

THE 1ST INFANTRY DIVISION POST



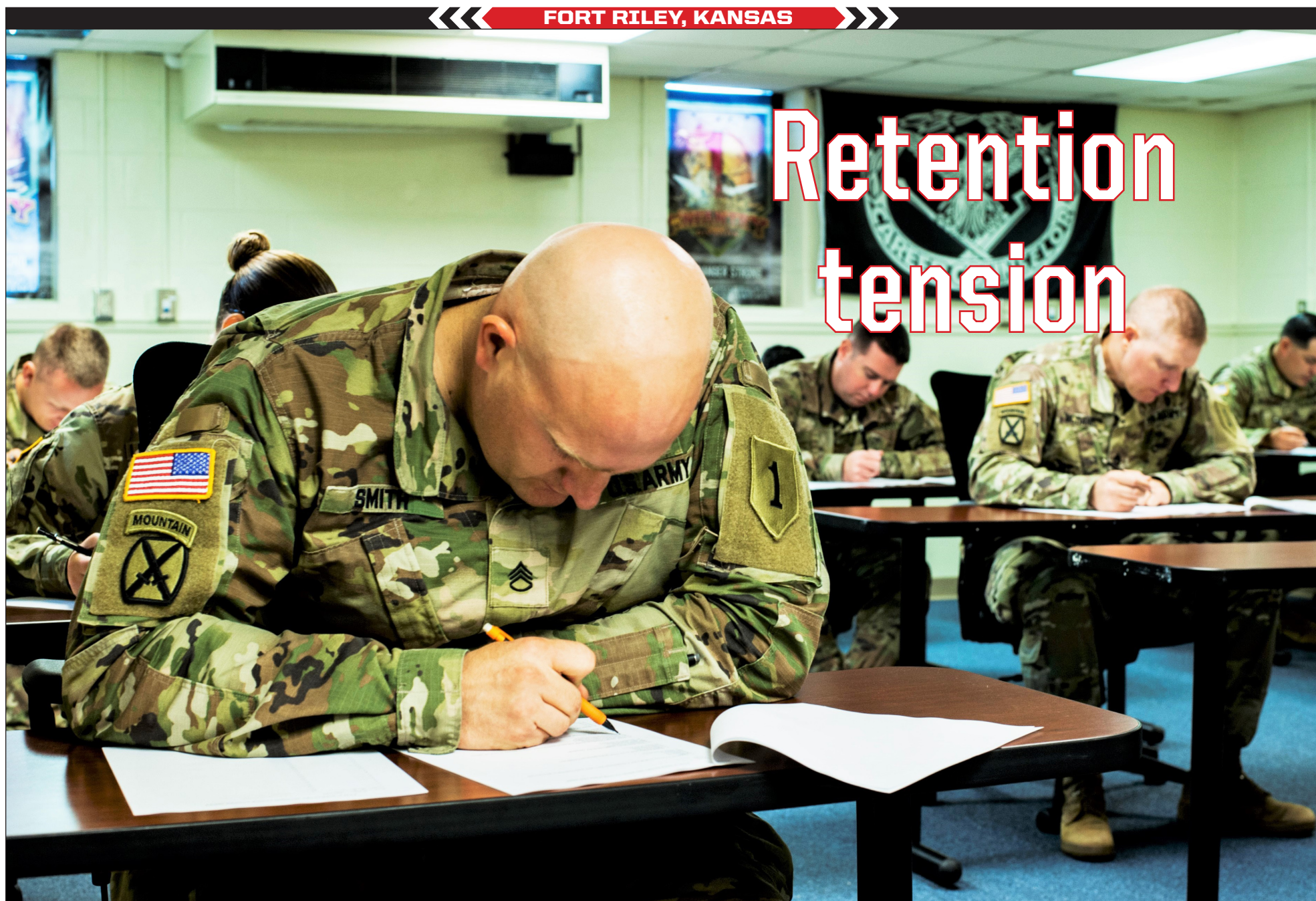
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FRIDAY, OCTOBER 19, 2018

Vol. 10, No. 42



FORT RILEY, KANSAS



ABOVE: Staff Sgt. Adam C. Smith, a retention noncommissioned officer assigned to 1st Combat Aviation Brigade, 1st Infantry Division, begins the first few questions of the written exam for the Career Counselor, Retention Non-Commissioned Officer of the Year competitions, Oct. 2. The questions on the written exam pertained to the retention of Soldiers and regulations regarding the matter of re-enlisting and career counseling. **RIGHT:** Staff Sgt. Hendrix G. Lanuzo, a retention noncommissioned officer assigned to 1st Sustainment Brigade, 1st Inf. Div., appears before the board to showcase his confidence and his knowledge in the retention of Soldiers for the Army, Oct. 2. Soldiers explained the reasons why they deserve the award and the steps they took along the path of their Army career during the competition.

'Big Red One' holds Career Counselor, Retention Non-Commissioned Officer of the Year Competition

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

Career counselors and the retention team from both the active and reserve components competed for the title of Career Counselor of the Year and the Retention Non-Commissioned Officer of the Year Oct. 2, on Fort Riley.

The competitors were judged by their performance on the

Army Physical Fitness Test score, a written exam, and a board appearance.

Soldiers brought their best to the table and were able to recognize each other for their strengths.

"It's great, I got to see how strong the career counselor field is here," said Sgt. 1st Class Benjamin J. Gloe, an active-duty career counselor assigned to the 1st Infantry Division Sustainment Brigade. "And I

got to witness some real fierce competition."

Gloe was named the 1st Infantry Division Active Component Career Counselor of the Year.

Sgt. 1st Class Levi M. McDaniel, a reserve component career counselor assigned to Headquarters and Headquarters Battalion, 1st Inf. Div., was the winner for 1st Inf. Div. Reserve Component Career Counselor of the Year.



This competition was held to find out which career counselor and retention NCO was the best within 1st Inf. Div., and to motivate Soldiers to learn more about their profession.

"I learned what I don't know by going through this event," said Staff Sgt. Hendrix G. Lanuzo, a retention NCO assigned to 1st Engineer Battalion, 1st Ar-

mored Brigade Combat Team, 1st Inf. Div. "I learned that you have to humble yourself and prepare yourself for the next step in order to help the Soldiers."

Lanuzo was the winner of the 1st Inf. Div., retention NCO of the year.

The competition lasted three days with the majority of the events testing the Soldiers

knowledge in career counseling and the retention of Soldiers.

"I am extremely proud of each of the competitors," said Sgt. Maj. Michelle Smith, 1st Inf. Div., command career counselor. "This competition showed me little snippets of who they are. Which was refreshing to know that so many people still care about this field and the Army."

Water treatment operator earns garrison Employee of the Year honors

By Will Ravenstein
1ST INF. DIV. POST

At a short ceremony Oct. 12 inside the U.S. Army Garrison Fort Riley Headquarters, Ryan Hall, Directorate of Public Works, was named the fiscal year 2018 Employee of the Year.

Hall, who was the third quarter employee of the quarter, stepped up to meet the need of the installation, which was faced with a shortage of water treatment operators due to the extended leave of an operator, the nomination form said.

Without Hall's help, Fort Riley would not have been able to maintain water treatment operation. During this time, Hall worked 28 consecutive calendar days.

"Everybody knows we transitioned to outside utilities, that's why — because we didn't have enough operators," said Jeff Williamson, director, DPW. "Ryan stepped up and did what he did for us so we could all have safe water. It's a very serious thing that we do and I appreciate all of Ryan's help. No good deed goes unpunished. Ryan didn't go with a contractor, he stayed in-house."

Hall was presented the Department of the Army Achievement Medal for Civilian Service as well as a token to be displayed designating him as the garrison Employee of the Year.

EMPLOYEE OF THE QUARTER

David Easterling, Directorate of Human Resources, was named Employee of the Quarter, fourth quarter FY18.

Easterling has been running the suicide prevention shop for 18 months unassisted, the nomination form said. Recently he was invited to showcase

Fort Riley's program at a suicide prevention program manager's course July 16 through 19 at Joint Base San Antonio.

Derek Ferrell, Installation Management Command, Army Substance Abuse Prevention services programs wrote a letter stating, "The impact of his (Easterling) presentation and its significant value to the overall success of the course cannot be overstated. His knowledge and expertise within the suicide prevention arena was evident

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Become an officer, go Green to Gold

Gail Parsons
1ST INF. DIV. POST

The Green to Gold program gives enlisted Soldiers, with less than 10 years in service a path toward becoming a commissioned officer.

James Porter, scholarship and enrollment officer, Army ROTC at Kansas State University, said the program is only for active-duty Soldiers. Reserve and National Guard members, even if they are on Active Guard status, are not eligible. "Green to Gold allows enlisted Soldiers to transition to an ROTC program to complete a bachelor's or master's degree and get commissioned in the process," Porter said.

There are several ways a Soldier can apply to enter the program: two scholarships — the Green to Gold scholarship and the Commanding General's Hip Pocket scholarship — and the active-duty option.

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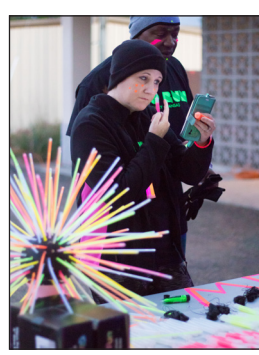
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Cadets take advantage of Fort Riley range time

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

Cadets in their junior year at the Kansas State University's Reserve Officer Training Corps program visited Range 1 Oct. 9 to get familiar with the Army's main weapon on the ground, the M-4 Carbine.

"Obviously, they have to qualify on their weapon at advance camp," said Lt. Col. Pete Gray, professor of Military Science, K-State. "That is what we call our Basic Officer Leader Course 'A' requirements that we have to do in ROTC. The problem in most programs, they just don't get time on the rifles. Every program tries to shoot in the spring, with us being just a few miles down the road in Manhattan we have access to Fort Riley."

That access is a major selling point for the program at K-State, Gray said.

"It's perfect for our cadets," he said. "It's quite frankly a selling point for us, 'by the way, we have an active-duty post with every sort of live, virtual, constructive training system you would ever want to use.' Our guys have better opportunities, and we love it. We're trying to get our guys where when they show up to advance camp (the cadre) are going to be like, 'OK, this guy is from K-State. He is going to be a cut above the rest.' We want people to expect that — and this helps."

The cadets do not just get range time. Like other units they have access to the Engagement Skills Trainer, the Combined-Arms, Collective-Training Facility, Douthitt Range Complex and the Virtual Battlespace software series

located at the Mission Command Training Center. Gray credits Steve Cruisberry, director of the Directorate of Plans, Training, Mobilization and Security, for allowing his cadets the access they have.

"If the facility we want is not available, Steve will find us an alternative," he said. "It is the perfect situation — we are super lucky."

The range experience for the cadets was also an example of the 'Total Army' package Gray said.

"We've got ROTC cadets from [Training and Doctrine Command] out here training, we've got active-duty Soldiers helping us lead this training from Fort Riley, from [1st Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division] and we have National Guard rifles that we are shooting," he said. "Quite frankly, it's a team effort, because ROTC programs are small. It's hard for us to do all the things we would like to do. They are students first and foremost."

The joint effort was a new experience for the non-commissioned officers from Company C, 1st Bn., 18th Inf. Regt., 2nd ABCT, 1st Inf. Div., as they are use to training enlisted Soldiers under them.

"They won't be coming in on the enlisted side — they come in as officers," said Sgt. Lucas Barnett. "So, it's a little different experience. It's still the basic [Primary Marksmanship Instruction] and getting to know the weapon system and stuff ... It's cool to work with (future) officers like that."

Sgt. Alexander Cintron said that it was a rare experience



Cadets in their junior year at Kansas State University zero M4 Carbines Oct. 9. The cadets were assisted by Soldiers from 1st Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, who filled in for K-State Cadre who were in Washington. D.C., for the Army 10-Miler and the Association of the United States Army conference.

to train new Soldiers in Army marksmanship.

"It's a great experience taking part in this and instructing future Lt's," he said. "It's a good opportunity to take advantage of; not too many times do you get to train new people in the Army. That is more of a drill sergeant's role, so it's a great experience."

Both hoped the cadets learned the basics of range safety and range operations to

take with them in their future roles as range safety officers.

Cadets at other schools generally get their first time to fire the M-4 during advance camp that takes place between their junior and senior years, Gray said.

"We went to our higher headquarters and said, 'hey can we get some of the spring ammo pushed to the fall. We have Fort Riley just down the road. We've got some support

from active duty,'" he said. "Basically, to give our guys some more trigger time."

Gray said the cadets get great training using the EST.

"There is no question that there are benefits to it," he said. "We all know there is no substitute for the recoil, the smell, the feel of the metal, looking down the lane, weather conditions and focusing when rounds are going off. That's what it's all

about. We try to do the simple things well at K-State. We try to give our guys better opportunities than you would have at other programs. Part of that is our access to Fort Riley. Any time we have the ammo available we want to get them out on an actual range to shoot."

