

THE 1ST INFANTRY DIVISION POST



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FORT RILEY, KANSAS

Dining Facility layout designed to encourage healthy food choices



Pvt. Diane Wilson 82nd Brigade Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division serves up a healthy lunch to Staff Sgt. George Yeanue, Headquarters and Headquarters Battalion, 1st Inf. Div.

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

When Soldiers enter the front doors of Cantigny Dining Facility on Estes Road, it's no accident the first food options they see are healthy ones.

"As soon as they walk in, they see baked fish, baked chicken, steamed vegetables and brown rice," said Sgt. 1st Class Gordon Bruenning, dining facility manager. "This is all your healthy options in one stop right here."

The sandwich bar, the salad bar, the grill — it's all carefully placed to encourage Soldiers to make better choices. The idea behind the layout is that Soldiers will go for the first things they see. By the time they get to the less healthy options, their plates will be full and they won't want them.

COLOR CODING FOOD OPTIONS

In addition to the change in the layout and an increase in healthy choices, Soldiers might have noticed green, yellow and red labels posted above each food item.

The labels and the layout are part of a Department of Defense initiative, which was unveiled at Cantigny when the facility reopened in August after a deployment. It is the only

DFAC on Fort Riley to have implemented the program.

"Go for Green 2.0 is a program for labeling all of our menu items and developing choice architecture to help Soldiers eat healthier," said Nicolle Curtis, Chief of Nutrition Care Division at Irwin Army Community Hospital.

Each recipe made and served at the DFAC goes through a computer program. The result is a breakdown of every ingredient and the cooking method to determine how healthy the recipe is. It is then categorized into green, yellow or red.

The labels will help simplify the decision-making process for Soldiers who want to eat healthy but might not have the nutrition knowledge to know what to choose. For example, just because a dish has vegetables in it, it doesn't mean it will automatically be on the green list

"We could have a vegetable lasagna that could be green," Curtis said. "However, if that vegetable lasagna was something that had been processed or prepared in a factory and had additional sodium and preservatives to it — that would make it yellow."

See DINING, page 7



Fort Riley swaps top cop

Col. Richard Ball, commander, 89th Military Police Brigade, passes the 97th Military Police Battalion colors to Lt. Col. Josh Campbell during the change of command ceremony Oct. 4 at Cavalry Parade Field. Campbell replaces Lt. Col. Ann Meredith who is transferring to Fort Campbell, Kentucky.

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

The change of command ceremony for the 97th Military Police Battalion occurred Oct. 4 at Cavalry Parade Field where Lt. Col. Ann Meredith relinquished command to Lt. Col. Joshua Campbell.

A member of the Commanding General's Mounted Color Guard brought two bouquets of roses as well as other mementos to the families of Meredith and Campbell.

A battalion knife was presented to Meredith's husband, Lt. Col. Jon Meredith, armor branch chief, U.S. Army Human Resources Command, Fort Knox, Kentucky. Her children, William and Molly received MP helmets. Her father

also received a battalion knife and her mother received a bouquet of red roses.

The gifts were symbols of the love and respect of the loyal support they have shown for the Soldiers and families of the battalion, the narrator of the ceremony said.

A bouquet of yellow roses was presented to Campbell's wife, Jennifer.

"Yellow is color of joy and friendship and symbolizes the relationship between the battalion Soldiers and the family readiness group," said the narrator of the ceremony. "Shortly, the rosebuds will blossom as will their relationship with the Soldiers and their families as they grow into a cohesive team."

See CAMPBELL, page 8

New Junction City High School: Ground now broken

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

After a brief ceremony Oct. 5 construction has begun on the new \$105 million Junction City High School at the corner of highway 18 and Munson Rd.

Representatives from Unified School District 475 and U.S. Army Garrison Fort Riley commander Stephen Shrader spoke to the audience before posing for photos with the ceremonial shovels.

"It makes perfect sense to me, that tonight in company of our student body and visiting alumni, that we celebrate homecoming," said Junction City High School principal Melissa Sharp. "This group of people with us today, also gets to celebrate a new homecoming for future Blue Jays. It is certainly my humble honor to welcome each of you to

today's ceremony as we commemorate this new chapter. We are more than thrilled to begin construction on this project and want to thank our community, the State of Kansas, Fort Riley, our local government representation and the Department of Defense for making this a reality."

Sharp thanked the community supporters and donors, those who made large and small donations, for their combined efforts to make the school a reality.

"...your dedication, your support and commitment for this school and community has not gone unnoticed," she said. "Getting to this moment took the entire family of Blue Jays. We could not have done it without you."

Sharp closed with a message to the students.

"And to the student body — past, present and future — you deserve an outstand-

ing facility of this magnitude," she said. "Be proud. It is our desire to make this the best education and training facility in the region for you and your post-secondary dreams. If you can dream it — we want you to be it all through the learning that occurs within the walls of Junction City High School. I would like to formally welcome you to the new Junction City High School and the future home of Blue Jay Nation."

Shrader, a father of two JCHS students — Mason and Grant — thanked USD 475 members for inviting him to take part in the ceremony. He spoke of the appreciation Soldiers, and families share with the district for their dedication to education and the security the teachers and staff at the schools provide as Soldiers head overseas.

See SCHOOL, page 8



Beth Hudson, left, interim superintendent, Unified School District 475, Tom Brungardt, school board president, and Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander, toss dirt after ceremonially breaking ground on the new \$105 million Junction City High School Oct. 5

WHAT'S IN THIS ISSUE



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SPC. SHELL INVESTIGATES AREA FALL FESTIVALS IN THIS WEEKS TRAVEL AND FUN IN KANSAS

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HISTORY COMES ALIVE IN HISTORIC CHAT AT THE FIRST TERRITORIAL CAPITOL

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Cadet gets hands-on experience while at Fort Riley



ABOVE: As part of Cadet Troop Leader Training with 299th Brigade Support Battalion, Reserve Officer Training Corps cadet Breanna Carter, right California Baptist University, Riverside, California, shadowed Capt. Anne Mergener, branch chief of the Fort Riley Veterinary Services, Sept. 10. Mergener shows Carter what to look for when performing a routine animal check up. **RIGHT:** Carter checks the dog's vitals.

Story and photos by Staff Sgt. Simon McTizic
2ND ABCT PUBLIC AFFAIRS

Walking through the doors of the Fort Riley Veterinary Treatment Facility, ROTC cadet Breanna Carter of California Baptist University, Riverside, California,

was greeted by wagging tails and barks. She smiled as she reached down to pet a golden lab mix being seen for a routine checkup. The veterinary technician lifted the animal onto a metal table for the veterinarian to start her examination. While the vet was checking the dog's

heartbeat, she motioned Carter to stand by the table and placed the stethoscope in the cadet's ears. Carter was part of the 2nd Armored Brigade Combat Team, 1st Infantry Division's, cadet troop leader training Sept. 7, on Fort Riley. The 2nd ABCT Soldiers provided

mentorship and an opportunity to experience leadership to students who participated in the training. "I was really excited because this is my first time shadowing a veterinarian that's in the Army," Breanna said. She added that It was good see how a veterinarian



goes through checking the animals, for any injury and making sure they're healthy. Capt. Anne Mergener, Fort Riley Veterinary Services branch chief, said she loved having students observe and shadow her. "I think it's really good for veterinarians to know

that the Army's an option," she said. "It's a really good way to learn and to have lots of different opportunities to pursue different interests within the veterinary field such as public health on the installations, rabies prevention and things like that."

Artifact returned to historic Station Two



A leather firefighters helmet and badge dating back to the 1950s were returned by the 1st Infantry Division Museum to the Fort Riley Fire Department's Station Two Oct. 4.

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

A helmet and badge, circa 1950, was returned to the firefighters of Fort Riley's historic Station 2 Oct. 4. The two items had been in the artifacts collection at the Fort Riley Museums, having been cataloged and stored for years, according to Debbie Clark, museum specialist, 1st Infantry Division Museum. "So when we've been going through all our stuff, with the move," she said, "instead of getting it off our database and sending it somewhere else ... I said, 'Hey the fire department.'"

Robert Smith, supervisory curator, Fort Riley Museum Complex, said, Clark confirmed via records the items belonged to Fort Riley, though they were not worn by the same person. Battalion Chief Wes Hill emphasized the importance of the items. "Anytime you can bring a historical piece — a tool, helmet even fire trucks — and bring it back to an agency where it originated from is rewarding," he said. "It's a piece of our history. It's where we came from and where we are now. It's just a great honor to have that back in our possession."

The small assembly of firefighters and museum personnel talked about the design of the

leather helmet and badge and how the equipment used today looks different. "Obviously, it was a nice, old leather helmet manufactured by Cairns, which has a strong, historical tradition with fire agencies," Hill said. "Cairns fire helmets have been around for a very long time. They make a very durable leather helmet. Anytime you can find a leather helmet with some age, that you can associate to your department — that's quite an honor."

Smith revealed that the museum is in the process of assembling a firefighting exhibit in the remodeled museum. "I'm not sure that you are aware, but we are putting a firefighting exhibit in the 1st ID museum because in the early 90's they sent the 1st Engineers up to the Piute National (Park) forest fire to help up there," he said. "We've got some Nomex clothing that was given to us, firefighting tools. We are actually putting an exhibit in. The division not only did peace keeping in the 90's, trained here on Fort Riley but also were sent out on civil (matters)."

Hill said it will be up to the crews where they would like to display the items, which were placed in a clear plastic case together. "Any spot is a good spot because the station is, as a whole, very historical," he said. "I imagine the crews will pick a nice spot in the open public."

See HISTORY, page 8

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Combined Federal Campaign donation season has begun, lasts until Nov. 15

By Andy Massanet
1ST INF. DIV. POST

The official 2018 Heartland Combined Federal Campaign is slated Oct. 1 to Nov. 15, and new web-based technology should help government employees give to the charities of their choosing this year. "The CFC is the world's largest and most successful annual workplace charity campaign, with almost 200 CFC campaigns throughout the country and overseas raising millions of dollars each year," said the Office of Personnel Management website. "Pledges made by federal civilian, postal and military donors during the campaign season ... support eligible non-profit organizations that provide health and human service benefits throughout the world."

