

THE 1ST INFANTRY DIVISION POST

★ <https://home.army.mil/riley>

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★

FORT RILEY, KANSAS

Hospital begins virtual health program

By Gail Parsons
1ST INF. DIV. POST

A shortage of psychiatrists at Fort Leonard Wood, Missouri, spurred an effort on behalf of Irwin Army Community Hospital to help create a virtual healthcare pilot program.

Capt. William Pitts, chief of inpatient behavior health, said he and the staffs at both locations worked on the details of the program for several months before it went live Nov. 10.

The shortage of psychiatrists and psychiatric nurse practitioners is a nationwide problem of which the Army is not immune. Fort Leonard Wood reached a critical shortage. They were facing either shutting down the department or reducing the number of patients they could serve.

"They had some phycologists and social workers," Pitts said. "(But) there must be an attending physician or (nurse practitioner) to cover any hospitalized patient — in any setting. In the absence of specifically identified personnel for the inpatient mission, the (active-duty) psychiatrist and psychiatric nurse practitioners must cover the inpatient mission as well if they want to keep the unit open."

The hospital looked for a solution and asked for assistance. Their plea for help went unanswered; not because no one cared, there simply wasn't any help to be had.

HOW THE PROGRAM DEVELOPED

When Brig. Gen. Jeffrey J. Johnson, commanding general for the Regional Health Command Central and a former commander of IACH, visited Fort Riley in August, he asked "somewhat rhetorically" Pitts said, if they could help Fort Leonard Wood.

Not being a fan of reinventing the wheel, Pitts began looking at what other military and civilian facilities were doing. He found some private companies practicing tele-medicine, but their systems could not be replicated in the Army.

"There weren't a lot of models for us to use," he said. "Because there are no other processes like this across [U.S. Army Medical Command], we had to figure out what it would look like."

John Ingersol, chief of clinical operations at GLWACH, said they have used virtual health in other parts of the hospital for about six years.

"We were very excited to explore the opportunity to improve our behavioral health, our psychiatric inpatient services, with the same approach," he said.

They started with a needs assessment, which focused on the patients.

See VIRTUAL, page 7

Special Forces presentation given to Fort Riley officers

By Will Ravenstein
1ST INF. DIV. POST

First and 2nd Lieutenants from the 1st Infantry Division who aspire to enter the Army Special Forces were invited to Barlow Theater Nov. 29 to hear how the process of joining works from officers who have been through the selection process and the person at Human Resources Command who submits their final package.

The recruiting event was limited to officers from the 2016 and 2017 commissioning groups as the packet for consideration needs to be completed prior to Jan. 1.

"As of right now, year group 15 has been sitting on their packet submission for about a year," said Sgt. 1st Class Cory Bunch, assistant station commander for the special operations recruiting office for Fort Riley. "Their packet submission opened up in August 2017. Year group 16, their packet submissions don't start until Jan. 1. They need to have a packet built because everyone else in the Army has these packets built and they are just waiting to press that submit button on Jan. 1, not just starting the packet process."

From the time the candidate submits their packet to the time they are told they are

going to the selection course, 90 to 120 days has elapsed.

Bunch warned though, that space is limited based on what each branch is willing to give up and it is a first-come, first-served process for eligible candidates.

"The 90 to 120 days is the process starting with me submitting the packet to you attending selection," Bunch said. "It has changed a lot from prior years where you are looking at upward of 13 months before you hear anything and go to selection. Now, from packet submission to attending the selection course, you are looking at about 120 days max."

Bunch felt the officers of the 1st Inf. Div., who are interested in joining the groups would be best served if they heard from other officers who had already made it through the process and are currently working with teams.

"It only means so much to come from the point of contact who submits the packet," he said. "For it to come from the person at HRC that looks at the packet and decides if you go or not — or maybe someone who spent 10 years in the special forces group — it means a lot more to ask those questions to someone

See RECRUITER, page 8



Pvt. Brandon Bruer | 19th PAD

Sgt. Maj. of the Army Daniel Dailey, the Army senior noncommissioned officer, conducted physical training with Soldiers from Company B, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, Nov. 30. Dailey choose to conduct physical training with Soldiers from his old unit.

Program to credential Soldiers as skilled tradesmen

By Amanda Kim Stairrett
1ST INF. DIV. PUBLIC AFFAIRS

Soldiers can soon use federal funding to earn credentials in skilled trades.

Sgt. Maj. of the Army Daniel Dailey said the program, which is testing at Fort Hood, Texas, is one of his top priorities and will soon be available at all major Army installations. The Army's top enlisted Soldier talked about noncommissioned officer education Nov. 30 during a visit to Fort Riley.

"You can pursue any trade or any license or any certificate for any state-recognized or industry-recognized credential in the U.S.," he said.

About 18 percent of Soldiers use Tuition Assistance, Dailey said, and it is limited to students on a degree plan. Funding from this year's National Defense Authorization Act "frees that up" for self-directed credential, Dailey said.

This initiative was created as a way to help credential Soldiers in their Military

Occupational Specialties — training men and women in uniform received is equivalent to the skills of their civilian counterparts.

Leaders examined labor force numbers in the United States to help develop the new initiative. Dailey said 20 percent of jobs in America require a degree and the remaining jobs are skilled and unskilled labor.

"You know what you are," Dailey asked a room full of noncommissioned officers at Barlow Theater, "skilled labor. That's what you are. You're called skilled labor. And did you know skilled labor makes on average 30 percent more a year than an undergraduate from college?"

A worker with a credentialed skill has a 75 percent better chance of finding employment, Dailey went on to say. The country has an overabundance of educated people and a deficiency of skilled tradesmen — a "dying breed in America."

The Army has offered civilian certification for truck drivers since 2015, and Dai-

ly said Soldiers should get the opportunity to match what they came in the Army to do: work as skilled tradesman.

Officials unveiled the program at Fort Hood to work out the program's mechanics, and Dailey said he was moving as fast as he could, though he needed noncommissioned officers' help.

"I can only get the money for this if you use it," he said.

One hundred percent of Soldiers get out of the Army, Dailey joked, and they will have to do something in America.

"You gotta fall back on something," he said.

Command Sgt. Maj. Craig Bishop, the 1st Inf. Div. senior noncommissioned officer, said he hoped "Big Red One" Soldiers enjoyed their interaction with Dailey, "and got an opportunity to see him model positive leadership and show them that he's still a Soldier who cares."

See VISIT, page 8

Train ride allows for family time

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

Burlington Northern Sante Fe Railroad offered two special train rides to families of Fort Riley Dec. 8 featuring restored Amtrak passenger cars. Nearly 700 Soldiers with their families took part in the free event. It began and ended at Riley's Conference Center with a bus ride to the train station in Topeka, Kansas.

Once there, the families lined up and waited for the conductor to call out "All aboard." Then they found the perfect seat for the ride.

Christmas music filed the cars as passengers nestled in for the 90-minute ride from Topeka to Scranton, Kansas, where the it stopped so the crew could change to the second engine on the back end of the train.

"It's a real good chance (to be together)," said Sgt. Dexter Jennings, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division. "(We've) been

working late hours getting ready to leave, so it's a good time to get in some family time before we take off."

Santa and Mrs. Claus, accompanied by one of his elves, moved from family to family pausing to talk to every child and posing for a photo. Prior to each photo, Santa presented everyone at the table with a token of appreciation, a BNSF Holiday Express ornament.

"It's really nice," said Brittney Majeroni, wife of Sgt. Brent Majeroni, 101st Brigade Support Battalion, 1st ABCT, 1st Inf. Div. "It's unexpected, but it's nice to be able to get out and do things as a family."

The two were with their children Marley, 8, and Riley, 5.

After the final ride of the day, BNSF president and chief executive officer, Carl Ice, spoke to the crowd which included state dignitaries, the deputy Kansas Adjunctive General — Brig. Gen. Anthony Mohatt, Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander, Kansas Attorney General Derek Schmidt



Retired Lt. Col Art DeGroat, right, founder and executive director of the Office of Military and Veterans Affairs and the Military and Veterans Affairs Innovation Center at Kansas State University, receives a check for \$10,000 from Burlington Northern Sante Fe president and chief executive officer Carl Ice Dec. 8 in Topeka, Kansas. The money will be used in conjunction with the USO Pathfinder Project to help transitioning Soldiers and their families find employment.

and representatives of Kansas State University.

"On behalf of more than 40,000 BNSF employees 3,000 in Kansas — welcome to the Holiday Express,"

Ice said. "We've been doing this for over 11 years and we've had more than 20,000 military families ride with

See TRAIN, page 7

WHAT'S IN THIS ISSUE

CHRISTMAS TREE SHINES
BRIGHT ON FORT RILEYFORT RILEY FAMILY MEMBERS
BRAVED THE COLD DEC. 6 FOR
THE ANNUAL CHRISTMAS TREE
LIGHTING CEREMONY AT THE
GARRISON HEADQUARTERS
BUILDING

SEE PAGE 9

ALSO IN THIS ISSUE

FORT RILEY SOLDIERS GATHERED
AT WARRIOR ZONE DEC. 8 TO WATCH
ARMY DEFEAT NAVY, 17-10, IN THE
ANNUAL ARMY-NAVY GAME
SEE PAGE 9

ALSO IN THIS ISSUE

FAMILIES FILLED
THE WARRIOR
TRANSITION
BATTALION
CLAMSHELL DEC.
8 FOR THE ANNUAL
AMERICAN LEGION
OPERATION NORTH
POLE EVENT
SEE PAGE 4

High School Stabilization Program can assist in staying at Fort Riley

By Will Ravenstein
1ST INF. DIV. POST

Soldiers with students who will enter their junior year of high school when school resumes in August 2019 can enroll in a program that will allow them to stay at Fort Riley.

The High School Senior Stabilization Program was initiated in 2000 in accordance with Army Chief of Staff's guidance to avoid disruption of the school schedule for family members who are high school seniors, according to www.hrc.army.mil/.

It was later expanded to include Soldiers with family members in their junior year.

Soldiers use DA Form 4187 to request stabilization no earlier than March 1 of the student's sophomore year and no later than the start of their junior year.

The Enlisted Personnel Management Directorate will, to the maximum extent possible, approve stabilization requests

and should not place Soldiers on assignment with report dates prior to the stabilization termination date. Requests submitted after the start of the student's junior year may be processed as an exception to policy and must include justification that supports the delay in submission.

Sgt. Maj. Michelle Smith, command career counselor, 1st Infantry Division, is one of many Soldiers who used the program while her daughter was in school when she was stationed at Fort Bliss, Texas.

"I was at (Joint Base Langley)-Eustis, Virginia, when my daughter was going into ninth grade," she said. "For most kids, that middle school to high school, is the largest transition of their life for them at that point

in time. They're so comfortable with their middle school friends and they know that they're going on with them that it's devastating when you find out you're moving at that period of time.

"Having to move throughout high school can also be pretty devastating," she added.

"So for me, when I went to Fort Bliss, she was going into ninth grade. I said March of her sophomore year, that's when you're supposed to apply. I will apply for stabilization."

Smith knew she wanted to give her daughter, who recently graduated from the University of Texas-El Paso, the chance to be with her friends as she completed school.

"It turned out pretty well for me because then I actually PCS'd right after she graduated and she stayed in El Paso, and

went to college at UTEP," she said. "Because she stayed, she had friends basically for the last nine years that she's been with all this time."

Smith said prior to her applying for and getting approved for the stabilization program, she moved nine times.

There is an additional requirement for families enrolled in the Exceptional Family Member Program that all medical and/or special education needs documentation are updated as conditions change or at least every three years whichever comes first.

This program is not a guarantee Soldiers will stay at Fort Riley as the needs of the branch still take priority, but Smith mentioned that several Soldiers she knew of were within driving distance of family members who remained at their last duty station.

