

THE 1ST INFANTRY DIVISION POST

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FRIDAY, APRIL 26, 2019

Vol. 11, No. 17

★


FORT RILEY, KANSAS



Men of steel

Spc. Raymond Taylor, tank gunner from Golden Valley, Arizona, assigned to 3rd Platoon, Alpha Company from 2nd Battalion, 34th Armored Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, keeps guard and watches the main road for enemy movement during Allied Spirit X at Hohenfels Training Area, Germany, April 8. Allied Spirit is a U.S. Army Europe-directed multinational exercise series designed to develop and enhance NATO and key partner interoperability and readiness across specified warfighting functions.

Fort Riley to undergo inspection

By N. Lee Bliss
DEPUTY DIRECTOR, MIDWEST
REGIONAL NETWORK
ENTERPRISE CENTERS

Cyberspace is identified by the Department of Defense as the fifth warfighting domain alongside sea, air, space and land. The unique aspect of cyberspace operations is that it enables, supports, influences and affects operations in the other four warfighting domains. Cybersecurity and the security of cyberspace are critical now more than ever to ensure the DOD can operate securely and freely across all five warfighting domains.

The Command Cyber Readiness Inspection is conducted by the Defense Information Systems Agency and mandated by the Chairman of the Joint Chiefs of Staff Instruction, CJCSI 6211.02D. Fort Riley last received a CCRI in the summer of 2016 and will do so again from May 6 through 17. The inspection ensures DOD organizations are in compliance with the latest security standards, which could affect cyberspace operations.

During the inspection, a DISA readiness and security-inspection team will coordinate with the installation's Cybersecurity personnel and visit facilities with the Secret Internet Protocol Router Network and Non-classified Internet Protocol Router Network presence. The team will validate current accreditations, evaluate enclave and network security as well as all areas of traditional security, which consists of a combination of

See CCRI, page 7

'Dreadnaught' Soldiers enhance training during Allied Spirit X

Story and photos by
Spc. Von Henderson
358TH PAD

HOHENFELS TRAINING AREA, Germany — Soldiers with 2nd Battalion, 34th Armored Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, spent several days training in the field during Allied Spirit X, a multinational exercise series designed to develop and enhance NATO and key partner interoperability and readiness across specified warfighting functions March 30 through April 17.

On April 6c the troops left their barracks and headed to the training area, called the box, where they conducted operations until April 14.

"We hit a few rough spots our first night out," said Spc. Raymon Taylor from Golden Valley, Arizona, tank gunner assigned to 3rd Platoon, Company A, with 2nd Bn., 34th Armored Regt., 1st ABCT, 1st Inf. Div. "But, we pushed through and continued with the mission."

"It's fun being back out in the field," said Staff Sgt. Thomas Moon, fires non-commissioned officer assigned to Headquarters and Headquarters Company with 2nd Bn., 34th Armored Regt. "We get to train these guys and let them see stuff they don't get to see back at home."

See ENHANCE, page 7



Soldiers from Alpha Company, 2nd Battalion, 34th Armored Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, watch as allies drive by during Allied Spirit X at Hohenfels Training Area, Germany, April 08. Allied Spirit is a U.S. Army Europe-directed, multinational exercise series designed to develop and enhance NATO and key partner interoperability and readiness across specified warfighting functions.

Tax Center completes 2018 filing season

Amanda Ravenstein
1ST INF. DIV. POST

The Fort Riley Tax Center has wrapped up the 2018 tax season with 5,809 federal and 2,886 state returns filed resulting in more than \$8 million dollars in refunds. By filing at the tax center, Fort Riley Soldiers and their families saved more than \$1.3 million in preparation fees, said Capt. Joshua Goetting, chief of Legal Assistance, Staff Judge Advocate.

"I think what's important to know is considering the amount of deployed Soldiers, we had anticipated a huge decline in services that we were going to provide," said attorney, Elizabeth Thurston, Fort Riley Tax Center officer in charge. "But I think we were only about 800 short from last year."

During a ceremony on April 16 to celebrate the

Did you know ... ?

After applying for an extension, Soldiers deployed to a combat zone have six months from the day they return, plus the number of days they missed for tax filing. For example, if the Soldier deploys March 1, they have the days of March 1 through April 15, plus six months, from the day they come back. Soldiers deployed to a non-combat zone have until Oct. 15 to file a tax return.

end of the tax season, 10 Soldiers and three civilians were recognized and awarded for their work at the tax center, but they received more than just commendations.

"First and foremost, they received IRS training and

See TAXES, page 6

Partnership dispels barracks lawyer myths

Story and photo by
Maj. Bryce Gatrell
2ND ABCT PAD

Soldiers from the 2nd Armored Brigade Combat Team, 1st Infantry Division, participated in alcohol-related offenses training at Barlow Theater, April 15.

This training is an addition to Fort Riley's active community partnership. The Fort Riley Alcohol and Substance Abuse Program directors wanted to partner with area officials to educate Soldiers on local laws. Kendra Lewison, Riley County assistant county attorney taught the class.

Considering most alcohol-related incidents involving Soldiers happen off-post, commanders found it important to involve someone from off the installation to teach a class of this nature.

"I'm thrilled to be able to come and explain what the local state laws are," Lewison said. "The best way to avoid



Kendra Lewison, Riley County Assistant County Attorney, speaks to 2nd Armored Brigade Combat Team, 1st Infantry Division, Soldiers on alcohol-related offenses from an attorney's point of view on April 15 at the Barlow Theater.

violating laws is to start by understanding what they are."

Fort Riley has partnered with local police departments in the past to educate Soldiers on impaired and distracted driving but wanted

ed to tell the other half of the legal story.

Brandon French, a Fort Riley alcohol and drug prevention trainer, teaches classes to Soldiers who are convicted of alcohol-related crimes. French observed during his classes

that Soldiers asked a lot of what if's and noticed many were acting as barracks' lawyers. French wanted to dispel any myths or bad advice being passed around.

See Lawyer, page 7

FORT RILEY VOLUNTEER SPOTLIGHT

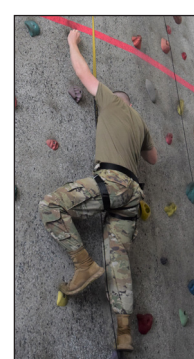
Private 1st Class Greg Brewer, Headquarters and Headquarters Company, 1st Combat Aviation Brigade, 1st Infantry Division, volunteers with the Directorate of Family and Morale, Welfare and Recreation and Child and Youth Services.

As a volunteer youth sports official he takes the initiative to lead and supervise youth sports games, said Brittany Glascock, Youth Sports and Fitness assistant director.

"Without his assistance, the summer and fall sports seasons would have been very difficult," she said. "His volunteer effort allowed for more than 100 Fort Riley children to be able to play both baseball and soccer."

For more information about volunteering on Fort Riley contact Jane Brookshire volunteer coordinator with the Army Community Service at 785-239-9974.

ALSO IN THIS ISSUE



ROCK CLIMBING OPTIONS ON FORT RILEY

#FITFIRST

SEE PAGE 9

ALSO IN THIS ISSUE



SPC. SHELL CHECKS OUT THE TREES AND TRAILS AT AREA ARBORETUMS.

SEE PAGE 16

Breaking barriers with sabot rounds, first 'Devil' Brigade female leader qualifies on Abrams



Sgt. Thomas Mort | 358th PAD

Second Lt. Tatiana Miranda, right, third platoon leader with Company A, 2nd Battalion, 34th Armored Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, prepares for tank gunnery at Grafenwoehr Training Area, Germany, March 19. Miranda is the first female officer in the 1st ABCT to qualify with an Abrams tank.

By Spc. Yon Henderson
358TH PAD

GRAFENWOEHR TRAINING AREA, Germany — Second Lt. Tatiana Miranda, platoon leader from 2nd Battalion 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, became the first female officer in the 1st ABCT to qualify with an Abrams tank March 19.

Miranda and her crew qualified with the M1A2 main battle tank during gunnery table VI.

"Second Lt. Miranda is a very determined, capable and intelligent officer," said Capt. Adam J. Young, Company A commander with the 2nd Bn., 34th Armor Regt., 1st ABCT, 1st Inf. Div. "It was exciting to see this part of history made, Miranda remained poised and executed flawlessly."

