

THE 1ST INFANTRY DIVISION POST

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FRIDAY, NOVEMBER 16, 2018

Vol. 10, No. 46

★

FORT RILEY, KANSAS

Taking aim



An M1 Abrams crew from 1st Battalion, 63rd Armored Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, scans the target area Nov. 5 while working through their gunnery. Fort Riley ranges offer Soldiers with 1st Inf. Div. brigades the opportunity to maneuver and fire as they prepare for a rotation to the National Training Center, Fort Irwin, California.

Range Operations prepares safe, quality training for Fort Riley units

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

The rumble of explosions have rocked the area for a couple of weeks now as Fort Riley units conducts live-fire training in the maneuver areas. This includes Soldiers from 2nd Armored Brigade Combat Team, 1st Infantry Division, conducting a combined-arms, live-fire exercise. “We have 2nd Brigade doing a CAL-FEX exercise,” said Rick Bomia, Range Operations, Directorate of Plans, Training, Mobilization and Security. “At the same time, we also have 1st Brigade who is trying to knock out some ... before they mobilize. So we actually have two

brigades rolling at the same time and it’s quite busy.” Bomia said other than the National Training Center, Fort Irwin, California, Fort Riley is the only location where units can maneuver through the training area while conducting live-fire training. “The unique thing is that they’re actually shooting, driving cross country,” he said. “Fort Riley’s very unique as it has drop offs, water crossings and hills. They’re actually driving, shooting live rounds while driving across that terrain. It makes it so realistic.” The CALFEX lanes can also change from year-to-year depending on the needs of the units. With more than 100 targets

staggered in the area, safety is a concern. The DPTMS range safety officers, alongside the small arms range operations branch staff place targets throughout the terrain. The range safeties then plot the point into a program and figure out where those rounds would go from every possible firing point. “We have two safety officers every day doing [surface danger zone],” Bomia said. “It shows what weapon is shooting, where the shooting is from, where the target is at.” All this data goes into this SDZ. The program also takes into account what type of ammunition is to be used, as different rounds travel different distances. Through

See TRAINING, page 7

Commemorating a century of service

By Sgt. Elizabeth Jones  
19TH PUBLIC AFFAIRS  
DETACHMENT

Soldiers from the 1st Infantry Division and Fort Riley joined forces with the Flint Hills Veterans Coalition to commemorate Veterans Day and 100th anniversary of the end of World War I with a parade Nov. 12 in Manhattan. One hundred years ago, forces engaged in battle laid down their arms. Nov. 11 was known as “Armistice Day,” and later renamed “Veterans Day.”

The coalition’s and surrounding communities’ annual parade enlisted participants from across the 1st. Inf. Div. and Fort Riley, to include the 1st Inf. Div. Headquarters and Headquarters Battalion, 1st Inf. Div. Band and Commanding Generals Mounted Color Guard.

Spc. Gabriel Hane, an intelligence analyst with the Intelligence and Sustainment Company, DHHB, 1st Inf. Div., carried the “Big Red One” colors, which led the parade along Poyntz Avenue.

Hane, from Statesboro, Georgia, joined the military with plans to make the Army a career then retire and work as an intelligence contractor.

“I volunteered to carry the colors because it felt like an honor to represent the first and oldest division in the Army,” Hane said.

With more than 3,000 participants, the Manhattan Veterans Day Parade is one of the largest in the state of Kansas.

“It gets bigger every year,” Dave Ekart, a coalition volunteer, said. “It draws the

community together. The ROTC cadets from Kansas State University help to marshal the parade, and there is tremendous support from the city government and the county government. We couldn’t do it without everyone.”

Ekart joined the Army in 1960 as an ordnance specialist and served at Fort Riley with the 110th Ordnance Battalion.

Ekart has been a member of the coalition for 13 years, serving a three-year stint as the president. He enjoys doing whatever he can to support the organization, he said.

“The purpose of the group has been to support any veteran in need,” Ekart said. “We provide scholarships for veterans at K-State University, at the technical college and the Christian college. We are soon going to partner with Habitat for Humanity to help veterans who need repairs to be done on their houses.”

The Central Flint Hills communities have a long-standing relationship of working together to facilitate events and activities that involve and educate residents and visitors to the area.

“Part of our mission as the FHVC is to promote patriotism throughout our community and we take that really seriously,” Janet Nichols, coalition president, said.

Nichols is also the Military Community Liaison for the Manhattan Area Chamber of Commerce.

“I’m so appreciative of the division taking time to participate in this celebration,” she said. It is really special for the FHVC and the community.”

Top performers recognized at award ceremony

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

U.S. Army Garrison Fort Riley employees were recognized Nov. 8 for their continued excellence of service to the Soldiers and families of Fort Riley during a ceremony inside the headquarters building.

“The garrison award ceremony is my favorite time of the month,” said Col. Steven Shrader, U.S. Army Garrison Fort Riley commander. “This is all about recognizing great folks of the garrison doing great things for Fort Riley, for the Soldiers and the civilians every single day out here. It makes Fort Riley better every single day.”

Lt. Cody Sims, Directorate of Emergency Services, was named the October employee of the month.

Sims designed a new Type-6 Wildland apparatus — brush truck.

Sims flawlessly executed leadership skills getting the apparatus into service with necessary communications, tools, equipment in less than

48 hours, the citation read. The apparatus is fully functional and has been used on wildfire incidents and prescribed burn operations, exceeding expectations.

Sims was presented a Department of the Army Certificate of Commendation and is now eligible for garrison employee of the quarter.

Other employee of the month nominations included: Andrea Ruiz, Directorate of Family and Morale, Welfare and Recreation and Heather Stewart, Plans, Analysis and Integration Office.

“Cody reached out to several vendors to get specs and what we needed for a new Type-6,” said Will Hadley Fort Riley Fire Department assistant chief of operations. “He presented all of that to us. We presented it to regional to get funds and get a new truck to fix that shortfall. He is the type of individual that if he finds a problem, he develops a solution for it and works ahead. The only thing that I’m wondering about now that he’s wrapped this up — what his next project will be.”



Employees from the Air Traffic Control Branch, Directorate of Plans, Training, Mobilization and Security were honored Nov. 8 for outstanding performance during an in-flight emergency Aug. 29 with a civilian aircraft.

The ceremony started with seven employees from the Resource Management Office identified for their

work in closing out the Fort Riley finance books.

Shannon Eimer, William Cox, Tracy Nelms, My White,

Stephanie Darrow, Holley Voelcker and Lisa Aylor, resource management program and budget execution team,

were each given the garrison certificate of appreciation.

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WHAT'S IN THIS ISSUE



SANTA CLAUS PAYS EARLY VISIT TO IGNITE THE HOLIDAY SPIRIT

SANTA HELPED WITH OPERATION SANTA CLAUS RIBBON CUTTING

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INVESTIGATIVE TEAM EXPLORES FORT RILEY AT NIGHT FOR SIGNS OF GHOSTLY FIGURES

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IT IS STARTING TO LOOK A LOT LIKE CHRISTMAS AS SPC. SHELL VISITS AREA HOLIDAY MARKETS TO FIND THAT PERFECT GIFT

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## Junction City High School honors veterans with ceremony



Col. Stephen Shrader, U.S. Army Fort Riley Garrison commander, speaks to the students, faculty and guests of the Junction City High School JROTC Veterans Day ceremony Nov. 9 in Shenk Gymnasium. Shrader spoke of the dedication and sacrifices made by veterans past and present to preserve the ideals which Americans hold dear.

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

The JROTC students of Junction City High School hosted a Veterans Day ceremony Nov. 9 to honor the veterans of the school and community. “Today we will honor those men and women who have served to preserve this nation’s freedom and way of life — the veterans of the armed forces,” said cadet Elisabeth Roe, emcee for the program. “Whether they have served during war or in peace, the veterans of our nation encourage the pride of service, dedication and selflessness that has made this country the greatest nation on Earth.” U.S. Army Garrison Fort Riley commander, Col. Stephen Shrader was the guest speaker. He spoke about the sacrifice, dedication and distinction

each veteran holds within them for serving in the United States military. “We set aside this day to pay tribute to America’s veterans, their devotion, their patriotism, their selfless service, their sacrifice on behalf of each and every one of us,” Shrader said. “It’s their loyalty to our country and their courage that has made us who we are today and what we have been for more than two centuries — land of the free and home of the brave.” Shrader pointed out that veterans and their service personally affect them. “Many of you present today are counted among those who raised their hand to swear an oath to the Constitution of the United States and served with distinction,” he said. “Or you can say with pride, your mother, father, sister, brother, uncle, grandfather, great-grandfather were among the fewer than one percent of Americans that choose to serve in the

military. The words ‘choose to serve’ are important; it’s our ability to sustain the all-volunteer force that protects our nation.” Shrader stated the 17-year war in Afghanistan and Iraq is producing more than 160,000 veterans every month and the Army is committed to ensuring they receive everything they are due for their service. “Every Soldier is a Soldier for life,” Shrader said. “The Army believes deeply in taking care of our veterans through the Soldier for Life program.” Shrader backed his statement up by informing the audience of a recent hiring and education fair held on Fort Riley with nearly 100 schools and businesses looking for Soldiers to fill their classrooms and vacancies.

See CEREMONY, page 6

## Transitioning Soldiers meet with employers



Fort Riley’s largest career and education fair of the year hosted nearly 100 potential employers and colleges for transitioning Soldiers, veterans and family members Nov. 8 inside Riley’s Conference Center.

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

The annual Fort Riley Hiring and Education Job Fair Nov. 8 at Riley’s Conference Center hosted federal and civilian employers from more than 75 companies and representatives from more than 50 educational sources to speak to attendees. Col Stephen Shrader, U.S. Army Fort Riley Garrison commander, spoke to the potential employers before the event. “Today you will meet some of the finest men and women in our nation, who have already met extraordinary challenges and proved they have the drive, determination and ‘can do’ spirit to meet the next challenge, whatever it is,” Shrader said. “I’m also proud of Army Community Service and Fort Riley Education Services for taking the lead in organizing and holding this event. All of you represent opportunity and challenge for our Soldiers, veterans, retirees and their families.” More than 300 people signed in, Marti Oliveras, Army Continuing Education Service, was pleased. “This is exactly the turnout expected,” she said. “I was explaining to some of the people earlier, this is our fifth year to do it together. We used to do it separate. We’d have ours one week and the following week they would have the hiring fair... but by combining them together, it has been fantastic.” Mike Hogg, service manager at Zeck Ford in Leavenworth, Kansas, talked about the importance of job fairs. “Working in the automotive industry we have gotten to a point where we have huge deficits in the amount of people that want to repair, diagnose and fix vehicles,” he said. “So, it’s important to interact with veterans and military people that have had the experience working with the many military vehicles and want to get out and continue working on vehicles.”

# Soldiers’ Thanksgiving dinner delicious, not simple

By Gail Parsons  
1st Inf. Div. Post

The biggest day of the year for military dining facility staffs is quickly approaching — the day they open their doors and serve up the annual Thanksgiving dinner. At Fort Riley, it means being prepared to show off their skills and creativity to thousands of Soldiers, civilians and family members. The DFACs also have a friendly competition going on, in which they have each chosen a theme to decorate their facility in.