More information can be found online at the website mentioned earlier or through a Soldiers chain of command.

Green to Gold scholarship deadline approaching

By Gail Parsons
1ST INF. DIV. POST

The deadline to apply for a Green to Gold Hip Pocket Scholarship is right around the corner.

While the deadline to have applications turned into the Cadet Commander is April 1, 2019, they need to be turned in to Sgt. 1st Class Latonja Francis, G1 Plans and Operations non-commissioned officer in charge, by Jan. 1.

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

The Hip Pocket Scholarship is one of three options for Soldiers interested in the program and is awarded by post commanders. At Fort Riley, the commander may award up to five such scholarships.

This scholarship pays full tuition, as well as \$1,200 annually for books and supplies. Once contracted, the Cadet will also receive a monthly stipend of \$420 per month up to 10 months per year, according to the scholarship guide.

Francis said Soldiers who wish to be considered should start the process by going to www.goarmy.com/careers-and-jobs/current-and-prior-service/advance-your-career/green-to-gold/pocket-scholarship.

html. There they will find an information booklet and the application.

"It's a lot of paperwork that they have to do," Francis said. "They gotta get their physical health assessments done. If they are married with kids, they got to do a financial statement, all of that they have to get done."

The completed applications go to her first. When she gets them, she takes certain parts out to build a packet for the commanding general.

"I go through the packet with them," she said. "I make sure they dot the i's and cross the t's."

The biggest mistakes she sees on the applications is people not paying close enough attention or thinking something doesn't pertain to them so they leave it blank.

"Go through every line — line-by-line — and if it does not pertain to you put N/A," she said. "If they have extra paperwork, like some people have awards, some already have their associate's degree — add that because that's what I put in the pack to go to the CG. It's not required for the Green to Gold, but for the packet that sets them off (from) the next person."

After the Jan. 1 deadline the G1 will convene an internal board who will rank the Soldiers based on their applications

and send that information to the general who will choose his top five.

The General's picks then go to the Cadet Command where a final review of the applications are conducted to ensure eligibility requirements are met.

According to the guide, the Soldier's chain of command and the Hip Pocket point of contact will be notified of the Soldier's status, either as qualified or as pending qualification for medical, administrative or both. The award of scholarship becomes final only when the nominee is fully qualified and has no unresolved medical or administrative issues, to include any required waivers. Prior to discharge, the Soldiers chain of command must ensure the Soldier is fully qualified in accordance with AR 635-200, Chapter 16-2.6.

Considering how extensive the application process is, it is unlikely someone will be able to complete it for the school-year 2019-2020 award, if they have not already started. However, with the next application period opening in June 2019 they have plenty of time to go through and get their application done.

If anyone has questions, Francis said they can call her at 785-240-1424.

Soldier for Life Transition Assistance Program provides career assistance

By Will Raventein
1ST INF. DIV. POST

"How many people are planning on transitioning out of the military?" said Master Sgt. Jason Snell, non-commissioned officer in charge, Soldier for Life Transition Assistance Program, 1st Infantry Division, to a group of Soldiers two years ago in a video posted to the 19th Public Affairs Detachment Facebook page. "Everybody right? Whether you do 2, 20 or 30 years you are getting out of the military — it's inevitable."

The Allentown, Pennsylvania, native uses that line to help Soldiers who are at or close to the 6-month mark remaining in their contract to help them transition back into the civilian world.

But, how?

The Soldier for Life Transition Assistance Program helps Soldiers with education and internships to ensure Soldiers leaving are prepared mentally and financially.

"By the regulations the soonest they can start an internship is 180 days prior to their separation date," he said. "So, whether it's retirement, [end of time of service], their actual date of separation, 180 days or six months out."

Snell and Kelly Castiano, career skills program installation administrator, SFL-TAP, attempt to find a transitioning Soldier an internship close to Fort Riley to avoid hardships.

Soldiers can request a temporary change of duty during that 180-day window to work farther away than 50 miles, Snell said.

"The actual internship approving authority is a battalion commander," he said. "Then on the permissive TDY, up to 120 days within that 180 day window, that's subject to (their) brigade commander's approval."

Currently Fort Riley SFL-TAP has arrangements with a couple of installations, like Fort Leavenworth, where Soldiers can transfer there and live in the billets while working at a company.

The biggest catch about internships is that they have to be unpaid positions. Snell said there are ways that a company can work around that with other benefits.

"As a service member, you are not being paid for an internship," Snell said. "The way around it is — say if Kelly Enterprises decides they want to take me on as an intern, what they can do is, if they were to, provide a building like lodging or food for anybody that they accept into an internship. It's not just solely for marketing and targeting Soldiers or service members — they could actually provide that."

The goal for Snell and Castiano is to make sure Soldiers are entering career paths they are interested in and not just working someplace with no future.

"That's one of the requirements we have is with any internship or career skills program, there has to be a guaranteed employment at the end," Castiano said.

Thanks to the partnerships built and the permissive TDY option Snell and Castiano have Soldiers working not only in the Fort Riley area, but in Washington, Florida and Georgia.

"People know what they want (to do)," she said. "When they come into my office and they say, 'hey, how do you make this happen?' That's the part that I love about my job is that I get to make that happen for people."

Stay alert for cold-weather injuries

STAFF REPORT

Each year, for the past several years, Army medical providers have treated between 200 and 500 cases of cold weather injuries, according to an All Army Activities document provided by Irwin Army Community Hospital.

The ALARACT went on to say that the life- and limb-threatening injuries are preventable.

"Cold weather-related injuries remain a significant threat to individual health and unit performance during training and operations," the document stated.

With the hope of preventing injuries this winter, IACH has released the following information on prevention, symptoms and treatment of common cold-weather injuries.

HYPOTHERMIA

Hypothermia is a life-threatening condition. It occurs when the body temperature drops below 95 F.

It can happen when:

- Cold conditions are severe
- Conditions are windy, clothing is wet and/or the individual is inactive

- Extended water exposure or immersion happens for one hour or less when water temp is below 45 F; prolonged exposure in slightly cool water; during thunderstorms, hail, rain and accompanying winds.

Symptoms are:

- Shivering
- Dizzy
- Drowsy
- Withdrawn behavior
- Irritability
- Confusion
- Slowed, slurred speech
- Altered vision
- Stumbling.

Treatment:

- Prevent further cold exposure
- Evacuate immediately if severe hypothermia occurs
- Remove wet clothing
- Rewarm in a warmed sleeping bag
- Warm, sweet liquids if conscious
- Minimize handling of the unconscious victim so as to not induce a heart attack.

FROSTBITE

Frostbite can occur when the air temperature falls below 32 F,

skin freezes at 28 F. Superficial, or mild frostbite is the freezing of the skin surface. Deep, or severe, frostbite is the freezing of the skin, flesh and sometimes the bone.

It is most common on the hands, fingers, feet, toes, ears, chin, nose and groin area.

Symptoms:

- Initial redness in light skin or grayish in dark skin
- Tingling, stinging sensation
- Turning numb, yellowish, waxy or gray color
- Feels cold, stiff, woody
- Blisters may develop.

Prevention:


- Wear uniform properly (layered and loose)
- Keep socks and clothing dry. Use poly pro/thermax liner socks and foot powder and change insoles
- Stay protected from the wind
- Keep face and ears covered and dry
- Drink hot fluids and eat often

- Keep active
- Insulate from the ground "Buddy System"
- Avoid skin contact with super-cooled metals or fuel
- Use approved gloves to handle petroleum, oils and lubricants
- Seek medical aid for all suspected cases.

Treatment:

- Remove from cold and prevent further heat loss
- Remove constricting clothing and jewelry
- Rewarm affected area evenly with body heat until pain returns
- Evacuate for medical treatment (do not rewarm a frostbite injury if it could refreeze during evacuation or if victim must walk for medical treatment)
- Do not massage affected parts or rub with snow.

See INJURIES, page 8



GUIDE TO RESPONSIBLE DRINKING

FEBRUARY 2018

Facebook icon, Instagram icon

AVOID THE POST-HOLIDAY SLUMP!

Notice that your Military Service members are feeling down? It could be the lull after the busy holiday season, the weather or missing family and friends. Whatever the reason, there are ways to lift their spirits without relying on spirit!

Encourage your Military Service members to make the most of their winter by sharing the following messages in Plan of the Day/Week notes, on social media or through emails:

- What counts as a "variety pour" vs. a "standard" drink? Keep happy hour happy by **measuring your alcohol intake**.
- Snowed in? Make sure you can remember those good times with friends and family. Stick to no more than **one drink a day for women and no more than two drinks a day for men**.
- The That Guy campaign is currently undergoing a transition. In the coming months, keep an eye out for rebranding, new content and resources. To contact us during the transition, **send us an email**.
- Encourage Military Service members to **follow us on Instagram and Facebook** for tips on how to drink responsibly, myth-busting facts and more!

Share how you use our materials to promote responsible drinking on your installation.

Contact Us! Email to Unsubscribe@dmr.mccom.mbx.drink-responsibly@mail.mil

POINTS TALKING

Military Service members overindulged during the holidays? Help them get back on track in 2018 with some helpful reminders:

- 1 Feeling overwhelmed by anxiety? There are a lot of things that can help you relax: watch a movie, listen to a podcast, read a book, write down your thoughts, go for a walk or talk to a friend. There are no negative consequences to these actions, and they work a lot better than drinking alcohol.
- 2 A night out doesn't have to include binge drinking. You can go out to the bar, talk with friends, dance and spend your calories on dessert instead of alcohol. Try drinking alcohol one night less per week, and see how you feel.
- 3 Planning on drinking tonight? Be smart about it! Enjoy a large meal first, keep a water glass handy all night and plan ahead for a safe ride home.

When Dressing for the **COLD** Remember

- C**LEAN: Keep your clothes clean
- O**VERHEATING: Do not overdress
- L**OOSE and in **L**AYERS: Loose layers trap body heat
- D**RY: Wet clothing causes rapid heat loss




USARH **AAPHC** ARMY PUBLIC HEALTH CENTER

For more information read the USAPHC Fact vs. Fiction Cold Weather Injuries Fact Sheet: <http://go.usa.gov/3vjd>

JANUARY 18 • 1-3:30PM

INTRODUCTORY SKEET CLINIC

LEARN THE BASICS OR SHARPEN YOUR SKILLS IN THE SPORT OF SKEET SHOOTING



- Fee includes free firearm usage, up to two (2) boxes of 12 or 20 Gauge ammo, ear and eye protection and clay pigeons.
- Each class will be a two and half hour session.
- Multiple Sessions can be offered if the demand is present.
- Maximum class size is 5.

Instructed by a former Intercollegiate National Champion.

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Sign up **NLT Jan 16th**. We will cancel the event if the wet bulb temperature is under 49 degrees Fahrenheit.

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First Infantry Division Band

Holiday Concert

December 14th FREE
& 15th at 7:30 ADMISSION





Army Black Knights football coach Jeff Monken leads the team onto the field for the Army-Navy game in Philadelphia, Dec. 8. Army won 17-10 for its third straight win over their archrival.

By Joe Lacdan
ARMY NEWS SERVICE

PHILADELPHIA — Despite being his fourth time seeing it, the annual Army-Navy game did not lose any significance for Cadet Jack Ray Kesti as he cheered from the stands in the frigid temperatures.

The rivalry has become an annual tradition in the Kesti household. Kesti, who hails from nearby Phoenixville, Pennsylvania, had his parents and girlfriend cheering for the Black Knights from the stands, too. Kesti’s younger brother Sam, a freshman, also attends the U.S. Military Academy and was at the game.

“Seeing people in your class and seeing them do well on the football field is a really cool feeling,” Kesti said.

