

THE 1ST INFANTRY DIVISION POST

<https://home.army.mil/riley>

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FORT RILEY, KANSAS

100 years ago

HUNS SIGN ARMISTICE

The Kaiser and His Family Flee From Berlin

FIGHTING ENDS AT 11 O'CLOCK

LAST OF CENTRAL POWERS ACCEDED TO AMERICAN AND ALLIED TERMS AT 5 O'CLOCK THIS MORNING — GERMANY BOWS TO SUPERIOR FORCES OF DEMOCRACY

WILSON TO MAKE TERMS KNOWN

THE PRESIDENT WILL ADDRESS A JOINT SESSION OF CONGRESS MAKING KNOWN TO AMERICA THE TERMS TO WHICH GERMANY IS SURRENDERING

HUNLAND IS KIASERLESS AND KINGLESS AT LAST, IS REPORT

All Members of Nobility Have Renounced Their "Divine" Right to Rule the People—Hindenburg and His Retinue of Officers Are Among Those Who Have Left Berlin—Socialist Have Assumed Control of Government—Frederich Ebert Leads

Washington, Nov. 11. — At 6 o'clock this morning, Eastern time, the greatest war in history ended. The State Department officially announced that German representatives had signed the allied armistice terms at Marshal Foch's headquarters at 5 o'clock this morning.

Hostilities ceased at 11 o'clock, French time. While the armistice merely halted the war, the terms laid down by Foch are such to prevent Germany from renewing hostilities and the war may be regarded as definitely at an end.

GERMANY A BEATEN NATION

Washington, Nov. 11 — Germany signed the armistice that branded her before the world as a beaten nation. By the terms Germany surrendered in the field to a better force than the autocratic war lords had builded.

They agreed to evacuate all occupied territory and swore their hold on a generous portion of the battleship and submarine fleets and acceded to the demands for surrender of a portion of war material.

By signing the armistice, Germany admitted America and the allies were victorious and agreed to the strong stipulations which will make her unable to renew the strife, even if the shattered people be so inclined.

**Editor's Note: The Headline and story first appeared Nov. 11, 1918, in the The Manhattan Daily Nationalist. The entire paper can be found at <https://kansashistoricalsociety.newspapers.com/image/243514446/>*



Courtesy photo

U.S. Army III Corps units participate in Best Sapper Competition at Fort Hood, Texas, during Phantom Warrior Salute Oct. 16.

'Devil' Brigade Soldiers compete at Phantom Warrior Salute

By Maj. John C. Allen
1ST ABCT PAO

Soldiers from the 1st Armored Brigade Combat Team, 1st Infantry Division participated in the Best Sapper and Best Marksman competitions at Fort Hood, Texas, Oct. 16 through 18.

The three day events were part of Operation Phantom Warrior Salute, a celebration of the 100th anniversary of III Corps.

"The most challenging event was probably the final road march, at that point we had already gone over 30 miles with 80 pound rucks," said

1st Lt. Thomas Hoyt, sapper platoon leader, Company B, 1st Engineer Battalion, 1st ABCT, 1st Inf. Div., speaking about the Best Sapper competition. "The march ended up only being 14 miles, but ours was one of only four teams that made the 4 1/2 hour time hack for the event."

"The competition motivated me to inspire other Soldiers to get involved with shooting these types of events," said Staff Sgt. Matthew Bolsinger, 1st Battalion, 4th Cavalry Regiment, 1st ABCT, 1st Inf. Div., speaking about the Best Marksman

See PHANTOM, page 6

Kansas connection with Veterans Day

Gail Parsons
1ST INF. DIV. POST

Since 1954, Americans have celebrated Nov. 11 as a day to remember all U.S. veterans. However, had it not been for a shoe repairman in Emporia, Kansas, that day might still be Armistice Day — devoted only to the remembrance of the end of World War I.

After the armistice was signed in Paris, hostilities of the Great War, as it was called at the time, ceased; but the war would not officially end until the Treaty of Versailles was signed on June 28, 1919.

In November 1919, President Woodrow Wilson pro-

claimed Nov. 11 as the first commemoration of the Armistice. The proclamation stated "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..."

In the years to follow, 27 states declared Nov. 11 state holidays. The 69th Congress passed a resolution on June 4, 1926 that the "recurring anniversary of [Nov. 11, 1918]

should be commemorated with thanksgiving and prayer and exercises designed to perpetuate peace through good will and mutual understanding between nations..."

It would be another 12 years before Nov. 11 would become a legal federal holiday. In 1938 legislation was passed, which President Franklin D. Roosevelt signed, declaring Nov. 11 as a day "... dedicated to the cause of world peace and to be hereafter celebrated and known as 'Armistice Day.'"

Peace wouldn't last. The next year World War II would start and the Great War would be then known as World War I.

ARMISTICE DAY CHANGES NAME

Alvin King, a shoe repairman in Emporia, had lost family in World War II. He thought it would be appropriate for all veterans to be recognized, not just those from World War I.

On Nov. 11, 1953, while the rest of the country celebrated Armistice Day, the people of Emporia celebrated the first Veterans Day.

King had support from Representative Ed Rees, also of Emporia. Rees brought the idea to Washington where Public Law 380 of the 83rd Congress passed. House Reso-

See EMPORIA, page 7

Warrior Transition Battalion helps Soldiers recover

By Gail Parsons
1ST INF. DIV. POST

Ten years ago, then-Secretary of Defense Robert Gates designated November as Care Month for Warriors in Transition.

Capt. Harrison Morgan, officer in charge of operations, Warrior Transition Battalion, said the designation is important because it brings attention to the WTB, which allows them to educate the greater Army community and senior leaders about what they do.

"We take care of anybody who is unable to perform their job in the military due to a service-related injury or illness," Morgan said. "We either treat them medically so we can return them back to duty, back to the force, back to their old job or find them a new job in the Army they can do, or, we help them. We help prepare them for civilian life and the transition from the military."

He said many Soldiers don't understand that WTB is there to help them. They fear it is only for people who are getting out of the Army.

"They don't realize they can come here, we treat them so they are back to where they were before they got injured," he said. "They can go right back to their jobs, potentially quicker than they would have otherwise."

For those whose injuries or illnesses will prevent them from remaining in the Army, they can receive valuable help before heading into the civilian world.

The WTB is for all Soldiers, not just those with combat related injuries.

"Actually, that is a very small part of our population," Morgan said. "Most of who we have here were either injured in routine training, have illnesses that have nothing to do with being in combat or they have a lasting condition that we can care for."

Typically, there is a pretty even split of who is assigned to the WTB — one-third active duty, one-third Reserve and one-third National Guard. The medical conditions that bring them to the WTB are as diverse

See WARRIOR, page 7

No place better to go, Patton potty holds tradition

Will Ravenstein
1ST INF. DIV. POST

Take a walk anywhere on Fort Riley and the names of historic military figures will pop out. Custer Hill, Ware Parade Field and Patton Hall are just examples of military figures who graced the installation at one point in history or another.

There are also some less obvious and equally important gems located on Fort Riley. One rests inside Quarters 5, the home of U.S. Army Garrison Fort Riley commander, Col. Stephen Shrader — the Patton Potty.

Gen. George S. Patton was stationed at Fort Riley three times

during his career the final instance was in 1937 during a six-month administrative assignment in the academic department at the Calvary School here.

"The bathroom has kept a mythology all of its own," said Bob Smith, director of the Cavalry and First Infantry Division Museums. "Basically there is not a lot of information about it. There's just this huge mythology that's been built around the Patton bathroom, but it could have very well been an injury. But the story I had always heard is he did not want to run upstairs for the bathroom."

To Tiffany Shrader, wife of Col. Stephen Shrader, the link between herself and history is interesting.

"Sometimes I think Gen. Patton walked through this house," she said. "It just kind of humbles you because here you are in his home. This is just a fun piece of history."

Tiffany laughed as she said the bathroom is a point of interest when her husband entertains someone for the first time.

"For Steve, definitely, when he comes in he's like — now here's the Patton Potty," she said. "He tells everybody then he shows them the postcard. But he makes sure he

See PATTON, page 7

WHAT'S IN THIS ISSUE



SUGAR OVERLOAD IN 3, 2, 1 ...

FORT RILEY CHILDREN, YOUNG AND OLD, TOOK TO THE STREETS AND COMMISSARY PARKING LOT TO CELEBRATE HALLOWEEN 2018

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ALSO IN THIS ISSUE



HALLOWEEN BEGAN WHILE THE KIDS WERE AT WARE ELEMENTARY SCHOOL

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ALSO IN THIS ISSUE



SPC. SHELL STAYS LOCAL BY VISITING JUNCTION CITY AND ALL THE THINGS THE TOWN HAS TO OFFER

SEE PAGE 16

Hall’s ‘willingness to lead by example’ sets precedent

By Gail Parsons
1ST INF. DIV. POST

When summer was in full swing, people on Fort Riley were swimming, washing their cars and enjoying barbecues — never thinking twice about the water they were using.

However, in the days leading to the June 30, July 1 switch from Fort Riley operated to a private contractor for water and wastewater, the staffing responsible for those operations was reduced to 10 people — four in the water plant and six in wastewater. Only one of them was a certificate holder. State law and the Environmental Protection Agency requires someone in the department be a certificate holder.

At Fort Riley, that person was Ryan Hall, who was recently named Employee of the Year.

“Ryan took it upon himself, on his own time and at his own expense, to obtain a Class IV wastewater treatment plant operator license with the state of Kansas,” said Mike Witmer, utility and energy branch manager.

Shortly after he earned his license, Hall was promoted into a vacant wastewater treatment plant operator position.

“In August of 2017, two water treatment plant operators abruptly quit while a third was hospitalized for three months,” Witmer said. “Ryan had prior experience in the area of water treatment and stepped up to the challenge of moving to the water treatment plant. This move was critical for the (Department of Public Works) to continue to sustain the mission. Without Ryan’s willingness to move to the water plant we could not have continued to operate ...”

Water and wastewater plants have to be manned and operated 24 hours a day.

“They do not shut down,” Hall said. They do not stop. When you lose operators somebody still has to be there at the facility to operate it.”

He worked 12 to 18 hour shifts every day for more than 30 days straight without a break and is quick to point out he wasn’t alone.

“I wasn’t the only one doing this,” he said. “The water and wastewater operators and mechanics were working a lot too. It’s just what we did as operators, that’s where our integrity comes from, that’s where these guys in this industry go above and beyond. We all just know things got to happen and somebody needs to be there and they all figured out how to do that.”

When the Towanda, Kansas, native left his job as a utilities worker in Chapman for a position on Fort Riley in 2016, he started out as a wastewater operator. Six months after he accepted the job the decision to privatize was finalized.

