

THE 1ST INFANTRY DIVISION POST

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FRIDAY, FEBRUARY 22, 2019

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FORT RILEY, KANSAS

'Wardawgs' conduct new Army fitness test



Téa Sambuco | POST

Staff Sgt. Nicolas Huggins, left, times Sgt. Jamie Miller, both from the 300th Military Police Company, 97th Military Police Battalion, during the sprint, drag, carry event of the new Army Combat Fitness Test Feb. 13 behind Long Fitness Center. The 97th MP Bn., were one of two units on Fort Riley selected to pilot the new fitness test.

By Will Ravenstein
1ST INF. DIV. POST

More than 150 Soldiers of the 300th Military Police Company, 97th Military Police Battalion battled the frigid temperatures Feb. 13 as they took the Army Combat Fitness Test in the field behind Long Fitness Center.

The 97th MP Bn., was chosen in October as one of two Fort Riley units to pilot the new ACFT to help develop standards, something the unit takes pride in, said Staff Sgt. Nicolas Huggins, 300th MP Co., 97th MP Bn., who was in charge of administering and supervising the test.

"I don't know how to put it into words, but it means a lot to have this battalion field this test," the Lincoln, Nebraska native said. "It brings a lot of pride to this battalion, to the organization."

While there is a sense of pride, there was also a sense of pressure, Huggins said.

"I think we are going to set the standard, hopefully set the standard for the moderate category," he said. "As MPs that's the category we fall into. The other unit on Fort Riley they are a heavy unit."

The ACFT is still in the pilot stage and while the test taken was a diagnostic, it might not be the same test Soldiers take when implemented Army wide in 2020, said Capt. Chris Boyer, the battalion physical therapist.

"This can very well be different than the final product and when we had representatives from [U.S. Army Forces Command] here they said, 'Don't be surprised if it looks different than the final product,'" he said. "That's why we are doing this study. You can only make so many inferences ahead of testing something before you can say, 'This is what we found from this study. We actually found that maybe it makes sense to have people at a higher standard. Maybe it makes sense to do things this way.'"

Regardless of the end state, the noncommissioned officers of the 300th MP Co., who were taking the test to be certified graders for their Soldiers, were all surprised by the physicality of the test.

"It's actually going really well, surprisingly well because of how many exercises there are," said Sgt. Donovan Small. "It's a full body workout."

Small admitted he was intimidated by the test at first as he was used to the Army Physical Fitness Test that required Soldiers to only do pushups, situps and run two miles. The motivation from the others was a big factor in his success he said.

"I know that they are there," he said. "When we first learned to do pushup and situps, you turned your back and all you could hear was the guy in your ear counting or saying you didn't do enough. Having everyone cheering you on, saying you're almost there (is great). The 25-meters looks intimidating when you are standing on the line. But having your battle buddies there supporting you makes you feel so much better."

For Small, who is a muscular guy, he thought the hardest test would be the sprint, drag, carry event though he was intimidated by the two-mile run, which closed the test out.

"After doing this, your legs are going to be shot," he said. "So, it's going to be hard to get that normal pace that you would do in the two-mile run."

See FITNESS, page 8



Sgt. Michael L. K. West | 24th TPASE

Spc. Dokken Hirth, a satellite communication operator with the Mission Command Element, 1st Infantry Division, out of Fort Riley, holds a compass to test a satellite's direction as Capt. William Johnson, deputy information officer for the MCE, assists during a command post exercise in the Alexander Training Area, in Biedursko, Poland, on Feb. 9. The purpose of the field exercise is to improve readiness, perform command post functions and to stress the ability to move the MCE quickly when needed.

Mission Command Element takes part in field exercise

By Spc. Christina Westover
24TH THEATER PUBLIC AFFAIRS SUPPORT ELEMENT

POZNAN, Poland — The Soldiers of the "Big Red One" break out of the office to prove themselves as a ready and mobile command for their first field training exercise.

These strong and resilient Soldiers spent late nights and early mornings braving cold weather and trudging through a muddy field to set up an area of operations for the Mission Command Element's command post exercise in the Alexander Training Area, in Biedursko, Poland, Feb. 8 to 10.

Soldiers with the Mission Command Element, 1st Infantry Division, out of Fort Riley, participated in a field exercise to improve readiness, perform command post functions and to stress the ability to move the MCE quickly when required.

See READINESS, page 6



Spc. Christina Westover | 24th TPASE

Spc. Todd Callahan, a signal support systems specialist with the Mission Command Element, 1st Infantry Division, out of Fort Riley, stands on top of a Command Post Platform vehicle to set up an antenna to allow radio communication during a command post exercise in the Alexander Training Area, in Biedursko, Poland, Feb. 9.

'Devil' Brigade assumes authority of Atlantic Resolve

Story and photo by Sgt.
Thomas Mort
358TH PUBLIC AFFAIRS
DETACHMENT

ZAGAN, Poland — The 1st Armored Brigade Combat Team, 1st Cavalry Division, and the 1st Armored Brigade Combat Team, 1st Infantry Division, held a transfer of authority ceremony Feb. 12.

The ceremony marks the start of the 1st ABCT, 1st Inf. Div., taking over Atlantic Resolve operations. The "Devil" brigade continues the rigorous training with the Army's allies and partners to ensure the presence of a ready and lethal force throughout Europe.

"Today, we are beginning a partnership between two historic formations," said Col. Charles S. Armstrong, 1st ABCT, 1st Inf. Div., commander. "I am pleased to participate, along with our over 3,000 Soldiers, in the return of America's 1st Brigade to its historic mission of peace in Europe and serving alongside our European allies."

The 1st Cav. Div., accomplished its mission by building and strengthening partnerships with allied forces and communities that will endure time and distance. Soldiers of the "Iron-



The 1st Armored Brigade Combat Team, 1st Infantry Division, uncased their colors during the transfer of authority ceremony Feb. 12 in Zagan, Poland. The ceremony marked the start of the "Devil" brigade taking over operations from the 1st Armored Brigade Combat Team, 1st Cavalry Division, out of Fort Hood, Texas.

horse" brigade will now return to Fort Hood, Texas.

"The Ironhorse brigade participated in over 20 multinational exercises, contributing to the interoperability and training of our allies," said Col. Patrick R. Michaelis. "The brigade dispatched

scouts as far north as Estonia and tank companies as far south as Bulgaria."

Michaelis serves as the Mission Command Element (Provisional's) highest-ranking officer. Soldiers from the "Big Red One" headquarters are also deployed as part of the MCE.

When at Fort Riley, Michaelis is the 1st Inf. Div. deputy commanding officer for maneuver.

A U.S. Army rotational presence ensures interoperability and enables European allies and partners to globally deploy their forces alongside Americans.

WHAT'S IN THIS ISSUE



FORT RILEY SOLDIERS AND FAMILIES FLOCK TO KANSAS STATE UNIVERSITY'S WEBER ARENA FOR THE ANNUAL K-STATE UNIVERSITY COLLEGE RODEO FEB. 17.

SEE PAGE 12

ALSO IN THIS ISSUE



SEITZ ELEMENTARY SCHOOL STUDENTS AND STAFF CELEBRATE NAMESAKES 101ST BIRTHDAY.

SEE PAGE 9

ALSO IN THIS ISSUE



SPC. SHELL GETS PLAYFUL WHILE LEARNING AT AREA CHILDREN'S MUSEUMS IN THIS WEEK'S TRAVEL AND FUN IN KANSAS.

SEE PAGE 16

'Demon' Brigade welcomed to northern Bavaria

Story and photo by Cornelia Summers
USAG ANSBACH PUBLIC AFFAIRS OFFICE

ILLESHEIM, Germany — Col. Steven M. Pierce, U.S. Army garrison Ansbach commander, welcomed the initial contingent of 1st Combat Aviation Brigade, 1st Infantry Division, Soldiers Feb. 5.

More than 320 Soldiers of the "Big Red One," who are serving a nine-month rotation in support of Atlantic Resolve, assembled at the theater and at the fitness center on Storck Barracks for briefings and in-processing procedures.

Pierce addressed the Soldiers at each location, pointing out that during their important mission in support of Operation Atlantic Resolve they would have great opportunities for effective training, while honing interoperability skills with other NATO partners.

He also recommended Soldiers seize opportunities for travel and build friendly relations with members of the local communities



Col. Steven M. Pierce, U.S. Army garrison Ansbach commander, welcomed the initial contingent of 1st Combat Aviation Brigade, 1st Infantry Division, Soldiers to Storck Barracks on Feb. 5.

Military Saves Week reminds people to think about finances

By Gail Parsons
1ST INF. DIV. POST

Several attendees at the February Town Hall meeting signed pledges to commit to their personal financial stability through savings. The pledges were in advance of the annual Military Saves Week, Feb. 25 through March 2.

The purpose of the week is to bring attention to the importance and simplicity of putting aside a little bit from each paycheck into a savings account.

"Military installations worldwide plan events to encourage service members and their families to take the military saves pledge," said James Wade, financial trainer at Army Community Service Financial Readiness.

On Fort Riley, Wade and others from ACS will set up information tables around post to introduce the Military Saves program to Soldiers and their families.

Clint Strutt, Financial Readiness Program manager, said the pledge they want people to take is to get them thinking about financial literacy seriously and commit to making savings an automatic occurrence.

Referring to a Jan. 31 National Public Radio article titled "Behavioral Economist Explains Why So Many People Struggle to Save Money," Strutt said there are several mistakes people make when it comes to their personal financial security.

"But one of the strategies they found that was almost universally successful was if you made your savings automatic," he said. "So, you're having money come out of payroll deduction. You're basically having it as a 'set it and forget it' strategy. It's one of those things that almost universally can help you be successful when it comes to your savings."

While the Military Saves program targets all ages and ranks, Strutt said they try to get the younger people aware of the benefits of savings.

If Soldiers put just one or two percent of their pay into a savings program, they won't miss it because it is such a small amount, yet in several years it will add up quite a bit, he said.

"What ends up happening is that 10 years down the road, they've upped that by a percentage point — that makes it a little bit bigger and a little bit bigger," Strutt said. "So, they're putting away 10 to 15 percent of their salary and they don't



Col. Stephen Schrader, U.S. Army Fort Riley Garrison commander, left, and Maj. Gen. John S. Kolasheski, 1st Infantry Division and Fort Riley commanding general, sign the 2019 Military Saves Week Proclamation during the February Town Hall meeting at Rileys Conference Center Feb. 13.

even realize they're doing it anymore, because they've made that automatic."

As their rank changes the dollar amount of the same percentage goes up as their base pay goes up.

Financial counselors are available at ACS to help people look at their short- and long-term goals for their savings and to help them find the best plans to meet those goals.