### CANTIGNY DINING FACILITY

It’s all hands-on-deck at Cantigny Dining Facility as more than 100 Soldiers prepare to serve in excess of 1,000 meals. “We have a whole crew that comes in to do night baking,” said Sgt. 1st Class Gordon Bruenning, Cantigny DFAC manager. “They start doing our bigger meat products and start prepping all the stuff.” Whatever can be, is prepped the night before. That includes, about 300 pounds of potatoes getting peeled in a special machine, which is only pulled out in special cases. But after they are peeled, they are diced by hand. As the night crew finishes up the next shift comes in to start cooking. With a headcount of about 1,000 Bruenning said they have ordered about 300 pounds of peeled shrimp, 400 pounds of steamship round and 800 pounds of ham. It’s not the first time the crew has had to pull out a meal for that many people. Pfc. Jeremy Smith, culinary specialist, said there are times they will get a last-minute directive and

it can get chaotic. But with, Thanksgiving, they know it’s coming. “We prepare mentally and physically for this day,” Smith said. “It’s like we know that white whale is coming at us.” Because they know it is coming, Bruenning said they can really shine and put their special touch on the day. “Our kitchen will be full,” he said. “Every single oven will be used. Every warmer will be used. Everything we could possibly use in the kitchen will have a product in it.” Smith and culinary specialists Spc. Lawrence Harris said the days and hours leading up to the meal are incredibly busy, but the team they have in place makes the process work. “The day before, we prep everything,” Harris said. “It don’t normally take long, as long as everybody works together. If everybody is in a good mood then everybody will just be joking around and having fun and it don’t get too chaotic, which makes the time go by faster.” Smith, who hails from Orlando, Florida, joined the Army a little later in life and had been a private chef in his civilian life. He knows how important it is to have a solid team to get the job done. “It makes everything run smoothly,” he said. “Here it’s really nice because we actually have a good family of a team.” As they, and the other culinary specialists prepare the Thanksgiving meals, thoughts of their own family holidays creep into mind. When it’s all said and done and the cleanup is over, the Soldiers can go home and prepare for their family Thanksgiving. “The reason we do the meal early is so we can go spend that

time with our family,” Bruenning, who comes from Rockford, Illinois, said. “We are like ‘wow I already ate all this the other day,’ but it’s Thanksgiving — who doesn’t love to eat?” He remembers the Thanksgiving meals his grandma made with the traditional turkey and ham “then we also have Italian sausage and kielbasa,” he said. Once in the Army, things changed. He recalled his most memorable Thanksgiving in the Army was his first one. He was stationed in Korea and when the meal was finished all of the culinary specialists were lined up and “every single battalion or brigade command team came through and handed a coin to every single Soldier that was there.” That act told him he and the others were appreciated. At the Smith household, he takes on the meal preparation because his family is vegan, which puts an added spin on holiday cooking, he said. He recalls growing up with grandmother’s sweet potato latkes. They are the same as a traditional latke, or potato pancake, except made with sweet potato. His most memorable Thanksgiving was the year a friend called him at the last second and said “we have all this food and nobody to cook it.” So, I ran over and cooked it up for them.

For Harris, who comes from New Orleans, once he hangs up the spatula at work, he lets someone else do the cooking. “When I go home cooking for me is over,” he said. “It’s time for everybody else to cook. I just sit there and wait. If somebody needs help, I’ll help, but if nobody says they need help I sit back and watch TV.” He described his family Thanksgiving as pretty much all the same and all traditional. “Everyone just joking around, playing cards, playing chess and eating,” he said. “It’s always the same, that’s why I always know what I’m getting to eat.”

**DEMON DINER**

On top of trying to prepare for upwards of 500 guests at their dining facility the Soldiers are also getting ready to deploy. “The manpower in the DFAC is down,” said DFAC Manager Sgt. 1st Class Jeffrey Magnus. “Everyone isn’t here at the same time ... they are all doing the same thing as far as loading up, getting shots, medical, dental — everything you have to do before you go on deployment; trying to get all your gear ready, all that stuff.” Sgt. 1st Class John Huston said this Thanksgiving is definitely

not the same as it would be if they were not on the heels of deployment. There is a lot of work, which still needs to be done to meet an end-of-November deadline. “Preparation and manpower, these are the biggest issues we are going to run into,” Huston said. “But we come to work and still give it our 110 percent. We’ve just got to make do with what we got.” As Thanksgiving approaches, they have prepared the schedules to ensure there is a 24-hour-a-day rotation starting with the crew who will do the prep work the night before the meal is cooked. How smooth it goes all depends on the crew. If everyone shows up on time and gets right to work it can go easy. But it can be chaotic if too many people don’t show up on time, Huston said. “Most of the time it does go smooth,” Magnus said. “You have it broke down between your prep shift who preps all the food that they can. Then, you have the early, early in the morning shift. Your first shift comes in and starts cooking the actual meal, like the steamship round that takes 10 hours to cook.” A recipe to serve 100 people steamship round calls for 75 pounds of steamship

round beef and a half ounce of ground black pepper. “With it being on a weekday I don’t know what the headcount will be,” Magnus said. “I am assuming between 300 and 500 because last year we had about 500 and that was the day before Thanksgiving, on a Wednesday. This year it might be different because a lot of civilians will still be here at work.” Despite the long hours, when Thanksgiving Day rolls around, the Magnus and Huston households are busy as they both invite Soldiers over. At the Magnus house he won’t do all the cooking, he opens the dinner up as a potluck so all the cooks he works with day-in and day-out can bring over one of their own specialties. “Those are some really good times,” he said. “It’s good for a lot of Soldiers because as NCOs you’re not usually inviting Soldiers over to your house to hang out or anything like that. So, it’s just a time for everybody to come together, hang out and have a good time.” Likewise, Huston said he invites people over, but he, his wife and his mother-in-law will do most of the cooking.

See HOLIDAY, page 6

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# Green to Gold Program helps enlisted Soldiers earn desired degree, path to commission

By Maj. Peter Bogart  
1 BCT, 3 ID PAO

FORT STEWART, Ga. — Second Lt. Blake Pickel began his career in the Army when he enlisted in 2007. Today, he serves as the executive officer for the 1st Armored Brigade Combat Team, 3rd Infantry Division's support medical company after commissioning in 2017 through the Green to Gold scholarship program.

"When I first came in, I had just [earned] my GED and my goals were to get into a medical branch in the Army, then get out and go to college or work in the profession I was doing in the Army," said Pickel. "I found out about the Green to Gold program because three of my friends had gone through it."

The Green to Gold scholarship program offers enlisted Soldiers an opportunity to complete their undergraduate education and become commissioned officers. The 3rd Infantry Division can nominate up to five Soldiers for the 2019 - 2020 school year with applications due by March 1, 2019.

Once the packets are reviewed and submitted, the cadet command will review them and decide who is awarded scholarships said Mr. David Sims, the Mission

## REQUIREMENTS

- U.S. Citizen, non-waiverable
- Age – Be under 30 years of age on the date of the projected graduation and commission. Waivers can be requested
- Cannot have been convicted of a domestic violence crime
- Have a minimum of two years active duty at the time of application as well as three months of active duty for every one month of specialized training, waiver can be requested
- GT score of 110 or greater
- Pass the APFT within the last six months with score of 180 or higher, minimum of 60 points in each event
- College GPA of 2.5
- Letter of Acceptance to school of choice offering Army ROTC
- Letter of Acceptance from the PMS of that Army ROTC Battalion
- Favorable National Agency Check or have initiated the action
- DODMERB Medical Qualification
- Be eligible to reenlist
- Not be a conscientious objector
- No more than three dependents including spouse, waiverable

Support G1. Sims added that a key to a successful packet is timeliness.

"Don't wait to put your packet together," Sims said. "Especially in getting the required documents from the schools that you are applying to."

Pickel echoed the importance of beginning the application process as early as possible. "Luckily I had three people to mentor me through the process, but one of the

first things they told me is immediately start the physical process because that takes the longest," said Pickel who commissioned from Middle Tennessee University. "Notify your chain of command early that you are interested so that it's not a last minute thing."

The Green to Gold Hip Pocket Scholarship Program looks to award high performing Soldiers who display the "Scholar, Athlete, Leader" attributes desired of commis-



Courtesy photo  
Then-Pfc. Blake Pickel treats a civilian during a deployment to Iraq. Pickel, is now a second lieutenant currently serving as the executive officer for Charlie Company, 3rd Brigade Support Battalion, 1st Armored Brigade Combat Team, after receiving his commission through the Green to Gold program in 2017.

sioned officers. Pickel, who was accepted into the program as a staff sergeant, said his next goals are to complete his key developmental jobs in his field and for his current and future rank.

"I definitely see the bigger picture with the Army and how I can have a larger impact through the organization," said Pickel. "It's also

kept things fresh in the Army so as I approach retirement it's given me a new outlook and new challenges."

Soldiers have the opportunity to complete their first baccalaureate or first master's degree while earning their commission through the Reserve Officer Training Corps program. The scholarships are

available in two, three, or four year options depending on how many college credits Soldiers have already completed.

For more information on the Green to Gold program to include eligibility and the application process, visit the Fort Riley Education Center, 211 Custer Ave., or call them at 785-239-6481.

# Army to issue new dress green uniform in 2020

BY U.S. ARMY

WASHINGTON — The United States Army announced today that it is adopting an iconic uniform — the "Army Greens" — as its new service uniform. This is the uniform worn by America's "Greatest Generation" in World War II.

The current Army Blues Uniform will return to being a formal dress uniform, while the Army Greens will become the everyday business-wear uniform for all Soldiers.

The Army Combat Uniform — also known as the Operational Camouflage Pattern — will remain the Army's duty or field uniform.

The uniform will be cost-neutral for enlisted Soldiers, who will be able to purchase them with their annual clothing allowance.

Female Soldiers will have the option to wear versions with a skirt or pants, and will also have additional shoe options.

The Army Greens will be fielded to Soldiers reporting to their first units as early as the summer of 2020. The mandatory wear date for all Soldiers will be 2028.

The new uniform will come at no additional cost to the American taxpayer. It will be made in the USA.



Courtesy photo  
Michael and Sue Gilmartin received the American Red Cross Tribute to Heroes award during a ceremony in Topeka, Kansas, Nov. 7. The Martins have volunteered for nine years providing meals for Warrior Transition Battalion Soldiers. "They decided to take the mission of making service members feel like home with a warm home-cooked meal and give them a reason to get out of the barracks on Sundays," said Mitzy De Aguilera, regional program specialist, American Red Cross.

# Quartermaster Corps names first woman chief warrant officer

By T. Anthony Bell  
ARMY NEWS SERVICE

FORT LEE, Va. — Chief Warrant Officer 5 Maria G. Martinez and her husband, retired CW5 Mauricio E. Martinez Sr., were once the Army's only couple wearing the highest rank of the Warrant Officer Cohort.

Taking into account that less than 1 percent of Soldiers in the cohort ever achieve the rank of CW5, the chances of two in one family becomes even more remote, and consequently significant.

That milestone, however, is not likely to overshadow her latest achievement — becoming the first woman to hold the title of Chief Warrant Officer of the Quartermaster Corps, named as such during an assumption of responsibility ceremony Monday at Mullins Auditorium in Challen Hall.

The event, hosted by Brig. Gen. Douglas M. McBride Jr., 55th QM General, drew roughly 150 supporters from throughout the sustainment community but was dominated by the presence of current and former warrant officers.