Part of the process was helping the employees either move to other positions on post or transfer to the private company, which was taking over the water and wastewater. When those employees left, their positions were not being refilled.

As their manpower dwindled and the hours increased, what kept them going was seeing the light at the end of the tunnel.

“We knew it was coming to an end,” he said. “We knew the date, the month; we knew when it was happening. It’s easier to just suck it up and do it when you know there’s an end and there’s a deadline.”

He said the integrity of the small crew he worked with was evident because of the way they stepped up and continued to do their job until the last day.

“It shows even though that was happening, their job was going away, they still cared about Fort Riley,” he said. “I felt accepting that award that it was for all of us. For me I was the one in charge. I was the one on the hook at the end of it. But those guys and gals — we were a team who — pushed to the end.”

Witmer acknowledges the work from all of the former staff members but recognized it was more than just putting in long hours that set Hall aside.

“Ryan’s willingness to lead by example and go the extra mile fostered a can do attitude among the operators,” Witmer said. “This team atmosphere fostered



Will Ravenstein | POST
Ryan Hall, Directorate of Public Works, is presented with the U.S. Army Garrison Fort Riley Employee of the Year award Oct. 12 in the garrison headquarters building. Col. Stephen Shrader, left, garrison commander, Command Sgt. Maj. Andrew T. Bristow II, garrison senior noncommissioned officer and Tim Livsey deputy garrison commander congratulated Hall during the ceremony.

by Mr. Hall allowed us to complete the mission through June 30 when control of the systems was turned over to American States Utility Services.”

SHIFTING JOBS

When word came out about the water and wastewater being privatized, Hall, like everyone else had a decision to make.

“I enjoyed that position,” he said. “I enjoy the industry I knew that job itself wouldn’t be going anywhere, it would be going to become a contractor position. I didn’t really want to do that but I knew that option was at least there.”

Hall began working in water and wastewater when he first took a job as a utility worker in Chapman.

When he started he had no experience in the field and said he knew nothing about city work.

Within a month of him beginning the job, he took training to work at the wastewater plant and learned it was something he found fascinating.

“I did not realize how much chemistry and biology

there is in these industries,” he said. “I took chemistry and biology in high school like you’re supposed to — never thought I would use it and here I am. I was using it every day.”

He described the work as humbling saying how people don’t really understand the industry. It’s a job people count on and don’t generally think about it unless there is a problem.

“They just turn the faucet on and out comes clean water,” he said. “On the wastewater side you have the environment. If those facilities are not in place, it can drastically affect the environment.”

Although Hall’s job ended, Fort Riley did not lose their Employee of the Year. He has stayed with the Department of Public Works, but is now an engineering technician.

“It’s new learning for right here,” he said. “I did a lot of this at city of Chapman. Small towns contract out a lot of the

bigger projects and in a small town you get your hands into everything so dealing with

contractors and bids and projects it’s not something that I’m new to.”



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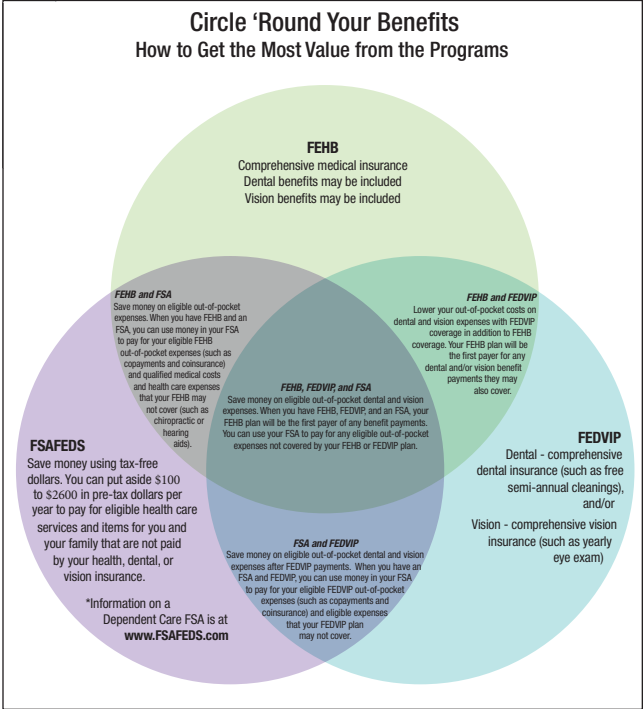
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Federal Benefits open season begins soon



The intent of this diagram is to provide you with a general understanding of how the Federal Employees Health Benefits Program, the Federal Employees Dental and Vision Insurance Program and the Federal Flexible Spending Account Program work together. For specific information on each Program, visit www.opm.gov/insure.

By Amanda Ravenstein
1ST INF. DIV. POST

The 2018 Federal Benefits open season period is Nov. 12 through Dec. 10. During this time, according to the Benefits Administration Letter 18-401 released by the United States Office of Personnel Management, federal employees can enroll, change plans or cancel their enrollment in the benefits programs.

“It’s an open season for three benefits: the Federal Employees Health Benefits, the Federal Employees Dental and Vision Insurance Program and the Federal Flexible Spending Account Program,” said Kristine Tiroch, human resources specialist for the Army Benefits Center – Civilian. “The Employee Benefits Information System, located off the ABC-C website allows enrollments, changes and cancellations to the FEHB Program only.”

The FEHB is comprehensive medical insurance coverage for federal employees and their families. It helps with the coverage of most medical services including specialist visits, prescriptions, maternity care, mental health and more.

The FEDVIP is comprehensive dental and vision insurance, which covers routine dental and vision services including exams, glasses and contacts lenses and discounts on laser eye surgery.

New for the 2018 open season, FEDVIP has been expanded to include uniformed service members and their families giving them the access to dental and vision coverage.

“During open season you really need to sit back and think ‘What kind of expenses do I have and what is my health like?’” Tiroch said. “You need to look at an FEHB plan that covers you and your family’s conditions. Then you need to look into a FEDVIP plan, and finally, whatever you have for out of pocket expenses, you can open an FSAFEDS account. You really need to look at the whole picture.”

The FSAFED is an account that allows money to be saved for additional expenses, which aren’t covered by insurance.

To make changes or elections to coverage, employees can visit the ABC-C website at <https://www.abc.army.mil> and click on the blue EBIS icon. ABC-C Benefit Specialists are available Monday through Thursday from 7 a.m. to 5 p.m. at 785-240-2222.

For FEDVIP, enrollment can be completed by visiting www.benefeds.com or by calling 877-888-3337.

To enroll in FSAFEDS employees can go to www.fsafeds.com or call 877-372-3337.

For additional information on any of the programs and how they work together, visit www.opm.gov/insure.

2018

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‘#MeetYourArmy’ – meets the Soldier for Life - Transition Assistance team, partners

By Patti Geistfeld
GARRISON PUBLIC AFFAIRS

“One of the reasons I came out here was to say thank you for all you are doing for the Army and for our Soldiers,” said Brig. Gen. Douglas A. Sims II, Deputy Director for Regional Operations and Force Management, the Pentagon Joint Staff who was traveling on behalf of the “Meet Your Army” program.

He was speaking at a briefing Nov. 5, at the KANSASWORKS office in Kansas City, Kansas, hosted by the Fort Riley Soldier for Life – Transition Assistance program team and community partners.

One line of effort in the Meet Your Army program is educating key community and business influencers to promote the Army. During this meeting Sims gained information about the program, met and thanked some key members who are supporting the Fort Riley SFL-TAP program and transitioning Soldiers.

The information he gains from this trip will be shared with the appropriate offices at the Pentagon. He also plans to send a note to Maj. Gen. Kolasheski, 1st Infantry Division and Fort Riley commanding general, and tell him what a fantastic program the Fort Riley SFL-TAP and community partnerships are and how great these guys are doing as a group.

Sims said young men and women who are walking through high schools or working in places right now might choose the Army for many reasons.

“It may be a chance to do something different, to make themselves better, to help them mature, all kinds of reasons and they want to serve ... we owe something back for that,” Sims said. “The beauty of this program is we’re able to say, ‘listen, you made an investment in us as a country and we think we owe you an investment too.’ We spend a lot of time training a Soldier to go to war and do all those things we need in times of conflict, we ought to be concerned about what we pass off [to them] when they leave and go back to the civilian community. In the end, it is better for all of us as citizens of the country.”

Soldiers at Fort Riley first hear about the program when they attend the newcomers brief and they are encouraged to take advantage of it throughout their time here. Master Sgt. Jason Snell, 1st Inf. Div., transition liaison briefs newcomers about the importance of planning for the future and how to bridge the gap because



Margaret Ziffer | Garrison Public Affairs
Brig. Gen. Douglas A. Sims II, Deputy Director for Regional Operations and Force Management, the Pentagon Joint Staff speaks with KANSASWORKS employees in Kansas City, Kansas, during a briefing hosted by the Fort Riley Soldier for Life - Transition Assistance program employees.

everyone leaves the military. It is never too early to start thinking of a plan and using the tools that the Army and the SFL-TAP program makes available.

“A plan is important because you just can’t go out and do something on a whim,” Snell said “You can do it, but chances are you won’t be very successful. You need to think of five, 10, 15 and 20-year plan because life happens and you need to have backup plans for life. That’s where it is important to get involved with all these programs and opportunities.

“You have to have those connections,” Snell said. “You have to understand why things are done the way they are. It’s the same thing with life.”

The SFL-TAP program is about education and planning. It benefits the Soldier and the Army.

A little more than 2,000 Soldiers transition out of the Army each year from Fort Riley. If a Soldier leaves and is unemployed, the Army has to pay unemployment benefits.

“That comes directly out of the training funds,” said Mitchell Foley, transition services manager. “When a Soldier is employed when they leave, the Army gets to keep that money for ‘beans and bullets.’”

In addition to helping Soldiers transition out of the Army, it can also help with retention. By showing Soldiers where they are now and getting

them thinking about where they want to be when they get out, some Soldiers decide the time is not right to leave. They choose to stay in the Army longer because the pay and benefits may be better than anything they can get in a civilian job. Some find they need to further their education and prepare to get the job they want.

Foley said every single person will transition out of the Army. Once they know that, the program is there to help so they can benefit by getting the best career options as soon as they get out and throughout their life.

“I’ve had over 1,000 Soldiers already complete [the program] and go straight into employment and I’m not talking about the Department of Labor average of \$12.25-per-hour start pay,” Foley said. “I’m talking they are starting more toward the \$20-per-hour start pay and that’s huge. For Soldiers, we take a lot of things for granted while we are in and then when we transition out, a lot of those benefits aren’t there. When they transition into meaningful employment, it will greatly assist them and their family.”

