

THE 1ST INFANTRY DIVISION POST

★ www.riley.army.mil FRIDAY, SEPT. 14, 2018 Vol. 10, No. 37 ★

Fort Riley, Kansas



ABOVE: Staff Sgt. Adebowale Olawoye holds his son after returning from a nine-month deployment in support of Operation Atlantic Resolve Sept. 6 after a welcome-home ceremony for the 287th Military Police Company, 97th Military Police Battalion. TOP RIGHT: Families and friends of the 287th Military Police Company, 97th Military Police Battalion, eagerly await the Soldiers to arrive. Many displayed welcome home signs. RIGHT: A young boy clutches his teddy bear Soldier as he waits for his dad to be dismissed. The 287th Military Police Company, 97th Military Police Battalion, came home Sept. 6 after supporting Operation Atlantic Resolve.



Military Police company returns after nine months overseas

Story and photos by Téa Sambuco  
1ST INF. DIV. POST

The Soldiers of the 287th Military Police Company, 97th Military Police Battalion, were welcomed home by their friends and families Sept. 6. The company, re-

turned from a nine-month deployment in Germany.

“Our mission was support to Operation Atlantic Resolve,” said Capt. Gabriel Moriega, 287th MP Co., commander. “The basic concept is, we provide military police support to the infantry, armor and any other forces

that go to attack and destroy the enemy. We give them support throughout Europe in an effort to deter any aggression from other hostile countries, in conjunction with our allies both in NATO and multinational partners.”

Moriega said one of the main, and first, challenges

his Soldiers faced was language. While other countries are good at learning English, Soldiers needed to learn to give a little bit and understand them as well. Other countries cultural differences and mentality provided another obstacle for Soldiers to adapt to.

“Not everyone thinks and operates the same way the U.S. does,” he said. “We needed to be able to understand them and seamlessly integrate ourselves to the way they operated.”

Another and maybe the most obvious challenge, Moriega said, was just being away from home.

“The Soldiers were not only excited to see their families, they were also excited because it’s good to come back to where you’re from,” he said. “Coming home, always feels good, and coming home to the people that care about you, feels better.”

Fort Riley staff reaches out to those affected by flood

By Will Ravenstein  
1ST INF. DIV. POST

Heavy rains saturated the area over the Labor Day weekend, causing flooding to occur in Manhattan, Kansas, Sept. 3. Close to nine inches of rain fell in Riley County alone, causing the rivers and streams to breach their banks, with water finding the lowest locations available to gather.

This caused roads to close and houses to be evacuated.

Among the 500 plus people affected by the rising water, close to 80 were Fort Riley Soldiers or spouses living off post.

“Impacted could be — my car got flooded, but my house is fine,” said Clay Nauman, Opera-

tions and Plans Division, Directorate of Plans, Training, Mobilization and Security, who was among the first to respond.

Nauman said that DPTMS director Steve Crusinberry drove around Manhattan to get a firsthand assessment of the situation.

The DPTMS Operations personnel started moving.

“I first went down to the main apartment complex that gets hit, University Apartments, and just talked to them to see if they could provide me a list of who is in the military,” Nauman said. “When I realized that wouldn’t work, I went into Pottorf Hall and linked up with the Red Cross and asked them, ‘Of the people who have come in already, do you know who is military?’ They

pointed me to the people who were in the military in the room and I got with them and got their contact information.”

That initial information was processed and delivered to the Army Community Service, Emergency Family Assistance Center to get them assisted.

“When there is a natural or man-made disaster, Army Community Service, Family Assistance Center is there to help support Soldiers and families that aren’t injured, who may have issues,” said Jeff Reade, Outreach Services manager, ACS. “The Emergency Family Assistance Center is activated at the garrison commander’s guidance.

See FLOOD, page 7

Art exhibit honors life at Irwin Army Community Hospital

By Kimberly Green  
1ST INF. DIV. POST

Irwin Army Community Hospital held its first Value of Life staff art exhibit Sept. 4. More than a dozen staff members participated by showing their original art.

September is National Suicide Prevention month and while the majority of the staff at IACH are civilians, the daily stress of working in a hospital can be taxing on healthcare providers.

“We talk a lot about preventing suicide, but we have chosen at IACH to focus (on turning that into) a positive,” said Irwin Army Community Hospital commander Col. Theodore Brown. “How do we build, develop and sustain a culture that places value on life? ... we started putting out the call, ‘Hey. We’re going to do this art exhibit that is focused on the value of life and bringing to the forefront,

across the team, what do they value? What do they love? What motivates them? What drives them to get out of bed in the morning and take care of patients?’ Because healthcare can be draining.

“Every day I ask our team to come in here and pour into other people — many people who are in tough situations, tough life circumstances,” he added. “They have physical problems, emotional problems ... Whenever I brief a new group of teammates, I ask them, ‘Who comes first?’ Everyone puts up their hand, ‘Patient comes first.’ They all say that the patient comes first. What I always tell them is that I need them to — number one — take care of yourself and others because unless each one of my teammates is taking care of themselves and each other first, they can’t effectively

See ART, page 8

WHAT’S IN THIS ISSUE



BALANCING ACT

FORT RILEY FAMILIES STAY AFLOAT AND LEARN ABOUT STAND-UP PADDLE BOARDING AT MOON LAKE

SEE PAGE 9

ALSO IN THIS ISSUE



REMEMBER THE FALLEN RUN HONORS THOSE WHO MADE THE ULTIMATE SACRIFICE

SEE PAGE 9

ALSO IN THIS ISSUE



FAMILY MEMBERS JOIN STUDENTS AT WARE ELEMENTARY FOR THE SCHOOLS 9-11 FREEDOM WALK

SEE PAGE 10



# SPECIAL VISITORS



J. Parker Roberts | 1st Inf. Div. Public Affairs  
More than 100 international officers participating in the Command and General Staff Officers' Course at Fort Leavenworth, Kansas, pose for a photo Sept. 5 in Victory Park, adjacent to the 1st Infantry Division headquarters on Fort Riley as part of their two-week orientation program. During their visit, the students experienced a day in the life of a U.S. Army officer, meeting with "Big Red One" Soldiers and leaders and having lunch at the Cantigny dining facility.

# Missouri Guard has explosive time on the range

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

Range 52, on the north side of the impact area, rocked with explosions as 82 members of the 1141st Engineer Company, 203rd Engineer Battalion, 35th Engineer Division, Missouri Army National Guard, used C4 and other high explosives during training Sept. 7.

"Today we are going to be working on breaching mainly," said 2nd Lt. Matthew Rau, 1st Platoon leader, 1141st Eng. Co., 203rd Eng. Bn., 35th Eng. Div., and range officer in charge. "We use Bangalore (torpedoes) to breach wire, it blows a hole in it so troops can come in after us. We are also working on breaching doors. We will put in different types of charges that blow the doors open depending on the different types of doors we have."

The training, which included time at the machine-gun range on Sept. 8, is in preparation for an upcoming training mission in November to the Joint Readiness Training Center, Fort Polk, Louisiana, said the company commander, Capt. Christopher Schmidt.

The Soldiers of the 1141st Eng. Co., 203rd Eng. Bn., 35th Eng. Div., will be challenging the opposing forces, named Geronimo, with other units.

Schmidt said that the training that the company has been undergoing will allow them to adjust to the chaos they will face while at JRTC.

"We are going to JRTC in November for three weeks and basically fighting Geronimo," he added, "it's their turf and they know it like the back of their hand. We want to go there and kick some butt."

The day began with a familiarization explosion by each squad. Each squad was handed 50-pounds of C4, a large line of detonation cord and 25 smaller

See TRAINING, page 8



Members of 1st Platoon, 1141st Engineer Company, 203rd Engineer Battalion, 35th Engineer Division, Missouri Army National Guard, inspect their chain of C4 during their familiarization exercise Sept. 7 at Range 52. The 25 groups of C4 each had two-pounds bundled together with detonation cord secured between the two blocks and were set two-feet apart to represent setting off a simulated minefield.



Fifty pounds of C4 disappear in a cloud of smoke, mud and debris after the delayed fuse sets off the explosion during the 1141st Engineer Company, 203rd Engineer Battalion, 35th Engineer Division, Missouri Army National Guard training Sept. 7 at Range 52.

## 'BRO' SPOTLIGHT PVT. CHAD JAMES



The M1A2 tank is a fearsome machine of war. Keeping that machine lethal is a challenging, dirty and unending job. As a mechanic in 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, at the National Training Center, Fort Irwin, California, Pvt. Chad James and his battle buddy know this better than most. James spent countless hours in the heat and sand trouble-

shooting, repairing and restoring his battalion's combat power. He was recognized for his hard work by the 1st Infantry Division Sustainment Brigade commander at two different locations in one day. James' personal commitment and skill are the epitome of readiness. His ownership and drive toward repairing his battalion's tanks will directly result in his unit's ability to fight tonight.

## GARRISON SPOTLIGHT RICHARD GANTT



As the lead air traffic control training support specialist, Richard Gantt oversees an extensive training program in accordance with Federal Aviation Administration standards and Army regulations. His training program has resulted in two Soldiers and one civilian earning their Federal Aviation Administration Control Tower Operator ratings, who were then able to immediately contribute to ATC support for Gauntlet, 1st Armored Brigade Combat Team, 1st Infantry Division, brigade-level culminating

training event. Gantt also provided critical training and flexibility to facilitate RADAR and Flight Following training for 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st inf. Div., in preparation for their FORSCOM Aviation Resource Management Survey. Gantt's technical proficiency, organization, development of others directly contributes to training readiness for 1st CAB and the 1st Inf. Div.

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# Alpha Warrior Battle Rig installed in Robinson Fitness Center

Story and photos by Téa Sambuco  
1ST INF. DIV. POST

The Alpha Warrior Battle Rig made its home in Robinson Fitness Center on Sept. 4 offering a variety of physical challenges.

The battle rig was designed to offer a functional fitness program through obstacle training, said Mike Unden, Robinson Fitness Center facility director. It challenges and prepares Soldiers for the ever-changing battlefield, incorporates quick decision-making and problem solving into a full body workout.

"A lot of the gyms these days are really designed toward isolating muscle groups or just one particular muscle," Unden said. "This is designed to challenge everything, especially the abs, back and the whole core area. You're doing many multi-function muscle groups at the same time."

Not only will Soldiers be working several muscle groups at once, but also they will be training themselves to face the battlefield, he said. These include actions such as climbing over walls and cargo netting and pulling themselves up onto equipment.

"A challenge we've always faced with trying to train Soldiers is that a lot of times we're training them just to run their two miles better, or just to do sit-ups better or do push-ups better," Unden said. "It doesn't really help prepare them for the real-world experience. This would be much more likely to give them the all-around fitness they will need for deployments."

The Alpha Warrior Battle Rig will not be limited to Soldiers, he said.

Anyone who is an Department of Defense ID card holder would be welcome to face the course, but due to the nature of the obstacles, those under the age of 18 will not be allowed.

"I've done very advanced obstacle training courses in my career," Unden said. "This one is extremely challenging for as small, compact size as it is."