The cadets will return to Fort Riley Nov. 30 through Dec. 1 for a field training exercise.

National Guard military police get aim on new qualification standard



Staff Sgt. Glenn Carter, 35th Military Police Company, 635th Regional Support Group, Kansas Army National Guard, fires his M9 Beretta during the United States Army Law Enforcement qualification table. The Kansas City, Kansas, native is one of many Soldiers who are also law enforcement officers in their hometown when they are not in uniform.

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

Members of the 35th Military Police Company, 635th Regional Support Group, Kansas Army National Guard, visited range 6 Oct. 13 to qualify with their M9 Beretta 9mm pistols.

While visiting the range is nothing new to the Soldiers, the qualification setup was, according to company commander Capt. Cortney Coke.

"The standards just came out in Military Police Qualification Courses, which is in accordance with United States Army Law Enforcement (standards)," the Lawrence, Kansas, native said. "It's the new training table that comes out of their manual, which I want to say is a 200-page manual. It has the different firing orders. We are just doing the daytime one today."

The Soldiers had to fire at paper targets, which were smaller than the standard range silhouettes used. Each had to remove their pistol from their holster, engage the target and return the weapon to the holster.

"It's a huge difference being able to understand how it is to draw from a holster and to shoot or engage targets," said Topeka, Kansas, native 1st Sgt. Michael Barber, 35th MP Co., 635th RSG. "Instead of having

the weapon predetermined, already in your hands, standing, facing a target. We've done lots of training on it before, but to put it to usage and have our guys drawing, firing and re-holstering and have them carrying the weapon in a level-one position where it is locked, loaded and ready to fire — it makes a huge difference in the awareness in the Soldiers."

The Soldiers fired from as close as two-meters to as far as 15-meters away — while walking toward the target. Each firing sequence has a predetermined amount of rounds to use and a time frame to complete the series in.

Each Soldier was also given a safety, or coach, to ensure safety precautions were demonstrated.

"That all comes down to the individual safety or coach, that stands behind each shooter," Barber said. "That way, when they go into the movement phase they make sure that the shooter stays online with their weapon oriented downrange — which is always key to any movement exercise. Safety being key; but also to get a good training experience out of it. You always have to take a little bit of risk when you are trying something new."

The first group to take on the new course were those who are law enforcement officers on the civilian side.

"A lot of my NCOs are civilian law enforcement officers, so they know the ins-and-outs of drawing from the holster, firing from the hip and some of these different firing positions," Coke said. "They are able to instruct the younger Soldiers on a more one-on-one basis."

Behind the firing line, near the tower, Lt. Tony DeJesus, Reserve Division of Shawnee County Sheriffs Office, watched the Soldiers fire after accepting an invitation from Coke.

"Capt. Coke did a great job inviting the law enforcement agencies to watch the military train," he said. "It's great to get the partnerships together. In the events, any more, we partner with the National Guard and local agencies. I appreciate Capt. Coke extending the invitation to law enforcement agencies and hope that we can forge the partnerships. It's good for recruiting on both sides, National Guard and recruitment into law enforcement."

Coke also touched on the importance of building partnerships.

"That's one of the things we are doing in the National Guard — building partnerships with active duty as well as other local agencies," she said. "We have a couple of law enforcement officers out here to observe our ranges to build those partnerships along with active duty side."

New Fort Riley website is live

By Amanda Ravenstein
1ST INF. DIV. POST

There has been talk of re-designing all Army websites for several years, according to Steve Elstrom, interim Chief Public Affairs Officer, Fort Riley Public Affairs.

Fort Riley's website is one of the few that is now open for business.

"The new websites are happening across Installation Management Command, so every Army installation worldwide is going to the new platform," said Maggie Ziffer, public affairs specialist, Fort Riley Public Affairs Office. "As it is right now all Army websites look a little different from each other. So, every time a family (has a permanent change of station) to a new location, there is a little bit of a learning curve where they have to go in and learn where everything is. The hope for the new platform is that as Soldiers move from place to place, all the websites will look the same. Once you learn how to find things on one platform at one installation then you move to a new installation, you'll be able to find the information

you are looking for a little bit faster and easier."

Another focus of the redesign is to make them more user friendly. When Soldiers or their family members go to search for information on the old website, the information they get might not be what they were looking for.

"On the old website, there was lots of information that

may not necessarily be helpful to the service members or their family members looking for what they are looking for," Ziffer said. "So, for this new website the idea was to cut back the quantity of information and have an opportunity to improve the quality of information."

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The Blended Retirement System: what it means for future financial health

By Amanda Ravenstein
1ST INF. DIV. POST

The military has updated the retirement program for service members. The Blended Retirement System is the new program all service members who joined the Armed Forces after Jan. 1, 2018 will be automatically enrolled into.

Most current service members have the option to stay in the old or “legacy” program or enroll in the BRS. Soldiers must elect to enroll in the new BRS before Dec. 31 or they will be grandfathered into the legacy program.

“If you are a Soldier that’s in right now and you’re not sure which one you want to do, get on the phone with us,” said Clint Strutt, program manager, Financial Readiness, Army Emergency Relief. “Let us sit down with you and figure out what the best option for you might be.”

Army Community Service offers the opportunity for Soldiers to learn more about BRS and the Thrift Savings Plan. Every month a class is held at ACS, which covers all of the information Soldiers would need to know about the programs. The class can also be held off site if needed.

“If (Soldiers) can’t make it to a class that we have here,

(unit commanders can) give us a call and we will get in touch with somebody that will be able to go out and teach that class to your unit, so they don’t have wait on those classes,” he said. “We are more than happy to come to you at that point.”

So, what is BRS? According to an article published on military.com, www.military.com/benefits/military-pay/blended-retirement-system.html, the blended portion of the system “comes from blending of the two major sources of retirement income: the existing annuity provision for those who retire after 20 or more years of service, plus the Thrift Savings Plan.”

“It’s like what you would think of as a traditional 401(k) where you put money away into (a retirement plan) and your employer matches it,” Strutt said. “That is the system that we are going to. So, there is going to be a combination of the new system and the old system.”

The BRS is a hybrid of the legacy system and a more modern defined contribution plan.

Under the legacy system, a Soldier who retires with 20 years of service would receive approximately 50 percent of their pre-retirement base pay as monthly retirement income. Under the new system, a Sol-

dier who retires with 20 years of service would receive 40 percent, but they would also have the entire balance of their Thrift Savings Plan, potentially a significant amount of money if the Soldier has contributed enough to get the full match throughout their career.

Explaining how the system works, Strutt used the example of an E-1 with less than two years of service. If that Soldier contributes five percent of their base pay, about \$85, the government will contribute an equal amount taking that five percent to 10 percent of the Soldier’s monthly pay.

As the Soldier gains rank and continues to put five percent of their pay into their TSP account, they will continue to receive the contribution from the government.

As the years continue, that amount of money will keep growing and earning interest. In the event the Soldier does not make the traditional 20-year mark to receive retirement, they still own what is in their TSP account. But if they make it to full retirement, they will receive their defined benefit as well as their defined contribution.

The article on military.com reports 83 percent of people who join the military

don’t make it to retirement.

“The percentage of folks that make it to 20 years is really low,” Strutt said. “It’s a lot lower than people think. Everybody gets in thinking, ‘Well I’ll just do 20 years and I’ll get 50 percent of my salary for the rest of my life.’ It’s a great thought but it doesn’t work out for nearly as many people as you would think it would.”

Paul Depusoir, Financial Counselor/Educator, Army Community Service added to Strutt’s statement.

“They could have a whole host of different things, family issues, medical issues or retention issues,” he said. “(Soldiers) could get all the way up to 16, 17, 18 years and they would leave with absolutely nothing. In this new system, you have a chance to leave with money like a regular person in the civilian world who has a 401(k).”

“The TSP is one of the most efficient places you can put your money for retirement,” Strutt said. “If you get out and you want to take it with you, what you take with you is the TSP portion. So, if you’re not involved in the TSP, I’d love to have a conversation with you about why you’re not because it’s a great place to be.”

Green to Gold: Two officers’ tales of education success

By Gail Parsons
1ST INF. DIV. POST

Regardless of the job they are doing, young Soldiers often wonder why things are done the way they are and will often think they could do better if they were in charge.

Capt. Terry Battison, commander of Headquarters and Headquarters Company, 2nd Armored Brigade Combat Team, 1st Infantry Division, was no different when he enlisted in 2006.

“I saw a lot of things that I thought ‘man this could be better. Why isn’t our leadership doing something about this,’” he said. “I thought if I was the (platoon leader) I would change this; we wouldn’t be doing this. When I did become an officer, I told my guys ‘I’ve been there. Believe me if we’re doing something it’s because we have to.”

Having already attended several years of college before he joined, he was a little older than most recruits. So, in 2008 when he was sitting on the back of a Bradley fighting vehicle while assigned to the 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, and learned about Green to Gold, he knew it was something he wanted to go for. He was a specialist at the time.

“My squad leader was talking about his college he was saying he had 40 credit hours all paid for by the Army,” Battison said. “Trying to be a good NCO, he was telling us ‘you guys need to take advantage of what the Army has to offer and get an education.’ I told him I had 145 college credits hours and he asked why I wasn’t an officer.”

They sat down later and his squad leader showed him what some of his options were.

Even though he had only been in the Army for two years, he knew it was his destiny and his dream to be a Soldier – even though it almost didn’t happen.

“I always wanted to join,” he said.

But right out of high school he let his then-girlfriend, talk him out of it. After two years in college, he thought about joining the Marines. Again, she talked him out of it and he went back to college.

“This is what I wanted to do,” he said. “I’ve had this desire to serve. My grandfather was in the Navy, my uncle was in the Navy. I went to the recruiting station, I walked in and said I’m here to sign up, then I called my fiancé and said ‘hey if we’re going to do this we need to do it now because I’m leaving for basic training.”

Although she had twice talked him out of joining, he said Stephanie has been nothing less than supportive because she realized how deep his desire to serve went.

“You go through that initial hump then eventually everything levels out once you get used to it,” he said. “It’s an adjustment and she’s done great. She actually pushes me at times when I needed her to push me. My wife is very supportive of my career and she works full-time and is a full-time mom.”

When the time came to discuss the Green to Gold, they decided, as a couple, the active duty option would be the best for the family.

James Porter, scholarship and enrollment officer, Army ROTC at Kansas State University, said many Soldiers with families do choose the active duty option because of the stability it provides.

Those enrolled in the active-duty option continue to get all the pay and allowances they received prior to enrollment. The only changes are that they are assigned to the Student Detachment at Fort Jackson, South Carolina, and their duty location becomes whatever school they are enrolled in.

“This is a very good deal, especially for a Soldier with a family who needs to keep the healthcare for the kids,” Porter said.

When it came time for Battison to fill out the packet, he said the process to apply was simple.

“I think I filled out five forms,” he said. “I was done with my packet in the matter of a day. The time-consuming part was (when) I went and saw my commander. I had a very supportive commander, he signed it. Then you have to go see the battalion commander. My company commander walked me right into the battalion commander’s office and he was like ‘sir we have a Soldier who wants to go Green to Gold. He looked at me and asked ‘so you want to be an officer, you want to cross over to the dark side?’ He asked me a few questions and he was like ‘okay I think you’ll do great’ and signed my paper.”

Now, as a captain, he has no regrets and thinks he has been able to lead by the example he wanted to when he made the decision. Having time on the enlisted side also gives him an edge, he said.

“I can relate to a lot of the younger Soldiers,” he said. “The cleaning of an M4 five days a week just because there’s nothing else to do – there is other stuff you can do. You can do other stuff with your time then just wasting your time. If they’re wasting their time and they need to be spending time with their families.”

He would encourage Soldiers who think they would like to be commissioned to think about their motives.

“What do you expect to get out of it?” he said. “What is your motivation to become an officer? Are you looking to change something? Are you looking to do better for your paycheck, for your family? What is driving you to be an officer?”

He said he believes Soldiers who have started out as enlisted make good officers because they understand what the enlisted side is going through.

“If you can relate to your Soldiers,” he said. “It’s like the drill sergeant creed, I would not ask my Soldiers to do anything that I would not do myself and if you’ve done it before you can tell them ‘I know this sucks but we have to do it.”

While Battison said he has no regrets about going Green to Gold, he does miss some of the one-on-one with the Soldiers he would be having at this point in his career had he stayed enlisted.

“Enlisted you get to spend a lot more time with Soldiers and the Soldiers definitely do make the job more rewarding,” he said. “Every opportunity I had as a (platoon leader), as a company commander has been great when I have been able to interact with Soldiers. The higher you get as a captain, as a major you get on staff and it kind of separates you from that.”

Consumers have the power to conserve energy

Story and photo by Andy Massanet
1ST INF. DIV. POST

Big things often come from humble beginnings, and such is the case with energy conservation.