Federal employees voluntarily participating in the CFC contributed more than \$104 million in 2017 to thousands of local, national and international causes in both funds and volunteer time, said Jeff T.H. Pon, Director of the United States Office of Personnel Management. Meanwhile, charitable giving at Fort Riley has been robust. Last January, the 1st Infantry Division Post newspaper reported the amount of 2017 online pledges presented to 'Big Red One' leadership was \$146,412. "In addition, the total amount of 2017 local paper pledges Jan. 9 was \$51,235," the article said. At the time, Clint Strutt, Fort Riley Financial Readiness Program manager, said the online pledges were \$205,657, an increase of about \$60,000

"You know that you are the one taking that money out, rather than someone reaching in and taking it out."

Clint Strutt
Fort Riley Financial Readiness Program manager

for the Army family for the Heartland region. The downside is that, according to documents provided by Strutt, of the 72,000 active federal employees in the Heartland zone, only 3.6 percent participated in the CFC last year. The goal in 2018 is 7 percent participation. The CFC effort is divided into 36 zones, according to the official website. Fort Riley is one of those in Heartland Combined Federal Campaign zone. As this year's effort begins, Strutt emphasized that this is a sound and safe way to donate to charity, especially if employees use the online method. "It's convenient; it's really nice to know that who knows who isn't somehow reaching into your bank account," Strutt said. "You know that you are the one taking that money out, rather than someone reaching in and taking it out."

While the traditional method of making pledges on paper is still available — the paper option will be available for the next four years before it is phased out — Strutt encouraged use of the online method. However, whichever method is used, the important thing is to support a worthwhile charity, Strutt said. "I encourage people to use whatever way that suits

them," he said. "The online version gives them an option. Instead of waiting for the representative to come around and help with the forms, employees get to take the initiative. Also, there are a lot of Soldiers out there who would much rather go online than have a piece of paper with some [Personal Identifiable Information] on it."

According to the Heartland CFC website federal employees can make a pledge online via the centralized giving platform. Donors can choose a payroll deduction, a one-time or a recurring, monthly pledge via a credit card, debit card or direct bank transfer. Federal employees are also invited to pledge volunteer hours to participating charities in addition to monetary donations. According to the website at cfvgiving.opm.gov/welcome, the charity listing, both in print and electronic formats, identifies charities that are participating in soliciting volunteer time from federal employees. Donors can search for charities that offer volunteer opportunities and indicate the number of hours they would like to pledge. Visit CFC Donor Pledge System at opm.gov/Show-SomeLoveCFC to search for charities offering volunteer

opportunities and pledge time. To use the online method, donors must log onto cfvgiving.opm.gov/welcome, and set up an account. Once in, they can click "Pledge Now," and begin searching for the charities of their choice. Also, while the official season began Oct. 1 and lasts until Nov. 15, donors can contribute after the season ends.

QUICK TIPS, INFORMATION

- The goal for 2018: \$1,750,000 and a minimum of seven percent participation of the 72,000 person workforce
- If 10 percent pledged \$10 per person, the total would be \$1,872,000; if 20 percent pledged \$10 per person, the total would be \$3,744,000.
- Some examples of charities available include animal welfare, veterans, environmental concerns, youth development, women and girls, religious concerns and poverty.
- You can select the frequency of the payroll deduction to: monthly; semi-monthly; biweekly. You can also elect to make a one-time lump sum contribution.
- Minimum contribution amounts via payroll deduction are \$1 per pay period per charity. The minimum credit card donation is \$10.
- Also, administrative costs do not come out of your donation.

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Chain of command rises with floodwaters

By Staff Sgt. Simon McTizic
2ND ABCT PUBLIC AFFAIRS

In the Midwest, weather can't always be predicted. The weather application on your cell phone may call for sunny skies and fair temperature; but outside there may be clouds and numbing cold wind.

One Soldier at Fort Riley was expecting the same result as he looked down at his cell phone and read "storm with possible flooding" but it was his dog who proved to be a better weather predictor.

While the rain pelted the roof and sides of his house, his dog kept trying to gain his attention by pushing underneath the covers.

"I woke up in the middle night because it was storming pretty good and I have a dog that's afraid of storms, so she kept bugging me," said Staff Sgt. Michael Vacanti, howitzer section chief from 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division. "So, that woke me up, and then I got a weather warning that there was flooding in Manhattan and other parts of Portawattamie County and Clay County on my phone."

Vacanti was awake at 6 a.m., when messages came in through the platoon's group chat. Some were asking if anyone was affected by the heavy rains. One message, from one of Vacanti's Soldiers said, "Yes!"

At about 4:30 a.m., before sending his text to Vacanti, Sgt. David Perez from 1st Bn., 7th FA Regt., 2nd ABCT, 1st Inf. Div., said he got a weird knock on his door.

"When I opened the door, it was the landlord," Perez said. "He said, 'look out — it's kind of starting to flood, so you guys might want to move your cars.' So, by the time we moved all our valuables upstairs, the water level had already risen so much it started to seep underneath the apartment door. So when we opened it, it started flowing in and at that point the water level was past the doors of our cars and was creeping up our apartment stairs."



Courtesy Sgt. David Perez

ABOVE: Flood waters raged into the parking lot of the apartments in Manhattan, where Sgt. David Perez was living. **RIGHT:** Water fills the lower landing of the stairwell in the apartment complex during the flooding on Wildcat Creek in Manhattan.



It would have been too dangerous for Perez and his roommate to drive or swim due to the water levels and current. After calling 911 and informing them of his emergency, he communicated his situation to Vacanti his section chief.

"When he was saying his second story is getting flooded I was thinking he was on the second floor of the apartment building, not his actual apartment having two stories," Vacanti said. "So, he sent a picture from the inside with the water to his second story with some stuff moved and floating around because of the floodwaters."

The section chief packed his truck with a couple of kayaks and life vests and headed out to see if he could help Perez.

Before Vacanti arrived, the emergency services team was there.

"They brought out a motorized boat and also a kayak

that they used," Perez said. "They opened our door, and at that point the water level was five steps away from our second story, so they brought that kayak, which we got on, pulled us out of the apartment, then got us onto the motorized boat and moved us to safety where chief was waiting. We weren't really worried about ourselves, we were more worried about my roommate's dog."

Perez's battalion made sure there was a place for him, his

roommate and the dog to stay. They allowed him time to take care of any issues such as his car, storage and having Army Emergency Relief help.

"Well, if the chain of command isn't up to speed with what's happening with their Soldiers then what good is the chain of command doing?" Vacanti said. "It's there to help support in an emergency situation. This way, they can make sure that their own Soldiers are taken care of."

USO Fort Riley honors female Soldiers with Sisters in Arms event

By Amanda Ravenstein
1ST INF. DIV. POST

The team at USO Fort Riley want to bring more women into the center and at the same time, honor women in the military.

"We see a lot of men in our center and we would like to see more of our sisters in arms," said Traci Taylor, interim director USO Fort Riley. "So, we wanted to do something special — just for them."

During October, any female Soldier who visits the USO will receive a free gift bag of Mary Kay products valued at \$60. Also, during lunch on Wednesdays, there will be raffle drawings for an assortment of prizes, Taylor said.

"We have beauty products, we have hand-made quilts and some hand-crocheted neck scarves," she said. "We have those gifts of love that were prepared by people from the communities. They said for us to distribute them to our sisters in arms."

USO Fort Riley offers many activities for servicemembers and their families; including a TV room, pool tables, childcare, games and more.

USO Fort Riley is open Monday through Thursday from 8 a.m. to 6 p.m. Fridays from 8 a.m. to 3 p.m. Weekends, holidays and training holidays from 10 a.m. to 3 p.m.

For more information about the Sisters in Arms event or other USO Fort Riley activities call 785-240-5326.

GARRISON SPOTLIGHT

NICOLE FOUNTAIN

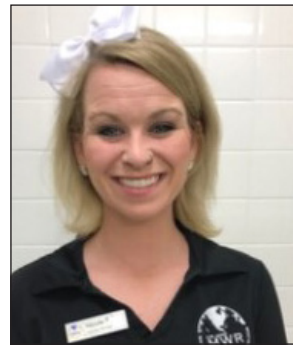
Nicole Fountain manages the Custer Hill Bowling Center and she took on the additional duty of serving as the acting Business Operations Chief.

Fountain's exceptional initiative, leadership and subject matter expertise contributed to the mission and success of Business Operations while acting as the Business Operation's Officer. Her outstanding performance in handling

division-level tasks and engaging senior leaders in the execution of division-level requirements was beyond reproach. Fountain completed all tasks with effectiveness and efficiency allowing the quality of services to continue to be provided to our Soldiers and their families.

As a direct result of Fountain's efforts and dedication to improve the quality of life of our Soldiers, she has helped strengthen the relationship between her business, the community and the customers and guests she serves.

Finally, Fountain has created a work culture that allows her employees to use their core strengths to make a difference every day through the elevation of individual, team and organizational performance.



Chad L. Simons | 1st Infantry Division Public Affairs

TOP: Maj. Gen. John Kolasheski, uniform, 1st Infantry Division and Fort Riley commanding general, poses with retired Gen. William Hartzog, center, along with veteran Soldiers and family members in front of the 1st Inf. Div. Headquarters Oct. 4. Hartzog commanded the 1st Inf. Div. from 1991 to 1993.



ABOVE: Maj. Gen. John Kolasheski, right, 1st Infantry Division and Fort Riley commanding general, speaks to former Soldiers about the state of Army and the 1st Inf. Div. in front of division headquarters Oct. 4.

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

By Amanda Ravenstein
1ST INF. DIV. POST

Editor's Note: This is the second part of a two-part informational story.

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: You mentioned that during the Soldiers' first session they are going to be asked a lot of questions. Is that going to be overwhelming or something that they are going to be prepared for?

A: Our experience with our patients, which mirrors the research, says the first session is pretty cathartic. Because it takes so much energy and courage to make the appointment and come in and face these problems. After the first session alone people report feeling better; not completely cured, but better.

Q: Part of the sessions where you have these conversations is a method called 'cognitive behavioral therapy.' How does that work?

A: Well, cognitive behavioral therapy is a very incredibly supported and validated treatment form which has been effective for more than 50 years. What it does, and many treatments have spawned from it, is it challenges your beliefs, assumptions and thoughts which are interfering with your ability to meet your true potential. Now, I get that's kind of vague. Because your true potential goes back to whatever the goals are. So, the goal of CBT is to alter some of those thought patterns to change behaviors and treat behavioral health disorders.

Q: How many sessions can Soldiers expect to go through?

A: It really depends on how long the patient's

problems have existed. If they have existed for many years, there may be quite a few sessions. It also depends on the severity of the disorder.

