than 500 international awards and their spiced wine was featured at the 2002 Winter Olympic Village.

Liquid Art Winery and Estate

1745 Wildcat Creek Road,
Manhattan, Kansas
785-370-8025
www.liquidartwinery.com/

One of the newer vineyards and wineries in the area is Liquid Art Winery and Estate. It’s also the closest to Fort Riley.

Visitors can stay in the tasting room or head outside with a flight of four wines or four hard ciders, purchased for \$7 and enjoy the double-sided fireplace, bocce ball court, propane fire pits or multitude of outdoor tiered patios with beautiful scenic views of the Estate vineyard, Flint Hills and the City of Manhattan.

The winery started as a dream shared by David and Danielle Tegtmeier. Without a lot of capital to start with, the couple did much of the work themselves in transforming more than 100 acres of Kansas cedars into the vineyard and event center.

In May 2015, 7,000 grape vines were planted over 10 acres of land. That summer the groundwork on the buildings began. Today the complex includes a full-production winery, tasting room and event center.

While the business continues to grow people are invited to check out the website to see what special events they have coming up or just stop in and enjoy the peace and relaxation of the patio areas.

OZ Winery

417 Lincoln Rd.
Wamego, Kansas
785-456-7417
www.ozwinerykansas.com
From I-70, take Exit 328, go north nine miles to Wamego

Capitalizing on the iconic Kansas movie, “The Wizard of Oz,” the Oz Winery in Wamego

features wines with names such as the Squished Witch and Oil Can, a full-bodied red wine.

Store manager Kristen Philip said the winery labels are based on the work of author Frank L. Baum.

As for the wine itself, the grapes are purchased from vineyards in Kansas and other locations in the Midwest.

“We bring that product back — the grape juice after it has been pressed and we do all the fermentation here,” she said. “All the wines are fermented, bottled, labeled and corked here on site at our store that is downtown. The owners have started a vineyard, but it will be another four or five years before the fruit from those vines will be usable.”

Customers have the option of two free samples, or to try a wider variety, people can purchase one of the wine flights.

Flights feature a choice of three wines for \$8 or five wines for \$12 and allows for sensory analysis and comparison. To enhance the tasting experience, cheese, cured meats, crackers and gourmet chocolates are also available for purchase.

Philip said guests can pretty much make their trip what they want it to be.

“We want the wine tasting experience to be as approachable to everyone as possible,” she said. “It is not meant to be an intimidating thing. It is a relaxed atmosphere. It is a choose your own adventure.”

People can interact with staff and get information about the winery and the wines, or they can simply sit and enjoy it with or without the company of others.

They also offer group specials both on and off site. Offers and pricing are available on the website.

Oz Winery features nearly 50 different wines running the gamut of red, white, rose and sparkling, as well as a selection of specialty wines.



Rob DesRuisseaux visits with patrons at Prairie Fire Winery, under the trellis on the front porch overlooking the Flint Hills.