As staff from the Utilities and Energy Branch, Directorate of Public Works set up a table on the Fort Riley commissary Oct. 10 to answer questions from patrons on energy conservation, it was hoped the small things residents can do at home would pay off in a big way in terms of energy conservation at Fort Riley.

Free light emitting diode, or LED, light bulbs were available at the table, along with free pens, water bottles and, of course, lots of sound advice.

A poster on display sent this message: Use a power strip for electronic equipment (not just computers) and turn it off when not in use for savings of between \$100 up to 12 percent of your annual electric bill.

“That’s because power strips help you control what is called ‘plug load,’ said Hadassa Baker, an engineer for the Utilities and Energy Branch. “Plug load exists because even when (the device) is turned off, it continues to use a small of amount of power. Using power strips eliminates that.”

Therein is the savings, Baker said. She also added that by changing from incandescent light bulbs to LED, more savings could be realized.

“If you use incandescent light bulbs, you are spending about \$7 a year to power one bulb,” she said. “But if you change that bulb to an LED bulb, that cost goes down to just over \$1 a year.”

The most energy efficient bulbs on the market have the Energy Star emblem displayed on the package.

“By replacing your home’s five most used light bulbs with LED bulbs with the Energy Star emblem on the package, you can save about \$75 a year in energy costs,” Baker said.

And the LED Bulbs last a long time. Sonia Bamba liked that idea. Bamba is the spouse of Sgt. 1st Class Amed Bamba, Company B, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division.

“I liked the fact they are free here today because they can be expensive,” Bamba said of the LED bulbs. “But they last for such a long time that it’s worth the cost.”



Sonia Bamba, wife of Sgt. 1st Class Amed Bamba, Company B, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, learns about energy efficient lightbulbs from Hadassa Baker, Utilities and Energy Branch, Directorate of Public Works

Indeed, according to <https://www.energy.gov/energysaver/energy-saver> website, 90 percent of what consumers pay for with incandescent light bulbs is heat, not light.

“While LEDs are more expensive, they still save money because they last a long time and have very low energy use,” the website says adding that Energy Star-qualified LEDs “last 15 to 25 times longer than the traditional incandescent bulbs they replace.”

HEATING AND COOLING

According to literature handed out by Baker, heating and air-conditioning the home, and making hot water, combine to account for approximately 60 percent of a yearly energy bill for a residence.

To help control that cost, programmable thermostats can be installed. As reported in the Oct. 5 edition of the 1st Infantry Division Post newspaper, such thermostats are already being installed in official buildings by Southland Energy, the contractor at Fort Riley charged with upgrading energy efficiency.

According to the aforementioned website, energy-saving tips for the upcoming winter include:

- Set your programmable thermostat as low as is comfortable in the winter and lower the setpoint when you’re sleeping or away from home.
- Clean or replace filters on furnaces once a month or as recommended.
- Clean warm-air registers, baseboard heaters and radiators as needed; make sure they’re not blocked by

furniture, carpeting or drapes.

- Eliminate trapped air from hot-water radiators once or twice a season; if unsure about how to perform this task, contact a professional.
- Place heat-resistant radiator reflectors between exterior walls and the radiators.
- Turn off kitchen, bath and other exhaust fans within 20 minutes after you are done cooking or bathing; when replacing exhaust fans, consider installing high-efficiency, low-noise models.
- During winter, keep the draperies and shades on your south-facing windows open during the day to allow the sunlight to enter your home and closed at night to reduce the chill you may feel from cold windows.

SUMMER TIME TIPS INCLUDE

- Set your programmable thermostat as high as is comfortable in the summer, and raise the setpoint when you’re sleeping or away from home.
- Clean or replace filters on air conditioners once a month or as recommended.
- Turn off kitchen, bath and other exhaust fans within 20 minutes after you are done cooking or bathing; when replacing exhaust fans, consider installing high-efficiency, low-noise models.
- During summer, keep the window coverings closed during the day to block the sun’s heat.

- Select energy-efficient products when you buy new cooling equipment. Your contractor should be able to give you energy fact sheets for different types, models and designs to help you compare energy usage. See the efficiency standards for information on minimum ratings and look for the ENERGY STAR when purchasing new products.

Tips for saving on water heating – about 18 percent of your total energy bill each year – include:

- Selecting a new water heater
- Sizing a new water heater
- Tankless or demand-type water heaters
- Heat pump water heaters
- Storage water heaters
- Tankless coil and indirect water heaters
- Solar water heaters
- Drain-water heat recovery
- Reducing hot water use
- Swimming pool heating
- Lower water heating temperature
- Insulate hot water pipes
- Insulate your water heater tank.

The www.energy.gov/energysaver/energy-saver website also provides helpful information on topics like ways to save money in the laundry room, weatherization techniques for your home, dollar saving design features in homes and more.

You can also call the Utilities and Energy Branch, DPW at 785-239-6150 for more information.

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REMEMBERING
IKE ON HIS
BIRTHDAY

Lt. Cmdr. Rick Chernitzer | USS Eisenhower

Maj. Gen. John S. Kolasheski, 1st Infantry Division and Fort Riley commanding general, and Command Sgt. Major Craig Bishop, 1st Inf. Div. senior enlisted leader, placed a wreath on behalf of the President at Eisenhower's gravesite Oct. 13, to commemorate the 128th anniversary of Dwight D. Eisenhower's birth. Also honoring the WWII Supreme Allied Commander and two-term U.S. President was the commanding officer of the USS Dwight D. Eisenhower. Built at the site of Eisenhower's boyhood home, the Presidential Library in Abilene, is a museum and research center into his career and presidency.

Fort Riley Soldier recognized for helping youngsters on lake

By Gail Parsons
1ST INF. DIV. POST

A chilly Sunday in April could have had been the day two young girls lost their lives at Milford Lake had it not been for the quick thinking of a Fort Riley Soldier.

Pfc. Chance Harriss, Headquarters and Headquarters Company, 1st Armored Brigade Combat Team, 1st Infantry Division, said after a long, cold winter he wanted to get out and get some fresh air. He grabbed a fishing pole and headed up to the lake, which was pretty quiet considering the water temperature was 55 degrees and the wind was gusting around 25 mph.

"There were a couple girls that were on a (floatation mat) and they were pushed out into the main body of the lake by the wind," said park manger Ken Wenger on Oct. 10, the day after Harriss and Geary County Deputy Rick Parsons were recognized by the U.S. Army Corps of Engineers for their heroism.

Harriss said he had seen the girls earlier when the family showed up a little way from where he was fishing.

"I saw them blowing up the raft the kids were on and thought it was too windy for that, but paid no mind," he said.

After about 30 minutes he saw they started to drift farther away from the shore. He could tell they were trying to use their hands to paddle but they were heading right into the wind and kept getting pulled farther away.



Courtesy photo

U.S. Army Corps of Engineers Park Manager Ken Wenger presents Private 1st Class Chance Harriss, of Headquarters and Headquarters Company, 1st Combat Brigade, 1st Infantry Division and Geary County Deputy Rick Parsons with Act of Heroism awards for their role in saving two children from drowning in April.

Harriss said he hollered out to them, to try and get them to paddle toward the bank he was on, but they couldn't hear him.

"I stripped down to my spandex and I swam out about 50 meters," he said. "I started shaking and shivering and losing my breath. This quick little thought jumped into my head that I need to make sure I am OK, so I can do something. I turned back; it pained me to do it."

Harriss got back to shore and called 911. Keeping his eye on the girls he was able to pinpoint their location.

There weren't many boats on the water that day, Wenger said. But one was nearby. The deputy was able to guide the boaters to the direction of the children.

"The girls didn't have any life jackets on," Wenger said. "Their feet and legs were in the water."

It was a day that could have turned out much worse. Harriss said he doesn't feel as though he did anything special to have received an Award of Heroism.

"I felt like I didn't deserve it," he said. "Pretty much all I did was call 911," he said.

One of the non-commissioned officers he works with disagrees.

"When he first told me about it, it sounded surreal, like what you see in movies," said Sgt. Dennis Laughead, 1st Combat Aviation Brigade, 1st Inf. Div. "But that same day I heard it on the radio. They called him an innocent bystander and I thought that story sounds familiar. I am glad he did the right thing. He says anybody would have done it, but I know a lot of people that would have had that 'not my kids, not my problem' mindset and just walked on."

'BRO' SPOTLIGHT
SPC DAKOTA WIEBE

Spc. Dakota Wiebe and four fellow enlisted Soldiers stopped an occurrence of domestic abuse/potential sexual assault in the downtown area of Manhattan.

The Soldiers spotted an individual physically assaulting another person and intervened to stop the assailant.

When confronted, the assailant pulled a knife and assaulted the Soldiers, injuring Wiebe.

Wiebe was cut twice in the torso and forearm, but is recovering and has returned to duty.

The Soldiers managed to disarm the individual and detain him until law enforcement arrived. Upon seeing wrong, Wiebe and her fellow Soldiers acted without hesitation to do the right thing and protect another person, risking bodily harm.



GARRISON SPOTLIGHT
JULIA SWITZER

Among other duties, Julia Switzer finalizes Soldiers' separation paperwork in the Department of Human Resources Transition Center; it is a methodical and often thankless task. Immediately after the Soldiers'

separation, she ensures DD214 copy-8 packets are complete and appropriately logged, confirms eMILPO, the Army's personnel system of record, is updated with their separation status and verifies the separation orders and DD Form 214 are uploaded into the Soldier's iPERMS account.

Switzer's duties make her a versatile employee and a valuable asset to the DHR Transition Center. The service she provides ensures Soldiers are able to transition to post-military life, and the unit is able to receive a replacement Soldier and continue to build readiness.



TRAFFIC REPORT

ACCESS CONTROL POINT HOURS

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

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

The access control point hours are:

Henry/Trooper/Ogden/Estes:

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

12th Street:

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

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

Grant:

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

REPAIR PROJECTS

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

FUTURE PROJECTS
CHECK APP FOR MORE DETAILS

The Trooper ACP will be closed Sept. 4 through Nov. 6 from 7 p.m. to 5:30 a.m. Trooper ACP will only be open from 5:30 a.m. to 7 p.m., Monday through Friday during this time.

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RILEY ROUNDTABLE

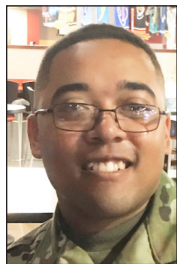
What was your favorite Halloween costume growing up?



"Using long johns to be any superhero."

QUINTON WILLIAMS
JUNCTION CITY, KANSAS

Business Manager, Warrior Zone



"Ninja Turtles"

SGT. DESHAUN WILLIAMS
GODWIN, NORTH CAROLINA

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



"A cowboy"

SPC. ZACH HARRIS
RICHMOND, VIRGINIA

1st Bn., 5th FA Regt., 1st ABCT, 1st Inf.
Div.



"Scream, for like five years in a row"

PVT. ANTHONY DEAL
WESTWOOD, CALIFORNIA

1st Bn., 5th FA Regt., 1st ABCT, 1st Inf.
Div.



"Power Rangers"

CPL. ANTHONY BAGWELL
ANDERSON, SOUTH CAROLINA

1st Bn., 5th FA Regt., 1st ABCT, 1st Inf.
Div.

THE 1ST INFANTRY DIVISION POST

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For business or advertising matters, call The Daily Union in Junction City at 785-762-5000 or email at postads@jcdailyunion.com.

For news offerings, call the Fort Riley Public Affairs Office at 785-239-3328 or DSN 856-3328, or email usarmy.riley.imcom.mbx.post-newspaper@mail.mil.

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

Keep the treat in Halloween with safe alternatives

By Tom Anderson
GARRISON SAFETY OFFICE

Team Riley, we all know kids love Halloween. They get to dress up and get free candy. What a perfect holiday. Give your kids some precious Halloween memories they'll have for life.

Traditional trick-or-treating takes place after dark by going door to door in our neighborhood communities. However, these days it's possible you don't know many of your neighbors, which makes parents uncomfortable about knocking on the doors of strangers, especially in the dark of night.

For young children, consider an alternative, like taking your child to the Better Opportunities for Single Soldiers annual Trunk or Treat event, a local mall for trick-or-treating or a community trick or treat event. Some small towns also offer this type of event with the stores on a main street or shopping area. Many take place while it is still light outside as well.

There are safe alternatives to traditional trick-or-treating. Regardless of where your family opts to participate in Halloween festivities, always remind your kids not to eat anything before you get home and check to ensure candy is completely sealed and shows no evidence of tampering.

Most of our kids already know what they can do to be safe, like how to cross the street, not to talk to or go with strangers and things like that. But we adults know how exciting Halloween can be and that can make children forget to be careful.

Below are some tips from the Fort Riley Garrison Safety Office to help keep kids safe on Halloween night. Some of these ideas are common sense, which means they are things that you should know and use every day in life.