Until recently, women were prohibited from jobs in combat arms roles.

Implementation of the plan to remove gender restrictions on all areas of the military has been ongoing since January 24, 2013, which is when the ban was lifted.

"She is a leader that everyone should aspire to be like," said Spc. Elise Fall, signal support systems specialist with 2nd Bn., 34th Armor Regt. "I am very proud to work with her."

Miranda's father was in the Army, she grew up in a military home, but didn't always know that she would join. It was in her junior year of college when she looked into scholarships the military offered and decided to sign up.

"It was never planned, it just happened that way," she said.

Miranda, who is originally from Jacksonville, Florida, graduated from the University of South Florida with a degree in psychology and earned her commission as a second lieutenant. When she arrived at her first duty station, Fort Riley, she deployed with 1ABCT to Europe in support of Atlantic Resolve.

"Since being in 2-34, she has been an asset to the team," Fall said.

Miranda is an intelligence officer, but when her company needed a tank platoon leader, she stepped up to the task.

"I am always open to new ideas and experiences," Miranda said. "Like being the new tank platoon leader. I never thought I'd have this opportunity. As soon as it

arose, I wasn't afraid to take the chance and try something new."

Miranda said she owes her accomplishment to her fellow Soldiers who helped her study and complete the qualifications.

"Several great non-commissioned officers in Alpha Company led her through the prerequisites to tank crew gunnery, conducting Gunnery Skills Testing and the Advanced Gunnery Training System tables," Young said.

Once she qualified on the tanks with her crew, she felt ready to take on her new role as tank platoon leader for third platoon, Company A, 2nd Bn., 34th Armor Regt., 1st ABCT, 1st Inf. Div.

"I knew she would do well," said 2nd Lt. KiAnna Duncan, assistant fire support officer with 2nd Bn., 34th Armor Regt. "She takes on her roles with no doubt that in the end it'll all work out because of her strength and strong mind."

Miranda is one of more than 3,000 "Devil" Brigade Soldiers stationed across Europe in support of Atlantic Resolve. Their presence, training and participation in multinational exercises strengthens Europe and gives NATO the ability to respond to any crisis.

Holocaust victims remembered, honored

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

A brief video at the Fort Riley Holocaust Remembrance Day event April 17 showed the audience why this piece of world history should never be forgotten.

The quick and condensed video showed photographs of the carnage while its narrator spoke of the rise of the Nazi party and how everyday people turned on their Jewish neighbors. It helped drive home the event's opening message by Sgt. 1st Class Orlando Marin, pharmacy services non-commissioned officer in charge at Irwin Army Community Hospital.

"We must teach the lessons of the Holocaust, and most of all, we ourselves must remember," he said. "We must remember the terrible price paid for bigotry and hatred, and also the terrible price paid for indifference ... to truly commemorate the victims of the Holocaust, we must harness the outrage of our memories to banish all human oppression from the world."

Just prior to the video, six candles were lit in remembrance of the millions of victims and survivors of the Holocaust.

Chaplain (Col.) Shmuel Felzenberg lit the first two candles as Marin spoke of their significance:

"We light our candles by passing the light of memory and hope from one to another," he said. "Let us honor those whose lights were put out, whose dreams, hopes and lives were snuffed out before they even lived, for the one and one half million children."

"We light a candle for the untold millions for whom there is no one to mourn, whose entire families were annihilated and who lie in unmarked graves."

"We light a candle for those who stood upright while others were bending to unimperial will," Marin read as Maj. Tad Coleman lit the third and fourth candles. "For the righteous among the nations who risked and even gave their lives to help their fellow human beings."

"We light a candle for those brave Soldiers who liberated the camps; who carried the dead and near dead in their arms to a kinder and more humane future and for those who served with the allied forces to put an end to tyranny and oppression."

"We light a candle for the nearly 6 million Jews and for the 6 million non-Jews who perished in a planned system of human destruction, the scale of which had never before been even imagined," he continued as Sam Devinki, the event's guest speaker, lit the last two candles.

"We light a candle for those who live even now under the yoke of oppression, in places where the threat of genocide is real and ever present."

When Devinki took his place at the podium, he told the story of his family — of their deaths and their survival through the Holocaust.

Devinki was born in a Displaced Persons camp in Ragnsburg, Germany, in 1946. But his family's story started years earlier — in September 1939.

"In September of 1939 I had a great-grandfather, I had three grandparents and nine aunts and uncles, about two dozen cousins," he said. "When the war ended in 1945, my



Sam Devinki lights the final two candles during the Holocaust Remembrance Ceremony April 17 at Barlow Theater. Devinki shared the story of his family's plight living in Poland during World War II as practitioners of the Jewish faith.

great-grandfather was murdered; I only had one grandparent left, the other two were murdered. I only had one aunt, one uncle and two cousins. Everyone else had been murdered."

His great-grandfather was a Hasidic Jew who adhered to the strict codes of dress required of the Jewish men. The striped uniform he was given to wear did not fit the standard. When he refused to put it on, he was killed.

With the help of a neighbor, his uncle built a false room in his basement. But there was a rule — if someone turned in Jewish people they could get their property.

The neighbor betrayed the family and directed to Germans to the secret room. Two Nazis took Devinki's uncle and aunt and their four children; another aunt and her three or four children, and his grandmother out into a field and killed them.

"My father was never the same after that," he said. "He wasn't there, but he was in town when this happened. In his mind he thought there was only two of them, maybe he could have rushed them."

On the paternal side of the family, Devinki's mother grew up in Poland. Her father was sent to Treblinka and the rest of the family was moved into the ghetto.

When word spread that the Germans were about to liquidate the ghetto, Devinki's grandfather's business partner Jozef Gondrowicz, who was a member of the Polish nationalist resistance movement, arranged to hide the family in a 10-foot by 15-foot hole underneath a barn.

They lived there with no electricity or bathroom facilities for 26 months. While some of the family survived those 26 months, others were caught and killed, including young children.

When the war ended, his family had lost everything. They were in the DP camp until they could move to America. He was a toddler when his family settled into the Kansas City area in 1950. His parents did all they could to build their lives, but the memories of the Holocaust had changed them. Devinki grew up in that shadow.

He recalled his father as a man who was generous and loving but also could be violent and demanding. Devinki has devoted much

See SURVIVAL, page 7

US, Israel snipers send rounds downrange

Story and photo by Spc. Yon Henderson
358TH PAD

GRAFENWOEHR TRAINING AREA, Germany — Snipers assigned to 2nd Battalion, 34th Armored Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, conducted sniper training with members of the Israel Defense Forces 35th Paratroopers Brigade April 5.

The training was part of Allied Spirit X, which includes about 5,600 participants from 15 nations, March 30 through April 17 at the Hohenfels Training Area in southeastern Germany.

"We came out here to Grafenwoehr, to work with the Israeli snipers," said Sgt. Phillip West, sniper assigned to 2nd Bn., 34th Armored Regt., 1st ABCT, 1st ID. "To compare our equipment and techniques and to do some drills with them."

Allied Spirit is a U.S. Army Europe-directed multinational exercise series designed to develop and enhance NATO and key partner interoperability and readiness across specified warfighting functions.

"Training is going very well with the Israeli snipers," said

Sgt. Nukoma L. Haack, sniper assigned to the 2nd Bn., 34th Armored Regt., 1st ABCT, 1st ID. "There are some parts of their training that we don't do. So, it's nice to get out here and see how they shoot and what techniques they use."

Achieving interoperability through exercises such as Allied Spirit X by engaging with the militaries of other nations gives U.S. Soldiers the opportunity to learn skills that increase the lethality of their units.

"Their basis of training is more quickness and memory, while ours is more long distance and calculated," Haack said.

At the range, the snipers shot targets from 300, 400, 500, 600 and 800 meters in the prone and standing positions. The U.S. snipers sent rounds downrange using the M110-Semi-Automatic Sniper System and the Israeli snipers used the SR25-CARBINE.

The M110-SASS and SR25-CARBINE fire the 7.62x51mm NATO round and resemble the M16 rifle in design.