During remarks, McBride first lauded the work of CW5 Jonathan O. Yerby, the current CASCOM and preceding QM Corps CWO. Later he celebrated the fact Martinez was the first woman to hold the position and urged audience members to ap-

plaud it as a personal and historic achievement with far-reaching impacts.

"Now, our female Soldiers who come to advanced individual training can not only look to the command sergeant major of the 23rd Quartermaster Brigade (Command Sgt. Maj. Lisa Haney) for inspiration and motivation, they can also look to the chief warrant officer of the QM Corps," he said. "What an inspiration for those young Soldiers."

Martinez began her career here as a logistician in 1988 in the 23rd QM Bde., training as a 92-Alpha enlisted automated logistical specialist.

McBride went on to say Martinez "always provided clear counsel to American Soldiers serving in harm's way. She has the courage, competence and commitment to lead our team into the future and take our efforts to the next level .... I know she will be up to the task."

Martinez, supported by her husband, son and mother in the audience, acknowledged her family individually and collectively. She gave special recognition to her "battle buddy" husband and her mother, Maria Sanchez, who she thanked for "unconditional love and prayers" and for bringing her to "this great land of equal opportunity."

After thanking all of her supporters, mentors and others, the native of Coahuila state, Mexico,

speaking in a low tone and addressing the audience slowly and deliberately, signaled she was ready to get down to business.

"To whom much is given, much is expected," she calmly said. "My family and I are beyond excited to be a part of the quartermaster command team during this time in our Army's and nation's history."

"I will do my absolute best to better our corps by bringing a technical, operational and strategic perspective to all our teams. It is an epic test in today's multi-domain environment but a test I have embraced."

Mauricio, a former field artilleryman, said his wife has long focused on logistics at the boots-on-the-ground level and has a keen interest in Global Com-

bat Support System-Army, the information system that tracks supplies, equipment and costs.

"She talks about the complexity of the system but touts the benefits as well," he said. "I think she's going to try to look at GCSS-Army as a friendlier, more beneficial way of helping Soldiers on the battlefield."

Though looking at GCSS-A might be only a sample of what Martinez has to tackle, the work standing before her in its totality is no less than enthralling to affect change from where she sits.

"She always wanted to contribute to the Army at the highest levels," said Mauricio. "Because she has been at the tactical level for so long, she has long ambitioned to come here and do things from the

top down. It was a dream that has now become a huge accomplishment."

For the most part, uninformed observers might view Martinez' demeanor and demonstrated humility as uncharacteristic for her position. Mauricio, however, said his wife has a level of devotion that would make any Soldier proud.

"You can't have misconceptions (about her) because she's kind, quiet and observant," he said. "That doesn't mean there isn't a lot of passion and commitment behind it. To her, it always about the Army."

Martinez' closing comment was validation for what her husband has long known.

"As we look forward to Thanksgiving and the holidays,

let's take time to reflect on the reasons we serve — freedom is not free," she said, barely raising her voice. "We owe it to our Soldiers and their families to train and equip them so they can return back to their loved ones safe, sound and victorious."

"Always remember, the basis for our ability to lead is the trust we must develop with our superiors and our subordinates," she said. "Always be part of the team; a part of the solution and a difference in our Army and our nation."

Martinez was assigned to the Forces Command G-4 prior to her arrival at Fort Lee. She also has served at Fort Bliss, Texas, Fort Polk, Louisiana, and Rock Island, Illinois, among other locations in the states.

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# Thanksgiving message, wishes from Division command team

The Europeans who struck out on the perilous ocean to settle in the New World did so in an attempt to find a place that was more open and free. They found what would become the United States, and survived only with the aid of Native Americans.

Then, like now, they sought to celebrate the teamwork and collaboration that led to their success. President



Maj. Gen. John S. Kolasheski  
1st Infantry Division and Fort Riley commanding general

George Washington established the holiday during his first term, and concluded his proclamation with the hope: “to enable us all, whether in public or private stations, to perform our several and relative duties properly and punctually, to render our national government a blessing to all the people, by constantly being a Government of

service. Keep in mind our duty to our country, our Soldiers, our families and each other by enjoying this unique American tradition. This weekend is one of the busiest travel times of the year, so be careful on the roads and ensure that your Soldiers have a feasible travel plan and good contact numbers.

This also marks the beginning of a number of autumn activities, including hunting. If you choose to head to the woods, you need to have completed a hunter’s safety

course, and always practice firearm safety. Treat your weapons for sporting activity just like you treat your assigned weapon for duty.

Every member of this division and installation is a vital part of the team that allows us to accomplish our mission — to fight and win. Take care of each other — peers, leaders, and subordinates; a conversation can go a long way.

Finally, if you see someone acting in an unsafe way, it is your duty as a Soldier to safely and carefully intercede; live the Army Values.

Command Sgt. Maj. Craig Bishop and I wish you a safe and fun break. Let’s each one of us return in full health, recharged, and ready to go.

Happy Thanksgiving; Duty First, Safety Always!

*[Signature]*

JOHN S. KOLASHESKI  
Major General, USA  
Commanding

## Feds Feed Families: Commissaries again lead Defense Department donations

By Mike Perron  
DECA PUBLIC AFFAIRS SPECIALIST

FORT LEE, Va. – The Defense Commissary Agency has again led collection totals for the Department of Defense’s contributions to the annual “Feds Feed Families” campaign, accounting for about 75 percent of the Departments’ total.

Feds Feed Families was created as a part of former President Obama’s “United We Serve” campaign in 2009, encouraging federal employees across government to donate and help food banks remain stocked through the summer months.

“The employees and patrons of the Defense Commissary Agency really stepped up to the plate for 2018 by collecting more than 1.52 million pounds of donations for this

year’s campaign,” said Randy Eller, chief of DeCA’s U.S. distribution, equipment, property and recycling division. “The DoD collected a total of a little over 2 million pounds, which makes DeCA’s collections approximately 75 percent of all donations collected.”

During the campaign, commissary customers and employees were able to purchase much-needed food and personal hygiene products for donation while shopping at the commissary, or bring items from home and drop them off at the store. Another option commissaries made available were prepackaged donation bags. Store workers assembled bags of various sizes; these packages were then placed around the stores where patrons could easily pick them up as they shopped

and then donate them at the checkout.

The agency nearly equaled its donations total from last year — which had been a record — in little more than half the time.

“This year’s campaign only ran for 66 days, Aug. 10 through Oct. 18, versus the normal 120 days of June through September. Even with the late start we still managed remarkable results,” Eller said.

The DeCA and the commissaries remain committed to the program for the long term, Eller said. “Over the course of the last six years DeCA patrons and employees have collected approximately 7.3 million pounds for this worthy cause and will continue to lead the way for the DoD to support those in need.”



CHECKING BENEFITS ARE IN ORDER FOR NEW SEASON

Tea Sambuco | POST

The Civilian Personnel Advisory Center hosted its’ annual Health Fair Nov. 7. Human resource specialist, Chris Moon, said it is usually held the Wednesday before open season starts for health benefits. Open season runs from the second Monday in November to the second Monday in December. Moon said if someone missed out on signing up for any Health Benefits, they should make the change now. Three vendors attended the Health Fair: Blue Cross Blue Shield, United Health Care and Government Employees Health Association. Representatives talked to people about their products and what benefits they offered. TOP: Rock Island, Illinois native, Doug Bert, visited with one of the Vendors during the Health Fair. Bert said the event was “small, but good,” and “very professional.” ABOVE: Packets with information covering the different insurance plans were available for employees to read through.

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

	APO/FPO/DPO AE ZIPs		
	090-092	093	094-098
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
Space Available Mail –	Nov. 27
Parcel Airlift Mail –	Dec. 4
Priority Mail –	Dec. 11
First-Class Mail, letters and cards –	Dec. 11
Priority Mail Express Military Service –	Dec. 18

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

THANKSGIVING ON POST

LOCATION & TIME

\*Demon Diner  
Open: Nov. 20, 11am-2pm

\*\*Cantigny dining facility  
Open: Nov. 20, 11am-2pm

\*\*\*Devil's Den  
Open: Nov. 21 & Nov. 22, 11am-2pm

Green Canteen  
Open: Nov. 22, 11am-2pm

COST

\$9.05 — 1st Infantry Division Soldiers, family members, DA civilians and community leaders of the greater Fort Riley community

\$6.80 — Soldiers E-4 and below and their families

\* Closed Nov. 22-25

\*\* Closed after lunch on Nov. 21-Nov. 25

\*\*\* Open Nov. 22-25

1

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# RILEY ROUNDTABLE

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**FORT STEWART, GEORGIA**

Food and beverage lead, Warrior Zone,  
Directorate of Family and Morale,  
Welfare and Recreation



"My family."

**PVT. RYAN KNABE**  
**WHITEWRIGHT, TEXAS**

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



"My wife."

**JACOB MACLEOD**  
**GRAND JUNCTION, COLORADO**

Civilian visitor



"Just for having a job."

**PFC. TYLER OVERBY**  
**JACKSON, CALIFORNIA**

1st Battalion, 63rd Armor Regiment, 2nd  
Armored Brigade Combat Team, 1st Inf. Div.



"Having a heart."

**SPC. WILLIE PLADIES**  
**GERMANTOWN, WISCONSIN**

299th Brigade Support Battalion, 2ABCT, 1st  
Inf. Div.

## THE 1ST INFANTRY DIVISION POST

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Circulation 8,800 copies each week .

A licensed newspaper member of the Junction City and Manhattan chambers of commerce.

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## SAFETY CORNER

# Drowsy driving: It's almost intoxicating

By Dawn Douglas  
GARRISON SAFETY OFFICE

Team Riley, with millions of Americans planning to hit the highways in a couple of weeks for the Christmas and New Year's holidays, it's time to wake up to the facts of one of the biggest killers on the road: drowsy driving.

According to travel-services provider American Automobile Association, drivers who have had insufficient sleep are involved in about one fifth of all fatal crashes. Additionally, when drivers drive drowsy in times of inclement weather it increases the potential for accidents exponentially.

During this holiday season, when drivers are more likely to take the road and encounter a winter mix of snow, sleet and rain, it is important to remain alert and aware to stay alive.

The National Highway Traffic Safety Administration indicates drowsy or fatigued driving caused more than 100,000 vehicle crashes a year, resulting in about 71,000 injuries and 1,550 deaths.

Those numbers may be only the tip of the iceberg; however, because, according to NHTSA, drowsy driving is under reported as a cause of crashes. One AAA survey found that two out of every five drivers admitted to having fallen asleep at the wheel at some point, with one in 10 drivers reporting they did so within the past year and more

than one quarter of drivers admitting they had driven while they were "so sleepy they had a hard time keeping their eyes open" within the past month.

Here's how the research breaks down in terms of hours of sleep as it correlates to crash risk:

- Six to seven hours of sleep: 1.3 times the crash risk
- Five to six hours: 1.9 times
- Four to five hours: 4.3 times
- Less than four hours: 11.5 times
- According to the National Sleep Foundation, someone who has two hours of sleep or less is unfit to be behind the wheel

Unlike alcohol-related crashes, no blood, breath or other objective test for sleepiness behind the wheel exists, which investigators could give a driver at the scene of a crash. Therefore, people who frequently drive drowsy can go undetected until they are involved in a crash. That makes driving drowsy much more risky than driving intoxicated. A person is more likely to prevent a visibly drunk person from taking the wheel, than someone who appears extremely tired.

