

THE 1ST INFANTRY DIVISION POST



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FORT RILEY, KANSAS

Honor Walk held at Irwin Army Community Hospital

By Amanda Ravenstein
1ST INF. DIV. POST

The Value of Life Honor Walk, hosted by the behavioral health team at Irwin Army Community Hospital, was held in the Labyrinth Healing Garden Sept. 28.

Participants were given a paper to read that gave a brief explanation before they began their journey through the labyrinth.

Randall Sexton, psychiatric nurse practitioner IACH, said he appreciated the labyrinth.

"This is a really nice one here," he said. "They put some effort into this thing. It's a good way to honor. Today I'm out here to honor the people that died or committed suicide. It's a way to remember them."

Not everyone who walked the labyrinth used the experience to remember someone who had passed. They also used the time to reflect on their own lives and release thoughts that have been weighing on them.

Maj. Tanya Bartlett, Embedded Behavior Health officer in charge, 2nd Armored Brigade Combat Team, talked about her experience walking the labyrinth and what it felt like.

"When I went through it, I was thinking, 'OK there's a lot of things that I would like to reflect on and contemplate and let go,'" she said. "As I went through with just kind of an easy flow, I stopped and I took a lot of deep breaths — just kind of paused for a second and just kept going. I had a rock. They said you could write on it and leave messages or words. I didn't write anything on mine, I just kind of held it and walked ... This is something that I am ready to let go of and I took a deep breath in and I let it go. So, when I got to the center I let go of a lot and when I left, I really felt at peace."

Command Sgt. Maj. Ricardo Gutierrez, senior non-commissioned officer IACH, explained how this experience affected him.

"We hold stuff," he said. "Sometimes we regret stuff from the past. When I think of my father, recently I think a lot about him, I feel guilt. Maybe I wasn't the son he wanted me to be. Sometimes I didn't tell him, I loved him enough."

Gutierrez said the symbolic nature of leaving the rock behind weighed on him.

"There is something about the rock or leaving anything up there," he said. "You put your message on there and it's transferred to him. You feel a little lighter like the burden is gone. It's therapeutic just to think that something like that, walking around. It's quite amazing."

The labyrinth is open to anyone and is opposite the fountain between the hospital and the parking garage.

'Demon' Soldiers field Army's latest weapon



Chief Warrant Officer 2 Tim Moore, Apache pilot, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, fires the M17 pistol Sept. 28 at the pistol range on the Douthit Gunnery Range Complex. The Soldiers from the 1st CAB are the first from Fort Riley to field the U.S. Army's latest weapon.

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

About 20 Soldiers from the 1st Combat Aviation Brigade, 1st Infantry Division, were issued the M17 9mm Sig Sauer pistol Sept. 28 at Douthit Gunnery Complex.

The new pistol replaces the 9mm Beretta which has been issued for the last 30 years, according to a Jan. 19, 2017

article, www.military.com/daily-news/2017/01/19/army-picks-sig-sauer-replace-m9-service-pistol.html.

"We are really excited to field the new M17s and qualify our battalion," said Capt. Shawn Reidy, assistant S-3, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st CAB, 1st Inf. Div. "It has a modular handgun system, it has

interchangeable grips, shorter and longer barrels and expanded magazine capacity."

Reidy said the pistol has a more ergonomic design with three different grip setups available depending on hand size.

Chief Warrant Officer 2 Tim Moore, Apache pilot, 1st ARB, 1st AVN Regt., 1st CAB, 1st Inf. Div., praised the performance of the pistol after he qualified.

"The trigger's a lot smoother, that's the big thing," he said. "It's comfortable to hold. I was able to reach all the controls without having to move your hand on the grip. I would rather take this downrange than the M9."

Prior to firing the pistol, Moore said his unit armorer helped fit it to each Soldier.

See PISTOL, page 7

'Vanguard' Soldiers build readiness, learn new fitness test

By Gail Parsons
1ST INF. DIV. POST

Soldiers in the U.S. Army have until 2020 to get ready for the new Army Combat Fitness Test but procrastination is not recommended.

"I decided to train now because of the participation in the [Soldier Readiness Testing and Training Program] pilot program that (began) Oct. 1," said Lt. Col. Jay Bessey, commander, 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division. "I had enough information around the first of July to start refocusing our [physical training] fundamentals."

For about three months, the Soldiers of the 1st Bn., 18th Inf. Regt., have been training for the new standards.

The ACFT will test Soldiers in six core fundamentals — muscular strength, muscular endurance, power, speed, agility and cardiovascular endurance.

When the Soldiers tried the test for the first time in September only about one fourth of the unit passed the standard for heavy units.

"It was a little surprising but not shocking," Bessey said. "I think in certain units where prioritization is on maneuver and maintaining your primary maneuver platform, whether it be

the tank or the Bradley Fighting Vehicle, emphasis has to be placed on ensuring those systems are operational and sometimes that prioritization cuts into or mitigates or reduces the prioritization of individual (physical training)."

However, he was able to set an example when he took the test and passed in the top three percent of the company commanders and first sergeants. He scored 542 out of 600.

In the short time the unit Soldiers focused on the ACFT, the benefits are showing. On Sept. 28, the battalion took the old fitness test, the new training helped those scores too.

"Our scores have drastically improved in the APFT and we haven't been training for the APFT since July 1," said Command Sgt. Maj. Caleb Dillon senior enlisted Soldier, 1st Bn., 18th Inf. Regt., 2nd ABCT, 1st Inf. Div. "We had more 300's, we've had more people max this APFT than we have ever had max in the battalion before."

While the progress is positive, the transition was a little rocky when it start-

ed, Bessey said. First and foremost they needed to learn the language of the ACFT.

"When you have differences and fundamentals you need to define them," he said. "You need to be very prescriptive."

Some of the push back came from Soldiers who were Master Fitness Trainers who knew what the old book and standards looked like.

"Going through change meant that some of the terms may have stayed the same but they were defined differently," Bessey said. "So we had to recalibrate in a whole lot of areas."

Additionally, the battalion had recently returned from Europe where the physical training emphasis was at the company level, not the battalion level. Now, they started receiving more prescriptive guidance from the battalion, which they weren't used to, Bessey said.

To ease the transition, leader development occurred at the battalion level with all of the platoon leaders and platoon sergeants. All of their physical training plans are briefed to Dillon and Bessey every week.

"I have been in the Army a long time, and this is the first time that I have seen a unit approach PT the way we do," Dillon said.

A NEW STANDARD

Another difficulty in the transition is in the difference of the testing events.

"Currently we have the APFT, which only assesses muscular endurance; to a degree muscular strength in push-ups and sit-ups and then cardiovascular endurance in the two-mile run," Bessey said. "We are going to a system where we have not only doubled the amount of events used to assess from three to six but there are very different techniques that a lot of people are not familiar enough to execute."

Dillon said one of the aspects Soldiers were surprised by was the intensity of the test.

"The current APFT is a one-to-five ratio for the rest/work cycle," he said. "You do two minutes of push-ups you get 10 minutes of rest, so that's one-to-five. In the new ACFT it's one-to-one. You do two minutes of push-ups, you get two minutes of rest before you start your very next exercise. Your body doesn't get to recover as the old system allowed you to."

See FITNESS, page 7

WHAT'S IN THIS ISSUE



COLOR FLYING

IRWIN ARMY HOSPITAL ADOPTS SEITZ ELEMENTARY SCHOOL, CELEBRATES WITH COLORFUL FUN

SEE PAGE 9

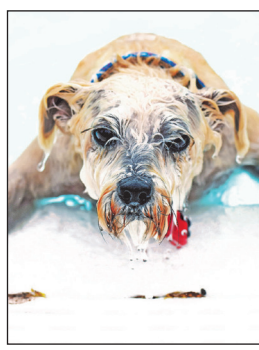
ALSO IN THIS ISSUE



SPC. SHELL SHAKES IN HIS SHELL AS HE TRAVELS TO AREA HAUNTED HOUSES FOR HALLOWEEN

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ALSO IN THIS ISSUE



CUSTER HILL AQUATIC CENTER GOES TO THE DOGS AT ANNUAL POOL PAW-TY

SEE PAGE 9

Garrison commander gives first address to Riley workforce

By Gail Parsons
1ST INF. DIV. POST

In two 90-minute presentations on Sept. 25 and 26, Col. Stephen Shrader, Fort Riley Garrison Commander, introduced himself and his mission to the civilian work force.

His PowerPoint presentation started with a slide covering Army Strategic Themes.

“Garrison staff have heard me say it 100 times – if it is important to my boss, it’s absolutely fascinating to me,” he said. “Why do I show you this slide? Because these are the strategic themes for the Army and our senior leaders. It’s what is important to them, therefore it is absolutely fascinating to me and it should be fascinating to you too.”

He spoke about the theme of modernization, which he said the Army has not focused on a lot over the past several years. However, there are new initiatives to push forward with modernization despite carrying a hefty price tag.

Also in the Army themes he pointed out the importance of

the people.

“The Army’s greatest asset is our people,” the slide said. “The finest men and women our great nation has to offer.”

“We use the term ‘personnel,’” Shrader said. “For me, I think it is ‘personal,’ not just ‘personnel.’ It is a personal dedication to taking care of Soldiers, families, civilians, workforce employees — that’s why people are the greatest resource.”

After touching on the themes and the Installation Management Command’s Annual Command Guidance, Shrader got a little more personal and told the workforce about himself.

Family, hard work, duty, integrity, loyalty, faith – are the values he believes in and applies to his life. He paused as he spoke about what is personal to him, getting a little emotional when he explained what “makes him tick.”

He referred to the personal-style surveys people can take on themselves to determine if they are more controlling, a driver, amiable or expressive.

“I always fall smack dab almost in the center of the cross-hairs,” he said. “Which means I am pretty darned balanced.”

He acknowledged that he asks a lot of questions. But, it’s not because he is looking for a negative or doesn’t trust the person he is speaking to; he asks so he can learn. He doesn’t pretend to have all the answers. The only way he can learn, especially as he is relatively new to the garrison, is to ask questions, he said.

As he moves forward in his job, he wanted the workforce to know how he operates.

“I like systems and processes,” he said. “Systems and processes create efficiencies and allow us to break down complex tasks. Sometimes systems and processes are painful, but we got to understand them.”

Shrader, while continuing to pace across the front of the audience, described himself as a lifelong infantryman who “eats, sleeps and lives infantry.”

“When you are an infantryman you appreciate flexibility,” he said. “You appreciate op-

tions and you appreciate the ability to maneuver.”

Within the garrison he likes to “battlefield circulate.” He likes getting out of the office, meet people and learn what is going on. Part of that includes having people bring forward options, which leads to mission success.

While the Army defines much of who Shrader is, he has some interests outside of the uniform. He grew up on a dairy farm in east Tennessee and is not shy to say his number one hobby is guns.

He is a firearms aficionado, shot competitively in U.S. Practical Shooting Association 3-gun matches, loads and reloads his own ammo, is a gunsmith and maintains a Type 03 Federal Firearms License.

“I love to hunt,” he said. “I’m all about deer hunting, turkey hunting, dove hunting. I am a die-hard bow hunter. I started bow hunting in 2001 and I have not killed a game animal with a firearm since I started bowhunting.”

He does not; however, watch sports and has no favorite teams.

While he talked about what he likes, he also took a moment to mention things he does not like and what he expects from the civilian workforce.

Not being informed of key or critical information or failure to communicate, tops the list of his dislikes. It joins negativity or disrespect toward anyone and the inability to be a team player.

“If you don’t get critical information it affects your ability to make decisions, to do you day-to-day tasks,” he said.

As he segued into what he expects from the garrison team he talked about the importance of dealing with each other with respect regardless of personal opinions on issues. His number one expectation is for people to be positive leaders.

“Negativity is cancerous and destroys organizations,” was the first line on the slide about his expectations. “Positivity is exponentially more powerful and effective.”

He also expects there to be a routine and structure within the organizations,

which goes back to his being a “systems and processes” type of person.

Understanding and paying attention to details is another of his expectations.

“If you don’t dig into the details, the devil will jump up and bite you in the tail every time,” he said.

Before wrapping up the address, Shrader took questions. At the end of the presentation on Sept. 25, Shrader, Fort Riley Command Sgt. Maj. Andrew Bristow II and Deputy Garrison Commander Tim Livsey signed a large copy of the IMCOM Leadership Pledge – which read in part: “Taking care of our customers begins with taking care of our most valuable asset – our IMCOM Professionals. The IMCOM leaders will provide our team members the same concern, respect and caring attitude that we expect them to share with our Customers – Soldiers, Families, Civilians and Retirees.”

Questions, answers about behavioral health and security clearances, part one

By Amanda Ravenstein
1ST INF. DIV. POST

Editor’s Note: This will be a two-part informational story with the conclusion in the Oct. 12 issue.

Dr. Joseph Carmona, director of Multi-Disciplinary Behavioral Health at Irwin Army Community Hospital answered questions during a Facebook Live session about behavioral health, talking to professionals and the effect it could have on a security clearance. Jorge Gomez, IACH public affairs officer asked the questions. Here are the excerpts.

Q: Are there any issues at Fort Riley that are different than at any other installation?

A: I have to say that the military experience, all together, is pretty unique compared to the civilian experience and every installation has its particular issues. But, across the board, the military population here experiences many of the issues, whether you are here or whether you go to any other installation, many of the issues that we will be talking about are universal.