- Plan costumes that are bright and reflective. Make sure shoes fit well and costumes are short enough to prevent tripping, entanglement or contact with flame

- Consider adding reflective tape or striping to costumes and trick-or-treat bags for greater visibility
- Obtain flashlights with fresh batteries for all children and their escorts
- Don't go into a stranger's house or ring their doorbell for treats unless your parents are with you and say it's okay. There are some people in life who aren't very nice to kids and you have to be careful. Always make sure your mom or dad is within sight when you go out trick-or-treating
- Be careful when you cross a street. Make sure to look in both directions and make sure there are no cars coming. If you have a little brother or sister with you, take their hand and help them get across the street too. If the street has a stop light, wait until the cross walk light tells you it's okay to cross, but still check

before you cross, look both ways

- If you are an older kid or young teen going out with friends, make sure your parents know where you are going and who you are going with. This may seem like a pain but they are your parents and they love you. They and we want you to be safe.

Team Riley, Halloween can be scary or fun — or sometimes both. The scary parts of Halloween are supposed to involve ghosts and witches. Let's keep all of our gremlins, ghosts and ghouls safe to enjoy another Halloween celebration next year. Make Halloween a treat, not a trick.

For more information, contact the Garrison Safety Office at 785-240-0647. The approved times for Halloween night trick-or-treating on Fort Riley are 6 to 8 p.m. A horn will blow to signify the start and end of trick-or-treating.

ASK DR. JARGON

Astronauts can be Army strong too

Dear Doc Jargon:

My granddaughter wants to serve in the military and would love to be a Soldier. However, she also aspires to become an astronaut. She's thinking about joining either the Navy or Air Force instead to improve her chances of going into space, but what she really wants is to be a Soldier. As you can see, she's a bit conflicted. Your thoughts?

Signed,

Loving Granddad.

Dear Loving Granddad,

Great news! She can become a Soldier and pursue her dream of becoming an astronaut too. In fact, it has already happened.

Col. Douglas Wheelock was selected by NASA in 1998, flew on the STS-120

space shuttle mission to the International Space Station in 2007 and served as flight engineer for a space mission in 2010. In 2011, he deployed to Afghanistan and has flown 38 aerial combat missions.

In fact, Wheelock has earned airborne wings, for his qualifications as a paratrooper; air assault wings for repelling from helicopters; and his astronaut wings for his space duty.

Wheelock is a dual-rated master army aviator and has logged more than 2,500 flight hours in 43 different rotary and fixed-wing aircraft. He is also a Federal Aviation Administration-rated commercial pilot in single- and multi-engine land craft, rotorcraft and gliders.

Furthermore, there are a series of badges and decorations for Soldiers who explore the final frontier, including the Master Army Astronaut Badge, the Master Space Operations Badge, the NASA Space Flight Medal, the National Aeronautics and Space Administration Distinguished Service Medal, and the Congressional Space Medal of Honor.

In the early days of NASA, it was thought the best astronaut candidates came only from the services that trained jet aircraft pilots. But that is no longer the case. Now, NASA's sole aim is to recruit the best qualified candidates. A press release from NASA dated Nov. 4, 2015, states "astronaut candidates must have earned a bachelor's

degree from an accredited institution in engineering, biological science, physical science or mathematics. An advanced degree is desirable. Candidates also must have at least three years of related, progressively responsible professional experience, or at least 1,000 hours of pilot-in-command time in jet aircraft. Astronaut candidates must pass the NASA long-duration spaceflight physical."

So, as you can see, there is ample opportunity for a bright, young person to pursue a career as a Soldier and an astronaut.

I wish you and your granddaughter all the best.

Signed,

Doc

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.

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Will Ravenstein | POST

Maj. Gen. John S. Kolasheski, 1st Infantry Division and Fort Riley commander, second from right, and Command Sgt. Maj. Craig Bishop, 1st Inf. Div senior enlisted leader, join Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander, back row left, Tim Livsey, deputy garrison commander, front left and Garrison Command Sgt. Maj. Andrew T. Bristow II, in congratulating employees recognized during the garrison Employee of the Year ceremony Oct. 12.

RECOGNITION Continued from page 1

in his presentation and was well received by the course attendees.”

Easterling was awarded the Department of the Army Certificate of Commendation and was a candidate for garrison Employee of the Year.

Other candidates included: Benita Edwards, Directorate of Family and Morale, Welfare and Recreation and Amy Bipes, Office of the Staff Judge Advocate.

MORE AWARDS

Prior to the ceremony Maj. Gen. John S. Kolash-

eski, 1st Infantry Division and Fort Riley commanding general, and Command Sgt. Maj. Craig Bishop, 1st Inf. Div. senior non-commissioned officer, recognized 13 garrison employees for their contribution to the success of the 2018 Fall Apple Day Festival.

“That is a big event,” Kolasheski said. “It allows us to open our gates to the community. So they can connect with their Army, those that are a part of the Army and are necessary to set conditions for our Army to build

and sustain readiness to meet the nations call — if it were to come. It is critical we continue that outreach mission, so they understand what Soldiering is all about. That has been a tremendous event year-after-year.”

Kolasheski said he and Bishop recently returned from the Association of the United States Army annual conference and “you are the reputation of this installation, and this community is superb.”

“We had the Chief of Staff of the Army, Senator Jerry

Moran and the Undersecretary of the Army all come to the reception and talk about Fort Riley, and Fort Riley’s impact — not just within this region but the Army at large,” he said. “Because of the team that has been assembled here and gets after it day-in and day-out.”

Col. Stephen Shrader, garrison commander, said in his opening, “We pulled off a significant, record setting Fall Apple Day Festival this year.”

“About 13,000 folks came through the gate,” he said. “Some records were set on

how many pies were sold and the timeframe they were sold. That is a lot to do with the folks standing in this room, down the hallways ... that were the hardcore planners, coordinators that made it happen. That pulled off the event that the public got.”

Angela Stewart, Directorate of Plans, Training, Mobilization and Security, was presented the Superior Civilian Service Award for outstanding meritorious performance over a 12-year career.

Stewart played an essential role for DPTMS in

the planning and execution of the FY 2019 Tables of Distribution and Allowances implementation, her award said. Stewart led, coordinated all hiring actions, accretions and management reassignments associated with the TDS implementation.

Anabelle Anderson, DFMWR, was presented with her award as the DFMWR Employee of the Year in Recreation.

**Editor’s Note: Read more about Anderson inside this edition on page 9.*

College Financial Aid Workshop



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REDESIGN Continued from page 2

It is suggested that Soldiers and their families take the time to explore the website at www.home.army.mil/riley to familiarize themselves with the new platform.

“There is definitely going to be a little bit of a learning curve from our old design,” she said. “People may struggle, hopefully they won’t, but people may struggle. So, definitely try it out, see if they can find the information they are looking for and then if people have suggestions about anything. We are definitely taking feedback.”

If visitors have any feedback on the website, they are encouraged to contact the Public Affairs Office through the contact feature on the website.

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Natick's exoskeleton work is a powerful step toward future of Soldier lethality

BY NSRDEC PUBLIC AFFAIRS

NATICK, Mass. — With exoskeleton technology, the Natick Soldier Research, Development and Engineering Center, or NSRDEC, is helping Soldiers to step into the future.

Soldiers are the most important, effective platform in the U.S. Army. In finite quantity, these warfighters are being asked to move farther, faster and carry larger loads — all while performing under harsh and challenging conditions. Responding to the Army Chief of Staff and the Soldier Lethality Cross-Functional Team, NSRDEC awarded an “Other Transaction Agreement” for a human augmentation system prototype to Lockheed Martin Space and Missile, or LMCO.

Trademarked under the name “ONYX,” the system is a powered, knee-based, mobility enhancing device that shows great potential for allowing Soldiers to stay in contact while maintaining peak performance longer, with equal or increased warfighting power.

The NSRDEC’s exoskeleton effort will initially focus on the challenges faced by Army Close Combat Forces, validating their needs with data from ongoing combat operations, reports, user focus groups and validation table top exercises.

Understanding that 90 percent of casualties since WWII are from the Close Combat Force, the Army Chief of Staff has directed that one of his strategic focus areas emphasizes improving the lethality, maneuverability, mobility and survivability of the Army’s most valuable asset — the individual combatant. The Army seeks to cover more ground with fewer forces through strategic systems that integrate innovative technological concepts such as exoskeletons, other worn advanced capabilities, and tactics.

Working with NSRDEC leads, the LMCO ONYX team will integrate user-based feedback into the new design and improved system performance and deliver demonstration-ready prototypes in FY19.



Courtesy photo

The Natick Soldier Research, Development and Engineering Center is working with Lockheed Martin Space and Missile on a human augmentation system prototype. Trademarked under the name "ONYX," the system is a powered, knee-based, mobility enhancing device that shows potential for allowing Soldiers to stay in contact while maintaining peak performance longer, with equal or increased warfighting power.

OFFICER Continued from page 1

People who enter Green to Gold can commission in the National Guard, Army Reserve or active duty. However, if they go through the active-duty option, they have to commission as active duty.

ACTIVE-DUTY OPTION

The active-duty option is for two-years. It allows the Soldier to stay on active duty. Eligible Soldiers will already have some college.

“What’s important is not how many credits you have but how much you have left to (earn a degree),” Porter said. “I run into Soldiers who have had 90 credits and they can’t finish in two years. It is more important that they can finish the degree of their choice in four semesters.”

He has frequently seen the evaluation of transfer credits not go in the Soldiers favor especially if many of the credits toward their associate’s degree was in military training experience.

“If you go to one of the schools on Fort Riley they give a very generous transfer credit for military training experience, which will get them a degree in general education,” he said. “When it transfers into a traditional school they lose a lot of those military training experience credits because

it doesn’t fit into the degree they are seeking.”

Those enrolled in the active-duty option continue to get all the pay and allowances they received prior to enrollment. The only change is they are assigned to the Student Detachment at Fort Jackson, South Carolina, and their duty location becomes whatever school they are enrolled in.

“This is a very good deal, especially for a Soldier with a family who needs to keep the healthcare for the kids,” Porter said.

They will need to use their GI Bill or student loans to pay for the schooling, but once selected, they keep pulling a paycheck and have all the same benefits as any other active-duty Soldier. If the Soldier is living on Fort Riley, they can stay in their quarters.

Although they are not assigned to a unit on Fort Riley they are not released from all military requirements.

“We do PT with our Cadets three times a week for the underclassmen,” he said. “In the third year (for those who enter on a scholarship) they typically do five times a week. What will disappear for the Soldiers in the active-duty option are things like police call and CQ runner because their full-time job is going to school and there are no extra duties.”

The selection process goes through U.S. Army Cadet Command, which accepts about 200 Soldiers a year. The exact number is driven by authorized end strength of the Army.

Porter said in his experience there is a high acceptance rate among those who meet all qualifications and completes the application packet.

“Of all of the Soldiers that I have worked with, and I’ve worked with a lot of Soldiers not just at Fort Riley but all over the world to help them apply for this, most of the ones who have completed the packet have been selected,” he said. “The ones that didn’t usually had a waiver disapproved.”

Some of the eligibility requirements, including age, height and weight, grade point average, years in service and family structure, can be waived.

SCHOLARSHIPS

With the Green to Gold scholarship and the Commanding General’s Hip Pocket scholarship, the Soldier is discharged from active duty and becomes responsible for all of their living expenses. However, The Green to Gold Scholarship provides Soldiers with full tuition and fees, a \$600 per semester book allowance and stipend

of \$420 per month from the time the scholarship is received, according to the Kansas State University, Military Science page, where people can also apply for the National Scholarship.

“There are two ways to be selected for the scholarship option,” Porter said. “First there is a national selection board, secondly there’s Commanding General’s Hip Pocket scholarship.”

Fort Riley’s Commanding General is authorized five scholarships to give to eligible Soldiers.

Seventeen years ago, then Private 1st Class Joshua Campbell was nominated by his command for the Hip Pocket scholarship. He just took command of the 97th Military Police Battalion as a Lt. Colonel.

He recalled when he was nominated for the Hip Pocket Scholarship, he had a captain talk to him and express a belief it was a direction he could be successful in.

“As a private you don’t know about these programs,” he said.

The captain, however, had observed the way Campbell worked and the briefings he had given — he saw officer quality.

At the time, Campbell said he saw it as a way to finish his degree.

“I joined the Army initially because I wanted to come in and get my GI Bill and finish school,” he said. “It was a tough choice (to go for a commission).”

He competed for and was awarded the scholarship in 1998. He received his commission in 2001. Going into it from the enlisted perspective, he said he was a bit naïve about the entire role that officers play. He was only seeing as far as the platoon leaders who he was familiar with.

“You don’t see all the dynamics of what officers do,” he said. “You don’t see the timelines, you don’t see the staff times. It is a very myopic view.”

But as he progressed through the ranks, he said he is glad that captain recognized his potential and walked him through the process nearly two decades ago

Those who would like to go through the National Board application process need to have their paperwork turned in by Nov. 26. The online application is found at www.goarmy.com.

Those interested in applying for a Hip Pocket Scholarship have until Jan. 1 to submit the necessary paperwork.