Q: What is the frequency of sessions?

A: Typically, once a week or once every other week and on average about eight to 12 sessions.

Q: If I am a Soldier seeking help, when can I expect to start to experience improvement?

A: You will feel a little better in that first session, much in the same way as physical training, you feel good about what you have accomplished. Where you really experience the gain is when you keep up with it. So, when you attend your sessions and you follow a treatment protocol and also when you communicate with your provider with what's working and what's not working. If you don't communicate what's not working, just like in physical training if something hurts and you just keep doing it, its not going to do you very much good.

Q: Let's say I'm a leader and I have Soldiers who look to me for guidance and I am embarrassed at the prospect they are going to find out I am having to see a behavioral health provider. What should I do if I am wrestling with that stigma?

A: When it comes to that stigma, it does exist. I would say in the Army its definitely been reduced some. But coming to behavioral health is a sign, in and of itself, of leadership, of taking initiative because you are addressing an issue that you know is impacting your life in some way. So, I would say you are upholding the Army Values in doing that.

Q: Let's say I am a Black Hawk pilot. If I seek behavioral health treatment for some of the pressures I am experiencing — will that end my career opportunities?

A: I know there has been a misconception that if you go to see a behavioral health professional it is going to destroy your

Army career, going to prevent you from achieving retirement or having a successful military career. That is not the case. I would argue otherwise, that not seeking treatment and having it impact your career and having the secondary effects of the negative counseling statements or something worse, would be the greater impediment to your career. If you are struggling with this, you are probably not meeting your full potential anyway. So, when individuals come to address these issues, for example the pilot, the most important thing is that the Soldier gets the treatment. The best asset the U.S. Army has isn't its tanks or it's firearms — it's the Soldier. So, we have a vested interest in keeping

them healthy. If you come to see me about treatment, let's get these issues addressed and then continue forward so you can excel in your career.

Q: Ok so, I'm that Black Hawk pilot going through some issues. I go and get the behavioral health treatment. I am going to be down for a couple weeks maybe a couple months; but it's very conceivable in your view that I could be healed and go back to my normal job, as a pilot, and continue and be better without having my career derailed?

A: I have treated Soldiers of every sort, including pilots and they have gone on after our treatments to have successful careers. So yes, it is true.



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

'Big Red One' holds quarterly competition



A Soldier drags a "wounded" mannequin as part of the medical task of the Soldier and non-commissioned officer of the quarter competition. The results were announced Sept. 25.

Story and photos by Pvt. Joshua Oh
19TH PUBLIC AFFAIRS DETACHMENT

Four Soldiers from the 1st Infantry Division competed for Soldier of the Quarter and Non-commissioned Officer of the Quarter on Sept. 25. The competition tested their readiness with an Army Physical Fitness Test, land navigation course and military knowledge in front of a board.

Soldiers prepared for the event by studying Army regulations and conducting their own training weeks prior.

The winner and now the NCO of the Quarter, Sgt. Tremaine Reeves, 116th Military Police Company, 97th Military Police Battalion, said to prepare for the competition he studied every day, and conducted physical training.


The winner and Soldier of the Quarter, Pfc. Shaquille O. Cruz-Medina, Headquarters and Headquarters Company, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Inf. Div., said the last couple weeks of training, with his NCO's, were rough.

The Soldiers who qualified to compete for the award had to keep their level of motivation high during the event.

"My main motivation was to inspire not only my Soldiers, but my company as well," said Spc. James R. Wilkes, 300th Military Police Company, 97th MP Bn., a team leader and one of the competitors of the Soldier of the Quarter award. "I want them to better themselves as Soldiers and one day be able to compete in events like this."

The Soldiers who competed for the award said they learned new things about themselves as a result of having gone through the event.

"I learned I can push myself way further than the limits I thought I had," Wilkes said. "Over the past three weeks, I learned so much about myself and the Army at the same time. So, I will continue to study and gain more knowledge."




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17 October @ 1730

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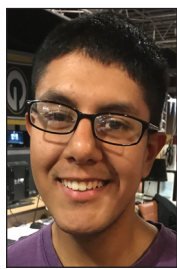
What is your favorite scary movie?



“‘Hellraiser.’”

SPC. NICHOLAS LANG
MILWAUKEE, WISCONSIN

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



“‘The Grudge.’”

PFC. WILLIAM TARAZONA
CORAL SPRINGS, FLORIDA

1st Squadron, 4th Cavalry Regiment, 1st
ABCT, 1st Inf. Div.



“‘The Devil’s Reject.’”

SPC. KENNETH STEWART
SUMMERSVILLE, WEST VIRGINIA

774th Ordnance Company, 84th
Ordnance Battalion.



“‘The Conjuring’”

SPC. CHARLES DALTON
CLEVELAND, OHIO

287 Military Police Company, 97th
Military Police Battalion



“‘Lights Out.’”

SPC. DAVID LANDRUM
SWEETWATER, TENNESEE

541st Combat Sustainment Support Battalion,
1st Inf. Div. Sustainment Brigade

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

Reaching your customers ... through Safety

By Dawn J. Douglas
GARRISON SAFETY OFFICE

Team Riley, when you think of customer service, you usually don’t think of safety management. However, safety and customer service relate to each other in quantifiable ways. In fact, customer service is significantly impacted by a well-managed safety program.

Workplace safety is not simply an issue of doing the right thing or avoiding costs associated with lost-time, injury and related expenses. In fact, a well-managed safety and health program does not want to measure its performance solely on trailing or lagging indicators — accident and injury records, worker’s compensation costs, property damage reports, etc.

Performance measures should be based on leading indicators or “before the fact” outcomes, such as the quality of audit and inspection programs, employee workplace surveys and random samplings of workplace conditions that may affect employee’s performance.

It is indisputable that a positive safety culture affects all aspects of business. When an organization demonstrates that it prioritizes safety — it causes a participative environment. That environment can impact better communications in other areas of the workforce, further improving

productivity. When an organization is more productive, its clients see a direct correlation in their customer service.

The quality of a service is evaluated on more than customer satisfaction. Security, cost, speed, safety and compliance are elements of quality.

In building a “service culture” in Installation Management Command, operational excellence training focuses on the service experience holistically using the eight C.U.S.T.O.M.E.R. techniques:

- Cheerful Greeting
- Use Positive Communication
- Show a Positive Greeting
- Teamwork
- Own your job
- Make it up to the Customer
- Extra mile
- Remember to thank every guest

Inherent in these techniques is a level of excellence in the quality of service. Inherent in quality is safety. No internal or external customer wants to patronize or work at a facility that is not safe and healthful, free of recognized hazards.

Organizations lose business when they have visible and preventable safety hazards.

Regardless of how good the service is or how valuable the product, no matter how polite and friendly the customer

service team members are, when a customer is injured because of an unsafe product or an unsafe environment, it is nearly impossible to recover from the negative blow the customer experience will take. It is easier to recover from a negative customer experience because of a failed process or a failure of a customer service agent, than it is for that same organization to recover from liability after a slip, trip or fall because of lax safety standards.

One of the innovative tools the Garrison Safety Office has developed to assist both external and internal customers is the U.S. Army Garrison Fort Riley, SafetyGO mobile application.

The USAG, SafetyGO app has a direct correlation to the service culture in that it allows any person with a mobile device to report potentially unsafe conditions directly to the Garrison Safety Office.

User generated reports are one of the many ways the USAG Safety Office can be proactive in eliminating hazards “before the fact.”

When a hazard is identified through the USAG SafetyGO app, one of the trained professionals in the GSO can survey and investigate the potential hazard and develop a mitigation strategy to eliminate or implement control measures to prevent accidents or injuries from occurring.

The app helps to improve customer connection, communication and a collaboration within the Fort Riley and Flint Hills community to create a safe and healthful environment for all.

It is operational excellence in action.

Of course the USAG SafetyGO app has a host of helpful features including a community calendar to inform Team Riley of important safety events and safety course offerings, simplified enrollment forms and downloadable fact sheets on safety policies and safety related information. The app is useful for active-duty Soldiers, family members, Department of the Army civilians, retirees and contractors because it can transform your personal cell phone into a valuable safety tool.

The USAG SafetyGO app is a public access application which requires no special permissions, does not track user login data and does not contain any advertisement or in-app purchases.

If you have not downloaded it, try it out today. It is available in both the Apple and Android app store under “USAG SafetyGO.”

Help safety do its part in ensuring that Fort Riley provides the B.E.S.T. customer service experience possible.

For more information, contact the Garrison Safety Office at 785-240-0647.

ASK DR. JARGON

Uncommon usage of familiar words

Dear Doc Jargon:

It’s been more than a minute since I was in the Army and there’s an old term and I could use some help deciphering the way it is used these days. When I used to say, “come up on the net,” it meant my comms — or communication devices — were in working order. Now days I’m hearing it used like a status check on someone’s personal life. What in the world and why?

Sincerely,

Changed Times

Dear Changed,

Your old use of the term is still an accurate one. It

is still a term to indicate the ability to communicate throughout an operation. However, you are not wrong in your perception that the language has taken on a new, and sometimes deeper, meaning.

When someone has been out of personal contact with their buddies, whether it’s for fun or because they’ve had a significant change in their life — marriage, divorce, vacation — it’s pretty common for them to get questions about what’s been happening. But you and I both know Soldiers sometimes have a hard time coming straight out and

asking if someone is OK. So, popping off with a less intrusive statement like, “about time you came back on the net — what’s going on?” is one way to take a term that isn’t associated with traditional health or wellness language and still get a related answer.

When you are talking to someone who you know is struggling, with that one sentence, you express that they were missed and you personally noticed — that they are cared about and you want to know what’s going on and you want to know why they were out of regular contact. Now, sometimes

all that isn’t the message. Sometimes it’s just a phrase used to catch up with someone you’ve lost contact with. But sometimes it is a perfect way to open dialog with someone who has not been acting the way they usually do.

So, coming back up on the net is synonymous with reconnection to people too.

If you get a chance to reach out when someone goes “off the net” do it. Sometimes that’s all it takes to get your buddy reconnected.

Sincerely,

Doc

For more info contact: 785-239-2583

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Army strives to better enable small businesses in seminar

By Sean Kimmons
ARMY NEWS SERVICE

WASHINGTON — As Army leaders push modernization and acquisition reform, efforts are underway to make it easier for small businesses to step up and fill in gaps.