To find out more, visit <https://home.army.mil/riley/index.php/about/directorates-staff/dhr/SFL-TAP> or call 785-239-2278.

Remember your commissary for Thanksgiving meal savings

By Kathy Milley,
DECA CORPORATE
COMMUNICATIONS

FORT LEE, Va. — The Thanksgiving meal can be challenging even for the most seasoned commissary shopper. There is just so much to do, so much to remember.

Make this Thanksgiving easy, delicious and affordable thanks to the commissary’s money-saving promotions, tasty, easy-to-prepare recipes on commissaries.com and a helpful holiday cheat sheet.

“All eyes are on the cook for the Thanksgiving meal, so it can be intimidating — even for an old pro,” said Tracie Russ, the Defense Commissary Agency’s sales director. “But, when you shop your

commissary to take advantage of the amazing holiday savings and use the tips and recipes from commissaries.com, your anxiety level and your grocery bill will go down.”

Start your meal planning here with our Thanksgiving game plan. It features traditional recipes from commissaries.com, a convenient commissary shopping list, a step-by-step meal game plan and recipe options with ingredient lists, for all that left-over holiday turkey.

Then visit your commissary to take advantage of all the



turkey could be free (see booklet for offer details). Available in commissaries worldwide, this 12-page recipe booklet has coupons towards a fresh or frozen whole turkey purchase (combine all coupons for a savings of more than \$35), good through Dec. 31. The coupons provide commissary shoppers

special offers and promotional discounts from your favorite holiday brands. Commissaries worldwide are offering limited weekly quantities of select frozen turkeys at 49 cents per pound. And be sure to pick up this year’s Holiday Turkey recipe/coupon booklet and the

significant savings or free turkeys when purchasing holiday meal essentials from top brands.

“We know you want to bring your best to the Thanksgiving table. With the commissary on your side, the best can be easy and affordable as well,” Russ said.

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Bellisario named 2018 Army Pharmacy Civilian Pharmacist of the Year

IRWIN ARMY COMMUNITY HOSPITAL
PUBLIC AFFAIRS OFFICE

Jennifer J. Bellisario, PharmD, Board Certified Pharmacotherapy Specialist, Assistant Chief of Pharmacy Services at Irwin Army Community Hospital is the 2018 Janet P. Hunter Civilian Pharmacist of the Year. Bellisario received the prestigious award during the Closing Reception and Ralph D. Arnold Awards Program at the Joint Federal Pharmacy Seminar held Oct. 21 through 24 in Kansas City, Missouri.

The Civilian Pharmacist of the Year award recognizes excellence in patient care in the practice of Army Pharmacy.

“Her contributions and execution of a myriad of

projects have directly impacted readiness, safety and enhanced pharmaceutical care,” said Maj. Sean K. O’Brien who nominated Bellisario.

One of these projects led to IACH becoming the first Army military treatment facility to provide the flu vaccination in the outpatient pharmacy on a walk-in basis annually since the 2016-2017 inaugural flu season.

Bellisario consistently demonstrated sound technical knowledge in pharmacy operations, as shown by extracting and analyzing numerous necessary reports to enhance services. She is credited with improving automation within the pharmacy by 20 percent. This resulted in increased productivity and decreased average wait times for pa-

tients. Bellisario frequently and competently staffs the outpatient and inpatient pharmacies to support mission essential tasks.

She significantly revised and formatted the Fort Riley Medication Management Regulation, Fort Riley Monitoring of Refrigerators or Freezers Storing Temperature Sensitive Medical Products, and 28 standard operating procedures for Pharmacy Services. Furthermore, she designed quiz-like questions to educate the pharmacy team in preparation for The Joint Commission survey, O’Brien said.

An on-site survey by The Joint Commission produced no findings within Pharmacy Services. O’Brien attributes the safe, quality operation of Pharmacy Ser-

vices and survey clearance to Bellisario’s initiatives and leadership.

Bellisario is a graduate of the Albany College of Pharmacy and Health Sciences. She served as the Assistant Chief, Pharmacy Services at Irwin Army Community Hospital since December 2015. Bellisario is a member of the Rho Chi Honor Society for high scholastic achievement and recently earned her certification as a Board Certified Pharmacotherapy Specialist. She also achieved her Second Degree Black Belt.

Nearly 900 Army civilian pharmacists serve world wide. They are responsible for the continuity of safe and effective use of medication for the Army and optimizing a patient’s response to medication therapy.



Courtesy photo | IACH Public Affairs

Jennifer J. Bellisario sits with her award after being named the 2018 Janet P. Hunter Civilian Pharmacist of the Year at the Joint Federal Pharmacy Seminar Oct. 24 in Kansas City, Missouri.

Students behavioral health program addresses needs

By Sara B. Nash
CHILD AND FAMILY BEHAVIORAL HEALTH SERVICE , DEPARTMENT OF BEHAVIORAL HEALTH, IRWIN ARMY COMMUNITY HOSPITAL

Several years ago, the military and the civilian sectors realized school-aged children had behavioral health needs. Following this epiphany was an increase in Attention Deficit Hyperactivity Disorder diagnosis and Ritalin flooding the schools. For some educators and parents, this intervention strategy was exactly what their little ones needed to function in a classroom with their peers, but it was soon recognized there was another population of children and adolescents who continued to struggle. These struggling children needed more than just medication; they needed therapy, additional accommodations in the classroom and one-on-one attention. They needed School Behavioral Health.

School Behavioral Health is a unique program designed to bring licensed mental health professionals into the school system and deliver quality intervention directly to young patients with minimal disruption to their day. Fort Riley is among the growing number of active-duty Army posts to house an SBH program, providing three clinical ther-

apists to on-post Unified School District 475 schools.

Though this program is in its infancy, SBH therapists manage full caseloads, most are larger than a traditional therapist in a hospital setting.

When asked about the differences between her work as an SBH therapist versus her previous work in a hospital setting, Melissa Davis said “When working in the school environment, we are in the same location as our patients seven hours a day five days a week. We are present when crisis-type behavior occurs (i.e. suicidal expression, anger outbursts, meltdowns, etc.). In a typical day, interaction with multiple people related to the patient may occur. We will be interacting with the patient, the teachers, the para (-educators), the school administration, student support monitors, and the parents in an effort to best support the patient’s emotional well-being and increase their ability to be or feel successful. As such, intervention may occur in bursts of time throughout the day and may occur multiple times throughout the week based on the child’s needs. This creates an environment in which it can be challenging to predict what the schedule will look like.”

This constant interaction with the patient en-

sures issues can be addressed promptly and decreases or possibly eliminates disruptions in the classroom for other students.

“We have definitely seen a positive change in the connection between schools and outside services with the support of SBH,” said Ware Elementary principal, Alicia Scofield.

In the past, when SBH was not located within the building we worked as two separate entities with limited communication. With the inclusion type setting now we are able to provide not only our students the support that they need, but can support parents and families as a whole. We have become a united front that is able to help the whole child both in and out of school.

“A primary impact of the SBH program is increased communication among the family, the school, the mental health professional and any other agency that works with the patient,” Schofield said. “Whether it’s medication management or identifying resources still needed for a patient’s Individual Education Plan, the information circulates through the SBH providers, ensuring continuity of care and consistent follow-up. In addition to individual services, SBH providers deliver

a wide range of prevention training and resource information for parents and faculty.”

“Staff appreciate the connection to students and families that this service provides,” she said. “They appreciate the resources and outreach that SBH providers provide. Our SBH providers have done a nice job of bringing parents into our buildings and helping provide them the support they need. SBH has provided valuable and informative training to our staff.”

When asked what a typical success story looks like, one SBH provider responded, “I was referred to work with a patient who required daily interventions from school personnel outside of the classroom for approximately six hours out of the school day. He was involved in multiple physical restraints and incapable of maintaining in the classroom setting. School personnel, the patient, and parents were frustrated and emotionally drained each day. In observing/interact-

ing with the patient in the school environment, I was able to recognize that he was most likely autistic. I was able to refer the patient for testing where this diagnosis was confirmed. I was able to support the patient by participating in the classroom setting with him, coaching the teacher and para on how to achieve better success with him, participating in IEP meetings and discussing strategies/interventions, and providing a parent child intervention to help teach his parents more effective strategies for managing behavior. The result is that in the past two months the patient has had zero restraints in the school setting for out of control behavior, his mood is improved during the school day and he has energy to participate in completing work and is experiencing academic gains, and he is improving his ability to connect in relationships with others.”

This story is one of many at Fort Riley schools as the SBH providers be-

come more connected with the community. The intent in addressing the needs of a service member’s family is to hopefully bring stability to the home and peace of mind to the service member, allowing them to do their job to their fullest ability without distraction. This strategic care towards military adolescents underscores a widely publicized statement about the importance of the military family that reads, “The strength of our Army is our Soldiers. The strength of our Soldier is in our families.” (www.army.mil/families/)

When Scofield was asked if she would recommend school behavioral health services to another school, she said, “I believe that every school could benefit from SBH support. There are so many dynamics that go into supporting students and families. “If each building had the SBH support provided from within we could see drastic changes in how we help the whole child and support our families at the same time.”

1

THE 1st INFANTRY DIVISION AND FORT RILEY | NO MISSION TOO DIFFICULT, NO SACRIFICE TOO GREAT — DUTY FIRST!

SPC. JUAN FERRER

SOLDIER OF THE WEEK

82nd Brigade Engineer Battalion, 2nd Armored Brigade Combat Team

Spc. Juan Ferrer, a wheeled-vehicle mechanic, worked rigorously and quickly to repair equipment and increase unit readiness during an intense period of training. Ferrer assumed responsibilities of a team leader, performing OCIE layouts, mentoring junior Soldiers and leading squad PT sessions. He instills discipline and professionalism in his fellow Soldiers and is the future of the Army's Noncommissioned Officer Corps.

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1

THE 1st INFANTRY DIVISION AND FORT RILEY | NO MISSION TOO DIFFICULT, NO SACRIFICE TOO GREAT — DUTY FIRST!

KAYLEE O'CONNOR

CIVILIAN OF THE WEEK

Directorate of Family, Morale, Welfare and Recreation

Kaylee O'Connor serves as a food and beverage attendant at Custer Hill Bowling Center. Her positive impact spans numerous installation activities where she contributes her skills at Riley's Conference Center, Outdoor Recreation and the Warrior Zone. Her work ethic, positive attitude, energy and exceptional customer service reinvigorated the climate at the bowling alley.

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TRAFFIC REPORT

ACCESS CONTROL POINT HOURS

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

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

The Fort Riley Visitor's Control Center is open Monday to Friday from 5 a.m. to 11 p.m., weekends and federal holidays from 8 a.m. to 4 p.m.