Q: The life of a Soldier is not easy, lots of demands and expectations are placed on Soldiers. How can everyday stresses cause a toll on well-being?

A: When we are talking about these stressors, they start to take their toll on the balance between the person’s professional life, their extracurricular activities and their family life and there starts to be a shift in there. We ask a lot of our service members and we also ask a lot of their families. So as a result, sometimes some of these problems can be out of balance.

Q: What does out of balance look like?

A: Everybody reacts to stressors a little differently. So, there’s no definite picture. But I would say it’s when you start seeing a real marked departure in how the person usually functions. If you’ve known the person for a while and you notice a change in their behavior, you can see maybe some irritability, you could see maybe some physical signs. They look exhausted, they have a slumped posture. It seems like their ‘get up and go, got up and went’. So, when you start seeing those sorts of symptoms and you start hearing

a change in the way they talk, whether it be an increase in complaining or talk that indicates a loss of hope ... I would particularly pay more attention to that.

Q: At what point should I go talk to a professional rather than my buddies?

A: We depend a lot on our friends. Certainly we spent a lot (of time) with our friends because they know us.



U.S. Army file photo
Soldiers can get apprehensive about seeking behavioral health while in the service. Check back next week for how appointments affect security clearances.

They know us well and so they may be the first people who might clue us in that something isn’t quite what it should be. The thing is with friends, you can only ask so much of them. And at a certain point, I would say that if your problems extend beyond what your friends can offer, I encourage people to seek out behavioral health because at behavioral health you have individuals who are specially trained with years of schooling to deal with a particular set of problems beyond the normal problems you can go through with friends.

Q: What’s so bad about drinking a couple beers to help me relax?

A: When you start to use alcohol as more than a social beverage, when you start to use it as a crutch to help you through your problems, I would say that is an indicator that maybe you should reach out. You should seek out a little extra help beyond friendship. It’s very often the case that individuals sometimes turn to alcohol or other substances as a coping mechanism.

See BEHAVIORAL, page 7

Fort Riley’s
new website
has launched

home.army.
mil/riley/

NOT ALL **BOMBS**
LOOK LIKE A **BOMB**
DON'T TOUCH!

If you find any object that resembles this, do not touch or move it. It's an unexploded ordnance and still could explode. Call 911 and report it.

Recognize
Retreat
Report

Remember the **3Rs** of Unexploded Ordnance (UXO) Safety:
Recognize: What may be UXO
Retreat: Safely leave the area
Report: Call 911

If you did **not** drop it, do **not** pick it up!

UXO
UNEXPLODED ORDNANCE

Sergeant Woolf says if you see anything that looks strange on the ground be sure to stay away. Tell a grown up to call 911 and report it.

Whitside Fitness Center, Fort Riley

Group Fitness Sessions!

NEW

NEW U is a group fitness session led by an experienced personal trainer. Groups are limited to 8 slots and will meet 3 times a week. Cost is \$75 for 12 sessions. Call 239-2583/2573 or inquire at the front desk.

Reconnection Workshops

Helping Military Families
Readjust to Civilian Life

The American Red Cross has expanded its successful Reconnection Workshops program to include two new workshops especially designed for military children. These innovative models were designed to help children and teens learn effective coping and communication skills that are essential when a parent or other family member is deployed and/or has returned from a deployment.

■ 10-4: Confident Coping
■ Roger That! Communication Counts

Each of the modules is composed of two separate sections with activities designed for children (8 to 12 years old) and teens (12 to 18 years old). Reconnection Workshops are open to active duty service members, including National Guard and Reservists, as well as veterans, families and friends. To schedule or attend a workshop, please visit redcross.org/reconnectionworkshops, or email reconnection@redcross.org.

American Red Cross

Hiring & Education Fair

Riley's Conference Center
446 Seitz Drive, Ft. Riley, KS 66442

Thursday,
November 8
10am-2pm

OPPORTUNITIES FOR ALL
Employment and Education

Schools from around the United States, regional employers, Child and Youth Services, Veterans Affairs, KansasWorks, education counselors, financial aid advisors, Soldier for Life transition counselors and many more will be on site.

Open to ALL! Soldiers, Family members, DOD ID holders, Veterans, Retirees, and the Flint Hills community

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August, September District Court, courts-martial report

AUGUST U.S. DISTRICT COURT RESULTS

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

Aug. 9
Dewayne J. McKenzie; Junction City, Kansas, pled guilty to driving while license is canceled, suspended, or revoked. District Court sentence: \$500 fine and \$10 special assessment.

Aug. 23
Sarah M. Kloster; Fort Riley, Kansas, pled guilty to disorderly conduct. District Court sentence: \$100 fine and \$5 special assessment.

Candace E. Pirone; Fort Riley, Kansas, pled guilty to attempted child endangerment. District Court sentence: \$200 fine and \$10 special assessment.

Carisa M. Huntwork; Fort Riley, Kansas, found guilty after a bench trial of speeding 37 mph in a 20 mph active construction zone. District Court sentence: \$174 fine and \$30 processing fee.

Orlando J. Quintero; Fort Riley, Kansas, found guilty after a bench trial of speeding 39 mph in a 20 mph active construction zone. District Court sentence: \$198 fine and \$30 processing fee.

AUGUST COURTS-MARTIAL RESULTS

On July 30, at a general court-martial convened at Fort Riley, Kansas, Pvt. Ishmael K. Johnson, United States Army, was convicted by a military judge, pursuant to his pleas, of one specification of assault with a dangerous weapon, and one specification of communicating a threat in violation of Articles 128 and 134, Uniformed Code of Military Justice. On Aug. 3, Pvt. Ishmael K. Johnson, United States Army, was acquitted by a panel of officer and enlisted members of one contested specification of sexual assault by threatening or placing that other person in fear and one contested specification of sexual assault of causing bodily harm to that other person in violation of Article

120, UCMJ. The members sentenced the accused to confinement for 18 months and to be discharged with a bad conduct discharge.

On Aug. 9, at a general court-martial convened at Fort Riley, Kansas, Spc. Skyler D. Anthonijsz, United States Army, was acquitted by a military panel composed of officer and enlisted members of one specification of possessing child pornography, one specification of viewing child pornography, two specifications of soliciting child pornography, two specifications of crimes and offenses not capital, one specification of distributing child pornography and one specification of conspiracy to distribute child pornography in violation of Articles 81, and 134, UCMJ.

On Aug. 10, at a special court-martial convened at Fort Riley, Kansas, Spc. Joshua A. Curtis, United States Army, was convicted by a military judge, pursuant to his pleas, of one specification of drunken or reckless operation of a vehicle and one specification of fleeing the scene of an accident in violation of Articles 111 and 134, UCMJ. The military

judge sentenced the accused to reduction to E-2 and confinement for 30 days. A pretrial agreement had no effect on the sentence.

On Aug. 29, at a general court martial convened at Fort Riley, Kansas, Staff Sgt. Derrell D. Goldsborough, United States Army, was convicted by a military judge, pursuant to his pleas, of four specifications of wrongful appropriation of military property, one specification of attempt to wrongfully appropriate military property, seven specifications of making false official statements, eleven specifications of forgery, falsely making and uttering official documents, one specification of forgery, falsely uttering an official document, two specifications of failure to obey a lawful general regulation and one specification of violation of a general article in violation of Articles 121, 80, 107, 123, 92 and 134, UCMJ. The military judge sentenced the accused to be reduced to the grade of E-1, to be confined for 23 months and 15 days, and to be discharged from the service with a bad-conduct discharge. As part of an offer to plead guilty, a pre-

trial agreement limited confinement to 18 months.

SEPTEMBER U.S. DISTRICT COURT RESULTS

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

Sept. 6
Ajanique D. Watkins; Ogdenville, Kansas, pled guilty to driving while license is canceled, suspended or revoked. District Court sentence: \$200 fine and \$10 special assessment.

Chelsea M. Rees; Fort Riley, Kansas, pled guilty to possession of marijuana. District Court sentence: \$250 fine and \$25 special assessment.

Sept. 20
Stephanie E. Hoover; Fort Riley, Kansas, pled guilty to disorderly conduct. District Court sentence: \$200 fine and \$5 special assessment.

Jarrod Bailey Stigner; South Bend, Indiana, pled guilty to

harassment by telecommunication device. District Court sentence: 1 year supervised probation and \$25 special assessment.

SEPTEMBER COURTS-MARTIAL RESULTS

On Sept. 17, at a general court martial convened at Fort Riley, Kansas, Spc. Marco A. Orozcodiaz, United States Army, was convicted by a military judge, pursuant to his pleas, of four specifications of assault consummated by battery in violation of Article 128, UCMJ. The military judge sentenced the accused to be reduced to the grade of Private, E-2, and to be confined for 75 days. A pre-trial agreement had no effect on the sentence.

On Sept. 25, at a general court-martial convened at Fort Riley, Kansas, Sgt. Jason N. Watson, United States Army, was acquitted by a military judge of one specification of simple assault, two specifications of aggravated assault, and one specification of communication of a threat in violation of Articles 128 and 134, UCMJ.

FORT RILEY HOUSING RECEIVES AWARD



Courtesy photo

The Fort Riley Housing Team was selected as one of two Army Installations to receive the 2018 Crystal Installation Industry Award, Aug. 27. At the recent Housing the Force Training event at Fort Stewart, Georgia, Fort Riley's privatized housing project was recognized by Charles E. Lee & Associates for placing in the Army's Top 10 Ranking Installations for 2018. CEL & Associates is recognized as an industry leader for conducting resident and customer opinion surveys. The Crystal Installation Award is a National Award Program and acknowledges private sector residential properties for providing outstanding levels of service. Those in the picture from the left to right are: Command Sgt. Maj. Melissa A. Judkins of Installation Management Command; Col. Megan Gumpf, acting director of Installation Service, Office of the Assistant Chief of Staff for Installation Management; Steve Milton, U.S. Army Garrison Fort Riley Chief of Housing Division; James Champagne, partnership liaison for Corvias; and Paul Cramer, Deputy Assistant Secretary of the Army Installations, Housing and Partnerships. The picture was taken at the Housing the Force training event at Fort Stewart, Georgia, in August.

Energy discipline key to post conservation efforts

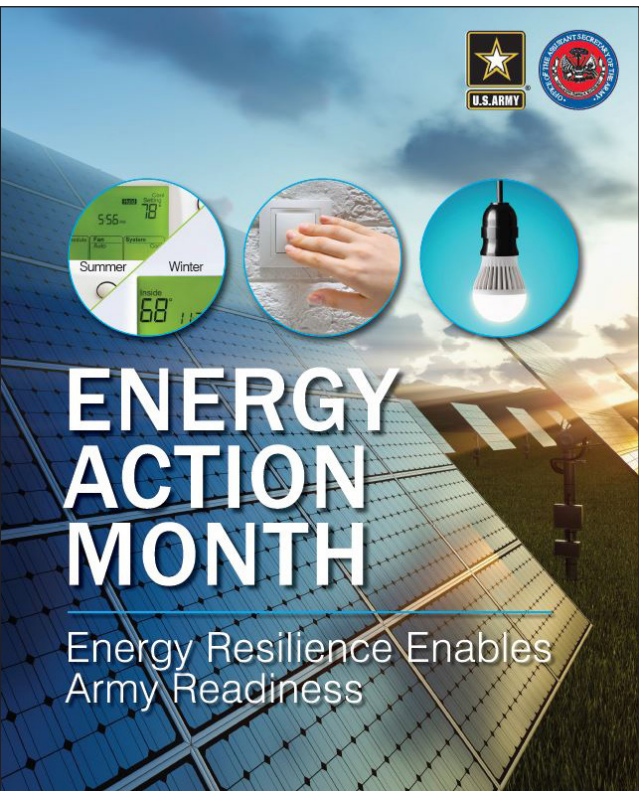
By Andy Massanet
1ST INF. DIV. POST

Editor's note: the 1st Infantry Division Post will publish a series of stories through October that discusses energy conservation at Fort Riley to observe Energy Action Month. The following article discusses the overall efforts from garrison perspective to curb energy consumption. Future articles will deal with use by consumers on post and the steps needed to conserve resources.

October is the beginning of the new fiscal year. What better time is there to focus on the fiscal and strategic benefits of energy conservation at Fort Riley?

Energy and water resources are the life blood at Fort Riley; without them, the 1st Infantry Division cannot train and Fort Riley cannot sustain Soldiers, families and the civilian workforce.

The standards of reduction – that benchmark of reducing energy consumption at least 2.5 percent a year every year until 2025, and an overall reduction of 25 percent at the end of that period – is still in place, said Mike Witmer,



chief of Utilities and Energy Branch, Operations and Maintenance, Directorate of Public Works. That mandate also includes putting in place sustainable energy sources, where economically feasible.

As far as meeting those goals, things look good at Fort Riley.

“We are on track right now (in meeting that 2.5 percent per annum benchmark),” Witmer said.

The challenge for DPW engineers and technicians is charting the overall progress of the energy conservation effort. The numbers over the past year haven't shown the reductions the benchmark prescribes and Fort Riley officials would have liked, Witmer said.

“Numbers-wise, it's difficult to discern any difference (between last year and this year),” Witmer said. “But it's been 30 percent hotter this year. So you would have expected the utility bills to increase, but they really haven't.”

Key to curbing energy consumption on post are improvements made by Southland Energy throughout the initial phase of developments in non-residential buildings at Fort Riley, Witmer said. “The lack of

increase in energy consumption (due to higher summer temperatures in 2018) is directly due to what Southland is doing,” he said. “There is no doubt that, without those improvements, we'd have seen a higher energy bill (this summer). The improvements (on Custer Hill, a main focus of the first phase) have given us about a 40 percent reduction in energy consumption.”