However, for the long-term Paul Depusoir, lead financial counselor, recommends the Thrift Savings Plan because of the simplicity of just filling out the paperwork to say what percentage a person wants taken out and put into the TSP. That contribution increases without the Soldier ever having to update it.

If the funds are put into a TSP, they don't just sit there.

"The returns would be much higher (than a savings account) because these funds that are going into the TSP are invested in the stock market," Depusoir said. "You can determine how you want to allocate your funds based on how aggressive you want to be — or not aggressive."

Under the TSP, people set up Life Cycle funds, which will automatically rebalance based on a person's risk tolerance.

"If you're really close to retirement, maybe you don't want to have the super aggressive kind of investments," Strutt said. "You want to have something that's a little bit more stable, and vice versa, if you're really young, maybe you want to go aggressive."

Another benefit of the TSP is that the funds are not taxed on the money as it grows. The TSP is a retirement plan similar to an Independent Retirement Account.

Whether the Soldier is looking for a long-term savings program or a short-term to meet a more immediate need, the financial counselors at ACS can help put them on the track to financial security.

"I like to recommend that if it's a savings account, it will be a high yield savings account," Depusoir said.

The bottom line is that people sometimes don't realize how easy it is to grow a nest egg that will be well appreciated in years to come.

"It hurts for just a tiny little bit to be able to start savings because you're taking that money out of your account every month," Strutt said. "But it just takes two or three months to get used to that. And then from there, you don't feel it again, because you've adjusted to that new reality."

SPECIAL PRESENTATION



Will Ravenstein | POST

Col. Rory Crooks, 1st Infantry Division Artillery, left, presents Staff Sgt. Kory Owen, Commanding General's Mounted Color Guard, the Army Achievement Medal Feb. 17 before the Kansas State University College Rodeo inside Weber Arena. Owen came upon an accident off post in November and after calling first responders assisted the motorists and rendered aid until help arrived. His actions were left unknown to his commander until an Interactive Customer Evaluation form was received from the first responders about the incident.



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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
Prepared by DAPE-PRC (20161004)



Will Ravenstein | POST

Soldiers from the Commanding General's Mounted Color Guard performed for Fort Riley Soldiers, families, college athletes and rodeo fans prior to the finals of the Kansas State University College Rodeo Feb. 17. Above: Spc. Connor Boyer and Sgt. Brandon Robinson ride in tandem shooting balloon targets as the demonstration wraps up. Below: Pvt. 1st Class Gavin Martin fires at the target prior to making a left hand turn and continuing down the second row of targets. The CGMCG Soldiers used both pistols and sabers in their demonstration.

THE WILD, WILD WEST



The 1st Infantry Division Band plays for National Salute to Veterans Week

Story and photo by Akeam Ashford
ROBERT J. DOLE VA MEDICAL CENTER

WICHITA, Kan. — The service members played in the Robert J. Dole Regional Veteran's Administration Medical Center Auditorium to a group of veterans Feb. 11 during National Salute to Veterans Week 2019.

"This is the first time the Fort Riley, 1st Infantry Division Band has visited the Dole VA Medical Center," said Eva Gergely, Voluntary Services Chief. "The veterans enjoyed hearing them play and we hope to have them down again soon."

During the ceremony, band members thanked the veterans for their service.

"We play all over the country, and we just wanted to show our appreciation by coming down to Wichita to play for



Members of the 1st Infantry Division Band; Spc. Trevor Duell, Trumpet, Spc. Amanda Wagner, Horn, Sgt. William Milford, Trumpet, Staff Sgt. Ryan Scott, Tuba and Sgt. 1st Class Jeff Kurka, Trombone, perform for veterans at the Robert J. Dole Veterans Administration Hospital in Wichita, Kansas, Feb. 11 during National Salute to Veterans Week.

the Robert J. Dole VA Medical Center veterans," said Sgt. 1st Class Jeff Kurka, Trombone player, 1st Inf. Div. Band.

CIVILIAN SPOTLIGHT

TUANNA JEFFERY
INSTALLATION FREEDOM OF INFORMATION OFFICER
DIRECTORATE OF HUMAN RESOURCES

Jeffery has gone out of her way to ensure documents leaving Fort Riley are properly sanitized prior to release. She has taken it upon herself to review and make recommended redactions on all 15-6 casualty investigations prior to being released to family members.

She just completed her fifth investigation, all more than 250 pages in length.

Jeffery makes direct coordination with both the fam-

ily and our legal personnel to ensure the family receives what they need while withholding required exemptions. The investigations may take up to a year to complete, so Jeffery is dealing with family members who are still grieving, angry and short with her.

Her calm demeanor defuses the situation and reassures the family.

Jeffery has also completed another year of Freedom of Information Act requests free of any appeals. This accomplishment is rare among Installation Management Command installations and has been acknowledged by IMCOM Human Resources on numerous occasions, pointing out they are proud she is on our team.

She is asked for her input, knowledge and expertise in order to assist other installations.



For more information call: 785-239-2583

HOLISTIC PERFORMANCE TRAINING

Building Strength Together

King Field House
Wednesdays at 0630

Class will focus on strength (squat, deadlift, bench press), power movements (high pulls, squat jumps, power throws), agility (sprint drills) and training techniques. Open to all DoD ID holders.

Active-Duty will sign in at front desk for participation. All other patrons may use Fitness Class Passes or daily \$3.00 fee for payment.

Fort Riley Family and MWR

ABANDONED VEHICLE AUCTIONS

FEBRUARY 27 & **MARCH 6**

Online Viewing begins February 13 On-site Viewing: February 16, 10am-1pm

Online Viewing begins February 20 On-site Viewing: March 2, 10am-1pm

Viewing lot is located behind the Main Exchange on Camp Forsyth, Fort Riley, Kansas

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Sgt. Jimmy Tibiri and Sgt. Nicholas Harper, both with 2nd Armored Brigade Combat Team, 1st Infantry Division, attach links securing their Bradley Fighting Vehicle to a flatcar, Feb. 11. A secure attachment to a is important for a safe trip to the National Training Center at Fort Irwin, California, where the brigade will train with their own vehicles and equipment.

ON THE MOVE AGAIN

Pfc. Joshua Oh | 19th PAD



Sgt. Jimmy Tibiri, 2nd Armored Brigade Combat Team, 1st Infantry Division, ensures a tiedown of a tank in his company is secure Feb. 11. All vehicles must be tied securely to make the trip to Fort Irwin, California, for the brigade's rotation at the National Training Center. The Soldiers will train in a desert-like environment for a month as a pre-deployment measure.

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 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.



Feb. 3

Spouse, failure to obey traffic control device
Pvt., 5th Sqdn., 4th Cav. Regt., 2nd ABCT, 1st Inf. Div., failure to obey traffic control device
Pvt., D. Btry, 1st Bn., 5th FA Regt., 1st ABCT, 1st Inf. Div., failure to obey traffic control device
Second Lt., unknown unit, failure to obey traffic control device

Sp., unknown unit, expired registration
Sp., unknown unit, driving wrong way on one way street
Sp., 1st Bn., 18th Inf., Regt., 2nd ABCT, 1st Inf. Div., speed 11 to 15 over
Sp., unknown unit, failure to obey officer
Sp., unknown unit, speed 16 to 20 over
Sp., unknown unit, failure to obey traffic control device
Civilian, unknown affiliation, failure to stop
Pvt. 1st Class, 601st ASB, 1st CAB, 1st Inf. Div., speed one to 14
Civilian, unknown affiliation, no proof of insurance
Staff Sgt., 1st SMC, 541st CSSB, 1st Inf. Div. Sust. Bde., unattended vehicle

Feb. 4

Pvt. 1st Class, HHC 1st Bn. 18th Inf. Regt., 2nd ABCT, 1st Inf. Div., improper backing
Pvt. 1st Class, 526th CSC 641st CSSB, 1st Inf. Div. Sust. Bde., speed one to 14

Feb. 5

Staff Sgt., unknown unit, speed 15 to 20
Sgt., unknown unit, speed one to 14
Pvt., 1st Bn. 7th FA Regt., 2nd ABCT, 1st Inf. Div., no proof of insurance
Sp., 3rd Bn., 66th Armor Regt., 1st ABCT, 1st Inf. Div., speed 16 to 20 over
Unknown rank, Co. A, 299th BSB, 2nd ABCT, 1st Inf. Div., expired registration
Unknown rank, Co., H, 299th BSB, 2nd ABCT, 1st Inf. Div., failure to obey traffic control device

Feb. 6

Sp., 24th CTC, 541st CSSB, 1st Inf. Div. Sust. Bde., failure to stop at a posted stop sign
Spouse, speed greater than reasonable for road conditions
Sgt. 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st Inf. Div., failure to obey traffic control device

Spouse, failure to obey traffic control device
Pvt., 5th Sqdn., 4th Cav. Regt., 2nd ABCT, 1st Inf. Div., failure to obey traffic control device
Pvt., D. Btry, 1st Bn., 5th FA Regt., 1st ABCT, 1st Inf. Div., failure to obey traffic control device
Second Lt., unknown unit, failure to obey traffic control device

Feb. 7

Pvt. 1st Class, HHC, 1st Bn., 63rd Armor Regt., 2nd ABCT, 1st Inf. Div., failure to obey traffic control device
Sp., Co. B, 299th BSB, 2nd ABCT, 1st Inf. Div., failure to obey traffic control device
Sp., B Trp., 5th Sqdn., 4th Cav. Regt., 2nd ABCT, 1st Inf. Div., improper backing
Sgt., 82nd BEB, 2nd ABCT, 1st Inf. Div., failure to stop at a posted stop sign

Feb. 8

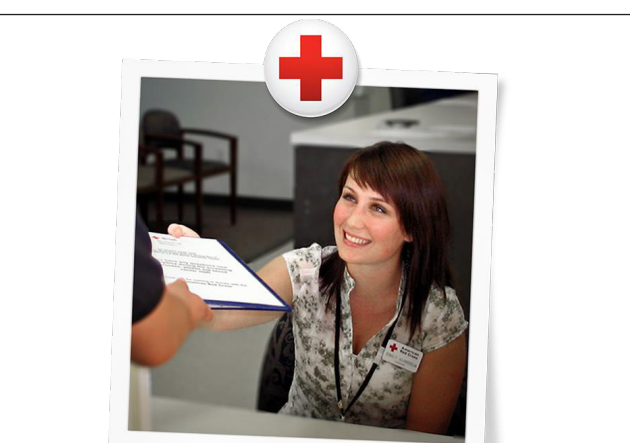
Pvt. 1st Class, 82nd BEB, 2nd ABCT, 1st Inf. Div., speed 16 to 20 over
Pvt. 1st Class, HHC, STB, 1st Inf. Div. Sust. Bde., driving while license is suspended or revoked
Pvt. Co. C, 601st ASB, 1st CAB, 1st Inf. Div., speed 15 to 20

Feb. 9

Sp., 2nd GSAB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., expired registration
Sp., Co. E, 2nd GSAB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., failure to maintain lane

Other infractions issued: Feb. 3: Invalid drivers license, speed 15 to 20 over, improper display of license plate, failure to obey traffic control device; Feb. 5: Speed 16 to 20 over, speed 21 and up, expired registration, failure to obey traffic control device, expired registration, speed one to 14, improper display of license plate; Feb. 6: Expired registration; Feb. 8: No drivers license in possession; Feb. 9: Improper backing.