He said while he expects athletes to use the battle rig for competitions, he also



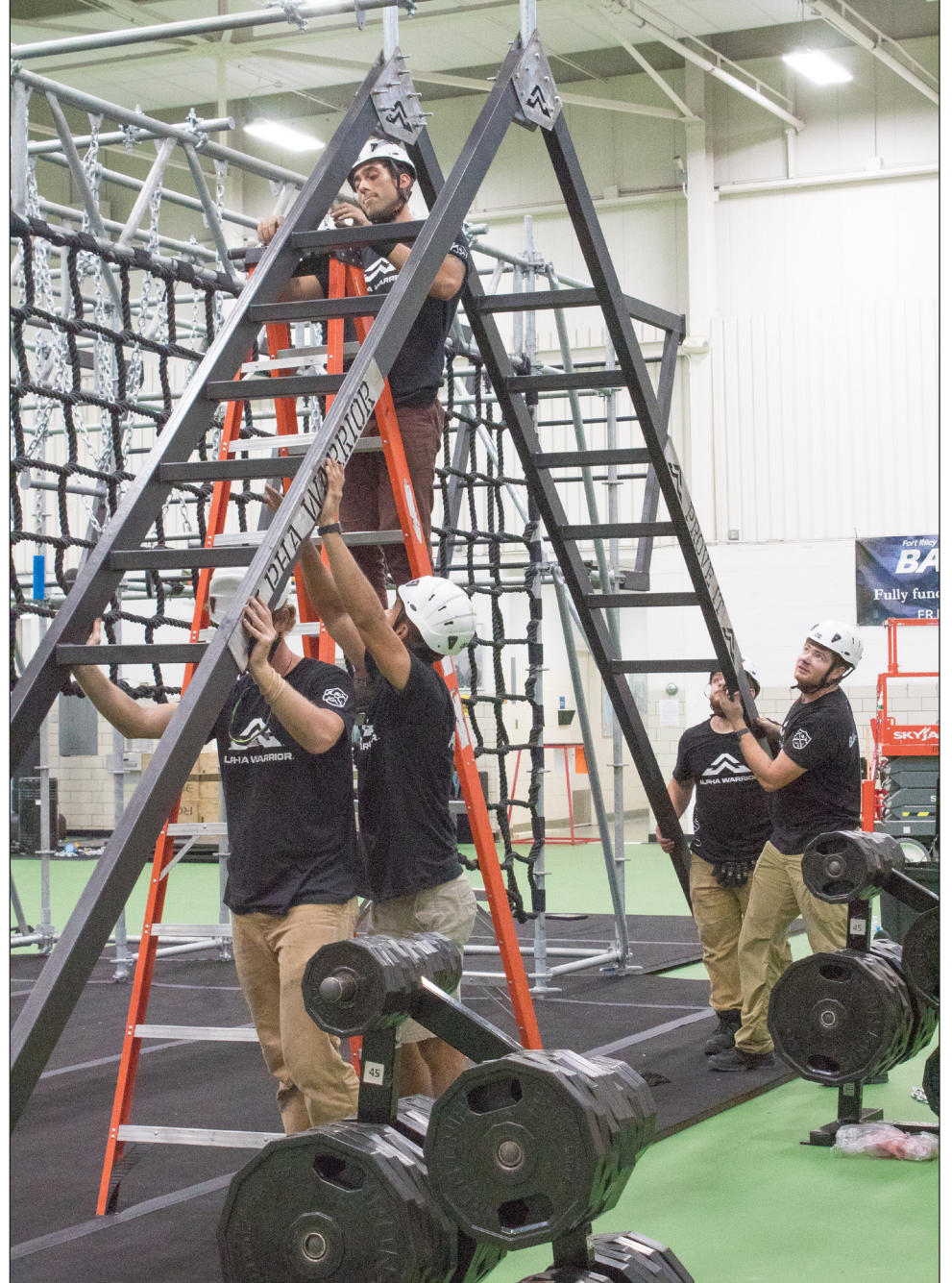
**TOP:** Alpha Warrior employees install the new battle rig inside Robinson Fitness Center on Sept. 4. The system challenges and prepares Soldiers for the ever-changing battlefield, incorporates quick decision-making and problem-solving into a full-body workout. **ABOVE:** Alpha Warrior employees show how to use some of the equipment to Directorate of Family, Morale, Welfare and Recreation staff Sept. 4 after parts of the battle rig were installed. **RIGHT:** Alpha Warrior employees worked together to set up the Ladder Climb and to ensure everything was ready to be used on Sept. 5.

believes Soldiers struggling with their physical fitness test scores will be drawn to it as well.

Sebastian Ortega, an Alpha Warrior employee, said while Alpha Warrior Battle Rig is new to the Army, they have been placed in more than 50 Air Force installations.

"They love it, they love the challenge that it brings them," he said. "They love the way it makes you think (about) your next move."

The benefits don't stop at the physical, Ortega said. The battle rig will give its challengers something to constantly work toward. It will give them something to achieve.



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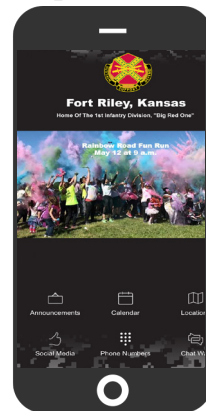
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**EFMP/NPSP Annual Fall Fest**  
October 13, 2018  
10:00 AM – 12:00 PM

Army Community Service  
Building 7264 Normandy Drive

Join us for arts, crafts and family fun! This event is open to families participating in the Exceptional Family Member Program (EFMP), New Parent Support Program (NPSP) & Family Advocacy Program (FAP).

All children are encouraged to wear their Halloween costumes.

Register by October 9 by visiting <https://einvitations.afit.edu/inv/anim.cfm?i=410960&k=066042007D57> or the Events Tab at [www.facebook.com/rileyaacs](http://www.facebook.com/rileyaacs)

For more information, call Laurie or Erika at 785-239-9435

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- 1300—1330 VA Education Benefits
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QUESTIONS? CONTACT  
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# Financial counselors at Fort Riley can help those in stable financial situations too

By Kimberly Green  
1ST INF. DIV. POST

Financial counseling services counselors at Fort Riley strive to answer the basic questions Soldiers and family members have about how to manage debt, repair credit and apply for Army Emergency Relief loans and grants, but financial counseling services are not just for the Soldier living paycheck to paycheck.

“We also see people who come in because they have accumulated quite a bit of wealth and want some advice on how to deal with that,” said Program Manager for Financial Readiness Clint Strutt. “I don’t want you to think that the only thing we do here is help people who are in bad situations. We also help people who are in good situations get to even better situations.”

Once a Soldier has built up their credit and are financially stable, there are an abundance

of other choices to make with their money.

Which is better, a mutual fund or stocks? How much money should be in traditional savings before investing in a thrift savings plan? Is a college savings account better than a certificate of deposit ladder?

Strutt said visiting the Financial Counseling Services office should be the first step in making these types of decisions.

“We can do financial counseling on pretty much any topic that you have,” he said. “If it affects a dollar for you, we can probably help you out. I have certified public accountants here in the office, which is about as good of credentials that you can get when it comes to financial counseling. We have a couple of folks who are Association for Financial Counseling and Planning Education certified. That’s the standard for most folks in

financial planning. If it has anything to do with a dollar — if it’s debt reduction, security clearance, credit reports, we can help. If it’s retirement planning, thrift savings plans, building a retirement system, buying a house — are all things that we can help you with. We can give you counseling advice on how to help you most efficiently.”

Strutt said while his staff cannot give specific investment advice, his staff can educate people on how to best make investment choices.

“To be clear, we can’t offer investment advice, but we can talk about investment principles and how to go about doing that,” he said. “If you ask me if you should buy a particular stock, I can’t answer ‘yes,’ or ‘no’ to that, but I can help you learn how to evaluate stock in a such a way to make you feel confi-

dent in whether you should buy it or not ... If you really want to get into the higher, upper echelons of different investments, we can talk to you about your options. We want to talk to you about the basics, making sure that you have either ladder CD’s or your money in a retirement account, whatever it is, and building up from there.”

Strutt says the counselors don’t mind getting into the nitty gritty of investments and money managing options with their clients either.

“Even if (the topic) isn’t common place, we can talk to you about it,” he said. “If you want to come in and have a really nerdy conversation with me about cryptocurrencies I can probably do that was well. I’ll get nerdy with you if you want.”

Whatever the choices a Soldier makes with investing and spending their

money, Strutt said the most important aspect is having a system of organization that makes sense to them and their habits.

“Everyone has their own way that they organize things in their brain and how they manage it in daily life. What you have to learn how to do is align your finances with that level of thinking that you have,” he said. “That’s what we try and do ... help you figure out what’s the strategy that works best for you and then how to put that in place. Because what works for me, that may not work for you. I may have the world’s most beautiful spreadsheet but that may not work for you. We have to understand that what we have to do is get you to a place that works best for you.”

Strutt works every day with families struggling to get through the pay period, but he also said with discipline, a Soldier can achieve financial security.

“If you take a very young Soldier, at age 18, and put away 10 percent of their paycheck and they do that every time they get a bonus or a pay increase, it is a fairly simple thing for a Soldier to retire a millionaire,” he said. “But you have to choose to do it, and that’s what it comes down to. It’s about discipline. Discipline to me means doing that thing that you should do rather than the thing you want to do. Sometimes, it is hard to strike that balance, but you can make that choice if you want to.”

Strutt said that the key to long-term financial success is all about timing.

“The sooner that you can get started doing what it is, whether that is correcting the bad habits that you already have, or whether that is investing and putting money away, the more time you have to allow that process to work, the better off you’re going to be,” Strutt said.

# Army astronaut prepares for December launch to International Space Station

By Jason Cutshaw  
U.S. ARMY SPACE AND MISSILE  
DEFENSE COMMAND/ARMY FORCES  
STRATEGIC COMMAND

REDSTONE ARSENAL, Ala. — One Soldier proves childhood dreams can come true as she prepares to launch into space for her first time.

U.S. Army Astronaut Lt. Col. Anne C. McClain, along with her crewmates, David Saint-Jacques of the Canadian Space Agency and Oleg Kononenko of the Russian Space Agency Roscosmos, is scheduled to launch Dec. 20 aboard the Soyuz MS-11 spacecraft from the Baikonur Cosmodrome in Kazakhstan for a six-month rotation on the International Space Station.

“When you look over the history of human space flight during the past 50 years, it is a relatively short time,” McClain said. “Every vehicle that has been built and every flight that has been taken is an accomplishment in and of itself. We have been flying to the space station for about 18 years and the thing we are always doing at all of our agencies is ‘What’s next?’ What is the next step we can take where mankind has never been before? For us, that is deep space.”

“At the crew level we are fortunate,” she continued. “We have been training together more than a year for this flight. It is actually very easy to forget we are from three different countries and three different

places because we are doing the same things together every day. We have the same concerns and the same issues in dealing with our families and we just connect as human beings. At the end of the day, the Earth is a small place and we are all in it together. The decisions we make affect one another. From our perspectives, rather than taking politics and letting them inform our friendships, we actually take our friendships and let them inform our view of how politics should be and how our world could be.”

“The peaceful exploration of space is absolutely a unifying aspect,” McClain added. “Working with this crew is an incredible opportunity, but it is also an example of what humans can do when we put aside our differences and really focus on what motivates us.”

McClain is a native of Spokane, Washington, and earned her undergraduate degree from the U.S. Military Academy at West Point, New York. Additionally, she earned two Master’s degrees while studying in England. She was a member of the USA Rugby Women’s National Team and noted her experiences have played an integral role in helping her work with the international members of her NASA team.

“We are not just going to the International Space Station to visit, we are going there to live. It will be our home, and we are going to adapt to it,” McClain said. “When I go to

Russia, it is absolutely a second home for me right now. I always tell people it is amazing the perspective you get when you get out of your comfort zone long enough to make it your comfort zone.”

“It is amazing to see how people on the other side of the world approach the exact same problems yet come up with different solutions,” she added. “Getting comfortable in another culture really helps you understand perspectives and that we are not that different from one another.”

As a Soldier, McClain earned her wings as an OH-58D Kiowa Warrior scout/attack helicopter pilot. She has more than 2,000 flight hours and served at every level of Army Aviation units at Wheeler Army Airfield, Hawaii, and at Fort Rucker, Alabama, as well as combat operations during Operation Iraqi Freedom.

“The Army has given me everything I have as an adult,” McClain said. “It gave me my undergraduate college education and two master’s degrees. It gave me flight school and test pilot school. But I think most importantly the Army gave me really humbling, selfless leadership experience. I went into the Army probably a little over-confident in some of my abilities, and I came out very humbled and very in awe of the people I serve with and with a recognition that I could



Courtesy photo | NASA

Future International Space Station crew members Army astronaut Lt. Col. Anne McClain, U.S. Army Space and Missile Defense Command/Army Forces Strategic Command, left, Oleg Kononenko of the Russian space agency Roscosmos, center, and David Saint-Jacques of the Canadian Space Agency, right, pose for a picture as the Soyuz rocket arrives at the launch pad after being rolled out by train June 4 at the Baikonur Cosmodrome in Kazakhstan.

TRAFFIC REPORT

ACCESS CONTROL POINT HOURS

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

For more information about Fort Riley access procedures, visit [www.riley.army.mil](http://www.riley.army.mil).

The access control point hours are:

Henry/Trooper/Ogden/Estes:

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

12th Street:

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

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

Grant:

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

REPAIR PROJECTS

Seitz Drive Repair, Huebner Road to Riley’s Conference Center: Sept. 10 through Sept. 12. *Work to be performed during normal working hours.*

FUTURE PROJECTS

CHECK APP FOR MORE DETAILS

The Trooper ACP will be closed Sept. 4 through 24 from 7 p.m. to 5:30 a.m. Trooper ACP will only be open from 5:30 a.m. to 7 p.m., Monday through Friday during this time.