In addition, most people deny how sleepy they really are and whether their sleepiness interferes with their driving. But there are signs that a per-

son may be hitting the danger zone of driving drowsy enough to cause an accident:

- Frequent blinking, longer duration blinks and head nodding
- Yawning repeatedly
- Accidentally tailgating another vehicle
- Having trouble keeping one's eyes open and focused
- Memory lapses or daydreaming
- Drifting from one's driving lane or off the road

To avoid driving drowsy, the key is sleep. There is no substitute for sleep. Those who are at the greatest risk for driving drowsy:

- Young drivers, especially men younger than 26 years old
- New parents
- People who work long shifts and/or more than 60 hours per week
- Swing-shift workers
- Long-haul commercial drivers
- People with undiagnosed or untreated sleep disorders

Soldiers who are returning from field duty, staff duty or charge of quarters; first responders and other emergency service workers; Soldiers traveling to physical training, or those who commute to work; and personnel driving distances for leaves and passes are especially at risk for drowsy driving.

Oftentimes driving while fatigued or tired cannot be avoided. While there is nothing that can replace the benefits of a good night's sleep, seven to nine hours uninterrupted, there are some practices that can aid more alertness for a short period of time:

- Get at least six hours of sleep the night before a long trip.
- Travel at times when you'd normally be awake, avoiding the temptation to drive straight through the night during "sleepy times."
- Schedule a break every two hours or 100 miles.
- Pull over at a rest stop and take a nap if you become sleepy.
- Avoid working all day and then immediately leaving on a long trip.
- Drink a caffeinated beverage 30 minutes before you need it to kick in.
- Ride with an alert passenger and take turns driving.
- Avoid medications that cause drowsiness or other impairment.
- Avoid heavy foods.

Team Riley we want you to remain alert to arrive alive to your destination. If you have any questions or would like more information, contact the Garrison Safety Office, 785-240-0647.

ASK DR. JARGON

## How can a retirement be blended?

Dear Doc Jargon,

I am a new Army spouse and my wife, who joined last February, is already planning to make the Army her career. We've just arrived at Fort Riley and have heard off and on about the Blended Retirement System. But I'm clueless about it. Can you explain?

Signed,

Just Beginning the Army Journey.

Dear Just,

Welcome to Fort Riley!  
The Blended Retirement System combines, or blends, the traditional annuity provision military retirees have come to expect with the Thrift Savings Plan, or TSP, most Department of the Army civilian employees are familiar with.

In the traditional annuity, also called the "legacy system," a Soldier who retires with 20 years of service would receive approximately 50 percent of his pre-retirement base pay as monthly retirement income.

However, that figure has now been reduced to about 40 percent. To make up for that reduction, the BRS uses the TSP which acts much like the traditional 401(k) where the employee puts money away into a retirement plan, then the employer matches it.

Since your spouse entered military service after Jan. 1, 2018, she was automatically enrolled in the TSP, and one percent of her earnings will go to her TSP account, to be matched by the government.

But she can increase that percentage to as much as five percent. That, combined with the matching contribution by

the government, means 10 percent of her monthly salary, before taxes, goes into the TSP account where it earns interest.

Moreover, the money belongs to the Soldier. A lot can happen as a person moves through an Army career. Another opportunity might come along. Soldiers who have been in longer than your spouse are having to decide whether or not to enroll in the TSP and they have to decide by the end of the year.

The important thing to remember is, if they want to separate from the Army after 16, 17, 18 or 19 years in, they will leave with nothing. Under the BRS, the money in the TSP belongs to the Soldier.

As the years go by and your Soldier gains rank and the contributions and matching funds continue, that amount will grow and earn interest. Again, in the event she does not make the traditional 20-year mark to receive retirement, she will still own what is in her TSP account. But if she makes it to full retirement, she will receive her legacy portion and her TSP contribution and matching funds.

You asked a very important question and I hope this helped. If you need further advice on this, or any financial question, do not hesitate to call the professionals at the Fort Riley Financial Readiness Program offices, 785-239-9435, or visit them at 7264 Normandy Drive, Fort Riley. They are outstanding folks and extremely knowledgeable.

I wish you and your family well

Signed,

Doc Jargon.

Email your military lingo questions to Doctor Jargon at [doctorjargon@gmail.com](mailto:doctorjargon@gmail.com).

## How tobacco affected life for one provider

By Jessica Manny-Flynn  
INTERNAL BEHAVIORAL HEALTH CONSULTANT  
IRWIN ARMY COMMUNITY HOSPITAL

I grew up living just a couple of miles away from my maternal grandparents, and had a very close relationship with them. When I went away to college I would often drive back home on Friday afternoons to spend time with my grandfather. He was smart, had a great sense of humor and a charismatic personality. About two years after his retirement his health deteriorated very rapidly, and he died from complications related to smoking. He didn't get to enjoy his retirement years with my grandmother like he had planned. This loss impacted my family in a major way — he was definitely the keystone, whose importance was only truly realized after his death.

My mother has been a smoker for years, and her quality of life has been significantly impacted due to her long-term tobacco use. Over the past few years, as

I've watched her health deteriorate, I have struggled in coming to terms with the inevitable loss and having to accept her choices. I think it's true that people change when they are ready; they don't change for others. I'm sure many of you have a story like mine. Most of us know someone who is using tobacco, who is trying to quit or are maybe yourselves struggling to quit.

My work in primary care is really great because I can help people with issues like tobacco use. Research shows that people are more likely to quit and stay abstinent when they have a plan and someone to check in with. I have really enjoyed hearing people's stories of successes and struggles, and working with them to help them make healthy changes. Many people I have worked with have talked about how smoking is a way to give themselves permission to take time away from their busy lives to relax and calm down.

All too often we don't feel empowered to engage in regular self-care and often

make poor health choices in an effort to cope with stress. Helping people find new and healthier ways of re-filling their empty cup is an important part of my work.

For other people who use tobacco, smoking isn't a time-out. Perhaps it's a reward, or comfort or maybe even has just become mindless and habitual. There are a lot of reasons why people use tobacco, and change — even change you want — can be hard. Whatever form tobacco use takes in your life, if you are interested in making healthy changes, please reach out and find someone to work with. You are not alone in this.

If you are interested in working one-on-one and/or coming up with a behavior modification plan to help aid in your journey to stop using tobacco and tobacco products please call the appointment line at 785-239-DOCS (3627) and you may self-refer for an appointment with an internal behavioral health consultant.

The next USAG Resilience Day Off is

Nov. 23

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HOLIDAY Continued from page 2



Gail Parsons | POST  
Spc. Tingting Lu, culinary specialist at the Devil's Diner Dining Facility shows Sgt. Jason Harkrider, senior food manager what her design is for a decoration to be used during the DFAC's Thanksgiving dinner.

"For Thanksgiving dinner, we like to do things different," he said. "We're always going to have ham but sometimes we might go without turkey and will do something like a prime rib. We usually have a pretty good meal and invite Soldiers over who aren't fortunate enough to go home for Thanksgiving."

No matter who is doing the cooking, and whether it is for a family of five or 500, Huston offered a few tips.

When it comes to chopping onions, he said to peel the onion and then put it in cold water until ready to chop it.

"It will still make you tear up a little, but not as much," he said. "If you don't put them in cold water, it's going to be a long day chopping."

For everything else, he said to just take time. Get everything started early and relax.

"When people rush, then stuff doesn't get done," he said. "The way we do it in my house, we start cooking overnight. Somebody is always there, we just let them know the ham or the turkey is in the oven, check on it. I'm a firm believer just let it take its time."

DEVIL'S DEN

The Devil's Den team has chosen an international theme for this year's Thanksgiving dinner

"This will allow our Soldiers to see stuff they normally wouldn't," said Sgt. Jason Harkrider, senior food manager, from San Antonio, Texas. "We will have one state from the United States, Hawaii; and then Egypt, China, Mexico and Italy. And of course, all of the standard stuff most DFACs will have."

He said he is excited to see the creativity of the Soldiers in the unit. Once the theme was set, they came up with the ideas and with some help from the NCOs are putting it together themselves.

He credits a few Soldiers as being exceptionally creative. Spc. Kianna Gray he said is super talented in making cakes, while Pfc. Angelo David is great at coming up with good ideas.

"He may not be the best in executing them, but he's got great ideas," Harkrider said. "Probably one of the best ones we have, who is always willing to do something and try something new, is (Spc. Maques) Naller who is extremely, extremely creative and at the same time very hard-working."

He said he likes letting Soldiers, like Pfc. Jaramillo Nathan, express themselves at a time when many of them are missing their families.

"Last year was my first time being away from my family on Thanksgiving," Nathan said. "But I know I was in their prayers when they started their meal and that I am still part of their family."

And I know that one day I will actually be able to go back home and enjoy Thanksgiving with them (in Sacramento, California)."

He has fond memories of his large family gatherings where the cooking was done mostly by an uncle, his grandmother and great-grandmother.

"My uncle would cook the turkey while my grandmother would provide the pot to actually cook it in," he said. "They would all be cooking and not always seeing eye to eye on how to do it. They would go at each other and fight all the time. I look back at it now and know it was good to see them start fighting, but then all come together."

This year, the Harkrider family Thanksgiving will be a quiet one. His wife also works at the DFAC. They are dual military getting ready for deployment and their children are already living with their grandmother in Rhode Island.

"We won't see them this holiday, but we will go see them for Christmas," he said.

Both of his parents died about two years ago. He has fun memories of his mother though and said to this day he has no idea how she got Thanksgiving dinner on the table.

He described her as a very typical little old lady from North Carolina, complete with the white poofy hair, the accent and phrases like "land sake" and "over yonder."

"You're sitting there asking 'can you quantify 'yonder' in a direction, distance, anything, which way is 'over yonder,'" he said. "That was her kitchen though. Nobody was allowed in her kitchen. The one thing she ever let me make, maybe a year before she passed, I ended up getting to make tea. That was important, tea was like religion in that household. My friends referred to it as the Elixir of Life."

As the DFAC Thanksgiving dinner gets closer, they put their memories aside and turn to making a special day for their Army family.

"At the end of the day, that's what it is about," Harkrider said. "It is about the Soldiers."

In their case, he expects about 900 Soldiers and family members — down from the 1,500 they served last year.

"You have to keep in mind Cantigny down the road that will be open and you have Demon Diner down the hill that is going to be open," Harkrider said. "With that in mind some people will probably go over there."

When it is over, they will turn their attention even more than they have already to the next big task.

"This dining facility will be closed after mid-December," Harkrider said. "Thanksgiving is our last hoorah."