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"Monopoly, bake cookies, read, computer games, arts and crafts."

DAWN CORNETT-SANDERSON
LOUISVILLE, KENTUCKY

Store associate, Army and Air Force Exchange Service



"Playing video games."

CAPT. LIZ CROSSNO
CLARKSVILLE, TENNESSEE

Veterinary Treatment Facility, MEDCOM



"Watching movies."

ANNA DIAZ
PHOENIX, ARIZONA

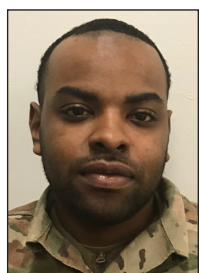
Wife of Pfc. Robert Diaz, Company B, Warrior Transition Battalion, Irwin Army Community Hospital



"Putting together puzzles with my kids."

WARRANT OFFICER 1 KRIS KHASSTENDEL
THE COLONY, TEXAS

Headquarters and Headquarters Company, 82nd Brigade Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division



"Sleep."

SPC. KEVIN ROSS
COLUMBIA, SOUTH CAROLINA

Company G, 1st Combined Arms Battalion, 63rd Armor Regiment, 2nd ABCT, 1st Inf. Div.

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

Housekeeping is everyone's responsibility

By Dawn Douglas
GARRISON SAFETY OFFICE

Famous writer and poet, Louisa May Alcott, summed up the importance of housekeeping in one memorable phrase, "Housekeeping ain't no joke." Housekeeping, according to the Occupational Safety and Health Administration, is critically important to prevent accidents and injuries and it's everyone's responsibility. Some items that most frequently appear on facility inspection reports relate to poor housekeeping.

Even though OSHA doesn't require training on housekeeping, employees who know why a tidy workplace is important may be more diligent in their housekeeping efforts.

Although no one OSHA standard addresses housekeeping, many rules do include housekeeping provisions. Here are some of the OSHA requirements:

OSHA'S RULES FOR WALKING, WORKING SURFACES

It's clear to see that housekeeping practices have an impact meeting OSHA's general requirements for walking and working surfaces, 1910.22. The rule states:

- Housekeeping is to be clean, orderly and sanitary
- Floors are to be clean and dry
- Aisles and passageways are to have sufficient clearance. They are to be kept clear, without obstructions that could create a hazard
- Permanent aisles are to be marked.

HOUSEKEEPING CAN HELP PEOPLE EVACUATE THE BUILDING

By meeting OSHA's rules for exit routes, 1910.34, .35, .36 and .37, it's easier and safer for everyone to evacuate

in an emergency. The exit route is a continuous and unobstructed path of exit travel from any point within a workplace to a place of safety — including refuge areas. An exit route consists of three parts:

- The exit access
- The exit
- The exit discharge.

Exit routes must be free and unobstructed. No materials or equipment may be placed, permanently or temporarily, within the exit route. An exit access must be at least 28 inches wide at all points.

CHEMICAL STORAGE IMPROVES FIRE SAFETY

The storage of flammable and combustible liquids must meet OSHA's strict requirements, 1910.106:

- Flammable and combustible liquids are to be kept in covered containers
- They sets limits on the quantities of flammable and combustible liquids that may be kept outside of protected storage
- Inside storage rooms must have approved self-closing fire doors
- The inside storage room must have one clear aisle at least three feet wide, and containers over 30 gallons cannot be stacked
- Storing materials where they block an exit route is an obvious housekeeping-related violation of these requirements.

Examples of violations would include; open containers of flammable liquids, blocking open a fire door, stacking drums in a storage room or

leaving materials in the storage room's aisle.

ELECTRICAL SAFETY DEPENDS ON GOOD HOUSEKEEPING

The Occupational Safety and Health Administration's general requirements for electrical systems, 1910.303, state:

- Working space around live parts must generally be at least three feet for voltages of 600 or less
- Workspace in front of electric equipment operating at 600 volts or less must be at least 30 inches wide
- Working space may not be used for storage.

SANITATION REQUIREMENTS DEPEND ON GOOD HOUSEKEEPING

The requirements for sanitation, 1910.141, include some housekeeping provisions:

- Floors are to be kept dry
- Disposal containers used for liquids or solids that may turn putrid must not leak and they must have tight fitting covers
- Sweepings, wastes and refuse must be removed
- No food or beverages can be stored in toilet rooms or in an area that is exposed to a toxic material
- Violations could include wet or oily floors, open waste containers for discarded food or trash build-up.

Housekeeping ain't no joke. Poor housekeeping could create serious, even critical hazardous conditions which could result in accidents and injuries, degrading an organization's ability to perform its mission. For more information, contact the Garrison Safety Office at 785-240-0647.

ASK DR. JARGON

Why is there a difference in lingo?

Dear Doc Jargon,

I'm kind of new in the Army after serving a few years in the Air Force. I have a question about the term "first shirt" used for the first sergeant in an Air Force unit.

I don't hear the term often in the Army and I'm curious, since both services have a shared history, about the story behind it. Can you help?

Signed,

Buttoned up in 2nd Brigade

Dear Buttoned up,

You are right, in today's Army that term is seldom used but it is used in the Air Force. However, it started with the U.S. Army. The term actually has some connection to the same kind of Soldiers who first served here at Fort Riley.

According to one article I found by Air Force Chief Master Sgt. Roger M. Ball, the term goes back to the days of the Wild West and protecting the frontier. Back then, supplies

and replacement uniforms were scarce. By the time the new items would arrive, the shirts worn by the cavalry Soldiers were pretty worn out.

Sometimes, the supplies sent to the Army units at the frontier weren't rumored to be the best. So, it was the first sergeant's job to inspect the new uniforms as they came in. Once he finished his inspection and accepted the supplies on behalf of his men, he was given the first shirt of the shipment. So — he earned the name of first shirt.

Before that time he was — and still is — often referred to as top because he is the top enlisted person in the company.

I'm glad you crossed over and went from blue to green. Enjoy your time with the Fort Riley Army family.

Sincerely,

Doc Jargon

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

Better living through military innovation: The dawn of the digital revolution

By Collen McGee
USAG PUBLIC AFFAIRS

Many convenient things in use today are the result of federal or military research. Agencies like NASA and the Department of Defense are just two of those responsible for inventing everyday items that make life a little easier. With this column, we will explore a new one each week.

The internet was born out of the Cold War as an early network of computers called ARPNET created by what is now called the Defense Advanced Research Projects Agency, or DARPA.

According to the article by Mitch Waldrop called "DARPA and the Internet Revolution" found at darpa.mil, the whole thing started as a memo dictated on the way to the airport by psychologist and computer scientist, Dr. Joseph Carl Robnett Licklider in April of 1963.

Licklider was charged with organizing the Information Processing Techniques Office at the Pentagon. His task was to figure out how to get computing into command and control. What he was doing was reported by Waldrop as radical and went against the train of thought about computing and the direction many thought it should go. Most folks at the

time thought advances in data storage, retrieval and mathematical calculations were what the computing sector needed to concentrate on.

Licklider was casting a much wider concept. His ideas were based on Project Lincoln, which he worked on in 1951. The Air Force commissioned Massachusetts Institute of Technology to create an early warning guard against Soviet nuclear attack. This project linked radar, computers, target tracking and other systems in real time.

This concept led him to develop project MAC which linked dozens of computer terminals to one central mainframe that doled out processing time rapidly enough that each user felt they were being responded to as an individual in real time. Project MAC, according to Waldrop's article, was the first space for an online community.

Soon, the idea of linking each local area network into a web of other LANs meant there could be nationwide connectivity.

For that, he pitched the idea to DARPA and the

project was funded with an initial \$1 million.

The project concept didn't stop at the national border, according to the internethall-offame.org entry for Licklider, he was planning an intergalactic computer network.

Licklider, born in 1915, lived to see the end of ARPNET in 1990 as the internet we know today eclipsed his life's research project. He died at the age of 75 having linked top researchers from around the country building the most frequently used piece of modern technology.

GRUNT

THERE ARE THREE RULES I TRY TO LIVE BY...
FIRST, ALWAYS LOOK COOL,
SECOND, ALWAYS KNOW WHAT YOU'RE DOING,
AND FINALLY, IF YOU DON'T KNOW WHAT YOU'RE DOING, TRY TO LOOK COOL...



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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.

Army Emergency Relief fund, a direct impact on people

Story by Téa Sambuco
1ST INF. DIV. POST

The Army Emergency Relief program began as a way to help World War II Soldiers come home on emergency leave. Today, AER has transformed into a multi-functional assistance program for Soldiers and their families.

"When this originally started, it was as a means to get Soldiers back, but now we cover a whole host of (assistance)," said Paul Depusoir, financial counselor at AER Fort Riley. "It seems like every year it expands even further to what we can cover. You name whatever the emergency is, and you'll probably stand a chance of getting coverage through AER."

Annually, from March 1 to May 15, AER Fort Riley hosts a fundraising campaign. While people can donate at any time throughout the year, AER takes this time to spread the word about AER and how it is instrumental in assisting Soldiers financially.

"Over the past few years, what AER has really wanted to shift the focus to when it comes to the AER campaign is away from it being a traditional fundraiser kind of thing where we're going out there, hat in hand saying 'give to AER', and more along the line of informing people of what we do," said Clint Strutt, Financial Readiness and AER Program Manager. "We are more than happy to tell the good news story that

is AER all year long. If you want to donate during the campaign that's great, if you donate the day after the campaign is over, that's also great. Whenever it is you feel compelled to do so, we'd love to have your support."

Strutt said, the beautiful part about donating to AER is every dollar donated can go on to help numerous people, not just one.

"(In the case of) a zero-interest loan, if a soldier comes in and they need \$100 for food, we give them that \$100 and they pay that back," he said. "That \$100 can be loaned out to the next Soldier. It's not like your dollar can only do one thing. There's that potential for that dollar being loaned multiple times to someone.

Which means that not only do you get to help one Soldier, you can help a dozen depending on how that dollar rolls over."

Donations can be made via cash, check or by making a donation online at www.aerhq.org. With a credit or debit card, people can choose to either donate one sum or have a set amount taken out of their account each month. This online option even allows civilians to donate.