"We're similar in a lot of ways," West said. "But, the Israeli snipers also do things a little bit differently. So, it's really good training to



Sgt. Nukoma L. Haack from Las Vegas, Nevada, right, and Spc. John P. Visco from Allentown, Pennsylvania, center, both snipers assigned to 2nd Battalion, 34th Armored Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, discuss tactics and techniques with a sniper from the Israel Defense Forces during a sniper training exercise at Grafenwoehr, Germany, April 5. The snipers are part of Allied Spirit X March 30 through April 17 at the 7th Army Training Command's Hohenfels Training Area in southeastern Germany. Allied Spirit is a U.S. Army Europe-directed multinational exercise series designed to develop and enhance NATO and key partner interoperability and readiness across specified warfighting functions.

get out here and work with them. They are really good at what they do, they are very proficient."

Allied Spirit X allows allies to connect personally, professionally, technically and tactically — to create stronger, more capable forces during times of crisis.



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Fort Riley Combined Graduation student speaker nominations

Are you a 2019 graduate with a 3.0 or higher GPA, have an unusual story or significant achievement while getting your degree?

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For more information, contact your on post college or university.

'Big Red One's' Best Mortarmen send it



Staff Sgt. Bumgarner and Cpl. Peden from Headquarters and Headquarters Company, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, conduct a gunner's exam on the 81-mm mortar system at The Best Mortar Competition at Fort Benning, Georgia, April 11.

Story and photo by 1st Lt. Joseph Kim
2nd ABCT

FORT BENNING, Ga. — Soldiers from the 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, participated in the 2019 Best Mortar Competition from April 9 to 12.

Staff Sgt. Joshua Bumgarner, Sgt. Braden Luka, Cpl. Steven Peden and Spc. Hector Gomez represented the 1st Inf. Div. at this year's competition. Fort Benning accepted the top 20 mortar squads, out of the 60 applying teams.

"It was the toughest and most rewarding experience in my career," Bumgarner said. "I'm proud of the team, and it was an honor to compete with them against the greatest Soldiers in this profession."

Created in 2017, the Best Mortar Competition challenges the Army's mortarmen through a series of physical and mental mortar specific tests to identify the best Soldier. The competition tests the Soldiers' expertise, stamina and determination as they navigate a three-day challenge with minimal sleep, food and support. These tasks and conditions are no surprise to "Thunder Battalion" team members.

The team returned from a one-month rotation to the National Training Center in Fort Irwin, California, a week before this year's competition.

"It won't be easy to go from a field exercise to this competition," Bumgarner said. "But, these guys have proved their potential in both the garrison and field environments. They've demonstrated their competency, professionalism and drive regardless of any condition."

Without the luxury of a competition training program, these Soldiers lived up to their brigade's motto, "Ready now."

The competition began with the execution of the new Army Combat Fitness Test at 5 a.m. before the teams moved on to the rest of the day's events.

On day one, Soldiers tested on their proficiency on the 81-mm mortar system, the setup and declination of the M2 Aiming Circle, Tactical Combat Casualty Care, Fire Direction Center tasks and

nighttime mortar firing point occupation.

"I haven't touched an 81-mm system since basic training," Gomez said, during the gunner's exam event.

Gomez and Peden, two members of the team who had the least amount of training on this system, qualified with expert scores — despite the lack of experience.

The team continued to demonstrate excellence in the TCCC event as they garnered commendation from lane observers in a top-five finish. Day one culminated with a two-mile ruck march that demanded an eight-minute mile pace while teams carried the 60-mm and 81-mm mortar systems.

Teams were transitioned to an air assault mission, transporting them to unfamiliar terrain at night to conduct an occupation of a mortar firing point. Once completed, competitors were given one hour to rest before moving on to day two's events.

Day two began with the execution of Fort Benning's Downing Mile, a three-mile trail run, which competitors navigated with their rucks. The end was an obstacle course race. Afterward, competitors rucked to the M4 rifle and the Army's new M17 handgun ranges for weapon qualifications. Luka, having shot the M17 only once before this competition, scored in the top three of 80 shooters during this event.

On the final day of the competition, teams navigated to Red Cloud Range to conduct a timed, live-fire hip shoot and direct-lay on an 81-mm mortar system. Bumgarner and his team were commended for executing this event with a top five completion time.

"We manipulate the heavier 120-mm systems at Fort Riley so much in training, that the 81-mm system was almost effortless," Peden said, in a testament to the team's ability to attack this final event.

The conclusion of the 2019 Best Mortar Competition resulted with an overall winning team from the 82nd Airborne Division. Although the Big Red One Soldiers did not bring the trophy home this year, these mortarmen left the competition stronger, tougher and more lethal with lessons to share with their unit and Soldiers.

Annual Army-wide housing survey now available for Fort Riley residents' input

Patti Geistfeld
FORT RILEY PUBLIC AFFAIRS

The annual Army-wide survey for on-post housing residents launched April 23. Each resident is encouraged to participate in the survey to provide information about their experiences. The information will guide the Army and Residential Communities Initiative partners in improvements to privatized housing facilities and service to provide a better quality of life for residents and families.

"It is important for folks to fill out the surveys as they provide valuable information toward meeting leadership goals of providing the best housing we can for our service members and families," said Steve Milton, chief, Fort Riley Housing Division.

In a memorandum dated April 17, Lieutenant General Gwen Bingham, Assistant Chief of Staff for Installation Management, emphasized that the Army is committed to improving residents' housing experiences.

"We welcome and value your candid opinions and thoughts," she said.

Residents will have until May 24 to complete the survey. "Feedback about your experiences while residing in a privatized housing community is critical to shaping future



housing quality and services provided to the Army," Bingham said.

The information is kept confidential. Information provided to the Army and RCI partners will not be linked to the person providing it..

Residents should have received an email containing the link. Only one member of each household receives the email. If someone in a household has not received this email, contact the Fort Riley Housing Services Office at 785-239-0679.

Gates, hours of operation to change at installation access control points

STAFF REPORT

Beginning 5 a.m. May 1, Fort Riley will reopen the Four Corners access control point off Old Highway 77 for 24/7 operation and change the hours of operation at Estes Street and Ogden access control points.

The Estes Street access control point off Old Highway 77 will be open from 5 a.m. to 7 p.m. daily.

The Ogden access control point will close overnight and be open from 5 a.m. to 10 p.m. daily.

Opening access at Four Corners will enable first responders on Fort Riley to reach the northern training areas more quickly and allow military vehicles moving between training areas to stay within the boundaries of Fort Riley.

Reducing the hours of operation at the Estes and Ogden access control points will reduce the need to assign Soldiers from 1st Infantry Division units to guard duty.

The changes will help maintain Soldiers' readiness for future training and deployment requirements.

In addition to those changes, construction on Trooper Drive during May and June will require overnight closures of the Trooper access control point near the main Post Exchange and Commissary. From May 1 through June 27, Trooper gate will be open daily from 5:30 a.m. to 7 p.m.

To accommodate overnight traffic, the Rifle Range Road access control point near Fort Riley Elementary School will open from 7 p.m. to 5:30 a.m. from May 1 through June 27.

The Henry Drive access control point, exit 301 on Internet 70, will remain open 24/7. Operating hours also remain unchanged at Grant Gate from Grant Avenue in Junction City and the 12th Street commercial access control point off Kansas Highway 18.

Visitors to Fort Riley who do not have Department of Defense ID cards will need to get a pass from the Visitor Control Center at Exit 301, I-70, or travel with a DOD ID cardholder who can serve as a Trused Traveler.

For information about accessing Fort Riley, visit home.army.mil/riley/, click on the "Accessing Fort Riley" link or call 785-239-2982.

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Access Information:

To access the new GRB Platform go to: <https://www.ebis.army.mil/>

Common Access Card (CAC) log on only. There is no longer a user name and password requirement.

When you log in for the first time you will view a brief tutorial video about the GRB Platform.

For assistance, contact:

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CIVILIAN SPOTLIGHT

RICHARD NEWLON
DIRECTORATE OF FAMILY AND MORALE,
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MECHANIC

On March 19, Richard Newlon, an auto mechanic at the Directorate of Family and Morale, Welfare and Recreation, set up the DFMWR Non-appropriated Funds fleet maintenance program. This program will service all 40 government NAF vehicles and ensure they are serviced and repaired semi-annually. It will also track all repair costs, to include parts and labor hours and will evaluate the fleet's condition throughout fiscal year 2019 and make adjustments to the recommended fiscal year 2020 vehicle repair budget. By implementing this program,

the Auto Skills Center team will be able to identify any maintenance concerns that could result in more expensive repairs, which will save DFMWR thousands of dollars.