COOKS GIVE THE BEST AND WORST OF THE THANKSGIVING MEAL

"My favorite part is when we leave. The worst part is not when we start but when we are just about halfway and we look around and you and see how much left to do."  
- Spc. Lawrence Harris, Catigny Dining Facility

"The best part is that we have the opportunity to eat the food we create and sample and see how we do. It's nice to see that home-cooked meal. The worst part is cleaning up the mess afterwards."  
- Pfc. Jeremy Smith, Catigny Dining Facility

"The best part of it all is just seeing everybody come in and enjoying it. Then the worst part of it all is how long it takes for just a short, two hours and it's gone. You put so much time into it and then two hours later it's done and everybody is gone and your just left here — with a mop."  
- Sgt. 1st Class Gordon Bruenning, Catigny Dining Facility

"My favorite part is after you get everything set up and you see the customers. I think that is the best enjoyment I get out of it; seeing all the family members lined up who are coming in and eating. My least favorite part is cleaning up. Usually by that time the building is a wreck."  
- Sgt. 1st Class John Huston, Demon Diner

"I like when your command team comes in. All six of our battalion command teams are going to come and serve on the line and their families will come through the line. As far as the worst thing, I would say clean up. And I have never been home for Thanksgiving since I've been in the Army, I'm talking about [back] home."  
- Sgt. 1st Class Jeffrey Magnus, Demon Diner

"My favorite part is just seeing all of the people with their families. It gives me that nostalgia from like when I would be with my family before I joined the Army. It just brings me a little bit of joy to know that other people are able to spend time with their families. The worst is having to do all that cooking. It is such a high headcount, it is going to be time consuming. And, juggling five or six things at a time, I mean thank God for timers but that doesn't always help us."  
- Pfc. Jaramillo Nathan, Devil's Den

"My favorite thing is watching the creativity of the Soldiers. Watching them not always have what they need, but then coming up with a way to make it work anyway. Knowing some of them never cooked a turkey a day in their life, yet they are here cooking all these turkeys and learning for the first time. The worst thing, is having to watch the same soldiers tell their families they're not going to be at home for Thanksgiving. That's hard. That's really hard. Especially if it's their first year. Their families do not understand why they can't just take leave for that time for me why they can't go home and see their family and be at the table, why do they have to work 12 to 15 hours on Thanksgiving while their cousin or other friend who's in the Army is off for the entire weekend."  
- Sgt. Jason Harkrider, Devil's Den

CEREMONY Continued from page 2



Will Ravenstein | POST  
Junction City High School JROTC cadet Danielle Janzen lights candles for each of the armed conflicts veterans served in during the Veterans Day program Nov. 9.

After Shrader finished, Roe honored the men and women within Unified School District 475 who have served or are still serving in the military.

As each of the 16 names were announced, they stood to be recognized by the students, staff and visitors for their service.

The ceremony concluded with junior Danielle Janzen

lighting a candle of remembrance for each of the armed conflicts the U.S. had been involved in, followed by the playing of taps by a member of the JCHS band.

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## AWARDS Continued from page 1



Will Ravenstein | POST  
Employees from the Resource Management Office were honored for their work in closing out the Fort Riley finance books.

For the second year in a row, this team’s overall performance earned them the distinct honor being the first garrison to close their books, the citation read. This team’s communication and meticulous attention to detail is a testament to their excellent technical skills, superb customer service and dedication to mission success – all reflecting great credit upon themselves, the Resource Management Office, the U.S. Army Garrison Fort Riley and the U.S. Army.

Five employees from the Air Traffic Control Branch, Directorate of Plans, Training, Mobilization and Security were honored for outstanding performance during an in-flight emergency with a civilian aircraft on Aug. 29.

This was a complex accomplishment and demonstrated their ability to coordinate with numerous agencies in various locations, which directly led to the aircraft making a successful emergency landing in a farmer’s field in Pottawatomie County without injury, the citation read.

“These folks right here, on a day-to-day basis, make sure we get a whole lot of capability at Fort Riley and our ability to maintain readiness,” Shrader said. “They are not just doing it for Fort Riley, they are doing it for Manhattan, Salina and all around the region. We couldn’t do what we do on an everyday basis if it wasn’t for you guys.”

After the ceremony, the nominees and awardees were congratulated by garrison staff and employees.

## TRAINING Continued from page 1



Will Ravenstein | POST  
An M1 Abrams crew from 1st Battalion, 63rd Armored Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, scans for targets Nov. 5 during a dry run through the training area.

the program safeties are able to arrange targets so the Soldiers can get the most out of each engagement.

This is done for every weapon, fired during the CALFEX. Bomia said the safeties consider the “one in a million chance” of the round going somewhere to include someone firing in an unsafe direction on purpose.

To mitigate the chances of accidents, DPTMS employees set up firing boxes for the vehicles to engage targets from, said Gary Williams, small-arms range manager.

“There is a square that is set up and the vehicles have to be within that square to engage the targets we have set up for them,” he said.

Even though that limits the actual engagement area, Williams said it still gives crews the chance to work together as they maneuver to get to that point.

Williams and his crew are able to change the scenarios and move many of the targets as they are solar-powered and battery operated. Each target has an individual IP address that is inputted into a mobile device

The master gunners use that to initialize the target. This allows units to reset and redo a section.

As the vehicles, M1 Abrams or M2 Bradleys, move down the lane, there are markers the master gunners use as guides to pop the next set of targets up.

“The training is all driven by the units,” William said. “They tell us what they want to do. We give them an example of the target sheet, as to where we generally put equipment. Then they tell us what training they want and how they want it set up.”

Williams said though the training area is smaller than what the units will see once they get to NTC, this is an important set in qualifying the crews.

“It’s important to have the initial training before they get there,” he said. “It helps enhance what they’re going to do when they get there. Myself and my crew are really proud of the fact that we’re able to come out here and set up this equipment for them, to help them meet all of their requirements ... to be able to go to NTC with a lot more knowledge and a better base to start from before they get there.”

### HEROES NEEDED

Hero Care Caseworkers Family Follow Up

Service to the Armed Forces  
Fort Riley

Fulfill your passion for supporting our nation's military, veterans and their families by becoming an American Red Cross client services volunteer. No experience or education needed. Make follow-up calls to military families who have received an emergency communications message. Please contact our office at 785-239-1887/1837



Sgt. Elizabeth Jones | 19th Public Affairs Detachment  
Soldiers of the 1st Infantry Division Band march down Poytnz Avenue in Manhattan, Kansas, during the 2018 Veterans Day parade, Nov. 12. This year's parade honored the 100th year of Veterans Day, which began as Armistice Day on Nov. 11, 1918. See more photos from 1st Inf. Div. and Fort Riley's involvement in area Veterans Day celebration on page 8.

# FIND YOURSELF

# WWW.FLICKR.COM/PHOTOS/

# FIRSTINFANTRYDIVISION

### Flu Vaccine Availability

Fort Riley Flu Hotline  
(785) 240-4FLU

#### IACH Primary Care Medical Homes

Monday - Friday, 8 a.m. - 4 p.m.  
Walk-in basis as supply is available for ages 6 months and older

#### Flint Hills Medical Home

Monday - Friday, 8 a.m. - 3:30 p.m.  
Walk-in basis as supply is available for ages 6 months and older

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.

#### TRICARE-Authorized Retailers

WALMART 521 E Chestnut St. Junction City, KS 66441 Phone: 785-238-1118 Ages 8 and above.	WALGREENS 325 Bluemont Ave. Manhattan, KS Phone: 785-762-5788 Ages 6 months and above
WALMART 1723 McFarland Rd. Junction City, KS 66441 Phone: 785-4926012 Ages 8 and above.	DILLONS 1101 West Loop Plaza Manhattan, KS Phone: 785-5396-9454 Ages 6 and above.
DILLONS 618 W 6th St. Junction City, KS 66441 Phone: 785-238-4141 Ages 6 and above.	DILLONS 130 Sarber Ln. Manhattan, KS Phone: 785-776-0060 Ages 6 and above.
KOLHOFF PHARMACY 407 S. Washington St. Junction City, KS 66441 Phone: 785-238-1000 Ages 6 and above.	BARRY'S PHARMACY 414 Poyntz Ave. Manhattan, KS Phone: 785-776-8833 Ages 12 and above.
WALMART 101 E. Bluemont Ave. Manhattan, KS Phone: 785-716-4841 Ages 8 and above.	CANDLEWOOD PHARMACY 325 Kimball Ave. Manhattan, KS Phone: 785-776-4100 Ages 6 and above.
HYVEE PHARMACY 601 3rd Place Manhattan, KS Phone: 785-587-8648 Ages 6 and above.	DUNNES PHARMACY 2429 Claflin Rd. Manhattan, KS Phone: 785-539-2345 Ages 6 and above.
WALGREENS 2719 Anderson Ave. Manhattan, KS Phone: 785-587-8326 Ages 7 and above.	

## BAG THE BAG

NUMBER OF SINGLE USE PLASTIC BAGS USED IN THE U.S. IN ONE YEAR

AVERAGE TIME THAT SHOPPERS USE ONE SINGLE USE PLASTIC BAG

MONEY THAT RETAILERS SPEND ON PLASTIC BAGS EACH YEAR

PERCENTAGE OF SINGLE USE PLASTIC BAGS THAT ARE RECYCLED

AMOUNT OF TIME IN WHICH A PLASTIC BAG WILL PHOTODEGRADE

- CHOOSE REUSABLE BAGS INSTEAD OF SINGLE USE BAGS -

- RECYCLE PLASTIC BAGS, SEPARATELY FROM OTHER PLASTICS, AT YOUR LOCAL RETAILER -

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Open Season 11/12 – 12/10



FIRST INFANTRY DIVISION AND FORT RILEY SOLDIERS WERE PRESENT THROUGHOUT KANSAS DURING THE EXTENDED VETERANS DAY WEEKEND. THIS YEAR MARKS THE 100TH ANNIVERSARY OF THE SIGNING OF THE ARMISTIC THAT LED TO THE END OF WORLD WAR I. VETERANS DAY, AS IT IS CALLED TODAY, WAS FIRST COINED BY ALVIN KING, EMPORIA, KANSAS, IN 1953.

# THANKS TO OUR VETERANS



Amanda Kim Stairrett | 1st Infantry Division Public Affairs  
Five Soldiers from the 2nd Armored Brigade Combat Team's 1st Battalion, 63rd Armor Regiment, and 5th Squadron 4th Cavalry Regiment, got a rare opportunity Nov. 12 when they reenlisted on court at the University of Kansas' Allen Fieldhouse. The ceremony, conducted by Lt. Col. Tyler Andersen, 1st Bn., 63rd Armor Regt., commander, took place during halftime of the Kansas Jayhawks basketball game versus Vermont.



Amanda Kim Stairrett | 1st Infantry Division Public Affairs  
Soldiers, Marines and Airmen filled a section of Allen Fieldhouse at Kansas University Nov. 12 during the Jayhawks game versus Vermont. Fans watched the Jayhawks defeat the Catamounts 84-64 to stay perfect on the season.



Sgt. Elizabeth Jones | 19th PAD  
Maj. Gen. John S. Kolasheski, 1st Infantry Division and Fort Riley commanding general, and Command Sgt. Maj. Craig Bishop, senior enlisted leader, lead Soldiers of the 1st Inf. Div. as they march down Poytnz Avenue in Manhattan, Kansas, during the Veterans Day parade Nov. 12.



Sgt. Elizabeth Jones | 19th PAD  
Soldiers of the 1st Inf. Div. march down Poytnz Avenue in Manhattan during the Veterans Day parade Nov. 12. This year's parade honored the 100th year of celebrating Veterans Day, which began as Armistice Day on Nov. 11, 1918



Will Ravenstein | POST  
Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander, speaks to students, faculty and guests at the Junction City High School Veterans Day program Nov. 9 at the high school. Junior ROTC Cadets filled the floor of Shenk Gymnasium during the ceremony.