Southland, in the midst of a 22-year energy savings performance contract with Fort Riley, continues to implement its phase-one plan of installing features that will allow a more centralized control of energy use with respect to heating and air-conditioning, said Randy Peacock, project manager for Southland. Those improvements include features such as programmable thermostats, chiller plant improvements and installation of LED lighting fixtures.

“We've installed about 30,000 LED lamps in phase one alone,” said Peacock. “That includes lighting inside buildings and about 75 percent of the street lights on post as well as airfield lighting (Marshall Army Airfield).”

See ENERGY, page 7

1st Encounter

Irwin Army Community Hospital

• Hospital enrollment

• PCM bio & photo

• Facility tour

• Help with PCM assignment

• Benefits review (Prime vs. Select)

New to Fort Riley?

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

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DOMESTIC VIOLENCE ABUSE AWARENESS FITNESS CLASS

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October 14, 2018

3:30-5:30pm

WHITSIDE FITNESS CENTER

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Using MilitaryChildCare.com, you can find comprehensive information on child care programs worldwide, conduct a customized search for the care you need, and submit a request for care at any time and from any location. Follow these four steps!

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Go to MilitaryChildCare.com to create an account containing information about your family, or to login using an existing username and password.

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Search the system for the child care options that best fit your needs and submit your requests for care.

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September retirees honored at ceremony

STAFF REPORT

The following individuals were recognized Sept. 26 at Victory Park during the monthly retirement ceremony on Fort Riley.

First Sgt. Peter J.J. Feider IV, Headquarters and Headquarters Company, Warrior Transition Battalion, Irwin Army Community Hospital, U.S. Army Medical Department Activity, after 27 years of service.

Sgt. 1st Class Calvin L. Wilson Jr., Headquarters Support Company, Headquarters and Headquarters Battalion, 1st Infantry Division, after 28 years of service.

Sgt. 1st Class Freddy Matos-Toro, 122nd Aviation Support Battalion, 82nd Combat Aviation Brigade, Fort Bragg, North Carolina, after 23 years of service.

Sgt. 1st Class Eric M. Cogburn, Headquarters and Headquarters Company, 1st

Combat Aviation Brigade, 1st Infantry Division, after 20 years of service.

Sgt. 1st Class Cole D. Dow, Headquarters and Headquarters Company, Special Troops Battalion, 1st Infantry Division Sustainment Brigade, after 23 years of service.

Sgt. 1st Class Quay T. Luong, Irwin Army Community Hospital, U.S. Army Medical Department Activity, U.S. Army Medical Command, after 20 years of service.

Staff Sgt. Troy A. Bartlett, Headquarters and Headquarters Company, 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, after 23 years of service.

Staff Sgt. John E. Corder, Headquarters and Headquarters Company, Warrior Transition Battalion, Irwin Army Community Hospital, U.S. Army Medical

Department Activity, after 20 years of service.

Staff Sgt. Christopher R. Nelson, Headquarters and Headquarters Company, 3rd Battalion, 66th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, after 20 years of service.

Staff Sgt. Wallace E. Bonner Jr., Headquarters and Headquarters Company, 2nd Armored Brigade Combat Team, 1st Infantry Division, after 2 years of service.

Staff Sgt. Miguel A. Miranda-Hernandez, Company B, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division, after 20 years of service.

Mehtap “May” Weideman, Irwin Army Community Hospital, after 32 years of service.

Army testing more effective ghillie suits

By David Vergun
ARMY NEWS SERVICE

FORT BELVOIR, Va. — The Army is looking for an improved ghillie suit to replace the flame-resistant, camouflage suit now worn by snipers to keep them from being seen by the enemy.

The current ghillie suits are bulky, somewhat uncomfortable and hot in warm weather, said Debbie Williams, a systems acquisition expert with Program Executive Office Soldier, Product Manager Soldier Clothing and Individual Equipment.

The current suit is known as the Flame Resistant Ghillie System, or FRGS. The replacement the Army is looking for will be called the Improved Ghillie System, or IGS, Williams said. She added that although the term “flame resistant” is not in the new name, the IGS will still have flame-resistant properties. Soldiers will receive most of their protection from the base layer worn under the IGS, such as the Flame Resistant Army Combat Uniform, or FRACU.

The IGS will be a modular system worn over the field uniform, she said. It will be modular in that it can be taken apart, with pieces added or subtracted as needed, such as sleeves, leggings, veil, cape and so on.

Another change is that the IGS will not come with the accessory kit, like the one supplied with the FRGS, Williams said. It was found that Soldiers were not using a majority of the items in their accessory kit or preferred a different material.

Williams said the cost of the IGS will be lower than the current \$1,300 FRGS.

Mary Armacost, a textile technologist with Product Manager Soldier Clothing and Individual Equipment,



The current ghillie suit, known as the Flame Resistant Ghillie System, is shown here. A new suit, called the Improved Ghillie System, or IGS, is under development.

said the IGS will be made of lighter, more breathable material than the FRGS. Also, the material for the skins that accompany the IGS will be stiffer than that of the FRGS, thereby making the IGS more effective at camouflaging the Soldier.

A request for proposal for the IGS went out Aug. 28 and closed Sept. 24, she said. Vendors must each provide three samples.

About 3,500 suits are expected to be produced under the contract for approximately 3,300 snipers in all three Army components, as well as Soldiers in U.S. Special Operations Command, Williams said.

After the samples are obtained, lab and field testing will begin at various locations in November, she said. For example, the Army’s Night Vision Laboratory will do full-spectrum testing. It will also use night vision goggles to see how well the suits remain hidden in darkened conditions.

Daytime testing for visual camouflage effectiveness

will take place as well, with sniper-qualified Soldiers at Eglin Air Force Base, Florida, Williams said. Additionally, acoustic testing will be done by the Army Research Laboratory to determine how much noise the IGS produces in field conditions.

ARL will also test the effectiveness of the fabric regarding tear resistance and fire retardant effectiveness, she added.

Following all of this, a limited user evaluation should commence next spring using instructors from the Sniper School at Fort Benning, Georgia.

Smoke testing to take place on Fort Riley

By Will Ravenstein
1ST INF. DIV. POST

Fort Riley residents are warned that smoke testing of the sanitary sewers will take place over the next few weeks.

According to pamphlets available, the smoke is odor-free, non-staining, creates no fire hazard, is not harmful to pets or children and is white to gray in color.

“The purpose of the smoke testing is to identify areas where storm water collection systems have been incorrectly connect-

ed to the sanitary sewer,” the pamphlet said. “This burdens the sewer system by unnecessarily increasing its capacity.”

To help keep smoke out of buildings, residents are encouraged to pour 24 ounces of water into basement floor drains and all drains in sinks, bathtubs and showers.

If smoke enters the building, residents are encouraged to open a door or window to ventilate the room and to notify the field crew leader in the area or to contact the project manager, James Fisher, Blue-Water Solutions Group, at 785-393-4499.

Residents with respiratory problems are encouraged to leave the premises if smoke enters the dwelling.

Additional information about smoke testing can be found at www.bluewatersolutionsgroup.com.

‘BRO’ SPOTLIGHT SPC. ODAILYS MATO

Spc. Odailys Matos, unit supply specialist, strives and achieves excellence in the Special Troops Battalion S-4. As a newly promoted specialist, Matos serves above



her paygrade coaching and mentoring the Special Troops Battalion’s supply sergeants on supply support activity pickup procedures, barracks facilitation and property transfer operations.

She continuously places herself at the highest friction point in the battalion, interfacing with civilians and field grade officers in order to accomplish the commander’s intent and instill command supply discipline.

Matos demonstrates professionalism, initiative and expertise that directly contributes to materiel readiness and leader development in stewarding the Army’s equipment and resources.

GARRISON SPOTLIGHT SGT. MARK COX

Sgt. Mark Cox, a police officer with Ft. Riley’s Directorate of Emergency Services, performs conservation and game enforcement of Federal, State and installation fish and wildlife regulations. Recently, Cox led efforts to identify

sites of illegal trash dumping. He compiled grid locations and performed evidence collection of sites where individuals dumped household trash, furniture and assorted rubbish.

Cox spearheaded clean-up efforts, coordinating with DPW’s environmental division.

Cox’s efforts resulted in multiple flatbed trucks of trash being collected and properly disposed of in the installation CDC landfill.

Cox’s diligent efforts and teamwork preserve the local environment and maintain quality of life for Fort Riley Soldiers and family members.



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 home.army.mil/riley/.

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 Nov. 6 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.

FORT RILEY HOUSING RESIDENTS PET POLICY

Only cats, non-aggressive breeds of dogs, caged animals (such as birds, hamsters, guinea pigs, rabbits, etc.) and fish are allowed in on-post housing.

Authorized number of pets is per the Corvias Resident guide, pending Army policy revisions currently under consideration.

No pets are authorized in barracks.

For more information see the Corvias Resident Responsibility Guide:
<http://riley.corviasmilitaryliving.com/residents/resident-responsibilities>

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RILEY ROUNDTABLE

What is your favorite Halloween activity?



"Decorating for fall."

STAFF SGT. PATRICK GROVE
FREDERICKSBURG, VIRGINIA

Headquarters and Headquarters
Company, 299th Brigade Support
Battalion, 2nd Armored Brigade Combat
Team, 1st Infantry Division



"Going to haunted houses."

STAFF SGT. WILLIAM ROSEBROCK
TURLOCK, CALIFORNIA

Signal, Intelligence and Sustainment
Company, Headquarters and
Headquarters Battalion, 1st Inf. Div.



"Haunted houses with friends, then
watching cheesy Halloween movies."

FIRST LT. DOMINIC SAVOLDELLI
SALT LAKE CITY, UTAH

1st Battalion, 5th Field Artillery
Regiment, 1st Armored Brigade Combat
Team, 1st Inf. Div.



"Haunted houses and corn fields."

SPC. TRENTON FERNANDEZ
CARROLLTON, OHIO

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



"Going out with my family and hanging out
with my siblings."

SPC. BRANDON MARSHALL
AMARILLO, TEXAS

299th Brigade Support Battalion, attached
to 5th Squadron, 4th Cavalry Regiment, 2nd
Armored Brigade Combat Team, 1st Inf. Div.

THE 1ST INFANTRY DIVISION POST

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LETTERS TO THE EDITOR

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

SAFETY CORNER

Fire prevention: checking fireplaces, chimney's, furnaces

By Walter L Hill
GARRISON SAFETY OFFICE

Team Riley, understanding how fire begins and spreads can help you avoid tragedy.

Fire needs four factors; fuel, something that can burn; heat, energy sufficient to release vapor from the fuel and cause ignition; an oxidating agent like air containing oxygen; and an uninhibited chemical chain reaction an ignition source. These factors are known as the fire tetrahedron.

Here's a typical timeline of a two-story house being engulfed by fire:

- At 30 seconds, the fire starts and rapidly grows.
- At 1:04 minutes, the fire spreads from the initial flame and the room begins to fill with smoke.
- At 1:35 minutes, the temperature of the house goes higher than 190°F while the smoke layer rapidly descends.
- At 1:50 minutes, the smoke detector goes off, and there is still remaining time to get out of the house.
- At 2:30 minutes, the temperature in the source room climbs above 400°F.
- At 2:48 minutes, smoke will start pouring into the other rooms of the house.
- At 3:03 minutes, the temperature in the room where the fire began will reach over 500°F. No human can survive that kind of heat.
- At 3:20 minutes, escaping will be very challenging, with the upstairs halls filled with smoke.

- At 3:41 minutes, flashover occurs. Everything in the room where the fire originated will ignite with the temperature exceeding 1,400°F.
- At 3:50 minutes, two minutes after the smoke detector went off, the only possible way out is the second exit.
- At 4:33 minutes, flames will have engulfed the home's exterior. Rescue is no longer possible.

In less than five minutes a family can go from being safe and warm in the comfort of their beds to total devastation. Home fires are the single most common disaster across the country and heating fires are the second leading cause of these home fires.

Ask yourself these questions and answer as honestly as you can: "Would you know what to do if a fire started in your home? Would your children?"

A fire can start in a variety of different places in the home. Causes of fire include overheated or overloaded electrical wires, cigarette ashes, smoldering ashes in the couch, sparks from the fireplace, unattended outdoor fires and barbecues, appliances in poor repair and unattended cooking in the kitchen.

Be Prepared: Install smoke alarms on every level of your house and inside bedrooms. Remember to change your smoke detector batteries during day light savings time.

Replace batteries in smoke alarms at least once a year. Test each alarm monthly by pushing the test button.

Develop a fire escape plan and practice it at least twice a year with everyone who lives in your home. Everyone should know two ways to escape from every room. Designate a place to meet outside the home in case of a fire.

Space Heaters: Any portable space heater should be kept at least 3 feet from anything that can burn including the wall. Never leave a heater on when you are not home or when you are asleep. Children and pets should be kept away from them as well.

Cooking: Did you know that cooking is the leading cause of home fires in the United States? Keep the cooking areas clear of combustibles. Try to wear short sleeves or fitted clothes so your sleeves don't catch fire. If a grease fire does occur, carefully and calmly slide a lid over the pot to smother the flames and turn off the burner.

Matches: It is very important to keep matches and lighters out of a child's reach. Also, do not keep them near your fireplace.