Newlon also played a key role in the removal of abandoned vehicles on the installation, which is a priority of Command Sgt. Maj. Andrew Bristow, garrison senior noncommissioned officer. He goes out of his way to coordinate with Directorate of Emergency Services and the Auto Skills team to ensure vehicles are removed in a timely manner.

In the past two months, Newlon has, on his own initiative, shown he is an exemplary DFMWR teammate to other divisions. He assisted in the creation of Job Hazard Analyses at Sparetime Interactive Entertainment, cleared the Army Community Services sidewalks of snow and delivered ice melt to other facilities.



Looking Back: Building 309 has history of being used for storage on Fort Riley



Courtesy photos
Building 309 Holbrook Avenue, between Carter and Dickman Avenues, was built in 1906. Constructed from native limestone bldg. 309 was first used as a vegetable storehouse. This area of Main Post between and to the south of the Cavalry and Artillery Posts is referred to in historic terms by the Army Corps of Engineers as the Quartermaster Supply Service District. The buildings in this area served their respective functions in support of both posts. Today, building 309 is being used for storage.

Upcoming community housing meetings

The 1st Infantry Division and Fort Riley recently announced that senior commanders will now sponsor each neighborhood on Fort Riley. The program is the result of February town hall sessions in which Fort Riley residents voiced concerns and discussed solutions with installation leaders.

Maj. Gen. John S. Kolasheski, 1st Infantry Division and Fort Riley commanding general, directed the sponsorship program to ensure residents have access to the chain of command.

The brigades and the neighborhoods they sponsor are:

- The 1st Armored Brigade Combat Team sponsors the Forsyth West, Forsyth

- Central and Forsyth South neighborhoods in the Colyer Forsyth housing area.

- The 1st Infantry Division Artillery sponsors the Forsyth East neighborhood of the Colyer Forsyth housing area.

- The 2nd Armored Brigade Combat Team sponsors the Warner Peterson housing area.

- The 1st Combat Aviation Brigade sponsors the McClellan Place and Marshall Army Airfield housing areas.

- The 1st Infantry Division Sustainment Brigade sponsors the Ellis Heights housing area.

- Irwin Army Community Hospital sponsors the Historic Main Post and Whitside areas.

UPCOMING MEETINGS

- Warner Peterson residents, 5 to 6 p.m., May 1,

Warner Peterson Community Center, 5570, A.P. Hill Dr.

- Historic Main Post and Whitside residents, noon to 1 p.m., May 2, at the IACH Nutrition Care Conference Room, 650 Huebner Rd.

Police bump it up

April 29 through May 5, for the safety of families and their children, 97th Military Police Battalion and Fort Riley police will focus enforcement of speed limits in the following communities:

Burnside Loop, McClellan Loop, Eagle Pass, Carriage Road.

In addition to enforcement via radar, portable speed bumps will be temporarily placed.

Speed bump enforcement will continue in other communities and locations on Fort Riley; that schedule will be published on the Fort Riley Garrison Facebook page.

Driving is a privilege and responsibility at all times and in all locations; we depend on one another to always drive cautiously and observe all traffic laws.

TRAFFIC REPORT

ACCESS CONTROL POINT HOURS

Those with valid military ID cards, 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 access. Beginning May 1, Estes will open from 5 a.m. to 7 p.m. daily. Ogden will be open from 5 a.m. to 10 p.m. daily.

Four Corners:

Open 24/7 beginning May 1.

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.

Personally owned vehicles are allowed access, there is no designated personally owned vehicle lane.

Outbound traffic is not authorized. Drivers must have an installation pass or badge.

Grant:

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

Custer Avenue Closure:

The project to repair bridge 204 which closes Custer Ave. from McCormick Road to Beeman Place is suspended due to eagles nesting in the area.

Trooper Drive Repairs

Trooper Drive road repairs between McCormick and the Rifle Range Road round-a-bout have started with work being performed on the side of road without traffic restrictions during the day time hours. This will allow a shortened time period required to close the road for repairs.

From 1 May until completion on about 27 June, and during the hours of 7 p.m. to 5:30 a.m., the Trooper Drive ACP will be closed and Rifle Range Road ACP will be open. Traffic to and from Junction City will detour from Trooper Drive to Rifle Range Road. Residents of Colyer Manor will be detoured to Henry Gate.

Detour to the commissary and Exchngaw will be From Trooper Drive to Rifle Range Road to First Street. The detour will continue on 1st Street at the intersection of Eagle Pass Road (left turn), right on Bent Spur Road, and left on Hitching Post.



APRIL 4

Sgt., HHC, 1st Bn., 16th Inf. Regt., 1st ABCT, 1st Inf. Div., failure to control pet

APRIL 7

Pvt., unknown unit, speed 16 to 20 over
Family member, wife, speed 16 to 20 over
Family member, wife, excessive speed
Staff Sgt., unknown unit, speed 16 to 20 over

APRIL 8

Sp., unknown unit, improper turning movement
Sgt., 14 CYO BN., excessive speed
Tech. Sgt., Speed 15-20
Pvt., 1st Bn., 7th FA Regt., 1st ABCT, 1st Inf. Div., excessive speed
Sp., IACH, MEDDAC, expired registration

APRIL 9

Pvt., HSC, HHBn, 1st Inf. Div., failure to yield right of way

Sp., Co. A, 1st Bn., 18th Inf. Regt., 2nd ABCT, 1st Inf. Div., improper backing

Sp., Co. A, 1st Bn., 18th Inf. Regt., 2nd ABCT, 1st Inf. Div., no proof of insurance
Sp., 82nd BEB, 2nd ABCT, 1st Inf. Div., speed 16 to 20 over

Sp., Co. C, 82nd BEB, 2nd ABCT, 1st Inf. Div., speed 16 to 20 over
Family member, wife, speed 15 to 20

APRIL 10

Pfc., Trp. C., 5th Sqdn., 4th Cav. Regt., 2nd ABCT, 1st Inf. Div., unsafe lane change

Sp., Co. C, 1st Bn., 16th Inf. Regt., 1st ABCT, 1st Inf. Div., speed 16 to 20 over

Sgt., HHC, STB, 1st Inf. Div. Sust. Bde., speed 16 to 20 over

Staff Sgt., HHC, 1st Bn., 63rd Armor Regt., 2nd ABCT, 1st Inf. Div., speed 16 to 20 over

APRIL 12

Sp., unknown unit, expired registration
Sp., HHC, 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st Inf. Div., following too close

Capt., HSC, HHBn, 1st Inf. Div., improper turning movement
Staff Sgt., 73rd MP DET, 97th MP Bn., following too close

APRIL 13

Sp., HHC, 1st Bn., 18th Inf. Regt., 2nd ABCT, 1st Inf. Div., unattended vehicle

Sp., unknown unit, speed 15 to 20

Family member, wife, speed 15 to 20

Family member, wife, speed 15 to 20

Family member, wife, speed 11 to 15 over

Maj., unknown unit, Failure to stop at a posted stop sign

Sp., unknown unit speed 15 to 20

Maj., unknown unit, improper turning movement

OTHER CITATIONS

APRIL 7, speed 11 to 15 over

APRIL 8, speed 15 to 20, excessive speed, no proof of insurance

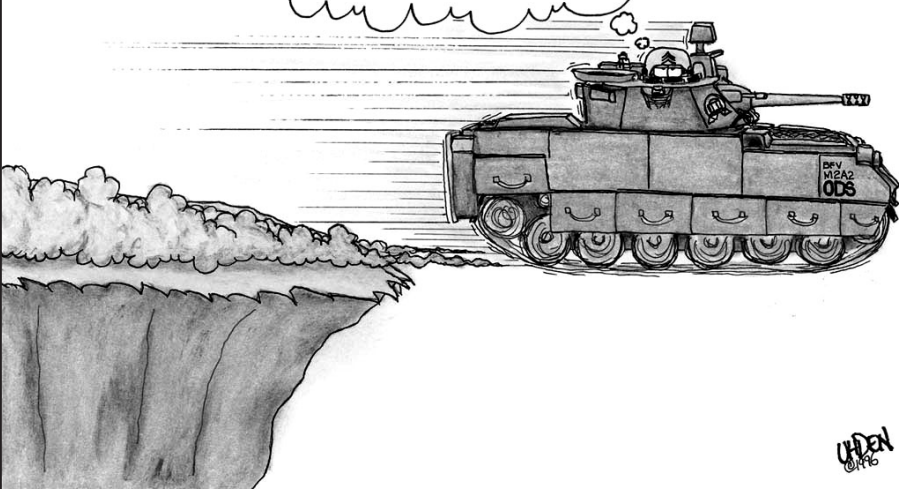
APRIL 9, improper backing

APRIL 11, improper turning movement

APRIL 13, no proof of insurance, improper backing, speed 15 to 20, speed 21 and up

GRUNT

MAN... I SURE HOPE THIS COMES EQUIPPED WITH AN AIRBAG...