Sgt. Elizabeth Jones | 19th PAD  
Children lined the streets of Manhattan, Kansas, waving red, white and blue to celebrate veterans during the Veterans Day parade Nov. 12. This year marks the 100th year of celebrating the signing of the Armistic ending WWI.



Sgt. Elizabeth Jones | 19th PAD  
The Commanding General's Mounted Color Guard braved the cold Nov. 12 during the Manhattan, Kansas, Veterans Day Parade.





Command Sgt. Maj. Ricardo Gutierrez | IACH  
Bonnie Michaelis, wife of Col. Patrick Michaelis, 1st Infantry Division deputy commanding officer (maneuver), Tiffany Shrader, Command Sgt. Maj. Andrew T. Bristow II, garrison senior enlisted leader, and Tarus Bristow, watch as Sgt. Bryan Ferguson, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div., Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander and Santa cut the ribbon Nov. 5 opening Operation Santa Claus for the Christmas season.

## Op Santa Claus a GO

### Holiday efforts a chance for military families in need to lean on Army family for assistance

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

When looking at the prospect of making Christmas wishes for hundreds of children come true, Santa's elves cannot wait for the traditional start of the holiday season to start working.

While people often wait until around Thanksgiving to start their holiday decorating and gift buying, Santa got a jump on the season during a ribbon-cutting for Operation Santa Claus on Nov. 5 at building 1828, Camp Funston, Fort Riley.

In a brief invocation, Chaplain (Col.) Shmuel Felzenburg reminded those gathered that this enormous charitable effort, which is in its 34th year, is about the children.

"May the Lord who is good and whose name is Goodness grant favor upon those who contribute toward this effort," he said.

See SANTA, page 12



Spc. Brody Nickel, left, Command Sgt. Maj. Ricardo Gutierrez, center, and Col. Theodore Brown, right, Irwin Army Community Hospital, pose with Santa Claus after the Operation Santa Claus ribbon-cutting ceremony Nov. 5 in Camp Funston, Fort Riley.

"I am a very simple person. I'd just like to make sure everybody gets what they need and all the kids are happy and then, I'm good."

SGT. 1ST CLASS BRYAN FERGUSON | 1ST BATTALION, 5TH FIELD ARTILLERY REGIMENT, 1ST ARMORED BRIGADE COMBAT TEAM, 1ST INFANTRY DIVISION



Chaplain (Maj.) Chris Campbell, Religious Support, displays a \$25 commissary gift cards are being given to Soldiers and their families to purchase food for Thanksgiving.

## Chaplains assisting in holiday donations

### More than \$9,000 raised for chaplains' holiday vouchers

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

As the season of giving approaches, many people are choosing to make donations to Fort Riley Chapels. Those donations go toward programs helping Soldiers and families in need. One such program is the Chaplain's Thanksgiving Day Vouchers.

Chaplain (Maj.) Chris Campbell, Religious Support, explained the Chapel takes a portion of the funds placed into the offering plates during services and purchases \$25 commissary gift cards. The cards are given to Soldiers and their families to purchase food for Thanksgiving.

This year, \$9,100 was raised to purchase 364 gift cards.

"We leave it to the units themselves to determine who they would like to bless with these," Campbell said. "We give them that opportunity every year. We know that the unit leadership at the local level know their Soldiers better than anybody. I'm glad that we do it in that way. We don't know what all the different stories are."

The voucher is not meant to buy the entire meal, but is used more as a supplement.

"It can get a good turkey, some good sides or a good dessert," Campbell said. "More than anything, it lets our folks know that this time is special to us and our folks are special to us. We're all here together. It's a way of gathering when we can't all gather around the same table."

See CHAPLAINS, page 11

## Ghost hunters record interesting activity on Fort Riley

### Witnesses: Evidence points to more than urban legends

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

After spending 10 overnight hours in the Custer House and the Triangle House, a team of ghost hunters from Old School Paranormal did not go home disappointed.

Accompanied by Maggy Gray, Historical and Archeological Society of Fort Riley president, Laura Childers, HASFR vice president and Jasmin Haskell, leasing consultant with Corvias, the team, from Hays, Kansas, set up video and audio equipment in

"Our audio recorders picked up a moan, kind of a female moan. Everybody heard it. It was definitely a female sound."

STEVE STULTS  
CO-FOUNDER, OLD SCHOOL PARANORMAL

the two buildings the night of Nov. 10 and stayed until about 4 a.m. Nov. 11.

Now it's time for the team to start combing through the audio and video recordings from 12 cameras. Steve Stults, co-founder of OSP, said it will be after the turn of the year before they have a full report of their findings.

But after witnessing what she saw in those overnight hours, Gray doesn't have to

wait to hear from them to know there is more to the ghost stories than urban legend.

"I definitely think there is some kind of energy that can reside in places," she said. "I'm not really sure exactly what that means as far as an actual ghost, but I definitely think there is energy that can be found in places — for sure."

Throughout the night, in both locations, there were

several incidents of disembodied voices, noises and unexplained reactions to the sensors.

Stults said despite more stories out of the Custer House, they had the most response from the Triangle House.

"The Triangle House was pretty active," he said. "Particularly in the basement of both sides — that's where the vast majority of strange things happened."

On at least two occasions Gray and Stults said everyone clearly heard disembodied voices.

"We were all together," Stults said. "We are all in the basement together and just very faintly heard it."


See GHOSTS, page 13



Members of Old School Paranormal, from Hays, Kansas, set up equipment in an upstairs room in the Custer House Nov. 10. The team spent the night investigating paranormal activity there and at the Triangle House. The team said it will be after the turn of the year before they have a full report of their findings.




# FORT RILEY POST-ITS

**Fort Riley MWR**


2018 Gobble Wobble Fun Run  
Saturday, Nov. 17 from 12:30 to 2:30 p.m.  
at Riley's Conference Center  
Gobble a full Thanksgiving meal over the course of this 2-mile fun run! Advance registration is \$12 and available at [riley.armymwr.com](http://riley.armymwr.com). On-site registration is \$15 and begins at 11:30 a.m. the day of the event. Youth 17 and younger run free, does not include food or medal. Child and Youth Services will provided free activities for kids at each station along the course.

**Fort Riley MWR**

Join the Outdoor Recreation crew for Butterball Paintball Nov. 17 from 1 to 3 p.m. at the Outdoor Adventure and Travel Center.  
Shoot 3D targets for your chance to win a Butterball Turkey!  
Cost is \$10 per person for each attempt of five shots.  
One out of every 10 shooters will be awarded a Butterball Turkey for their best score.  
Make sure to wear long sleeved shirts and pants!  
For more information call, 785-239-2363.

**Fort Riley MWR**

Wheelchair Basketball Nov. 19 from 1 to 4 p.m. at Whitside Fitness Center.  
November is Warrior Care Month, the event is to help raise awareness about Fort Riley's Warrior Care Program and it effectiveness.

**USO Fort Riley**

Unplugged Family Game Night  
Nov. 16 from 5:30 to 7:30 p.m.  
Registration is required to secure your table. Please arrive 15 minutes before the start of the event to claim your table.


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

November 16 and 17

Friday - Halloween (R) 7 p.m.  
Saturday - The Hate U Give (PG-13) 2 p.m. and Halloween (R) 7 p.m.  
Sunday - The Hate U Give (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


**Warrior Transition Battalion**

Operation Big One Turkey Run  
Nov. 17 from 9 a.m. to 4 p.m. 675 Warrior Road.  
The Turkey Run is for the families of the Warrior Transition Battalion.  
For more information contact Jeff Reede, Army Community Service, 785-239-9435.

**Fort Riley Dining Facilities**

Nov. 20 Thanksgiving meal hours


DEMON DINER  
8 to 9 a.m. Serve continental breakfast  
11 a.m. to 2 p.m. Thanksgiving meal served  
CANTIGNY DFAC  
8 to 9 a.m. Serve continental breakfast  
11 a.m. to 2 p.m. Thanksgiving meal served  
DEVIL'S DEN  
8 to 9 a.m. Serve continental breakfast  
11 a.m. to 2 p.m. Thanksgiving meal served

**Pfc. Grunt**


I heard about this Turkey Bowl Tournament, does anyone know who can participate in it?

56 3 Comments


Like Comment Share

**Spc. Shell** Sure do. The Turkey Bowl Flag Football Tournament is Nov. 20 at 9 a.m. at Long Fitness Center. It's open to company level teams of active-duty Soldiers. Registration is free and you can sign up at Whitside Fitness Center before Nov. 19.

Like Reply

**Pfc. Grunt** Where is Long Fitness Center?

Like Reply

**Spc. Shell** Long Fitness Center is at 8069 Normandy Drive.

Like Reply

## COMMUNITY CORNER

# Before getting out of Army for greener pastures, weigh pros, cons

### Excellent reasons exist to make life in Army a career

By Col. Stephen Shrader  
FORT RILEY GARRISON COMMANDER

There are many reasons individuals join the Army. Maybe you chose it for reasons such as a job, pay and benefits, medical coverage, skills and training, leadership opportunities or even a desire to serve your country. Many individuals who choose to join the Army initially intend to do no more than one enlistment to get the benefits and then leave for a civilian job. However, some realize once they are in there are more opportunities than they first realized if they stay until retirement.

Do you spend much time considering your future? It is

easy to live for the moment, but the future will greet you quicker than you think. A wise person plans early so they will be able to live comfortably later in life. So, before you make the decision to get out of the Army, please think through the long-term effects of the decision.

The Army, just like any civilian job, has positives and negatives. Life outside the military might seem enticing. Serving in the military is challenging for Soldiers and families, but there are opportunities and rewards you should consider before making the choice to leave. Ask yourself



Colonel Shrader

two questions — why am I getting out and should I consider staying in?

Not all Soldiers will make the Army a career, but there are some excellent reasons to consider before you choose to leave. Spend time thinking of future goals. Consider and compare the ongoing training, leadership development, job security and promotion potential the Army offers which surpasses most companies outside the military.

Your initiative is the key to a successful Army career. Are you using your benefits such as taking advantage of

tuition assistance for college? Not many companies will pay for college degrees. It is a winning situation because you get a degree, the Army gets a better-educated Soldier and it sets you up for promotion potential.

Does it seem you are underpaid? When you add up the pay, allowances, 30 days paid vacation, training holidays, medical and dental benefits, you will find it difficult for any civilian company to match that benefit package. This will be especially true if you have not furthered your education. Although retirement

benefits are in transition, the Army provides you with the opportunity to receive retirement pay much earlier in life than most civilian companies.

An often-overlooked benefit that Soldiers and families take for granted is the access to medical care. If a civilian company offers health care at all, the premiums may be costly and may not cover your health care needs. Health care might seem insignificant when you are young and healthy, but another significant benefit if you stay until retirement is receiving affordable health care for you

and your dependents the rest of your life.

Consider the ramifications of these and other benefits with a career in the Army before making the choice to get out. Think about how it will affect you, your family and your future. Once you have a well thought out plan, the Army is ready to help you achieve your goals whether you choose to stay in or get out.