On Tuesday, the Army Office of Small Business Programs kicked off a two-day seminar at the Association of the U.S. Army's annual meeting to assist about 1,500 small businesses.

"Innovation comes from the small businesses that we have out there," said Pamela

Callicutt, the acting director. "We have to sustain our industrial base with the small businesses so that they can bring the innovation to the Army."

A key part of the seminar are matchmaking sessions, which allow entrepreneurs to engage with representatives from the Army, federal government agencies, and with industry partners.

In them, a group of five entrepreneurs sit and discuss their business models with the representatives during 15-minute periods.

"You need to have your elevator speech ready," she said.

"It's like speed dating. You have five people sitting at the table and they quickly go over their capabilities with whoever the government buyer is."

While no contracts are necessarily given out during the sessions, they do allow the agencies the opportunity to tell entrepreneurs what they are procuring.

The Army relies heavily on small businesses and leads the federal government in spending. In fiscal year 2017, more than \$18.5 billion was spent on small businesses, according to the Army Office of Small Business Programs.

"What we do is advocate for the small businesses, especially if they have a capability to meet our mission requirements," Callicutt said.

The seminar also consists of panel discussions and opportunities on how small businesses can fit into the Army's modernization and readiness priorities.

On Tuesday, the agenda included an update on Army Futures Command. The Army's new command, which is expected to reach full operational capability next summer, was created to get closer to innovators.

Near its headquarters in Austin, Texas, the command has set up an Army Applications Lab inside an incubator hub. It also held a "hack-a-thon" competition last month and handed out three \$15,000 awards to further refine counter-drone concepts.

Jeffrey White, principal deputy for the assistant secretary of the Army for acquisition, logistics and technology, is expected to speak at the seminar Wednesday.

His organization is currently holding the Army Expeditionary Technology Search, or xTechSearch, a new program that plans to award \$125,000

apiece to 12 small business finalists. One of those finalists could earn an additional \$250,000 to help develop their technology.

The seminar also includes a discussion with small business directors, including Callicutt, as well as international trade opportunities and a talk on safeguarding covered defense information.

"The agenda we have put together will give small businesses more insight into where the Army is going in the future and how they need to align with the Army's mission," Callicutt said.

DINING Continued from page 1

Fresh fruit, fresh vegetables, whole grain breads and a low-sugar yogurt parfait are examples of the green items.

"Our green foods are foods that will enhance our performance," Curtis said. "Yellow foods can be more processed, they won't help enhance our performance as much as the green foods."

As Soldiers choose their meal, they should be looking for 85 percent green choices, 10 percent yellow and five percent red. Or, they can just go with one red meal a week. The red meals are at the back of the DFAC and include items like chili dogs and cheeseburgers.

The labels also have a picture of a salt shaker to indicate the sodium level in the food.

"If Soldiers are outside performing in a hot environment, sweating a lot, then I would want them to have more sodium intake to help them maintain their electrolytes," she said. "Some people have hypertension or high blood pressure so we want them to see the low sodium food items."

SO MANY CHOICES

On Oct. 3, the lunch choices included the staples like a salad bar and short order items like cheeseburgers and hot dogs.

But Soldiers also had a choice of entrees and sides like a vegetable combo, chicken Parmesan, grilled chicken, grilled fish, brown rice or lasagna.

They could also choose a made-to-order sandwich with nearly all green choices. However, on the sandwich bar, there was one red label that stuck out.

"The red would be the cheese," Bruenning said. "Some items that you would think would be green really aren't once it's all broke down. We have coders in the building that actually sit down at the com-

puter, we give them the product and it tells them if it's green, yellow or red."

A product like a slice of cheese is high enough in fat to land it in the red.

The salad bar isn't safe from the red labels.

"The salad bar is broken down into two leafy greens and then fresh toppings," he said. "Red will be your dressing."

He plans to start offering lower fat and lighter dressings and make the entire salad bar larger and add more toppings.

The salad bar was the first stop for many of the Soldiers who were walking in for lunch, including Sgt. Keith Estes, 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division.

He said he is aware of the labeling system but doesn't pay a lot of attention to it because he already eats well. At Fort Stewart, Georgia, a former duty station, he worked with Soldiers on issues relating to health and recovery. Nutrition was a big part of that, he said.

"It's about the importance of nutrients and how it affects your overall performance," he said. "What you eat is what you get out of your performance."

He said Go for Green can help Soldiers who just want to grab a quick meal.

However, no matter how many labels there are or how the food lines are designed it won't make a difference if the flavors aren't there and if there is not adequate variety.

Staff Sgt. George Yeanue, Headquarters and Headquarters Battalion, 1st Inf. Div., said that's not a concern. He went straight for the green options at the grill when he visited the DFAC for lunch.

He said he was familiar with the label system and it is a way for the Army to try to get

the Soldiers to eat healthy. Although he enjoys the healthier options anyway, he does pay attention to the colored labels.

Curtis was pleased to hear that. Because at the end of the day it's about readiness, she said.

"The number one reason Soldiers were evacuated from theater in Afghanistan was not trauma or (improvised explosive device) blasts," she said. "It was because of muscular skeletal injuries. Soldiers that are at a higher weight are at higher risk for muscular skeletal injuries. The Go for Green program helps them prevent putting on weight, manage their weight or lose weight. At the end of the day we are keeping Soldiers in the fight and stopping them from being evacuated."

ON THE HORIZON

Right on the heels of rolling out Go for Green, Bruenning said more changes are on the horizon in the form of additional choices.

"We will be implementing a new menu to help us get more of the Go for Green," he said. "We're adding items including some that you normally wouldn't see in a DFAC; more plant-based items like eggplant Parmesan. More vegetarian options, we don't have a lot that we offer for vegetarians."

The new menu items and the new system to help Soldiers move toward the healthier choices are indicative of a changing philosophy when it comes to nutrition in the Army.

"Army nutrition used to be about giving our Soldiers that home cooked meal, providing more comfort food," Curtis said. "Now, it's definitely more of a focus on performance and looking at Soldiers as Soldier-athletes."



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VOLUNTEER-VOLUNTEER-VOLUNTEER-VOLUNTEER-VOLUNTEER

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

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

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** BOSS Program 7867 Normandy		239-2677
** Custer Hill Bowling Center Bldg 7485	Nicole Fountain	240-3591
** Child & Youth Services Bldg 6620	Danitta Brantley	239-4759
** Teen Center 5800 Thomas Dr	Danitta Brantley	239-4759
** Youth Sports Bldg 6620	Brittany Glascock	239-9223
** Gyms		239-2573
** Ft. Riley Library 5306 Hood Dr		239-5305
** Outdoor Recreation	Travis Engle	239-2271
** Warrior Zone Bldg 7867		240-6618
Fort Riley Historical Society	hasfrpresident@gmail.com	784-3874
The Thrift Shop	volunteering.frsc@gmail.com	587-1818
Fort Riley Spouse Club	www.scouting.org	587-1818
Boy Scouts	Facebook: jcftrileygirlscoutinformation page	http://www.scsano.org
Girl Scouts	Theresa Guadagno	240-5328/5326
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COMMUNITY ORGANIZATIONS

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

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CAMPBELL

Continued from page 1



Amanda Ravenstein | POST
Col. Richard Ball, right, Lt. Col. Ann Meredith, Maj. Tommy Sieker and Lt. Col. Josh Campbell ride horses from the Commanding General's Mounted Color Guard to inspect the Soldiers on the field at the close of the 97th Military Police Battalion change of command ceremony Oct. 4 at Cavalry Parade Field.

Jon Meredith and the children presented a basket of carrots to the horses and a bottle of whiskey to the Soldiers of the CGMCG.

The ceremony began with the traditional sounding of cannon fire from “Old Thunder”, a replica of the 1764 three-pound light artillery cannon, followed by the arrival of the official party.

As her last commanding act, Meredith passed the battalion flag to Col. Richard Ball, commander, 89th Military Police Brigade.

Campbell received the flag symbolizing his acceptance as commander of the battalion.

Ball talked about the many awards and accolades the 97th MP Bn., has achieved while under the command of Meredith.

“Ladies and gentlemen, the Soldiers standing before you and their outgoing commander are some of the best that this nation has to offer,” he said.

Campbell first entered active duty as an enlisted counterintelligence agent in 1996. While enlisted, he was a recipient of V Corps Commanding General’s Hip-pocket Green to Gold scholarship and was commissioned through Oregon State University’s Reserve Officer’s Training Corps program in 2001.

His previous assignments include many leadership roles in units across the country and operational deployments around the world.

“Although we are losing an excellent commander,

that loss is more easily absorbed when the incoming leader is one such as Lt. Col. Josh Campbell’s caliber,” Ball said.

SCHOOL

Continued from page 1

“Our military families know not only the sacrifice of service, but the reality of changing duty stations and adjusting to communities and schools every few years,” he said. “In fact, access to quality schools is the number one factor we look at as military families as we get ready to transition to our next assignments. Everyone here at USD 475 provides the education and learning environment our families trust and take pride in. You provide that education in a unique environment where duty can take parents to far corners of the earth.

“It’s the professionalism and support of those that work in our schools that give Soldiers peace of mind when they have to deploy and answer the nations call,” he added. “As our Soldiers serve this great nation, they know the children will be getting the best education possible and the support they need to thrive in school and in life.”

Shrader also spoke of the importance of the partnership between Fort Riley and the school district, mentioning three schools have been built on post in recent years.

“That’s significant because you don’t see that many schools opening up on military installations that often,” he said. “Fort Riley has always worked closely with USD 475, in fact a number of USD 475 schools are partners in the Adopt a School Program — including the partnership between Junction City High School and the 97th Military Police Battalion.”

Interim superintendent, Beth Hudson, thanked the volunteers within the community who “worked tirelessly to impact students for decades to come.”

“We wouldn’t be here today without the hard work of the community’s ‘Say Yes to JCHS’ campaign, Junction City High School staff, our district business ops division, our district marketing and media relations department, passionate district staff and supporters of education in Geary County,” she said. “This has been indeed a collaborative effort.”

Hudson pointed out the new high school is three miles from the current school, but with the programs to be offered, students are “miles ahead of where we were.”

“A new Junction City High School will create more opportunity and make current programs available to students in popular career paths,” she said. “I really cannot tell you how excited I am to see our students thrive in an environment designed for their success. Junction City High School has a diverse population of students from around the world, many of which are military connected and our partnership with these Fort Riley families is one of our many points of pride.”