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# RILEY ROUNDTABLE

## What is the secret ingredient in Libby Custer's apple pie?



"Love."

**SGT. ROBERT BLOOM**  
**SYRACUS, NEW YORK**

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



"I don't know - red apples."

**PVT. WAYNE HARRIS**  
**LONG BEACH, WASHINGTON**

2nd Battalion, 34th Armored Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division



"Lots of cinnamon."

**JENNIFER JAMES**  
**CANEY, KANSAS**

Army Community Services Outreach Program Coordinator



"Not real sure but I guess some type of spice."

**CONDOLEEZZA OSA**  
**JUNCTION CITY, KANSAS**

Daughter of Staff Sgt. Sinalemoana Osa, 1st Infantry Division, Sexual Harassment/Assault Response and Prevention



"Canned apples."

**MOLLY WAITE**  
**LAKEWOOD, OHIO**

Wife of Staff Sgt. Shane Waite, 1st Infantry Division Sustainment Brigade

## THE 1ST INFANTRY DIVISION POST

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Sherry Keck

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ASK DR. JARGON

## Drill sergeants don't really yell, do they?

Hello Doc Jargon:

I hope you'll take a question from a civilian with no experience with the military. Our neighbor has a daughter who wants to join the Army. She will be the first in her family to join a military service. But she has seen YouTube videos on basic training and is a little bit intimidated with all the yelling and harsh rhetoric. What can you tell me about that? What's with all that yelling?

Signed, Concerned Neighbor

Dear Neighbor,

The profession of arms is a demanding one and requires a recruit to be thoroughly prepared for its rigors.

One reality, a sobering one at that, is that Soldiers must be prepared to function — to receive and carry out orders — while under direct fire if need be. Doing so defies all logic and goes against all human instinct. So it takes an intensive period of preparation. Everything the Army drill instructor does has a purpose. He or she is highly trained in shaping Soldiers. None of what she does is arbitrary. Most of the yelling comes in the early days of basic training. Keep in mind that, within five minutes of arrival at basic training, about 200 individuals with no group training at all must be quickly taught how to listen and learn, respond to instruction, stand in formation and move as a unit.

The goal of the drill instructor is not to belittle a recruit so they cannot function, but rather to build that recruit into a successful Soldier. As basic training progresses, the drill instructor will shape the recruit. The yelling will ease and a confident, well-trained Soldier is the result. Anxiety about how things will go during basic training is perfectly normal and should not, by itself, dissuade a young person from enlisting. A motivated, clear-thinking person will not fail at basic training. Your neighbor's daughter has chosen a noble profession. I wish her well.

Sincerely,  
Doc

## SAFETY CORNER

# Emergency Action Plan is first line of defense in preparing workplace for disaster

By Dawn Douglas  
GARRISON SAFETY OFFICE

Team Riley, safety is all about prevention. While we believe accidents are preventable, we know disasters happen. A disaster is a sudden, calamitous event that seriously disrupts the functioning of a community or society and causes human, material and economic or environmental losses that exceed the community's or society's ability to cope using its own resources. National Preparedness Month is recognized each September and provides an opportunity to remind our Fort Riley Team that we must prepare ourselves throughout the year. The overarching theme is: "Disasters Happen. Prepare Now. Learn How."

September is a good time to dust off your organization's Emergency Action Plan. From an occupational safety perspective, the EAP is the first line of defense in preparing your workplace for disaster. Does your workplace have an emergency action plan? Has your plan been rehearsed, updated and revised based on potential or man-made emergencies that could disrupt your workplace?

An emergency action plan is a written document required by particular standards established by the Occupational Safety and Health Administration. Its purpose is to facilitate and organize employer and employee actions during workplace emergencies. Well-developed emergency plans and proper employee training (such that employees understand their roles and responsibilities within the plan) will result in fewer and less severe employee injuries and less structural damage to the facility during emergencies. A poorly prepared plan, likely will lead to a disorganized evacuation or emergency response, resulting in confusion, injury and property damage.

Putting together a comprehensive EAP that deals with those issues specific to your worksite is not difficult. It involves taking what was learned from your workplace evaluation and describing how employees will respond to different types

of emergencies, taking into account your specific worksite layout, structural features and emergency systems. At a minimum, your plan needs to include, but is not limited to the following elements:

- Means of reporting fires and other emergencies
- Evacuation procedures and emergency escape route assignments
- Procedures for employees who remain to operate critical plant operations before they evacuate
- Accounting for all employees after an emergency evacuation has been completed
- Rescue and medical duties for employees performing them
- Names or job titles of persons who can be contacted

Although they are not specifically required by OSHA, you may find it helpful to include the following in your plan:

- A description of the alarm system to be used to notify employees (including disabled employees) to evacuate and/or take other actions. The alarms used for different actions should be distinctive and might include horn blasts, sirens or even public address systems.
- The site of an alternative communications center to be used in the event of a fire or explosion.
- A secure on- or off-site location to store originals or duplicate copies of accounting records, legal documents, your employees' emergency contact lists and other essential records.

Here are some tips to creating an effective emergency action plan, which can help you prepare for an emergency:

**DOES THE PLAN CONSIDER ALL POTENTIAL EMERGENCIES?**  
Common sources of emergencies identified in EAPs include — fires, explosions, floods, hurricanes, tornadoes, toxic

material releases, radiological and biological accidents, civil disturbances and workplace violence. Your action plan should encompass all potential disasters and provide responses based on the emergency. Often neglected areas of the EAP are civil disturbances and workplace violence.

**DOES THE PLAN CONSIDER ALL INTERNAL SOURCES OF EMERGENCIES?**

Conduct a hazard assessment of the workplace to identify any physical or chemical hazards that may exist and could cause an emergency. The Garrison Safety Office can assist directorates on conducting a workplace hazard assessment to identify potential areas of hazard and harm.

**DOES THE PLAN CONSIDER IMPACT OF EMERGENCIES ON THE OPERATIONS?**

Keep your list of key contacts current and make provisions for an emergency communications system such as a cellular phone, a portable radio unit or other means so that contact with local law enforcement, the fire department and others can be swift. Regularly update call rosters, use atHoc text messaging and other

text based services to notify not only employees, but vendors, customers and family members.

**DOES THE PLAN CONTAIN A LIST OF CONTACT INFORMATION?**  
List names and contact information for individuals responsible for implementation of the plan. Make sure that you include primary and secondary points of contact.

**DOES THE PLAN DESCRIBE HOW RESCUE OPERATIONS WILL BE PERFORMED?**  
Our natural inclination is to offer assistance in times of emergencies. But when it comes to hazardous situations, untrained individuals may endanger themselves and those they are trying to rescue. Rely on installation resources, such as the fire department, who are trained, equipped and certified to conduct rescues. Focus on ensuring employees know how to contact first responders and that evacuation plans are well constructed.

During National Preparedness month consider both your home and work, when thinking about preparation. For more information, contact the Garrison Safety Office 785-240-0647.

### FORT RILEY ACCESS TRUSTED TRAVELER PILOT PROGRAM

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Who can serve as a sponsor for visitors?	Active Duty military, dependents age 18+, retirees and DoD Civilian professionals - DoD ID card holder driving a vehicle	Eligible ID card holder riding as a passenger	Contractor with DoD ID card containing green stripe	Driver under the age of 17	Other passes such as installation passes or U.S. Dept of Veterans Affairs
YES	NO	NO	NO	NO	
How many visitors can I sponsor?	One Vehicle with 7 or fewer guests	One Vehicle with 8 or more guests	A 15-passenger Van full of guests		
YES	NO	NO			
Where can my guests go?	Any non-restricted area when accompanied by the sponsor	Into restricted areas with or without escort	Any location unescorted by the sponsor		
YES	NO	NO			
Who is required to show a government issued photo ID?	Anyone 16 years of age or older	Anyone under the age of 16			
YES	NO				
What form of ID must guests provide?	Government issued photo ID cards for residents of states and territories	U.S. Passport	Foreign Passport	ID cards issued by non-government entities such as school, work, etc.	
YES	YES	NO	NO		

For additional information on the Trusted Traveler Pilot Program — visit <http://www.riley.army.mil/> Click on the yellow "Accessing Fort Riley" button or call DES Security Branch at 785-240-0630.

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# Multi-domain operations to exploit enemy vulnerabilities, say Army leaders

Story and photo by David Vergun  
ARMY NEWS SERVICE

WASHINGTON — The genius of the new Army concept coined “multi-domain operations” is that it is designed to enable the maneuver commander to strike at the enemy’s most vulnerable point, be that in the air, space, sea, land or cyber domain, said Maj. Gen. William K. Gayler.

Gayler, commander, U.S. Army Aviation Center of Excellence and Fort Rucker, Alabama, spoke at an Association of the U.S. Army’s “hot topics” forum Sept. 5 on Army aviation.

However, achieving the level of dominance needed for an effective multi-domain plan is still a ways from full operational capability, he said.

### AIR DOMAIN

In the air domain, there will continue to be an increased reliance on unmanned aerial systems, or UAS, to collect intelligence, carry weapons, do logistical tasks and team with other manned and unmanned systems, Gayler said.

Current UAS lack adequate protection, but that will soon change as avoidance sensors are placed in them that can geolocate and pick up activity in the electromagnetic spectrum, he said. They will also be equipped with onboard capabilities that can spoof and jam

the enemy’s integrated air and missile defense network.

A current problem in the air domain is a shortage of pilots, particularly AH-64 Apache pilots, he said. The other services and commercial airlines also are experiencing shortages as well.

As a result, the Army will soon be offering retention bonuses to people who normally don’t get them — those near or at retirement eligibility, he said, adding that their experience is invaluable.

### CYBER AND SPACE DOMAINS

Col. Yi Se Gwon, director of the U.S. Army Targeting Center, said perhaps two of the most effective offensive fires reside in the cyber and space domains — not to take anything away from long-range precision fires.

Brigade combat teams need to be adequately staffed to use nonlethal weapons like cyber and electronic warfare, and maneuver commanders must have a level of knowledge to know the appropriate time to use those weapons, he said.

While the space and cyber domains offer some of the best tools for the commander to exploit, they also will be contested in the future, probably more so than the other domains, he said.

The whole idea of multi-domain operations is to “per-

sistently attack the enemy [in all domains] so he doesn’t get a chance to catch his breath and doesn’t know where he’ll be attacked next,” he said.

Retired Gen. James D. Thurman, president of JD Thurman Enterprises LLC, pointed out one of the challenges with getting multi-domain operations to work the way it’s designed to work: namely problems with the network, the backbone for communications such as linking sensors to shooters in all five domains.

When Thurman was the top operations officer for Gen. David D. McKiernan during the 2003 invasion of Iraq, he said spearheading that effort was V Corps, I Marine Expeditionary Force and the United Kingdom’s 1st Armoured Division. McKiernan commanded all U.S. and coalition ground forces.

There was little to no network connectivity between them. “It was high adventure,” he said, noting that connectivity with multinational partners is still a work in progress.

Getting multi-domain operations right is a tall but very necessary order, he said, lauding efforts by the Network Cross-Functional Team and the other CFTs working on the six Army modernization priorities as part of Army Futures Command.



Maj. Gen. William K. Gayler, commander, U.S. Army Aviation Center of Excellence and Fort Rucker, Alabama, speaks at an Association of the U.S. Army's hot topics forum on Army aviation Sept. 5.

### LAND DOMAIN

Another challenge, this one literally inside the land domain, Thurman said, is learning to fight in underground warfare, particularly in megacities.

That’s where the enemy is likely to fight in the future, he said. The Army needs more work on developing communications that work well underground, as well as refining underground tactics, techniques and procedures.

During his participation in the initial Iraq

invasion, Thurman said Soldiers were surprised to see so many hardened underground compounds in Baghdad. Other potential adversaries have them too, he added.

Also, for multi-domain operations to be effective, Soldiers need agile thinking so they can pivot from one domain to the next swiftly in order to keep the enemy guessing and off-balance, he added.

Gayler summed up multi-domain operations: Although current capabili-

ties in all formations are “super” and we’re “ready to fight tonight,” technologies are developing rapidly and the enemy has been studying what the U.S. military is doing and how they can thwart it in each of those five domains using those technologies as well as their own evolving tactics.

That’s why standing up Army Futures Command and the focus of the AFC’s eight cross functional teams on the six modernization priorities is so important, he said.