Cadet Hope Moseley, a freshman, attended her first game, in which the Black Knights upended Navy 17-10 and held off a late Midshipmen surge Dec. 8. It was the No. 22 Black Knights’ third straight win over their rival.

Army improved to 10-2 and will play Houston in the Armed Forces Bowl Dec. 22. If Army gets 11 wins this year, it will be its best season since

1958 when it went undefeated with one tie and finished No. 3 in the country.

Moseley said the buildup to the contest had been mounting all week. Cadets hung banners in the student barracks, played flag football games and burned a boat in anticipation of the game.

“It’s a great experience of tradition,” said Moseley, a native of Belton, Texas. “Even though it’s a rivalry, it shows how strong our bond is to our country.”

Moseley said she was inspired to apply to the academy by her cousin, Maj. Andrea Baker, a West Point graduate stationed in San Diego.

President Donald Trump officiated the coin toss and also visited the sidelines of both teams. During the first half, Gen. James McConville, the Army’s vice chief of staff, enlisted 21 Army recruits in a special ceremony. McConville, who graduated in West Point’s Class of 1981, said he has attended “quite a few” Army-Navy rivalry games during his career, and said the contest’s significance cannot be overstated.

“It’s America’s game,” McConville said. “Why it’s special is because of the extraordinary young men and women who

represent the best of America and they are here today.”

Sporting black and red uniforms in honor of the 1st Infantry Division’s efforts during World War I, Army stormed to a 10-0 lead. After turnovers by both teams, Navy scored on a late drive midway in the fourth quarter to cut the deficit to 10-7. Army quarterback, jr. Kelvin Hopkins scored on a 1-yard sneak for the go-ahead score with 1:28 left in the game.

Cadet Jay Demmy, a sophomore center on the Army rugby team, said the friendships he has formed with fellow athletes on the Black Knights football team makes the contest even more meaningful.

“There’s so much history behind this game and so much passion that to me, it’s awesome to be a part of it,” said Demmy, who hopes to join the infantry after graduation. “Playing a sport here ... rugby, coming to the football games and seeing all the guys I know — all the brothers I’m going to be fighting with in the near future on and off the field is nice.”

The game takes on a larger significance, making the contest meaningful for so

many nationwide, Demmy said.

Many cadets have friends attending the U.S. Naval Academy. Kesti attended high school with Midshipman Joe Ellis and the two engaged in friendly trash talking and texting each other during the game. The annual prisoner exchange, in which students from both service academies attend a semester on the opposite campuses, further extends the bond between the two schools.

“I think [the game] is about camaraderie and coming together,” Moseley said, “and knowing that even though you can have a friendly competition, in the end, we’re all fighting the same fight for the people of America.”

Sgt. Maj. of the Army Daniel A. Dailey, clad in his Army Greens uniform, said that all Soldiers can embrace the history and pageantry of the game, which was attended by celebrities such as actor Mark Wahlberg and former Dallas Cowboys great player and Navy graduate Roger Staubach.

“This is a long-standing history of rivalry between two of the finest schools in America,” Dailey said. “When we’re on the battlefield, we’re all friends. But one day out of the year we come together for good camaraderie, good fun, but it is a true test of will for us and the Navy.”

“This is the quintessential American football game right here, Army-Navy,” he said. “It doesn’t get better than this.”

After the game, Army junior running back Rashaad Bolton proposed to his girlfriend on the field. Although Navy has struggled to a 3-10 record this season, Bolton said the Midshipmen were still a formidable foe.

“Navy’s a well-coached team,” Bolton said. “We just fought. Our coaches

did a great job preparing us these three weeks.”

Army coach Jeff Monken, who improved to 43-30 during his five seasons at Army, has credited the West Point student section with providing a much-needed boost to the players.

There has been a resurgence of the Army football team, which has gone 20-5 since ending Navy’s 14-game winning streak in 2016.

“When the football team’s playing well, I feel like it brings our school together more, because you get that unity and you get fired up,” Demmy said. “Coach Monken preaches that we’re the 12th man on the field. Having that good student section, having that uproar brings fire to the people on the field.”

Islamic State Group degraded from caliphate to caverns

By David Vergun
DEFENSE.GOV

WASHINGTON — At one time, the Islamic State of Iraq and Syria controlled a self-proclaimed caliphate that stretched from Syria to Iraq, but now that force in Iraq has been degraded so much that the remnants are hiding in caves, deep wadis and tunnels in the desert and hills of western Iraq’s austere terrain, the commander of Task Force Rifles told Pentagon reporters today.

Army Col. Jonathan C. Byrom, who also serves as deputy director of Joint Operations Command Iraq, spoke via video teleconference from Baghdad.

Kurdish peshmerga and Iraqi security forces are conducting continuous clearance operations against these small pockets, the colonel said.

Checkpoints along the Iraq-Syria border have now been reopened, and Iraq’s border guard and security forces are operating along that border to prevent IS from crossing, he said. That includes “intense cross-border fires” by Iraqi and coalition forces in consultation and coordination with Syrian Democratic Forces, he added.

Iraqi security forces are large-scale clearance operations and are hunting IS leadership and trying to take out the terrorist group’s media, propaganda and financial capabilities, Byrom said.

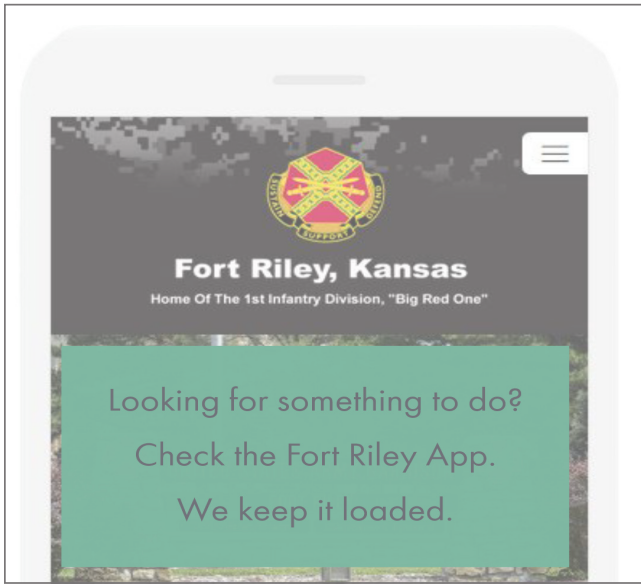
ASSISTANCE FROM U.S., COALITION FORCES

U.S. and coalition forces are advising, assisting and enabling Iraqi forces, he said, support that includes providing them with joint fires, intelligence, aerial surveillance and training, along with some equipment. “It’s a good partnership” that’s preventing a resurgence of IS and continues to degrade their numbers and effectiveness, the colonel said.

Byrom emphasized the Iraqis are conducting their own missions and making the decisions. “They are effectively targeting IS and regularly conducting operations that disrupt IS and preventing their resurgence,” he said.

Asked how many IS fighters remain in Iraq, Byrom said he doesn’t focus on the number. “What we’re really focused on is the capability and whether they can translate this capability into destabilizing or resurging,” he explained.

The good news story, he said, is that IS attacks “are not having that much of an impact on the population.”



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NEW YEAR, NEW YOU

Options available to get physically fit in the new year

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

**Editor's Note: This is part two of a multipart series aimed at improving Soldier and family lifestyles for the New Year. We will look at healthy options available on Fort Riley and how to become financially healthy for 2019.*

Pretty soon thoughts of chocolate Santa's and Christmas cookies will turn to trying to figure out how to get rid of the extra pounds those holiday treats packed on.

Directorate of Family and Moral, Welfare and Recreation plans on helping people jump into the new year with a new exercise program at a reduced cost.

"We are offering an incentive to encourage patrons to workout and take our group exercise classes," said Tanya Henigman, branch chief of Sports Fitness and Aquatics.

Anyone who purchases their January Group X Pass between Dec. 26 and Dec. 30 can get their February pass for 50 percent off.

A monthly pass is regularly \$40. With the New Year incentive, two months will be \$60. Other pay options include \$3 per class or a 10-pack of classes for \$25.

Fitness Specialist Bailey Rodarte said the classes can be mixed or matched.

"These passes will go to your account where you may use them for any class at any time," she said. "All a person will have to do is come to the front desk, have staff scan their ID, passes are on your ID, staff will check you in to whatever class you would like to take and give you the physical pass to give to the instructor upon entering the class."

With more than a dozen fitness classes to choose from patrons can try them out and find those they like the best.

"We want to get folks in to see how amazing our fitness instructors are," Henigman said. "We have some of the most amazing fitness instructors. We (also) have really talented group exercise instructors."

Once the motivation people have after deciding to

get healthy for the new year begins to wear off, she said DFMWR will likely have new enticements.

"That New Year's resolution starts out strong in January and then started starts dying off in March," she said. "So, keep a lookout for some incentives for March and April because we want to keep our patrons coming in. Healthy resolutions aren't just a temporary fix — it's a permanent fix. And the only thing that's going to happen to you by participating in an exercise program and eating correctly is good health."

Parents can bring their children to some of the classes and children younger than 12 may attend at no charge. In addition to the group exercise classes, DFMWR offers several programs where people can get individual help or pull together a group of friends or coworkers for private lessons.

When looking to get fit in the new year, people can try out any of the following.

ZUMBA

Mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party with Latin and world rhythms. Child friendly.

BODY PUMP

This 60-minute addictive workout challenges all major muscle groups by using weight-room exercises such as squats, presses, lifts and curls. The key to BODYPUMP™ is The Rep Effect™, a breakthrough in fitness training focusing on high repetition movements with low weight loads.

CYCLING

Cycling class focuses on endurance, strength, intervals, high intensity and recovery and involves using a special stationary exercise bicycle to keep you going! This is commonly called Spinning.

MIXXEDFIT

MixedFit is a people-inspired dance fitness program. It is a mix of explosive dancing and boot camp toning. Everything about this dance fitness program can be described as



A group participates in a body pump class, which is held on Mondays at noon at the Whitside Fitness Center. Body pump is one of several classes offered at the fitness centers on Fort Riley to help people get, and stay, healthy and fit.

explosive — the movements are always big, exaggerated, full-out and fun. Child friendly.

BODY BY RISSA

A mixture of different weight lifting and resistance styles that target specific muscles. This class focuses strongly on form and is for all fitness levels. In these classes there is no cardio, with a strong focus on the core.

YOGA

Yoga provides shoulder and hip exercises, inversions, twists, backwards and forward bends, salutations, finishing poses and more. Patrons will learn about the principles of alignment and how to flow through their movements while having a relaxing and peaceful full body experience.

PIYO

This class is a blend of Pilates and Yoga. The Pilates part strengthens and tones the body, while the Yoga part promotes mindfulness and relaxation. As such, PIYO provides a total mind-body workout. Child friendly.

TRX

The TRX Suspension Training is an all workout system that leverages gravity and your bodyweight to perform hundreds of exercises. By adjusting the body position to add or decrease resistance, the individual is in control of how much they want to challenge themselves on each exercise.

HIIT

This High Intensity Interval Training class is a highly effective workout that combines full-body strength training with high intensity cardio bursts.

STRONG

Strong by Zumba is a high intensity interval training workout driven by the science of synced music motivation. Crafted and reverse engineered, the songs match every move, driving the intensity in a challenging progression that provides a total body workout. Child friendly.

BUTTS & GUTS

Sculpt, shape and strengthen your abdominal, buttocks and thigh muscle groups in this targeted, high-impact workout. This class will strengthen and tone all your core muscles, working on the back, butt and thighs in particular

POUND

POUND is predominantly a core, leg and glute workout, zooming in on the balance of lower back and abdominal strength. The entire body is integrated during the workout, with an emphasis on the muscles that narrow the body as opposed to ones that add bulk. Child friendly.