"One of the great things is, if you're a civilian, because I know civilians outside the military like to support military endeavors, this is one of those ways you can really directly support the Soldier," Strutt said. "Your money goes directly to them."

Strutt said there are common things they help with, often.

"First month's rent and deposit comes around a lot, just because that is an expensive thing to cover," he said. "... there's the categories we assist in very often, but there's also a number of times where we do the one-off situation where it's not necessarily a category but where something has happened that someone needs help with. Ninety-five to 99 percent of the time if you come in asking for assistance, you're going to get it."

"Basically, what we would do at our level down here is to spread ... those good examples of how someone was helped," Depusoir said. "Say there's a death in the family. At that time, you're not

really thinking straight and then you come into AER and realize that AER can not only help you get home to the family, AER can, (in certain circumstances) help pay for the (funeral) expenses. When those kinds of things happen, those are the things that motivate you to spread the word even more."

The AER is not the only charity available on Fort Riley, Strutt said.

"There are charities that are really good at helping people directly at the point of where they need assistance," Strutt said. "AER is one of those that will meet you right at the place you need. To me that feels (like) a good use of my charity dollars, knowing I have a direct impact on the person that needs help."

READINESS Continued from page 1

"We're bringing the Mission Command Element out to validate the requirement to function as a command post," said Col. Patrick Michaelis, commander of the MCE. "It's been a while, so there's a lot of learning going on right now and it's positive learning and understanding how to command and control large formations."

The MCE is a command post for the units across Atlantic Resolve and this field training provided an opportunity to train in a field environment and function effectively.

The training includes route planning, sustainment operations, maintenance readiness and communications set up that will enable conditions for future training exercises.

"We worked with our tactical vehicles, set up a command post, set up our communications platforms, testing it with our brigades below us," said Sgt. 1st Class Jean-Noel Howell, operations noncommissioned officer in charge for the MCE. "Showing that we are able and capable of providing direct support to the Atlantic Resolve mission from a field environment."

There were classes throughout the field training exercise, such as maneuver and survival training, driver's training during the day and at night with night vision devices and classes over radio etiquette and setting up radios to get them online properly.

Spc. Todd Callahan, a signal support systems specialist with the MCE, taught a class on tactical satellite communications radios to other Soldiers, enabling them to have a better understanding of the importance of communication capabilities in a field environment.

"Every Soldier should know how to use a radio, regardless of their specific job," Callahan said. "I feel it's very important



Spc. Christina Westover | 24th TPASE
Spc. Patrick Urness, a nodal network systems operator-maintainer with the Mission Command Element, 1st Infantry Division, out of Fort Riley, attaches concertina wire to the military vehicles in preparation for the command post exercise in the Alexander Training Area, in Biedursko, Poland, Feb. 8.

for Soldiers to be able to train each other, so we know more than just our specific jobs so we can help each other and adapt to the mission."

During the class, Soldiers were hands-on with the radios and antenna; setting the system up with minimal help.

"I feel like the class itself went really well," said Spc. Dokken Hirth, a satellite communication operator who attended the class. "It was all hands-on, so it was easier to learn and figure it out through trial and error."

The training spanned three days, allowing them to jump from one place to another within the Alexander Training Area to stress their capabilities and identify faults to improve future missions.

"The training overall has been great," Howell said. "We have Soldiers that have a few months in the Army and Soldiers that have 20 years in the Army. It was a good learning experience with everyone sharing their knowledge. It really bonded the Soldiers together and gave them a better understanding of our capabilities here."

The MCE has another field exercise in the future, providing them with more training to improve and ensure they are ready and able to provide assurance to NATO allies.

"I'm looking forward to the next training exercise," Howell said. "To take everything we learned from here and to see it grow and develop for the next iteration. The purpose of all training is to learn and develop and then improve the next time."

To respond to a 21st century security challenge and to unconventional threats, the force needs to be fast, mobile, able to surge quickly and not tied to one place.

"One of the responsibilities of Atlantic Resolve is to build readiness for the Army," Michaelis said. "The great part about this exercise is we're going to send [our Soldiers] back to the United States better trained with a better appreciation for the complexities of operating in eastern Europe and to build the readiness of our partners across the Mission Command Element and Atlantic Resolve."



Spc. Christina Westover | 24th TPASE
Chief Warrant Officer 4 Kevin Harris, above, a senior information systems technician and Spc. Gregory Smith below, an information technology specialist, both with the Mission Command Element, 1st Infantry Division, out of Fort Riley, reaches up to tie the camouflage netting on the vehicles to keep the netting from blowing away during a command post exercise in the Alexander Training Area, in Biedursko, Poland, Feb. 10.



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Looking Back: Waters Hall



Courtesy photo | IHG Army Hotels

Waters Hall was built in 1888 and originally served a general store and recreation center. It is now a part of the InterContinental Hotels Groups Army Hotels where VIP guests are offered a comfortable home-away-from-home stay.

Story by Téa Sambuco
1ST INF. DIV. POST

Fort Riley residents can enjoy a Post Exchange that contains a wide variety of stores and merchandise for purchase. However, this was not always the case. Fort Riley did not even have a retail outlet before 1897.

Before the convenience of Post Exchanges, military installations had sutlers. According to the Fort Riley Walking Tour Guide, sutlers provided services much like Post Exchanges and Commissaries do today.

They sold food and drink to Soldiers and their families.

Mose Waters was the last sutler on Fort Riley, the guide said. In 1888, he built the structure now known as Waters Hall, and it served as a general store and recreation center.

According to the Fort Riley Driving Tour Guide, on Feb. 1, 1890, Fort Riley's first canteen opened in the building's basement, providing Soldiers and their families with a place to socialize and enjoy a cold drink. In 1897 it was transformed into Fort Riley's first Post Exchange.

The Driving Tour Guide says that the first decade of the 20th century saw Waters Hall open its doors to the Cavalry and Light Artillery school students for horseshoeing classes. It was then turned into apartments for noncommissioned officers and their families in 1930.

Now, Waters Hall falls under InterContinental Hotels Groups Army Hotels. According to www.ihg.com, Waters Hall offers VIP guests a comfortable home-away-from-home stay, complete with internet and a full kitchens.



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Check **Dinin' Deals** each Friday in the **1st Infantry Division Post** and each Sunday in **The Daily Union** for upcoming specials and coupons for your favorite local restaurants!

FITNESS Continued from page 1



Téa Sambuco | POST

Staff Sgt. Kendell Smalls, 300th Military Police Company, 97th Military Police Battalion, moves through the stages of the deadlift phase of the Army Combat Fitness Test Feb. 13 at the track behind Long Gym. The 97th MP Co., is one of two units on Fort Riley tasked with piloting the ACFT.

Sgt. Dominic Tolen agreed the test is more challenging than the APFT, but likes how it incorporates real life into the routines.

"I like how they implement new workouts for our physical fitness based on our MOS," he said. "It's scenario based workouts like we would see in combat."

For Tolen, the most difficult stage was the sprint, drag, carry.

"(It's) like suicides but with weights," he said. "Dur-

ing the last point, the sprint, my legs gave out."

Boyer said training for the ACFT is completely different than training for the APFT and even well-trained Soldiers will find it difficult to max the test.

"The APFT is a lot of muscular endurance and really you can do well on the APFT with little preparation and just looking at three events," he said. "Even if you just train to this test, you are training speed, you're training power,

you're training strength, you're training endurance, muscular and cardio. So, just training for these events you're going to have a more complete picture of fitness then if you train for the APFT.

"The main differences are you are going to have to be a whole heck of a lot stronger to do well in this test," Boyer said. "It's going to be rare that someone can max this test — it's going to be rare. You're not going to find someone who can do a 405

(pound) max-rep deadlift and run a 12-minute two mile. Those folks are few and far between."

Huggins said for units that were not instructed to start the ACFT, they should start learning it with the equipment they have.



Will Ravenstein | POST

Sgt. Dominic Tolen, 300th Military Police Company, 97th Military Police Battalion, performs the leg tuck during the Army Combat Fitness Test Feb. 13.

"Study the handbook and just prepare the best you can with the equipment that you have," he said. "Doing the hand release pushups you can do those on your own. Deadlifts, you can go to any gym and do deadlifts. Work on your cardiovascular en-

durance. On top of all of that preparing, still maintain running. A lot of these guys are going to work on their strength endurance but they are going to let their cardiovascular go to the wayside. At the end of all this you still have to run two miles."



Téa Sambuco | POST

Cpl. Devin Sylvester, 300th Military Police Company, 97th Military Police Battalion, does hand-release push ups during the Army Combat Fitness Test Feb. 13 behind Long Gym.

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Will Ravenstein | POST

Seitz Elementary School students sing patriotic music to Soldiers from Irwin Army Community Hospital and John and Rick Seitz, the nephew and son of Lt. Gen. Richard J. Seitz, Feb. 15 during a celebration for the general. His 101st birthday would have been Feb. 18.

A Household Name

Seitz Elementary celebrates namesake's birthday, legacy as man, Soldier

By Amanda Ravenstein
1ST INF. DIV. POST

Students and staff at Seitz Elementary School celebrated the 101st birthday of their namesake, Lt. Gen. Richard J. Seitz Feb. 15. Seitz's birthday was Feb. 18.

Fourth-grade teacher, Marlies Wiltfong said she had the opportunity to meet Seitz, before he passed away when he visited the school for a previous birthday celebration.

"This is something I think our school looks forward to every year — getting to celebrate the namesake of our school."

MARLIES WILTFONG
FOURTH-GRADE TEACHER,
SEITZ ELEMENTARY
SCHOOL

"This is something I think our school looks forward to every year — getting to celebrate the namesake of our school," she said. "So, it's definitely an opportunity. So, I just hope the students realize just how awesome it is. And how great of a man Gen. Seitz was not only as in the Army but as a person."

His son, Rick Seitz, spoke to fourth- and fifth-graders about his experiences with his father and the lessons he learned growing up.

"Gen. Seitz, he was a really great dad, and I really liked having him as my father," he said. "But he taught me about a couple cool things about being trustworthy and having respect for people. That is something that doesn't come very easily. And one of the things that he



Will Ravenstein | POST

ABOVE: John Seitz, left, nephew and Rick Seitz, son, of Lt. Gen. Richard J. Seitz, visit with fourth- and fifth-grade students Feb. 15 at Seitz Elementary School as part of the school's 101st celebration of the general's birthday. Rick Seitz answered questions about his life and his father, the Army's youngest battalion commander at 24 years old during World War II.

RIGHT: Lt. Col. Theodore Brown, Irwin Army Community Hospital commander, sings the National Anthem during the opening of the Seitz Elementary School assembly Feb. 15.

taught me about, and this is one of the tricks of the trade here, so you have to listen carefully. It's a thing called integrity. It's about being truthful — when it's hard."