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made to
ORDER

Photos by Amanda Ravenstein | POST
Orion, 2, son of Sgt. Richard Cartojano, 97th Military Police Battalion, walks around the room showing off his pumpkin during the Exceptional Family Member Program and New Parent Support Program annual Fall Fest on Oct. 13 at the Army Community Service building.

Fall Festival brings families out in droves

By Will Ravenstein
1ST INF. DIV. POST

Employees from the Exceptional Family Members Program and New Parent Support Program hosted their annual Fall Festival event inside the Army Community Service building Oct. 13 with games, crafts, activities and plenty of candy. “It’s nice to have these families come out to an event that is a little bit more low-key than the huge events that happen around (Fort Riley),” said Carrie Barnett, lead home visitor, New Parent Support Program. “Luckily, we have a large enough space to handle this crowd. It’s nice because they can go in and out to see the fire truck if they get too warm in here.” The children were invited to wear costumes and the room was filled with princesses, fairies, an astronaut and several superheroes.

See FALL, page 12



Kensington, 3, daughter of Staff Sgt. Jaime Ratledge, Company B, 1st Engineer Batttalion, 1st Armored Brigade Combat Team, 1st Infantry Division, plays in one of the water tables during the Exceptional Family Member Program and New Parent Support Program Annual Fall Fest on Oct. 13 at Army Community Service.

“It’s nice to see other people ... coming together and doing the activities, not staying in the house — actually coming out and doing activities where some people might shy away if they think their kids might not enjoy an event.”

CARRIE BARNETT | LEAD HOME VISITOR, NEW PARENT SUPPORT GROUP

Supervisor earns Army Recreation Employee of Year award

Ten-year veteran at Leisure Travel Center helps book dream vacations

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

Staying on top of the game, attention to detail and her relationship with Soldiers and their families are among the reasons Annabelle Anderson, supervisor and recreation specialist at the Directorate of Family and Moral, Welfare and Recreation Leisure Travel Center earned the 2018 Army Recreation Employee of the Year award, Sarah Mueller, branch chief of outdoor recreation, was quick to dispute Anderson’s claim that she only won because of well-written nomination letter. “She is a little modest,” Mueller said. “She doesn’t necessarily strive for that attention because she just enjoys

“If we can (facilitate) that great experience they have, those memories they share during the time Soldiers are home, that’s what it’s about.”

ANNABELLE ANDERSON | SUPERVISOR AND RECREATION SPECIALIST, DIRECTORATE OF FAMILY AND MORAL, WELFARE AND RECREATION LEISURE TRAVEL CENTER

seeing the smiles and the feedback that she gets from the customers.” Her customers are Soldiers, family members, retirees and civilians who turn to Leisure Travel Center for assistance in setting up vacations and weekend getaways. She also works to secure free and low-cost tickets to events and attractions in the region. In Anderson’s 10 years at Leisure Travel Center, she has developed many repeat customers, which is one reason she loves her job. “I know (them) personally,” she said. “I know their families. I know

what they need and how to make it perfect for them. We have people that PCS and three (duty) stations later they still call me and email me to set they’re packages up because they love the way we did it.” For Anderson, it’s about more than simply setting up a vacation — it’s about helping people make memories. “If we can (facilitate) that great experience they have, those memories they share during the time the Soldiers are home, that’s what it’s about,” she said. “Sometimes it’s only every other year they can have that vacation with the kids and

BOOK IT!

- Annabelle Anderson has provided more than \$188,000 of vacation packages and more than \$700,000 in local ticket sales for her customers.

they remember those things more than just about anything.” She likes for those memories to be free of hassles, but the unexpected can happen. When it does, she is on hand to help as much as she can. She recalled days she would be on the phone for hours with an airline trying to clear up some travel snafu. One of her clients got stuck in Chicago last year when Berlin Airlines filed for bankruptcy and left all their customers stranded.

See AWARD, page 12



Annabelle Anderson, a supervisor and recreation specialist at the Directorate of Family and Moral, Welfare and Recreation Leisure Travel Center, recently earned the 2018 Army Recreation Employee of the Year award.

Fort Riley agency: Hiring process must be fast, efficient

Child, Youth Services finds method leads to qualified employees

By Gail Parson
1ST INF. DIV. POST

People often think their way of doing something is better than anyone else’s — sometimes they are right and have their beliefs validated. The Fort Riley Child and Youth Services hiring fairs are examples. “We do believe we have the best process in the Army for hiring childcare employees,” said Chris Solano, human resources officer, non-appropriated funds. “My agency is the Civilian Human Resources Agency, and (in September) our practices have been sent out to the rest of CHRA as a best practice.” A little over two years ago, CHRA and all the agencies involved in hiring childcare workers came together to try and make the process easier for staff and applicants. “We are a fast-paced environment and the recruitment cycle has to keep pace with that,” said Cheryl Greathouse, CYS program operations specialist. “Even before (the new hiring fair format) we were trying to consolidate by doing interviews on the same day with multiple managers.” One of the problems they were trying to alleviate was having several managers interviewing and offering jobs to the same applicant. Greathouse explained there were times when the same position was open at different locations. One person would apply at

“We are a fast-paced environment and the recruitment cycle has to keep pace with that.”

CHERYL GREATHOUSE
PROGRAM OPERATION'S SPECIALIST, FORT RILEY CHILD AND YOUTH SERVICES

each of the locations and get interviews at all of them. “We were stepping on one another’s toes,” she said. A spirit of cooperation was needed to take the consolidation to the next level and involve all the agencies, which are directly involved in hiring childcare workers. “Ultimately, it started because we have such a good relationship with CYS management,” Solano said. “This is a team deal. It brings all pre-employment steps together in one spot — we do it all in one day.” Before the consolidated job fairs, a person applying would find the announcement on USA Jobs where it would be open for at least two weeks, when the application period closed the applications were compiled and sent to management. Management would then call about 15 or 20 people to find out if they were still interested in the job and set up interviews. After the interviews, management would make job offers. From there came a series of events including two visits to occupational health, finger printing and the completion of more paperwork.

See HIRING, page 13

One time each year nerds converge here


Warrior Zone to host annual Warrior Con, Kiddie Con events

By Amanda Ravenstein
1ST INF. DIV. POST

The third annual Warrior Con at Warrior Zone is scheduled for Oct. 20 and will start with Kiddie Con from 11 a.m. to 3 p.m. Kiddie Con is an all-ages convention with gaming tournaments, a cosplay contest, boffer sword creation station and much more. Vendors will be onsite as well as a henna artist. Concessions will also be available. Video game tournaments will have a \$5 admission

with prizes awarded to top finishers in each. The Cosplay contest is free to enter and will start at 2:30 p.m. so the younger attendees can participate. There will be anime all day with activities such as watching anime shows, debates and after show discussions. Trivia questions will be held every hour in which participants can choose trivia or riddles to answer. Various free play options will be available including board games, Fortnite and PlayStation®VR. Raffle tickets will be given to participants during each activity for a drawing prior to the conclusion of the convention.

FORT RILEY POST-ITS

**I am Grunt**
October 18


I heard that there is going to be an adoption day for pets coming up. Does anyone know when that is??

14

3 Comments


Like

Comment

**Spc. Shell** Sure do, at the Outdoor Adventure Park's parking lot there will be an Adoption Day event on Oct. 20 from 8 to 3 p.m.


Like

Reply

**I am Grunt** Awesome. Thanks! My kids will love this.


Like

Reply

**Spc. Shell** Not a problem. See you there. I'm hoping to get a new fur-ever friend to keep me company.

Like

Reply

**Let's go to the movies @Barlow Theater**
October 18


Friday - The House with a clock in its walls (PG) 7 p.m.
Saturday - The House with a clock in its walls (PG) 2 p.m. and Life Itself (R) 7 p.m.
Sunday - The Predator (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 18


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 18 10:41 a.m.

Unplugged Family game Night
Friday, Oct. 19 at 5:30 p.m.


Bring your own games or enjoy one of ours, enjoy a light meal and “unplug” from distracting electronics and reconnect with friends and family over board games. From Scrabble to Uno and everything in between, we have a wide assortment of games for families of all ages and sizes. Registration is required for this event. Please arrive within 15 minutes of the event to claim your table. Registrants who have not signed in within 15 minutes of event start will forfeit their table to families on the wait list. Registration is OPEN - you can register on our Facebook event page (via the “get tickets” link).

**Fort Riley MWR**
October 18 1:57 p.m.

Fort Riley Retiree Appreciation Day
Oct. 20 — 8:30 a.m. to 4 p.m. Doors open at 7:30 a.m.


Honoring military retirees from all branches of the Armed Forces. Guest speakers include: the Fort Riley command group, garrison, hospital and governor's military council.

Hear about TRICARE updates, presentations from the Kansas Commission on Veterans Affairs and Kansas Honor Flights. Attend the health fair and much more. For more information contact the Fort Riley Retirement Services Office at 785-239-3320.

**Fort Riley MWR**
October 18 12:29 p.m.

Kiddie Con/Warrior Con — Oct. 20, 11 a.m. - 8 p.m. with Kiddie Con from 11 a.m. to 3 p.m. and open to all ages. After 3 p.m., only 18 and older allowed at the Warrior Zone.

Join us for the one time of year where being a nerd counts. Have fun and be yourself while enjoying the festivities. Activities will include: Dungeons and Dragons, boffer sword creation, gaming tournaments, on site henna tattoos, nerd trivia, food specials and much more. Contact The Warrior Zone at 785-240-6618 for more information. Event is free to enter, some tournaments do have an admission charge to participate.

**USO Fort Riley**
October 18 9:35 a.m.

258th Human Resources Company and USO Fort Riley presents Gift the Gown/ball etiquette Oct. 21 from 3 to 8 p.m. at USO Fort Riley

Just in time for the ball!
We will have formal gowns from the USO you may try on and if you find one you love, you get to take it home. Jane Brookshire will also be there to teach us some ball etiquette. Hope you can join us and hopefully find a dress too!
For more information contact 258th Human Resources Company at 785-239-9369.

COMMUNITY CORNER

There's no place like home when talking about Fort Riley

By Col. Stephen Shrader
FORT RILEY GARRISON COMMANDER

Nowhere is the contrast between military and civilian life more prominent than the common, casual conversation when someone asks a straightforward get-to-know-you question: “Where are you from?” Normal responses might sound something like, “Chicago. You?” But, for those who serve, the question is more commonly met with a pause.

Colonel Shrader

“What do you mean by that, exactly?” Are they asking where you’re from originally? Where you were born? Where do you live now? Where did you just move from? Any of the places in between? The answer becomes complicated. The fact is, frequent moves are intrinsic to military life. But just because we do them a lot, doesn’t mean they get easier. As every service member and military family knows, each move to a new duty station is its own unique experience, punctuating our lives with the introduction of new schools for our kids, saying goodbye to friends and meeting new ones and working to turn new houses into new homes.

While we at the garrison like to believe your transition to Fort Riley is seamless, I know the challenges you face as you integrate here are just as difficult as any permanent change of station move in the past. So, I offer some advice

on settling in here and how to make your time in the Kansas Flint Hills one of the highlights of your military career.

The first thing I want to emphasize is building relationships within your Army family. Don’t underestimate the value of really getting to know the people you work with every day. Furthermore, the attitude you decide to wear to work every morning makes a difference; the climate of your unit depends on every single person showing up every day and giving 100 percent. Put in a little extra time and effort to talk to your Soldiers, leaders and peers. Be a part of making your unit a place where people want to work. The same goes for spouses. I challenge all of the spouses out there to get involved with your Family Readiness Group. Could your unit’s FRG use a boost? Maybe your skills and abilities are exactly what the program needs to increase leadership, direction and initiative.

Another good place to get involved is within the broader Fort Riley community. We have a wide range of programs and services. Organizations on post like Better Opportunities for Single Soldiers, USO Fort Riley, the Historical and Archaeological Society of Fort Riley, the Directorate of Family and Morale, Welfare and Recreation and the religious services office are just a few. There is everything from the Fort Riley Outdoorsman Group to the Anime Club. Many of these activities are at low or no cost.


I encourage everyone to get out and explore all that the area surrounding this post has to offer. I can promise you the treasures of Kansas are numerous and wonderful – you just have to take the time to look. Take a day trip to the Cosmosphere in


Hutchinson, the Center of the Continental United States, the Eisenhower Presidential Library in Abilene, Boot Hill in Dodge City, the Wizard of Oz Museum in Wamego, or any number of the unique sites in Kansas that make this place like no place you’ve been stationed before. Within the Flint Hills region, there are performing arts, historic sites, outdoor recreation and places to further your education. Did you know our surrounding communities offer child and adult learning classes, running and biking clubs, community theater groups, horseback riding, car clubs and dozens of lakes and trails? Don’t let these opportunities pass you up.