MUSCLE MAX

Incorporating weight training and high reps to achieve definition, burn and muscle fatigue.

PERSONAL TRAINING

With many personal trainers to choose from, get the full experience and meet fitness goals. Personal trainers will meet with a group or one-on-one and work around the patron's schedules to help them in having a healthy and fit lifestyle.

FIT 4 LIFE

A group fitness class led by an experienced personal trainer.

These groups are limited to eight slots a session. They will meet three times a week and the cost is \$75 per person for 12 sessions.

NEW U

A group fitness class led by an experienced personal trainer. These groups are limited to eight slots a session so get them quick. They will meet three times a week and the cost is \$75 per person for 12 sessions.

BALLET WITH MADELINE

Experience adult ballet classes with our instructor Madeline. Appointments made at Whitside Fitness Center. Child friendly.

PT GROUP FITNESS CLASS

This is offered to our active-duty Soldiers. The group will pay a fee of \$25 as a whole, while being led by one of our group fitness class instructors of their choice.

TRAFFIC REPORT

ACCESS CONTROL POINT HOURS

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

For more information about Fort Riley access procedures, visit <https://home.army.mil/riley/index.php/about/visitor-info>.

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

The access control point hours are:

Henry/Trooper/Ogden/Estes:

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

12th Street:

Open from 5 a.m. to 7 p.m., Monday to Friday, closed weekends and federal holidays. This gate will have inbound commercial vehicle lanes only.

Although personally owned vehicles will be allowed access, there is no designated POV lane.

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

Grant:

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

FUTURE PROJECTS - STAY INFORMED

Stay up to date on all road construction projects happening on Fort Riley, download the Fort Riley app from the iOS or Google Play store.

ARMY COMBAT FITNESS TEST

Field Test Period (Oct 2018 to Oct 2019)

EVENT 1 : 3 Repetition Maximum Deadlift

- Deadlift the maximum weight possible three times
- Fitness Components: muscular strength, balance, and flexibility
- Application to Common Soldier Tasks: lifting heavy loads from the ground; extracting a casualty
- Top three PRT activities: Sumo Squat, Alternate Staggered Squat Jump, Forward Lunge
- Field Test 60 and 100 point scores: 140lbs and 340lbs

EVENT 2 : Standing Power Throw

- Throw a 10lb medicine ball backward and overhead for distance
- Fitness Component: explosive power, balance, and flexibility
- Application to Common Soldier Tasks: lifting Soldiers up; jumping across and over obstacles
- Top three PRT activities: Power Jump, Overhead Push Press, Tuck Jump
- Field Test 60 and 100 point scores: 4 and 13 meters

EVENT 3 : Hand-Release Push-Up

- Complete as many Hand-Release Push-ups as possible in two minutes
- Fitness Component: muscular endurance
- Application to Common Soldier Tasks: moving obstacles; hand-to-hand combat; pushing loads and vehicles; getting to and from the ground
- Top three PRT activities: Supine Chest Press, Incline Bench Press, 8-Count Push-up
- Field Test 60 and 100 point scores: 10 and 70 reps

EVENT 4 : Sprint-Drag-Carry

- Conduct 5 x 50 meter shuttles for time - sprint, drag, lateral, carry and sprint
- Fitness Component: agility, anaerobic endurance, muscular endurance and muscular strength
- Application to Common Soldier Tasks: moving quickly under load, extracting a casualty, moving supplies
- Top three PRT activities: Straight-Leg Deadlift, Bent Over Row, 300M Shuttle Run
- Field Test 60 and 100 point scores: 3:35 and 1:40 minutes

EVENT 5 : Leg Tuck

- Complete as many leg tucks as possible in two minutes
- Fitness Component: muscular endurance
- Application to Common Soldier Tasks: surmounting obstacles and walls; rope traverse and rope climb
- Top three PRT activities: Bent Leg Raise, Leg Tuck and Twist, Alternating Grip Pull-up
- Field Test 60 and 100 point scores: 1 and 20 reps

EVENT 6 : 2 Mile Run

- Run two miles for time on a measured, generally flat outdoor course
- Fitness Component: aerobic endurance
- Application to Common Soldier Tasks: dismounted movement; ruck march; infiltration
- Top three PRT activities: Sprint Intervals (30:60s, 60:120s), Release Run, Hill Repeats
- Field test 60 and 100 point scores: 21:00 and 12:45 minutes

For Top Three PRT Activities see:
Field Manual 7-22, Army Physical Readiness Training, OCT 2012
Army Physical Readiness Training application available for iOS and Android devices
ACFT Training Guide, DA EXORD 219-18, ANNEX C

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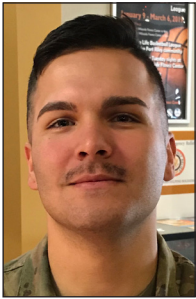
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RILEY ROUNDTABLE

If you were given a \$1,000 shopping spree, where would you spend it and why?



“Growler Labs in Plano, Texas, for car parts to make my car faster.”

PVT. ANTHONY CAPREFOLI
OLATHE, KANSAS

116 Military Police Company, 97th Military Battalion



“Game Stop, because I like video games.”

SGT. CHRISTOPHER ANDERSON
ASHEBORO, NORTH CAROLINA

24th Composite Truck Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade



“Walmart, it has everything you need.”

SGT. CHRISTOPHER BRAZELL
LEXINGTON, SOUTH CAROLINA

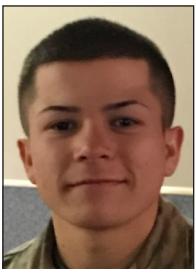
24th CTC, 541st CSSB, 1st Inf. Div. Sust. Bde.



“The hardware store. As a home owner you're always doing something on the house.”

MAGGY ZIFFER
MANHATTAN, KANSAS

Garrison Public Affairs Office



“American Muscle, for car parts.”

PFC. JOSEPH SIERRA
SACRAMENTO, CALIFORNIA

116th MP Co., 97th MP Bn.

THE 1ST INFANTRY DIVISION POST

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LETTERS TO THE EDITOR

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

SAFETY CORNER

Things to remember about Christmas tree safety

By Walter L. Hill
GARRISON SAFETY OFFICE

Team Riley, while holiday decorating is all about adding fun, sparkle and warmth to a very special season, it's important to remember that many of our favorite decorations carry the risk of fire or electrical injury if not used carefully. Don't let a preventable accident take the enjoyment out of your holidays — take a few minutes to read our decorating safety tips.

LIGHTS AND DECORATIONS

- When shopping for lights, electric decorations and extension cords, purchase only the ones that are UL-listed.
- If you're planning to decorate outdoors, make sure you use lights and decorations that are rated for outdoor use. Putting indoor-only products outside in the weather can result in electric shock and fire hazards.
- If you're in doubt as to whether light strings are rated for indoor or outdoor use, just check the color-coded UL mark on the product's package. A green holographic UL mark says, "Indoors only, please," while a red one indicates that the product is safe for both indoor and outdoor use.
- Whether they're brand-new out of the box or seasoned veterans from holidays past, before you put them up, inspect all lights, electric decorations and extension cords for signs of damage to wire insulation, plugs and bulbs. If the damage can be repaired, e.g. broken bulbs replaced, do not

use the item until the repair has been made. If cords and plugs are damaged, discard and replace the decoration.

- Always unplug lights before changing bulbs, replacing fuses or making any other repairs.
- If you need to replace a bulb in a string of Christmas lights, make sure the wattage rating of the replacement bulb you're using matches the light strand. Using a bulb with too high a wattage can cause the light string to overheat, creating a fire risk.
- When hanging Christmas lights outdoors, reduce your risk of electric shock by passing up metal ladders in favor of ladders made of non-conductive materials like wood or fiberglass-reinforced plastic.
- Only use lights and decorations in accordance with manufacturers' instructions.
- Before you begin decorating, verify how many strands of lights are safe to connect end-to-end.
- Be careful not to overload extension cords. Before you start plugging in, find out the wattage rating of your extension cord, as well as the power requirements of any lights or decorations you're planning to plug into it. A wattage rating is the amount of electricity an extension cord is built to carry and if the combined power requirements, or "pull", of your lights and decorations exceed that rating, overheating and fire can occur.
- Every so often, check Christmas light wires to make sure they're not warm to the touch.

- Always turn off all Christmas lights and decorations before going to bed or leaving the house.

SETTING UP YOUR CHRISTMAS TREE

- The way you set up and care for your tree has a big effect on how long it will last, how beautiful it will stay and ultimately, how safe it will be to have in your home.
- Before putting your new Christmas tree into its stand, cut a couple of inches off the bottom of the trunk to expose fresher and more absorbent wood. Taking a few minutes to do this will improve your tree's water intake and make it harder for your tree to catch fire.
- Your tree stand should have a capacity of at least one gallon, which is the amount of water that the average 6-foot Christmas tree can consume in a day's time. As a general rule of thumb, live Christmas trees require one quart of water for every inch of trunk diameter.
- Water live Christmas trees daily.
- Position tree a minimum of 3 feet away from candles, fireplaces, space heaters, radiators, heat vents and other heat sources.
- Because nearly half of all Christmas tree fires involve electrical malfunctions, it's extremely important to check light strands and other electrical decorations before decorating with them.

Team Riley, celebration the holiday season by maintaining situation awareness and ensure your home and surroundings are safe. Enjoy the Holiday Season and if you have any additional questions, please contact the Garrison Safety Office, 785-240-0647.

ASK DR. JARGON

Taking from the good to replace the bad – parts

Dear Doc Jargon,

My husband and his team are getting their equipment ready to deploy. I heard him talking about canning some parts. I thought it meant they were putting stuff in a container for shipping out with them, but the context of the conversation didn't fit. The Soldier he was talking to said, "We have to can some parts off that other vehicle to get one of them working." What is canning in this context?

Signed,

Uncannily Curious

Dear Curious,

The term canning is slang for another bit of military jargon, to cannibalize. Basically, they are taking good parts off of an inoperable piece of equipment to repair another one.

This is common when units are prepping to deploy and have to have specific equipment ready to roll out with them. They order the replacement parts, but sometimes those parts might not make it in before they go. To be safe, they take working parts from equipment not slated to deploy and ensure the deployable assets are in 100-percent working order. When the replacement parts arrive at the unit, the

rear detachment repairs the other equipment.

This practice is a sign that your husband and his team know their equipment and their supply chain pretty well and they aren't afraid of a little extra work to make sure the mission goes off without a hitch.

Thanks for supporting his efforts and I wish your husband, his team a smooth deployment.

Sincerely,

Doc

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

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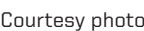
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HAVE A STORY IDEA?

Send it to usarmy.riley.imcom.mbx.post-newspaper@mail.mil or call 785-239-8854/8135.

By Gary Sheftick
ARMY NEWS SERVICE

For those who do not stay in 20 years, opting



A Soldier studies the Blended Retirement System website at <https://militarypay.defense.gov/BlendedRetirement/>. Deadline to enroll is Jan. 1.


Installation personal financial managers have also

provides free financial information and support 24/7 at 1-800-342-9647, and a BRS calculator is at <https://militarypay.com>.

defense.gov/Calculators/BRS/.

"Soldiers are still vacillating on whether they want to opt in," Manning

said. "If you're not certain, you definitely want to opt in, because at least you walk away with some money at the end of your tour."