Fireplace: Before each new heating season, it is a good idea to have a chimney inspector clean your fireplace. Also, do not keep any matches, newspapers, or kindling near the fireplace and use a fireplace screen to prevent any sparks from flying out.

Clothes Dryer: Never leave your clothes dryer on when you are not home. Remember to frequently clean the lint trap to keep the airway clear.

Use Electricity Safely: It is better not to use extension cords. If you feel you must use

one, make sure it is not frayed or worn. Do not run it under a rug or twist it around a nail or hook. Never overload a socket. Do not use light bulb wattage which is too high for the fixture. Look for the label inside each fixture which tells the maximum wattage. Check periodically for loose wall receptacles, loose wires, or loose lighting fixtures. Be sure all electrical equipment bears the Underwriters Laboratories label.

Candle Safety Tips: Remember that lit candles are fire. Keep them at least 12 inches from anything that can burn, such as curtains, bedding, mattresses, paper, books, flammable decorations, clothing and upholstered furniture.

Always extinguish candles before leaving the room or going to bed.

Use candle holders that are sturdy, won't tip over easily, are made from a material that cannot burn and are large enough to collect dripping wax.

Place candles where they cannot be reached or knocked over by pets and children.

During an emergency, always use flashlights and not candles as light sources.

Never leave a child unattended in a room with a candle. Keep all matches and lighters out of reach and out of sight of children.

Keep all lit candles and other open flames away from any flammable liquids.

Team Riley, we want all of you to continue to be safe and stay warm this winter. If you have any additional questions, please contact the Garrison Safety Office, 785-240-0647 or your local fire department.

ASK DR. JARGON

Sing-song chant makes top-40 in 40s

Dear Doc Jargon:

I went to a ceremony at my son's unit and the Soldiers marching to the parade field were singing – well sort of. It was kind of like a chant and a song smashed together. What is it called and where does the tradition come from?

Sincerely,

Unsung Soldier Mom

Dear Soldier Mom,

Thank you for supporting your son's choice to serve in the U.S. Army. Many of us couldn't do this work without that support. As for the singing you heard, it's a modern version of the drummer who keeps formations of many individuals moving together as a single unit. It has its origins in 1940s and is credited to a Soldier named Pvt. Willie Lee Duckworth.

According to information from Army Historian Ed Grisamore, Duckworth was raised by his grandparents and was working in a saw mill until he was drafted during World War II. It was while he was assigned to a provisional training center at Fort Slocum, New York, that he began his chant.

His training unit was out on an extended march through a rough, swampy area. Morale was reported to be low, the men were tired, night had fallen, yet they had a ways to go before the march was over. When Duckworth began his chant, others joined in. Leaders expected to see men straggling in from a demanding march. What they saw were 200 Soldiers marching in step and smiling as they finished the grueling route. Because of how it affected the morale of those exhausted men and kept them moving toward their objective, leaders encouraged the practice.

The chant caught on and spread. Not only were Soldiers all over using it to keep their formations moving at a steady rhythm, but a V-Disc, a WWII-era record label made in partnership with the U.S. Government and several private U.S. record companies, was produced.

These 12-inch, 78-rpm gramophone recordings were created between 1943 and 1949. The "V" stands for "Victory."

According to an article posted to Army.mil, the original cadence was recorded as "Sound Off"



with a lead chant and response:

Sound-off; 1-2
Sound-off; 3-4
(Cadence count;) 1-2-3-4, 1-2 - 3-4.

A 1945 version included the following verse:

I had a good home but I left (you're right!)

I had a good home but I left (you're right!)

Jody was there when you left (you're right!)

Jody was there when you left (you're right!)

That verse is how the chant found another name; a Jody. Versions portray the character of Jody as the girl back home

or the guy that stole her while the Soldier was away.

Though there are differences of opinion on the character and the first versions, the one thing everyone understands is that the chants serve a real purpose of not only boosting morale, but keeping the marching time at the standard 120 beats per minute required by regulation.

To listen to an early V-Disc visit <https://youtu.be/4SgUE-6Ewtw>

Sincerely,

Doc



The next USAG Resilience Day Off is

Oct.

5

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PISTOL Continued from page 1



Will Ravenstein | POST
Soldiers assigned to the 1st Combat Aviation Brigade fire from the prone, unsupported position while qualifying with the M17 pistol on paper targets Sept. 28 at the Douthitt Gunnery Range Complex.

“I like the fact they are modular grips,” he said. “When we first got the system, our armorer checked it on our hand size. You can go small, medium or large grip. Medium worked for me. A lot of the pilots switch-over to the small or the large.”

First Lt. Alexandra Deets, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st CAB, 1st Inf. Div., was scheduled to run a range Oct. 1 and 2 for her unit. She arranged to get time to fire the M17 with the 1st ARB, 1st AVN Regt., Soldiers.

She said it was essential for her to get time with the pistol prior to running her range.

“Just having the familiarization with the weapon to understand what the firers on Monday and Tuesday will experience, will allow me to run the range more efficiently,” she said.

Deets said it was exciting to be on the tip of the spear as they field the M17s.

“The Army has gone through phases where we get the new uniforms (and) new weapons, so to be on the front run of the new weapon is pretty exciting,” she said. “I enjoyed it.”

The \$580 million dollar contract for the M17 was awarded to Sig Sauer Jan. 19, 2017 with the Army anticipating purchasing 287,000 of the pistols including 7,000 ordered with the shorter barrel option to be issued to military police and security details.



Will Ravenstein | POST
1st Lt. Alexandra Deets, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, clears the M17 pistol prior to entering the range to fire at the Douthitt Gunnery Range Complex. Deets joined Soldiers from 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Inf. Div., Sept. 28 to fire and qualify on the pistol prior to running her own range Oct. 1 and 2.

BEHAVIORAL Continued from page 2

Q: Let’s say I am a Soldier and I went through the steps of making an appointment to talk with a behavioral health provider, what happens when I see a provider for the first time?

A: Let’s talk about the process.

First, if you come to behavioral health, they thank you for addressing these problems.

It takes a lot of courage and it takes a lot of initiative to make an appointment to go through that processing. When you come to behavioral health, you are going to fill out some paperwork and the paperwork is going to talk to you about some of your concerns.

The concerns about confidentiality, the concerns about what you can expect from treatment and what you can expect in terms of records management and many issues.

So, when you complete that paperwork, you’re going to sit down with a provider and they are going to go over that paperwork with you. Ask if you have any questions.

Then, the first session is going to be a get-to-know-you type of session we call in an intake and they are going to ask you about the issues that brought you to see us.

They are going to ask you about when the symptoms began and how they are maintained and if there

is anything that impacts those symptoms.

Then they are going to go beyond that.

They are going to ask about your medical history. They are going to ask about your upbringing and your education. They are going to ask about your military experience and then ask about your family because oftentimes to disorders have a genetic component.

So that first session is an information gathering session and at the end of that session, you are going to talk about goals and you are the driver of what those goals are for the most part. You set those goals with your provider in a collaborative relation.

ENERGY Continued from page 3

Southland will be gearing up for the phase-two work, which could be beginning sometime after phase one is complete, Peacock said, adding that the project will bring “anywhere from 35 to 50 personnel to the post.”

Phase two will bring upgrades in a variety of units and equipment that manages temperatures in buildings, Peacock said, adding, “we’re also going to be weatherizing buildings, installing weather seals and installing more lights and more controls (such as the programmable thermostats).”

Southland will also be working to ‘re-commission’ selected buildings, Peacock said. “Doing that brings buildings back to the efficiency they had when they were new.” According to the Southland Energy Corporation website, this will include “replace aging mechanical equipment, improve the efficiency of existing equipment, and install a more efficient controls system to proactively troubleshoot issues and improve occupancy comfort.”

“Doing that will produce about 16 percent more savings than we originally anticipated,” Peacock said.

The driving goal for Fort Riley and every installation in the Army is resiliency, Witmer said. As of now, the standard for each installation is a 14-day reserve of key resources including energy and water. However, resiliency — that is, remaining effective as an installation under all circumstances — requires sustained effort, peak efficiency and user discipline.

“Resiliency is incredibly expensive if you don’t reduce your consumption first,” Witmer said.

What the garrison and Southland are doing is critical to that end, Witmer said, but he cautioned, “individual users must make smart choices too.”

Peacock said: “The best kilowatt is the one not used.”

Covered later this month will be ways consumers can help this at home and at work.

FITNESS Continued from page 1

The cumulative effect might not be so bad if the test was limited to three events. But by the end of the six events, the last one being the two-mile run, Soldiers were feeling the effects.

Bessey said in his observation, he sees fatigue as the largest hurdle Soldiers will need to overcome.

After completing events like the sprint, drag, carry and the strength deadlift, many Soldiers found their normal time on the run had considerably decreased.

First Lt. Chandler D. Smith, Readiness Testing and Training Representative in charge of overseeing the battalion’s transition to the ACFT, has been working with the 1-18 to help them

reach the new fitness benchmarks. He sees Soldiers having the most difficulty in the area of power.

“I think power was the one that was being trained the least because there was no form for it to be tested at all in the APFT,” Smith said. “Training for agility, there are side effects that would help with your cardiovascular endurance and muscular endurance that was tested as part of APFT. But very rarely did you see Soldiers doing things to train for power. With the addition of the standing power throw, Soldiers need to learn how to open their hips and use explosive power.”

The intended results of ACFT is for Soldiers to

have a more balanced, well rounded approach to their fitness.

“It’s a much better picture of your overall shape versus just three small parts of being in shape,” Dillon said.

Now that Soldiers are starting to see the positive results, he said the initial push back has all but disappeared.

“Everyone has gotten on board with it,” Dillon said. “It only really took about two months of us really forcing them and now it’s growing on its own without us having to harp on it as much as we did at the beginning. We are seeing really good progress with it soldiers are pretty motivated with it about now.”

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|---|--|---|---|---|---|---|---|---|
| Ike's Place Bar & Grill  416 Goldenbelt Blvd. JUNCTION CITY (785) 579-6644 ikesplacegrill.com | | HAPPY HOUR ALL DAY \$2 Drafts, \$2 ⁵⁰ Margaritas, \$2 Wells | 1/2 Price Boneless Tenders | TRIVIA NIGHT + 1/2 Price All Draft Beers, \$2 Jumbo Tacos | 60¢ Wings, Voted Best in Flint Hills | Prime Rib Dinner + \$3 Premium Pints all Day | | Pasta Night \$9.99 w/ Salad all day |
| | | Mon-Fri HAPPY HOUR 11a-6p | | | | | *certain restrictions apply | |
| Wing It  439 W. 6th Street JUNCTION CITY (785) 223-5282 wingitplace.com | | 1/2 Price Slushes ALL DAY (Med or Large only) | 2 for \$9.99 Country Fried Chicken Dinners | \$1 Mini Shakes | 2 for \$10 Nachos (Beef or Chicken) | 5 BBQ Chicken Sandwiches \$9.99 | | |
| | | | | | | | *certain restrictions apply | |
| Pizza Hut  412 E. Chestnut St. JUNCTION CITY (785) 238-4144 | | All You Can Eat Supreme Lunch Buffet. Pizza, Wing- Street Wings & More! 11:30 - 1:00 | Large 3 Topping and Breadsticks \$16.99 <small>(Additional charge for Pan or Stuffed Crust) Code 55 Delivery Fees & minimums required</small> | All You Can Eat Supreme Dinner Buffet. Pizza, Wing- Street Wings & More! 5:30 - 7:00 | Wing Wednesday 70¢ Bone Out | All You Can Eat Supreme Dinner Buffet. Pizza, Wing- Street Wings & More! 5:30 - 7:00 | Large 3 Topping, Breadsticks & Cookie \$21.99 <small>(Additional charge for Pan or Stuffed Crust) Code KW Delivery Fees & minimums required</small> | Large 1 Topping & Medium 3 Topping \$19.99 <small>(Additional charge for Pan or Stuffed Crust) Code LF Delivery Fees & minimums required</small> |
| Cracker Barrel  115 N East St JUNCTION CITY (785) 762-5567 | | Now Offering Catering Delivery Available • Contact Gerald (785) 762-5567 | | | | | | |
| Coach's  720 Caroline Ave. JUNCTION CITY (785) 238-5522 | | Buy 1 Coach's Burger get 1 half off All Day \$2.50 tall beers | 65¢ Tacos \$2.50 tall beers | Chicken Fried Steak Dinner \$10 \$2 bottles | STEAK NIGHT \$9 Steak Dinner \$2 pints | Fajitas \$9 Margaritas \$3 Specialty pints \$2.50 | Ribeye Dinner \$16 \$2 Coors It pints | |
| Stacy's Restaurant  118 W Flint Hills Blvd JUNCTION CITY (785) 238-3039 | | <u>October 7th</u> • Roast Beef • Meatloaf • Baked Chicken Reg. \$9.00 Sr. Size \$8.00 Inc Tax | <u>October 8th</u> Goulash Reg. \$7.29 Sr. Size \$6.38 Plus Tax | <u>October 9th</u> Pork Cutlet Reg. \$7.29 Sr. Size \$6.38 Plus Tax | <u>October 10th</u> Hamburger Steak Reg. \$7.29 Sr. Size \$6.38 Plus Tax | <u>October 11th</u> Fried Chicken Reg. \$7.29 Sr. Size \$6.38 Plus Tax | <u>October 12th</u> Swiss Steak Reg. \$7.29 Sr. Size \$6.38 Plus Tax | <u>October 13th</u> Smoked Rib Plate Reg. \$7.29 Sr. Size \$6.38 Plus Tax |
| The Cove at Acorns Resort  3710 Farnum Creek Rd. MILFORD (785) 463-4000 | | Bloody Mary & Mimosa Bar 12-4 pm Open 11:00am-8:00pm | 1/2 Price Appetizers Open 4:00pm-9:00pm | \$2.00 OFF All Tacos Open 4:00pm-9:00pm | Kids Eat Free w/ purchase of Adult Meal Open 4:00pm-9:00pm | Fajita Night Chicken \$12 Steak \$15 Trivia Night Long Island Ice Tea \$5 Open 4:00pm-9:00pm | Crab Legs \$22 Open 11:00am-10:00pm | Prime Rib Special \$20 for 10-oz cut \$25 for 14-oz cut Open 11:00am-10:00pm |
| TymeOut  101 Continental Dr JUNCTION CITY (785) 238-7638 | | <u>October 7th</u> | <u>October 8th</u> | <u>October 9th</u> Homemade Schnitzel \$9.99 Serving German Beer 10:30am-1:30pm 4pm-9:30pm | EVERY SATURDAY IN THE MONTH OF OCTOBER OKTOBERFEST 2:00-5:00 Schnitzel • Sauerbraten • Bratwurst Pretzels • Cordon Bleu • German Cake COME EARLY! LIMITED SUPPLY! | | | |
| The Donut Hole  431 W. 18th St. JUNCTION CITY (785) 579-4730 | | More than Just Sweets A VARIETY OF DONUTS AND BREAKFAST FOOD BAKED FRESH DAILY Croissant Sandwich, Glazed Donut & Soda for \$5.00 anyday | | | | | | |
| IHOP  321 E. Ash St. JUNCTION CITY (785) 238-4800 | | CATERING AVAILABLE Catering Available (Contact Crystal) 785-238-4800 | | | | | | |
| Munson's Prime  426 Goldenbelt JUNCTION CITY (785) 238-1135 | | Sunday Brunch \$15.00 per person Kids under 6 eat FREE 11AM TO 2PM | Chef Special \$8.00 | TexMex Tuesday \$8.00 | Wings Wednesdays 50¢ | Lasagna \$8.00 | Chef Special \$8.00 | Prime Rib 12oz \$22.00 16oz \$28.00 5pm - Close |
| | | Contact Tim Bailey to book private events. 785-238-1135 ON SALE: QUALITY GROUND BEEF FOR COOKING & GRILLING | | | | | | |
| Hot Rodz BBQ  1118 N Washington JUNCTION CITY (785) 209-0527 | | CLOSED | CLOSED | Sausage Sandwich w/ smoked cheese & 1 Side \$10.50 | Meatloaf w/ 2 sides \$7.50 | Hot Rod Sandwich w/ 1 Side \$12.50 | Big Carolina Sandwich w/ 2 Sides \$11.50 | Beef Ribz Special |
| | | Lunch Box Special \$6.50 Slider and chips with one side Open 10:30am to 9:00 pm • Tuesday thru Saturday | | | | | | |