ARMY EMERGENCY RELIEF

EST. 1942

Prescription opioids can be addictive and dangerous.

It only takes a little to lose a lot.

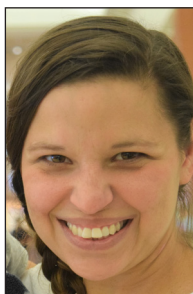


cdc.gov/RxAwareness



RILEY ROUNDTABLE

What's the most rewarding part of parenthood?



"When they learn something new."

ANGEL HOGAN
TAMPA, FLORIDA

Wife of Capt. Nathan Hogan, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division.



"Watching your kids grow and seeing all their successes."

KAYLA FITZGERALD
PELLA, IOWA

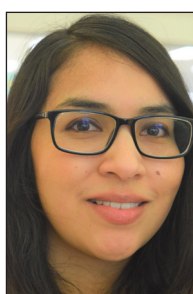
Wife of Staff Sgt. Anthony Fitzgerald, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division.



"Just watching them grow."

SPC. JUSTIN PROUGH
MOUNT PLEASANT, IOWA

Support Maintenance Company, 1st Infantry Division Sustainment Brigade.



"Noticing the little things a baby can do as they grow and learn new things."

SPC. IRENE RAMOS
EL PASO, TEXAS

165th Movement Control Team, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade.



"Seeing your child grow and do things in life. The way they love you unconditionally."

SGT. MAJ. SYLVORNE WALTERS
HOUSTON, TEXAS

Headquarters and Headquarters Battalion, 1st Infantry Division.

THE 1ST INFANTRY DIVISION POST

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Circulation 8,800 copies each week.

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

COMMANDING GENERAL
Maj. Gen. John S. Kolasheski

PUBLIC AFFAIRS OFFICER
Lt. Col. Terence Kelley

PUBLISHER
Ned Seaton

FORT RILEY EDITORIAL STAFF

Collen McGee, Gail Parsons, Téa Sambuco and Amanda Ravenstein

MEDIA SALES MANAGER
Robin Phelan

MEDIA SALES REPRESENTATIVE
Sherry Keck

CONTACT US

For business or advertising matters, call The Junction City Union at 785-762-5000 or email at postads@jcdailyunion.com. For news offerings, call the Fort Riley Public Affairs Office at 785-239-3328 or DSN 856-3328, or email usarmy.riley.imcom.mbx.post-newspaper@mail.mil

LETTERS TO THE EDITOR

The Post welcomes letters to the editor. Letters should not contain any libelous statements or personal accusations. Letters accepted for publication must include the writer's full name and phone number. Letters may be edited for space, but never for content.

Send an e-mail usarmy.riley.imcom.mbx.post-newspaper@mail.mil.

SAFETY CORNER

Sport injuries can sideline young athletes

By Dawn Douglas
GARRISON SAFETY OFFICE

While the focus for April has been Distracted Driving, April is also the Month of the Military Child and National Youth Sports Safety Month.

Children and parents often dream of one day becoming the sports stars they idolize whether it's LeBron James, Mike Trout, Tom Brady, Sidney Crosby or Cristiano Ronaldo. Kids will take to the field this spring and summer and envision themselves making the buzzer-beating shot, the walk-off home run, the perfect pass or the winning goal. While it's great to dream, the reality is professional athletes push their mind and body to the extremes to be at the top of their game. An article in Business Insider online July 29, 2018, www.businessinsider.com/how-lebron-james-spends-money-body-care-2018-7, indicated that LeBron James spends more than a million dollars a year on diet, nutrition, training and exercise above what he is required to do for his team.

But children's bodies are still growing and developing and should not be pushed like adults or they may suffer from sports trauma and overuse.

This is where STOP — Sports Trauma and Overuse Prevention comes in. STOP Sports Injuries was initiated by the American Orthopedic Society for Sports Medicine in early 2007 and is geared to provide comprehensive public outreach program focusing on the importance of sports safety specifically relating to overuse and trauma injuries.

According to the STOP website, www.stopportsinjuries.org/, the initiative not only raises awareness and provides education on injury reduction, but also highlights how playing safe and smart can enhance and extend a child's athletic career, improve teamwork, reduce obesity rates and create a lifelong love of exercise and healthy activity. The objective is to help

keep kids in the game of life by reducing overuse and trauma injuries.

The STOP website also has a host of specific information for athletes, coaches, healthcare providers and parents, but also offers general safety tips:

PREVENTING ACL INJURIES

Anterior cruciate ligament knee injuries can cause many problems for kids who play sports. Most ACL tears do not occur from player-to-player contact. The most common causes of a noncontact ACL injury include change of direction or cutting maneuvers combined with sudden stopping, landing awkwardly from a jump or pivoting with the knee nearly fully extended when the foot is planted on the ground.

ACL tears happen in girls and boys, and while it is difficult to assess how child athletes can best modify their moves to prevent injury, there are specific types of training such as jump routines and learning to pivot properly that might help.

KNEE INJURIES

Knee injuries in children and adolescent athletes may be the result of acute, traumatic injuries, such as a sudden fall or chronic, repetitive overuse injuries, etc. Kids can develop "runner's knee" or patellofemoral pain syndrome or patellar tendinitis — jumper's knee. Knee injuries such as MCL — medial collateral ligament or ACL tears can cause acute and chronic problems in children that will affect their ability to grow and develop properly. Fortunately, children are resilient and most injuries heal with rest, but if a knee injury causes an apparent deformity or inability to put weight on the leg, a medical professional should be consulted.

CONCUSSIONS

A concussion is a traumatic injury to the brain that alters mental status or causes other symptoms. Many people as-

sume they do not have a concussion if they have not lost consciousness. However, significant injury can occur without losing consciousness at all. Football players often say "I just got my bell rung" when a blow to the head causes ringing in the ears, but those symptoms are often consistent with a concussion. Some symptoms of concussions are:

- Balance problems
- Difficulty with communicating and concentrating
- Dizziness
- Drowsiness
- Fatigue
- Feeling emotional
- Feeling mentally foggy
- Headache
- Irritability and more.

All parents should know the symptoms and consult a qualified healthcare professional, no matter how minor the injury is thought to be and cleared to return to the field of play.

Kids and adults who engage in sports could improve their performance by physical conditioning in a program suitable for their age, weight, body dimension and overall physical health. The conditioning should be designed to optimize performance while minimizing the potential for injuries and should be tailored to the individual sport and need of the athlete. Injuries can occur in conditioning programs as well, so training should include time for the body to rest, stretching and recovery.

Team Riley, sports injuries take us off the field and out of the fight. So, whether you are a child or adult, if you are about to engage in sports activities after periods of inactivity during the winter months, ease into your routine, building up to your optimal performance at a gradual pace to prevent injury. Play hard, play safe and have fun.

For more information, contact the Garrison Safety Office at 785-240-0647. #FitFirst

Better living through military innovation: Cargo pockets on military uniforms run deep

By Collen McGee
USAG PUBLIC AFFAIRS

Cargo pants — in the 1990s, every kid in America wanted a pair in black, olive green and khaki. Later, they'd get them in almost any color. It wasn't the pants — it was all about the pockets. Long before that, they were a product of the World War II era and answered the need for paratroopers to have easy access to stuff they would need faster than they could get it from their ruck.