AMERICA'S ARMY:

THE STRENGTH OF THE NATION

UNCLASSIFIED

Allowances & Entitlements Comparison

(contingency & non-contingency TDY operations)

Army G-1

| Allowances / Entitlements | Combat Operations (Afghanistan/Iraq) TDY Deployed (Contingency) | Combat Support (Kuwait) TDY Deployed (Contingency) | Rotations of Forces (USAEUR-OAR/ERI) TDY Deployed (Non-Contingency) | Rotations of Forces (USARPAC-KRF) TDY Deployed (Non-Contingency) |
|--|--|---|--|---|
| Basic Allowance Housing (BAH) (1) | YES | YES | YES | YES |
| Basic Allowance Subsistence (BAS) | YES | YES | YES | YES |
| Hardship Duty Pay- L (HDP-L) | YES | YES | Depends on the location | YES |
| Imminent Danger Pay (IDP) | YES | NO | Depends on the location | NO |
| Family Separation Allowance (FSA) | YES | YES | YES | YES |
| Per Diem: (lodging+meals+IE) | | | | |
| Lodging | YES | YES | NO | NO |
| Meals | Gov't provided | Gov't provided | Essential Unit Messing (2) | Essential Unit Messing (2) |
| Incidental Expense | YES (\$3.50/day) | YES (\$3.50/day) | NO | NO |
| POV Storage | YES | YES | NO | NO |
| Special Storage of HHG (3) | YES | YES | YES | YES |
| Special Leave Accrual (SLA) | YES | YES | YES | YES |
| Rest and Recuperation (R&R) (365- days deployment required) | YES | NO | NO | NO |

(1) Exception: members housed at government type quarters/UPH at PDS.

(2) Meals consumed at DFAC and meals payroll deduction (BAS)

(3) Limited

1

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by donating your gently used items.

TRAIN

Continued from page 1

us. We had two rides today and will have one tomorrow morning for the Reserves. We are thrilled that you were able to join us. This is our way of saying thank you for what you do for all of us. We greatly, greatly appreciate it. We believe that our military people deserve our respect and appreciation — we hope you feel that through the rides like today.”

Ice, presented two checks to military affiliated organizations — \$5,000 to the Kansas National Guard Foundation and \$10,000 to K-State’s Military and Veterans’s Affairs office.

Retired Lt. Col Art De-Groat, founder and executive director of the Office of Military and Veterans Affairs and the Military and Veterans Affairs Innovation Center at Kansas State University, received the check on behalf of K-State.

“Thank you very much,” he said. “As Gen. (Richard) Myers (president of Kansas State University and a retired four-star general in the United States Air Force who served as the 15th Chairman of the Joint Chiefs of Staff), said our office is privileged to do a lot of work helping Fort Riley families. This gift is going to be used with the USO Fort Riley Pathfinder program. (It) helps about 3,000 Soldiers and their families’ transition to civilian life in the workplace every year. We are pleased to offer some supplementary workshops. We are going to use this money to help the workshops.”



Will Ravenstein | POST
Victoria Crawford, 3, daughter of Staff Sgt. Dustin Crawford, 24th Composite Truck Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade, left, and Kenzie Kemper, daughter of Spc. Kelvin Kemper, 24th CTC, 541st CSSB, 1st Inf. Div. Sust. Bde., dance in the aisle Dec. 8 during the Holiday Express train ride put on by Burlington North Sante Fe. Close to 700 Fort Riley family members took part in the event.

VIRTUAL

Continued from page 1

“Safety was a priority, a non-negotiable priority,” Ingersoll said. “We have been really careful about the safety planning. We built in numerous redundancies for safety.”

In addition to the safety for the patients, they looked at the safety issues from a professional level.

“Every time I see a patient, I am putting my medical license on the line,” Pitts said. “Here I am seeing a patient in an acute, usually suicidal setting and I am hundreds of miles away. When we first conceptualized this, that was in the forefront of my mind — I want to help you, I want to help the providers, but I would also like to have a medical license at the end of this too.”

Ingersoll agreed their biggest concern was “getting it right.”

“I think because of that we took a very cautious approach,” he said. “We will provide good quality medicine, but we do have built in safety nets.”

One of the safety nets is making sure there is always a provider on call who can go in if needed.

The one piece they have not been able to map out is the internal tracking. There is no clear way to document how much the project is costing IACH from a fiscal standpoint and how much free labor General Leonard Wood Army Community Hospital is receiving.

“Sometimes that is a wash when you are taking care of the same team,” Pitts said.

With the early success of the program, he said they are already talking about ways to further develop it to the benefit of both hospitals.

“I think this program can really change the way we do inpatient psychiatric care,” Pitts said. “We are not going to have a sudden influx of psychiatrists. Being an Army psychiatrist is not the sexiest of jobs. It will be harder and harder for the Army to keep the ones they have.”

Having this kind of partnership could go a long way to make life more tolerable for the practitioners and increase satisfaction, he said.

“What this partnership brings us is the ability to alleviate the pressure on our providers, the call pressure on the weekends,” Ingersoll said. “The burden that we’ve faced, hindered our ability to keep providers because of the stress.”

LONG-DISTANCE CARE

Making life more bearable for three providers at GLWACH means giving them a few hours a week off said Pitts. The plan they developed was for IACH providers to help cover weekends and holidays.

On Friday afternoons, the GLWACH team creates and sends IACH a list and brief summary of their clients. They email the information over on a secure-daccount and then have a tele-conference to discuss the cases.

If they have violent or psychotic clients who they don’t think are appropriate for tele-health, they will screen those out and the GLWACH psychiatrists make in-person visits. IACH will also not see any new patients who haven’t been seen in person.

When Saturday and Sunday roll around, IACH psychiatrists go in and see their clients then get on video teleconferencing with GLWACH staff.

“We meet with the nurse and the nurse gives us an update with what has happened ... with that patient,” he said. “We have our list of things we need to address based on what the team recommended or requested. Then we sit down and talk to that patient for 10, 15, 20 minutes, however long the patient needs. We are just doing basic medical rounding — how are you today, has anything changed, do you have any concerns?”

The monitor is large enough to allow the doctors at IACH to observe the client and look for non-verbal cues. They can see if a person’s lips tremor, if their cheeks quiver and how they are holding their hands.

Other things they can’t see, like if the person is tapping their knees. But there is a nurse in the room the entire time. The nurse can serve as an advocate for the client.

Then Monday morning, the doctors at both hospitals convene another conference call to go over the weekend’s work.

“They are still working a lot,” Pitts said. “But at least we are taking some (of the workload). Even if it’s only three or four hours each day of their weekend, that’s a big deal when you are working seven days a week.”

Pitts and Ingersoll said they look forward to where the program can go in the future.

“We think that this is going to be a lasting, and I think, mutually beneficial relationship,” Ingersoll said. “Not only to the two facilities but more importantly, to the patients that we serve on both ends. This is a win for all customers.”

Fort Riley - Central Kansas Chapter



AUSA



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INJURIES Continued from page 2

CHILBLAINS
Chilblains is a nonfreezing cold injury occurring in cold, wet conditions — between 32 and 60 F with high humidity. It happens when there is repeated, prolonged exposure of bare skin. It can develop in only a few hours and affects the ears, nose, cheeks, hands and feet.

- Symptoms:
- Initially wound is pale and colorless
 - Worsens to achy, prickly sensation then numbness
 - Red, swollen, hot, itchy, tender skin upon rewarming
 - Blistering in severe cases

- Prevention:
- Keep affected area dry and warm
 - Cover exposed skin
 - Wear uniform properly
 - Use the buddy system

- Treatment:
- Prevent further exposure
 - Wash and dry area gently
 - Rewarm (apply body heat)
 - Don't massage or rub affected area
 - Apply dry sterile dressing
 - Seek medical aid

TRENCH OR IMMERSION FOOT

Trench or immersion foot is a potentially crippling, nonfreezing injury, which occurs in temperatures between 50 F to 32 F. It is caused by prolonged exposure of skin to moisture for 12 or more hours. The highest risk is during wet weather, in wet areas or when sweat accumulates in boots or gloves.

- Symptoms:
- Initially appears wet, soggy, white, shriveled
 - Sensations of pins and needles, tingling, numbness and then pain
 - Skin discoloration — red, bluish, or black

- Becomes cold, swollen and waxy appearance
- May develop blisters, open weeping or bleeding

- Prevention:
- Keep feet clean and dry
 - Change socks at least every 8 hours or whenever wet and apply foot powder
 - Bring extra boots to field — alternate boots from day to day to allow boots to dry
 - No blousing bands
 - Report all suspected cases to leadership

- Treatment:
- Prevent further exposure
 - Dry carefully
 - Do not break blisters, apply lotions, massage, expose to heat or allow to walk on injury
 - Rewarm by exposing to warm air
 - Clean and wrap loosely
 - Elevate feet to reduce swelling
 - Evacuate for medical treatment

DEHYDRATION
Dehydration is often thought of as a heat-related injury. However, it is an equal threat when the weather is cold. Dehydration is caused by a loss of body fluids to the point of slowing or preventing normal body functions. It can increase ones chance of becoming a cold weather casualty, especially hypothermia.

- Prevention:
- Drink minimum of three canteens of water daily for inactivity and five to six quarts for activity, even when not thirsty
 - Monitor urine color
 - Drink hot liquids for warmth

- Symptoms:
- Dark urine

- Headache
- Dizziness
- Nausea
- Weakness
- Dry mouth, tongue, throat, lips
- Lack of appetite
- Stomach cramps or vomiting
- Irritability
- Decreased amount of urine being produced
- Mental sluggishness
- Increased or rapid heartbeat
- Lethargy
- Unconsciousness

- Treatment:
- Drink water or other warm liquids
 - Fluids should be sipped, not gulped
 - Do not eat snow
 - Rest
 - Get medical treatment

SNOW BLINDNESS
Snow blindness is an inflammation and sensitivity of the eyes caused by sunlight reflected by the snow or ice.

- Prevention:
- Eye protection (dark, UV protective glasses)
 - Field expedient protection — cut narrow slits in MRE cardboard and tie around head
 - Do not wait for discomfort to begin before taking preventive measures

- Symptoms:
- Gritty feeling in eyes
 - Redness and tearing
 - Eye movement causes pain
 - Headache

- Treatment:
- Remove from sunlight
 - Blindfold both eyes or cover with cool, wet bandages
 - Seek medical attention
 - Recovery may take two to three days

VISIT Continued from page 1



Sgt. Jarel Chugg Guerra, 19th PAD
Soldiers of the 1st Infantry Division listen to Sgt. Maj. of the Army Daniel Dailey on Nov. 30 during a question-and-answer session at Barlow Theater, Fort Riley. Dailey explained changes coming to the noncommissioned officer education system.

Also during his visit, Dailey conducted physical training with his former unit, the 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div.; visited Irwin Army Community Hospital; and watched 2nd Armored Brigade Combat Team railhead operations.

Spc. Logan Toney worked out with Dailey that morning and said his personality, the way he presented himself and his physical condition made the PT session a good experience.

“He’s exactly what you think of when you think of the Sergeant Major of the Army,” Toney said.

It is important for high-ranking officials interact with Soldiers because it shows they “recognize the work we do and the time and effort we put into our job,” Toney said.

Dailey’s visit was a morale boost and Toney said he was “very cool” and humble.

“I think he is the type of leader every Soldier should want to be like,” he added.

RECRUITER Continued from page 1

who has lived the life then trying to get you through the initial hurdle.”

That was what 1st Lt. Joshua Ryan, assistant S-3, Headquarters and Headquarters Company, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Inf. Div., was hoping to learn.

“Just to see what my options are throughout the military,” the Burns, Wyoming, native said. “You get to work with host nation forces and just coming back from Europe a couple months ago, I liked working with those forces. To do that as a profession all the time would be awesome.”

Ryan said most of his ROTC instructors at the University of Wyoming had a background in special forces and that interested him while learning.

“Those guys brought me up so I want to do what those guys did,” he said.