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# Former U.S. Army site now thrives as conservation habitat

**Thomas Clements**  
INSTALLATION MANAGEMENT  
COMMAND

GEINSHEIM, Germany — From 1963 to 1995, a U.S. Army compound on the edge of Germany's Hassloch Forest here served as a NATO air defense missile site, then later as a storage area for military vehicles.

More than 20 years after the site's closure, representatives from the U.S. Army Garrison Rheinland-Pfalz joined members of Germany's Upper Nature Protection Board, Lower Nature Protection Board and the Federal Agency for Real Estate Tasks, or BImA, at the former entrance gate Aug. 23 to dedicate an informational sign commemorating the successful joint U.S.-German project to environmentally restore the area.

"I closely monitored this project over the last seven

years and intensively worked together with BImA Federal Forest partners, so there was always technical support from our side to include surveys and concept development," said Johannes Haid, geographer and safety engineer with the garrison's Directorate of Public Works Environmental Management Division at Germersheim Army Depot.

Today, the species-rich, open landscape left by the military offers a home to many protected animals. The buildings have been demolished and the landscape is now permanently preserved — thanks to foresight, partnerships and funding.

After the withdrawal of the missiles in 1983, the area served as a military vehicle storage site for 12 years and large parts of the previously unsealed area were filled with gravel. No longer required

operationally, in 1995 the 16-hectare area reverted back to Germany's federal property administration as its owner.

The establishment of the preserve at the former Army site is compensation for the expansion of the nearby U.S. Army Depot at Germersheim, explained Haid. The Army upgraded the former Geinsheim site in 2010, extending the existing rare habitats and maintaining them in long-term care. To achieve this, a concept was developed in partnership with German ecological experts, and in cooperation with the BImA and nature conservation authorities.

All measures, such as the dismantling of buildings, construction of further biotopes and the 30-year maintenance of the area, are financed by the U.S. Army from funds for the expansion of the U.S. Depot Germer-

sheim, securing long-term preservation of the unique landscape.

"As a caretaker partner, nature protection association Pollichia came on board in 2014, to ensure open grazing for zebu cattle and to determine if the use of these animals was sufficient to maintain open space or if the surfaces must be mechanically maintained," said Haid. "The BImA is also responsible for additional compensation measures, to include the installation of nesting boxes or the construction of aquatic environments for the promotion of amphibians and dragonflies."

An animal and plant world now inhabits the former Army site, which is known for sandy grasslands, dwarf shrub heaths and whistling grass meadows. This biodiversity developed through years of human involvement, explained Haid, but the forest eventually returned to the open land. A pioneer forest of birch and non-native, invasive tree species such as late-flowering



Courtesy photo

**Zebu cattle graze on the grounds of the former NATO missile site turned conservation area near Geinsheim, Germany. Following the removal of buildings and facilities, the open land is managed to ensure it is viable for cattle grazing.**

bird cherry and vinegar trees are growing, which is home to a far less abundant flora and fauna than the open land area.

Today, the Geinsheim site is within the European Union's Bird Sanctuary, and is home to protected species such as red-backed shrikes, wrynecks and gray-headed woodpeckers. Other rare species such as crested newt, praying mantis and green beach insect also find this a suitable habitat.

Free access to the area is not permitted due to grazing, but it is possible to visit the former Geinsheim site by arrangement with BImA.

## SPACE Continued from page 4

never accomplish remotely what others can when given the right tools. My biggest role as a leader or as a member of the team is to enable other people around me to perform at their optimal best.

"I try to be the leader who synergizes the team and tries to recognize barriers to the team around me and knock those barriers down," she continued. "Our Soldiers in our military are some of the most innovative, smart, dedicated, selfless people who I have ever worked with in my life. I am humbled every day just to be in their ranks. I learned from them to trust the people around me.

"Here at NASA our lives depend on each other every day," McClain added. "I was in a vacuum chamber last week that can be a real threat to your body. These guys put on my gloves and pants while doing a leak check to make sure everything was good. My life was in their hands last week and it will be again in the future. I learned to have that trust in the Army."

In 2013, McClain attended the U.S. Naval Test Pilot School

where she was selected as one of eight members of NASA's 21st astronaut class. Her astronaut candidate training included scientific and technical briefings, intensive instruction in ISS systems, spacewalks, robotics, physiological training, T-38 flight training, and water and wilderness survival training. She completed astronaut training in 2015.

"If you do the thing everybody else does, you are going to get what everybody else does," McClain said. "If you want to do something amazing and something great, you need to start being different today and stay dedicated to that. There is nothing you are doing that is not important so you must excel in everything you do."

During the upcoming mission, McClain and her team will facilitate approximately 250 research investigations and technology demonstrations. She added that science experiments conducted in space yield benefits and technology advancements for all humanity and looks forward to achieving more scientific progress.

"The benefit of science experiments in micro-gravity and low-earth orbit are too numerous to just leave and move onto the next thing," McClain said. "I am overwhelmed at the quantity of tasks we have, in a good way. One of the really neat things about going to the space station for six months is that we don't specialize.

"One of the things I really like is getting into academic areas I had no experience with before," she continued. "I am an aerospace engineer by training and I was a test pilot in the Army. One of my favorite things now is biology and learning about the human body. To me this is really fascinating, and I could have had a totally different career and loved it also.

"What I am most excited about is space walks. We have some 'penciled in' for our mission," McClain added. "It is what I dreamed of when I was a little 5-year-old girl and it is pretty neat to think that maybe in the next six months it could be happening."

## FLOOD Continued from page 1

When he says stand up — we stand up. When the flooding occurred they knew folks would be needing to talk to JAG, housing, people would need Army Emergency Relief, Red Cross, USO and those are all standard agencies that come to the Emergency Family Assistance Center."

Depending on the size of the incident, the EFAC, which is setup in the ACS building, could be moved to Riley's Conference Center to account for a larger population, Reade said.

Once activated, the EFAC is to be operational within an hour of being notified, Reade said.

"Officially, we were to be ready by 8:30 this morning, but we knew about it last night," he said. "We were calling everyone and letting them know that were setting up

the EFAC first thing in the morning. We were stood up and ready, when most of us got here at 7:30 a.m., when [Custer Hill open after morning physical training.] We were ready to go at 8:30 this morning."

Nauman said everyone that needed housing was taken care of by Tuesday.

"People started needing houses, so we, at DPTMS OPS, started trying to figure out (how to help)," he said. "We worked with (Directorate of Public Works) to find a house for a Soldier's spouse that had nowhere to go. What often happens, is the apartment complex moves people from apartment "A" to apartment "B" that wasn't affected, was further up from the flood. A lot of times they will take care of themselves internally like that. Others got with housing and are moving to

on-post housing. They are moving from their flooded house to on-post housing."

Nauman said Inter-Continental Hotels Group Army Hotels Waters and Bacon Halls reduce their rates.

With the size of the incident as large as it was, the Fort Riley Operations Center tasked the brigades to assist with finding out who was affected by flooding.

Nauman said the Fort Riley Operations Center contacted the brigades within in the 1st Infantry Division, and tasked them with finding out which Soldiers needed assistance so the EFAC could prepare properly.

The flood waters have since receded and the cleanup has begun, but the EFAC and Fort Riley stand ready for the next emergency.

**MOVIE NIGHT**  
Every Monday  
4pm

**DUNGEONS AND DRAGONS**  
Every Sunday, 1pm

**ANIME CLUB**  
(All Day Anime Fest Sat of every month)  
Every Saturday, 5pm

**POOL TOURNAMENT**  
Every Friday, 6pm

**POKER TOURNAMENT**  
Every Thursday, 6pm

**TRIVIA NIGHT**  
Every Tuesday, 6pm

**Wiidnesday**  
Every Wednesday, 6pm

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## WATER SAFETY tips

- Wearing a life jacket can save your life
- Never exceed your swimming abilities or swim alone
- Alcohol and water are a deadly combination
- Your involuntary gasp reflex can kill you
- Proper rescue of a person overboard
  - The "Reach, Throw, Row, Go for Help" rescue method is used to avoid multiple drownings.
- Drowning is a silent killer
  - Four signs of a drowning victim are head back, mouth open, no sound and arms outstretched moving simultaneously in an above-the-water, up-and-down stroke that appears as if they are slapping or playing in the water.
- Be aware of carbon monoxide (CO) poisoning
- Take a boating course
  - Learn valuable tips that can help save your life in unexpected situations by taking a NASBLA (National Association of Boating Law Administrators) approved boating safety course.
- Learn to swim well and practice floating
- Watch your children

- It only takes an average of 20 seconds for a child to drown.
- Never dive in lakes and rivers (open waters)
- Don't depend on floating or air-filled toys
- Cold-water immersion—know the signs
  - Cold-water immersion follows four stages, starting with cold shock, followed by swimming failure, then hypothermia and finally post-rescue collapse.
- Boat with consideration for others
- Inspect your equipment
  - It is your responsibility to make sure you have all the required equipment on board, as well as checking your engine, ventilation, backfire flame arrestor, electrical systems and trailer before you go.
- Watch for dangerous waves or signs of rip currents
- Prepare for sudden weather changes
  - File a float plan with a responsible person before you go boating. Take a weather radio with you so you can check weather conditions while boating.
- Wade with caution
- Obey all signs and buoys
- Don't rock boat

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ART

Continued from page 1



Kimberly Green | POST  
**Sgt. James Watson, Irwin Army Community Hospital and non-commissioned officer in charge at Farrelly Clinic, stands with his oil painting at the IACH Value Life art exhibit Sept. 4. The exhibit showcased only art created by local IACH staff and served to bridge the emotional gap between patients and healthcare providers by proving everyone, not just Soldiers, struggles.**

take care of patients and their families.”

Occupational therapist and contributing artist Roy Fowler started art classes a year ago as a way to release his pent-up emotions after long days at the hospital.

“We all have many patients throughout the day,” he said. “We all understand them. We identify with them, but at the end of the day, how do we get our relaxation and get ourselves back together? In my case, it was painting. When I sit down there and paint, it’s a stress reliever and it relaxes me at the end of the day. I’m then fresh to start another day to take care of Soldiers and family members.”

Aside from being a platform for staff to display their work, Fowler said the event drew attention to the similarities his staff and members of the community share with one another.

“We are the community hospital,” Fowler said. “We are the ‘Big Red One,’ and we are responsible for the health of the Soldiers and family members of this post. We realize how they deal with their stress throughout their lives and this is giving them the avenue of experiencing how they (hospital staff) deal with their values in life, or

their depression or ideas with suicide — since this is suicide prevention month and we tied this (art exhibit) with that.”

Brown said IACH staff is always looking for ways to support Fort Riley and the 1st Infantry Division.

“We are part of the Big Red One,” Brown said. “We are the Big Red One hospital, so we are part of the same team and we are looking at how we can get behind 1st ID and the message that Maj. Gen. Kolasheski has, which is valuing life ... As a Soldier, events like this are important for several reasons. One of them is that we (Soldiers) frequently fall risk to viewing those that are in our chain of command, or part of ‘big Army,’ as less than personal, and I think that something like this, where we are seeing individuals that are in and out of uniform ... bridging the military civilian divide ... this is important for seeing the humanity behind those people who are providing care. It isn’t just a doctor or a nurse or a medic or a technician — it’s a person.”

On display in the exhibit were art pieces of all mediums such as needle crafts, wood carvings, drawing and oil paintings.

Many of the contributing artists had never shown their artwork publicly, said IACH public affairs officer and event coordinator Jorge Gomez.

“There are probably more out there who were kind of shy,” he said. “A lot of the folks here have never had any of their work exhibited ... there are more out there they are just feeling a little embarrassed to showcase their work because they aren’t professionals.”

“This will give them an idea of how it is,” Fowler said. “Maybe next year, hopefully, we’ll get another dozen artists.”

Gomez said the exhibit was so well received that he is already looking ahead to next year’s event and hopes events like this will cultivate a Fort Riley community that feels connected to their hospital.

“I have been trying to convey to everyone how this is your hospital,” he said. “It’s yours. We are trying to tie people in so that they feel that this is a place that really belongs to them. It isn’t the Army’s hospital. It belongs to active duty, dependents, retirees, retiree family members, and others in the community.”

TRAINING

Continued from page 2

lines to attached to the main. Along with two firing mechanisms to set off the charges. The time delays, which would not normally be used in a combat situation, allowed the engineers time to evacuate the area and watch their work disappear in a cloud of smoke and soggy dirt.

After each Soldier was re-familiarized with how to set the chain of explosive they moved to more serious tasks of clearing a wire obstacle and breaching doors and windows.

The guard Soldiers normally train at Fort Leonard Wood, Missouri, but had to schedule the range on Fort Riley due to conflicts.