According to the website, oureverydaylife.com/the-history-of-cargo-pants-12215119.html, cargo pants were first worn in 1938 by British military personnel. These pants were part of their Battle Dress Uniforms. The original cargo pants style featured one pocket on the side thigh and one on the front hip.

They were first worn in the United States on military uniforms in the 1940s and were introduced to the U.S. Army by Lt. Gen. William Yarborough while he was still a Major with the 82nd Airborne Division, according to www.artofmanliness.com/articles/a-mans-pockets/.

Yarborough, who is referred to as the father of the Green Berets, was not just a designer of the new functional paratrooper uniform, he was a special operations Soldier and is credited with developing the initial plan for Operation TORCH, the airborne portion of the invasion of North Africa according to an article on Army.mil. Yarborough also led paratroopers into battle in Algeria, Tunisia and Sicily, Salerno and Anzio in Italy. He commanded the 509th Parachute Battalion which spearheaded the invasion into southern France. He had some serious operational experience to base his designs on.

Each pocket was designed with a purpose. Some held maps, some held rations and whatever else that needed to be reached eas-



Courtesy photo | Eisenhower Archives
June 5, 1944, Gen. Dwight D. Eisenhower speaks with paratroopers of the 101st Airborne Division just before they board their planes to participate in the first assault of the Normandy invasion.

ily including a pocket for a knife to help cut loose from the parachute. But the first few cargo pocket designs would rip away from the uniform when the paratroopers landed — usually because they were crammed full and weighed enough that suspenders were sometimes used to keep the pants up under the weight.

After WWII, the pockets were reduced to a small, flap-style one on the front until once again they were needed. In the 1960s, and now a lieutenant general, Yarborough would bring back the cargo pocket for the jungle fatigues created for combat in Vietnam.

According to www.artofmanliness.com/articles/a-mans-pockets/, Yarborough also developed special jump boots, as well as that fatigue uniform that included extra-large pockets on both top and bottom — four on the jacket, two on the pants.

Yarborough served in the Army for 35 years and is credited with several styles of cargo pockets, special operations wear and the Army Special Forces Green Beret. Army.mil credits him for earning approval from President John F. Kennedy for making that beret an authorized part of the uniform. Other sources relate that the beret was surrounded by a bit of controversy, but that is another story.

Popping smoke at local restaurant

Dear Doc Jargon,

I live outside Fort Riley and work at a little café here. The other day I had a group in who were having breakfast as a celebration for one of their coworkers getting orders to someplace he'd always wanted to go.

While the team was there, one Soldier turned to another and said, "I'm going to pop smoke." He then grabbed his check and left.

Can you tell me what pop smoke means? Other than that, the military people were fun to wait on and they tipped me well too!

Sincerely,

Non-Smoking Waitress

Dear Non-Smoking Waitress

First, I just want to say thank you for serving the Soldiers and families who frequent your café. Going out for

a meal is always a nice treat and it wouldn't be nearly so good without good service.

As for your question, the term comes from the use of smoke grenades. Smoke grenades are used to provide concealment to troops as they maneuver. When you activate the smoke grenade, you pull a pin and throw it. Instead of an explosion, you get a popping noise and then the smoke. Because the device is often used to provide a safe retreat for troops after a mission, the term of pop or popping smoke, came to be associated with a departure.

So, when the Soldier says he's going to pop smoke, he is saying it's time for him to leave.

I hope that clears the air for you.

Sincerely,

Doc Jargon

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

The next USAG Resilience Day Off is

May

3

HAVE A STORY IDEA?

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

Workshop to guide businesses seeking government contracts

By Gail Parsons
1ST INF. DIV. POST

Landing a government contract can go long way in ensuring fiscal security for a small business. But the process can seem daunting and the complexity will often scare people off.

Lt. Col Robert Bartruff, Mission and Installation Contract and Command commander, doesn't hide the fact that the process is complex. To help people navigate it, Fort Riley's MICC will sponsor the 2019 Small Business Procurement Day May 7 in Topeka, Kansas, to help people learn the ins and outs of bidding for government contracts.

"It is very complex," Bartruff said. "And that's why sometimes they feel overwhelmed. And that's why a lot of people shy away from it. Yes, like most things, it does look like some hard roadblocks.

However, you can get over them, it just takes a little effort. Once you're clear of them, it's almost smooth sailing."

He doesn't want people to be discouraged by the work involved or scared of potential consequences if they should make a typo on a form. When dealing with a small business that makes an honest mistake, there is a high level of understanding he said.

"One objective of the U.S. Government Defense Acquisition System is not to put small businesses out of business," he said.

He understands how complex the bureaucratic process is and admits even in the MICC they don't know all the rules and regulations.

"It would be like knowing the Holy Bible, the Qur'an and the Torah — all from memory," he said.

He wants people to know that MICC and other

government agencies are there to help people maneuver their way through and the benefit is worth the patience and work.

The MICC encourages small businesses to seek the contracts because they want to increase competition.

Besides being a congressional mandate, competition helps the government obtain a fair and reasonable price for the goods and services they require, he said.

"We want to attract all the small business we can," said Anthony Tiroch, deputy to the MICC commander. "Small businesses are the backbone of the industry. And we want to make sure that the big companies, don't stomp out small business."

The procurement workshops will walk attendees through the process beginning with how to register to put in a bid for a government contract. There will also be opportunities for the business people to have one-on-one time so they can learn the needs of the government and Fort Riley.

The Small Business Administration has varying definitions for what qualifies as a small business. It can be a mom and pop operation or a company with several hundred employees. They also have social demographic goals when seeking contractors.

"We look for historically under utilized businesses,"

Tiroch said. "We have women-owned businesses, veteran-owned businesses, disabled and handicapped businesses. We specifically look for contractors that fit those categories and we try to help them earn government contracts."

Fort Riley units work with many contractors in positions as varied as putting out the newspaper, construction, farmers and suppliers of hay to the Commanding General's Mounted Color Guard horses.

Maj. David Hildebrand, MICC operations said MICC has hosted similar workshops in the past, but always in the Fort Riley area. This year they are going to Topeka, Kansas, and have invited several

other government agencies including the Air Force and the Army Corps of Engineers to participate.

"We have it set up to where there's kind of a contracting 101 where folks can link up with not only the Small Business Administration, but also with the Kansas Procurement Technical Assistance Center," Hildebrand said.

Attendees can register with those organizations and get the one-on-one help they need.

Registration is required by April 30 for the May 7 event at the Capitol Plaza Hotel, 1717 SW Topeka Blvd., and can be made at <http://www.center-gateway.com/00600T/index.php?EVT=53665>.

TAXES

Continued from page 1

certification, which is a great plus for the Soldiers doing this," Goetting said.

Thurston said even though the tax center building is closed, preparation services are still available at the Staff Judge Advocate's office, 216 Custer Ave.

"As a matter of fact, we've already forwarded the number — the 785-239-1040," she said. "So, they can call, make an appointment and still be able to get their taxes done."

Goetting said he wants Soldiers to know that no matter what their tax issue is, if they filed an extension, they still have to do their taxes this year.

"If they have things that came up, for instance, if they get a letter from their state saying, 'we need a copy of your military orders' or something like that," he said. "They can still come into the main JAG office, and we can help them with the full service of tax preparation services."

National Guard tasked for high fire alert

By Gail Parsons
1ST INF. DIV. POST

When disaster strikes, the first course of action is to get it under control. Once it is, it's time to evaluate and learn how to mitigate damage from similar disasters in the future. In 2016, the Anderson Creek fire swept through nearly 400,000 acres in Oklahoma and Kansas.

By the time it was under control, 600 cattle were killed, at least 16 homes and 25 structures were lost, as were countless miles of fencing, according to a report on wildfiretoday.com.

Learning from Anderson Creek, this year when forecasts predicted a high likelihood of wildfires, Kansas Governor Laura Kelly issued a State of Disaster Emergency Declaration to allow state resources to respond more quickly to local requests for assistance.

Jane Welch, public affairs Adjutant General's Department, said the Kansas Division of Emergency Management had asked the Kansas Army National Guard to deploy six UH-60 Black Hawk helicopters to several locations within the state to assist local fire departments, as needed.