Ryan is unsure if he will submit his packet by the open time in January as he is slated for a rotation to the National Training Center, Fort Irwin, California, and for attendance at Ranger School later in the year. He realizes that more qualifications he has at time of submittal will make him a more sought after candidate.

As for the goal of the day, Bunch said he hopes the officers present take with them more information about how the process and the opportunities available to those who look for them.

“I’m hoping that they actually take away that there are opportunities out there rather than, ‘I’m stuck being in my branch,’ or ‘I’m stuck being branch transfer,’ or ‘the only chance at being happy is dropping a [return from active duty] packet and getting out,’” he

said. “I’m hoping they take back a lot more information than I could give them on the career pipeline for an officer. I can only give them so much and the graphs and everything they gave out tonight — I can read them and give my impression of them — but to tell any commissioned officer the importance of any of them would be, that’s not going to mean anything coming from Sgt. 1st Class Bunch. That will mean something coming from a major or a captain in the branch they are looking at going.”

Officers interested in joining the special forces groups can stop by the recruiting office, 7450 Normandy Dr. or call the office at 785-240-1840.

Bunch said all packets go to him from the service member to HRC. There is no need for command approval to “bless off” on the packet.

FORT RILEY RELIGIOUS HOLIDAY EVENTS

Dec. 23, 11 a.m. Combined Protestant Worship
Victory Chapel

Dec. 24, 4:30 p.m. Holiday Wagon Ride All
Main Post Chapel

Dec. 24, 4:30 p.m. Christmas Eve Children’s Mass
Victory Chapel

Dec. 24, 6 p.m. Christmas Eve Candlelight Service
Main Post Chapel

Dec. 25, 10 a.m. Christmas Day Mass
St. Mary’s Chapel

Jan. 1, 2019 10 a.m. New Year’s Day Mass
St. Mary’s Chapel

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Will Ravenstein | POST

Santa joins Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander and Command Sgt. Maj. Andrew T. Bristow II, U.S. Army Garrison Fort Riley senior non-commissioned officer, as they lead the audience in a 'Go Army, beat Navy' chant.

SHINING BRIGHT

Christmas tree-lighting ceremony brings families together, ushers in festive spirit for holidays

Story by Gail Parsons
1ST INF. DIV. POST

With a quick flip of the switch, the dark front lawn of garrison headquarters was lit up when the multi-colored lights of the Christmas tree came on.

Despite temperatures hovering just under the freezing point and a wind chill of 25 F a crowd gathered Nov. 6 for the annual ceremony.

U.S. Army Fort Riley Garrison commander Col. Stephen Shrader welcomed those who attended and thanked them for braving the cold.

"No holiday tree lighting ceremony would be complete without Jack Frost nipping at your nose," he said.

He made his comments short and to the point allowing the ceremony to wrap up quickly so people could enjoy the refreshments served by USO Fort Riley and go into the warm building where Santa Claus met with families.

"We take this time every year to host this event as a kickoff of the holiday season," he said. "The time when families come together all across the



Will Ravenstein | POST

Santa arrives to the U.S. Army Garrison Fort Riley Christmas tree lighting ceremony Dec. 6 after catching a quick ride from the Fort Riley Fire Department. Bitter cold did not keep families away from watching the annual lighting ceremony. Families moved inside the Garrison Headquarters building after the ceremony for their chance to see Santa and take photos.

"Together, we forge a bond of service and dedication to one another that stands the test of time."

COL. STEPHEN SHRADER | U.S. ARMY
FORT RILEY GARRISON COMMANDER

country to rejoice and share in holiday cheer."

He pointed out that for everyone gathered and for all those across the installation, the military and community families are just as important as everyone's individual families.

"Together, we forge a bond of service and dedication to one another that stands the test of time," he said.

Knowing many service members are deployed this holiday season, Shrader said it is a time to be thankful for the blessings they have and to remember those who could not be there.

"I want everyone to take a moment and remember our Fort Riley servicemen and

See TREE, page 10

"You have to give ... a letter of introduction. It has to say who you are, what you want to sell and little bits of information (such as) what you're going to charge. You fill out the form, it's all sent out to me and I'll send it up to JAG."

TRACY WHITE-RODRIGUEZ
DIRECTORATE OF FAMILY
AND MORALE, WELFARE
AND RECREATION

Business permits required on post

Permits valid for one year, cost nothing for business owners

By Téa Sambuco
1ST INF. DIV. POST

Some military spouses and Soldiers supplement the family income with small home businesses. This, for many spouses, allows them to contribute while saving money staying home.

Having a business on Fort Riley means the owner must obtain a permit to provide a service. To get a permit, Tracy White-Rodriguez with Directorate of Family and Morale, Welfare and Recreation can help.

"A lot of people do not know that you have to have a permit," White-Rodriguez said. "You have to give ... a letter of introduction. It has to say who you are, what you want to sell and little bits of information (such as) what you're going to charge. You fill out the form, it's all sent out to me and I'll send it up to JAG."

Owners of a business are required to sign off as president, vice president or district manager. Those are independent distributors are required to provide a copy of the contract signed by them and the president, vice president or district manager of the company they are selling for.

White-Rodriguez said business owners are also given

INSIDE

• Examples of businesses allowed on post, **PAGE 12.**

See PERMITS, page 12

Strategies to avoid breaking bank this holiday season

Making early holiday budget, managing credit smart tactics

By Amanda Ravenstein
1ST INF. DIV. POST

Holiday shopping can be expensive for some people. Things like buying gifts, traveling and the cost of food can be a financial burden. Making a budget at the beginning of the year and planning for the holidays can make it easier.

"You know with the holidays, people tend to overspend," said Paul Depusoir, Army Community Service financial counselor. "They tend to overspend so; credit cards will become an issue."

He advises to use cash or a debit card to pay for them.

"If you can afford to purchase it through debit transaction, then you're paying for it with money that you already have," he said "As opposed to mortgaging your future or mortgaging your next paycheck that's coming months from now and putting it on a credit card. Often that's what happens to someone. They will overspend because if they put it onto their credit card, they're just going by (their) credit limit and we tend not to show a lot of control over that money."

"But, if it's (the) money in your account and you know you have \$1,500 in

CONTROLLING HOLIDAY SPENDING

- Put your current finances under a microscope.
- Create a holiday budget.
- Avoid the binge.
- Revamp your gift policy for all the adults on your list.
- Start your shopping list for next year.
- Price gifts online, then compare by phone.
- Don't forget the coupons.
- Don't forget taxes, shipping or fine print when shopping online.
- Allocate spending for charity.

[there] — that's it. At some point, a switch comes on where you realize you can't spend more than what you have in that account."

Depusoir said people with credit cards have a tendency to spend without immediate consequences.

"With a credit card those controls switch off,"

he said. "They're not there anymore because you're just spending and saying I won't even worry about it, (I) won't even think about it. So, it will make a lot more sense to do a debit transaction instead. Credit tends to make you spend more than you can afford to spend."

"If you can afford to purchase it through debit transaction, then you're paying for it with money you already have."

PAUL DEPUISOIR
FINANCIAL COUNSELOR,
ARMY COMMUNITY SERVICE


The list, nine ways to keep holiday spending under control, and explanations can be found at www.plannersearch.org/financial-planning/9-ways-to-keep-holiday-spending-under-control. Using tips in a list could help with holiday budget planning and execution.

December is the time to plan out the household budget for next year, Depusoir said.


"I think this would be the perfect time to transition into planning 2019," he said. "And asking 'Is this going to be one of my goals, to start saving to a budget?' This would be the time because if you can make it to December it's going to make it a lot easier in January because December is an odd month because there is a lot of spending happening."

"Even when you can't afford it," he said. "You feel somehow obligated and so, if you get started in December you'll be set up for a good trend when you move forward every month."

FORT RILEY POST-ITS

**1st Infantry Division Band**

First Infantry Division Band Holiday Concert, Dec. 14 and 15 at 7:30 p.m. at the C.L. Hoover Opera House, 135 W. 7th in Junction City. This is a free event. Get pictures with Santa before the show. The annual Holiday Concert has delighted audiences for years. For information visit: <http://www.jcoperahouse.org/event/1fc24f4797aadd12fa0e922be13dd1e7>

**Franny Elfman**
December 13

I saw somewhere that Santa is going to be at the hospital, does anyone know when that is?


89

3 Comments

Like


Comment

Share

**Spc. Shell** Santa will be at Irwin Army Community Hospital Dec. 15 from 8 to 11 a.m. for the Breakfast with Santa event. The menu will include Santa pancakes, scrambled eggs, gingerbread muffins, juice, milk, hot cocoa and more at á la carte pricing.


Like

Reply

**Franny Elfman** Oh great! Thank you


Like

Reply

**Spc. Shell** You're welcome.

Like

Reply

**Fort Riley**

Fort Riley dining facilities Devil's Den, building 7011 and Demon Diner, building 694, will both be closed Dec. 15 and 16, 22 through 25 and 29 through Jan. 1. Cantigny DFAC, building 7673 will be open. Winter holiday and half-day hours from Dec. 22 through Jan 6.

Let's go to the movies @Barlow Theater
December 14

Friday — Fantastic Beasts: The Crimes of Grindelwald (PG-13) 7 p.m.
Saturday — Instant Family (PG-13) 2 p.m. and The Girl in the Spider's Web (R) 7 p.m.
Sunday — Studio Appreciation Screening - Aquaman (PG-13) 2 p.m.
Theater opens 30 minutes before first showing For more information, call 785-239-9574. Regular Showing: \$6, children are \$3.50, children 5 and under are admitted free. 3D Showing: \$8 First Run: \$8.25, 3D; First Run: \$10.25

Like


Comment

Share

16

13

5

**Fort Riley MWR**

Holiday Hoops Tournament, Dec. 15 starting at 9 a.m. at Whitside Fitness Center, 684 Huebner Rd. Open to the entire Fort Riley community. Must have been registered by Dec. 13 to participate in this single elimination tournament.

Residents at Fort Riley

Tis the Season, Dec. 14 from 10 a.m. to 5 p.m. Visit any of the Corvias community offices for cookies, hot chocolate and holiday cheer and to see Santa. Check out the Facebook event for times and locations. www.facebook.com/events/1585088751592880/

Like


Comment

Share


189

73

115

**Fort Riley MWR**

Advance appreciation screening of Aquaman, Dec. 16 at 2 p.m. at the Barlow Theater, 7866 Normandy Dr. Pick up free tickets for this screening at any Fort Riley Exchange food court as this is a ticketed, first-come, first-served event. Doors open at 12:30 p.m.

**Fort Riley**

Wreaths Across America, Dec. 15 at 11 a.m. at the Fort Riley Cemetery. Join 1st Infantry Division and the Veterans of Foreign Wars Post 1281 for this annual wreath laying event honoring veterans. Fort Riley guests can go to the Visitors Control Center at Henry gate, exit 301 on I-70, to obtain a visitors pass.

TREE Continued from page 9

women who are shouldering the ruck sack of freedom and standing vigilant, deployed around the world,” he said. “They can’t stand beside us tonight. But they are in our thoughts, they are in our prayers and they are in our hearts for their dedicated, honorable service to the nation.”

Shrader was then joined by Fort Riley Command Sgt. Maj. Andrew T. Bristow II. Together, at the end of a countdown from five, they flipped the switch to the cheers of the crowd.

Following the lights being turned on, children from the Youth and School Age Center sang Christmas carols until they were interrupted by a firetruck with its lights flashing — bringing Santa Claus for a visit.

As the children and their parents rushed into the warmth of Building 500 and lined up down the main hallway for chance to have their pictures taken and talk to Santa. Others stayed outside. They were waiting to hear who won the second annual holiday lawn card competition.

The wooden cards displayed on the lawn at Garrison Headquarters were judged by Shrader and Bristow Dec. 4. This year’s winner was the Directorate of Human Resources.