The next lesson he spoke about was authenticity, and

when he asked if any of the students had a certain brand of tennis shoes, the room erupted in children saying 'Me' or 'I do.'

"So, how do you know they are authentic?" he

See SEITZ, page 11



"I want to move away from that image that everybody has as a typical arts and crafts Army center. I want to get it a little bit more oriented toward it being a business."

ANNABELLE ANDERSON
SUPERVISORY RECREATION
SPECIALIST

Arts and crafts facility changing

Change in direction to include new hours, name and focus

By Gail Parsons
1ST INF. DIV. POST

Staff at the Arts and Crafts Center, 6918 Trooper Drive, received approval Feb. 13 from Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander, to move ahead with a new direction for the facility.

Supervisory recreation specialist Annabelle Anderson began putting a plan in place last year, which included closing the center for a week in November and giving the space a thorough cleaning. During that time, she looked at what programs were being used and tried to gauge what people wanted.

"We put out a Facebook survey and then requested to move on the changes that we saw needed to happen," she said.

One of the changes, effective March 2, is a shift in the hours. Anderson said the new hours, 11 a.m. to 6 p.m. Thursday through Saturday, will hopefully be more convenient, customer friendly and easier on the staffing.

"We will do by reservation as well," she said. "We're really trying to focus those programs and regularly scheduled events. Tuesdays and Wednesdays are kind of open for reservations but we can make just about anything happen. We're looking at [family readiness] groups — anybody who wants to have a regularly scheduled time, it's just a matter of letting us know so we can fit that in."

During the three days a week they are open, the staff will offer a regular schedule of classes. From 11 a.m. to 1 p.m. will be adult classes and kids and families can come in from 4 to 6 p.m.

"It is going to be very predictable, very regular," Anderson said.

On the retail side, they are going to shift away from much of the really customized projects into more of a standard offering to customize.

See ARTS, page 14

Taking the Hill event coming back for 2019

Localized 'Amazing Race' way to market attractions on post

By Will Ravenstein
1ST INF. DIV. POST

Fort Riley's Directorate of Family and Morale, Welfare and Recreation will host its version of the hit CBS TV show "The Amazing Race" March 16 at 10 a.m. with the 2019 iteration of Taking the Hill.

Teams of two will start and finish at Warrior Zone

"This is a great way to learn about Fort Riley and try something different. Participants will receive a T-shirt, and the winner will receive cool St. Patrick's Day gear."

HOPE JACKSON | RECREATION SPECIALIST,
SPECIAL EVENTS, DIRECTORATE OF FAMILY AND MORALE,
WELFARE AND RECREATION

as they head out to different locations throughout Custer Hill in a race of speed and points, said Hope Jackson, recreation specialist, Special Events, DFMWR.

"It's kind of a marketing thing for our facilities," she said. "Participants will compete in teams of two, they will run around the hill to different facilities to do a challenge.

LEARN MORE

- For more information about Taking the Hill or to sign up, stop into Whitside Fitness Center or visit the Fort Riley DFMWR Facebook page.

Once they get back, the team who gets back the fastest — with the most points — wins."

The free event will feature challenges at Robinson Fitness Center's Alpha Warrior Battle Rig, Warrior Zone with a 3-point

challenge and gaming challenge, Outdoor Adventure Center will have disc golf and more.

"The challenges are based on what each facility offers regularly," Jackson said.

Registration will take place at 9 a.m. on March 16 at Warrior Zone or participants can sign up at Whitside Fitness Center or via a Facebook event on the Fort Riley MWR page, www.facebook.com/rileymwr/.

Teams have the choice of where they want to start when the race begins.

"Once we start at Warrior Zone, it's up to them if they

want to go to the farthest and work their way back," she said.

"If they want to start at Warrior Zone or hit the gyms, maybe go to the library that's a little farther away to stay away from the crowds — it's up to them."

"This is a great way to learn about Fort Riley and try something different," said Melissa Phelps, recreation specialist, Special Events, DFMWR. "Participants will receive a T-shirt, and the winner will receive cool St. Patrick's Day gear."

See HILL, page 10

FORT RILEY POST-ITS

Housing Assistance Team

Two-person teams will conduct home assistance visits of neighborhoods with the intent to assess the quality of living conditions, responsiveness of the work order process and any deficiencies that present an immediate threat to health and safety. To ensure broad community involvement and awareness, the teams will surge on selected neighborhoods on selected dates. Assistance teams operate on behalf of the senior commander.

Feb. 21 and 22: McClellan Place
 Feb. 25 and 26: Warner-Peterson
 Feb. 27 to March 1: Forsyth
 March 4: Colyer
 March 5 and 6: Ellis Heights
 March 7: Historic Main Post
 March 11 to 14: makeup appointments for all neighborhoods.

Lets go to the movies @ Barlow Theater

Friday, Feb. 22 — The Kid Who Would be King (PG) 7 p.m.
Saturday, Feb. 23 — The Kid Who Would be King (PG) 2 p.m. and Bumblebee (PG-13) 7 p.m.
Sunday, Feb. 24 — The Upside (PG-13) 5 p.m.
 Theater opens 30 minutes before first showing. For more information, call 785-239-9574. Regular Showing: \$6, children are \$3.50, children 5 and under are admitted free. 3D Showing: \$8 First Run: \$8.25, 3D; First Run: \$10.25.

Like - Comment - Share

16 13 5

Fort Riley MWR

The Library Movie Night is Feb. 23 at 6:30 p.m. Admission is free and popcorn is included. The February movie is "Smallfoot."

Fort Riley MWR

The Dinner To Go menu for Thursday, Feb. 28 at Riley's Conference Center is: Four-cheese stuffed shells with meat marinara, Caesar salad, breadsticks and cheesecake. Orders must be made before noon Thursday by calling 785-784-1000. Cost depends on the size of package.
 Coppia (feeds 2 to 3): \$20
 Quattro (feeds 4 to 5): \$35
 Family (feeds 8 to 10): \$60
 Orders can be picked up between 4 and 7 p.m.

Fort Riley MWR

Kids need to burn off some energy? Bring them to Bounce-A-Palooza Saturday, Feb. 23 at Whitside Fitness Center from 10 a.m. to 2 p.m. Kids of all ages can bounce away the winter blues in a ton of inflatables. Children age 13 and under must be accompanied by an adult. Admission is \$5 per child and free for adults. Snacks are available for purchase. For information, call 785-239-8990.

Fort Riley MWR

The next Family Rock Climbing event is Feb. 23 from 10 a.m. to noon at Craig Fitness Center. Registration is \$5 per person and can be made at Outdoor Adventure and Travel Center. For more information, call 785-239-2363.

Army Community Service

The next Newcomers Welcome for Spouses is Feb. 28 from 9 a.m. to noon at Army Community Service. For information and to register, call 785-239-9435.

HILL

Continued from page 9

Learning what is offered by each of the facilities is what motivates Jackson.

"I'm still pretty new here and I have a pretty general idea of what all of them offer," she said. "I had no idea that Robinson had the (Alpha Warrior) Battle Rig or that SpareTime (Interactive Entertainment) had the batting cages and stuff in it. So, it's the opportunity for them to get into each facility and see what they offer and say, 'Oh. Well maybe I will come back another day or next weekend.'"

The running around also fits into the new push of #FitFirst on Fort Riley with participants running throughout the competition.

"If you are able to get all the way down to Outdoor Rec. complete all the challenges and make it back by 1:45 p.m. I would say that's pretty impressive," Jackson said. "You are definitely running big time."

For more information about Taking the Hill or to sign up, stop by Whitside Fitness Center or visit the Fort Riley DFMWR Facebook page. #FITFIRST

HOME.ARMY.MIL/RILEY

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	239-6597
Traditional Protestant Service	
Sunday Worship	1030
Children's Church	1045-1130

Catholic Services

Victory Chapel	239-0834
Sunday Mass	0845
Sunday Catechism	0950
Saint Mary's Chapel	239-6597
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	239-4818
Fort Riley Open Circle-SWC	
1st & 3rd Wednesday monthly	1800

Homefront Heroes

Support Group for deployed spouses of Soldiers
 Weekly Wednesday classes from 1830-1930 at Victory Chapel. 785-239-0875.
 Childcare provided for birth-4yrs.

Club Beyond - Faith Based Youth Program

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

AWANA

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

Protestant Women of the Chapel (PWOC)

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

Catholic Women of the Chapel (CWOC)

Weekly Wednesday Meeting 0900-1130 at 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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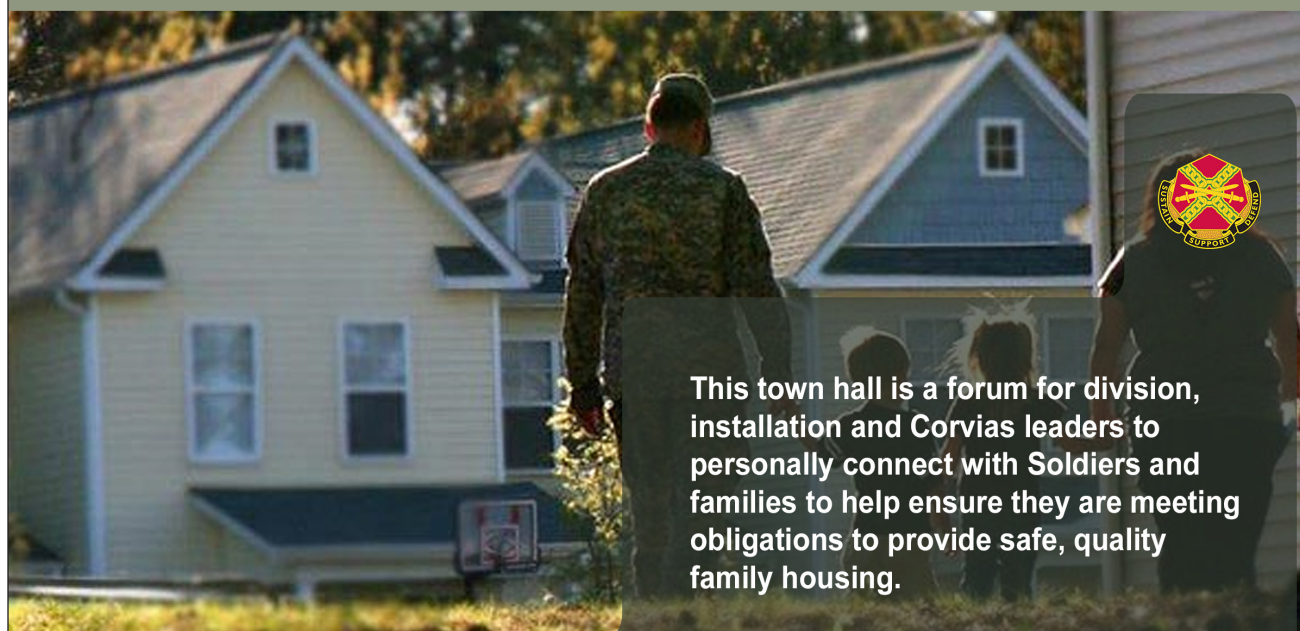
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FORT RILEY TOWN HALL

FORT RILEY HOUSING RESIDENTS ARE INVITED TO RILEY'S CONFERENCE CENTER TUESDAY, FEB. 26 OR WEDNESDAY, FEB. 27 AT 5:30 P.M.