Hudson mentioned the importance of Fort Riley to the Flint Hills Region and the heavy impact aid awarded to the district because of the installations presence.

“Fort Riley is critical to our region and it is because of our close ties with our schools, we have consisted for heavy impact aid, which accounts for a significant portion of the funding for our new Junction City High School,” she said.

As she closed, she reminded everyone to “be proud of where we are from. Be excited about our future. Be bold, and always be blue.”

Several members of the freshmen class were present as they will be the first to class to graduate from the new school once it opens in 2021.

HISTORY

Continued from page 2



Will Ravenstein | POST
Fort Riley firefighters listen to Bob Smith, curator, 1st Infantry Division Museum, talk about the possibility of a firefighter exhibit within the museum Oct. 4.

Hill said the fire department enjoys sharing old photographs on Facebook and especially enjoys it when someone recognizes a person in those photos.

“We do publish a lot of old photos through our Facebook site, we do get people reaching out to us saying, ‘hey my grandfather or great-grandfather was a firefighter on Fort Riley at one point,’” he said “They share their stories and even share their old pictures of their loved ones, when they were working with us.”

Though finding the story of this helmet and badge will be tough, Hill said he relishes the chance to find the connection.

“This one is going to be tougher, I’ve never seen a unique helmet shield like that one has on it,” he said. “In all the pictures I’ve looked through, I’ve never seen one with that. It would be intriguing to go back and see if I can discover a photo with that (helmet) even.”

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Reconnection Workshops

Helping Military Families
Readjust to Civilian Life

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:

- Dealing with stress
- Coping with depression
- Communicating clearly
- Learning good health habits
- Managing conflict
- Supporting children

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

Caregiver's battle with cancer opens eyes to journey

Fort Riley nurse uses experience to relate to patients on same path

By Amanda Ravenstein
1ST INF. DIV. POST

Nobody expects to have to deal with a life-changing diagnosis like breast cancer.

Susie Mosier, head nurse of obstetrics and gynecology at Irwin Army Community Hospital had just that experience.

"In 1983, when I was in nursing school, I had never done a self-breast exam be-

fore," she said. "I was studying late at night and got to that part of the physical exam in my book and I did it. I was just kind of following along and I felt something that I was very surprised about it and it led to an appointment."

The results of further tests, and a lumpectomy performed after that initial appointment, determined the tumor she found was benign.

She continued with regular screening appointments and in 2006 at a regular mammogram appointment, she was told she would need to have an ultrasound.

"In March of 2018, I had another lumpectomy, and on that date, the eighth of March, breast cancer found me. It found me with a diagnosis of ductal carcinoma in situ."

SUSIE MOSIER | HEAD NURSE OF OBSTETRICS AND GYNECOLOGY, IRWIN ARMY COMMUNITY HOSPITAL

The results of the ultrasound led to her having a breast needle aspiration then a core biopsy.

The results again were benign.

Ten years later, after another regular screening, she was notified she would need additional tests and another ultrasound.

"(I was) like, OK they're not telling you — get ready,"

she said. "This is something. We will just tackle it and face it head on."

After more testing and a vacuum assisted breast biopsy, she was diagnosed with atypical ductal hyperplasia, which meant she would need no further treatment but would need increased screening.

In February, after what was a busy time for her, a mammogram was scheduled.

The mammogram, again, led to more screening and an ultrasound. After the ultrasound, she was scheduled for a surgical consultation.

"In March of 2018, I had another lumpectomy, and on that date, the eighth of March, breast cancer found me," she said. "It found me with a diagnosis of ductal carcinoma in situ."

After being referred to The University of Kansas Cancer Center, Breast Cancer Prevention Center she spoke to a breast specialist, then a breast surgeon.

Additional screenings including an MRI were done before discussions about radiation treatment.

See CANCER, page 11



Cub Scouts from Pack 260 meet on the evening of Oct. 3 at Fort Riley Elementary School, where they learn some of the basics about camping. There are several opportunities for boys and girls who would like to get involved in scouting on Fort Riley.

Be Prepared – to join the Scouts

Options abound for Fort Riley youngsters interested in world of scouting

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

Cub Scouts from pack 260 met Oct. 3 at Fort Riley Elementary School. After a short instructional briefing by Lt. Col. Jason Tucker, Headquarters and Headquarters Battalion, 1st Infantry Division, and Cub Master for Pack 260, the Tiger Scouts posted the colors opening the meeting.

Scouts who did not go camping the previous weekend were introduced to some of the basic requirements for camping. There was a dishwashing station set up, a tent and a cook station. They also discussed how the Scout motto of 'Be Prepared' fits into camping and hiking.

Maggie McCombs, committee chair for Pack 260 and wife of Capt. Rodney McCombs, 2nd Battalion, 34th Armor Regiment, 1st Armored

Brigade Combat Team, 1st Inf. Div., asked the youth who went camping what their favorite part was.

Answers included making s'mores, hiking and using the porta potty.

FORT RILEY CUB SCOUTS OF AMERICA

There are two Cub Scout packs Fort Riley children can join — 260 and 660. McCombs said the only difference between the two are the days and times they meet.

Pack 260 meets at Fort Riley Elementary School on the first Wednesday of each month and on the second and fourth Wednesdays of the month at the Scout Hut, 9011 Rifle Range Road. All meetings are at 6:30 p.m.

Pack 660 meets at 6:30 p.m. each Monday at the Scout Hut.

See SCOUTS, page 12



Lt. Col. Jason Tucker, Headquarters and Headquarters Battalion, 1st Infantry Division, and Cub Master for Pack 260, directs members of the Tiger Den on how to post the colors at the start of the Oct. 3 meeting.

Foreign-born spouses to benefit from new program

Initial meeting offers survey for attendees to voice big concerns

By Gail Parsons
1ST INF. DIV. POST

Foreign-born spouses of Soldiers on Fort Riley gathered for the first meeting of a group designed to help people navigate their lives in America.

Attendees came from countries to include Germany, France, Kenya, Mexico and the Philippines. While their native cultures are different, they share the common bond of being married to an American Soldier.

"This is the group that is created by the Army that is unit specific. There's lots of groups for specific interests, but the FRG (Family Readiness Group) is for the unit. They are there to make sure you are taken care of while your spouse is gone. They are going to be the ones who can help you if you need to get a hold of your spouse."

JANE BROOKSHIRE | PROGRAM MANAGER, ARMY COMMUNITY SERVICE

Some were young.

In addition to adjusting to married life, they are adjusting to being married to a Soldier and learning about a new country far from family. Several of them have taken the initiative to get out into the

Army community and start learning about their new lives.

Since it was the first such meeting, Jane Brookshire, Army Community Service program manager, asked the women to fill out a short survey so she could

learn what kind of needs they had.

"This is your group," she told them. "Let us know what you want to learn about, what services, anything you want explained a little more. Hopefully, this group will grow and be like a family."

One of the first questions to come up as the women filled out the survey was what a Family Readiness Group is.

Brookshire explained what FRGs do.

"This is the group that is created by the Army that is unit specific," she said. "There's lots of groups for specific interests, but the FRG is for the unit. They are there to make sure you are taken care of while your spouse is gone. They are going to be the ones who can help you if you need to get a hold of your spouse."

They were also briefed on other topics such as transportation, how to get a driver's license, the

importance of a power of attorney and education.


Melissa Cabana, Survivor Outreach program manager, led the discussion about education.

"You will need to get your transcripts evaluated and translated," she said. "The education center has a list of companies that have been vetted for doing the translations."


Brookshire said she would take the surveys from the first meeting and start working on what the spouses have identified as their primary concerns. The next meeting is Nov. 15.


For more information call 785-239-9435.


FORT RILEY POST-ITS


**Shirley Knot**
October 11


I went to the Outdoor Adventure Park and it was closed. Do they have new hours?


 Like


 Comment


**Spc. Shell** Actually — yes. The new hours are Monday through Friday 10 a.m. to 5 p.m. All normal weekend activities are as scheduled.


 Like


 Reply


**Shirley Knot** Why did they change their hours?


 Like

 Reply

**Spc. Shell** They did it due to the changing season. Kansas winters can be pretty cold.


 Like


 Reply


**Fort Riley Army Community Service**
October 11


Let's go to the movies @Barlow Theater


Friday - The Nun (R) 7 p.m.
Saturday - The Predator (R) 2 p.m. and Blackkkklansman (R) 7 p.m.
Sunday - White Boy Rick (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


**Fort Riley Army Community Service**
October 11


Meet and Greet Playgroup Mondays 10 a.m.
Moms Together Wednesdays 10 a.m.
King Field House
Come and go as you please


 Like


 Comment

 Share

 189

 73


 115


**USO Fort Riley**
October 11 11:53 a.m.


The next No Dough Dinner will be Tuesday, Oct. 16, from 5:30 to 7 p.m. at the Manhattan Town Center, 100 Manhattan Town Center, Manhattan, Kansas.


Tickets can be ordered on the USO Fort Riley Facebook page — www.facebook.com/USOFtRiley/


Giveaways during the event include mall gift cards and merchandise. Military Discounts all evening.


 Like

 Comment

**Spc. Shell** I enjoy these meals. It's a great way to meet new families while getting out of the house for a while

 Like


 Reply

**Fort Riley MWR**
October 11 11:53 a.m.

Join us for our annual Glo Run Friday Oct. 12, 7:30 p.m. at the Outdoor Adventure and Travel Center. T-shirts and medals will be given to the first 150 registered runners. Also enjoy free glow face and body paint and glow in the dark accessories.

Youth under 17 years of age are free with paying adult. Register online at riley.armymwr.com or day of the race, on-site registration will begin at 6:30 p.m.

MIXXEDFIT warm up will begin at 7:15 p.m. Race kicks off at 7:30 p.m. and is approximately 2.5 miles long.


**Fort Riley Army Community Service**
October 11 1:32 p.m.

Exceptional Family Member Program and New Parent Support Program Annual Fall Fest — Saturday, Oct. 13 from 10 a.m. to 12 p.m.

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

All children are encouraged to wear their Halloween costumes.


For more information: call 785-239-9435

**Fort Riley MWR**
October 11 8:16 a.m.

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


Movie: “The Nightmare Before Christmas”
Date: Oct. 13
Time: 6:30 p.m.
Cost: Free
Location: Fort Riley Post Library, 5306 Hood Drive, Fort Riley, KS
Contact: (785) 239-5305


SALES MUST GO ON




Amanda Ravenstein | POST

Shoppers huddle under the tents at a sale on Macon Drive on Oct. 6 during the Post-Wide Yard Sale. Rain limited the number of sales but a few still went on.