Many people on and off of Fort Riley work hard to make sure you know about these options, but you have to meet us half way. Use the tools available — Fort Riley Mobile App, website, Directorate of Family and Morale, Welfare and Recreation pages, social media pages and this newspaper — to find ideas for activities and events. Being proactive is going to be your best strategy to help with the integration process.


I truly do appreciate the sacrifices each and every one of you make every time you transition to a new base, and I want you to know that the garrison team works hard to do everything we can to help ease that transition. I don’t want you to think of this as just another duty station — I want you to consider this your home for as long as you are here. I hope the next time someone asks you where you’re from, you won’t hesitate to say Fort Riley, Kansas.

— To comment on this article or to suggest a topic for Community Corner, email usarmy.riley@com.mbx.post-newspaper@mail.mil.

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



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Worship Opportunities

Protestant Services

Victory Chapel 239-0834
ChapelXt Protestant Service
Sunday Worship.....1100
Children's Church.....1105-1200

Morris Hill Chapel 239-2799
Gospel Protestant Service
Sunday School.....0900
Sunday Worship.....1100

Main Post Chapel 239-0834
Traditional Protestant Service
Sunday Worship.....1030
Children's Church.....1045-1130

Catholic Services

Victory Chapel 239-0834
Sunday Mass.....0845
Sunday Catechism.....1000

Saint Mary's Chapel 239-0834
Confession (or by appointment).....1100
Sunday Mass.....1130
Mid-day Mass-- Mon., Wed., & Fri.....1200

IACH Chapel 239-7872
Mid-day Mass-- Tue. & Thur.1200

Jewish Service

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


Pagan/Wiccan Service


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

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

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

AWANA
Meets Sundays, 1400-1600 at Victory Chapel
785-239-0875.

**Protestant Women of the Chapel (PWOC)**
Weekly Tuesday Meeting 0900-1130 & Evenings at 1830-2000 at Victory Chapel.
Childcare provided.
For more information email rileypwoc@gmail.com or Facebook "Fort Riley PWOC"

**Catholic Women of the Chapel (CWOC)**
Weekly Wednesday Meeting 0900-1130 at Victory Chapel.
Childcare provided.
For more information email fortrileycwoc@gmail.com or Facebook "Fort Riley CWOC"

Check for schedule over Training Holiday weekends

New head fitness director brings passion

Henigman's goal is to share knowledge of fitness, launch 'innovative programming'

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

To do some jobs right a person needs more than just knowledge — they need passion. When Tanya Henigman moved to Fort Riley from Corpus Christie, Texas, to assume the position of branch chief of Sports fitness and Aquatics with the Directorate of Family and Moral, Welfare and Recreation, she brought with her a wealth of knowledge, education and a passion for fitness — all of which she is excited to share.

Henigman has numerous degrees and certifications, including several from the Cooper Institution, whose mission is “... promoting life-long health and wellness through research and education.”

“The thing about fitness is that fitness seems to cure everything,” she said. “It helps depression. It helps physical limitation. It even helps people who have Alzheimer’s — one of the best treatments for Alzheimer’s is physical activity.”

Staying active also leads to lower blood pressure, lower cholesterol and stronger bones.

“It appears to cure all the elements the American population suffers from,” she said. “Being very sedentary is what is hurting our population. By being physically fit and having a sound nutritional diet — it prevents so many diseases. You can cure [Type 2 diabetes] with a physical fitness program and nutritional program. Basically, people are losing limbs because they are not active and not eating right.”

When she started seeing how the Army was incorporating the science of fitness with its mission readiness she wanted to be part of it in some way.

With 13 years under her belt at MWR, and having risen to the position of deputy director, she jumped at the opportunity to come to Fort Riley, which was something she had wanted to do for a long time. She had done her research and was impressed with what she saw.

“Fort Riley is a large base and you have to deal with mission readiness all the time,” she said. “The Army is doing extensive research to the operation of a Soldiers’ (Military Occupation Specialty) as it pertains to their physical capabilities. They are spending a lot of time and effort in ensuring they are creating a strong Army.”



Tanya Henigman, branch chief of Sports fitness and Aquatics with the Directorate of Family and Moral, Welfare and Recreation, is also a certified lifeguard instructor, an advanced CPR instructor and basic lifesaving instructor, is USA Weightlifting certified, and has her Yoga Fit and Group Ex certifications.

“The Army is doing extensive research to the operation of a Soldiers’ (Military Occupation Specialty) as it pertains to their physical capabilities. They are spending a lot of time and effort in ensuring they are creating a strong Army.”

TANYA HENIGMAN | BRANCH CHIEF
FITNESS AND AQUATICS,
DIRECTORATE OF FAMILY AND
MORAL, WELFARE AND RECREATION

Her knowledge is also appreciated by others who work to bring fitness opportunities to Fort Riley.

“It’s great having a sports director with such a wide range of experience to draw from,” said Reed Scott, sports facilities coordinator at Whitside Fitness Center. “Her expertise in many areas has already paid dividends. I’m certain she will help us meet challenges in the

future.” Henigman has spent her lifetime surrounded by military personnel. She knows the importance of a fit Army. A self-described “Air Force brat,” she married a Marine, and has daughters and sons-in-law in the Army and Navy. Rounding out the five services, she has a step-sister who is Coast Guard. “I am a military person 100 percent,” she said.

While she grew up with the military, she also grew up with a fitness beginning as a child on the swim team.

In addition to being a certified life-guard instructor, advanced CPR instructor and basic lifesaving instructor, she is also USA Weightlifting certified, has her Yoga Fit and Group Ex certifications.

There are many fitness classes she is certified to teach including TRX at level three. She said TRX is a licensed fitness program created by a Navy Seal when he was stationed in Afghanistan.

She was a powerlifter who competed on the national level for about seven years before being sidelined by an injury. Although she had to stop powerlifting, a sport two of her daughters continue to compete in, she still weightlifts.

Henigman is not alone in her quest to provide ample quality fitness programs to Soldiers and their families. In the past few months, three managers have been added to the roster — Drake Bailey, a former Marine; Tim Matthews, who is retired military and Mike Uden, an Air Force veteran.

“We have so many amazing people in our Sports Fitness and Aquatics Program,” she said.

In addition to the new managers, they have the people who have been with the program a while. She described them as “the nuts and bolts — the bread and butter of the program.”

Through them, there are already many offerings she wants to get the word out about. She wonders how many people know about the classes like Boga Fit, the availability of personal trainers and that people can set up private classes for \$25 for an entire group, she said.

With the strong team under her, Henigman is also excited about building up the sports fitness and aquatics program “in every aspect from providing quality service to our Soldiers and patrons who utilize our facilities, to bringing in more classes that are going to be applicable to the new (Army Combat Fitness Test).

“There are so many things we will start doing within our program,” she said. “It’s going to be so phenomenal, so exciting. My whole goal is to bring forth my knowledge of fitness and share it with our staff and get new, innovative programming.”

Club offers creative outlet for young writers

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

Students at Fort Riley Middle School who enjoy creative writing, now have an opportunity to share, learn and improve their skills thanks to one of their classmates.

Eighth-grader Emma Stoner, daughter of Jessica and Sgt. 1st Class Donald Stoner, 1st Infantry Division Artillery, summoned up her courage to put together an after-school creative writing club. She admits to being a bit on the reserved side. But she was in a writing club at a previous school and realized how much she missed it.

“I write a lot in my spare time,” she said. “During class, we were talking about it being a new school year. Another way to be involved with school is to join clubs. I (asked), ‘can we organize our own clubs?’”

She enjoys writing. However, the style of writing she likes is not what is taught in class, which is why language arts teacher Barret Hunstad agreed to be the sponsor for the club.

“In class, we do more argumentative writing, supporting claims of evidence and things



Fort Riley Middle School students address what they would like out of the new Writing Club established this year during the club's first meeting Oct. 11.

like that,” Hunstad said. “I think that’s going to be more important for where most people end up. But the kids who specifically have the desire to write creatively, like short stories and poetry and things like that, it’s important for them to have the opportunity after school if they are not getting it in school.

Emma, along with her friend, Liliana Hogan, hosted the club’s first meeting Oct. 11. To Emma’s surprise, about 15 students showed up. She opened the meeting by asking questions about their writing; what did they like to write?

Why did they write? What were problems they had with their writing?

Adding to her surprise of the number of students who showed up, were their answers.

“I learned they have the same goals as I do and they have the same problems as me,” she said. “Things like writing blocks and other situations where you get stuck in writing. I didn’t know other people had the same problems that I did. I thought it was only a me thing.”

Their answers made it obvious they are interested in becoming stronger writers in the fiction genres they like. They

are looking for inspiration, direction, to expand their writing horizons and get feedback on what they have written.

Hearing from her classmates validated to her the club is a good idea.

“I really would like to help other students like me,” she said. “I am really reserved. The whole reason I started writing in elementary is that it was one way I could cope and express my feelings. I know there are other students like me who can’t really express themselves.”

During the first meeting, when the discussion time started wrapping up, she moved to a writing exercise — something to get people’s creative minds working.

To the pleasure of some students and displeasure of others, she suggested they write a two-sentence horror story. For the few in the room who weren’t familiar with the exercise she wrote an example on the board. “It’s cold, dark and I’m constantly alone. If I had known it would have been like this, I would have been cremated.”

The club will meet once a month to share their stories, collaborate on ideas and explore writing techniques.

Commissary has the meats

By Amanda Ravenstein
1ST INF. DIV. POST

The Fort Riley Commissary has announced special deals on meat products available now.

The meat department is taking orders for small-, medium- or large-sized whole pigs.

A limited quantity are available for purchase, orders must be made at least three weeks in advance. Customers can call or visit the meat department for more information or to order.

Promotional pricing on Honeysuckle turkeys is 49 cents a pound.

This price will be available through Nov. 15.

RECOGNIZE

Sergeant Woof sees old ammo!

RETREAT

Don't touch it! Sergeant Woof turns and follows his tracks away from the danger.

REPORT

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

Recognize

o Realize when you may have found ammo

Retreat

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

Report

o Tell a parent or other adult to call 911

For more information, visit **3RS.mil**

TUESDAY TRIVIA CONTEST

The question for the week of Oct. 16 was: Where on the new Fort Riley website can I find noise and training advisories?

Answer: home.army.mil/riley/index.php/about/noise-and-training-information

This week's winner is Denise Velasquez, spouse of Spc. Juan Velasquez, Company B., 1st Combined Arms Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division.

Pictured above are Denise and Juan.

CONGRATULATIONS DENISE!

SUICIDE PREVENTION

THE POWER OF 1

National Prescription Drug Take-Back Day

Dispose of your unwanted and unused prescription medications
•25 & 26 October 2018
1500-1800
•Main Post Exchange, 2210 Trooper Dr.

Needles will not be accepted.
For more information call 239-5075 / 240-6266

Lunch BUFFET

AT RILEY'S CONFERENCE CENTER
Tuesday + Wednesday
11am-2pm

TACO Tuesday

Chicken or Beef
Hard or Soft Shell
Salsa Bar
Rice & Beans

all for \$9.95
includes drink

Salad Bar only for just \$5.95

PASTA Wednesday

Pasta Main Dish
Green Beans
Focaccia
Greek Salad

Information: 785.784.1000

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Reserve now for a Weekend Retreat, Holiday Party, Family Reunion, or Wedding Reception
Off Exit 342 on I-70.
Go to <http://www.vrbo.com/429285>
call 785-554-3005
Military / Senior Discounts

AWARD Continued from page 9

“She got to Chicago and their desk was empty, there was nobody there to check them in,” she said. “Rather than her having to deal with it we were able to take care of it. The reason we are as successful as we are is that we give that personal touch.”

Her years in the office have given her an insight into how to help people plan the perfect vacation.

“It’s just reading minds,” she said. “Sometimes they know exactly what they want. Sometimes they just want to go somewhere, anywhere. A lot of people come in thinking I have a four-day package that is just

off the shelf one-size-fits-all. It just doesn’t work that way. We custom make everything for that specific family whether you have three kids or no kids or if you’re taking grandparents or extended family or if it’s just a couple going for a romantic getaway, vow renewal, anniversaries — everybody is a little bit different.”

Her experience in helping others comes from years of reading up on the vacation spots, talking to people and browsing resources. None of it comes from personal experience.

“I am probably the least traveled travel agent you will meet,” she said.

But after helping a couple plan “an amazing honeymoon package” to Scotland and Ireland, she said that would be the trip she would take if she could.

Being a travel agent is only a piece of what she does and her relationship with the customers was just one reason Mueller nominated her for the award.

“She is probably one of the most thorough managers I have seen,” Mueller said.

In her nomination letter she pointed out how Anderson had facilitated the arrangements to give more than 4,000 free tickets to the Kansas Speedway, secured tickets to McCain

Performance Center, the Sprint Center in Kansas City and the Kansas City Chiefs football team. She provided more than \$188,000 of vacation packages and more than \$700,000 in local ticket sales for her customers.

Despite the accolades given her, Anderson said she is just doing her job.