The helicopters were equipped with collapsible 660-gallon buckets used to draw water from local sources to drop on

areas that are difficult for ground crews to reach. These aircraft are being prepositioned in key locations to expedite assistance, should they be needed.

"Our past experiences have taught us that wildland fires can crop up suddenly and spread rapidly," Kelly said. "This declaration allows us to position our state emergency response assets so they can act quickly when a request for assistance is made."

Although fires did not break out, the helicopters were on standby for two days in Liberal, Dodge City, Wichita and Salina.

"They knew kind of the areas where there might be hot spots for these fires," Welch said. "We learned lessons from the Anderson Creek Fire, which burned the most acreage in Kansas history. So, when we have the potential, the governor will go ahead and make the declaration."

By making the declaration, the state's resources are able to respond faster than if they had to wait for all the paperwork to go through.

"It's just clearing the road if we need to deploy the Guardsmen, or whoever, that process is done," she said. "These fires can move so rapidly. And when you're talking the high Kansas winds — they can burn a lot of acres in an hour."

Fort Riley - Central Kansas Chapter



AUSA



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KSU Military and Veterans Affairs

KJCK AM-FM & KQLA RADIO

KS State Bank

Landmark National Bank

Manhattan Area Chamber of Commerce

Manhattan Broadcasting Company

Mathis Lueker Real Estate

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Community welcomes new superintendent

By Patti Geistfeld
FORT RILEY PUBLIC AFFAIRS

The new superintendent of Unified School District 475, Reginald Eggleston, who holds a doctorate in education, was welcomed at a reception attended by community members. The event was sponsored by the Geary Community Schools Foundation at the C.L. Hoover Opera House in Junction City April 18.

Eggleston said he is excited to be here. He felt coming to Junction City and USD 475 was good based on his background and experiences.

"I feel like this is a good place for me to be — for my family to be," Eggleston said. "I feel like it's a great opportunity for some great work to take place here in the district as far as meeting the needs of the students and helping the community continue to grow and prosper in the ways that it is foreseen."

Eggleston has more than 24 years of experience in public education where he held positions as a special education teacher, high school principal, director of special education and student services, assistant superintendent, chief administrative officer/superintendent and director of pre-intervention strategies. He is also a lieutenant colonel in the U.S. Army Reserve with 28 years of service.

There were two main reasons he expressed as to why he could contribute to the role of superintendent at USD 475 in Junction City.

"One, I am an educator — so education is education no matter where you go," he said. "Two, I think the military portion or aspect of it as well since I have been in the military 28 years. I've been deployed, so I understand a lot of the challenges that go along with separations for families."

Fort Riley is a big part of the school district and he stated he already has a plan for ensuring he meets those challenges.

"I think the most important thing is for me to have a good working relationship with the garrison commander and command sergeant major — working with them and having good lines of communication," Eggleston said. "I think being visible on the post, being in the schools, making myself available to meet with parents ... listening to what they say. I think all of that is going to play a major role in dealing with any situation that is going to arise on post. So, I think it is just having an open mind going into every situation — being prepared to come up with resolutions and solutions for those challenges."

He said in his first week, there was a lot of information to take in, but he is trying to pace himself.

"Rome wasn't built in a day," he said. "So, I am making sure I'm addressing the most important concerns that are here right now and planning for the things I know we want to do in the future."

Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander, attended the reception and spoke with Eggleston.

"Welcome to the community," Shrader said. "We're really excited to have you here."

ENHANCE Continued from page 1

The 2nd Bn., 34th Armored Regt., 1st ABCT, 1st Inf. Div., is deployed to Europe in support of Atlantic Resolve.

"It's very different here than back in Kansas," said Cpl. Javan A. Goddard, intel analyst assigned to HHC, 2nd Bn., 34th Armored Regt. "There is a lot more trees, which I think is a good thing. It makes it cooler here than in the desert."

Achieving interoperability through exercises such as Allied Spirit X by engaging with the militaries of other nations gives Soldiers the opportunity to learn new skills and increase the lethality of the unit.

"In Kansas, a lot of the guys get used to the flat terrain," Moon said. "Here, they have to be more aware of where they set up positions. However, noise and light discipline is still important — but not as important as back in Kansas."

"I am used to desert training," Taylor said. "So, this is a



Spc. Yan Henderson | 358th PAD
Soldiers from Company A, 2nd Battalion, 34th Armored Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, watch as allies drive by during Allied Spirit X at Hohenfels Training Area, Germany, April 8. Allied Spirit is a U.S. Army Europe-directed, multinational exercise series designed to develop and enhance NATO and key partner interoperability and readiness across specified warfighting functions.

whole new scene for me. Here, it's forestry and large hills and mountains, which makes it harder for us to see but also

makes it harder for us to be seen."

The U.S. maintains a ready and forward presence in

Europe to assure the allies and respond to threats as required.

"It's pretty good training," Taylor said.

LAWYER

Continued from page 1

"Every state has slightly different laws and even established laws can change from time to time, and it's even tough for us to keep track of," Lewison said. "Relying on someone in your barracks to give you legal advice is probably not a good idea."

Riley County officials hope these classes will educate Soldiers and help them make smart choices.

"We enjoy our partnership with Fort Riley and are always happy to come out and do what we can to help educate and be a resource," Lewison said.

MULTI-FUNCTIONAL
RECREATION CENTER

Riley's Conference Center is converting to a Recreation Center

**OPENING
OCTOBER 2019**

KEY DATES:

CURRENTLY

- No longer accepting bookings for food and beverage events held after **April 30**
- No longer accepting bookings for non-food and beverage events held after **June 17**

MARCH 28

- Last Dinner to Go

APRIL 30

- Last Lunch Buffet

JULY 1

- Center temporarily closed for enhancement

AUGUST 1

- Begin scheduling official FY20 meetings

SEPTEMBER 1

- Begin scheduling all reservations for October

OCTOBER 1

- Open as a New Multi-Functional Recreation Center!

Once the conversion is complete, the Recreation Center will still be the primary location for Town Hall Meetings, Victory Welcome Briefs, and also capable of still hosting large venues such as the Victory Banquet, etc.

**DID YOU SEE YOUR PHOTO
IN THE 1ST INFANTRY
DIVISION POST?
GO ONLINE AND SHARE THE
PHOTO AND MORE FROM
THE 1ST INFANTRY
DIVISION'S FLICKR PAGE**

[HTTPS://WWW.FLICKR.COM/PHOTOS/FIRSTINFANTRYDIVISION/](https://www.flickr.com/photos/firstinfantrydivision/)

EXCHANGE
**YOU MADE
the
GRAD**
you get the REWARDS!

It pays to make the grad! Show us your report card with a "B" average or better and receive a REWARDS! gift card, plus a chance to win up to a \$2,000 REWARDS! gift card!
See an Associate for details and entry form.

Enter for a chance to win a
\$2,000, \$1,500 or \$500 REWARDS! gift card!

american greetings

YOU CAN HELP
PREVENT
NEIGHBORHOOD
CRIME

Neighborhood crime prevention tips

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

If you see suspicious activity call 911.
Stay safe, let security personnel investigate.

CCRI Continued from page 1

physical security and information security regulations and best practices. Inspectors also perform vulnerability scans on network devices, servers and individual computers to assess compliance with Department of the Army and Department of Defense cybersecurity policies.

Lessons learned from other installations are that traditional security areas have had the most critical impact on the outcome of the inspection. Anyone who accesses any DOD network should follow the following protocol:

- Keep the common access card secure. When logged on and stepping away from the computer people should take their CAC with them.
- Shred what needs to be shredded and clean out all shredders prior to the inspection.
- Empty all trash and recycle bins to eliminate accidental disclosure of information.
- Keep a clean desk and secure all personally identifiable information, For Official Use Only and other similar material and information.
- Use appropriate cover sheets for all types of classified materials, including FOUO.
- Remove all wireless and cordless devices, including computer mice, keyboards and telephones they are not authorized for use.
- Conduct daily checks and log them on SF701s and SF702s. Leaders should check end of day checks).
- Remove any and all badges when outside workspace and secure areas like the Exchange and Commissary.
- Anyone who is required to sign in should be signed in.
- Check all bulletin boards and other postings for documents with classification markings including FOUO or PII.
- Keep your NIPR computers turned on overnight but logged off so they may receive all necessary patches and updates.
- Properly label all media, paper, hard drives and removable media, and ensure they are stored and secured, especially in areas that process classified information or PII
- Everyone should ensure their Cybersecurity Awareness training certificate is current and their Authorized Use Policy Agreement is signed and current. Both are valid for one year and are maintained on the Army's Training Certification and Tracking System website.