**Fort Riley Mass Warning and Notification System Smartphone App**

The Fort Riley Mass Warning and Notification system now includes a mobile notification smartphone application.




The AtHoc Notifier is a smartphone app which displays as a purple globe on your main mobile phone screen. It is available for iOS and Android smartphones.

The app is not currently approved for government mobile devices.

Be Army ready - Stay informed

For more information and installation instructions visit www.riley.army.mil/Community/Ready-Army/



WWW.FACEBOOK.COM/FORTRILEY

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"


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WALKING A MILE IN OUR SHOES



Students, staff members and parents of Fort Riley Elementary Children participated in the Walk a Mile event Oct. 5. The district-wide event was to help promote being active and healthy.



Abel Phearsdorf, kindergarten, and Adriana Kildare Rosa, fourth, were the names drawn for the youth prizes for participating in the Walk a Mile event at Fort Riley Elementary Oct. 5. The prizes were donated by the Geary County Healthcare Foundation.

Photos by Amanda Ravenstein | POST

Group finds historic chat ‘capitol’ idea

Volunteers learn story behind First Territorial Capitol of Kansas

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

Volunteers with the The Historical and Archeological Society of Fort Riley hosted their first historic chat Oct. 1 about the First Territorial Capitol of Kansas.

Norm Childs, Partners of The First Territorial Capitol, introduced visitors to the history of the building.

The building, was built in the town of Pawnee, Kansas, in 1855 as the capital of the Kansas territory and to house a legislative meeting. For five days, in July 1855, the legislature met in this building to decide if Kansas would be a free state or a slave state.



One of the many displays available for viewing at the First Territorial Capitol of Kansas during the historic chat on Oct. 1.

During the time that this legislature was in session, Andrew Reeder was removed as governor and the Missouri legislators were illegally attending demanded the capitol be moved closer to Missouri — they failed.

The land was eventually made part of Fort Riley. The town of Pawnee was torn down and the people were removed, this was the only building remaining.

After the Civil War, newly appointed Lt. Col. George Custer

used the building as his headquarters for the 7th Cavalry Regiment before moving on to other missions.

In 1888, a tornado ripped the roof off and left it in ruins for 40 years.

In 1928, efforts to raise funds to rebuild the building started and the Union Pacific Railroad donated the money to complete that restoration.

“It’s interesting to note, the then legislature of the State of

Kansas, who’s capitol was in Topeka, dressed in period clothes and got on a Union Pacific train and came all the way over here to Fort Riley and held a session of legislature here in this building in 1928,” Childs said. “After it had been restored by the Union Pacific Railroad.”

The displays on the first floor of the building give visitors a look at historic artifacts.

Walk up the stairs to the second floor for the room where the legislature met for those five days.

From March through October, the hours of operation are Friday and Saturday, 1 to 5 p.m. and from November through February it is open by appointment.

Admission is a suggested donation of \$3 for adults and \$1 for children.

The next Historic chat will be on Nov. 5, from 5:30 to 7 p.m. at Riley’s Conference Center on the Schilling Manor in Salina, Kansas.

CANCER Continued from page 9

It was decided an additional lumpectomy would be performed to remove more tissue from around the tumor site.

Daily radiation treatments began in July and on July 30, Susie was considered cancer free.

“I will have to say that mentally, in my heart and physically, I never partnered with breast cancer although I did walk side by side with it for six months,” she said.

Mosier is now using her experience to assist her in relating to other cancer patients.

“This experience has given me deeper empathy for patients, for family members and for friends that are coming upon, in the middle of a journey or seeing a journey from the flip side,” she said. “I think, for me and my personality, I appreciate things even more. I appreciate time with friends and time with family. I truly appreciate every day because when you are in the middle of a diagnosis and in the middle of treatment — you don’t know the end result, like I do now. You just don’t know and the next day is not a given.”

Whitlside 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.

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30 Day Unlimited	\$40

PT FITNESS CLASS GROUP:

Soldier Group	\$25 Active-Duty only
---------------	-----------------------

PERSONAL TRAINING:

1 Single Session	\$30	1 Tandem Session	\$45
5 Single Sessions	\$137.50	5 Tandem Sessions	\$212.50
10 Single Sessions	\$250	10 Tandem Sessions	\$400

GROUPS OF 3 OR MORE PERSONAL TRAINING:

3 Person Session	\$16 per person
4 Person Session	\$14 per person
5 Person Session	\$12 per person
6 Person Session	\$10 per person
7 Person Session	\$8 per person
8 Person Session	\$6.50 per person

PRIVATE TRAINING SESSIONS:

New U	\$75 per person
Fit 4 Life	\$75 per person

PRIVATE BALLET LESSONS:

1 Single Session	\$30
1 Tandem Session	\$50
1 Trio Session	\$80
4 Single Sessions	\$100
4 Tandem Sessions	\$150
4 Trio Sessions	\$200

For more information, call 785.239.2583/2573

TUESDAY TRIVIA CONTEST



The question for the week of Oct. 9 was: Where on the new Fort Riley website can I find information about retirement services?

Answers: home.army.mil/riley/index.php/about/Fort-Riley-directorates-and-staff/DPTMS/military-personnel-services home.army.mil/riley/index.php/my-fort/all-services/retirement-services

This week's winner is Crista McAllister, spouse of Sgt. Darryl McAllister, Company C, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division.

Pictured above are Crista and Darryl.

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Relationship with food key to well-being

Army spouse touts menu of whole foods, positive outlook

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

The relationship a person has with food can have a direct effect on how a they deal with stress and their overall health. Army veteran and spouse, Pam Chavez, discovered how her food choices played a vital role in her physical and mental health after suffering several miscarriages. She now tries to teach others about the benefits of eating whole foods.

She recalled how she and her husband, 1st Sgt. Rudy Chavez, 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, were excited about starting a family.

That excitement was shattered when one, then two, then three miscarriages happened.

“I have never been unhealthy and we didn’t have answers,” she said. “The military told us ‘we’re not going to do any testing until you hit four.’”

By then Chavez was going through emotional turmoil.

“I was pretty much at odds with my body,” she said. “Why is it not cooperating? Why is it not doing something that everybody just says is so natural? Everybody kept saying ‘oh it’s not your fault, it’s not your fault.’ As much as you want to believe them when it’s your body not doing something it’s supposed to, you can’t help but blame yourself.”

After the third miscarriage she felt hopeless and despised her body, she said. But then decided it was time for her to take control.

“I needed to figure out what I could do to release that guilt,” she said. “I started diving into research and it all kept coming back to food. Food was so much more powerful than I had been giving it credit for.”

Her research led her to experimenting with green smoothies. One green smoothie a day, made with fresh and frozen ingredients, set her on a path she never expected.

After seven days and making no other changes than the addition of one smoothie, she started feeling better.

“That cloud that was following me around, that was sort of low self-esteem and hopeless, it started lifting,” she said. “I started thinking ‘there’s something to this.’”

Making a few small changes at a time she continued to switch over to a whole-food diet and did acupuncture for fertility.

Something worked.

“We got pregnant and I stayed that way,” she said. “After the first one, we said ‘let’s not mess around because this could take a couple more years.’ Six months postpartum we started trying to get pregnant. I got pregnant that month and I stayed pregnant again.”

They waited a few years before trying again, but easily added a third child to the family.



Pam Chavez cuts fresh ginger to put into a green smoothie. Several years ago she discovered holistic living concepts and teaches about the importance of nutrition as it pertains to mental and physical health.

AROUND THE WORLD AND BACK HOME AGAIN

Chavez’s journey toward learning and now teaching others about holistic health started with many small events in her life.

After she graduated high school from the small south-central Kansas town of Anthony, she headed out to see what the world held for her and ended up in Chicago waiting tables.

There she fell in love with a man who was interested in traveling abroad.

“I found out he was going to be traveling the world,” she said. “So, within a matter of months I literally sold everything I had and took off.”

The couple started out in South America. They spent New Year’s Eve 1999 at the base of Machu Picchu. After going through Peru, Chile and Argentina they went to Asia then Australia where she waited tables to save enough money for the next leg of the journey.

“I literally carried everything for the year in my backpack,” she said. “We very much did the non-tourist route so that definitely makes it more affordable.”

She didn’t realize it at the time, but what she learned in those travels about the relationship people have with food in other cultures would come back to her.

“A lot of the happiest people I saw were in the countries that struggled the most,” she said. “That was really eye-opening to me. These people don’t have material possessions yet they were so happy all the time. They have that family bond. They come together to have a meal, to make the meals as a family. They are growing their food. They have more of a connection to their meals then in America where we just grab something (and) pop it in the microwave.”

After hitting the European countries, they headed back to America. The trip was over and so was the relationship.

“I was ready to get roots and he was wanting to do something different — still live on couches and stuff,” she said. “He was a fabulous travel partner but we were at a crossroads.”



A green smoothie with kale, fresh ginger, blue berries and peanut butter is one example of a green smoothie, which can kick start the day.

THE PIECES FALL INTO PLACE

In her travels, Chavez learned about the world and other cultures, but when she returned to the states there was one thing she didn’t have — a job.

“I never planned on being in the Army,” she said. “It was such an odd fit for me, going from this nomadic traveler to shooting guns — very bizarre.”

The plan was to stay in a few years, see more of the world and go to college. Following in the footsteps of her brother and her father, she became an Army medic.

“I chose medic because I thought it would be a respected job but it wasn’t necessarily where my heart was,” she said.

After Basic and Advanced Individual Training her dreams of going back to Europe were dashed when she got the orders for her first duty station.

“I really wanted Germany,” she said. “I wanted to continue that travel – I got Fort Campbell, Kentucky.”

In hindsight, she sees fate had a plan for her in Kentucky.

“I was teaching a combat lifesaver class and my husband was a student,” she said. “We eventually met and started dating.”

After the couple married, they moved to Washington where Chavez said her husband encouraged her to go to culinary school.

“That was the most fun,” she said. “I got to be in the kitchen all day long, it didn’t even feel like school.”

DISCOVERING HOLISTIC LIVING

Chavez was finally discovering where her passion could lead. But when she learned firsthand how proper nutrition could heal her emotionally and physically — the doors were open to a new world — the concept of holistic living.

Holistic health is the idea of treating the mind, body and soul as one, rather than individual components.