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

**Fort Riley Religious Holiday Events**

02 DEC 18	1400	Advent Family Workshop	Catholic	Morris Hill Chapel
03 DEC 18	1700	Chanukah Menorah Lighting	Jewish	Main Post Chapel
11 DEC 18	1800	Advent Penance Service	Catholic	St. Mary's Chapel
23 DEC 18	1100	Combined Protestant Worship	Protestant	Victory Chapel
24 DEC 18	1630	Holiday Wagon Ride	All	Main Post Chapel
24 DEC 18	1630	Christmas Eve Children's Mass	Catholic	Victory Chapel
24 DEC 18	1800	Christmas Eve Candlelight Service	Protestant	Main Post Chapel
25 DEC 18	1000	Christmas Day Mass	Catholic	St. Mary's Chapel
01 JAN 18	1000	New Year's Day Mass	Catholic	St. Mary's Chapel

\*\*\*Weekend Service times follow the normal schedule\*\*\*  
Religious Support Office, 785-239-3359

**Worship Opportunities**

**Protestant Services**

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

**Catholic Services**

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

**Jewish Service**

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

**Pagan/Wiccan Service**

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

**Family Night**

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

**Club Beyond - Faith Based Youth Program**

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

**AWANA**

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

**Protestant Women of the Chapel (PWOC)**

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

**Catholic Women of the Chapel (CWOC)**

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

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

# Pets of the Week

## THESE LOVABLE PETS ARE WAITING TO BE ADOPTED....

 <b>GASTON</b>	 <b>CHIP</b>	 <b>JOHNNY</b>	 <b>MARSHA</b>	 <b>JOE</b>	
 <b>ANGUS</b>	 <b>CARLI</b>	 <b>DOLLY</b>	 <b>SARABI</b>	 <b>NOVA</b>	 <b>CHEVY</b>

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785-762-5631



'FANTASTIC' AUDIENCE



More than 350 movie-goers attended the Advanced Studio Appreciation Screening at Barlow Theater Nov. 10. The movie was "Fantastic Beasts: The Crimes of Grindelwald."

Amanda Ravenstein | POST

CHAPLAINS Continued from page 9

FORT RILEY CHAPELS

- **Main Post Chapel**  
6 Barry Ave. 785-239-6597
- **Saint Mary's Chapel**  
3 Barry Ave., Main Post 785-239-6597  
Offers collective Protestant worship, Episcopal worship, liturgical service, Roman Catholic Mass, children's church and religious education.
- **Morris Hill Chapel**  
5315 Jackson St.  
Monteith Heights 785-239-4815  
Offers gospel worship, Roman Catholic Mass, youth groups and religious education.
- **Kapaun Chapel**  
7086 Normandy Drive 785-239-4818  
Offers collective Protestant worship.
- **Normandy Chapel**  
7865 Normandy Drive 785-239-5711  
Offers collective Protestant worship, charismatic Protestant worship and religious education.
- **Irwin Army Community Hospital Chapel**  
600 Huebner Road,  
Second Floor 785-239-7871/7872  
Offers Roman Catholic Mass.
- **Family Life Ministry**  
500 Huebner 785-239-3436  
Offers family and individual counseling and pre-marriage classes.

It's coming from other Soldiers and families here on post who are willingly giving of what they have." Whether it's the person giving, the people working on the program or the leaders at the unit who are thinking about a specific Soldier, there are many people involved with providing the \$25 cards. "Nobody is asking for this," he said. "This is a program that we put in place to show our care and support for the folks that we work with. You don't see that everywhere. It's just a way for the chapel community as a whole to bless our Soldiers and our families." People can donate to this program by making a contribution in the offering plate during services or by stopping in at a chapel anytime it is open.

HOME.ARMY.MIL/RILEY

TV TALK



Amanda Ravenstein | POST

Sgt. 1st Class Joshua Lichtensteiger, 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, right, talks with Robin Ayling, Exchange Area Manager, about the characteristics of the 65-inch television before making the purchase Nov. 9. The TV was one of many items on sale at the Exchange during their Veterans Day Celebration Sale.



35TH ANNUAL  
HASFR  
TOUR OF  
HOMES

DEC. 1  
12-4 P.M.

\$13 IN ADVANCE  
\$15 DAY OF EVENT

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Children 12  
and up  
No strollers

Rain, snow or shine!  
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HTTPS://TINYURL.COM/HASFRTOUROPHOMES

TUESDAY TRIVIA CONTEST



The question for the week of Nov. 13 was: Where on the new website can I find updated hours for each of the access control points, or gates, at Fort Riley?

Answer: <https://home.army.mil/riley/index.php/about/visitor-info>

This week's winner is Tiffany Helmuth, wife of Staff Sgt. Dwight Helmuth, 1st Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division.

Pictured above are Tiffany with her daughters, Evelyn and Gaige.

CONGRATULATIONS TIFFANY!

SUICIDE  
PREVENTION

THE POWER OF 1

Lunch  
BUFFET

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

TACO  
Tuesday

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

all for  
\$9.95  
Includes drink

Salad Bar only  
for just \$5.95

PASTA  
Wednesday

Pasta Main Dish  
Green Beans  
Focaccia  
Greek Salad

Information: 785.784.1000

Riley's  
Conference Center by Catering

MWR  
riley.armymwr.com



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**FREE BUTTERBALL TURKEY!**

**BUTTERBALL PAINTBALL BLAST**

Shoot our 3D targets for your chance to win a Butterball Turkey! \$10 per person for each attempt of 5 shots. 1 out of every 10 shooters will be awarded a Butterball turkey for their best score. Make sure to wear long sleeved shirts and pants.

**NOV 17 1-3PM**  
Outdoor Adventure Travel Center  
\$10 per person per round

**INFORMATION 785-239-2363**

ADVENTURE PARK



FORM MATTERS

Push press, push jerk help with standing power throw

By Gail Parsons  
1ST INF. DIV. POST

The push press and push jerk are two similar movements to help people strengthen the muscle groups needed to perform the standing power throw, the second event on the Army Combat Fitness Test.

Stafford Gosser, project lead for Fit Nation and for the Physical Resiliency Working Group at Irwin Army Community Hospital, said the push press is a static and a strength-oriented movement.

“Strength dictates your ability to produce power,” he said. “The push jerk will have a little more carry over in terms of power.”

The key to performing the push press is to not hyperextend the back. “You want the back to remain neutral,” he said. “You want the work done by the arms and shoulders and you want to keep your core tight.”

The moves can be done using either kettle bells or dumbbells.

He demonstrates the two moves:

1

2

3

4

5

6

PUSH PRESS, PUSH JERK

1. Push press starting position: stand erect with the weights at shoulder level and the elbows pointed down. If using kettle bells, the back of the weight should rest on the hands.

2. For a push press, press the weight overhead with a full extension of the arm.

3. Return to the starting position or position one.

4. To transition to the push jerk, drop into a quarter squat with the weights at shoulder level and the elbows pointed down.

5. Explode up and out of the squat simultaneously raising the weight. The heels can rise off the ground.

6. Return to the start position.

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

Chat covers Salina’s Schilling Manor

Manor’s history spans closure, repurposing of Air Force base

By Amanda Ravenstein  
1ST INF. DIV. POST

Researchers with the Historical and Archaeological Society of Fort Riley hosted the November Historic Chat about Historic Schilling Manor in Salina, Kansas.

The evening featured guest speaker and former Schilling Manor resident, Bill Medina and his wife Peggy answering questions. Attendees were treated to learning about the home for waiting wives and families during the Vietnam War.

In November 1964, it was announced that Schilling Air Force Base in Salina would be closing by the summer of 1965. Col. John Scanlan, commander of the 310th Strategic Aerospace Combat Support Group, was given the task of deactivating the base.

After Soldiers had contacted Scanlan looking for places for their families to live while they were in Vietnam, he began working on a plan to repurpose the now closed base housing

into the place those families were looking for.

Before final approval was given, Scanlan began moving families into the shuttered homes. When the approval was given, Schilling Manor was fully supported by the Air Force, the Army and the Department of Defense. Schilling Manor remained open until 1977, when it was closed for good.

Bill Medina moved with his parents and two older brothers to Schilling Manor in 1966 and lived there for eight years. In the beginning, it was evident the transition was still going from active military base to family housing.

“When we moved out there in 1966, there still was guard shacks on the road, on Schilling Road and on Centennial,” Bill said. “There weren’t any guards there, but the facilities were still there and so those came down within the year that we were there. I think there was a handful of people that, in the winter of ’65, were still trying to figure out what they were doing with Schilling and whether it was even legal ... It was an experiment and the only one of its kind.”

Medina said the amenities were basic, at best.

“We had a dispensary,” he said. “Very basic services, we had a commissary that was kind of like Save-A-Lot, the very basics. A very small PX and a chapel and a gas station. That was it and then later, within a year, we had a movie theater and a teen center.”

During the time he lived at Schilling Manor, Bill met his wife Peggy, who lived in Salina and attended the same school until new schools were opened and they were separated.

“I had a different experience, because at the time Schilling came originally, they were in our north part of town where the junior high was,” Peggy said. “So, at that time Bill and I were right at the cusp of them adding new schools. So, we were actually at the school at the same time. I was in seventh grade and he was in eighth grade and all the Schilling kids were there then. But the next year they opened the south high school, so all of the Schilling kids went to South and then I was in central where there were no Schilling kids. (I had) somewhat of a different experience.”

Life at Schilling Manor was slightly different for the children as opposed to the children who lived in the surrounding towns.

“I can remember several times seeing that sedan coming down the road,” Bill said. “You always hoped that the sedan wouldn’t pull up in your driveway, and when it pulled up in someone else’s driveway there was that relief that it wasn’t yours.”

“Then it was immediately overshadowed by it was somebody else’s dad that wasn’t coming home,” he said. “I saw that chaplain step out of that car and I saw that service member step out, in full dress uniform, on more than one occasion pull up in someone’s driveway. That’s as real as it gets and that’s what we dealt with every day.”

Donna Moreau wrote a book titled “Waiting Wives: The story of Schilling Manor, Home Front to the Vietnam War” about her experience at Schilling Manor. She talked to other wives who were living there and shared their stories. The book is no longer in print but copies can be found at resellers and libraries. It is an in-depth look at how and what families experienced during the time of the Vietnam War and what they did to survive the separation from their loved ones.

SANTA Continued from page 9

Sgt. Tracy Nguyen, 1st Infantry Division Sustainment Brigade, was pulling double duty as a ‘Big Red One’ Soldier and one of Santa’s helpers. Having traded her camouflage fatigues for yellow braided pigtails and a traditional elf uniform, she welcomed Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander, to the podium to speak.

“In the current operating environment, this time of year can sometimes be a bit of a struggle for families as we balance fast-paced training schedules, deployment rotations and life in general,” Shrader said. “Between the frequent times spent training away from home and the cost of living always going up, some families may not simply be able to be in a position to provide the type of Christmas they hoped to for their children. In these situations, it becomes more important than ever for our Soldiers, spouses and military children to be able to lean on their Army family, which is exactly why Operation Santa Claus exists.”

He reminded everyone that it’s not just toys and money they need. If someone cannot help financially, they can volunteer

and make the needed donation of time.

When he closed his comments, the guests joined the 1st Infantry Division Band in the playing and singing of “Santa Claus is Coming to Town.” An appropriate choice because soon after the song started a Fort Riley Fire Department truck eased around the corner of the building and everyone heard the loud booming voice of Santa as he made his way in.