Check **Dinin' Deals** each Friday in the
1st Infantry Division Post and each Sunday in **The Daily Union**
for upcoming specials and coupons for your favorite local restaurants!

“They can either join through [website] or any of our events ... We’re open, ready to have fun and enjoy each other’s company.”

Darlene Sexton
MILITARY SPOUSE

Spouses opt to get physical

Fort Riley group uses athletic center, 2K run in addition to luncheon

By Will Ravenstein
1ST INF. DIV. POST

The Fort Riley Spouses club organizers wanted to bring something different to their September meeting, so they decided instead of lunch and chatting they would get physical.

About 40 spouses donned workout gear, and set off on a nearly 2-kilometer course that finished at the Junction City Athletic Training Center’s Filthy Monkey Outdoor Obstacle Course.

“Today we decided to have a luncheon outside of post,” said event organizer Darlene Sexton, wife of Lt. Col. Don Sexton, Irwin Army Community Hospital. “It is part supporting our community (while) also trying to find something different for our spouses to team build. Today we decided to do the obstacle course with a 2K run. We partnered up our spouses with someone they have never met before. We’re just trying to bring our spouses together and just be one.”

The ladies were paired with someone who they didn’t know or were vaguely familiar with to build teamwork within the organization.

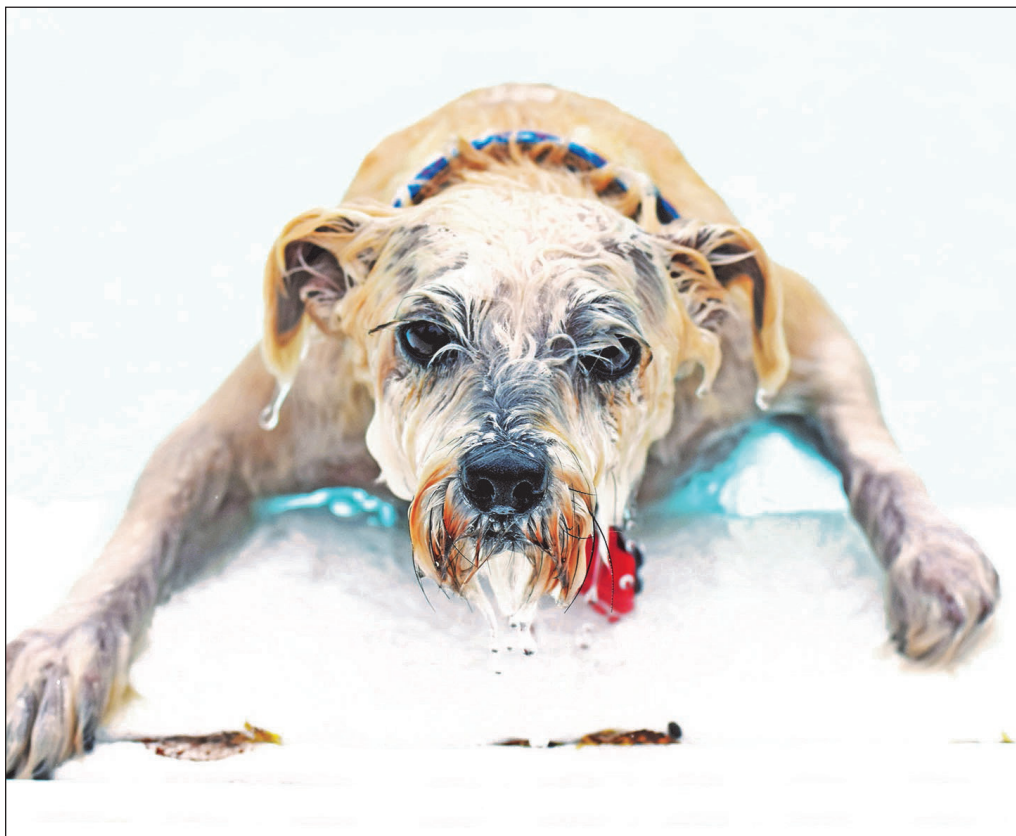
Sexton said she was pleased with the turnout for the event.

“I’m pretty proud of these ladies that came out here to do this,” she said. “It looks a little scary, but I think it will be fun. We will enjoy it.”

The money raised by each month’s meal is donated to charity. This month the Spouses Club elected to support the Veterans Administration in Topeka.

“Our spouses can donate money as well as some of the supplies our veterans need,” Sexton said. “Not a lot of people know there is a large need for certain things like underwear, socks, movies and just stuff.”

See SPOUSES, page 14



Bennie, a schnauzer owned by Dedrick and Capt. Nicolle Curtis, Irwin Army Community Hospital, was less than thrilled with the idea of swimming at Custer Hill Aquatic Center’s Pool Paw-ty Sept. 30.

navigating

‘Ruff’ Waters

Dog owners, pets have a ball during annual Pool Paw-ty

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

The “No Running” signs were largely ignored at the Custer Hill Aquatic Center Sept. 30 as dogs of all sizes sprinted in and out of the water, chased each other and swam after their favorite toys.

“Running, by our canine friends, is a rule we are willing to overlook today,” said Judy Gardner, assistant program manager for the Fort Riley Aquatic Park.

She said despite temperatures hovering around 65, the turnout was good for the last day of the season. Dog owners and their pets are invited to swim at the annual Pool Paw-ty, which is held on the final day before the pool is drained for the winter. However, most of the human attendees either stayed completely out of the water or just waded a few inches in.

Large and small breeds played in the water and made friends. Some were clearly more comfortable with jumping in than others, some downright refused.

Capt. Patrick Benevento, 1st Combined Arms Battalion,

See PAW-TY, page 13



Most of the adults who brought their dogs to the Pool Paw-ty at Custer Hill Aquatic Center Sept. 30 thought it was too cold for them to go into the water. But 2-year-old Nevaeh Anderson, daughter of Veronica and Spc. Tyler Anderson with 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, quickly ignored her parent’s request that she not get her dress wet and jumped right in with the canines.



Dogs were invited to swim and play at the Sept. 30 Pool Paw-ty marking the end of the season for the Custer Hill Aquatic Center.

IF YOU GO ...

WHAT: Fort Riley Public Works Drop-off day
WHEN: 8 a.m. to 3 p.m. Oct. 20
WHERE: Adventure Park parking lot, 5202 Normandy Drive
INFORMATION: People who cannot make it to the collection event can drop off household hazardous waste at building 1945, at Camp Funston at the intersection of Fourth and K&L streets.

Wasting this day not an option

Public Works offers chance to turn in hazardous waste

By Gail Parsons
1ST INF. DIV. POST

Fort Riley Public Works is setting aside Oct. 20 as a day for residents to drop off household hazardous waste. They can also pick up items classified as hazardous waste, which they can use; and adopt new pet.

Nicole Storm, stray animal shelter manager, said they are planning to drop the application process for the day and do same-day adoptions as opposed to the normal 24-hour wait period.

Rick Doll, Environmental Protection Specialist with the Pollution Prevention Branch, Environmental Service, Directorate of Public Works, said partnering with Fort Riley Animal Shelter helps promote the two organizations, but more importantly it gives them an outlet for education.

“Pets like to get into things,” he said. “We want to help stop them from getting poisoned.”

There are plenty of hazards for pets, just like there are for children, he said. But antifreeze is one of the more common dangers.

According to the Humane Society the main ingredient in most antifreeze is ethylene glycol. It has an inviting aroma and a sweet flavor.

“(Pets) get into everything,” Doll said. “If it is on the ground, they will sniff it. If it smells good, they will eat it.”

Other dangers he will educate pet owners on are laundry detergent pods and chocolate. Although chocolate is not a hazardous product for most humans, it can be for dogs.

Educating the public about pets and household hazardous waste is a side benefit to the collection event. The main reason

See WASTE, page 11

Hospital, Seitz Elementary seal partnership with run

IACH Soldiers pledge to help Fort Riley school, students anyway they can

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

A 10-mile-an-hour north wind helped blow clouds of colored powder over hundreds of children from Seitz Elementary School and Soldiers from Irwin Army Community Hospital after classes ended Sept. 28.

Although IACH Soldiers adopted Seitz late last school year, they made it official this year and have pledged to help the school and the children any way they can.

Before the color run, several IACH Soldiers including Col. Theodore Brown, Hospital Commander, and Command Sgt. Maj. Ricardo Gutierrez presented the school with the official banner, which was at-



Before the start of the Sept. 28 color run at Seitz Elementary School, Soldiers from Irwin Army Community Hospital installed their unit sign to the school’s sign. The hospital officially has adopted the school and will volunteer to help when they can with events throughout the year.

tached to the school sign in front of the school.

The Soldiers then led the students in calisthenics before they headed around a course set up on

the lawn. As they made their way to the finish line they ran through clouds of colored dust. By the time they ran under the inflatable rainbow, they were out of breath and

“The eyes of our students light up at the sight of our soldier buddies in the classroom, the cafe, at recess and at family events.”

JODI TESTA | PRINCIPAL,
SEITZ ELEMENTARY SCHOOL

laughing at the mess they had made of themselves.

The color run was one of many activities they will participate in said Sgt. First Class Joshua Powell.

Working as the liaison between the school and the hospital, he said the partnership started last year, when the command staff learned that some schools and units were

partners.

“They asked why we didn’t have a school,” he said. “So, they reached out and said we would like to be a part of it.”

Powell said the benefit for the hospital is what the partnership does for the Soldiers. In September, several Soldiers joined the children on their Freedom Walk.

“Afterwards talking to some of my Soldiers with nothing but smiles on their faces, they were like ‘these kids are so awesome, they love us,’” he said. “It’s so great to see them actually be happy be around the kids. And these are kids that don’t have kids. They are just young Soldiers it’s good to see them being able to enjoy the time around the youngsters.”

The Soldiers aren’t the only ones who enjoy the visits.