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.

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

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RILEY ROUNDTABLE

What movie or TV show quote do you use the most?



"Look at me. I am the captain now from 'Captain Phillips.'"

PFC. ARTEM KHALANSKI
ROXBORO, NORTH CAROLINA

101st Brigade Support Battalion,
1st Armored Brigade Team, 1st Infantry
Division



"Run Forrest, run from 'Forrest Gump.'"

PVT. PARKER SMITH
STOUGHTON, WISCONSIN

1st Battalion, 16th Infantry Regiment,
1ABCT, 1st Inf. Div.



"Oh Mylanta from 'Full House.'"

KAYLEE YOUNG
NILES, MICHIGAN

Wife of Pfc. Keith Young, 1st Combined Arms
Battalion, 18th Infantry Regiment, 2nd Armored
Brigade Combat Team, 1st Inf. Div.



"The only thing standing between you
and your goal is the story you keep
telling yourself as to why you can't
achieve it from 'Wolf of Wall Street.'"

PVT. ALEX HERNANDEZ
GREENSBORO, NORTH CAROLINA

101st BSB, 1st ABCT, 1st Inf. Div.



"Its only after we've lost everything that
we are free to do anything from 'Fight
Club.'"

RYAN LEONARD
ALBUQUERQUE, NEW MEXICO

Recreation Aid, Warrior Zone

THE 1ST INFANTRY DIVISION POST

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LETTERS TO THE EDITOR

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

SAFETY CORNER

Preventing workplace violence

By Dawn Douglas
GARRISON SAFETY OFFICE

When we think of workplace violence, we tend to think about hostile acts, such as active shooters. The National Institute for Occupational Safety and Health defines workplace violence as "violent acts, including physical assaults and threats of assault, directed toward persons at work or on duty." This definition should be expanded to include verbal threats, verbal abuse, hostility, harassment and the like, which can cause significant psychological trauma and stress, even if no physical injury takes place. Verbal assaults can also escalate to physical violence.

There are prevailing myths about workplace violence:

Myth: "Events happen out of the blue."

Fact: Homicide and physical violence are on a continuum that also includes domestic or intimate partner violence, stalking, stated threats, bullying, and disrespectful and inappropriate behaviors. When a violent act is displayed by an employee or someone close to an employee, it is likely that a warning sign reached the workplace beforehand in the form of observable behavior.

Myth: "Workplace violence always involves weapons and is graphic in nature."

Fact: Media attentions tend to be on mass shoot-

ings, but the majority of incidents employees and managers must deal with on a daily basis are lesser cases of assaults, domestic or intimate partner violence, stalking, stated threats, harassment and physical and emotional abuse.

Myth: "Workplace violence is perpetrated by disgruntled employees."

Fact: Robberies account for 85 percent of workplace violence deaths

Healthcare workers are especially at risk for workplace violence. The healthcare industry makes up nine percent of the U.S. workforce, yet healthcare professionals experience more workplace violence injuries than all other industries combined. According to the Bureau of Labor and Statistics, women make up 80 percent of all healthcare workers. Workplace violence is the second leading cause of death for home healthcare workers.

SOME OTHER NOTABLE FACTS:

- 80 percent of Emergency Medical Services personnel have been attacked by patients.
- 78 percent of Emergency Department physicians and 100 percent of Emergency Department nurses have experienced violence from patients within the last year.
- The annual incidence of physical assault in a

psychiatric setting is 70 percent.

- Among nursing homes with dementia units, 59 percent of nursing aides reported being assaulted by patients weekly and 16 percent daily.
- 46 percent of nurses reported some form of workplace violence during their five most recent shifts.
- Between 2000 and 2011, there were 154 shootings with injuries either inside or on the grounds of American hospitals.

Healthcare has some unique cultural factors that may contribute to underreporting or acceptance of workplace violence. For example, caregivers feel a professional and ethical duty to do no harm to patients. Some will put their own safety and health at risk to help a patient, and many in healthcare professions consider violence to be part of the job. In addition, healthcare workers also recognize many injuries caused by patients are unintentional and are therefore likely to accept them as routine and unavoidable. Another consideration is unwillingness to stigmatize perpetrators due to their illness or impairment.

In addition to healthcare, higher-risk employees are workers who exchange money with the public, delivery drivers, public service workers, customer service agents, law enforcement personnel and those

who work alone or in small groups.

The Occupational Safety and Health Administration believes a well-written and implemented workplace violence prevention program, combined with engineering controls, administrative controls and training can reduce the incidence of workplace violence in both the private sector and federal workplaces. An effective workplace violence program includes management commitment and worker participation, training, worksite analysis and hazard identification, record keeping and program evaluation and hazard prevention and control.

Prevention programs can be a separate workplace violence prevention program or can be incorporated into a safety and health program, employee handbook or manual of standard operating procedures. It is critical to ensure that all workers know the policy and understand that all claims of workplace violence will be investigated and remedied promptly. In addition, OSHA encourages employers to develop additional methods as necessary to protect employees in high risk industries.

Employers should understand that workplace violence comes at a high cost. Worker's compensation cost, loss of productivity and stress that drives some caregivers out of the profession entirely. For more information, contact the Fort Riley Garrison Safety Office at 785-240-0647.

ASK DR. JARGON

Who do we honor on Veterans Day, living or dead?

Dear Doc Jargon,

Every year at this time, I hear civilians saying things about remembering the fallen and I have to be honest, it frustrates me. I don't begrudge the respect due to those who went with us and didn't come home. I would never discount the price they or their families have paid. Truthfully, I lost some good friends who I wish could be here for Veterans Day.

I guess it just frustrates me that some in our communities don't realize there is a difference between Memorial Day and Veterans Day. It confounds me more because the official holiday began right here in Kansas, less than 100 miles from here.

I don't want to argue with my neighbors or disrespect their desire to honor those who didn't come home, but I want to help them understand that Veterans Day is for the living. Can you help me with some wise words so that I can explain the difference and still remain friends?

Signed,

Gray-haired Retiree

Dear Retiree,

Since we are approaching the 100th anniversary of the signing of the armistice at the 11th hour of the 11th day of the 11th month of 1918 between Germany and the Allied nations, which

ended World War I, this topic is perfect for the day. However, you might need to know, this day of respect that began in 1919, was first dedicated by Congress in 1926 as a day to remember those who fell while in service. In 1938, the day became an official national holiday and was specifically to remember those who died in WWI.

It wasn't until 1954 that the name and intent of the day changed to include all veterans of all wars — living and deceased.

Today, we honor everyone who has honorably served their country. Many veterans are no longer with us, but we still recognize and thank them on this day. You are correct that the largest part of every Veterans Day celebration is to thank those who are living and have served. But that isn't all of it.

In many allied countries like France, England and its commonwealths, a moment of silence at 11 a.m. to remember those who died is observed. As late as the 1970s, that moment was also observed by U.S. broadcast stations in television and radio.

I hope you have a little more understanding of how to share this day with your neighbors and honor all veterans past and present.

Signed,

Doc Jargon.

Email your military lingo questions to Doctor Jargon at doctorjargon@gmail.com.

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■ 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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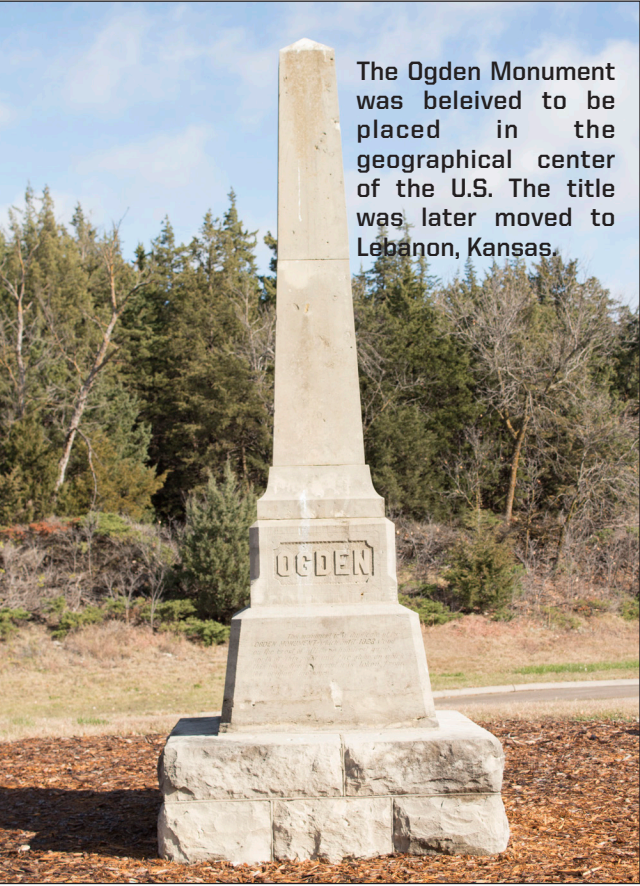
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9

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Routine appointments for patients ages 6 months and older to be offered flu vaccine during visit.

Keep in Mind
Hours and availability of the flu vaccine are subject to change. If you get a flu vaccine from an off-post provider, obtain documentation (not a receipt) of the shot. Documentation should indicate date, vaccine name, manufacturer and lot number.

HEROES NEEDED

Hero Care Caseworkers Family Follow Up

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Fort Riley

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PHANTOM

Continued from page 1

competition. "We enjoyed getting to communicate with other teams about preparation and tactics, techniques and procedures."

The Best Sapper competition included a variety of more than 20 tasks including claymore emplacement, Talon Robot operation and poncho raft swim. The Best Marksman competition included four lanes with a variety of targets and scenarios ranging from platform shooting with an M4 rifle to close quarters engagements with the M9 pistol.

"We learned that III Corps has an incredibly diverse array of engineer assets and we're capable of completing any mission at any time," said Hoyt. "It was awesome to spend time working on our sapper skills, meeting other engineers and developing in our profession in a competitive environment."

Sgt. Phillip West of 2nd Battalion, 34th Armor Regiment, 1st ABCT, 1st Inf. Div., and Sgt. Wesley Pyle of 3rd Battalion, 66th Armor Regiment, 1st ABCT, 1st Inf. Div., represented the Devil Brigade alongside Bolsinger in the Best Marksman competition. Staff Sgt. Arich Erdeski of 1st Eng. Bn., 1ABCT, 1st Inf. Div., competed with Hoyt in the Best Sapper competition.

Operation Phantom Warrior Salute was a month long celebration at Fort Hood that included a barbecue festival, fitness and wellness expo and a golf tournament, according to the Fort Hood Sentinel. The event was attended by more than 1,000 Soldiers, family members, retirees and community members.