Nguyen, playing her role of an elf, was surprised and pleased as she ran over to meet Santa and bring him by the hand to where the ribbon cutting was set up.

Santa gave Shrader a salute then a big hug.

After cutting the ribbon the large bay door on the side of the building opened showcasing a decorated toy workshop.

Sgt. 1st Class Bryan Ferguson, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, stood back and watched as people enjoyed the cake; visited with Santa, confiding in him what they wanted for Christmas and looking over the toys.

“We put a lot of hard work into this day,” he said. “We are

still trying to fill shelves. We need toys between \$15 and \$20 for ages zero to 18.”

He said he enjoys volunteering because of the end result. As for himself, he has no special requests for Christmas.

“I’m good,” he said. “I am a very simple person. I’d just like to make sure everybody gets what they need and all the kids are happy and then I’m good.”

Andy Gerken showed up with some of his coworkers from the First Command Financial Planning office to see how they could help. He said when he was a Soldier on Fort Riley, he had gone down to Operation Santa Claus, but it was in a different capacity than he went this year.

“We are just here to support it and see what we could do to help,” he said. “We came down to see what they need.”

Another guest at the ribbon cutting didn’t wait to see what was needed. She’s been buying Christmas gifts for the children since January.

Barbara Smith learned about Operation Santa Claus in 2006 and has been helping ever since. She understands what Shrader said about volunteering, as she is often tight on cash. Growing

up she remembers her mother counting the slices of bread to make sure there would be enough for her and her siblings.

“At first what I did was wrap the presents,” she said. “I had always bought stuff when it was on sale for my own kids. I would go to the clearance aisle and get stuff at a really good price.”

She recalled one year she purchased 10 of the little toy ovens for Operation Santa Claus, which normally cost about \$40 for \$4 each. She will often grab up \$30 worth toys for \$5.

This year she was able to bring \$200 worth of toys because of the generosity of a Manhattan, Kansas, business.

“My air conditioning went out,” she said. “De Hart Plumbing in Manhattan came in and said it’s going to be ‘this’ much to fix your air conditioner.”

They agreed to a payment plan so she paid half on the day of the service and would pay the rest when she got paid from her job as a bus driver.

“When I went to pay, they said ‘we hear you do a lot for the military community. We are not going to ask you for your money, just pay it forward,’” she said. “I bought another \$200 of toys.”

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“We were all in the basement and someone asked the question ‘are you done, would you like for us to leave? Give us a sign if you’re ready for us to



The team will begin watching all of the video and listening to all of the audio record-

He said they are looking forward to being able to present all their findings and possibly explore more hauntings on Fort Riley.



# TIS THE SEASON

**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**

Contact your Neighborhood Office for more details.  
Look forward to seeing you there!

**Corvias**

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DININ' DEALS		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Stacy's Restaurant		November 18th	November 19th	November 20th	November 21st	November 22nd	November 23rd	November 24th
	118 W Flint Hills Blvd JUNCTION CITY (785) 238-3039	• Roast Beef • Roast Turkey • Baked Ham Reg. \$9.00 Sr. Size \$8.00 Inc Tax	Goulash  Reg. \$7.29 Sr. Size \$6.38 Plus Tax	Smoked Brisket  Reg. \$7.29 Sr. Size \$6.38 Plus Tax	Roast Turkey  Reg. \$7.29 Sr. Size \$6.38 Plus Tax	CLOSED THANKSGIVING	Swiss Steak Reg. \$7.29 Sr. Size \$6.38 Plus Tax	Cook's Choice
				Homemade Schnitzel \$9.99 Serving German Beer  10:30am-1:30pm 4 pm-9 pm	• Beef tips in Mushroom Gravy \$9.99 • Bison Burger \$9.99  10:30am-1:30pm 4 pm-9 pm	CLOSED THANKSGIVING	• 16oz KC Strip w/shrimp or clams \$26.99  10:30am-1:30pm 4 pm-10 pm	• Homemade Schnitzel \$10.99 • Bratwurst \$10.99 • Cordon Bleu \$11.99 2:30 pm-5:30 pm
TymeOut								
	101 Continental Dr JUNCTION CITY (785) 238-7638							
Ike's Place Bar & Grill		HAPPY HOUR ALL DAY \$2 Drafts, \$2 <sup>50</sup> Margaritas, \$2 Wells \$3 kids meals	1/2 Price Boneless Tenders	TRIVIA NIGHT + 1/2 Price All Draft Beers, \$2 Jumbo Tacos	60¢ Wings, Voted Best in Flint Hills	CLOSED THANKSGIVING	Drink Specials will vary	Selection of Pastas \$9.99 w/ Salad all day
	416 Goldenbelt Blvd. JUNCTION CITY (785) 579-6644 ikesplacegrill.com		Mon-Fri HAPPY HOUR 11am -6 pm					
Wing It			2 for \$9.99 Country Fried Chicken Dinners	\$1 Mini Shakes in Vanilla, Chocolate, or Strawberry	\$4.99 Nachos Combo includes drink	CLOSED THANKSGIVING		
	439 W. 6th Street JUNCTION CITY (785) 223-5282 wingitplace.com		Mon-Fri HAPPY HOUR 2 pm -5 pm 1/2 price drinks & slushes; \$1.00 Tacos					
Pizza Hut		All You Can Eat Supreme Lunch Buffet. Pizza, Wing- Street Wings & More! 11:30 - 1:00	\$5 Line UP Choose from Pizza, Wings, Sides and Desserts  Details online or in-store	All You Can Eat Supreme Dinner Buffet. Pizza, Wing- Street Wings & More! 5:30 - 7:00	Wing Wednesday 70¢ Bone Out	CLOSED  Happy Thanksgiving	Large 3 Topping, Breadsticks & Cookie \$21.99 <small>(Additional charge for Pan or Stuffed Crust) Code KW Delivery Fees &amp; minimums required</small>	Large 1 Topping & Medium 3 Topping \$19.99 <small>(Additional charge for Pan or Stuffed Crust) Code LF Delivery Fees &amp; minimums required</small>
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File Photo

A young boy took the chance to tell Santa what he wanted for Christmas during the 2017 Christkindl Market at Riley's Conference Center. The 2018 market will be Dec. 1 from 9 a.m. to 3 p.m.

# Holiday Markets



Amanda Ravenstein  
1ST INF. DIV. POST

Every November holiday markets begin to pop up. From small business markets to large vender shows, shoppers can find an array of holiday merchandise and gifts. Other activities are often included to make the events more family friendly.

CHRISTKINDL MARKET  
DEC. 1, 9 A.M. TO 3 P.M.  
RILEY'S CONFERENCE CENTER  
446 SEITZ DRIVE  
FORT RILEY

Every year the Christkindl Market at the Riley's Conference Center brings in many vendors and shoppers to Fort Riley.  
Venders selling homemade items as well as home-based businesswares will be on hand with almost anything people could be looking for.  
With events such as sugar cookie decorating, face painting, pictures with Santa and the Grinch, attendees can spend time shopping and having fun with their families.  
Outside, visitors can see a chainsaw carver working on sculptures to be auctioned later in the day.  
While the event is free to attend, tickets for activities are \$1 each.



Courtesy Photo

Shoppers find many different venders selling their wares during the 2017 See and Sell Holiday Market in Salina.

2018 FESTIVAL OF TREES  
NOV. 29 TO DEC. 2  
KANSAS EXPOCENTRE  
1 EXPOCENTRE DRIVE  
TOPEKA

Celebrate the 41st Festival of Trees Nov. 29 through Dec. 2.  
The Festival of Trees is a holiday tradition for many families and attracts more than 6,000 people each year. They will see more than 60 trees, wreaths, mantlescapes, porchscapes and more, which are beautifully decorated by talented designers, transforming the scenery into a magical blend of the holidays and trends in decor.  
Performers from local schools and community groups will entertain while shoppers visit the holiday market, Sweet Shoppe and silent auction.  
On Dec. 1, go for the pancake feed sponsored by the Knights of Columbus.  
On Dec. 1 and 2 children and families can have their photos taken with Santa.  
Admission is \$5 for adults, \$3 for seniors 62 and older. Children 12 and younger are free.  
For more information and times of the event visit the Facebook event page at [www.facebook.com/events/418184321955668/](http://www.facebook.com/events/418184321955668/).

DOWN HOME CHRISTMAS  
DEC. 1, 9 A.M. TO 6 P.M.  
HILLSBORO CHAMBER OF COMMERCE  
110 N. MAIN  
HILLSBORO

The annual Down Home Christmas will have events throughout the day including carriage rides, a live Nativity, story time at the library and much more. Santa will make an appearance at the Hillsboro Et Cetra shop from 9 a.m. to 2 p.m. and the Schaeffler House will have tours during that time.  
Vendors from more than a dozen home-based businesses will be set up at the Hillsboro Senior Center and other locations.  
Dinner can be purchased at the Hillsboro City Building from 4 to 6 p.m.  
The evening will end with a Christmas Tree Lighting at 6 p.m. near the Emprise Bank Courtyard.



Will Ravenstein | POST

Gifts at holiday markets can be handmade like this tabletop decoration.

ANNUAL CHRISTMAS  
ARTS AND CRAFTS MARKET  
NOV. 23, 1 TO 7 P.M.  
JUNCTION CITY  
MUNICIPAL BUILDING  
SEVENTH AND JEFFERSON STREETS  
JUNCTION CITY

Ring in the holidays once again at the Junction City Arts Council's Christmas Arts and Crafts Market.  
This year the event is at the Junction City Municipal Building at Seventh and Jefferson streets. Shop for hand-crafted arts and crafts products from local artists and crafters. Warm drinks, food and much more will be available.  
This event is always on the same day as the Junction City Holiday Parade.



File Photo

Vendors display their goods for shoppers to buy at the 2017 Christkindl Market at the Riley's Conference Center.



File Photo

Visitors to the 2017 Christkindl Market at the Riley's Conference Center were treated to a horse-drawn carriage ride.

FORT RILEY SPOUSES CLUB  
WINTER BAZAAR  
NOV. 29, 10 A.M. TO 1 P.M.  
675 WARRIOR DRIVE  
FORT RILEY

With a new location to house the large number of vendors, the FRSC Winter Bazaar is a way to get a jump start on the holiday shopping. Free and open to the public the event offers shoppers the chance to shop at many different home-based businesses.  
Donations will also be accepted for Operation Santa Claus.



Will Ravenstein | POST

Gifts of all kinds can be found at holiday markets around the area.

2ND ANNUAL SEE AND SELL  
HOLIDAY MARKET  
NOV. 17, 8 A.M. TO 4 P.M.  
TONY'S PIZZA EVENT CENTER  
800 THE MIDWAY  
SALINA

The See and Sell Holiday Market was founded by the YWCA of Salina and is continued by the Girl Scouts of Kansas Heartland. See and Sell began in 1966 with a small group of crafters and has grown to nearly 250 exhibitors from Kansas and surrounding states selling handcrafted items at the Tony's Pizza Event Center in Salina.  
The See and Sell Holiday Market is on the Saturday before Thanksgiving each year.  
About 4,000 shoppers attend See and Sell each year, and the show consistently receives rave reviews from shoppers and exhibitors alike.  
A popular item among shoppers is the See and Sell Goody Bag. The first 100 shoppers through the door receive a goody bag containing gifts and coupons from area businesses.