See PARTNERSHIP, page 14

FORT RILEY POST-ITS

Fort Riley MWR
Fort Riley, Kansas

FOLLOWING



October 12, 7:30pm • Outdoor Adventure & Travel Center
\$15 IN ADVANCE; \$20 ON-SITE • YOUTH 17 & UNDER FREE
INCLUDES GLO RUN T-SHIRT AND MEDAL FOR FIRST 150 REGISTERED
Youth 17 and under are FREE with paying adult (Does not include T-Shirt or medal)
Register online at [rileyarmymwr.com](#) • On site registration begins at 6:30pm
MIXEDFIT WARM-UP • GLO FACE PAINT • GLO NECKLACE
785.239.2807

437 likes

8 hours ago

Let's go to the movies @Barlow Theater

October 4

Friday - The Nun (R) 7 p.m.
Saturday - Christopher Robin (PG) 2 p.m. and Peppermint (R) 7 p.m.
Sunday - The Nun (R) 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

Like - Comment - Share

16

13

5

BOSS & The Warrior Zone
Fort Riley, Kansas

FOLLOWING



Oktoberfest
Saturday, October 6 • 4pm
Warrior Zone • 7867 Normandy Drive
BRATWURSTS • OKTOBERFEST GAMES
FREE ADMISSION AT WARRIOR ZONE
FREE BRATWURST SAMPLING
Hammerschlagen
Games • Tournaments
And Much More!
Cornhole Tournament
Stein Holding • Stein Race
Bratwurst Eating Competition
Information: 785.240.6618
Find us on Facebook at BOSS and the Warrior Zone

437 likes

8 hours ago

Fort Riley MWR @RileyMWR · Oct. 4

The Outdoor Adventure and Travel Center has a variety of services and activities for you and your family. Stop by 5202 Normandy Drive to see what they have to offer you today!

Fort Riley MWR @RileyMWR · Oct. 4

The adult and youth Archery clinic will be held on Oct. 6 and 7. All equipment is provided or you can bring your own. Youth class for 7 to 17 years old; adults 18 and over cost is \$15. Register at Outdoor Adventure Center.

BOSS & Warrior Zone · Oct. 4

Are you getting ready for a promotion? Are you trying to be Soldier or NCO of the quarter? BOSS offers board preparation for all Soldiers every Tuesday. Call 785-239-BOSS

Fort Riley MWR
October 4 3:32 p

Bring your bow and show off your skills in our 5 arrow, 5 3-D target competition.

Bring your own recurve bow and see how your skills match up against one of our own Army athletes, Staff Sgt. Michael Lukow and special guest.

Shooting equipment is not provided and advance registration is required by Saturday, October 6.

Location: Outdoor Adventure and Travel Center, 5202 Normandy Drive
Cost: Free admission Contact: 785-239-2363

Fort Riley MWR @RileyMWR · Oct. 4

* Bubble Guppies* Enjoy 20 minutes of instructional class with a certified water safety instructor along with 40 minutes of free social swim. Open to children 6 months to 5 years of age \$5 per family Oct. 6, 9 a.m. at Eyster Pool

Fort Riley MWR @RileyMWR · Oct. 4

Mark your calendars!
The Skeet and Trap Range is now open for recreational use. See our Facebook page or contact the Outdoor Adventure and Travel Center for questions at 785-239-2363.



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

COMMUNITY CORNER

National Preparedness themes demand year-round efforts

By Col. Stephen Shrader
FORT RILEY GARRISON COMMANDER

“Disasters happen. Prepare Now. Learn How.”

That is the theme for National Preparedness Month recognized each year in September. Our preparedness shouldn't end because the next month has started — disaster can happen at any time.



Colonel Shrader

Recently, we had the unexpected floods in Manhattan that affected some of our families, wildfires have spread throughout the west this year and we watched on the news as people on the east coast prepared for Hurricane Florence. No matter where you live, disasters can happen.

If disaster strikes, will you and your family be ready? Getting started may be the biggest challenge. When you don't know how to begin or what to do it can lead to procrastination. The emphasis this year is learning how to prepare.

So what are some things you can do? Take time to learn

PLANNING AHEAD

- The Army has provided excellent resources to make the preparedness process easier. Go to [www.ready.gov/make-a-plan](#) to learn how to make a simple plan.

lifesaving skills such as CPR and first aid. Often community members are the first ones in a location to take action before first responders arrive. However, these skills can be helpful anytime not just during a disaster. Check your insurance policies and coverage for the hazards you may face, such as flood, fire, earthquakes and tornadoes. Make sure you have savings set aside to take care of extra expenses during and after a disaster.

We can't predict when natural or manmade disasters will occur, so be aware and be prepared. Following the Army's preparedness goals can make the difference in safety and comfort for you and family members. The four aspects for preparedness are be informed, make a plan, build a kit and get involved.

The most difficult part may be to get started. But

once a disaster hits, you will be glad you did. The Army has provided excellent resources to make the preparedness process easier. Go to [www.ready.gov/make-a-plan](#) to learn how to make a simple plan.

Remember, in the event of a disaster there may not be a lot of time before you would need to evacuate. Have a bag set aside with some emergency items that can be grabbed quickly. Make a list of items you need to take. When making your plan keep in mind any special or medical needs including pets for your family. This will ensure that you have the type and amount of supplies needed to be safe.

When we create a habit and culture of being prepared, it will serve to save lives and strengthen our Soldiers, civilians and families. Although, September is the month we use to increase awareness, we need everyone to get prepared and stay prepared throughout the year.

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

Worship Opportunities

Protestant Services

| | |
|--------------------------------|-----------|
| Victory Chapel | 239-0834 |
| ChapelXt Protestant Service | |
| Sunday Worship..... | 1100 |
| Children's Church..... | 1105-1200 |
| Morris Hill Chapel | 239-2799 |
| Gospel Protestant Service | |
| Sunday School..... | 0900 |
| Sunday Worship..... | 1100 |
| Main Post Chapel | 239-0834 |
| Traditional Protestant Service | |
| Sunday Worship..... | 1030 |
| Children's Church..... | 1045-1130 |

Catholic Services

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

Jewish Service

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

Pagan/Wiccan Service

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

Family Night

Weekly Wednesday classes from 1830-1930 at Victory Chapel. 785-239-0875. Watchcare provided for birth-4yrs.

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.

Protestant Women of the Chapel (PWOC)

Weekly Tuesday Meeting 0900-1130 & Evenings at 1830-2000 at Victory Chapel.
Childcare provided.

For more information email [rileypwoc@gmail.com](#) or Facebook "Fort Riley PWOC"

Catholic Women of the Chapel (CWOC)

Weekly Wednesday Meeting 0900-1130 at Victory Chapel.
Childcare provided.

For more information email [fortrileycwoc@gmail.com](#) or Facebook "Fort Riley CWOC"

Check for schedule over Training Holiday weekends



WWW.FACEBOOK.COM/
FORT RILEY



Mercy Auxiliary
presents

Pumpkin Patch 45

Arts & Crafts Fair - CiCo Park - Manhattan

Friday, Oct. 5th & Saturday, Oct. 6th
9 a.m. to 7 p.m. & 9 a.m. to 4 p.m.

Admission is free!
Entertainment for kids will be provided.

Together We Can Make A
Difference



**BREAST
CANCER
AWARENESS
FITNESS EVENT!**

King Field House

Saturday - October 6, 2018

8:15-11:30 AM

Join Is in Raising Awareness for Breast Cancer!
Enjoy Our Group Fitness Classes such as Body Pump,
Cycling, and Zumba, Freebies, and More!!

PosterMyWall.com For more information, call 785-239-2583

Speaker sheds light on autism

Exceptional Family Member Program hosts learning conference

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

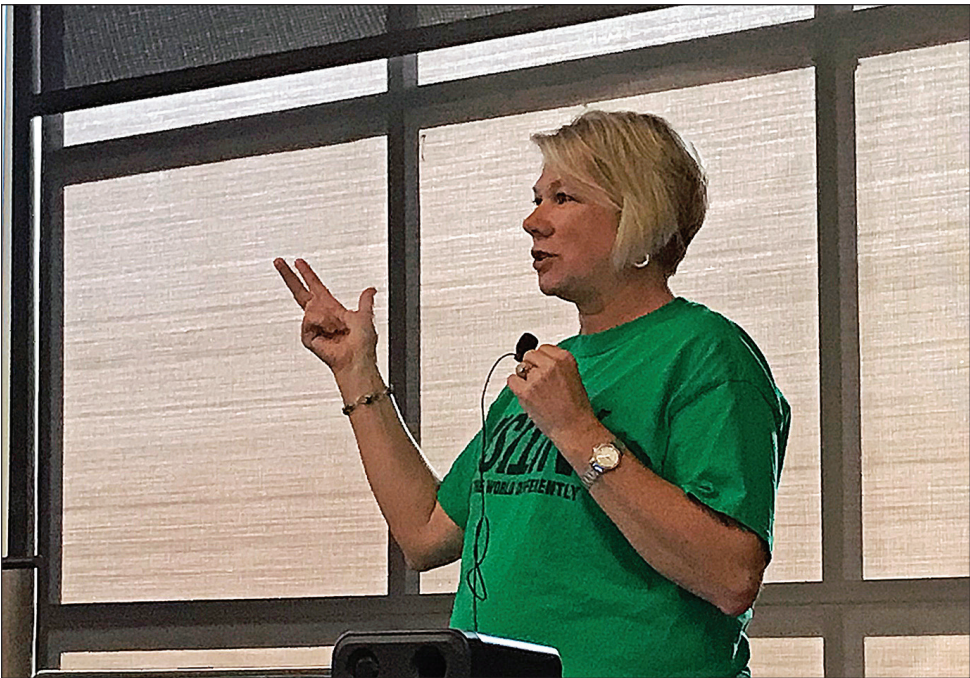
The Exceptional Family Member Program team hosted their annual learning conference Sept. 27 at Riley's Conference Center.

The conference began with registrants checking in and picking up their information packets and the book, "Uniquely Human: A Different Way of Seeing Autism" by Dr. Barry Prizant, which EFMP ordered as a resource for everyone in attendance.

"We do these annual conferences and it's basically to continue to provide new information, new strategies for both parents and professionals who work with children with special needs," said Laurie McCauley, EFMP manager. "It's not just focusing on the diagnosis of autism, it's talking about possible behaviors for all types of diagnoses or even just behaviors."

The information presented included an overview of autism, and the process of the Individualized Education Program for students receiving special education services. There was also a discussion about recent changes to the Kansas Special Health Care Needs program and BAL-A-VIS-X, which stands for balance- auditory-vision- exercise, which "enables the whole mind-body system to experience the symmetrical flow of a pendulum by using mid-line crossing and steady rhythmic movements, according a program flyers."

Cari Ebert, pediatric speech-language pathologist, opened her session, "Everything you ever wanted to know about autism" by talking about her 13-year-old son, Aaron.



Cari Ebert, keynote speaker, introduces her son Aaron as she begins her session "Everything you ever wanted to know about autism," at Riley's Conference Center Sept. 27 during the Exceptional Family Member Program Developmental Delays, Autism and Behavioral Learning Conference.

"My son is my inspiration ... My son is the best teacher I have ever had, and my son has taught me more about my profession — more than any book I have ever read, more than any course I have ever taken. And I think that the thing my son has taught me most is this; if it's not functional, stop working on it in therapy."

CARI EBERT | PEDIATRIC SPEECH-LANGUAGE PATHOLOGIST

She said he is "a tall drink of water" who is extremely passionate about animals, favorite color is green, likes calendars and check lists, enjoys hands-on projects and loves to decorate for holidays. Oh, and he has autism.

"My son is my inspiration," she said. "He is the reason I am so extremely passionate about what I do for a living. My son is the best teacher I have ever had and my son has taught me more about my profession. More than any book I have ever read, more than any course I have ever taken. And I think that the thing my son has taught me most is this; if it's

not functional, stop working on it in therapy."

Ebert has spoken at EFMP conferences for the last three years and each year brings new information to present on.

"There's probably several folks here that have attended Cari's presentations before in previous years," said McCauley. "They have said they could listen to her all day long. We learn something from her every time she comes. She is dynamic in her presentations, provides new information every year — so we look forward to learning what new things we will hear today."

After lunch, attendees learned about the process for

setting up an IEP with the school and how to help the parents of special needs students be more of an active part of their child's IEP team.

A presentation on the KS-SHCN program changes and its components and priorities was given to attendees so they could hear about the program's work in meeting the needs of those with special health care needs in the state and how it links with other special health services programs available.

A demonstration of BAL-A-VIS-X was shown to attendees with the opportunity to learn them as a way to help students focus their minds as well as their bodies.

Soldiers' arrivals getting video treatment

Virtual teleconference format for highlights of post gets upgrade

By Gail Parsons
1ST INF. DIV. POST

What started with a virtual teleconference to welcome 3rd Brigade Soldiers from Fort Benning, Georgia, to Fort Riley, blossomed into a weekly video.

"In 2015 ... a majority of 3rd Brigade was being sent here," said Bryan Bartlett Army Community Service Relocation Readiness program manager. "We brought in all different partners around Fort Riley who came in to talk to them. It was a huge success."

As a result, ACS was directed to expand the teleconference into videos to help Soldiers and their families become familiar with the post before they arrive. Since May 2016, Bartlett

and his team have been filming every aspect of Fort Riley life they can come up with.

Although the videos are no longer done live, they are all posted on the Moving to Fort Riley Facebook page.

"We go out to individual places that people might need to know about when they are coming here and allow (the staff of the place) the opportunity to tell all about their program, their directorate or their business," Bartlett said. "They give addresses, phone numbers (or) points of contact — then show them around the business."

Most of the videos range from about 10 to 15 minutes and cover topics to include housing, transportation, the education center, employment, the hotel, finance, the Outdoor Adventure Park and the Marina.

Some topics are covered from several angles in different videos.

DID YOU KNOW?

- Although the **Army Community Service videos** are no longer done live, they are all posted on the Moving to Fort Riley Facebook page.