“I don’t feel like I’m doing anything special,” she said. “I feel like I don’t deserve (the award). There are so many hard workers here at MWR. We really are a family and we are there for each other. It’s a good place to work, we have fun.”

FIRE SAFETY WEEK



Amanda Ravenstein | POST

Justin Schmidt, fire inspector for the Fort Riley Fire Department, answers questions from first-graders at Seitz Elementary Oct. 11 during Fire Safety Week. The students watched a video and talked about what to do when they see fire hazards.

FALL Continued from page 9

“We’ve had some fantastic, unique costumes,” Barnett said. “I like the bio-hazard kid — I just thought that was the most imaginative. Then we have the Chick-fil-a cow here, who is saying ‘Eat more Chikin.’ Of course, we have our princesses and two bartgirls here today.”

The families gathered around tables set up throughout the building to paint pictures and small coin banks; and create pirate and turkey hats, pirate maps and ships.

There were also two pedal tractors available for children to scoot around the room — several self-initiated races took place.

The event was open to members of the EFMP and NFSP.

“With the small numbers, they are able to get the most of the activities we have; the crafts, the Girl Scouts doing their tattoos and the games they are playing,” Barnett said. “It’s always great that Fort Riley’s fire department always comes out to support us. We have Sparky come out — a familiar face every time.”

For Girl Scout Troop 1641 leader Cathy Stage, wife of Sgt. 1st Class James Stage, Company I, 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, the day was a way for her girls to give back to the community.

“I always tell our girls we have to give back to our community,” she said. “That when we



Amanda Ravenstein | POST

Oliver Caliboso, 2, son of Spc. Aaron Caliboso, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, scoots around in his Chick-Fil-A costume Oct. 13 at the Exceptional Family Member and New Parent Support Program Fall Festival.

help others — we help ourselves. We try to get out at least once a month to do something small and simple just to give back to the community. That way we are one, a presence in the community so people can see that girls can do things and that we are out here as a presence. And two, it helps them learn leadership skills and interact with others.”

The girls set up a toss game using buckets and applied temporary tattoos for the children to remember their day with.

“Originally, when we started helping out Laurie and EFMP, we did face painting,” Stage said. “We did that for a year and a half (at events). That gets so repetitive, so we decided to do temporary tattoos. This crowd is not so much of a problem, but when we do larger events — with like 300 kids — [face painting] takes up so much time. We decided not to (do it) and went to temporary tattoos.”

Each child was welcomed into a makeshift pumpkin patch and was encouraged to find the right one for them. Several children created pumpkin art with the painting supplies on the tables.

Another key part was the opportunity for parents to network with each other and develop another relationship outside of the home with someone who shares similar experiences, Barnett said.

“Sometimes, it can be tough and you feel like you are on your own,” she said. “It’s nice to see other people going through the same things. Coming together and doing the activities, not staying in the house — actually coming out and doing activities where some people might shy away if they think their kids might not enjoy an event.”

Barnett said for the clients who were unable to make the event, the in-home visitors took some of the activities to them.

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Custer Hill Youth Center's Haunted Gym

Friday October 19th
8pm-10pm

BUILDING 310

APOCALYPSE & HAPPY HAUNT

Fort Riley is under attack from zombies, escape into the safe zone.

HAPPY HAUNT: An area for young kids to play games, and collect candy. There will be several small games and candy available at each station.

APOCALYPSE: \$3.00 PERSON OR \$15.00 GROUP OF 6
HAPPY HAUNT: FREE

OCTOBER 26TH FRIDAY 6-9PM

- GUESTS UNDER THE AGE OF 15 MUST BE WITH A PARENT
- STROLLERS ARE NOT PERMITTED WITHIN THE FACILITY
- THERE WILL BE STAIRS, ROCKY UNEVEN TERRAIN

THERE WILL BE A FOOD TRUCK!!!!
INFORMATION: 785-239-8990

FORT RILEY MAIN EXCHANGE

Happy Halloween Pumpkin Carving Contest

Bring your carved pumpkin between the **24th - 26th October** for a chance to win!

To enter your pumpkin, please see Customer Service.

Customers vote for the best pumpkin! Winner will be announced on the 31st October at Noon

1st Place - \$75 Exchange Gift Card
2nd Place - \$50 Exchange Gift Card
3rd Place - \$25 Exchange Gift Card

shopmyexchange.com

FORT RILEY MAIN EXCHANGE

Happy Halloween Costume Contest

Take a picture in front of our Halloween booth on the **26th - 30th October** and post it on our wall!

Customers vote for the best costume! Winner will be announced 31st October at Noon

1st Place - \$25 Exchange Gift Card
2nd Place - \$15 Exchange Gift Card
3rd Place - \$10 Exchange Gift Card

shopmyexchange.com

Runners shine bright like a glowstick

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

Staff from the Directorate of Family and Morale, Welfare and Recreation hosted their second annual Glo Run, Oct. 12 at the Outdoor Adventure and Travel Center. Participants geared up with glow-in-the-dark accessories and set off on the 2 1/2-mile path.

Melissa Phelps, DFMWR recreation specialist, served as “The Glo” for the evening.

Everyone had glow sticks, glow-in-the-dark paint and glow batons, Phelps said, adding “you just glowed and had a good time.”

More than 120 people attended the race, with the first 150 people given a T-shirt and glow-in-the-dark medals, Phelps said. Those who pre-registered were given the rate of \$12 while those who registered at the event paid \$15.

“We had a glow station with free glow paint and free glow sticks,” she said. “I made glow



More than 120 people attended the second annual Glo Run, Oct. 12 at the Outdoor Adventure and Travel Center.

spheres as well as glow powder and sprinkled that all over the place.”

She said Amazon was “glowing” for a while, and her thought process behind the decorations was “rave.”

Phelps said she made glow batons as well, so people would not get lost. Among the safety procedures taken, she asked the

runners if they could not see, to walk and be aware of their surroundings.

Stephanie Osborne, wife of Staff Sgt. Mathew Osborne, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, said she and their 7-year old daughter, Temperance, both enjoyed it.

“I like the adventure of it,” Osborne said. “It was fun running in the dark. It was a little hard to see the path but that made it interesting. The glowing made it fun.”

Human children were not the only ones who enjoyed the run with their parents. Rupert, a 4-month-old chocolate lab ran the race with his furless father, Staff Sgt. Steven Clarke, 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd ABCT, 1st Inf. Div.

Clarke said Rupert was worn out at a mile, but finished the race strong.

It’s a very good event and brings the installation together, Clarke said.

Clarke attended the Color Run a few months back as well, and believes there should be a run held each month.

Springfield, Missouri, native, Christina Futrell, ran the Glo Run with Rupert and Clarke. She expressed her idea for the next Glo Run, which she said should have an ’80s theme, complete with big hair.

FORM MATTERS

Single-leg deadlift

By Gail Parsons
1ST INF. DIV. POST

One of the exercises Soldiers can do to strengthen the muscle group necessary for executing the strength deadlift, is a single-leg 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 Army Combat Fitness Test, said the exercise has several benefits and can be done with or without weights.

“It is one that has the ability to be done anywhere because any sort of implement can be used as a weight,” he said. “I have done this with an ammo can before. The single-weight deadlift is important because it will strengthen my hamstrings which are part of the posterior chain that is going to allow you to be successful on the strength deadlift.”

Chandler demonstrates the single-leg deadlift:



1. Stand with feet about shoulder length apart. Lift one leg to the rear.
2. Extend arms straight forward, hinge forward at the waist.
3. As the leg raises, keep the hamstrings tight, reach both hands to the ground creating a straight line from the back to the foot.
- 3a. If using a weight, hold the weight on the same side as the leg that is going up and keep the other arm to the side of the body.

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

Trooper runners finish season in Wamego

Fort Riley girls' seventh-graders end meet in first place

By Will Ravenstein
1ST INF. DIV. POST

The Fort Riley Trooper runners finished the season Oct. 11 in Wamego.

The seventh-grade girl's closed out the meet first with a score of 32, edging out Clay Center Middle School by five points.

Sydnee Stoner led the team with her third place finish in 15:05.7 on the 2-mile course.

Adrean Rowe followed in fourth in 15:08.5.

Cheyenne Roman closed out the day ninth in 16:34.7 with Ella Fidler, Veronica Hokirk and Jordan Lampe all finishing in the medals.

Fidler crossed the finish line in 17:34.6 for 12th place.

Hokirk, 18:22.6, and Lampe, 18:58.8 finished in 14th and 15th place respectively.

The seventh- and eighth-grade boys finished fourth as a team in their respective races.

Phillip Beal led the seventh-grade Troopers with a 12th place finish in 13:42.9.

John Miller closed out his race in 15th place in 13:58.6.

Zach Dailey crossed the line in 15:01.2 while Adrian

Rowe finished his season with a 28th place finish in 16:12.9.

Ryan DePasquale crossed the line in 33rd in 17:35.9 to close out the teams efforts.

In the eighth-grade race, Devin Simmons led the team with his 24th place finish in 13:53.9.

Conner Green finished 32nd in 14:56.3 followed by Joel Kikhouna in 35th place crossing in 15:53.3.

Kale Martin finished in 37th place in 16:39.9 closing out the Troopers' day.

The eighth-grade Lady Troopers did not have enough runners to finish in the team standings.

Wamego was the only school present with enough runners, finishing first in the team standings with 15 points.

Trinity Jefferis crossed the finish line in 17:50.6 for 18th place to lead the team.

Yazmin Gonzales followed in 19th place in 17:53.4 followed by Grace Ticknor in 20th place in 18:54.6.

Mackenzie Rom closed out the Lady Troopers efforts in 21st place, crossing the line in 20:02.2

With the running season over, the Troopers transition to basketball with the first games scheduled on Oct. 23 as they host Abilene Middle School.

RESULTS

BOYS TEAM:

Seventh grade – 1. Wamego, 19; 2. Abilene, 64; 3. Clay Center, 65; 4. Fort Riley, 89.

Individual results: 1. Harrison Cuttling, WAM, 11:40.6; 2. Justin Wright, CC, 11:42.5; 3. Boden Fultz, WAM, 12:45.2; 4. Cody Trost, CON, 13:14.8; 5. Spencer Hecht, WAM, 13:24.8; 6. Isaac Wilber, WAM, 13:25.2; 7. Talon White, WAM, 13:27.2; 8. Dagan Fultz, WAM, 13:30.4; 9. Maverick Metzger, ABL, 13:34.3; 10. Levi Hager, ABL, 13:41.1.

Also: 12. Phillip Beal, 13:42.9; 15. John Miller, 13:58.6; 22. Zach Dailey, 15:01.2; 28. Adrian Rowe, 16:12.9; 33. Ryan DePasquale, 17:35.9.

Eighth grade – 1. Wamego, 26; 2. Abilene, 69; 3. Clay Center, 74; 4. Fort Riley, 87; 5. Marysville, 104.

Individual results: 1. Grant Waite, ABL, 11:14.1; 2. Jonathan Cutting, WAM, 11:14.3; 3. Brady Stegman, WAM, 11:51.1; 4. Emery Wolfe, WAM, 11:51.4; 5. Grant Smith CC, 11:58.2; 6. Chris Falls, CHAP, 12:07.6; 7. Jordan Entgelmeier, CC, 12:31.1; 8. Dalton Obermeyer, CHAP, 12:37.6; 9. Dayton Wuthnow, ABL, 12:38; 10. Joey Alonzo, CHAP, 12:43.4.

Also: 17. Collin McQueen, 13:12.5; 18. Noah Chevalier, 13:16.2; 19. Teagon Roberts, 13:26.9; 24. Devin Simmons, 13:53.9; 32. Conner Green, 14:56.3; 35. Joel Kikhouna, 15:53.3; 37. Kale Martin, 16:39.9.

GIRLS TEAM:

Seventh grade – 1. Fort Riley, 32; 2. Clay Center, 37; 3. Abilene, 54.

Individual results: 1. Lily Brecheisen, WAM, 14:00.9; 2. Megan Barr, CON, 14:18.7; 3. Sydnee Stoner, FR, 15:05.7; 4. Adrean Rowe, FR, 15:08; 5. Sara Smith, CC, 15:26.2; 6. Marie Ramos-Day, ABL, 16:02.5; 7. Addy Gurney, CC, 16:14.2; 8. Katelyn Ulmer, CC, 16:15.8; 9. Cheyenne Roman, FR, 16:34.7; 10. Darby Anguiano, ABL, 16:42.

Also: 12. Ella Fidler, 17:34.6; 14. Veronica Hokirk, 18:22.6; 15. Jordan Lampe, 18:58.8.

Eighth grade – Wamego, 15.

Individual results: 1. Kristen Stroda, ABL, 13:27.1; 2. Brynn O'Neil, MARY, 13:31; 3. Kirby McKee, WAM, 13:32.1; 4. Hailey Bulter, WAM, 13:52.4; 5. Addison Denney, WAM, 13:54.3; 6. Annie Larson, CC, 14:15.9; 7. Mattison Mutz, CC, 14:20; 8. Carolyn Pils, MARY, 14:25.7; 9. Tatiana Maravilla, CC, 15:00.3; 10. Zoe Houglund, WAM, 15:10.8.