Childcare will be available — pre-register at 785-239-9885



This town hall is a forum for division, installation and Corvias leaders to personally connect with Soldiers and families to help ensure they are meeting obligations to provide safe, quality family housing.



"Our most sacred obligation as Army leaders is to take care of our people - our Soldiers and our family members."

Secretary of the Army Dr. Mark Esper, Feb. 13

Flying in 2020?

Upgrade your ID.

Effective Oct. 1, 2020, Kansans flying domestically or entering government buildings will need an official **REAL ID** or passport.

Get a **REAL ID** by bringing your passport or birth certificate **AND** Social Security card to the DMV.

Visit ksrevenue.org/realid for more information.



Closer look behind the sweat

Trainer relishes chance to improve fitness at Fort Riley

By Gail Parsons
1ST INF. DIV. POST

She's a personal trainer and a group fitness instructor who has clients walk out of her classes sweating, and sometimes sore but quick to go back for more.

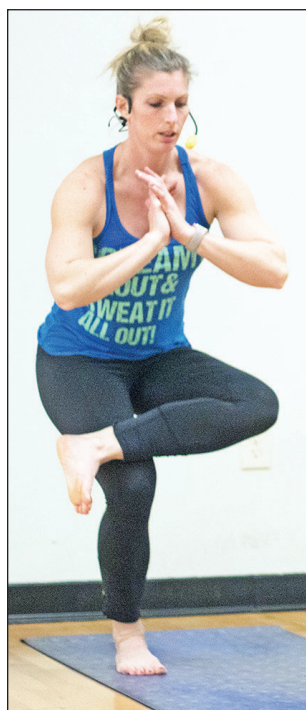
Marci Whiteside has a way of encouraging people to meet their fitness goals while making exercise fun.

"She just seems to know the right time to motivate you," said Chrissie Angell, wife of Lt. Col. Brian Angell, 1st Heavy Attack Reconnaissance Squadron, 6th Cavalry Regiment, 1st Combat Aviation Brigade, 1st Infantry Division. "And the way that she motivates you, — it's in a positive manner instead of making it feel like, 'Oh no, OK, I've got to work harder or she's going to yell at me.' You want to do well for her. It's kind of like I think as a teacher at school with little kids. You know when they have a good teacher that inspires them with positivity and kindness — that's what I would say with Marci she just really kind of cheers you on."

Originally from Atlanta, Georgia, Whiteside started offering classes on Fort Riley after her husband Lt. Col. Jake Whiteside was assigned to the 1st Combat Aviation Brigade, 1st Inf. Div.

Fitness has always been an important part of her life. Becoming an instructor seemed a natural fit for someone who needed a flexible schedule to work around deployments and children. As a military spouse, she knew moving around the country would be part of life so she chose to become a certified personal trainer through the National Academy of Sports Medicine.

"I figured since I'm going to be moving around, I needed a certification that is going to be highly respected everywhere,"



Téa Sambuco | POST
PiYo instructor Marci Whiteside leads participants Jan. 9 in a fast paced PiYo workout, which combines Yoga with Pilates.

she said. "And that one is."

With the certification tucked under her belt, she was able to move into a field she is passionate about.

"It keeps myself in shape and I like seeing other people reach their goals," she said. "I like helping them with that."

Whiteside will take personal one-on-one clients, small groups in the New U sessions and she teaches several classes.

The first class she taught was one of the Les Mills' classes — Body Attack. While stationed at Fort Rucker, Alabama, she took the class and loved it because of the cardio.

"It was a killer cardio class," she said. "I figured if I'm going to take all the classes all the time I ought to teach it and get paid for it."

That started her off — she was able to take what she loved and turn it into a career. But while she had the exercise and fitness side of the job down, there was one little

"I want people to realize that you're here to work out. It's OK if you're not doing exactly what I'm doing. You're getting a workout in and that is success."

MARCI WHITESIDE
PERSONAL TRAINER AND
GROUP FITNESS INSTRUCTOR

piece of the puzzle that didn't come as easy.

"I used to be very introverted and very shy," she said. "So, it was really hard for me to first get on stage and teach. I was really quiet and wouldn't look people in the eye."

Seeing her today in front of a class, calling out instructions and watching her clients carefully to make sure they are using proper form, one would never guess that had ever been an issue.

She says she jokes around during the classes to help take people's minds off of the workout. That approach can be especially helpful for people new to one of her classes. She said she pays close attention to the new people to make sure their individual needs are being met.

She lets her clients know that they are all individuals. As such, they each have their own set of needs.

"I want people to realize that you're here to work out," she said. "It's OK if you're not doing exactly what I'm doing. You're getting a workout in and that is success. You don't have to look exactly like your neighbor or look exactly like the instructor, just come out and do it."

Rachel Cobb signed on with Whiteside when she decided to get into shape to join the Army. Under her tutelage, Cobb said she was able to see improvements almost immediately.

"I felt like I needed something to keep me accountable," she said.

In the process of getting in shape she picked up a side benefit.

"I made new friends and that (is) always fun to meet people," Cobb said.

Whiteside said she isn't surprised by that because the camaraderie is a part of the gym experience.

While fitness is what brings most people to the gym and her classes, she said it has turned into more than just about exercises.

"It's a healthy outlet," she said. "Especially for your military wives who feel like they're cooped up in can't get out and do much. It's something we can kind of bond with and get to know each other. I get to meet people that I wouldn't have if I wasn't into fitness and I was not teaching classes."

When someone signs on with Whiteside for personal training, they can expect to first have a conversation with her about their goals and any medical issues they have. They will go over the person's workout history and take base measurements.

"Then I do a movement assessment to see where you are and see if you have any muscle imbalances," she said.

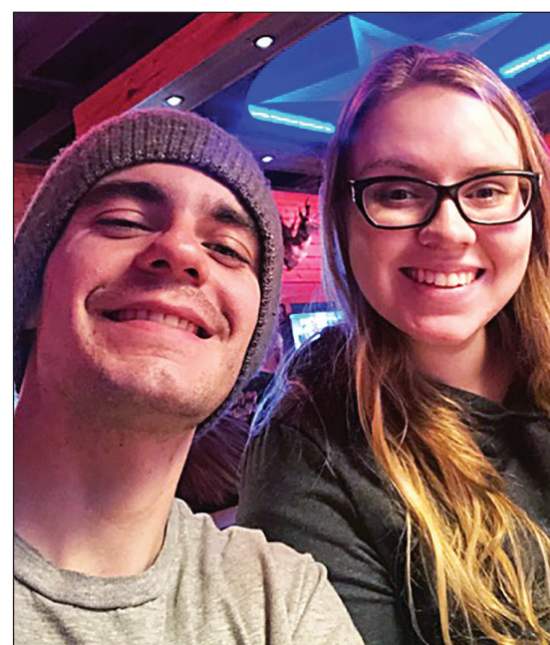
Depending on the results of the initial meeting and the person's goals, Whiteside creates a program and guides them through, modifying exercises as needed.

The most important part she said, is to simply start. She knows that can be difficult, especially if someone is not really familiar with the gym and the equipment.

"I think some people are intimidated by trainers," she said. "I try to be approachable. I let them know I'm human — and I eat donuts and don't always make smart choices."

Anyone who would like to meet with Whiteside to see how she can help them get onto a path toward fitness, can call the Whiteside Fitness Center at 785-239-2573. #FITFIRST

TUESDAY TRIVIA CONTEST



The question for the week of Feb. 19 was: Where can I find information about things to do on post and in the surrounding area?

Answer: home.army.mil/riley/index.php/about/things-to-do

This week's winner is Hannahrose Guckert, spouse of Spc. Richard Guckert, 1st Combined Arms Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division.

Pictured above are Hannahrose and Richard.

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SEITZ Continued from page 9

asked. "It's because they are trustworthy aren't they? Your shoes say Nike on them, so you know they are the real deal, right? So, the same thing applies to you. You can't be something that you are not because then you are not authentic."

The final lesson he spoke to the students about was doing the right thing.

"So many times when you have a choice you say, 'Well, if I do this, I'll have a lot more fun,' but it's wrong," he said. "It will hurt somebody maybe, and it will hurt yourself. If you lie, you will have to tell more lies to cover it up. Or, you can do the hard thing and tell the truth. Do the right thing."

Seitz went on to answer questions from the students before everyone went to the auditorium for an all-school celebration.

After the Pledge of Allegiance, Col. Theodore Brown, Irwin Army Community Hospital commander, sang the National Anthem. Then the students sang multiple patriotic songs ending with the school song.

After Gen. Seitz's nephews, John Seitz spoke to the students about his experiences with the man he said was not just his uncle but his "next-door neighbor, best friend and very much like a father."

The celebration ended with the school singing "Happy Birthday" to Gen. Seitz.

GET LUCKY BREW RUN

Friday, March 15 | 5pm | Riley's Conference Center

Register in advance at Leisure Travel Services, or <https://riley.armymwr.com/programs/event-ticket-sales>.

On-site registration begins at 3pm

Free participants will not receive a beer mug.

Participants participating in the beer tasting will need to provide proper ID at registration.

Strollers and pets welcome

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U.S. ARMY MWR
CAPRA

FORM MATTERS

Alternating grip pullup

By Gail Parsons
1ST INF. DIV. POST

18th Infantry Regiment,
2nd Armored Brigade
Combat Team, 1st Infantry
Division.

To execute the leg tuck event during the Army Combat Fitness Test, Soldiers need to have good grip strength.

The alternating grip pullup is one exercise to help increase grip strength, said. 1st Lt. Jason Beauregard, head of the Soldier Readiness Test and Training Program for the 1st Combined Arms Battalion,

"This exercise develops the muscles needed to pull yourself up," he said. "Your forearms, primarily, is where all your grip strength is as well as some of the smaller hand muscles."

To maximize full muscle usage, Beauregard recommends switching to the position of the hands after a few repetitions.



ALTERNATING GRIP PULLUP

1. Grasp the bar with one hand in front of the other and legs hanging down.
2. Pull up on one side of the bar, touch the shoulder blade to the bar.
3. Lower completely down.
4. Pullup on the opposite side of the bar.