The unit was pleased with Fort Riley Rau said before the explosions began.

“Kansas is different than Missouri,” he said. “Missouri has a lot of hills, where here it is flat land and open fields. In Missouri we are down kind of covered in a bunch of stuff and trees. The ranges are kind of terrain based where we are.”

Schmidt added, “The range and the range operations have been totally helpful. We are from Fort Leonard Wood and that’s where all engineers go through. For it not to be a (U.S. Training and Doctrine Command) range where there are so many rules to prevent accidents. Here, at Fort Riley, where there is an active component who trains like a professional and to have the range personnel treat us like we’re professionals — it’s a breath of fresh air, we love it.”

Earlier in the day, the guard members realized that somewhere between unit home station and Fort Riley, a part of their Mine-clearing line charge was missing. After a few phone calls, the unit was able to get the missing part from the 1st Engineer Battalion, 1st Infantry Division, so they could continue training. A feat that Schmidt was grateful of.

“You hear a lot of stories about active and reserve units not working together,” he said. “But I had nothing but help from Staff Sgt.



Will Ravenstein | POST  
**Spec. Brennan Johnson, 1141st Engineer Company, 203rd Engineer Battalion, 35th Engineer Division, Missouri Army National Guard, checks his section of the detonation cord Sept. 7 as he attaches his two-pound block of C4..**

Jordan, down at the motor pool.”

The MCLC is a trailer that a pair of rockets can be mounted on. Attached to those rockets are a string of C4, 500 to 1,000 pounds that allow the engineers to clear suspected enemy mine fields Schmidt said.

At the end of the weekend both Schmidt and Rau hoped

the Soldiers received the necessary hands-on training to accomplish their mission as sappers while doing so safely.

“The biggest thing is safety first, that’s a successful day,” Rau said. “After that, we want good training, good hands-on experience with stuff and the last thing is getting out of here with everyone happy and getting stuff done.”

1st Encounter

Irwin Army Community Hospital

- Hospital enrollment
- PCM bio & photo
- Facility tour
- Help with PCM assignment
- Benefits review (Prime vs. Select)

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174601 5/18

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Valid DoD card holders can bring guests with a government issued photo identification card on post without stopping for visitors' passes.

FOR DETAILS VISIT  
[HTTP://WWW.RILEY.ARMY.MIL/UNITS/GARRISON-COMMAND/EMERGENCY-SERVICES/ACCESS-INFORMATION/](http://www.riley.army.mil/units/garrison-command/emergency-services/access-information/)

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~ Commander Robert Kobler and Jeanne Kobler

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## Not Forgotten



Sgt. Roco Verde, Headquarters and Headquarters Company, 1st Infantry Division Sustainment Brigade, rounds the last turn on the Fallen Hero Run Sept. 8 with the American flag held above his head.

## Fort Riley community rallies around annual Fallen Hero Run

Story and photos by Téa Sambuco  
1ST INF. DIV. POST

Families and Soldiers of Fort Riley gathered Sept. 8 to honor men and women who have made the ultimate sacrifice. The Fallen Hero Run began promptly at 9:11 a.m. and was organized by the Directorate of Family, Morale, Welfare and Recreation fitness coordinator, Ken Roynon.

"I originally started this race six years ago with the idea to run for the fallen," Roynon said. "I'm a retired Soldier myself, and I lost a lot of my friends during that time. When I'm out here, it makes me think of them and remember what they did for me."

"They (the fallen) can't feel the ground beneath their feet. I do that for them."

BARBARA SMITH | VETERANS OF FOREIGN WARS AUXILIARY  
MANHATTAN, KANSAS

The run was free, Roynon said. Participants were allowed to bring pets, strollers and were encouraged to walk if needed. The event was not timed.

"Today is the day when we honor the people who have fallen, so that we can live in a country where we can go to bed at night and know that we are safe," he said. "They have given the ultimate sacrifice, and we want to honor them today for that."

See HERO, page 10



Barbara Smith, Manhattan Veterans of Foreign Wars Auxiliary, carries in her heart the men and women who have made the ultimate sacrifice, including those who lost their lives because of the invisible wounds of war.

## Foster, adoptive support group holds meeting

Side by Side's initial gathering puts families in position to share

By Kimberly Green  
1ST INF. DIV. POST

The first meeting of Side by Side, a support group for foster and adoptive parents, was Sept. 5 at Victory Chapel. Nine families gathered to break bread and share their stories. Of those present, many were Army families who were either already fostering, in the process of being licensed or were actively pursuing adoption both internationally and locally.

According to a study published by the Kansas Department of Children and Families, there were 7,192 children in foster care in Kansas last year and only 2,755 licensed foster homes. Of those children placed in foster care, about half were permanently adopted by their foster families.

For Army families looking to grow their brood, foster and adoptive parenting is a viable option and is badly needed in Kansas

### DID YOU KNOW?

- According to a study published by the Kansas Department of Children and Families, there were 7,192 children in foster care in Kansas last year and there were only 2,755 licensed foster homes.

said TFI Family Services licensed social worker Brandy Sanderson.

This was the first time Kansas Licensing Services, St. Francis and TFI Family Services have collaborated to offer additional support to foster and adoptive families in the Junction City and Fort Riley communities.

"You don't find us coming together in this setting, bringing our families together," Sanderson said. "I haven't seen it before. Typically, we do this separately."

The evening's dinner was provided by the congregation of ChapelneXt on Fort Riley, a contemporary protestant service held at Victory Chapel every Sunday.

See SUPPORT, page 12

## People standing up for new program available on post

Popularity for stand-up paddle boarding not a surprise to officials

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

Fort Riley families gathered at Moon Lake Sept. 5 for an introductory course into Stand-up Paddle Boarding, led by Sarah Mueller, Directorate of Family, Morale, Welfare and Recreation Branch Chief of Outdoor Recreation. She previously worked for several Air Force bases and has always implemented this type of program.

"I just fell in love with it," she said. "... I think it's a little less intimidating, you're not on a kayak, you're not in a cockpit, in a canoe, sometimes people don't feel comfortable being in that. This is having your own control of your vessel and if all else fails, you just fall into the water."

Mueller said every time she has introduced stand-up paddle boarding to an installation, the response has been great.

"We've always purchased more stand-up paddle boards," she said, "just to end up having to rent them out somewhere else because people fell in love with



Stand-up paddle boarders maneuver around Moon Lake Sept. 5 after learning the basics of the sport.

it. The sport of stand-up paddle boarding is growing each year."

This program is new to Fort Riley, Mueller said, and for the program they purchased inflatable stand-up paddle boards. This would provide easy transportation to various bodies of water. The paddle boards also came equipped with a detachable wind sail for larger bodies of water.

See PROGRAM, page 13

## Principal fan of well-rounded students

New top man at Fort Riley Elementary adds to arts, Phys Ed. time

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

When Kenneth Upham took the reins at Fort Riley Elementary School there were a few little things he wanted changed, but not much.

"If it ain't broke, don't fix it; but we are always trying to do a little better," he said. "Things were going well when I came on board. We made a few minor tweaks here and there just to try to be more efficient."

"We want to look at the emotional well-being of the kiddos and the physical well-being"

KENNETH UPHAM  
PRINCIPAL, FORT RILEY ELEMENTARY SCHOOL

One change is a little more music and physical education time. In the past, students at FRE had music and physical education every other day, now they will get it two out of three days.

Upham is also looking for ways to add more art, which is limited to one formal class a month.

"Our goal is to develop a well-rounded student," he said. "That includes the arts and music. It's not just reading and writing. We want to look at the emotional well-being of the kiddos and the physical well-being."

He has also added an additional breaktime into the day to ensure the children are

getting ample time to move around. As someone who doesn't like to sit still himself, he understands why research shows children who get more breaks from the desk are more productive and have less discipline problems.

### ROAD TO FRE

Upham was born in Junction City. When he was a small child his family moved to northeast Kansas. He grew up on a dairy farm in Horton, Kansas, and graduated from Hiawatha High School.

Having always been good with numbers it seemed like

See PRINCIPAL, page 13



Fort Riley Elementary School Principal Kenneth Upham visits with fourth-grade children in Ashleigh Robinson's class Sept. 4 when the weather was rainy and the students could not go outside for recess. Ariana Cousar, left, tried to guess the picture on the card on her forehead by asking Adalina Guitierrez and Upham questions.



# FORT RILEY POST-ITS

## BETTER OPPORTUNITIES FOR SINGLE SOLDIERS

**BOSS and Warrior Zone Barbecue** — Come to the Warrior Zone every Friday throughout the summer for mouth-watering barbecue. Begins at 11 a.m. and lasts until the food is gone, so don't be late.

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

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

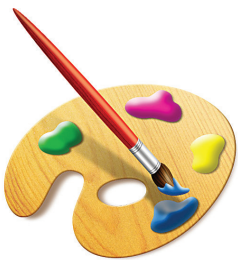
In addition to the fun stuff, BOSS has your back for your career too. Several times each month the group gathers to prep you for your next board.



## 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 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.



## POST MOVIE NIGHT

Grab the popcorn, sit back and join Fort Riley Post Library for their monthly movie night Sept. 22 with the showing of "Paddington 2."

Film starts at 6:30 p.m. and is free to attend.

The Fort Riley Post Library brings your family favorite movies to the silver screen with monthly movie nights. Admission is free and popcorn is included.

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

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 zipline tower online at [webtrac.mwr.army.mil/webtrac/rileycyms.html](http://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](mailto:bluestar@rileymwr.com).



## FORT RILEY APPLE DAY

Visit Fort Riley, see exhibits, check out the military rides from 9 a.m. to 4 p.m. at Artillery Parade Field, Tuttle Park and Sturgis Stadium.

See map next week's edition of the 1st Inf. Div. Post.

## 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, Sept. 14**  
Crazy Rich Asians (PG-13) 7 p.m.

**Saturday, Sept. 15**  
Smallfoot (PG) 2 p.m. **Studio Appreciation Advance Screening** — Free Admission — 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 12:30 p.m. and the show begins at 2 p.m. Come early to get the best seats.  
Mile 22(PG-13) 7 p.m.

**Sunday, Sept. 16**  
Alpha (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.

**K-State Wildcat Football** — Tickets for all home games, \$22 to \$55

**Chiefs home games** — \$50 to \$115 depending on location and game

**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 State Fair - Sept. 7 through 16** — Dan and Shay concert, plus admission - \$35; Adult fair admission, any day, \$6; child or senior admission, \$4

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](http://www.Kansas.3LeafGroup.com).

## HERO Continued from page 9

Participants were given a blank bib upon arrival, where they could write names of fallen Soldiers who they wished to represent. Along with the bib, those in attendance were encouraged to decorate and bring a boot in honor of a fallen Soldier for the boot display. The decorated boots were displayed in a circle by the race starting point. After crossing the finish line, each person added a small American flag to the circle.

Barbara Smith of the Veterans of Foreign Wars Auxiliary in Manhattan, Kansas; however, walked the course with a larger American Flag resting on her shoulder. While she suffers from coronary arteries that prevent her from running, it did not deter her from walking the two miles.

"I actually carry a ruck, I don't run," she said. "I carry a 40-pound rucksack, and inside I have five books with all the names of the veterans that have been killed since 2003 in Afghanistan and Iraq. The ones that I carry on my back, that are visible, are Soldiers who have died through the invisible wounds of war because of suicide."

Smith said she stays active in suicide prevention. She



Téa Sambuco | POST

**A member of 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, wears a Never Forgotten bib during the Fallen Hero Run at Riley's Conference Center Sept. 8.**

wants those personally conflicted to know that there are people who care, and suicide is a permanent solution to a temporary problem.

Smith walked the Fallen Hero Run in honor of her nephew, as well as the Gold Star families who were present.

"They (the fallen) can't feel the ground beneath their feet," she said. "I do that for them.

Carrying the ruck sack simulates carrying them across the finish line and making sure that their mission is complete."

Darlene Long, wife of Sgt. 1st Class Dan Long, 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, was present with her husband. Dan spent 10 years in the 101st Airborne, Darlene said,

## DID YOU KNOW?

- **The Fallen Hero Run** began promptly at 9:11 a.m. Sept. 8, and was organized by the Directorate of Family, Morale, Welfare and Recreation fitness coordinator, Ken Roynon. More **9/11 coverage** will appear in the Sept. 21 edition of the Post.

with 6 1/2 of those years in an infantry unit.