Pets of the Week

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PATTON

Continued from page 1



Will Ravenstein | POST
Trinkets from former residents fill a shelf in the Patton Potty inside Quarters 5 on Fort Riley. The bathroom has a mythoogical beginning as the reason Patton installed is are not quite know, but it is known he paid for the expenses.

DID YOU KNOW?

- Patton was born Nov. 11, 1885 and died from injuries sustained in an auto accident Dec. 12, 1945 after serving during the Pancho Villa Expedition, 1916, WWI and WWII. Patton also served on the 1912 U.S. Olympic team in Stockholm, Sweden.

points it out. He's very proud of the potty."

The postcard that sits on a shelf in the bathroom is a keep-sake memento, which states on it, "I pitted in Patton's pot."

"Somebody else had them made before," she's said. "So, when we came to see the house with the Lawrences — (Col. John D. Lawrence, former garrison commander) — they're like yeah somebody had post-cards of that. We thought 'well that's cool.' So we had them done. If you potty, you get one of these to take with you. We just thought that was so cute."

EMPORIA

Continued from page 1

lution 7786 was signed by President Dwight D. Eisenhower, another Kansas native, on June 1, 1954, changing Armistice Day to Veterans Day.

In Eisenhower's proclamation, he stated, "On that day let us solemnly remember the sacrifices of all those who fought so valiantly, on the seas, in the air, and on foreign shores, to preserve our heritage of freedom, and let us re-consecrate ourselves to the task of promoting an enduring peace so that their efforts shall not have been in vain."

In 2003, Congress officially recognized Emporia as the founding city of Veterans Day, King as the founder of Veterans Day and Rees for his efforts to enact into law the observance of Veterans Day.

Sources for this article, website of: U.S. Dept. of Veterans Affairs, History Channel, Government Publishing Office.

WARRIOR

Continued from page 1

as severe anxiety to cancer.

Anybody whose treatment is expected to keep them away from their routine job description can be assigned to the WTB. Once there, they will have assistance in co-ordinating their care until they are fully functional.

"They still have morning accountability just like any other Soldier," Morgan said. "But then it's very individualized. A lot of them have appointments each day, some have multiple appointments each day. Some have stretches of days when they don't have medical treatment going on at the hospital or at our other providers."

They participate in the Adaptive Reconditioning Program, which is meant to find activities they can do to help with rehabilitation.

There is a shooting and archery range for them. They can attend cooking, art, yoga, tennis and swimming classes.

Some of the ARP events are led by volunteers.

"To volunteer within the organization, all people have to do is become a registered volunteer," said Linette Lehan, family readiness support assistant. "And that's very simply taking care of some paperwork and we get it on file."

She will then hook the potential volunteer up with a staff member who can get them started. Volunteers can also help at the Soldier and Family Assistance Center working the reception desk or helping guests.

How to help

If anyone is interested in exploring what they can do as a volunteer, they can contact Lehan on the WTB Facebook page, facebook.com/WTBFtRiley or call her at 785-240-7202.

Activities slated for November include:

Wheelchair basketball tournament: Nov. 19 Whitside Fitness Center. Several groups are forming teams including 1st Infantry Division Headquarters and Irwin Army Community Hospital. Joining them for the tournament will be members of The Wheel Hawks, a professional wheelchair basketball team out of Kansas City.

"They are going to put a player on each team and provide the referees," Morgan said.

Turkey Run: In conjunction with the American Legion and Army Community Service select Soldiers and families will receive a turkey and fixings for their Thanksgiving dinner.

Soldiers who are at transitioning out of the Army due to their injury or illness can get help with job hunting skills and perfecting their resume.

"They can meet with potential employers — there's a lot of networking classes," Morgan said. "They can get internships. They can find a job if they don't have anything going on at work. They can't get paid though — it is an unpaid internship but it gets their foot in the door and it teaches them civilian job skills."

He would like to see more Soldiers learn what the WTB offers them and understand the unit is there to help.

"We are a valuable tool for these line units to use for their medical readiness and composition of who they have in their units who are able to deploy," he said.

said. "Here's the guy that potted here at Fort Riley in this specific bathroom. People like that tactical, that connection to things. They can see something that belonged (to Patton). I think it makes a connection, and I think the potty is also that connection."

IMPORTANT DATES FOR OVERSEAS SHIPPING TO GUARANTEE DELIVERY BY CHRISTMAS ACCORDING TO USPS.COM

	APO/FPO/DPO AE ZIPs		
	090-092	093	094-098
USPS Retail Ground –	Nov. 6	Nov. 6	Nov. 6
Space Available Mail –	Nov. 27	Nov. 27	Nov. 27
Parcel Airlift Mail –	Dec. 4	Dec. 4	Dec. 4
Priority Mail –	Dec. 11	Dec. 4	Dec. 11
First-Class Mail –	Dec. 11	Dec. 4	Dec. 11
Priority Mail Express Military Service –		Dec. 18	NA Dec. 18

	AA ZIP 340	
	Nov. 6	Nov. 27
USPS Retail Ground –	Nov. 6	Nov. 27
Space Available Mail –	Nov. 27	Dec. 4
Parcel Airlift Mail –	Dec. 4	Dec. 11
Priority Mail –	Dec. 11	Dec. 11
First-Class Mail, letters and cards –	Dec. 11	Dec. 11
Priority Mail Express Military Service –	Dec. 18	

	AP ZIP 962-966	
	Nov. 6	Nov. 27
USPS Retail Ground –	Nov. 6	Nov. 27
Space Available Mail –	Nov. 27	Dec. 4
Parcel Airlift Mail –	Dec. 4	Dec. 11
Priority Mail –	Dec. 11	Dec. 11
First-Class Mail, letters and cards –	Dec. 11	Dec. 11
Priority Mail Express Military Service –	Dec. 18	



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VETERANS DAY 2018

Military spouse makes Wonder Woman transformation

Superhero role model motivates mom to get into healthier shape

Story and photo by Chad L. Simon
1ST INFANTRY DIVISION
PUBLIC AFFAIRS

Wonder Woman is a popular Halloween costume, but to one 1st Infantry Division spouse, it is more than a costume, it was motivation to lose more than 40 pounds to be in better shape and feel better. “She has always been everything I wanted to be,” said Tutt McCracken, wife of Maj. Courtney Dean, 5th Squadron, 4th Cavalry Regiment,

HEROIC EFFORTS

- **Tutt McCracken** has now lost 43 pounds, and more importantly to her, she has lost 16.3 percent body fat.

2nd Armored Brigade Combat Team, 1st Inf. Div., operations officer. “She believes in equality. She is also very smart and compassionate. She helps people, but when pushed far enough, she will fight and push back. She is my role model.” McCracken is now able to fit into clothes from before her first child’s birth more than seven years ago and the

fictional superheroine character played a role in the process. “I should not have held onto those (clothes) that long, but I did, so it is exciting,” McCracken said. “I always thought I will lose the baby weight and I will get back into them. It just took me a lot longer than I thought.” McCracken’s self-admitted obsession with the superheroine vixen also played a huge role in her physical transformation. “I couldn’t wear some of the Wonder Woman things I had bought,” McCracken said. “The Wonder Woman corset, I bought after I had Killian, 3, (her youngest child) thinking I would lose the weight and be able to use it. The first time

I was able to use it was after I started this. I have held onto it for almost three years.” McCracken said she has always been active since high school and thought she ate healthy. She is a member of the Fort Riley Stroller Warrior running club, but she just couldn’t seem to lose weight despite all the miles on the road and hours in the gym. “I didn’t like the way I looked in running photos,” McCracken said. “I didn’t look like I thought I did in my head. I thought I was thinner, what you would think of as a runner, and I did not look like that at all. My clothes, even with a large looked tight. I would see others with a

medium it looked like it was flowing on them.” She turned to one of the wellness centers on Fort Riley for help. “I figured what is it going to hurt to get some help,” McCracken said. “My meals were 500 calories or less, but I snacked and I eat to stay awake. I realized I could only eat 350 calories a meal to counter the fact that I snack throughout the day. I would also splurge on desert. I was like, well I deserve this and have a giant bowl of ice cream.” McCracken still gives in to her urges for sweets, but in smarter and healthier ways.

See SPOUSE, page 12



Tutt McCracken, wife of Maj. Courtney Dean, 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, operations officer, used the ideals of Wonder Woman as motivation to lose more than 40 pounds.



NO SCAREDY-CATS HERE

From left to right, Kallie Sherry, Michelle Etsitty and Joanna Serrano, dressed as cats, roamed the neighborhood while trick-or-treating with their families Oct. 31.

Fort Riley families discover multiple outlets to celebrate Oct. 31

By Amanda Ravenstein
1ST INF. DIV. POST

Events all over Fort Riley gave residents and visitors the chance to enjoy Halloween the way they wanted to. The Better Opportunities for Single Soldiers Trunk or Treat at the Commissary had more than 2,500 people make their way through the line to get candy from 18 decorated trunks. “Yes, having (it) here at the commissary just makes sense,” said Spc. Willie Pladies, BOSS, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division. “It’s right there. (If) we need to get extra candy for people or they need use the bathroom, they have all the facilities here at a centrally located area that everyone knows. “The highlight for me was I didn’t expect as many families when it came out to this compared to the last couple years and (I’m) very surprised by it,” he said. The long line didn’t stop anyone from trunk or treating and it gave everyone the chance to see the costumes to include Power Rangers, fairies, dinosaurs and a family of sharks.

See OUTLETS, page 13

... a lot of the parents want to take their kids to go out to go trick-or-treating. You kind of can’t do both in a two-hour time frame. So, a lot of the parents, myself included, leave a candy bowl on the front porch and a little sign that says, ‘Take one or two pieces.’”

ANGELA PETERSON
MILITARY SPOUSE



Anais Figueroa, 5-year-old daughter of Cpl. Andrew Figueroa, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, creates slime during Hallelujah Night Oct. 31 at Morris Hill Chapel.

Ink on full display at annual tattoo contest

Nearly 30 hopefuls show off best, worst tattoos to win prizes

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

Skin was showing and the crowd gathered was in awe as nearly 30 participants showcased their best, and worst, tattoos at the Slingin’ Ink Tattoo Competition at Warrior Zone Nov. 3.

played what they deemed the worst tattoo they had. Tattoos ranged from the University of Central Missouri mascot, a mule on a butt cheek to bite marks on a calf, which were supposed to be from a zombie. The judges smiled and laughed, along with each contestant, as the back-story of how the tattoo was thought of and why it was placed where it was. The next competition was the black and gray division where Pfc. Keyla Lopez, 258th Human Resources Company, Special Troops

Battalion, 1st Infantry Division Sustainment Brigade, was crowned champion for her wolf piece on her thigh. She would later be crowned people’s choice as well. “I was a little surprised because there was a lot of other good pieces out there,” she said after the competition. Pfc. Kirsten Durling, 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, grabbed honors in the color division for her chest tattoo.