"Every week, we try to do something different," Bartlett said. "Housing has so many different variables that people want to see. We do different types of housing, different scenarios — whatever they ask for."

Coming up soon, he plans on posting videos to show the packing and the unpacking process when someone moves onto or not post. These videos will be especially helpful for new families who are not yet accustomed to the organized chaos of moving.

"We want to show them what it looks like, what to expect," he

said. "We've also done three videos with pets, (Child and Youth Services) a couple of times and the local elementary schools."

For those coming to Fort Riley who are not fluent in English, he is starting to get welcome videos in other languages. So far, they have one in the Korean language and two videos in different Spanish dialects.

"The next one will hopefully be German, then maybe Italian," he said.

The success of the videos is measured in part by the hits they get on social media. The hits also give Bartlett an idea of what information people are looking for. So far, the video with the most hits was the in-processing video, which has been viewed 6,600 times.

"When people get here, we don't give them a tour around Fort Riley," he said. "This way we can do it prior to them getting here."

TUESDAY TRIVIA CONTEST



The question for the week of Oct. 2 was: On the Fort Riley app calendar, what event is scheduled for Oct. 20 at the Outdoor Adventure Park?

Answer: Pet adoption day.

This week's winner is Rebecca Davis, spouse of Staff Sgt. Raymond Davis, Headquarters and Support Company, Headquarters and Headquarters Battalion, 1st Infantry Division.

Pictured above are Rebecca and Staff Sgt. Raymond Davis.

CONGRATULATIONS REBECCA!

WASTE Continued from page 9

public works hosts several of them each year is to keep the hazardous materials out of the landfill.

Many people will simply throw a half empty bottle of bleach, leftover paint, mothballs or any number of other materials in the trash and never think twice, Doll said. But when the trash is collected it all ends up at a landfill and the waste seeps into the ground contaminating the water supply.

At the collection event people can drop off the waste, or they can come by and pick up, for free, items other people have dropped off. It helps save money while helping the environment.

"We take (almost) anything," he said. "Electronics, car parts, oil, antifreeze and we put the stuff out there for free. If you want to try a product out and it is on our shelves you are welcome to it."

WASTE ITEMS

The list of household hazardous waste is long. Acceptable items include, but are not limited to:

- Soap
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- Bleach
- Moth balls
- Rug cleaner
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- Car wax
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- Starter fluid
- Tires
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Sergeant Woof sees old ammo!



REPORT

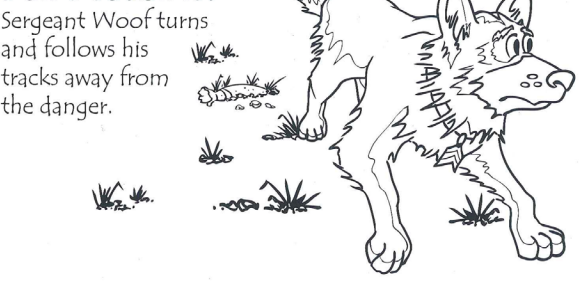
Sergeant Woof, with help from an adult, calls 911 and describes what he found and where he found it.



RETREAT

Don't touch it!

Sergeant Woof turns and follows his tracks away from the danger.



Recognize

- Realize when you may have found ammo

Retreat

- Do not touch, move, or disturb ammo--carefully leave the area, but do not run

Report

- Tell a parent or other adult to call 911

For more information, visit 3Rs.mil

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MEAT
AND TOURS



Staff Sgt. Miguel Mirandahernandez, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division, visits with Dominic Barnes, Military Student Services Coordinator at the Education Fair, Sept. 25. All of the colleges and universities represented on Fort Riley joined for the event to showcase their offerings.

Open house pools nine institutions

Inaugural event includes all colleges, universities on post

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

When one of the nine colleges or universities on Fort Riley start a program or want to attract new students they have an open house. The turnout for these individual school events is usually low.

“Every time we have an open house, we don’t get a whole lot because we are individually trying to draw people into the building,” said Mary Byington, admissions representative and student success advisor for the University of Mary.

Byington and Esra Alexandra Mills, assistant director of enrollment for Central Michigan University, designed a plan to invite all of the schools to one open house. They wanted the event to be more so they added several workshops.

Representatives from Military OneSource, which has a range of services including education, presented a workshop and were on hand to explain more about what they do. Other workshops covered financial aid, recent changes in the tuition assistance program, the Green to Gold program, Veterans Affairs benefits and transition assistance.

With the success of the Sept. 25 open house, school



The first Education Fair to include all of the colleges and universities represented on Fort Riley was held Sept. 25. The event was designed to showcase what the schools offer.

“It is going amazing. We were expecting to have 40 people attend and right now in the first 2 hours, we have already had 40 people come in.”

ESRA ALEXANDRA MILLS | ASSISTANT DIRECTOR OF ENROLLMENT, CENTRAL MICHIGAN UNIVERSITY

representatives said they are looking forward to continuing the event twice a year; once in the spring and once in the fall.

“It is going amazing,” Mills said a couple of hours into the 5-hour event. “We were expecting to have 40 people attend and right now in the first 2 hours, we have already had 40 people come in. We’ve

had family members, spouses who are in school right now upstairs with Barton, we’ve had Soldiers coming through, we’ve had some civilians who work on post coming in.”

All of the schools on post participated by setting up tables in the atrium of building 211 where their offices are. Soldiers, family members and civilians passed through pick-

ing up information and speaking to school representatives.

“We are able to catch everybody who is walking through, instead of them having to walk into each of our offices,” Byington said. “We are not expecting to sign up students today; rather, we want them to know what the benefits are and that we are here.”

Sometimes people can be a little shy about walking into an office, especially if they don’t know exactly what they are looking for, Mills said. The open house gave them a chance to learn about course offerings in a less intimidating way.

“We wanted people to feel comfortable talking to us about what we offer on post,” Mills said.

All of the information given out at the open house is available on any day. People can drop in and talk to one of the education counselors or they can stop in any of the school offices for more information.

Because each institution offers a different set of programs, they work together and can refer people to their counterparts at other schools.

“Sometimes there might be a program I don’t offer, but Mary (at CMU) might offer, or Hutchinson has a program that would benefit somebody,” Mills said. “We all offer different programs.”

They encourage people to take advantage of the offerings to further their education. The first step is to walk in the door.

Breast Cancer Awareness Month arrives in October

Post hospital staff hosting events to coincide with observance

By Amanda Ravenstein
1ST INF. DIV. POST

Breast Cancer Awareness Month is October and the Irwin Army Community Hospital staff is hosting events to help Fort Riley residents understand that it can happen to anyone, anywhere.

The hospital will host two Saturday clinics, Oct. 13 and Oct. 27, for women who are unable to make an

appointment during the week.

Breast cancer is commonly diagnosed in women and accounts for 30 percent of all new cases each year, said Lt. Col. Jaret Skinner, director of surgical services, IACH, at the Breast Cancer Awareness Month launch Oct. 1.

Breast self-examinations are no longer recommended, Skinner said. Instead, breast self-awareness is encouraged. Up to 50 percent of breast cancers are diagnosed by women themselves because of the awareness that something seemed different.

Editor’s Note: More information will be published throughout the month as well as stories from survivors.

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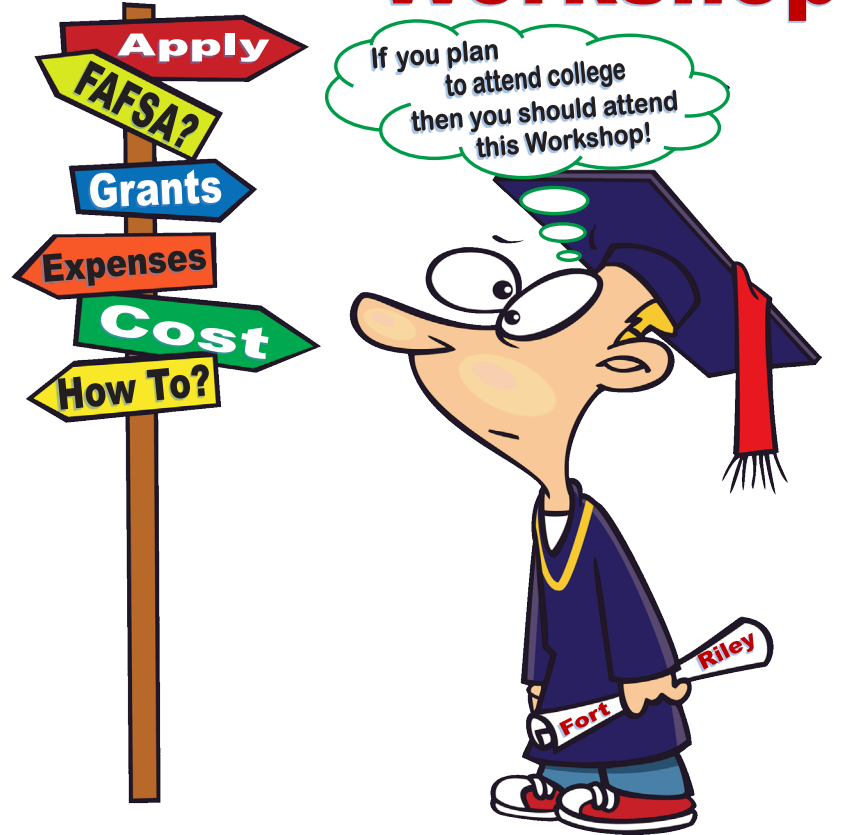
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College Financial Aid Workshop



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Reconnection Workshops is a free and confidential program from the American Red Cross that helps military members, veterans and their families returning home, to friends, jobs and their communities. Skill-enhancing modules are offered in small groups, and participants can choose from a variety of topics, such as:

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- Supporting children

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American Red Cross

Visitors hoof it out to Fort Riley

Rocky Mountain Elk Foundation members visit 'hidden gem'

By Will Ravenstein
1ST INF. DIV. POST

Six members of the Rocky Mountain Elk Foundation, representing chapters from across the state, visited Fort Riley Sept. 29 to see how their efforts are being used to help preserve a herd of elk living here.

Their guide for the day was Derek Moon, wildlife biologist, Environmental Services, Directorate of Public Works. As he drove them around the northern limits of the training area to showcase the prairie land and habitats for wildlife on Fort Riley they spoke about how the efforts of the foundation have assisted in preserving the herd.

"We've been talking to them about our management strategies and the stuff we do for elk," Moon said. "They help us out a lot every year with money for food plots and stuff to help keep elk here on post, to help keep the elk herd out of the neighboring private land owner food plots. They help us out a lot that way and we are just returning a favor. They happened to be helping out the Corps of Engineers today, so they wanted a little tour while they were in the area."

As the tour moved from the Douthitt Gunnery Complex towards an area near Range 29, Moon answered questions while showcasing the areas, which elk have been seen moving.

One location was an overlook into a basin south of Wildcat Creek. Moon told the group about a situation where he was out during the elk hunting season and while up on the hill he saw the hunters' orange

"Fort Riley holds the largest untilled tract of native prairie left in North America. Conserving that is important. It's disappearing rapidly."

DEREK MOON | WILDLIFE BIOLOGIST, ENVIRONMENTAL SERVICES, DIRECTORATE OF PUBLIC WORKS

to his right and once the layer of fog lifted, several elk appeared to his left.

"Fort Riley is kind of a hidden gem in that sense," Moon said. "A lot of people don't realize what we have to offer up here."

Hunting is more about conservation and preservation of the animal's habitats today, Moon said.

"Fort Riley holds the largest untilled tract of native prairie left in North America," he said. "Conserving that is important. It's disappearing rapidly."

Overbrook, Kansas, native, Jordan Brown, regional director, RMEF, was one of the six riding around with Moon. He said that it was great to have the guided tour.

"Riding around with Derek today has been great," he said. "Seeing what money we give to Fort Riley goes toward and how great the elk herd is doing here locally (is important.)"

Brown said the foundation has helped with the conservation efforts of a large amount of land in the U.S.

"Elk Foundation is a conservation group that has conserved more than 7.3 million acres," he said. "That is about a million acres bigger than the state of Maryland. A large part because of efforts like this and a lot of little things like this add up to big efforts."

With most of the land in Kansas being privately owned, Brown said it is important to protect and preserve the public lands and the animals within to pass on tra-

ditions to the next generation.

"Kansans care about public land," he said. "It's 97 percent private land in this state, but it doesn't mean people don't care about the public land that we do have. A common misconception is that people believe that elk are just in the mountains. Before they were extirpated, back in the turn of the century, they were roaming the plains with the bison and everything else. It would be as common to see bison out here, as it would be elk. It's extremely important that we keep these prairies the way they are."

"Not only is it about the conservation efforts as you see them on the ground," he added. "We are out here pulling fence, doing what we can to make things as good as they possibly can be for not only elk, but all other wildlife that inhabit that area. We are also passing down the hunting heritage to the next generation, keeping the tradition alive but also painting the best picture we can of the modern day hunter."

Brown said the work on Saturday will leave a lasting impression on those who were present.

"It's just like anything else in life, you remember the hard experiences as good memories," he said. "We are out here on a Saturday and we could be at our grandson's football games, watching TV or anything. We are putting in time here to do something that all these guys care about. They have great

passion for the elk, even the 300 or so that are at Fort Riley."

As the tour neared the destination turkeys and white-tailed deer moved freely exciting the group assembled. As they called out their spots everyone quickly looked in that direction to get a glimpse of what was happening. The conversations also drifted to what other wildlife was present on Fort Riley.