"There are some people he knew that are not here," she said. "Today, it's not a race, it's a memorial. That's what should be on your mind the whole time you're doing it whether you're walking, running, crawling, dragging your dog or your stroller — it's to remember."

Darlene said after a crisis, it's easy to forget. Events such as the Fallen Hero Run are necessary to remember those who never made it home.

"We need to remember," she said. "We need to keep them alive in our hearts and our spirits."

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9:00 am – 3 pm

Sportsmen's Acres, K-244 Spur, Milford Lake

**FREE ACTIVITIES**

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More info at: <https://www.facebook.com/GearyCountyFishAndGameAssociation>

# WWW.FACEBOOK.COM/FORTRILEY

## Worship Opportunities

### Protestant Services

<b>Victory Chapel</b> ChapelneXt Protestant Service Sunday Worship..... Children's Church.....	239-0834 1100 1105-1200
<b>Morris Hill Chapel</b> Gospel Protestant Service Sunday School..... Sunday Worship.....	39-2799 0900 1100
<b>Main Post Chapel</b> Traditional Protestant Service Sunday Worship.....	239-0834 1030

### Catholic Services

<b>Victory Chapel</b> Sunday Mass..... Sunday Catechism.....	239-0834 0845 1000
<b>Saint Mary's Chapel</b> Confession (or by appointment)..... Sunday Mass..... Mid-day Mass– Mon., Wed., & Fri.....	239-0834 1100 1130 1200
<b>IACH Chapel</b> Mid-day Mass– Tue. & Thur. ....	239-7872 1200

### Jewish Service

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

### Pagan/Wiccan Service

<b>Kapaun Chapel</b> Fort Riley Open Circle– SWC 1st & 3rd Wednesday monthly.....	239-0834 1800
---	------------------

### Wednesday Family Night

Weekly classes from 1900-2000 at Victory Chapel  
785-239-0875. Watchcare provided for birth-4yrs.  
**Kick-off 12SEP18**

### Club Beyond - Faith Based Youth Program

Grades 6th - 12th, Meets Sundays  
Combined MS/HS Youth 1830-2015 at Victory Chapel  
785-370-5542  
\*Club Beyond is a Non-Federal Entity and is not part of the DoD or any of it's components and it has no government status.\*

### AWANA

Meets Sundays, 1400-1600 at Victory Chapel  
785-239-0875. **Kick-off 9SEP18**

### Protestant Women of the Chapel (PWOC)

Weekly Tuesday Meeting 0900-1130 & Evenings at 1830-2000 at Victory Chapel.  
For more information email [rileypwoc@gmail.com](mailto:rileypwoc@gmail.com) or Facebook "Fort Riley PWOC"

### Catholic Women of the Chapel (CWOC)

Weekly Wednesday Meeting 0900-1130 at Victory Chapel.  
Childcare provided. **Kick-off 5SEP18**  
For more information email [fortrileycwoc@gmail.com](mailto:fortrileycwoc@gmail.com) or Facebook "Fort Riley CWOC"

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

# Jewish High Holiday Schedule

Services will be held at Main Post Chapel  
6 Barry Ave. Fort Riley, KS

# 2018

September 10

Rosh Hashana service at 1000. followed by lunch  
Please RSVP to [shmuel.felzenberg.mil@mail.mil](mailto:shmuel.felzenberg.mil@mail.mil)

September 18

**YOM KIPPUR EVE SERVICE 1930**

September 19

*Yom Kippur Services at 1100 & 1930  
Followed by a break the fast meal*

September 24

**Sukkah Party at 1130**  
17-B Forsyth Ave. Fort Riley, KS

POC: Chaplain (COL) Shmuel Felzenberg  
(785) 239-3359 or (910) 273-0767





The Commanding General's Mounted Color Guard's two Percheron, Jenny and Joy, receive a lot of love from the families at the Fort Riley Post Library's Fall party Sept. 8.

# Library holds free 'fall' party

Event allows families chance to meet unit's two biggest horses

Story and photos by Téa Sambuco  
1ST INF. DIV. POST

Fort Riley Post Library staff held their monthly party on Sept. 8 with this month's theme being "Fall." The free party was open to all Department of Defense cardholders and their families.

Rebecca Basil, project manager for the Fort Riley Post Library, said that these monthly parties are a way to connect the library with other entities on post. This month, they invited the Commanding General's Mounted Color Guard to attend. This gave families an opportunity to meet the CGMCG, enjoy a hay-rack ride and be introduced to the two Draft Percheron.

Sgt. Thomas Bartlett, CGMCG, said their presence at the library party served as a way to keep the Color Guard traditions alive.

"It's to be ambassadors of the Army," he said. "To be the face (and) to show the community that we're here for them at home and abroad."

Bartlett said that the Directorate of Family, Morale, Welfare and Recreation invited them to this event, and that they were happy to come out, enjoy the nice weather and



Families enjoyed snack such as Rice Krispie treats and Brownie Bites at the library party on Sept. 8

show the Fort Riley community what it is that the CGMCG does.

"Kids love the horses," he said. "Those are our two draft horses, Joy and Jenny. They're our Percheron Drafts and our biggest horses here. We use them for these wagon rides."

The hay-rack rides were only a part of what the library party had to offer. Basil said that, while some of the outdoor activities were canceled, inside the library families could enjoy some hot apple cider, Rice Krispie treats, coloring and a movie.

Staff Sgt. Tim Tortonesei, Headquarters and Headquar-

"Kids love the horses. Those are our two draft horses, Joy and Jenny. They're our Percheron Drafts and our biggest horses here. We use them for these wagon rides."

SGT. THOMAS BARTLETT  
COMMANDING GENERAL'S  
MOUNTED COLOR GUARD

## PARTY CENTRAL

- Did you know that the Fort Riley Post Library holds monthly parties? Its next party will have a Halloween theme.

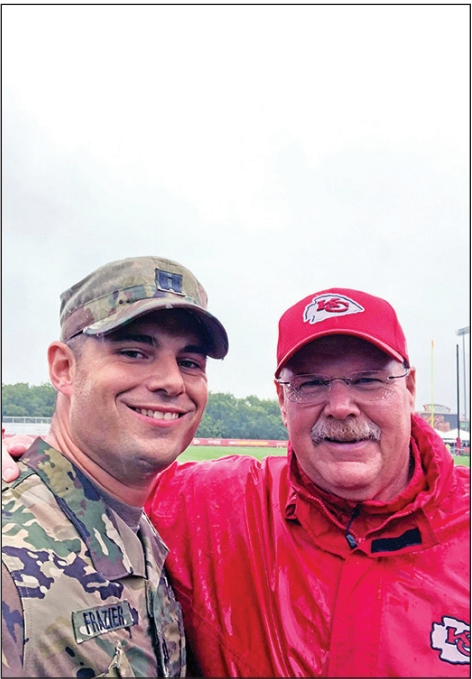
ters Battalion, 1st Infantry Division, attended the party with his wife, Laura, and their four children.

Laura Tortonesei said the library party was a great way to get the whole family together to enjoy some sweets and see the horses.

"We love the library," Tortonesei said. "There's six of us in our family, so free events are always appreciated."

Tortonesei said his family plans to attend the Halloween Party next month.

## TUESDAY TRIVIA CONTEST



The question for the week of Sept. 11 was: Where can I learn about hunting regulations on post and how to apply for a Fort Riley hunting permit?

Answers: <https://fortriley.isportsman.net/files/DOCUMENTS%2fHunting%2fOutdoor-recreation-brochure.pdf>  
[www.riley.army.mil/Recreation](http://www.riley.army.mil/Recreation) or  
<https://fortriley.isportsman.net/>

This week's winner is Capt. Donald Frazier, Headquarters and Headquarters Troop, 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division.

Pictured above are Capt. Frazier and Kansas City Chiefs Head Coach Andy Reid at the Chiefs' military appreciation day during this year's training camp.

CONGRATULATIONS DONALD!

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I am in kitty jail . Please come  
bail me out. P.S. I still love you.



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224 Custer Ave. (785) 239-6183

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Blood products are being sent to hospitals as quickly as donations are coming in.

Platelet donors and those with **O-**, **A-** and **B-** blood types are needed **now**.

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THURSDAY, 20 SEPTEMBER 2018  
6:00-8:00PM  
CUSTER HILL TEEN CENTER  
FORT RILEY

## Teen R2 Family Night

R2-Army Ready and Resilient (R2) Teen Resilience  
Build Strength-Based Communication Strategies

All family members are invited to attend this family night!

- Dinner
- Games
- R2 Meeting

The R2 Family Night will be held at the Custer Hill Teen Center at 5800 Thomas Avenue.

Questions!? To RSVP or for more information, please contact our School Liaison Officer at 785-240-3261.

# Pets of the Week

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MAMACITA



PARKER



BERT

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FORM MATTERS

Back exercises demand attention to detail, good form

By Gail Parsons  
1ST INF. DIV. POST

If a Soldier goes into the gym and bench presses or curls “X” number of pounds, it can be an indicator of his upper body strength. If he does “X” number of situps, it is a measurement of his core strength.

There are many ways to test the strength of various muscle groups — with the exception of the back.

“They don’t test your back muscles or your back strength,” Capt. Eddie Murray, public health nurse said of the Army and most Soldiers. “How do you engage your back? How do you measure the strength of your back? We can do push-ups all day but that’s push and push and push and push, but what pulling exercises? There has to be a balance to strengthen your back.”

A strong back will allow a person to execute other moves easier and correctly and it will assist Soldiers in their work, he said.

“In the military, we have to keep our backs strong,” he said. “We ruck with stuff on our backs. Our backs need to be strong to be able to pull so we can pull someone to safety.”

He recommends people make an appointment with the Army Wellness Center where they have the equipment to properly test a person’s back strength.

He also suggests any of several variation of the row exercise to help improve back strength. However, as with any exercise — form matters.

One mistake he sees people make is using the mirrors along to the gym wall to watch themselves doing a row exercise.

“I want to look at myself, but I’m tipped over so I have to crunch my neck to look at myself,” he said. “That is automatically putting more pressure on my spine. If I continuously do that, I’m going to end up herniating a disk back there or pinching a nerve.”

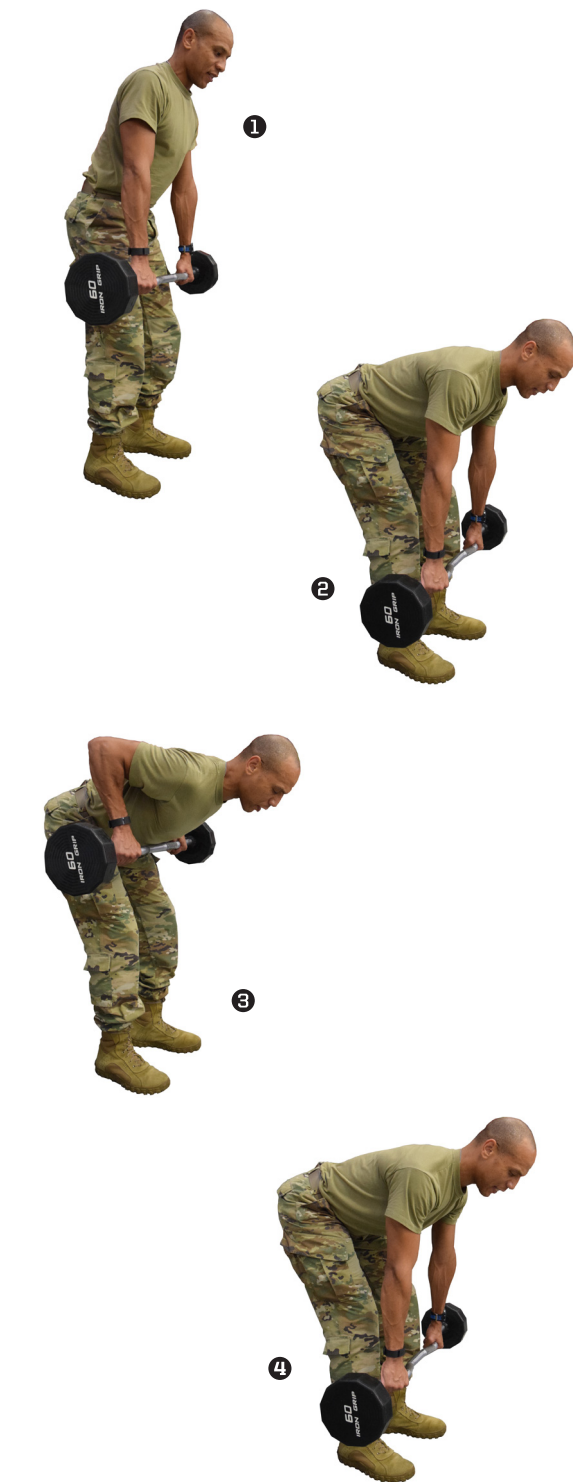
If when doing one of these exercises incorrectly resulted in an immediate pain to alert the person, they could correct their form. Unfortunately, the damage is often slow and not noticeable until it is too late.