“So growing up, I went through a lot of depression and anxiety,” she said of her piece. “I lost a lot of people. So I actually attempted suicide a couple times (before joining the Army). I’m a survivor, I’ve come back from it ... one thing that actually kept me going was my love of music and the musical arts. I had to commemorate that somehow.” She chose to commemorate her experience with an old-school microphone with blue roses on both sides.

See INK, page 13



Contestants show off their tattoos one final time before the judges rendered their decisions during the black and gray portion of the Slingin’ Ink Competition Nov. 3 at Warrior Zone.

INSIDE

- Check out a few healthy recipes to use this holiday season, PAGE 11.

Monitor calories during holidays

Dietitians provide ways to stay fit, trim as new year begins

By Gail Parsons
1ST INF. DIV. POST


With Halloween over and a bucket or bag of candy being nibbled on, it’s time to turn our attention to Thanksgiving turkey, potatoes, gravy and pie. Soon after that, the holiday parties will start. Coworkers will share their favorite sugar cookies; pot lucks and Christmas gatherings will pile on the sweets and treats – and the pounds. Clinical Dietitians Lisa Jones and Natalie Barta, a Clinical Diabetes Educator, are both Registered Dietitian Nutritionists and Licensed Dietitians, they said there are many ways to stop the pounds from packing on during the holiday season. The first thing to remember is that holidays only represent a few days. “Thanksgiving is a day,” Jones said “Christmas is a day. New Years is a day. Don’t let it be ‘oh it’s Halloween so I’m not paying attention to nutrition until Jan. 1.’ Let it be a day not a whole season.” Regardless of how many holidays there are in the season, there are many opportunities to over indulge, unless people are mindful and pay attention.

NEVER ARRIVE HUNGRY


When accepting a party invitation Jones and Barta recommend going in with a strategy.

See CALORIES, page 11


FORT RILEY POST-ITS

**Fort Riley MWR**

Library Movie Night
Nov. 10 at 6:30 p.m.
The Fort Riley Post Library brings your favorite family movies to the silver screen with monthly movie nights. Admission is free and popcorn is included. The November movie is Peter Rabbit. Call 785-239-5305 for more information.

**Army Community Services**

Multicultural Session Nov. 13 at 10 a.m. at Army Community Services, 7264 Normandy Drive. The purpose of the Multicultural Readiness Sessions is to provide spouses access to international services regardless of language and/or cultural differences, while providing the opportunity for foreign-born Soldiers and their family members to interact with others who are from their native countries as well as learn the culture of their new home.

**Fort Riley Spouses Club**

Evergreen and Ice Gala: A Tree, Wreath and Holiday Décor Auction
Friday, Nov. 16 from 6 to 9 p.m. at Riley's Conference Center
Tickets are \$25 per person or \$40 for two and can be purchased online through the event page. This event will feature both a live and silent auction.
See themed trees that have been decorated by organizations to be auctioned off during the event. Funds raised at the event go to the Community Assistance Fund that later gets distributed to the Combined Scholarship Fund and other organizations that serve Fort Riley Soldiers, families and the greater Fort Riley community.

Let's go to the movies @Barlow Theater
Movies Nov. 9 through 11

Friday - Goosebumps 2: Haunted Halloween (PG) 7 p.m.
Saturday - **Advance Appreciation Screening** Fantastic Beasts: The Crimes of Grindelwald (PG-13) 2 p.m. and Bad Times at the El Royale (R) 7 p.m.
Sunday - First Man (PG-13) 5 p.m.
Theater opens 30 minutes before first showing For more information, call 785-239-9574. Regular Showing: \$6, children are \$3.50, children 5 and under are admitted free. 3D Showing: \$8 First Run: \$8.25, 3D; First Run: \$10.25

Like - Comment - Share 16 13 5

Fort Riley

The German/Italian Memorial Ceremony is Nov. 15 at 10 a.m. at the Fort Riley Cemetery
Each year a delegation of German and Italian officers and non-commissioned officers from Fort Leavenworth comes to honor fallen World War II German and Italian prisoner of war soldiers. Their service to their countries is honored as are the strong relationships built between nations since that war.

**Harriet Porter**

I heard that there is going to be a showing for the new Fantastic Beasts movie. Does anyone know where and when that is? Please help, I loved the first one.

92 2 Comments

Like Comment Share

**Spc. Shell** The Barlow Theater is going to have an Advanced Appreciation Screening of the movie 'Fantastic Beasts: The Crimes of Grindelwald' on Saturday, Nov. 10 at 2 p.m. Tickets are free and available at all Fort Riley Exchange food courts. It's first-come, first-served. So get there soon. You have to have a ticket to get into the theater. Also, the best seats will go quick so make sure to get there when the doors open at 12:30 p.m. See you there.

Like Reply

**Harriet Porter** Oh cool! That is awesome. I can't wait to see it. Thank you Spc. Shell.

Like Reply

TRICARE changes affect military retirees

TRICARE

Military retirees will have four weeks to decide on their TRICARE health plan for 2019. The timeframe to make changes will be Nov. 12 – Dec. 10. Coverage will start Jan. 1, 2019. For the first time, retirees will experience Open Season — a period when retirees can change their health plan or switch from individual to family coverage.

Benefits counselors from Irwin Army Community Hospital are hosting a series of community briefings on TRICARE changes and open season. Military retirees and their family members are invited to attend to ask questions. The briefings will be held at the following public libraries and dates:

- **Nov. 10**, noon at Abilene Public Library, 209 NW Fourth St., Abilene, Kansas.

ENROLLMENT METHODS

Retirees have three ways to make an enrollment choice:

- **Online:** www.tricare-west.com
- **Phone:** 1-877-888-3337
- **In person:** Visit a benefits counselor at Irwin Army Community Hospital, Fort Riley, Kansas

The TRICARE Retiree Dental Program will end Dec. 31. To continue dental coverage, retirees must enroll in one of 10 dental plans. Each plan's details and premium rates are available at TRICARE.benefeds.com. Retirees will not be automatically enrolled in a dental plan. They must enroll during the open season.

Vision coverage will be available to military retirees and their family members who are enrolled in a TRICARE health plan. Beneficiaries will have four vision plans to choose from. Coverage is effective Jan. 1, 2019, if they enroll during open season. Retirees and their family members will not be automatically enrolled in a vision plan. Visit the TRICARE.benefeds.com site for details and premium rates of each plan.

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Worship Opportunities

Protestant Services

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

Catholic Services

Victory Chapel	239-0834
Sunday Mass.....	0845-1000
Sunday Catechism.....	1000-1100
Saint Mary's Chapel	239-0834
Confession (or by appointment).....	1100-1200
Sunday Mass.....	1130-1200
Mid-day Mass- Mon., Wed., & Fri.....	1200-1300
IACH Chapel	239-7872
Mid-day Mass- Tue. & Thur.....	1200-1300

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.....	1800-1900

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 rileyvwoc@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

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Open Season 11/12 – 12/10



CALORIES

Continued from page 9

“You definitely don’t want to be hungry before you go because you will eat too much,” Jones said.

When people skip meals, their metabolism slows down and they are starving when they get to the party or dinner.

“When that meal comes and you over indulge more than you planned and you overloaded your system your body can’t metabolize it as efficiently,” Barta said. “When we are extra hungry we make poor choices, we eat too fast, we eat too much and everything looks good.”

SLOW DOWN, ENJOY

Whether people eat too fast because they are hungry or just out of habit, the results are the same. When they slow down, they are more apt to recognize when they are satisfied.

“It takes about 20 minutes for your stomach and brain to get on the same sheet of music,” Jones said. “If you eat really fast, your stomach might be full but your brain doesn’t know it yet so you go up and get a second plate of food.”

About halfway into the second plate, the brain catches up with the stomach and person realizes they are stuffed. By then it’s too late.

“Eat mindfully and pay attention to what you’re eating,” Jones said. “Pay attention to your body. Pay attention to the signals you are getting from your body and try not to override those. Eat until you are satisfied not till you are full.”

DIVERT YOUR ATTENTION

Try not to focus on the food at the party. Look for ways to stay occupied. Jones said talking with people or dancing can take the focus away from the goodies.

But, don’t stand or dance next to the table, Barta said. When people hang around chatting near all the temptations it’s really easy to give in.

PACE YOURSELF

Think ahead and plan on when to eat at a party with an open buffet or food table. One recommendation is to only eat in the first 30 minutes of arrival, after that stick with low calorie or zero calorie beverages.

COUNT YOUR CANAPES

“Get a plate,” Barta said. “Don’t just take a bite here, take a bite there. Get a plate and put everything on it so you can see how much you have.

When people are picking, grazing or mindlessly snacking they don’t know how much they’ve have eaten.

OUTSMART THE BUFFET

When at a buffet or snack table use the smaller plates and bowls. Generally, when people put food on their plate they will eat it.

“You don’t have to clean your plate,” Jones said.

If there are only three bites left of the green bean casserole on the plate and the person is full – they can stop eating. If they don’t want to waste it, it can go in the refrigerator and be saved for later, they said.

LIMIT THE ALCOHOL

Food is not the only diet buster.

“We tend to focus on our plate when we think about the calories we are consuming,”

HEALTHY HOLIDAY RECIPES

Dark Chocolate Zucchini with Heart Healthy Omega 3 Fatty Acids!

Ingredients

- 1 cup of mashed avocado pulp (about 2 medium sized avocados)
- 2 large eggs
- ½ cup mashed over ripe banana
- 1/4 cup of brown sugar (optional)
- 2 tsp. vanilla extract
- 2 -1 oz. semi-sweet baking chocolate squares, melted
- 2 cups zucchini, grated
- 1/2 cup plain Greek yogurt
- 2 cups flour
- 3 tbsp. cocoa powder
- 1 tsp. salt
- 1 tsp. baking soda
- 3/4 cup chopped walnuts

Directions

1. Preheat oven to 350 degrees.
2. Lightly grease a 9x5x3 loaf pan. Lightly dust with flour and then set aside.
3. Place the mashed avocado and banana in a bowl and beat, using a hand whisk or electric mixer (set on low), until ingredients are blended and mostly smooth.
4. Add the sugar to the bowl and mix until combined and then add the eggs, one at a time, and mix well in between each egg.
5. Add the vanilla, melted chocolate and zucchini. Mix until incorporated, while using a folding motion.
6. In a separate bowl, whisk together the flour, cocoa powder, salt and baking soda. Add half of the dry ingredients to the wet mixture, followed by the Greek yogurt, and then finish by adding the remaining dry ingredients. Once fully combined, fold in the chopped walnuts. Be careful to only do this just enough to incorporate the nuts. Overmixing will result in a coarse textured loaf.
7. Pour the batter into the prepared loaf pan. Bake for about 70 to 75 minutes or until a toothpick inserted in the center comes out clean. Cool in the pan for at least 30 minutes and then remove the loaf from the pan. Cool the loaf completely on a wire rack.