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

#FITF1RST

Rodeo brings two worlds together

Military Appreciation Day coincides with annual event's finale

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

The Kansas State University Rodeo Team and Club hosted its annual rodeo at Weber Arena Feb. 15 to 17 with Soldiers and families of Fort Riley invited out Feb. 17 for the finals during Military Appreciation Day.

"We've been doing this, I think, for six or seven years," said Art DeGroat, executive director, Office of Military and Veterans Affairs, Kansas State University. "We've designated the Sunday finals performance and competition as military appreciation day. For many military families, this is the first time they've been to a rodeo. Our culture here in the Midwest is with the rodeo. So it's nice in the winter they get to experience it indoors, maybe for the first time with families and children. Then they have all spring and summer to experience rodeos in our communities. So I think it opens the door to a family-based, values-based activity that they might otherwise, in urban areas, be exposed to."

Twenty college and university teams were represented at the three-day event, which showcased bareback riding, calf roping, steer wrestling, bull riding and more as the students competed for an intercollegiate title.

Before the rodeo, Fort Riley's Commanding General's Mounted Color Guard demonstrated their skills for the audience and posted the colors.

"It's a great opportunity for us to show the local community what exactly we portray and represent the 1st Infantry Division," said Capt. Jennifer Houle, Commanding General's Mounted Color Guard commander. "It's a great opportunity for us to do that as well as support the KSU rodeo team."

The smaller arena did require the team to make adjustments to their routine, but after scouting and measuring the arena the CGMCG were able to perform for the crowd without any issues.

"We moved our jumps in, we typically have about 12 feet in between our jumps," Houle



Kansas State University's Kyle Elke pulls down a steer during the steer wrestling event Feb. 17 at Weber Arena during the K-State College Rodeo final round and Military Appreciation Day. Elke wrestled the steer in 5 seconds after leaping from his horse to finish with a time of 10.7 seconds in the event.



Fort Riley Soldiers and families were among the crowd Feb. 17 at Kansas State University's Weber Arena for the finals of the K-State Rodeo and Military Appreciation Day. K-State with the help of the Directorate of Family and Morale, Welfare and Recreation distributed more than 1,000 tickets to Fort Riley for the event featuring the collegiate athletes showing their skills in the arena.

said. "Now, we have them close together. So, it's an adjustment as far as turning. That's really about it, just maneuvering the horses over the jumps and around. We did do a lot of rehearsals in order to be successful for today."

Between the demonstration and rodeo events, two ceremonies were held in the arena.

First, the K-State rodeo team and 1st Inf. Div. Artillery formally announced a new partnership linking the two organizations.

"Most of the units at Fort Riley have a partnership with a K-State athletic program," DeGroat said. "The DIVARTY unit at Fort Riley, Big Red One is one of the newer units and they did not have a partnership,

nor did the CG's Mounted Color Guard which is now part of DIVARTY. We found an Army unit and a K-State athletic program that did not, the only two, that did not have a partnership. So the commander and Sgt. Maj. and the Soldiers all came out and met with the rodeo coaches and president of the rodeo club and enacted this partnership."

A second ceremony recognized CGMCG Trooper Staff Sgt. Kory Owen as he was pre-

"It's a lot of fun, definitely not what I had thought a rodeo was going to be. I had no idea, but it's really neat."

JENNIFER BARAJAS
MILITARY SPOUSE

sented an Army Achievement Medal for actions taken while off-post after witnessing an accident. He acted as a first responder to an injured motorist until help arrived.

Owen didn't say anything to Houle so it was a surprise to her when she read the Interactive Customer Evaluation comment that was submitted by first responders, Houle said.

After the ceremonies were completed, the rodeo action took center stage with the riders attempting to finish in the number one spot to earn points.

The packed arena housed many Fort Riley members including Jennifer Barajas, wife of Sgt. Maj. Jose Barajas, DIVARTY, who was there with her husband and two children enjoying their first rodeo.

"It's a lot of fun, definitely not what I had thought a rodeo was going to be," she said. "I had no idea, but it's really neat."

Kansas State University partnered with the Directorate of Family and Morale, Welfare and Recreation to hand out more than 1,000 tickets to the rodeo. Something that Barajas was appreciative of.

"I love it, one with the unit having the partnership with the rodeo team now and just the partnership that K-State and Fort Riley have together," she said. "The bonds that we've been able to make and friendships that you been able to make along the way with MWR's help and Fort Riley and K-State partnerships, it brings that whole family concept to a lot of things that are a lot of times just the green suiter."

Important Information	
2018 myPay Tax Statement Schedule	
Retiree 1099-R	Available
Annuitant 1099-R	Available
Reserve Component Air Force, Army, and Navy W-2	Available
Navy Student Loan Repayment Program (SLRP) W-2	Available
Army Student Loan Repayment Program (SLRP) W-2	Available
Military/Military Retiree IRS Form 1095	Available
Active/Reserve Component Marine Corps W-2	Available
Army Non-Appropriated Fund (NAF) Civilian W-2	Available
Civilian (DoD/Non-DoD) W-2	Available
Active Component Air Force, Army, and Navy W-2	Available
Civilian (DoD/Non-DoD) IRS Form 1095	Available
Savings Deposit Program (SDP) 1099INT	Available
Travel/Miscellaneous W-2	01/31/2019

GUN & AMMO SHOW

Herington Community Building
810 South Broadway, Herington, Ks.



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Sun., March 3 (9 to 3)

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Arts & Crafts

and American Red Cross Youth Reconnection Workshops

Saturday, March 23 • 1-3:30pm • Riley's Conference Center

Family Crafting
Create your own deployment send-off or welcome home banner, sign and button!

American Red Cross Youth Reconnection Workshops
Interactive workshops designed to help youth ages 8-18 with communication in the family, with peers, and with school after a Soldier returns home from deployment.

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HEALTHY EATING

Butternut Squash Soup

This recipe was provided by the Performance Triad website listed below.

Recipe Analysis:
(1 serving = 1 cup)
Per Serving:
124 calories; 2 g protein; 5 g fat, 21 g carbs (10.5 carbs: 1 protein)



COURTESY PHOTO

Recipe = 5 servings of vegetables, 2 servings of fruit (1 vegetable per serving, 0.5 fruit per serving)

**This recipe is from Jennifer Beeman, Womak Army Medical Center, Ft. Bragg, N.C.*

INGREDIENTS (6 SERVINGS)

1. 2 tbs olive oil
2. 1 small onion, diced
3. 1 clove garlic, minced
4. 4 cups vegetable broth
5. 1 butternut squash, peeled, seeded, and cut into small chunks
6. 2 tart green apples, peeled, cored, and cut into chunks
7. 1 carrot, chopped

STEPS (40 MINUTES)

1. In a large pot, sauté onion in olive oil over medium heat until translucent.
2. Add garlic and cook about 30 seconds longer.
3. Increase heat to high and add remaining ingredients. Bring to a boil. Reduce heat and simmer, covered, until squash is tender (25 min).
4. Use an immersion blender and puree soup until smooth. Alternatively, transfer soup in small batches to a blender or food processor and puree until smooth. Allow soup to cool slightly prior to adding to blender.
5. Serve.

For more online, visit cookpad.com/us/recipes/730139-butternut-squash-soup?via=profile

GARRISON COMMANDER TELLS SCOUTS ABOUT LEADERSHIP



Will Ravenstein | POST

Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander speaks to Fort Riley Cub Scout Pack 260 Feb. 13 at the Scout Hut. Shrader informed the Scouts about what he does as garrison commander before answering questions during the 90-minute session with the youth. The question and answer session with a government leader was a requirement for the Scouts to complete their Webelo level prior to their cross-over ceremony to Boy Scouts Feb. 27.

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Roller derby a gym substitute

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

Fort Riley is in the beginning of a cultural shift to emphasize the importance of physical activity not only to the Soldiers assigned but to the family and civilian workforce.

With initiatives like the Healthy Army Communities and the new #FitFirst campaign, some will seek alternatives to traditional workouts and classes.

Several Fort Riley spouses have already been doing so, many for several years as members of the Junction City Stone Cold Foxes roller derby team.

"It's more fun to me," said Mercedes Hutchinson, wife of Spc. John Hutchinson, 82nd Brigade Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division. "I've never been the type of person to go to a gym and enjoy it. I always go to the gym and 10 minutes later I'm like, 'This sucks, I'm going to go home.' So, when I found derby, I needed something to keep me active. You know old age gets to you. I found derby and I thought this was fun, it was keeping me active and this was good."

For Hutchinson, it was also an escape from life while her husband deployed.

"I was looking for something to do, to keep me active," the Detroit, Michigan native said. "One of the girls who came to get her son's hair cut, cause I do hair, she was wearing a Stone Cold Fox sweatshirt. I'd always known about derby, never found a team — what is this. She told me and the next week I was in boot camp and I was instantly in love. Three years later here I am, that's pretty much it."

Candice Garcia, wife of Spc. Floyd Garcia Jr. formerly with 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Inf. Div., now serving in Korea, it was a chance encounter on social media that led her to the team.

"I just had my daughter, five years ago now, and I had seen an ad about it online on Facebook," the Lampasas, Texas, native said. "I thought, 'Man, that's really cool. I wonder if that's something I would like to do.' So, I went to a recruitment night and have been skating with them ever since."

Garcia, a first-grade reading teacher at Lincoln Elementary School in Junction City, Kansas, enjoys the physical activity that the sport brings.

"I'm very active, it's very cardio heavy," she said. "You have to have a lot of strength and that's something that you don't think a lot about. So, when I started, I wasn't as fit as I am now and throughout, I've gained a lot of muscle, increased my endurance and my strength just because I'm going around (working out). I started going to the gym more to increase my muscle mass more just so I could keep up with the strength aspect of it."

The full-contact sport is also very active with other muscle groups, Garcia said.

"You engage every muscle in your body when you are doing this," she said. "Even muscles you didn't realize you had while you're doing this. It's not just putting on your skates and leisurely going around skating. You are engaging your legs, your core, your arms, your back, just every muscle group while doing this."



Mercedes Hutchinson, wife of Spc. John Hutchinson, 82nd Brigade Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, skates around Spin City for the Stone Cold Foxes under the name Guts and Glory Feb. 16. Hutchinson and several Fort Riley spouses use their time on the roller derby team as an alternative means to working out on a regular basis while participating in a team activity.



Candice Garcia, wife of Spc. Floyd Garcia, Korea, attempts to move blockers out of the way Feb. 16 during the Stone Cold Foxes interleague match at Spin City. Garcia and several teammate have Fort Riley connections as either spouses or Soldiers and use their time on skates as alternate means to staying active.