While staff from DHR accepted their trophy the USO Fort Riley tent stayed busy outside and children were

Will Ravenstein | POST
Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander, and Command Sgt. Maj. Andrew T. Bristow II, garrison senior noncommissioned officer, lead in a count down before lighting the Christmas tree Dec. 6.

anxious for their turn to see Santa inside.

Among those lined up was the family of 1st Sgt. Sergio Estrella, 1st Combined Arms Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division.

He, his wife Rebecca Estrella, daughters Natalia Estrella, 15, and Angelina Estrella, 12, and his son 6-year-old Aiden Estrella, braved the cold because it is important for the children, especially Aiden, to get to see Santa, Sergio said.

“I used to love to see Santa Claus when I was little, so I want him to meet Santa Claus as well,” he said.

Aiden said he didn’t mind waiting in the cold because he had a jacket. His plan, when he got to the front of the line, was to give Santa a big hug and ask him for a Fortnight gun.

GO ARMY, BEAT NAVY

Gail Parsons | POST
Soldiers gather at Warrior Zone to watch the Army vs. Navy game Dec. 8. The center had several televisions tuned into the game Army won for the third consecutive year.

Worship Opportunities

| Protestant Services | |
|---|-----------|
| Victory Chapel | 239-0834 |
| ChapelXt Protestant Service | |
| Sunday Worship..... | 1100 |
| Children’s Church..... | 1105-1200 |
| Morris Hill Chapel | 239-2799 |
| Gospel Protestant Service | |
| Sunday School..... | 0900 |
| Sunday Worship..... | 1100 |
| Main Post Chapel | 239-0834 |
| Traditional Protestant Service | |
| Sunday Worship..... | 1030 |
| Children’s Church..... | 1045-1130 |
| Catholic Services | |
| Victory Chapel | 239-0834 |
| Sunday Mass..... | 0845 |
| Sunday Catechism..... | 1000 |
| Saint Mary’s Chapel | 239-0834 |
| Sunday: Confession (or by appointment)..... | 1100 |
| Sunday Mass..... | 1130 |
| Daily Mass – Mon., Wed., & Fri..... | 1200 |
| IACH Chapel | 239-7872 |
| Daily Mass – Tue. & Thur. | 1200 |
| Jewish Service | |
| For worship and holiday observance information 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. Childcare provided for birth-4yrs.

Club Beyond - Faith Based Youth Program

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Combined MS/HS Youth 1830-2015 at Victory Chapel
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AWANA


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



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

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


For more information email rileypwoc@gmail.com or Facebook “Fort Riley PWOC”

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


Weekly Wednesday Meeting 0900-1130 at St. Mary’s Chapel. Childcare provided.

For more information email fortrileycwoc@gmail.com or Facebook “Fort Riley CWOC”

Check for schedule over Training Holiday weekends

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Two students, Shane McWilliams, 13, and Eduardo Chirinos, 14 and their teacher, Wyatt Jiru, visit the 1st Engineer Battalion Headquarters Dec. 6 to learn more about Military Occupational Specialties on Fort Riley.

Junction City students enjoy career day

Middle-school duo write grant to visit sites on Fort Riley

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

Two eighth-grade students from Junction City Middle school visited Fort Riley Dec. 6. The students, Shane McWilliams, 13, and Eduardo Chirinos, 14, applied for a grant during their careers class, an elective offered by JCMS.

The students grant paid for the district to bring in a substitute teacher for the day and transportation to and from Fort Riley.

The JCMS physical education teacher, Wyatt Jiru, said the students wrote a proposal and gave a presentation explaining why they should be chosen and their interest in the military. The top two were picked to take a tour of Fort Riley.

Shane said for his proposal, he did research and wrote about why he wanted to visit Fort Riley.

"I kept saying 'I want to be the guy that people look up to, to

go help out and I wanted to serve our country and make sure everybody was safe,'" he said.

Shane's stepfather has been enlisted in the Army since the age of 18, and Shane hopes to follow in his footsteps and be a leader to other Soldiers.

Eduardo said he applied for the grant because he wanted to join the Army to make his stepfather proud.

While many mentioned the Air Force, it was his stepfather who said the Army would be better for him, and Eduardo thought "Why not?"

"I'm very happy to be here," he said. "In fact, it's really an honor to be here on Fort Riley."

The two students visited 1st Infantry Division Headquarters, 1st Engineer Battalion Headquarters, the Commanding General's Mounted Color Guard, the Demon Dining Facility and finished the day at the flight simulators.

Eduardo said his questions were answered almost immediately.

"There's a lot you can do over here at Fort Riley," he said. "You can be almost anyone."

Troopers close out '18 wrestling season

Team finishes seventh overall at league tournament

By Will Ravenstein
1ST INF. DIV. POST

The Fort Riley Middle School wrestling team closed out their season Dec. 7 at the North Central Kansas League a tournament in Clay Center, finishing seventh out of seven teams with 64 team points.

"The Troopers did not finish the season how they wanted," said coach Robert Shefelton. "They did have a couple bright spots."

Nathan Smith earned first place in the 155-pound class, the first Trooper to do so according to Shefelton. Smith took a first round, quarterfinal, bye and defeated Wamego's Grant Larson via pinfall in 19-seconds in the semifinal match to earn his way into the championship. Smith followed his earlier performance with

NORTH CENTRAL KANSAS LEAGUE WRESTLING RESULTS

1. Clay Center, 269; 2. Abilene, 178; 3. Marysville, 157; 4. Wamego, 157; 5. Concordia, 143; 6. Chapman, 88; 7. Fort Riley, 64.

a pin against Abilene's Austin Fink with 22-seconds remaining in the third period.

Smith's first place was the only title the Troopers earned at the tournament.

Davin Dewaine, 180-pounds, fell to Marysville's Peyton Smith in the championship match after being pinned 33-seconds into the first round. Dewaine opened the day with a pin on DJ Messerly, Chapman, with 6-seconds to spare in the open period. Dewaine backed that performance up with a pin in 38-seconds on Wamego's Adan Muniz.

Jose Padilla, 141-pounds, and Fedel Small, 110-pounds, both finished fourth in their respective weight classes for medals.

Small defeated Chapman's Cougar Edwards in 49-seconds via pinfall to start the day. In

semifinal action, Small fell to Abilene's Braden Wilson via pin in the second period. Small rebounded in the consolation semifinals with a win via pin, 42-seconds, over Keaton Grauer, Marysville; but fell to Clay Center's Carter Trimble 41-seconds into the second period in the third place match.

Padilla began his day with a first round bye before falling to Taylor Dumas, Clay Center, in the semifinals after getting pinned with 23-seconds remaining in the second period. Padilla defeated Abilene's Colin Ryan 43-seconds into the match after rolling him into a pin. In the third place match, Padilla was defeated by a pin with 3-seconds remaining in the second period.

"All and all, I feel we had a fairly good season," Shefelton said. "The kids came a long way

since the first day of practice and I feel they really improved a lot. Considering most of them had no idea what wrestling was all about."

Shefelton said he appreciated the help and support from the parents this season and is looking forward to his seventh grade wrestlers returning next year with experience under their belts.

Also wrestling, but not placing, at the tournament were: Sydnee Stoner, Ryan White, Josh Mulhern, Eleazer Martinez, Collin McQueen, Alex Roberts and Zachary Wilcox.

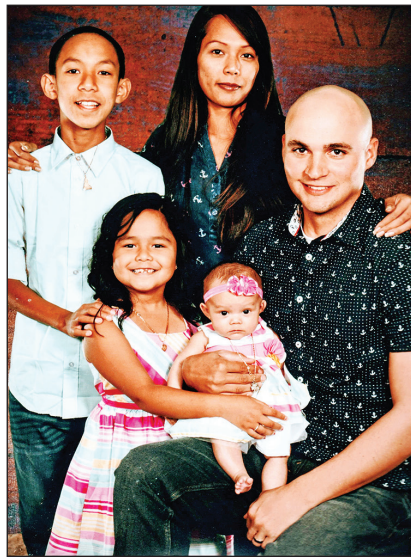
The junior varsity team was also in action with Austin Pardun, 141- to 148-pounds, finishing first.

Adrian Jenkins, 141- to 148-pounds, finished third in the class.

Ethan Morgan, 141- to 148-pounds, closed out the day in fourth place.

Luis Carino, 127-pounds, and Jaylan Okert, 155- to 165-pounds, also represented the Troopers but did not medal.

TUESDAY TRIVIA CONTEST



The question for the week of Dec. 11 was: Where can I find information on religious support at Fort Riley and the activities happening this month?

Answer: <https://home.army.mil/riley/index.php/about/directorates-staff/chaplain>

This week's winner is Sara Weeden, spouse of Sgt. James Weeden, 1st Battalion, 5th Field Artillery, 1st Armored Brigade Combat Team, 1st Infantry Division.

Pictured above are Sara and James with their children, Darian, Kaliyana and Lunabeele.

CONGRATULATIONS SARA!

Fort Riley Mass Warning and Notification System Smartphone App

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

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

The app is not currently approved for government mobile devices.

Be Army ready - Stay informed

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

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

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

PASTA Wednesday
Pasta Main Dish
Green Beans
Focaccia
Greek Salad

Information: 785.784.1000

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Salad Bar only for just \$5.95

1st Infantry Division Band's Annual HOLIDAY CONCERT

FREE & OPEN TO PUBLIC
7:30 pm Friday, Dec. 14 & Saturday, Dec. 15
C.L. Hoover Opera House, 135 W. Seventh St., Junction City, Kansas

INFORMATION
785.238.3906 | www.jcoperahouse.org

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HEARTS APART

Create a Valentine care package for your hero!

- Make it, take it home, stuff it with goodies and mail it to your loved one for Valentine's Day!
- Boxes & supplies provided
- Use one of our designs, or bring supplies for your own idea!
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FREE!

Open to Families of deployed Soldiers and Blue Star Card Families

Advance registration required by January 10

RSVP to ACS Outreach at 785.239.9435 or by email at usarmy.riley.jimcom.mbx.acs@mail.mil. Include your name, email address and phone number; your sponsor's name and unit; and the number of children attending (if any) and their ages.

INFO: ACS Outreach 785.239.9435

GOING TO THE CHAPEL



TOP: Chaplain (Capt.) Andrew Nielsen, left, is presented with a piece of the Historic Main Post Chapel stained glass as a token of appreciation and memento during the Protestant service Dec. 9. Nielsen and his family are leaving Fort Riley for Fort Jackson, South Carolina. ABOVE: Children of the congregation at the Main Post Chapel walk down the aisle toward the altar prior to singing Dec. 9. The youth performed three songs; “Away In A Manger,” “Hark! The Herald Angel Sing” and “Silent Night.”

Photos by Will Ravenstein | POST

PERMITS Continued from page 9

EXAMPLES OF BUSINESSES ON POST

- Monat haircare products
- Pampered Chef
- Cleaning services
- Transcription services
- Rodan & Fields
- Massage therapist
- Mary Kay Cosmetics
- Thirty-One
- Paparazzi
- Photography
- Insurance
- Scentsy
- Millennial Wealth Management Advisors LLC
- First Command Financial Services

- Pink Zebra
- Poetree Growth In Motion LLC
- DJE Tax Solutions
- Oh Sew Kristy
- Rae of Grace by Nina
- Woodworking & burning items
- Arts and crafts items
- Dream Complete Boutique
- The WareHouse
- Jump Street Shuttle
- Bethel Baby
- First Command Financial Services
- Trades of Hope
- Filled with Grace

a ‘personal commercial solicitation evaluation’ paper that they copy and give to all first-time customers. If a first-time customer is displeased, they can fill out that form and turn it in to her.

Permits last for a year and do not cost anything, she said. If someone is caught selling out of the home without one, they will be kicked out of on-post housing.