“I had never even heard of holistic living before,” she said. “Growing up with a family physician for a father, everything was very traditional Western medicine. I started discovering Eastern and alternative medicine.”

When the family moved to Korea, she took online classes through the American College of Healthcare Sciences where she learned the science behind the anecdotal success she had experienced.

Her excitement led her to start an online business Nutrition to Heal Yourself. She didn’t want to keep what she learned a secret — she wanted to help others see the benefits of holistic living and how food could transform their lives.

“The difference between mainstream (nutritionists) and holistic is that we don’t just look at symptoms and treat that,” she said. “We look at your emotional state. We look at your physical state. We look at your stress level because that definitely affects your health and that’s what a lot of the military community is dealing with and they don’t realize how much it is affecting their health and how their body processes it.”

She described stress as “fast food on the body.” Someone can be eating all of the right things and still won’t be healthy if they are not managing their stress properly.

“As moms, we carry a lot of watching our children and if they’re struggling with something — we take all of that on emotionally and that just adds to that anxiety that builds inside,” she said. “When that happens, you’re just not going to be in a healthy state. You have to do something to decompress.”

For Chavez, it had all started with green smoothies filled with ingredients like fresh kale or spinach, frozen berries or fresh fruit and water.

“It wasn’t like this huge overhaul — throw out the junk,” she said. “I was still cooking the same normal stuff, but I would add a bunch of lettuce greens onto my plate and then put the roasted chicken on top of it or the roasted veggies.”

People who want to make changes can start by adding more fresh food and vegetables.

“As I did that, I just continually started feeling better,” she said. “I had early onset of arthritis to where I could barely bend my fingers and hands in the morning — that’s gone. I looked so much older than I was and getting out of bed in the morning, that first 30 minutes I was moving slow. Everything has changed now.”

SCOUTS Continued from page 9



Gail Parsons | POST

Bria Simmons, wife of Staff Sgt. Scott Simmons, 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, and Tiger Scout leader with Cub Scout Pack 260, shows the scouts some of the food preparation equipment they will use when they go camping.

McCombs said having two packs allows parents an option in what day works best for their family, but quite often they get together for projects and fieldtrips. Between the two packs there are about 120 children.

The goal is the same in both packs.

“We teach them the Scout oath and Scout motto,” she said. “We teach them how to be respectful with the flag. And they will get up in front of the pack and do a song or a skit. We teach them the buddy system like Soldiers have battle buddies; and we also teach them to be friendly and to be kind.”

The lessons they learn are taught while working on projects. They have built birdhouses, put flags out at the cemetery, participated in Wreaths Across America and collected canned food for Wheels of Hope.

McCombs said the two packs will also work together to build a collection box for flags, which need to be retired. They will also conduct that ceremony.

Boys and girls can join Cub Scouts. McCombs said she spoke to one family whose girls looked at the flyers for Girl Scouts, which has meetings off post, and the Boy Scouts.

“They thought the Boy Scouts looked a whole lot more exciting,” she said. “The girls — they want to go camping and shoot bb guns and bows and arrows.”

Cub Scouts is open to children from kindergarten through fifth grade. During this time, parents are required to attend the meetings and campouts.

“They end up having as much fun as we do,” she said. “We are the definition of a family pack.”

BOY SCOUTS

When scouts reach sixth grade, they can transfer to Boy Scout Troop 60.

The Boy Scout troop gives children a chance to get out of the house, be outdoors and work on earning merit badges, said Pamela Beal, committee chair for Troop 60 and wife of Sgt. William Beal, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Inf. Div.

“There are so many merit badges out there,” she said. “You will find something they like.”

Her son wanted to go for a coin collecting badge simply because he thought it would be an easy badge to get. It ended up turning into a hobby, which he still enjoys.

There are fewer youth involved in Boy Scouts than there are in Cub Scouts. Troop 60 has a dozen boys, most of whom are in the lower ranks.

We have a lot of younger boys,” Beal said. “We had half of our troop move (due to family transfers) this year. So, this year is about the basics.”

“The challenge is parent involvement,” Beal added. “You go from Cub Scouts, which is very family oriented; a parent has to come with the boy. Now it is the boy who is responsible for himself. A lot of times that gives you a drop in the (number) boys who come. They really have to have a push to want to do it.”

They have until age 16 to reach the pinnacle of Scouting — the rank of Eagle Scout. According to Boy Scouts of America, only four percent of boys in Scouting go on to earn the rank.

NOVA

The Nova program is for Scouts who are interested in science, technology, engineering and mathematics topics and would like to earn additional badges.

Beal said Nova started several years ago with four badges Scouts could earn, then they could go on to earn the Super Nova. Since it started several new badges have been added.

On Fort Riley, the two packs recently had their first Nova meeting.

“I thought there would be about 10 kids,” McCombs said. “We had 40.”

She is excited about the potential this group has to grow while learning about earth sciences, the solar system and more. At their first meeting, they shot off water rockets.

On the Boy Scout side, Beal said she and the boys will discuss how they want to set up a Nova program within the troop.

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Retreat
Report

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Post ghost tours to begin Halloween season

Officials remind Fort Riley families to follow safety tips

By Gail Parsons
1ST INF. DIV. POST

As the leaves start falling and darkness moves in earlier each day, all across Fort Riley spooky decorations go up and people get ready for Halloween. But some of the spooks won't go away after the trick-or-treating is over on Oct. 31. People who attend the Fort Riley Ghost Tours on Oct. 27 and 28 will learn about some of the specters believed to be trapped on post.

While some of the buildings are the same as ones on the tour last year, there are new additions.

"There are so many homes and buildings on post that have stories, it's not the same ones every year," Shauna Laauwe, wife of Lt. Col. Brad Laauwe, Command Inspector General, who shares the title of Ghostess with volunteer Tricia Verschage.

One of the homes is a place she is familiar with – because she lives there with The Buckskin Soldier, a ghost who got his name from the clothing he wears.

"We call him Bucky for short," she said. "He likes to turn off our TV and he doesn't care for the kids watching Disney; he'll switch it to CNN to watch the news."

She admits it freaked her out when they first moved in and Buck was making a lot of noise and moving things around.

"Right before my husband deployed last time I was like, 'look I am here by myself, you need to stop,'" she said. "Now he's kind of going away. We still have some TV stuff going on, but I told him to just cut it out and now I kind of miss him."

HALLOWEEN SAFETY TIPS

- Make sure children know their home address and their parent's names just in case they get separated.
- Teach children the proper way to cross a street.
- It is preferable that costumes are reflective. If they aren't the parent who's escorting them should wear reflective gear and carry a flashlight.
- Take a picture of the children before they put their costume on and after. If they get separated law enforcement can see exactly what the child is wearing.
- Look over the candy and treats, paying close attention to items like homemade treats and fresh fruit.
- Motorists need to drive slowly and stay alert for children running into the street.

People on the tour will hear the details about what Buck has done and the pranks he has played but they most likely will not see him.

"He likes to do things at 2 a.m." Laauwe said.

Although she has never seen the ghost, she said her son has and a former neighbor did.

Also included on the tour is the Chaplains Quarters where the ghosts of children who died while in quarantine during the cholera epidemic of 1855 are said to haunt male residents of the house.

"The chaplain went [absent without leave] and left the children," she said. "The kids were in quarantine in that house and (the Chaplain) couldn't handle watching the children dying and being sick. So he just left. He was actually charged for going AWOL."

Another stop will be at Garrison Headquarters.

"There's some really good stories about this building," she said. "It's an old hospital and so there are creepy stories about people hearing things down in the basement."

At one of the fire stations, visitors will learn about an assistant fire chief who died on duty, but won't let people forget about him.

At Artillery Parade Field guests should keep their eye open to see if they can spot the old lady in chains.

"We don't know why she's chained up," Laauwe said. "I've never seen her, but it freaks me out when I walk out there at night. She's supposed to roam the parade field."

On Oct. 27 the tour is from 4 to 8 p.m. The staging area is at Artillery Parade Field and parking is to the south on Pershing Court. On Oct. 28 the tour is from 4 to 7 p.m. and the staging area is the west side of Calvary Parade Field and Pleasanton Avenue.

Both tours are about one mile long and will last about an hour. Saturday's tour is expected to be a little longer than the one on Sunday. The Sunday tour is more stroller friendly and makes use of side-walks. Saturday includes walking through grassy areas.

Tours will leave every 20 minutes. For \$5 people can purchase a Fast Pass to jump to the front of the line.

If anyone is interested in volunteering, they can call 254-338-5529 or email hasfigh-hostess@gmail.com.

HALLOWEEN NIGHT

While there might be some real ghosts floating around

"One thing we get nervous about is kids who are using toy guns. All toy guns should be marked with an orange tip, or some type of colored tip, so they don't look dark in color or like a real weapon."

LT. MICHAEL LOWE
CIVILIAN LIAISON FORT RILEY POLICE OFFICER
IN CHARGE

Fort Riley, on Oct. 31 human spooks will fill the streets.

Trick-or-treating is allowed on post from 5:30 to 7:30 p.m.

Lt. Michael Lowe, civilian liaison Fort Riley Police officer in charge, said parents, children and motorists need to be alert.

Extra law enforcement will patrol the streets but there are safety measures parents need to be aware of.

"One thing we get nervous about is kids who are using toy guns," he said. "All toy guns should be marked with an orange tip, or some type of colored tip, so they don't look dark in color or like a real weapon."

Lowe said Fort Riley regulations also say an adult or a certified babysitter, of 12 years or older, must supervise any child who is 10 years old or younger.

Another option for trick-or-treating is the Trunk or Treat from 5 to 7 p.m. at the Commissary parking lot. Sponsored by Better Opportunities for Single Soldiers, Trunk or Treat allows organizations to set up and give treats out from their decorated vehicles.

Lowe said he will be there in costume — as a police officer.