Sgt. 1st Class Charles Cartwright, 1st Inf. Div. Retention, witnessed several sides of the team and attests to the physical demands.

"I've been working things with the team for three years as a coach, an official and as a fan of my wife who is a military spouse on the team," he said. "It's cool because our team is a transitional team. We get a lot of people in because it's a military town and a college town. We get military spouses who come and play, prior enlisted who are now coming to play, we've had enlisted who've come and play — we get the whole gambit of Fort Riley come and play roller derby."

Cartwright said he sees the ladies put forth the same amount of energy as other sporting teams.

"It's basically two hours of nonstop contact sport," he said. "They are probably using the same amount of energy as maybe a hockey player would during a game. It's in and out, no stopping until the bout is over."

During the bouts and practice, skaters can expect a major workout, Cartwright said.

"You can expect a lot of endurance and a lot of cardio workout," he said. "There is a lot of strength in it too, we do a lot of hitting. We do a lot of maneuvering and a lot of footwork."

"Let me give you an example, we've got a new player this year, her name is 'Sadie Massacre,'" he said. "She had gone through a weight loss surgery and lost a bunch of weight, but when she joined us and went through boot camp, she lost about 65 pounds from her boot camp until now. It's really a fulltime (workout). Every time you leave practice you will be sweating, you will be tired and it's probably one of the biggest workouts you have ever done."

The events are sanctioned under the Women's Roller Derby Flat Track Association with guidelines to keep athletes safe and bouts competitive.

At the end of the year there is a large tournament in Salina, Kansas, which draws in teams from Oklahoma, Kansas and Colorado, Cartwright said.

Spc. Amanda Pack, 170th Maintenance Company, 997th Brigade Support Battalion, 130th Field Artillery Brigade, Kansas Army National Guard, is the head non-skating official for the team during home bouts. She is in charge of all things related to scoring, time keeping and penalty control. Though she originally hoped to join the team after attending a boot camp learning the basics of the sport, an injury prevented her from taking the track.

"I passed my [minimal skills test], which is a test that skaters have to do to actually be on the team," she said. "I ended up injuring my shoulder right after passing my MSTs and haven't been able to skate. I am trying to ref, but that's kind of a slow process because I've been off of skates for a year."

She recommends anyone who is interested in learning about roller derby, but isn't ready to commit to skating look at the non-skating official side of the team.

"I would say come out to a bout or if they want to be a part of it try NSOing first if they are kind of hesitant about getting on wheels at first," she said. "If they come out and do a non-skating official position they will actually learn a lot about derby because you have to know the ins and outs of how derby goes and you get to watch at the same time."

All the ladies said they would highly recommend anyone interested in learning about the team to visit the Stone Cold Foxes Facebook page to see when boot camps are held or when bouts are.

"We just started a boot camp and are recruiting right now," Garcia said. "So, if anyone is interested in wanting to come out and learn, myself and some others, are teaching everyone what they need to know to just pick up this fun way of exercising and lifestyle. If you want to do it just find us on Facebook and we'll connect you with the ways to do it." #FITFIRST

ARTS Continued from page 9

"We're looking at more of the tumbler, the glass mugs — we'll still have the plaques and the horse jumps that we've always offered," she said. "We'll have those in stock, on hand for people to come in and pick one out and customize it with your unit information or spouse's name — things like that."

They will continue to have the framing and matting and she anticipates getting more volunteers to keep the woodshop operating.

"We really are going to rely on those volunteers to be teaching and helping out with the classes that we offer," she said.

The woodshop is one of the highlights for Jane Conard who has been at Fort Riley helping her family during deployments.

"My time at arts and crafts has been very well spent working in the woodshop," she said. "I am up there two or three times a week. It's a great program — I just wish more people would use it."

She has made several items including cedar chests and bookshelves and has seen some wonderful projects other people have made, which they would not have been able to without the equipment at the center, she said.

She also likes that whether it's the woodshop, the classes, ceramics or any of the other offerings, the Arts and Crafts Center gives peo-

ple another option for something to do.

"I know there are a lot of people into gaming, but there are a lot who aren't," she said. "It's a good alternative for people who want something at the end of a project rather than just a high score."

Another change on the horizon is the name of the facility, Anderson said.

"I want to move away from that image that everybody has as a typical arts and crafts Army center," she said. "I want to get it a little bit more oriented toward it being a business."

The direction of the center is different than what people typically think of when they hear the term arts and crafts. The new name, The Hobby Studio, will reflect the changes.

"We really just want to get people in there and offer some fantastic classes and fun projects to get people excited about what we can do," Anderson said.

Regardless of what it's called, Conard said she is glad it is there and she hopes the changes help bring people in.

"A lot of people don't know what they want to do until they are presented with the opportunity," she said. "For me, arts and crafts is more than just arts and crafts, it is realizing some of your dreams that you never had a chance to pursue."

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Level: Advanced

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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:

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Last Sudoku's Answers

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

Travel & Fun in Kansas

Exploring the world through activities, play Children's museums

Sp. Shell visits the Scandinavian wonder of Lindsborg next week in Travel and Fun in Kansas.

The first exhibits of the Flint Hills Discovery Center focus on the greater Flint Hills region.

★ FEBRUARY 22, 2019

HOME OF THE BIG RED ONE

PAGE 16 ★



Will Ravenstein | POST

The cowboy section of the Flint Hills Discovery Center shows what life on the trail and early Kansas was like with photos and displays. Children can use the magnetic brand on a cow to leave their mark on the world.



Will Ravenstein | POST

The second floor of the Flint Hills Discover Center is a giant play area for children of all ages with activities including this crawl around and slide. Also upstairs are several live creatures children can observe up close and personal.

By Amanda Ravenstein
1ST INF. DIV. POST

As Kansas weather appears stuck in winter mode and cabin fever sets in, there are several places to go within driving distance to get the children out of the house.

The website, findchildrensmuseum.org/about, describes children's museums as places where children learn through play and exploration in environments designed just for them.

Throughout the state, these museums reflect their diverse communities.

Children's museums create playful, interactive learning experiences. In an increasingly complex world, children's museums provide a place where all kids can learn through play with the adults in their lives, the website stated.

Although not classified as a children's museum, the Flint Hills Discovery Center, 315 S. 3rd St., Manhattan, opened in April 2012 and caters to children and adults.

According to their website, www.flinthillsdiscovery.org, this 35,000 square-foot facility immerses visitors within the wonder and beauty of the Flint Hills. Guests of all ages will enjoy



exploring more than 10,000 square feet of interactive exhibits and exciting temporary displays, as well as a one-of-a-kind theater experience and prairie-inspired outdoor plazas.

Director, Susan Adams said the facility has three floors of exhibits. The first floor is split into five units covering the Flint Hills history, science, animals, plants and culture. The second floor is a children's interactive experience with ways to learn on their own level about the Flint Hills. The third floor is the terrace area with a lookout.

"And then we will be opening, this spring, an outdoor interpretive trail, our prairie garden interpretive trail," she said. "It has 15 panels, with similar messaging to what the center itself says on the first floor but you're out there actually seeing the plants. Which is what you really need to be doing. We can't be everything. We're an indoor building with the message; but we can't be the prairie itself."

The first floor of the facility holds the permanent exhibits on the Flint Hills while the second floor houses the temporary exhibits rented from companies and changes three times a year, she said.

"Currently, we have 'Framed: Step into Art' and 'Storyland' and they are great youth-focused exhibits," she said. "We just finished up 'Bison' and 'Wolves in the Wildlands' and that was a little bit more of an adult focused exhibit. We try to shake it up and do some different things so it's not always the same messaging."

"We do a lot of partnerships as well," she continued.

"We also partnered with the Konza Prairie Quilters Guild when we did the 'Bison' exhibit and they did 25 quilts that we hung on the wall with their interpretations of their prairie perception. It was 'Discover the prairie in fabric,' and it was just beautiful. We got lots of great response from that. But we do a lot of partnering."

The center has also partnered with Fort Riley to showcase the 1st Infantry Division history, Adams said.

"We've done 'Duty First: 100 years' and we also did two previous exhibits with Bob Smith from the museum, 'Forces One' and 'Forces Two' that we did at different time periods," she said. "We're always working with Fort Riley in whatever we can do to support you guys. Fort Riley brings a lot to this community and I think people don't understand that."

When a new temporary exhibit arrives, additional programming is planned to supplement it.

"One thing I will tell you, in the sense of programming, is Saturday [Feb. 23] we are doing 'Storytelling Saturday' and we've brought in some story tellers and it all ties into our traveling exhibit" she said. "A lot of time we do some special programming that ties into our exhibits that are coming in."

Adams said the facility is also a resource for groups wanting to take photos for special events like prom or weddings.

Flint Hills Discovery Center also features opportunities for those looking for something to do. Being a volunteer for the Discovery Center is a great opportunity and interested people just need to visit the website and fill out the volunteer application, she said.

Adams explained the facility is not considered a museum because they do not collect items.

"If you collect then you become a museum, that's why we use the term discovery center" she said. "Everything is on loan. We own nothing which is kind of beneficial but there is a drawback too. We can't take things. We have to direct them to Riley County or K-State or [the University of Kansas]."

The Flint Hills Discovery Center is open all year except for Thanksgiving and Christmas.

Their hours are: Mondays through Wednesdays, 10 a.m. to 5 p.m.; Thursdays, 10 a.m. to 8 p.m.; Fridays and Saturdays, 10 a.m. to 5 p.m. and Sundays, noon to 5 p.m.

The admission price for adults is \$9 and children 2 to 17 years are just \$4. Seniors, 65 and older, are \$7. Military, college students and teachers are all \$7 with their corresponding identification cards.

Additional military discounts are available on family and individual memberships.

For any additional information visit the website or call 785-587-2726.

OTHER CHILDREN'S MUSEUMS AND DISCOVERY CENTERS IN KANSAS INCLUDE:

Wonder Workshop Children's Museum

506 S. 4th St.
Manhattan
785-776-1234
www.wonderworkshop.org

Exploration Place

300 N. McLean Blvd.
Wichita
316-660-0600
www.exploration.org

Kansas Children's Discovery Center

4400 SW 10th Ave.
Topeka
785-783-8300
www.kansasdiscovery.org

Wonderscope Children's Museum of Kansas City

5700 King St.
Shawnee
913-287-8888
www.wonderscope.org

Smoky Hill Museum

211 W. Iron Ave.
Salina
785-309-5776
www.smokyhillmuseum.org



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A miniature western town is setup with a train that highlights the importance of the train to the Flint Hills at the Flint Hills Discovery Center.



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Artwork from a youth class on display at the Flint Hills Discovery Center.



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The creative play area on the second floor of the Flint Hills Discovery Center also features interactive learning like this campsite.