“A lot of people don’t focus on the lower back but those are the muscles that are helping protect your spine,” Murray said. “Once you lose that disc material you don’t get it back. You have to try to protect it.”

Soldiers are at risk of having those injuries even though they may not feel it right away.

There are machines in the gym designed to help strengthen the back and Murray encourages people to learn different row exercises.

“What’s great about rows is that they can be done anywhere,” he said pulling a weight plate out from under his desk to demonstrate with.



BENT-OVER ROW

- Murray demonstrates the basic row.
1. Stand upright, grasping the barbell with both hands.
  2. Bend over at the hips keeping the back straight.
  3. With the elbows close to the body, pull the barbell up opening chest and squeezing the shoulder blades together only use the forearms to hold the weight.
  4. Keeping the back stable, lower the barbell; repeat.

Band members wear many hats

Musicians of ‘Big Red One’ ensemble handle all responsibilities

By Gail Parsons  
1ST INF. DIV. POST

The 1st Infantry Division Band is unique from other units on Fort Riley in that all its members are musicians. There are no supply clerks or administrators — the band members do it all.

“We only have musicians in our unit,” said Sgt. Steven Wagner, senior musician and percussionist. “Because of that, we have to work a couple of extra duties. We end up doing all of these other (military occupation specialty) jobs without being MOS qualified.”

In addition to his primary role, Wagner wears the hats of the hearing protection officer, sound non-commissioned officer in charge, information management officer and a few others.

The 1st Inf. Div. Band is considered a small band in Army terms. At full staff, it consists of 40 Soldiers including the first sergeant and the commander, who is generally a chief warrant officer 3.

In addition to covering all the MOS’s to run the unit, band members also cover a wide range of musical styles to effectively reach their target audience, which covers the gamut from school children to Soldiers or civilian populations.

For the large concerts, like the Fourth of July celebration, a pass in review or a retirement ceremony, all band members come together. However, those performances are not as frequent as the requests they get for smaller ones.

“We are broken down into three separate MPT’s — Music Performance Teams,” Wagner said. “There’s Bravo, Charlie and Delta.”

Each has its own style and responsibility.

**BRAVO MPT**  
Bravo is the ceremonial band. Their job is all of the



Téa Sambuco | POST  
The 1st Infantry Division Band plays at the Freedom Walk Sept. 7. The Walk took place at Ware Elementary, with more than 600 people in attendance.

“We only have musicians in our unit. Because of that, we have to work a couple of extra duties. We end up doing all of these other (military occupation specialty) jobs without being MOS qualified.”

**SGT. STEVEN WAGNER** | SENIOR MUSICIAN,  
1ST INFANTRY DIVISION BAND

traditional performances, but they also have additional duties.

“For example,” Wagner said, “MPT Bravo has the BRO Brass, which is the big band that you can find playing at (Family and Morale, Welfare and Recreation) events, all sorts of Soldier support and Music in our Schools programs. But, the primary focus is ceremonial.”

The BRO Brass Band generally has about eight people who specialize in a party-band sound.

“We utilize them almost like an additional popular group,” he said. “They end up being our New Orleans funk band.”

Music played will be more in the style of Trombone Shorty rather than the modern tempo of Wayne Shorter or cool, smooth jazz sounds of Miles Davis — both of which are heard from Charlie MPT.

“Historically, the brass band is anything but calm,” Wagner said. The way we

utilize them is more for our community outreach performing, at MWR or hyping up the crowd on the Fourth of July before the concert band comes in. While they are the full ceremonial band, they are more for Soldier support the more traditional Army band where they are doing the regimental marching, change of command and there’s a bugler making the bugle calls.”

**CHARLIE MPT**  
Performance Team Charlie is the popular group.

“Members from MPT Charlie will go out and do military balls — popular music, top-40, jazz and rock,” Wagner said. “It’s that smaller group dynamic where you’ll have a jazz combo — maybe it’ll be a drummer and bass player, a piano player and then they might augment that with a vocalist.”

The eight to 10 members are generally split into two groups. One group will do more of the military ball type

of performances. The other is a rock group, which is more community outreach and Soldier support events like redeployment ceremony.

**DELTA MPT**  
Delta is the brass quintet. It is a smaller ceremonial unit but they are also utilized for functions that might be farther away or in certain instances where the venue might be too small for one of the larger groups.

“They are far more traditional in the sense that they are not the party band, which is not to say their music is not exciting,” Wagner said.

Their music is more of the contemporary composers who write specifically for brass quintets.

“We’ll have pieces by people like Michael Kaman who did music for movies or take something large like the Orchestra Band of Brothers and compile it down into this very focused group of perfectionists. They take all those parts from all of those different instruments and drive it down to five instruments.”

**A SHARED GOAL**  
No matter which MPT is playing they all share a similar goal, Wagner said.

“Ultimately everything is to make people excited, to make people happy even in situations where they might not be,” he said.

Whether the requested music is for an uplifting happy event like a redeployment ceremony or a somber event like a funeral or memorial service, the 1st Inf. Div. Band will send the MPT that is most suited.

“We know the gravity of Soldiers in the Army,” he said. “We understand what they are fighting for. We understand what the conditions are, so it’s good to make people feel better if even for an hour, if even for five minutes. Maybe a certain song was just what they needed to hear to pull them through the day — that’s our goal.”

Youth centers offer safe haven for kids

Fort Riley families find relief securing before, after school activities

By Catalina Donnelly-Vazquez  
1ST INF. DIV. POST

The Child and Youth Services Youth Centers provide a wide range of activities and services for families.

The centers provides parents with before-school care by transporting the students to school. When school is released, students

are bussed back to the youth center.

At this point, a Child and Youth Program assistant provides a structured lesson for an hour. After which, students to go to club meetings, art room, tech lab or the gym.

The clubs offered are baking club, dance club, Smart Girls and Passport to Manhood.

Smart Girls and Passport to Manhood clubs help students go on the right path and get them ready for life.

The staff is also there to help students with homework questions.

“We are wanting to start more clubs and are taking suggestions from students to see what they would want,” said Brittany Glascock, interim director.

Besides the after school program, the center also hosts events on the first and third Fridays of each month.

One event, Midnight Games, is from 8 to 10 p.m. Teens are able to come and play a sport tournament style with each other. The last one held was a basketball tournament Sept. 7.

“These nights are where we see more of the high-school-

ers come out and participant in the events,” Glascock said.

The other popular event is a dance. There has not been one this year yet, but one will occur in the next few weeks.

At that time, the Child and Youth program assistant staff will be able to see what event brings in more kids.

No matter the amount of kids who come the staff is ready for them Glascock said.

For more information about events and the programs offered, contact Brittany Glascock at 785-239-9223.

SUPPORT Continued from page 9

The Army Family Life chaplain and coordinator for the night’s event was Maj. Kent Coffey. Coffey, who is also a foster and adoptive parent, decided after moving his foster children to Kansas with him and his wife earlier this year from North Carolina, that Fort Riley and the surrounding communities needed a place where foster and adoptive parents could meet to share their unique experiences.

In fact, of the Army families at the support group, six are also members of the ChapelneXt congregation.

“We had already detected a need within our own service,” Coffey said. “The one thing that we didn’t talk about tonight is that you kind of fly solo in this thing (foster and adoption), other than you and

your social worker ... Generally speaking, unless you actively work to gather them together, they don’t have a support network. We felt like, ‘Let’s give this a shot and find out if there are any others out there’ — hit a nerve so to speak — and we did. I am thrilled with who has come and there are even more that we think we can reach ... there are plenty more families on Fort Riley doing this.”

Coffey said the training required to become a licensed foster home is the first step toward domestic adoption of foster children. It can take several months to complete and at some point between the classes, home study and then placement of children in the home, the family often has questions and struggles.

“This is all about support,” said St. Francis licensed social worker Katrina Halpain. “This (is) about getting together, about emotional support or getting together for play dates.”

“Handling foster children who have experienced trauma is not an easy path to walk and although you want to parent them the same way you would your own children, there are certain things you can’t do ... and any advice on how to do that is important,” Sanderson said. “The biggest thing is that this builds a natural support system where if they need something on a weekend, they have each other and they can talk to each other about behaviors or just get advice on being a foster parent and things like that.”

Halpain said although this is Side by Side’s first meeting and it focused on allowing the families to get to know one another first, future meetings will combine additional training and education that foster and adoptive families need to remain licensed and to be successful in their homes.

The title of the event is synonymous with its mission.

“The purpose (of Side by Side) is to establish networks of support,” Coffey said. “If you choose to go into this, there are a group of people on this post and in the community that are willing to walk this road with you.”

ChapelneXt’s Side by Side support group is open to any faith or no faith.

For more information, contact 785-239-3436 or fostera-doptFRKS@gmail.com.

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## HUNDREDS JOIN FREEDOM WALK

**ABOVE:** More than 600 people walk in the Freedom Walk at Ware Elementary on Sept. 7. **RIGHT:** Sgt. 1st Class Lloyd Willis, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, walks through the Freedom Walk at Ware Elementary with his 7-year old son, Mark Herzog.

Photos by Téa Sambuco | POST



## PRINCIPAL Continued from page 9

accounting would be the perfect career. However, about a year into college he began to question his decision.

"I couldn't see myself sitting in an office crunching numbers all day," he said. "As much as I like numbers, I just couldn't see myself tied down. I wanted something a little more on the go, a little more exciting."

As he started exploring other options, his friends steered him toward teaching. The idea of having a little more time off than the nine to five every day was appealing.

Although the time-off notion turned out to not reflect reality, he found out he really enjoyed teaching. Despite the 12- to 14-hour days, no two days are the same. He is not stuck behind a desk and each day is a new adventure.

"You never know what you're going to get," he said. "It's like rolling the dice, some days are great, some days are a little more challenging."

He started his career in the 1999-2000 school year teaching sixth grade in Missouri.

"I learned real quickly that I wanted to work with younger kids," he said.

He moved around to different teaching and administration

jobs in Kansas and Missouri. When he and his wife learned they were expecting their first child, they decided it was time to move back to Junction City where his parents had returned and were living in his grandparents' house.

In 2006, he accepted a teaching position at Ware Elementary School. Six years later when the opportunity to work at Spring Valley Elementary School in Junction City opened up, he jumped at it – it was a mile from his house and his son was starting school there.

Soon the idea of getting back into administration popped up and he took an assistant principal position at Seitz Elementary School, the following year he became the principal at Morris Hill.

"I did that for the last three years," he said. "I felt like I had worked for a smaller school for three years and it was great, but I was excited for the challenges of a bigger building and being able to work with more kids and more parents."

Although Upham said he loved his time in the classroom, there are many rewards to being the principal.

"What I like about being in this position is that I feel like I can impact everybody in the

building versus just one class of kids," he said. "I feel like in this position I am able to reach out and contact and work with all the children, all the staff, all the parents."

It's also a more flexible position than teaching was. He can move around and not be tied down to any one classroom all day.

"I can work with kindergartners a little bit, then 10 minutes later I'm working with some fifth graders on something else and 10 minutes later I might be down (in the office) working with parents on something," he said. "Just being able to get out and spread my wings and move around and just working with different people and different age groups it's been really fun."

As he reflects on his position he knows he made the right choice in not pursuing an accounting career.

"Every day I go home with a smile," he said. "There's always something that happened in the day that I can smile about. Sometimes it's a conversation with an adult or eating lunch with a student. I am going home each day knowing that I got to interact and hoping that I was able to improve someone's quality of life a little bit."

## PROGRAM Continued from page 9

"For now, (we) have two programs, one today and one again on Saturday at Pot County Lake No. 2 in Manhattan, (Kansas). (In) January, February and March we also will be doing intro to stand-up paddle boarding at Eyster pool to do a winter program. In the spring and summer you'll see many more regular stand-up paddle board classes," she added, "and then when we get a little more comfortable, or when I can't wait to get the wind sail going, we will go up to Milford. I think it would be cool to go out and learn how to sail."