"I think that it's a testament to where their heart is really at," Brown said. "You see them get excited for turkey, quail, pheasant, deer and elk. I don't think there was a major rise or dip in it. It was consistent across the board seeing all those animals. Maybe not 100 percent credit to the elk foundation, but it's neat to see the time we spend doing these projects to help and the money we spend come full circle."

Once at Range 29, the group started scanning the area with binoculars and a spotting scope set up by Moon. The anticipation level climaxed shortly after arriving when the lone elk seen was spotting moving deeper into the artillery impact area, away from the visitors.

Once the spotting scope was moved to get a confirmation view of the elk, everyone was given a chance to peer through for a glimpse of what their efforts are helping to preserve.

The group scanned the horizon as the sun faded looking for more before the animals bedded down for the night.

Though only one elk was seen, the group member were still smiling as they moved back toward their vehicles to close out the evening. They continued to watch and point out deer as the animals scampered away from the road with two does crossing feet in front of the van.

FORM MATTERS

Strength deadlift

By Gail Parsons
1ST INF. DIV. POST

The Army Combat Fitness Test introduced events Soldiers will need to pass beyond what the current physical fitness test requires.

One of them is the strength deadlift.

First Lt. Chandler Smith, 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, readiness testing and training representative in charge of overseeing the battalion's transition to the ACFT, said the exercise is a three-repetition max deadlift using a diamond- or a trap-style bar.

"There's a couple of reasons why the movement was chosen," he said. "The three-rep max is an injury prevention measure."

He said if someone can lift the weight three times, it is likely that is what the body can handle, as opposed to lifting the individual's maximum weight once.

Soldiers will need to choose the weight they are most comfortable with and work up to their individual requirements.

For heavy units, the minimum is 180 pounds, for significant units, it is 160 pounds, and for Soldiers in moderate units it is 140 pounds.

The exercise is a measurement of muscular strength.

"The glutes are the primary thing that is going to be tested by that," Smith said. "If you were to measure muscular strength, those are the muscle groups that are going to allow you to move the most weight."

However, grip strength to hold the bar and lower back strength to keep the correct posture is also necessary.

"As you are doing the movement, stabilization and your calves are going to be important. Because if you do not have your hand directly centered and you are leaning a little bit forward you are going to have to be able to stabilize your calves so you don't tip over. Your core has to remain tight to stay braced as you're moving. So even though the primary group is the glutes, it's basically a full body lift."



1. Hands are evenly aligned. Both my feet are flat and pointed straight ahead. Back is flat, chest is up and the head and eyes are straight ideally focused on an object about 15 feet in front.
2. Moving from the starting position to the where the hips are completely open.
3. At the end of the rep, make sure to keep the back flat and chest up to prevent rounding of the back. Rounding of the back is where the potential for injury is most likely.

Focus on staying braced and keeping the chest up. Keeping the head forward will help ensure proper position while moving from the beginning to the end of the lift.

Form Matters is a weekly column designed to demonstrate the proper form to use when executing different exercises to minimize the risk of injury.

PAW-TY Continued from page 9



Photos by Gail Parsons | POST

Large and small canines enjoyed the splashing around and playing fetch at the Custer Hill Aquatics Center during the Sept. 30 Pool Paw-ty, which marked the end of the pool season.

63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, brought his Newfoundland, four-year-old Garro, who was clearly enjoying the cooler temperatures and the water. Whenever a new dog came through the locker room doors, he ran up to greet them.

"He's loving the fall weather," Benevento said.

One of Garro's new friends was Flynn, a red heeler owned by Heather Cornelison, a civilian employee at Irwin Army Community Hospital.

"I live in Abilene and missed the day they did this out there," she said. "Flynn really likes to fetch and jump in the water and socialize with the other dogs."

Dedrick and Capt. Nicole Curtis, IACH, brought Bennie, a little schnauzer who wasn't fond of the idea of being in the water; and Diego, a golden retriever who slowly paddled out to fetch his ball each time it was thrown.

Nicole explained that Diego recently had surgery on one leg and his other was also injured.

"This is good therapy for him," she said as he made his



Flynn, a red heeler mix, enjoyed playing fetch at the Custer Hill Aquatic Center Sept. 30. The Pool Paw-ty marked the end of the outdoor swimming season.

way back to the edge of the pool.

One dog who got everyone's attention was Mya, a four-year-old German Shepherd who cried out loud when she couldn't reach her ball and was just a little too scared to jump in the water. Her people, Nicole and Spc. Lawrence McWilliams, 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Inf. Div., patiently coaxed and comforted her as she

stood at the edge and gingerly touched the water with one paw, wailing loudly.

Eventually, she overcame her fear and jumped into the water.

While most of the dogs stayed in the shallow water eight-month-old Lena, a chocolate lab owned by Staff Sgt. Josh Mertka of 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Inf. Div., tried to get up the



Mya, a 4-year-old German Shepherd was vocally upset about her toy being just out of reach at the Custer Hill Aquatic Center.

courage to jump off the diving board. She did it once, but wasn't fond of the experience.

"I think she got scared about the depth, she couldn't see the bottom," he said.

Some of the dogs also showed compassion for each other. Several ran over when Mya was crying and showed her how easy it was to jump into the water. Another time, one pup who was sporting a harness was trying to get it off. She splashed around and put her head underwater biting at it. Another dog saw her struggling and swam over and took hold of her harness until she made it clear she was OK.

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PARTNERSHIP

Continued from page 9

“The eyes of our students light up at the sight of our Soldier buddies in the classroom, the cafe, at recess and at family events,” said Jodi Testa, school principal.

Some of the Soldiers are parents who have children attending school at Seitz. They can volunteer and simultaneously spend time with their children.

“For some of our Soldiers, their kids are grown up and out of the house so it gives them that feeling of being able to be there for youngsters and mentor them,” he said. “Our students watch and learn positive leadership skills and healthy relationships from their Soldier buddies.”

The children receive the benefits of interacting with people wearing the same uniform as their parents, Powell said. This can be especially nice for them if their parent is deployed.

“They see that familiar uniform and know there are



Soldiers from Irwin Army Community Hospital join children at Seitz Elementary School during a color run on Sept. 28.

still people here who wear that uniform — still care about them,” he said.

Prior to joining the Army, he spent time as a substitute teacher. He recalled spending several months covering a third-grade class for a teacher on maternity leave.

“It was an amazing experience,” he said. “One of the things that really hit home with me was the fact

that there were no other male teachers in the entire school. Being that type of role model for all of these young kids, a lot of them didn’t have dad’s at home, it felt good to be there for them. I thought it would probably be the same kind of thing for a lot of these kids.”

The IACH Soldiers can also help with booster club activities. They will spend time in the classrooms working one-on-one with some of the students.

Powell said his goal had been to connect one Soldier with each of the 21 classrooms. Last year they didn’t have time to meet the goal.

“We made it happen this year,” he said. “Every single classroom has their own personal Soldier and some classrooms have two Soldiers that they can reach out to anytime they want to do.”



Students at Seitz Elementary School and Soldiers from Irwin Army Community Hospital run through a cloud of red powder during the school’s color run Sept. 28.

Photos by Gail Parsons | POST

SPOUSES

Continued from page 9

Once the meal was done, the ladies moved outside to tackle the course. They began with a short jaunt down the street to the first of three lifting stations on the cross country portion. Once complete, the teams started the obstacle course portion where 20 stations challenged the teams physically and mentally.

Maggy Gray, wife of Lt. Col. Peter Gray, Kansas State Reserve Officer Training Corps, along with her partner Darlene Long, wife of Sgt. 1st Class Daniel Long, 2nd Battalion 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, were the last team to take off from the starting line. The duo joked about the course and the experience prior to starting.

Gray said she looked forward to the event while waiting to start.

“I think this is a change of pace from our normal things,” she said. “It’s exciting to change it up and do something different.”

Long admitted she was a little apprehensive about the wall obstacles.

“I’m just not confident in my ability, but I probably can do it,” she said.

For participants who were unsure if they could complete an obstacle, they were given an alternative of performing several burpees.

Burpees are a full-body, strength training exercises according to www.artfmanliness.com/articles/the-burpee-the-one-exercise-torule-them-all.

Obstacles on the course included a rock wall, climbing rope, round hay bales, balance log, cargo netting, low crawl and a balance beam over muddy water.



Will Ravenstein | POST

Shannon Barger, right, wife of 1st Lt. Robert Barger, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, passes another racer while following her teammate through the low-crawl event at the Athletic Training Center obstacle course Sept. 27. The team building exercise was part of the monthly Fort Riley Spouses Club meeting.

The final challenge, a balance beam with muddy water underneath, also featured water spraying from the sides onto the competitors and the beams.

As each team moved through the course, several dedicated cheerleaders helped motivate the spouses through.

Each team was timed with the top-three teams announced at the end.

Shannon Barger, wife of 1st Lt. Robert Barger, 1st Battalion, 16th Infantry Regiment, 1st ABCT, 1st Inf. Div., and Liz Rivera, wife of Sgt. Luis Figueroa, 3rd Battalion 66th Armor Regiment, 1st ABCT, 1st Inf. Div., were crowned champs with the best time of the day.

“It feels amazing,” Rivera said. “It’s the first time I’ve done it.”

Barger credited her teammate with helping her stay motivated throughout the challenge.

“We took off and right away I knew I hit the jackpot,” she said. “She was in it to win it.”

For their efforts, both were awarded a 30-day membership to Athletic Training Center by Rick Bazan and the Bramlage Foundation.

For more information about the Fort Riley Spouses Club, or to join, visit www.fortrileyspousesclub.org.

“They can either join through that or any of our events,” Sexton said. “Mostly people do it online and if they have any questions all of our email information should be on there. We’re open, ready to have fun and enjoy each other’s company.”



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370

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 (put reporter position in the subject line)



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

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

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

Coming Sunday, October 14th
to The Daily Union.

Fall Home AND Auto Guide

Don't miss your copy!

THE DAILY UNION.



Photos by Will Ravenstein | POST

★ OCTOBER 5, 2018

HOME OF THE BIG RED ONE

PAGE 16 ★

"Fluffy" leaps out at passersby at the Zombie Toxin Haunted House in Junction City on Sept. 22.

Bone chilling attractions



A creepy skeletal spider overlooks the path at Zombie Toxin Haunted House in Junction City.

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

For some there is no greater Halloween tradition than to roam the corridors of scare factories.

ZOMBIE TOXIN HAUNTED HOUSE 417 N. FRANKLIN JUNCTION CITY

Zombie Toxin is more than just a haunted house, it tells a story.

"The story is that the doctor was trying to figure out how to make longevity and it went wrong," said Rob Blanken, owner. "He came home after getting fired from his job and he experimented on his family and this is what happens. After

his family has been experimented on they kind of go crazy and turn into zombies."

The Zombie Toxin haunted house has been a staple of Halloween fun for seven years hiring local spook enthusiasts as actors, costume and makeup designers and security.

The 9,000 square-foot haunt takes about 15 to 20 minutes to complete depending on how determined someone is to get through, Blanken says.

The house has twists and turns throughout with each room adding to the story of the doctor's life. From the kitchen to the backyard there is always something waiting to scare visitors.

Guests will scream and laugh as they move through the house, one room at a time adding to the intrigue.

Blanken added an escape room and a virtual reality simulation to give the crowd something to do while waiting to go into Zombie Toxin.

Spc. Shell heads out into the community and checks out various fall festivals and activities in the next issue. Be sure to check it out.



A pair of skeletons hang out in the wall at Zombie Toxin Haunted House in Junction City.

The house opened for the season on Oct. 5 with general admission cost of \$18 or guests can opt for the fast pass, for \$25, which allows a person to have half the wait.

The escape room and virtual reality simulation both cost an additional \$5.

For more information visit www.zombietoxin.com.

DREADFUL TREK – GOBLETS OF FEAR 375 JOHNSON ROAD MANHATTAN 785-477-9543

This haunted walk is on Johnson Road in Manhattan. The trail goes through Wildwood Adventure Park.

The trek is catered to people 21 and older.

While going through the trail there will be stops along the way for drinks and trick-or-treating.

The cost is \$75 per person and gives each participant an event t-shirt, ticket for a pre-event beverage and a fear free and freaky fun night, according to their website.

Tickets are limited. Register for the Oct. 27 event by visiting www.MHKadventures.com/dreadfultrek.

FIELD OF SCREAMS 4055 N. TYLER ROAD MAIZE 316-303-2037

Field of Screams with Clown Town is an outdoor haunted attraction in Maize. Groups of six to eight people go through buildings and a large sorghum field, taking on average 30 minutes. There is also an escape shack, which takes about 15 minutes. The escape shack can be done by groups or individuals.

The price ranges from \$20 to \$45 for the haunted tour and \$35 to \$60 for the escape hatch depending on the day. The event is open Oct. 25 and 31, and every weekend through Nov. 3.

For more information visit. <https://scaryprairie-pines.com/hours/>.

FORT RILEY GHOST TOURS 205 CUSTER AVE. FORT RILEY 785-239-2737

The Historical and Archeological Society of Fort Riley will host the 21st annual Ghost Tours Oct. 27 from 4 to 7:30 p.m.

The mile-long walking tour is filled with story tellers along the way and takes about 45 to 60 minutes. You might even see a historical, hysterical haunting.

The tour is free but a fast pass can be purchased for \$5.



A large rat leaps out of a hole towards unsuspecting visitors at Zombie Toxin Haunted House in Junction City.