“Holiday” Meatballs

Ingredients

- 1 lb. lean ground turkey
- 1/2 cup plain panko bread crumbs
- 1/2 tsp. salt
- 1 tsp. poultry seasoning
- 2 tbsp. ketchup
- 1 egg
- 1 tbsp. cranberry sauce
- 14-16 oz instant brown rice

Directions

1. Preheat oven to 375°F
2. In a mixing bowl, add 1 lb. of lean ground turkey, ½ cup of plain panko bread crumbs, ½ tsp. of salt, 1 tsp. of poultry seasoning, 2 tbsp. ketchup and 1 egg. Using clean hands, mix the ingredients well. Roll the mixture into 12 equal balls. Wash hands with soap and water.
3. In a muffin tin, place 1 tbsp. of cranberry sauce in each hole. Place a turkey ball on top of the cranberry sauce in each hole. Place turkey balls in the oven and bake until the center is no longer pink (about 20-25 minutes).
4. While the turkey meatballs are baking, cook 14-16 oz. of instant brown rice according to package instructions.
5. Serve each plate with 3 meatballs, a little cranberry sauce, ¼ of the rice, and your favorite mix of greens topped with grated cheese, a sprinkle of nuts and a dash of balsamic vinegar.

Notes:

- For an Italian spin, swap out the poultry seasoning for Italian seasoning.
- Serve with your favorite marinara sauce on a bed of whole wheat noodles.
- Instead of salad, microwave a 14-16 oz. bag of frozen broccoli or cauliflower and top with shredded cheddar cheese.

For these recipes and more visit commissaries.com

Barta said. “Even if it’s not alcohol, there’s soda and punch or eggnog. Be careful of the calories you are drinking.”

CHOOSE CAREFULLY

“Be picky with your sweets and treats” Jones said. “For me, if its chocolate, that is what I am going to pick. If I am given an apple pie or cherry pie, I’m not a big fan, I like them but won’t over indulge. If there is chocolate cake there, I am likely going to over indulge.”

She and Barta said to think about what is offered and choose wisely. People can pick what they really want and pass on the rest.

“There is no reason to deprive yourself during the holidays or miss out but just be more choosy about what you want to indulge in,” Barta said. “If you’ve been

thinking all year about grandma’s pumpkin pie or gravy, make sure you are allowing for that but maybe give up the dinner roll or the cranberry sauce.”

When going to a buffet, she advises to scan the offerings and go in with a plan. Make a mental note of what looks best, then just get those items rather than filling the plate with a little bit of everything.

BRING OWN TREATS

When going to a pot luck, be the one to bring the veggie or fruit tray or a dish low in calories and healthy.

BEWARE OF THE BLT’S

“When cooking be careful of the BLTs – the bites, licks and tastes,” Jones said.

Oftentimes the person doing the cooking will have worked

hard all day and when everyone sits down at the table — they’re not hungry. They spent the day taking a bite here, licking the spoon before cleaning it and tasting everything to make sure it is seasoned just right.

By the time dinner is made, they have eaten the equivalent of a small meal.

“You have to be careful of those tastes that might sneak in,” Barta said. “We don’t think of those. You don’t see the bites, licks and tastes.

ADJUST THE RECIPES

By making slight adjustments to a recipe the calorie count can go down without changing the flavor.

Barta and Jones recommend making changes like switching the white flour for wheat or decreasing the amount of sugar.

“You can reduce the sugar content, a lot of times, by about 25 percent without affecting it,” Barta said. “You can go farther than that, but might have to modify the recipe because of the liquid content.”

Another option they said, is to substitute some of the pure cane sugar with another sweetener, applesauce or pumpkin.

Switch out butter or lard for a healthy oil like canola, safflower or olive; use less condiments; if making a glazed ham, use less glaze; and reduce the cream sauces.

“A lot of people will choose to eat healthy food but then they forget what they are adding to it or how it is prepared,” Barta said. “If you have a serving of broccoli, that’s 40 calories then put a tiny sliver of margarine on it and it goes up to almost 100 calories.”

Adding gravy, sauces, sour cream, cheese or butter cranks up the calories, but the amount of food is not increased.

“You can really sabotage yourself,” Jones said. “You can do a lot of damage with a little bit of fat.”

WALK IT OFF

If the day’s plan includes a larger than normal meal or a big party in the evening, make time for a little exercise during the day. Even a walk in the morning and after the meal can help.

“Plan physical activity throughout,” Barta said. “Don’t think ‘I know my diet’s going to be off all day so I just won’t do anything.’ Still have that activity in there.”

IN HOME, OFFICE

Food is a part of the holiday season. Office parties, dinners and baking all the family favorites. When the food is there so is the temptation.

Jones and Barta suggested making a family or office rule, when people bring food in, bring it to a location where everyone doesn’t have to see it constantly.

“Most people would probably pass on it but if they are seeing it every 15 minutes, eventually they will cave,” Barta said. “If they have to look for it, if they can’t see it they more likely won’t eat it.”

Keep healthy options close to the front of the refrigerator, in clear containers so those are the first things people see. If the fresh fruits and veggies are already cut up and ready to go, people will be more likely to grab them than if they are in a drawer and need work to enjoy.

TUESDAY TRIVIA CONTEST



The question for the week of Nov. 6 was: Where on the new Fort Riley website can I find Fort Riley weather information, including five-day forecast provided by Detachment 2, 3rd Weather Squadron and links to advisories and road conditions?

Answer: <https://home.army.mil/riley/index.php/tenents/partners/det2>

This week’s winner is Elisia Beyersdorf, spouse of Staff Sgt. Adam Beyersdorf, 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division.

Pictured above are Elise and Adam Beyersdorf with their two children.

CONGRATULATIONS ELISIA!

WARE ELEMENTARY FALL FEST



Amanda Ravenstein | POST

Lollipop princess, Madison Greer, first grade, walks in the line of students showing off their costumes on their way to the gym for Ware Elementary’s Fall Festival Oct. 31.

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Eight offices serving Kansas
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Fort Riley wrestlers finish strong

By Will Ravenstein
1ST INF. DIV. POST

The Fort Riley Middle School wrestling team opened the season Nov. 3 at the Little Apple Grapple in Manhattan with several wrestlers bringing home hardware from the event. The Troopers finished with five first-place, one second-place and three third-place medals.

The large amount of competitors broke the different weight classes into multiple divisions resulting in several wrestlers finishing within the same place throughout the tournament.

- **Ryan White**, 100 pounds, grabbed a 4-2 decision victory over Eisenhower Middle School’s Kameron Bank in his first of two matches in the round robin at that weight class. White backed that win

up with a 2-0 decision over Concordia’s Ashton Dooley to close out the event in first-place.

- **Joshua Mulhern**, 105 pounds, wrapped up Eisenhower Middle School’s Jacob Spencer-Harmon into a pinfall 45-seconds into the first period for the class title. Mulhern also earned a 13-2 major decision against Clay Center’s Wyatt Varner.

- **Collin McQueen**, 127 pounds, defeated Chapman’s Jose Rivera-Negron with 22 seconds remaining in the first period with a pin in the first-place match. McQueen won all three matches via pinfall.

- **Zachary Wilcox**, 155 pounds, started the day with a 16-0 technical fall over Bryant Davis, Great Bend, before his opponent scratched in the second match. Wilcox defeated

Junction City Middle School’s Malachy Cummings in the first-place match after wrapping him up for the pin in 59 seconds.

- **Davin Dewaine**, 180 pounds, earned the quick pin — 30-seconds — over Clay Center’s Ezra Gurney for the class title. The pin was two-seconds slower than his semifinal win over Riley County’s Torin Sheaves.

- **Anthony Pardon**, 141 pounds, earned the only Trooper second-place medal on the day after dropping his match to Jordan Nigus, Topeka Seaman. A first round bye propelled Pardon to his 33-second pinfall victory over Luke Hauserman, Clay Center.

- **Anthony Romar**, 90 pounds, defeated Andrew Hutchinson, Anthony Middle School, via 5-4 decision in the

third place match. The victory came after the two faced off to begin the day with Hutchinson taking the 8-6 overtime win.

- **Makena Arguijo**, 134 pounds, defeated Junction City Middle School’s Keiodre Wilcox with the 7-0 decision to finish third in the class. Arguijo fell to Chapman’s Nick Anderson in the semifinal round for the only loss on the day.

- **Adrian Jenkins**, 155 pounds, grabbed the 5-3 decision victory in the third round of the round robin after dropping two earlier matches to finish third.

Also competing in the tournament were Sydnee Stoner, 95 pounds; Small Fidel, 110 pounds; Luis Carino, 127 pounds; Michael Liscano, 141 pounds; Alexander Roberts, 148 pounds and Nathan Smith, 155 pounds.

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SAFE SLEEP FIRST



PHOTO BY IACH PUBLIC AFFAIRS

The Fort Riley American Red Cross surprised staff at IACH's Labor and Delivery Department with a donation of 240 sleep sacks embroidered with the Big Red One unit crest. The wearable blanket replaces loose blankets in the crib that can cover a baby's face and interfere with breathing. In addition to sleeping safer, it helps babies sleep better, too. It's a warm cuddly blanket they can't kick off; ensuring baby sleeps soundly throughout the night. From left to right are Dr. Mitzy DeAguilera, DVM, American Red Cross Regional Program Specialist; Ray Thompson, American Red Cross Volunteer; Capt. Ashley Draughon, Labor and Delivery Department Chief Nursing Officer in Charge; and Staff Sgt. Alfred Huish, Labor and Delivery Department Noncommissioned Officer in Charge.

SPOUSE

Continued from page 9

“When I bake, I cut out the butter. I substituted with unsweetened apple sauce and then a friend introduced a sugar substitute with zero calories. I started using that in my cooking so a cookie that was 90 calories could end up being 40 calories.”

She also cuts her favorite pie into smaller portions, freezes it and will enjoy it on a day when she can have extra calories.

She started her transformation after Dean left for a deployment to Europe last year. When he returned he was surprised and proud of his wife.