Also: 18. Trinity Jefferis, 17:50.6; 19. Yazmin Gonzales, 17:53.4; 20. Grace Ticknor, 18:54.6; 21. Mackenzie Rom, 20:02.2.

HIRING Continued from page 9

The process would take several weeks from application to starting a job. Because it took so long, they lost qualified applicants.

“They have lives — they need a paycheck,” said Wendy Winston, CYS Coordinator. “They would give up on us. Now we are seeing them faster, get them trained quicker; it helps us with our staffing.”

At the job fairs people can come in that day, create a USA Jobs account, apply for the job and get help uploading all the documents they need. Qualified applicants are interviewed and selected on the spot. After being selected, they can see Occupational Health for their first appointment and set up their second and get their fingerprints done — all right there.

What the applicants do in a matter of six to eight hours in one day, is what used to take five to six weeks.

“For us it means we see our employees a lot faster than we would have,” Greathouse said.

And for the employees, they have a more streamlined process and have help along the way, which makes them more content coming on board, she added.

The next hiring fair is scheduled for 10 a.m. to noon Dec. 10 at the Civilian Personnel Advisory Center, Building 253.

HIGHER HEADQUARTERS INSPECTION

Once a year, CYS higher headquarters pops in for a surprise and detailed inspection.

Greathouse said the week-long inspection for Fort Riley was Sept. 17 through 21. On Sept. 14, a Friday, she received the phone call telling her the inspectors would be in on Monday. It didn't bother her though.

“We are doing what we are supposed to be doing anyway,” she said. “But when we get that notification there are a lot of documents to gather. We have a four-hour window to gather all these documents.”

When the inspectors come in they have a list of about 2,000 criteria they look at.

Fort Riley CYS passed with a 96 percent.

“We are happy with that score,” she said.

Points can be lost for things like not having a box checked on a form or the mistyping of dates.









“A lot of the things during the inspection can be corrected on the spot,” she said. “They evaluate everything we do from health, safety, sanitation even into the programming. We are required to do family-style dining with the children and they evaluate how we do the family-style dining and, if we miss a step, that is a finding.”

But the bottom line is — everything comes down to the safety and welfare of the children in their care. Greathouse said the inspections, besides being mandatory, can help them provide the best experience possible.

“Everything is an opportunity to improve,” she said. “We are always looking for ways to get better and exceed standards.”

Pets of the Week

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Ike's Place Bar & Grill  416 Goldenbelt Blvd. JUNCTION CITY (785) 579-6644 ikesplacegrill.com		HAPPY HOUR ALL DAY \$2 Drafts, \$2 ⁵⁰ Margaritas, \$2 Wells	1/2 Price Boneless Tenders	TRIVIA NIGHT + 1/2 Price All Draft Beers, \$2 Jumbo Tacos	60¢ Wings, Voted Best in Flint Hills	Prime Rib Dinner + \$3 Premium Pints all Day		Pasta Night \$9.99 w/ Salad all day
		Mon-Fri HAPPY HOUR 11a-6p						*certain restrictions apply
Wing It  439 W. 6th Street JUNCTION CITY (785) 223-5282 wingitplace.com		1/2 Price Slushes ALL DAY (Med or Large only)	2 for \$9.99 Country Fried Chicken Dinners	\$1 Mini Shakes	2 for \$10 Nachos (Beef or Chicken)	5 BBQ Chicken Sandwiches \$9.99		
								*certain restrictions apply
Pizza Hut  412 E. Chestnut St. JUNCTION CITY (785) 238-4144		All You Can Eat Supreme Lunch Buffet. Pizza, Wing- Street Wings & More! 11:30 - 1:00	Large 3 Topping and Breadsticks \$16.99 <small>(Additional charge for Pan or Stuffed Crust) Code 55 Delivery Fees & minimums required</small>	All You Can Eat Supreme Dinner Buffet. Pizza, Wing- Street Wings & More! 5:30 - 7:00	Wing Wednesday 70¢ Bone Out	All You Can Eat Supreme Dinner Buffet. Pizza, Wing- Street Wings & More! 5:30 - 7:00	Large 3 Topping, Breadsticks & Cookie \$21.99 <small>(Additional charge for Pan or Stuffed Crust) Code KW Delivery Fees & minimums required</small>	Large 1 Topping & Medium 3 Topping \$19.99 <small>(Additional charge for Pan or Stuffed Crust) Code LF Delivery Fees & minimums required</small>
Cracker Barrel  115 N East St JUNCTION CITY (785) 762-5567		Now Offering Catering Delivery Available • Contact Gerald (785) 762-5567						
Stacy's Restaurant  118 W Flint Hills Blvd JUNCTION CITY (785) 238-3039		<u>October 21st</u> • Roast Beef • Baked Ham • Chicken Fettucini Reg. \$9.00 Sr. Size \$8.00 Inc Tax	<u>October 22nd</u> Ham & Beans Reg. \$7.29 Sr. Size \$6.38 Plus Tax	<u>October 23rd</u> Chicken Fried Steak Reg. \$7.29 Sr. Size \$6.38 Plus Tax	<u>October 24th</u> Salisbury Steak Reg. \$7.29 Sr. Size \$6.38 Plus Tax	<u>October 25th</u> Fried Chicken Reg. \$7.29 Sr. Size \$6.38 Plus Tax	<u>October 26th</u> Beef Strogranoff Reg. \$7.29 Sr. Size \$6.38 Plus Tax	<u>October 27th</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
TymeOut  101 Continental Dr JUNCTION CITY (785) 238-7638		<u>October 21st</u>	<u>October 22nd</u>	<u>October 23rd</u> Homemade Schnitzel \$9.99 Serving German Beer 10:30am-1:30pm 4pm-9:30pm	EVERY SATURDAY IN THE MONTH OF OCTOBER OKTOBERFEST 2:00-5:00 Schnitzel • Sauerbraten • Bratwurst Pretzels • Cordon Bleu • German Cake COME EARLY! LIMITED SUPPLY!			
IHOP  321 E. Ash St. JUNCTION CITY (785) 238-4800		CATERING AVAILABLE Catering Available (Contact Crystal) 785-238-4800						
Munson's Prime  426 Goldenbelt JUNCTION CITY (785) 238-1135		Sunday Brunch \$15.00 per person <small>Kids under 6 eat FREE 11AM TO 2PM</small>	Chef Special \$8.00	TexMex Tuesday \$8.00	Wings Wednesdays 50¢	Lasagna \$8.00	Chef Special \$8.00	Prime Rib 12oz \$22.00 16oz \$28.00 5pm - Close
		Contact Tim Bailey to book private events. 785-238-1135 ON SALE: QUALITY GROUND BEEF FOR COOKING & GRILLING						
Hot Rodz BBQ  1118 N Washington JUNCTION CITY (785) 209-0527		CLOSED	CLOSED	Sausage Sandwich w/ smoked cheese & 1 Side \$10.50	Meatloaf w/ 2 sides \$7.50	Hot Rod Sandwich w/ 1 Side \$12.50	Big Carolina Sandwich w/ 2 Sides \$11.50	Beef Ribz Special
		Lunch Box Special \$6.50 Slider and chips with one side Open 10:30am to 9:00 pm • Tuesday thru Saturday						

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Miscellaneous270

ARE YOU BEHIND \$10k OR MORE ON YOUR TAXES? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Call 855-462-2769

DONATE YOUR CAR TO CHARITY. Receive maximum value of write off for your taxes. Running or not! All conditions accepted. Free pickup. Call for details. 844-268-9386

OXYGEN - Anytime. Anywhere. No tanks to refill. No deliveries. The All-New Inogen One G4 is only 2.8 pounds! FAA approved! FREE info kit: 844-359-3973

Help Wanted370

MEDIA SALES

Will train the right person to succeed!

We have a full time position in our advertising department.

NO WEEKENDS! MONDAY-FRIDAY DURING BUSINESS HOURS! (8 AM - 5 PM)

DO YOU HAVE:

- An outgoing personality?
- Desire to succeed?
- Self-motivation?
- Good communication skills? (written & verbal)

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

WE PROVIDE:

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

Send resume and cover letter to:
sales@jcdailyunion.com

No Phone Calls Please

THE DAILY UNION.

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

Miscellaneous270

DISH TV – BEST DEAL EVER! Free Voice Remote & DVR Included! www.dish.com Referral Code VCD0019117934

SAVE ON YOUR MEDICARE SUPPLEMENT! FREE QUOTES from top providers. Excellent coverage. Call for a no obligation quote to see how much you can save! 855-587-1299

A PLACE FOR MOM has helped over a million families find senior living. Our trusted local advisors help solutions to your unique needs at NO COST TO YOU! CALL 855-973-9062

VIAGRA and CIALIS USERS! There's a cheaper alternative than high drugstore prices! 50 Pills SPECIAL \$99.00 FREE Shipping! 100% guaranteed. CALL NOW! 855-850-3904

Were you an INDUSTRIAL or CONSTRUCTION TRADESMAN and recently diagnosed with LUNG CANCER? You and your family may be entitled to a SIGNIFICANT CASH AWARD. Call 866-409-2142 for your risk free consultation.

Help Wanted370

District Manager

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

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

Applications accepted at:
222 W 6th St
Junction City

Help Wanted
Mustang Club Hiring Security And Rock and roll DJ's No experience needed Full And Part Time, Will train,
Apply in person after 9pm
At 1330 grant Ave
Junction city

Help Wanted370

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

The Manhattan Mercury is looking for an independent contractor for newspaper delivery in the Brookfield, Rocky Ford, and Tuttle Cove areas. Reliable transportation, valid driver's license and insurance and a phone number are required. Contact The Manhattan Mercury at (785)776-8808

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

Help Wanted370

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

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

Misc For Sale530

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

Help Wanted370

Farm Equipment580

GOT LAND? Our Hunters will Pay Top \$\$\$ To hunt your land. Call for a FREE info packet & Quote. 1-866-309-1507 www.BaseCampLeasing.com

Rooms, Apts. For Rent740

Homestead Motel

WEEKLY \$129⁵⁹
RATE
Refrig/Microwave, Cable TV, Free Internet, 1, 2 or 3 beds
785-238-2886
1736 N. Washington, J.C.
Office Hours: M-F: 8am-6pm

Houses For Rent770

3BR/2.5BA Townhouse available now One car Garage, fenced in yard. New Carpet through out Located at 1813 Commanche Ct. \$1000/mo. If interested, call 319-390-2959.

Houses for RENT 785-706-1668

REPORTER NEEDED

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

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

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

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

Send resume with references and writing samples to Editor Shane Ersland by email at editor@jcdailyunion.com (put reporter position in the subject line)

su | do | ku

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

Level: Advanced

What Is su | do | ku?

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

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

Last Sudoku's Answers

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

WE'VE GOT YOU COVERED!

THE 1ST INFANTRY DIVISION POST



All file photos

Spc. Shell gets scared out of his shell as he visits Atchinson and takes part a preview of the Fort Riley Ghost Tours. Check back next week for the haunting good times to be had.

Dressing up for Halloween fun



Fort Riley units and organizations will be set up in the Commissary parking lot for the Better Opportunities for Single Soldiers Trunk or Treat, Oct. 31. The vehicles will be decorated as children, young and old, visit each for sweet treasures before heading out into the Fort Riley residential housing areas.

OCTOBER 31:

COMMISSARY TRUNCK OR TREAT
2310 Trooper Dr.
Fort Riley
Oct. 31 from 5 to 7 p.m.

NEIGHBORHOOD TRICK-OR-TREATING
Residential Areas
Oct. 31 from 5:30 to 7:30 p.m.
Horn starts and finishes event

OCTOBER 20:

MONSTER BASH
Wildwood Outdoor Adventure Park
375 Johnson Rd
Manhattan
Oct. 20 from 5 to 8 p.m.

BOO AT THE ZOO
Topeka Zoo
635 SW Gage Blvd
Topeka
Oct. 20 and 27 from 9 a.m. to 3 p.m. both days



Plan costumes that are bright and reflective. Make sure shoes fit well and costumes are short enough to prevent tripping, entanglement or contact with flame. For more Halloween safety tips, see Safety Tom's article on page 5.



OCTOBER 25:

ALL TREAT'S DAY
Parade at 10th and Washington St.
Party at 12th Street Community Center
Junction City
Oct. 25 from 5:15 to 7 p.m.

OCTOBER 26:

APOCALYPSE AND HAPPY HAUNT
Building 310 on the corner of Dickman Avenue and
Holbrook Avenue near King Field House.
Fort Riley
Oct. 26 from 6 to 9 p.m.



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. Extra law enforcement will patrol the streets but there are safety measures everyone needs to be aware of: Make sure children know their home address and their parent's names just in case they get separated; 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; Motorists need to drive slowly and stay alert for children running into the street.