With a permit, businesses are allowed on post so long as they do not interfere with services provided by DFM-WR or the Exchange, Tracy said.

YOU CAN HELP
PREVENT
NEIGHBORHOOD
CRIME



Neighborhood crime prevention tips

- Be alert and aware of your surroundings.
- Vary routines to be less of a target.
- Lock home and cars.
- Keep packages and valuables out of sight in cars.
- Don’t put expensive gift packages — such as new electronics — at curbside for trash pickup.
- Report any suspicious activities.

If you see suspicious activity call 911.

Stay safe, let security personnel investigate.



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Workshop is Open to All



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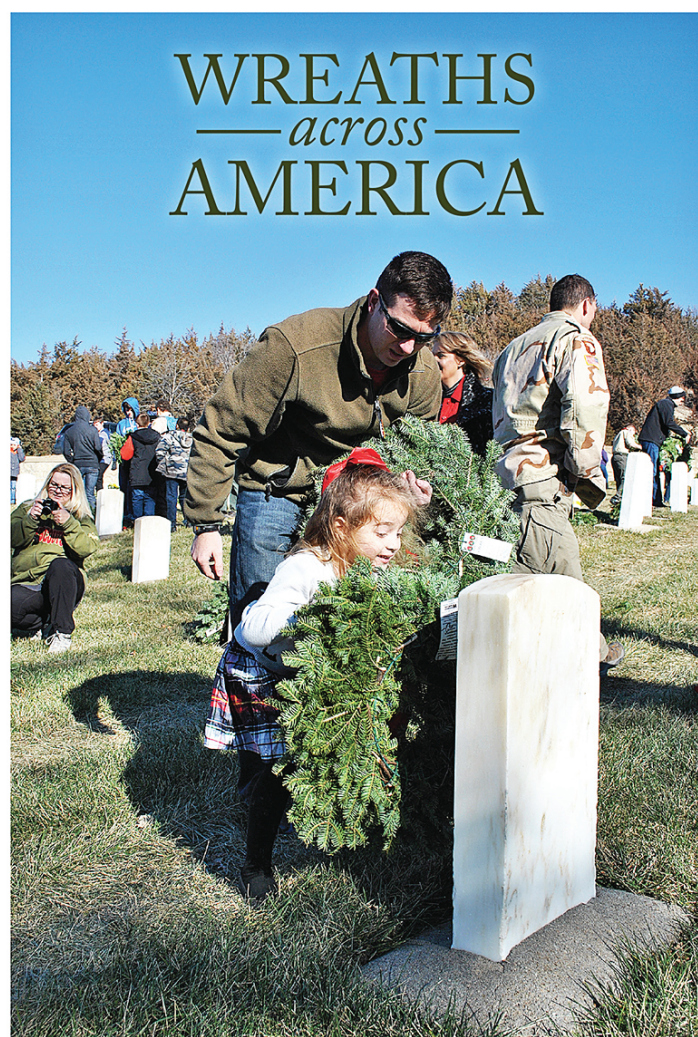
SELF-SERVE DIY WRAPPING STATIONS


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AMERICA





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FORM MATTERS

Inclined dumbbell bench press

By Gail Parsons
1ST INF. DIV. POST

The hand release pushup is the third event on the Army Combat Fitness Test.

The hand release push up measures upper body strength and power. It is relevant to combat tasks like reinforcing obstacles, moving munitions and pushing up from cover during evade and maneuver.

“Even something as simple as pushing yourself up and getting ready to do the 3- to 5-second buddy rush that power is really important,” said Capt. Chris Boyer, 97th Military Police Battalion Physical Therapist. “Especially with the amount of (gear) we are wearing these days.”

When executed properly it requires more pectoral contraction than a regular pushup.

One of the exercises Boyer recommends for people who want to increase the pectoral strength

is the incline dumbbell press.

This move will work the deltoids and the pecs, which are the two main muscles involved in the hand release push up

“We will put the body at an incline biasing the upper portion of the pecs,” Boyer said.

Being on an incline while doing a press will “preferentially target certain muscles a little more than just being flat on the ground,” he said.

Like any exercise, if not executed with proper form, injuries can happen.

“You can definitely get some shoulder pain,” he said. “The key is to not get greedy. Start with weight you can accomplish with good form. If you’re not able to do that then you need to lessen the weight. Don’t lift for ego.”

Pfc. Austin Miller, 300th Military Police Company, 97th MP Bn., demonstrates the proper form for the inclined dumbbell bench press:



INCLINED DUMBBELL BENCH PRESS

1. Lie back on a bench with a 15- to 30-degree incline. Grip the dumbbells with hands shoulder width apart and palms facing away.
2. Lift up, hold arms straight, keeping the dumbbells in line with the upper chest.
3. Bring them back down until it is about an inch away from the chest. Keep the arms at a 45-degree angle and close to the sides. Repeat.

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



Brayden, 4, left, mom, Kate, and 8-month-old brother Logan, wave to Sgt. 1st Class Derek Czerniak, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, Dec. 8 at the Warrior Transition Battalion clamshell.

Operation North Pole brings holiday joy

American Legion members help create mini Santa shop

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

More than 500 Fort Riley children sat on Santa Claus’ lap Dec. 7 and 8 at the clamshell near the Warrior Transition Battalion as members of the American Legion turned it into a mini Santa’s workshop.

Each child also received an age and gender appropriate gift from Santa and his band of merry elves.

For Staff Sgt. Doralene Griffin-Wiggins, Headquarters and Headquarters Company, 1st Armored Brigade Combat Team and 1st ABCT family readiness liaison, it was a chance to bring her grand-daughter Jordynn Strickland, 7, out to see Santa.

“I think it’s an amazing event,” she said. “We put out all the information to our Soldiers to make sure everyone came out and had the opportunity to congregate with their families before they deploy to Poland.”

“It was really important because we missed most of the ones that already happened on post,” she added. “She couldn’t get to see him because of her activities after school and me working late.



Staff Sgt. Doralene Griffin-Wiggins, Headquarters and Headquarters Company, 1st Armored Brigade Combat Team, 1st Infantry Division, poses with her grand-daughter Jordynn Strickland, 7, while meeting Santa Dec. 8 during the Operation North Pole event sponsored by the American Legion at the Warrior Transition Battalion workout facility. More than 500 children received a gift from Santa during the two-day event.

“I just feel like Santa Claus I guess. I had moist eyes more than once today.”

ROGER BECKLEY
AMERICAN LEGION ABILENE POST 39

It was a great opportunity for her to come see Santa.”

For the members of the American Legion, American Legion Riders, Sons of the American Legion and the American Legion Auxiliary, it was a weekend of coming out and supporting Fort Riley Soldiers and their families.

“I just feel like Santa Claus I guess,” said Roger Beckley, Abilene Post 39. “I had moist eyes more than once today.”

Jeff Reade, Army Community Service, said the event was open to the Soldiers of the WTB, the deploying brigades, families of deployed Soldiers, Gold Star families, new family support group

members and the exceptional family member program.

“Everyday at work at ACS is a good day; but every year this day is the best day at work,” he said. “This is all from veterans supporting veterans. The partners that we have here — the American Legion, American Legion Riders, Sons of the American Legion and American Legion Auxiliary — is just amazing.”

Beckley said the amount of joy is overwhelming.

“It just makes your heart swell that you can be apart of something that brings joy to not just children but whole families,” he said.

As someone who does not have the day-to-day contact with the Soldiers and their families Beckley said the chance to personally thank the families and shake hands with or hug the Soldiers is special.

“You’re serving our country and we love you,” the retired command Sgt. Maj. said.

Music filled the room as families took part in several activities hosted by members of USO Fort Riley, Corvias Family Living, the Girl Scouts of America and of course each child was given the opportunity to see the man in red. Outside Soldiers and mules from the Commanding Generals Mounted Color Guard provided blankets and wagon rides.

Pets of the Week

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DOLLY

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Miscellaneous

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District Manager

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

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

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Junction City

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

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

Help Wanted

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Help Wanted

370

REPORTER NEEDED



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

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

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

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

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

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Level: Advanced

What Is su | do | ku?

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

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

Last Sudoku's Answers

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



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HOLIDAY LIGHT SHOWS

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Courtesy photo www.facebook.com/thearcofsedgwickcounty/

★ DECEMBER 14, 2018

HOME OF THE BIG RED ONE

PAGE 16 ★

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

In 1880, Thomas Edison introduced the first outdoor electric Christmas light display to the world. He displayed the lights outside of his laboratory compound. The first string of Christmas lights was created a few years later by Edward Johnson out of 80 small electric light bulbs. These were mass-produced and department stores began displaying them in 1890.

This season, Corvias Family Housing invited the residents of Fort Riley to nominate holiday displays for their Yard of the Month competition. Residents were asked to point out their favorite decorated homes on post via their Facebook page www.facebook.com/RileyResidents/.

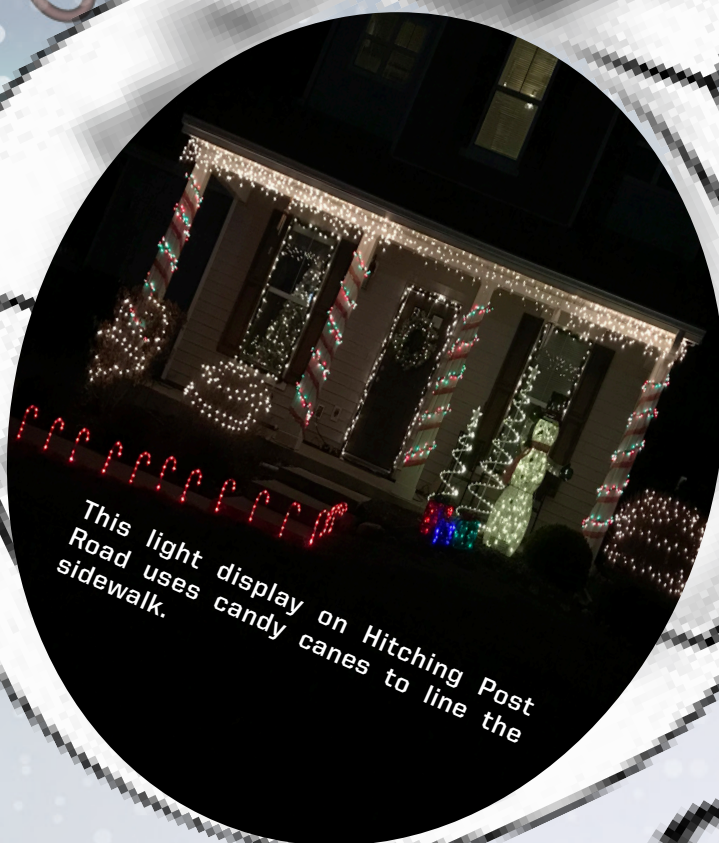
Houses scattered throughout Junction City and Manhattan are lit up for the holiday. No list is available but driving around and exploring the area is a family tradition to some. Several larger communities like Wichita and Kansas City feature drive-through displays. They have prearranged music that play on a local radio frequency.

For lights farther away from Fort Riley, www.christmaslightfinder.com allows site visitors to search a radius of a zipcode and see who has registered their location as a place to see.

Within 100 miles of Fort Riley, there are 11 registered displays.

On the site <https://find.mapmuse.com/interest/xmas-displays/KS> 40 homes are listed.

Both sites feature light displays in nearly every state for those traveling over the holiday break.



This light display on Hitching Post Road uses candy canes to line the sidewalk.



This house on Bent Spur features inflatables and a light display.



This house on Hitching Post Road has reindeer grazing in their yard.



This house on Whippletree Road has a display mixing reindeer and snowman inflatables and lit trees.