“I was proud because of all the hard work she put into it,” Dean said. “The sacrifices she made, taking care of three boys and me being deployed. I was amazed and proud at the same time. I could not do what she has done. I am very proud of her accomplishments and I do what I can to support her and her goals.”

McCracken does have advice for anyone wanting to lose weight or transform their body.

“Reading everything you can, isn't enough,” she said.

“You have to go in and get help. People don't want to know where they are (with their weight). I didn't either.”

“I had to start somewhere,” she added. “It is very hard. I was at 40-something percent body fat. I didn't want to accept that. I didn't want to think about it for the first few weeks. I had to do it. I had to face to start losing (weight).”

McCracken has now lost 43 pounds and more important to her, she has lost 16.3 percent body fat. She said her goal is to get below 30 percent body fat.

HOME.ARMY.MIL/RILEY



Warm up with cookies and cocoa!
DECEMBER 14th, 10am-5pm

Stop by your community office on December 14th for free cookies, cocoa and holiday cheer!

Santa will also make his way around to visit each office at these approximate times:

- 10am-11am Leasing Center
- 11am-1pm Warner Peterson
- 2pm-3pm McClellan Place
- 3pm-5pm Colyer Forsyth




Corvias Community Offices and Leasing Center
14 December, 10am to 5pm


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FORM MATTERS

Squat jumps

By Gail Parsons
1ST INF. DIV. POST

The squat jump is one exercise to help increase power capabilities. This is important when trying to perfect the standing power throw which is the third event on the Army Combat Fitness Test.

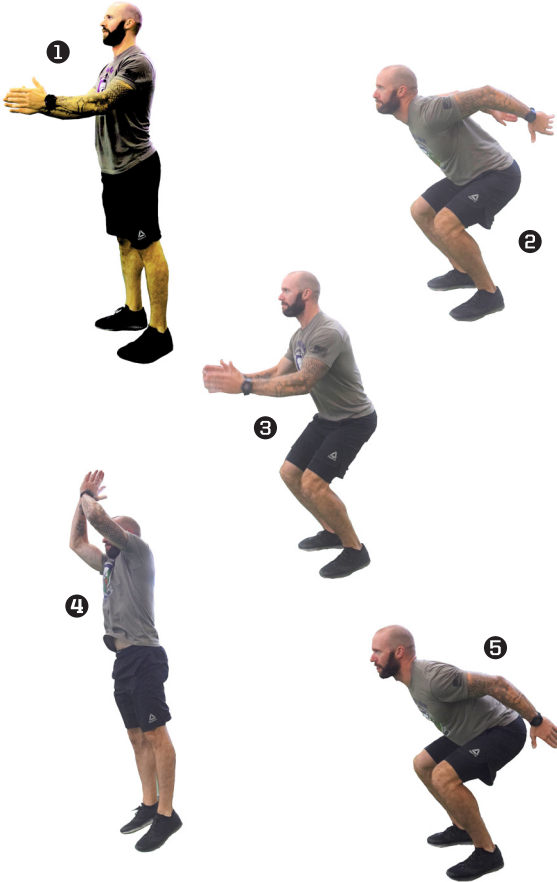
Stafford Gosser, project lead for Fit Nation and project lead for the Physical Resiliency Working Group at Irwin Army Community Hospital, said there are two ways to perform the squat jump.

"There is repetition and there is focused effort," he said. "Repetition is

basically what it sounds like. You are continuously performing the movement. Focused effort is where you perform the movement once and land in that same athletic position, which you started in."

Both jump squats are full-body exercises, which target legs and midsection, specifically, the glutes, hamstrings, quadriceps and calves while also touching on the abs and back muscles. It also helps train for stability and balance, which is important when executing the standing power throw.

Gosser demonstrates the two moves:



SQUAT JUMPS

1. The set up for the moment is standing straight.
2. Move down into a quarter squat while the arms begin to point to the back. Keep back straight, chest up and knees behind the toes.
3. Use some of the arm drive to provide the propulsion once jump is under way.
4. In a quick motion bring the arms forward and up while exploding into a jump.
5. When landing: for the repetition squat jump go directly back into the squat and repeat, for the focused effort return to the starting position before repeating the movement.

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

OUTLETS Continued from page 9

"It's a big turnout," said Jamie Russ, wife of Staff Sgt. Kelcey Russ, Special Troops Battalion, 1st Infantry Division Sustainment Brigade. "Actually, (I) love it. The line is very long, but it's a good turnout."

Trick-or-treating was also happening in the neighborhoods for those who wanted the traditional way for getting candy. Many houses left bowls of treats out for children to pick their own.

"Yeah, isn't that cool," said Angela Peterson, wife of Staff Sgt. Justin Peterson, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div. "That's something that's really good for kids to un-



Amanda Ravenstein | POST

Halloween was not just for humans as pet owners like Carrie Fuchs, wife of Sgt. Robert Fuchs, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, dressed up her dog Tootsie Oct. 31.

derstand that they need to be trustworthy and give them a little bit responsibility."

"And around here, a lot of the parents want to take their kids out to go trick-or-treating

or trunk-or-treating," Peterson said. "You kind of can't do both in a two hour time frame. So, a lot of the parents, myself included, leave a candy bowl on the front porch and a little sign that says, 'Take one or two pieces. Don't take the whole bowl.' Usually we get back there still a couple pieces in the bowl."

Morris Hill Chapel's Hallelujah Night was a Christian alternative to Halloween according to Chaplain (Capt.) Tammy Briggs, Morris Hill Chapel.

"It gives Christians and other faith groups and non-faith people opportunity to not go house to house," she said. "Some have a natural spiritual aversion to celebrat(ing) Halloween."

INK Continued from page 9

Both pieces Durling showed at the competition, were tributes to her life. During the black and gray portion, she showed a tribute piece to her grandfather who was an over-the-road truck driver. The trailer featured his radio handle while the cab was a replica of the Mack truck he used to drive. She even made sure a small, green Kill Roy was in the driver's window — just like he had in his truck.

Lopez also competed in both color and black and gray with a "Super Smash Brothers" tattoo on her right arm.

"It was my brother's and my favorite game growing

PEOPLE'S CHOICE

- Private 1st Class Keyla Lopez, 258th Human Resources Company, Special Troops Battalion, 1st Infantry Division Sustainment Brigade, was crowned people's choice.

up," she said. "I felt like I had to give it special attention."

Both ladies agreed the event was fun and allowed Soldiers to show who they are — underneath the uniform.

"I think it's pretty fun," Lopez said. "A lot of Soldiers do have tattoos and some of them are pretty cool."

"A lot of people that I know, a lot in the military, actually end up getting tattoos," Durling said. "They have meaning; they're not random. It's really nice to hear all the stories."

Not only were contestants showing their best works done, several local tattoo shops were on hand booking appointments for those interested in obtaining a new tattoo. A local henna artist was also present doing artwork on guests' hands and arms.



Will Ravenstein | POST

Pfc. Keyla Lopez, 258th Human Resources Company, Special Troops Battalion, 1st Infantry Division Sustainment Brigade, displays her wolf tattoo at Slingin' Ink Nov. 3.

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su | do | ku

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

Level: Advanced

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

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Help Wanted 370

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- 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

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)

COMING SOON...

2018 SHOP LOCAL Shop Junction City SPECIAL SECTION

This special publication promotes shopping local in Junction City for Christmas. This will highlight how shopping locally is important for our area and our local economy. Featuring only local businesses.

THE DAILY UNION.

Sunday, December 2ND, 2018

Travel & Fun in Kansas

View of Junction City from J Hill



Discover Junction City: History, art, parks and places to play

Story and photos by Téa Sambuco
1ST INFANTRY DIVISION POST

Junction City is right outside Fort Riley's gates. According to www.junctioncity-ks.gov, "Junction City offers plenty of small-town atmosphere, big city amenities and rural pleasures."

C.L. HOOVER OPERA HOUSE 135 W. 7TH ST

The C.L. Hoover Opera House has been in operation since 1880 and is a cultural landmark. It is home to visual arts presentations, educational and cultural opportunities and civic activities.

The Opera House supports activities for many age groups. Adults and children can attend art classes with the JC Arts Council. The musically inclined may take part in the Community Band. Those with a love for drama can act or help stage production in the JC Little Theatre.

The website www.jcoperahouse.org lists many of the upcoming performances, such as A Christmas Carol and the First Infantry Division Band Holiday Concert. Tickets may be purchased on the website.

ROLLING MEADOWS GOLF COURSE 6514 OLD MILFORD RD

According to www.jcrollingmeadows.com, Rolling Meadows Golf Course is regarded as one of the top places to play golf in Kansas by Golf Digest. The course is on 160 acres of land and challenges golfers of all levels.

The website states Rolling Meadows Golf Course has a pro shop where golfers can find equipment and apparel they need. A practice facility is also available and includes a driving range. Golf instruction with PGA master instructor John Bernstein is available by appointment.

GEARY COUNTY HISTORICAL SOCIETY AND MUSEUM 530 N. ADAMS

The Geary County Historical Society operates several locations for the history buff.

The museum, at 530 N. Adams St. is their main location and consists of three floors with permanent and rotating exhibits. There is a gift shop as well and admission is free.

The Spring Valley Historic Site at Kansas Highway 18 and Spring Valley Road, was the second school building for School District 21. It

was in operation for 87 years and in 1957 was the only rural school in Geary County without water and inside toilets.

The Saint Joseph's Church site, is a gothic-revival style church located along McDowell Creek. The current structure was built in 1910; however, it is currently being restored. Once restoration is completed, it will be used as a community building, reception hall, ceremonial space and mini-museum.

Renovated in 2000, the Starcke House was rehabilitated as a period house museum. Family heirlooms and vintage furniture rest inside. For more information on these and other GCHS projects visit www.gchsweb.org.

HERITAGE PARK

Heritage Park, according to www.junctioncity.org, "is Junction City's central public space located in the historic downtown district." The park hosts several community events includ-

ing the annual Sundown Salute, July 4th celebration.

The park is a place to gather to remember those who made the ultimate sacrifice. Memorials that reside in the park include the Civil War Arch, First Infantry Division Memorial and the POW/MIA Memorial.

SPIN CITY 915 S WASHINGTON ST.

According to www.junctioncity-ks.gov, "Spin City is a state-of-the-art recreation center with a skating rink and snack bar, party rooms, basketball courts, game room, arcades, and a comfortable seating area for relaxing or visiting with friends."

There is also a café, DJ Station and a miniature golf course outside.



105 MM Howitzer at Heritage Park



Rolling Meadows Golf Course



Next week Spc. Shell starts getting into the holiday spirit. Join him as he checks out holiday markets in the area.