FORM MATTERS

Mastering the 'Y' Squat

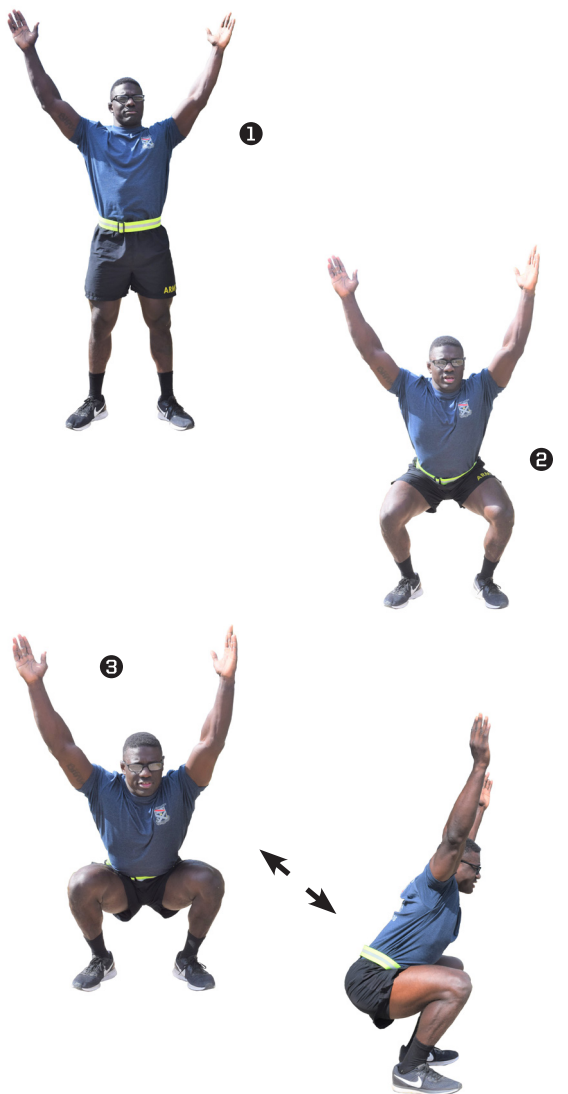
By Gail Parsons
1ST INF. DIV. POST

The first event on the Army Combat Fitness Test is the deadlift.

First Lt. Chandler Smith, Readiness Testing and Training representative in charge of overseeing the transition of the 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division to the ACFT, said there are several exercises people can use to strengthen the necessary muscles to perfect the deadlift, including the "Y" Squat.

"The reason the 'Y' Squat has a lot of carry over is because, in the 'Y' Squat, by keeping my arms over my head, it is forcing me to keep my head up," he said. "It is the same cue that is going to prevent injury on the deadlift. It trains you to utilize your legs while also giving you a little bit of flexibility and helping out your positioning for the deadlift."

Chandler demonstrates the "Y" Squat:



1. Place feet shoulder width apart and set gaze forward. Lift arms straight above the head.
2. Imitating a sitting motion, the butt moves to the back while the knees bend.
3. Continue to lower to the ground until the crease of the hips is parallel with the knee joints. Return to the start position, repeat.

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

TRICARE plans coming for military personnel

Open enrollment for changes will run from Nov. 12 to Dec. 10

Amanda Ravenstein
1ST INF. DIV. POST

Recent changes to the TRICARE program have set aside only a certain period of time during which patients can make

adjustments to their plans.

Beginning Nov. 12, TRICARE members wanting to change their plans will need to do so before the open enrollment period closes Dec. 10.

"If you do not get your plan changed before it closes, you will not be able to change it until the next enrollment period or you have a qualifying life event," said Kimberly Farris, benefits

counselor and debit collections officer.

For a list of qualifying life changes, members can visit to TRICARE.mil.

Additionally, the current TRICARE Retiree Dental Program will end on Dec. 31.

Retirees wishing to keep their dental insurance through TRICARE must visit tricare.benefeds.com to sign up for the new

Federal Dental and Vision Insurance Program during the open enrollment period.

Retirees and their family members will also have the option at that time to enroll in a vision plan through FEDVIP.



STRAIGHT AS AN ARROW



Will Ravenstein | POST

Fort Riley youth and young adults were given the opportunity to hone their archery skills Oct. 6 at the Outdoor Adventure and Travel Center with Staff Sgt. Michael Lukow, Para-Archery team, Army's World Class Athlete Program. U.S. Army Garrison Fort Riley commander, Col. Stephen Shrader, and Lukow demonstrated their skills together as they aimed at fruit on targets out to 46 yards from the firing line before the 3-D Archery Contest held that afternoon.

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		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 14th</u> • Roast Beef • Baked Steak • Roast Pork Reg. \$9.00 Sr. Size \$8.00 Inc Tax	<u>October 15th</u> Baked Chicken Reg. \$7.29 Sr. Size \$6.38 Plus Tax	<u>October 16th</u> Baked Pork Chop w/Gravy Reg. \$7.29 Sr. Size \$6.38 Plus Tax	<u>October 17th</u> Meatloaf Reg. \$7.29 Sr. Size \$6.38 Plus Tax	<u>October 18th</u> Fried Chicken Reg. \$7.29 Sr. Size \$6.38 Plus Tax	<u>October 19th</u> • Roast Beef • Liver & Onions Reg. \$7.29 Sr. Size \$6.38 Plus Tax	<u>October 20th</u> Cook's Choice
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
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Miscellaneous 270

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

Help Wanted 370

The Manhattan Mercury is looking for an independent contractor for newspaper delivery weekday afternoons and Sunday mornings in the Alta Vista, Council Grove, and K-177 corridor. Reliable transportation and current license and insurance required. Contact Bonnie at 785-776-8808 or braglin@themercury.com

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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)

su | do | ku

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

Level: Advanced

What Is su | do | ku?

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

- Every row of 9 numbers must include all digits 1 through 9 in any order
- Every column of 9 numbers must include all digits 1 through 9 in any order
- Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9

Last Sudoku's Answers

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

WE'VE GOT YOU COVERED!



THE 1ST INFANTRY DIVISION POST



Welcome to Fall



Courtesy Photo

Children (and parents) participate in the pumpkin roll during Woodbine's 2017 Fall Festival.

Will Ravenstein
1ST INF. DIV. POST

Cool weather and leaves changing colors before falling to the ground are signs fall is upon us in Kansas. With the cooler weather, many towns and cities throughout the state celebrate with annual fall festivals.

In Kansas, Fall Festivals can start in mid-October and go through mid- to late-November to celebrate the end of the harvest season.

PUMPKIN BASH - OCT. 20 FROM 6 TO 9 P.M.

Topeka Zoo
635 SW Gage Blvd.
Topeka

Pumpkin Bash is great for the whole family to enjoy a fun-filled fall evening at the zoo. Ticket prices include: access to the zoo, crafts, hayrack ride, DJ, costume contest and more. They will have concessions to purchase food and drinks.

Tickets are on sale now, visit store.topekazoo.org to order. Children ages two and under are free and Friends of the Topeka Zoo members get \$2 off each ticket. Non-Member prices are kids for \$10 and adults for \$12. Friends of the Topeka Zoo member prices are kids for \$8 and adults for \$10.

FALLAPALOOZA - OCT. 26 FROM 5 TO 9 P.M.

Colyer Forsyth Community Center
22900 Hitching Post Rd.
Fort Riley

This event is open to all Corvias residents on Fort Riley; children are to be accompanied by an adult. Please, no pets.

Enjoy games, food, inflatables, a pumpkin giveaway and more at this free resident event.

Costumes are welcome and encouraged according to the flyer.

Festival activities will come to a close around dusk when family members are welcomed to pull out the lawn chairs or blankets for a showing of Disney's "Hocus Pocus" on the outdoor screen.

Free food, prizes and giveaways are available while supplies last on a first-come, first-served basis.

More information is available at the Corvias Neighborhood offices.



Courtesy Photo

A child swings at a pumpkin pinata during Woodbine's 2017 Fall Festival.

WOODBINE FALL FESTIVAL - OCT. 20 FROM 2 TO 8 P.M.

Woodbine

Visitors to the little town of Woodbine, Kansas, around 2:00 p.m., will find a fall celebration like no other. There will be a parade, a car and tractor show, free-will donation evening meal, apple dessert contest, hayrides, entertainment and plenty of games and activities. Guests should bring lawn chairs.

Anyone interested in entering for the apple dessert contest should bring their dessert and a copy of the recipe.

Registration is between 3 p.m. and 3:30 p.m. Judging will begin at 3:30 p.m. There are adult and youth divisions. Prizes will be announced the day of the festival.

For questions or more information call 785-257-3239.

NEEWOLLAH - OCT. 19 TO 27

Independence

The city of Independence grows from a community of fewer than 10,000 residents to more than 75,000 during the largest annual celebration in Kansas according to www.neewollah.com/p/about. Neewollah, Halloween spelled backwards, began in 1919 as an effort to provide positive activities for children instead of them playing Halloween pranks.

What started as a one-day celebration expanded in 1958 when the celebration was revived after the Great Depression and World War II interrupted the festival. The then three-day celebration is now a 10 day s long, includes three parades, a marching band competition featuring high schools from Kansas, Missouri and Oklahoma, fun run, arts and craft show, carnival and live entertainment. On Oct. 27, Lee Greenwood will perform at 7:30 p.m. in Historic Memorial Hall, purchase tickets online via the Neewollah website.



Courtesy Photo

Children on the tractor ride during Woodbine's 2017 Fall Festival.

ARKALALAH FALL FESTIVAL - OCT. 24 TO 27

Arkansas City

It all began in 1928, according to www.arkalalah.com/about.html, when three businessmen from the community were playing cribbage in the Old Petroleum Club after lunch. They decided something new was needed for the town to raise the morale of the people. The idea of the festival caught on but they needed a name.

Mrs. J.W. Moore wrote 'Arkalah; on a strip of paper before tossing it aside — Ark, for the town of Arkansas City and alalah for the Indian word for good time. She tossed the paper in the trash thinking it wasn't good enough, according to the website. Mr. Moore thought it was and submitted it.

This year's festival features a \$5 dinner and craft sale at the American Legion Auxiliary, 112 East Washington, downtown carnival, parade of lights following fireworks, dodgeball and corn hole tournaments, children's parade and a band and flag festival featuring Kansas high school bands.

Visitors can also search for the 2018 medallion while exploring the town. Clues are posted online at www.arkalalah.com/medallion.html.

FAMILY FALL FESTIVAL - OCT. 20 FROM 1 TO 4 P.M.

Blue Valley Recreation
9701 W. 137th Street
Overland Park
913-685-6000

An event for the entire family. Visitors are invited to come in costume and bring their camera. The festival will have a petting zoo, face painting, carnival games, horse-drawn hayrides, inflatables, huge kites and more. Held outside rain or shine. Admission is \$5 per child 10 and under with free adult. The first 500 children registered get a pumpkin for carving.



Courtesy Photo

Children playing one of the many games available during Woodbine's 2017 Fall Festival.

For more festivals in Kansas visit www.funtober.com/festivals/kansas/