Mueller said a main goal she had for the program is to have the American Canoe Association visit Fort Riley, where they would provide a Stand-up Paddle Boarding certification to the DFMWR staff. This would then allow those staff members to lead the course and continue to guide families from their knees to their feet on the boards.

"The easiest part is just to start from the bottom and work



Téa Sambuco | POST

**Sarah Mueller, branch chief of Outdoor Recreation DFMWR, instructs families on the proper way to navigate the stand-up paddle board at Moon Lake Sept. 5.**

your way up," she said. "Some people I've seen are only comfortable flat, like superman. It's a challenge by choice, we like that term in recreation, because it's your choice to figure out what you feel comfortable with. We can teach you a couple of different things and whatever you like is what you like."

Mackenzie Rom, daughter of Lt. Col. William Rom, Headquarters and Headquar-

ters Company, said while she began the course nervous and shaky, it wasn't long before she could handle her board.

"It was actually really fun and calming," she said.

Rom attended the course with her family, and has been to previous DFMWR events, but had never experienced anything like stand-up paddle boarding. She is looking forward to going again.

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The Junction City Daily Union is currently looking for a District Manager in the Circulation Department. Duties include working with carriers of all ages, delivering routes as needed, increasing circulation through sales and promotions, and assisting customers. Must be able to work independently and have strong people and communication skills. Reliable transportation required. Afternoon, Evening and Sunday hours.

This is a full-time salaried position with a competitive benefits package.

Applications accepted at: 222 W 6th St Junction City

The Junction City Daily Union is looking for an independent contractor for newspaper delivery in the Chapman area. Reliable transportation, valid driver's license and insurance, and a phone number are required. Contact Bonnie at (785) 776-8808, ext 260 for more information.

The Junction City Daily Union is looking for an independent contractor for newspaper delivery in the southwest side of Junction City. Reliable transportation, valid driver's license and insurance, and a phone number are required. Contact Bonnie at (785) 776-8808, ext 260 for more information.

The Manhattan Mercury is looking for an independent contractor for newspaper delivery in the Junction City, Clay Center, Green, and Wakefield areas. Reliable transportation, valid driver's license and insurance, and a phone number are required. Contact *The Manhattan Mercury* at (785) 776-8808.

**Misc For Sale 530**

40' Grade A Steel Cargo Containers \$2550.00 in Solomon Ks. 20s' 45s' 48s' & 53s' also available Call 785 655 9430 or go online to [Chuckhenry.com](http://Chuckhenry.com) for pricing, availability & Freight estimates

**Rooms, Apts. For Rent 740**

**1 bedroom** apt, at 239 S Jefferson, Junction city. Rent \$ 4 7 5 . 0 0 , deposit \$250.00. Washer and dryer available. Very clean and great location! Water and trash paid, tenant pays electric. Call 785-375-3117

1-2-3 Bedroom Apartments, Duplexes and Houses in Junction City, Rents vary from \$400 to \$900. Call 785-210-0777, 785-202-2022 or 785-375-5376.

**Rooms, Apts. For Rent 740**

**Homestead Motel**  
  
WEEKLY \$129<sup>59</sup>  
RATE  
Refrig/Microwave, Cable TV,  
Free Internet, 1, 2 or 3 beds  
**785-238-2886**  
1736 N. Washington, J.C.  
Office Hours: M-F: 8am-6pm

**Rooms, Apts. For Rent 740**

**Residential or Commercial space for rent.** Can be used for businesses, assisted living, dorm style residential apartments. Unique opportunity in a newly remodeled school with access to gym and more. Call 409-998-9030 for more details.

2 BR, Washer, Dryer, AC, Central Heat, Recently Remodeled Private Drive. \$450 month/deposit. 785-307-8592

**Real Estate For Sale 780**

**Sale by owner**  
114 acre farm with a very nice home and other excellent buildings on a paved road. Will consider Home and small acreage. Please call Larry at : (785) 776-2022 or (785) 532-8862 For more information.

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785-762-5000 • [www.jcdailyunion.com](http://www.jcdailyunion.com)

**Help Wanted**

370

**NEWSPAPER & ONLINE**

## MEDIA SALES

We have a full time position in our advertising department.

**DO YOU HAVE:**

- An outgoing personality?
- Desire to succeed?
- Self-motivation?
- Good communication skills? (written & verbal)
- Media Sales Experience? (not required)
- Marketing/Website Sales Experience?
- Successful Sales Track Record?
- Time Management Skills?
- The ability to multi-task?

Our organization publishes newspapers in Junction City, Wamego, and Manhattan. We also publish the *1st Infantry Division Post* on Ft. Riley. Additionally, we publish two annual magazines and three websites providing news and information to the area.

**WE PROVIDE:**

- Salary plus commission
- Benefits include:  
medical insurance, 401K, paid vacation/holidays

Send resume and cover letter to:  
[sales@themercury.com](mailto:sales@themercury.com)

**THE DAILY UNION.**

222 W 6th Street • Junction City, KS 66441  
EOE

No Phone Calls Please

su | do | ku

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

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

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

**Help Wanted**

370

**NOW Hiring EXPERIENCED DRIVERS!**

\$14 /hr...FULL TIME – EXPERIENCED CDL CLASS C  
with Passenger Endorsement Drivers.

Must be 21 years of age and have the license with a minimum of two years of experience. Offering vacation, insurance, dental and vision plans.



Please apply  
at our office  
Flint Hills aTa Bus  
5815 Marlatt Ave  
Manhattan.

## REPORTER NEEDED



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 Shane Ersland by email at [editor@jcdailyunion.com](mailto:editor@jcdailyunion.com) (put reporter position in the subject line)

WE'VE GOT **YOU** COVERED!



THE 1ST INFANTRY DIVISION POST



# Travel & Fun in Kansas

★ SEPT. 14, 2018

HOME OF THE BIG RED ONE

PAGE 16 ★



Dust off the boots, get the saddle ready as Spc. Shell checks out working ranches in next weeks Travel and Fun in Kansas

Six brite tanks filled with Tallgrass Brewing Company beers are the centerpiece of Tallgrass Taphouse in Manhattan. The restaurant and brew house boasts having 10 fermentation tanks inside the 11,000-square-foot facility in the rejuvenated downtown Manhattan.

## Bottoms up with Kansas Breweries

By Téa Sambuco  
1ST INF. DIV. POST

### WHAT IS CRAFT BREWING?

According to the [www.brewersassociation.org](http://www.brewersassociation.org) website, “An American craft brewer is small, independent and traditional.” Small is defined as their annual production consisting of 6 million barrels of beer or less; Independent, since “less than 25 percent of the craft brewery is owned or controlled by a beverage industry member which is not itself a craft brewer. Traditional, because the brewer has a “majority of its total beverage alcohol volume in beers whose flavors derive from traditional or innovative brewing ingredients and their fermentation.”

The Brewers Association website said the “hallmark of craft beer and craft brewers is innovation.” They design historic beers and twist them to their own interpretation, creating something brand new. There are 51 American Craft Breweries in Kansas.

### TALLGRASS TAPHOUSE

320 Poyntz Ave.  
Manhattan  
785-320-2933



A mix of American bar favorites, pub delicacies and seafood fill the menu at Tallgrass Taphouse.

The Tallgrass Taphouse opened in 2015 when CEO and Founder of the Tallgrass Brewing Company, Jeff Gill, and Ward Morgan, owner of CivicPlus and ICON Restaurants, joined forces to open and 11,000-square-foot brewpub.

“Ward approached me about two years ago with the idea of making a brewpub in Manhattan,” Gill said in a 2015

interview. “We really hope that this is a big step for downtown Manhattan and hope it will help the craft beer culture in Manhattan as a whole.”

Six brite tanks link to the taps at the main bar and rooftop bar and act as a centerpiece to the restaurant that serves meal combinations created by executive chef John Martin and sous chef Kathryn Varga.

Classic pub food like fish and chips, meatloaf and bangers and mash join the American influenced menu of burgers and sandwiches. Toss in a flair for seafood and diners can experience a new flavor each visit.

Along the back wall, six fermentation tanks act as a natural barrier between the restaurant and microbrewery in the back and the kitchen.

Guests can experience 20 different beers on tap including the company’s own Horror Lake, 1863 Wheat, The Brut Effect, Pub Ale, Kansas IPA and 68° of Freedom, along with other regional and fan favorites.

A complete menu, including kids menu can be found on their website, [tallgrasstaphouse.com/](http://tallgrasstaphouse.com/).

### LITTLE APPLE BREWING COMPANY

1110 Westloop Place  
Manhattan  
785-539-5500

Located in Manhattan and opened in 1995, according to [www.littleapplebrewery.com](http://www.littleapplebrewery.com) the Little Apple Brewing Company serves Certified Angus Beef Steaks along with their hand-crafted ales. They are open seven days a week, excluding New Years Day, Fourth of July, Thanksgiving and Christmas, daily specials including “Mad Cow Mondays” when pints are \$3.

According to the website, Little Apple Brewing Company is “dedicated to freshness that doesn’t stop in the kitchen.”

Their beer selections always include five flagship beers, such as Wildcat Wheat Ale. This beer is a winter wheat malt, and carries a mild body, with a hint of sweetness and hops, according to their website.

They also consistently carry Rileys Red Ale, which contains “just the right balance of malt and hops.”

Little Apple Brewing Company features two banquet rooms; Sunflower Room with seating for 54, and Angus Room with seating for 40. The venue does require a minimum purchase amount to use the rooms in a private setting, see their website or call for details. The rooms are also available for larger groups, eight or more, during lunch and dinner services. There is no guarantee of privacy if seated there unless the minimum is met.

### AERO PLAINS BREWING

117 N Handley St.  
Wichita  
316-448-2811

Aero Plains Brewing, according to [www.aeroplainsbrewing.com](http://www.aeroplainsbrewing.com), is a microbrewery located in Wichita. Locally owned, Aero Plains focus is on distribution, and their brew styles are sold at various bars, restaurants and liquor stores in Wichita.

The website states that Aero Plains Brewery opened in 2016, and is currently in a “transitional period.” During this time of production, they are making minor adjustments, like serving beer in cans instead of bottles.

Aero Plains Brewery, according to the website, is available not only for tasting, but is also open to tours, Monday through Friday 3 to 6 p.m. To schedule a tour over the weekend visitors can call 316-448-2811. They will also often have food trucks, games and local artists featured in the tasting room.

Aero Plains has 17 different brews available for purchase, the website said. Among them are The Airmen Blonde Ale, which is “light, easy drinking and pleasant,” Jet Set Brunette Ale, a “dark, toffee, soft” with a slight bitterness and their limited release Barrel Aged Dove Runner Red.

### HAPPY BASSET BREWING COMPANY

6044 SW 29th St.  
Topeka  
785-783-3688

According to the website, [www.happybassetbrewingco.com](http://www.happybassetbrewingco.com), flavor is the key to the perfect craft beers they make. The business started in 2014 and was inspired by two basset hounds, Gracie and Freckles.

The website stated that many of their brews are on tap, including the Purebred Porter, “a dark, coffee, chocolate robust”, and Slow Rise Sarson. This is listed as “crisp, citrusy, slightly hoppy

farmhouse ale.”

Each month they have a beer of the month special, with September’s being \$4 Belly Rub Brown drafts.

Happy Basset has free Wi-Fi, and eight televisions and on Sunday afternoons, from 1 to 3 p.m., there are Bingo sessions or there is live trivia on Monday’s from 7 to 9 p.m.

### SANDHILLS BREWING

111 West 2nd Ave.  
Hutchinson

Focusing on oak-fermented and specialty beers, the [www.sandhillsbrewing.com](http://www.sandhillsbrewing.com) website said the brewery has a second location under construction in Mission.

Their beers are available for to-go purchases, but they also distribute kegs to the surrounding Hutchinson areas.

According to the website, many of Sandhills Brewing beers take anywhere from nine to 18 months to perfect. Five beer flavors are available year round due to their relatively quick production time, the site said.

With the status of “microbrewery,” they are given the flexibility to experiment and try many beers. Some of these include; the Wren, a New England Style Pale Ale; and the Sparrow, a dark mild.

Sandhills Brewing expects to open a taproom in late 2018 or early 2019 where guests will be able to enjoy beers by the glass in a quiet, relaxing and family-friendly atmosphere.



Mixture tanks and fermentation tanks fill the back of Tallgrass Taphouse in Manhattan and is used as a natural divide between the restaurant and the kitchen.



Enjoy dinner and adult beverages inside or from the rooftop bar overlooking downtown Manhattan and the Flint Hills Region at Tallgrass Taphouse in Manhattan.