Leaders, along with their information management and security staff, should ensure Soldiers and employees are aware of and practicing good cybersecurity measures every day to ensure DOD users and organizations can operate safely and securely in cyberspace.

SURVIVAL Continued from page 2

of his life to making sure the Holocaust is not forgotten. He received a presidential appointment to the United States Holocaust Memorial Museum Council from former President George W. Bush and travels to tell his family's story.

But not everyone who has Jewish heritage has the same story, although they may still feel the connections when they hear the horrors of what people went through because they were Jewish.

Sitting quietly in the back of Barlow Theater, Staff Sgt. Matthew Muen-

tes, 625 Movement Control Team in Manhattan, Kansas listened.

His mother is Jewish and is from Corsica, his father is Catholic.

"My family left Corsica before World War II," he said. "We were forced conversion Jews from Corsica to the Caribbean."

He appreciated Devinki's program because he shares the Jewish lineage. He recalled visits in the past few years to the Holocaust Museum and Poland.

"It was intense," he said. "I couldn't get past feeling my bloodline there."

ARMY FAMILY CHILD CARE (FCC)

**Unauthorized Child Care Homes
put Children at Risk**

Help keep children Safe.

Parents: Register your children through Parent Central Services, to ensure your provider is certified. If in doubt, call your local CYS office. Report violations to CYS immediately.

Army CYS Policy: If you provide more than ten hours of on-post childcare a week and have not been certified as a Family Child Care Provider, you may be in violation of your Housing Lease Agreement and could be jeopardizing the safety and well-being of children. Contact CYS to start the certification process to become a Family Child Care Provider.

Your Child's Home Away from Home.

Report all unauthorized child care to the CYS FCC Director at 785-239-9892.

HAVE YOU SUFFERED HEARING
DAMAGE FROM USING THESE?

HUTTON & HUTTON LAW FIRM IS REPRESENTING
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<https://www.huttonlaw.com/>

DUTY FIRST DOWNRANGE

PHOTOS OF THE 1ST INFANTRY DIVISION SOLDIERS FROM DOWNRANGE AS THEY MAKE THEIR MARK ON EUROPE AND AFGHANISTAN PROVING "NO MISSION TOO DIFFICULT, NO SACRIFICE TOO GREAT. DUTY FIRST."



Staff Sgt. Adam Decker | 958th PAD
Maj. Gen. John S. Kolasheski, 1st Infantry Division and Fort Riley commanding general, visited 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div., Soldiers at Swietoszow, Poland. The general met with Soldiers and leaders about their mission in support of Atlantic Resolve. His visit was part of a battlefield circulation throughout Europe to visit "Big Red One" Soldiers.



Capt. Christopher Sikich | 358th PAD
Command Sgt. Maj. Lebares J. Jackson Sr. assigned to Headquarters, Headquarters Company, 1st Armored Brigade Combat Team, 1st Infantry Division, speaks with local Polish government officials after the conclusion of an Easter celebration in Zagan, Poland April 17. The "Devil" Brigade is deployed to Eastern Europe in support of the Atlantic Resolve mission.



1st Lt. Ryan Davis | 1st ABCT, 1st Inf. Div.
Soldiers with 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, will participate in the 2019 Gainey Cup Best Scout Squad Competition at Fort Benning, Georgia, April 22 to May 3.



1st Lt. Scott Vanzandt | 1st ABCT, 1st Inf. Div.
Combat engineers from 1st Brigade Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, run with a miners boat during the Polish Best Sapper competition in Newodeba, Poland April 9 to 12. The Best Sapper competition was an opportunity for combat engineers from allied countries to compete, and share tactics, techniques, and procedures.

| DININ' DEALS | | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|---|---|--|--|--|
| | | April 28th | April 29th | April 30 | May 1st | May 2nd | May 3rd | May 4th |
| Stacy's Restaurant 118 W Flint Hills Blvd JUNCTION CITY (785) 238-3039 | | • Roast Beef • Breaded Pork Chop • Chicken Fettucini Reg. \$9.00 Sr. Size \$8.00 Inc Tax | Baked Ham Reg. \$7.29 Sr. Size \$6.38 Plus Tax | Polish Sausage & Kraut Reg. \$7.29 Sr. Size \$6.38 Plus Tax | Salisbury Steak Reg. \$7.29 Sr. Size \$6.38 Plus Tax | Fried Chicken Reg. \$7.29 Sr. Size \$6.38 Plus Tax | • Roast Beef • Liver & Onions Reg. \$7.29 Sr. Size \$6.38 Plus Tax | Cook's Choice Reg. \$7.29 Sr. Size \$6.38 Plus Tax |
| TymeOut 101 Continental Dr JUNCTION CITY (785) 238-7638 | | Proud supporters of CLOSED | CLOSED | Homemade Schnitzel ALL DAY \$10.99 10:30am-8:30pm German Beer \$1.00 OFF | OPEN ALL DAY 10:30am-9:00pm | OPEN ALL DAY 10:30am-9:00pm | OPEN ALL DAY 10:30am-10:00pm | OPEN 2:30pm-9:30pm |
| The Cove at Acorns Resort 3710 Farnum Creek Rd. MILFORD (785) 463-4000 | | Happy Hour All Day Open 11:00am-8:00pm | 1/2 Price Appetizers Open 4:00pm-9:00pm | \$2.00 OFF All Tacos Open 4:00pm-9:00pm | Kids Eat Free w/ Purchase of Adult Meal Open 4:00pm-9:00pm | Fajita Night Chicken \$12 Steak \$15 Long Island Ice Tea \$5 Open 4:00pm-9:00pm | Crab Legs \$22 Open 11:00am-10:00pm | Prime Rib Special \$20 for 10-oz cut \$25 for 14-oz cut Open 11:00am-10:00pm |
| Cracker Barrel 115 N East St JUNCTION CITY (785) 762-5567 | | Home Style Fried Chicken All Day \$9.99 | Chicken & Dressing Starts at 11:00am Grilled Country Porkchops Served after 4:00pm | Homemade Meatloaf Starts at 11:00am Lemon Pepper Grilled Rainbow Trout Served after 4:00pm | Chicken Pot Pie Starts at 11:00am Broccoli Cheddar Chicken Served after 4:00pm | Lunch & Dinner Turkey & Dressing | Fried Fish All Day \$9.99 | Southern Fried Chicken \$9.99 |
| Munson's Prime 426 Goldenbelt JUNCTION CITY (785) 238-1135 | | SUNDAY BUFFET 11 am - 2 pm \$15.00 per person | Steak Chili \$8.00 | TexMex Tuesday \$8.00 | Wings Wednesdays 50¢ | Lasagna \$8.00 | Chef Special \$8.00 | Lunch Special: Smoked Brisket Prime Rib 5pm - Close |

26 1/2 ANNIVERSARY CELEBRATION
MAY 1ST - MAY 4TH

COMING SOON - Speedy Lunch Bar \$10 - 11 am - 1:30 pm
Contact Tim Bailey to book private events. 785-238-1135

ON SALE: QUALITY GROUND BEEF FOR COOKING & GRILLING

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!

Community Life



ABOVE: Hundreds of children parade to Cavalry Parade Field in celebration of Month of the Military Child. **BELOW:** When the children arrived, they were treated to snacks and a demonstration by the Commanding General's Mounted Color Guard.

Photos by Tea Sambuco | POST

TAKING THE LEAD



Honoring military kids & huge roles they play in families

By Gail Parsons
1ST INF. DIV. POST

Hundreds of children in powder blue T-shirts called cadence as they paraded from Artillery Parade Field to Cavalry Parade Field for a Month of the Military Child celebration.

Leading the children were members of the Commanding General's Mounted Color Guard and the MOMC bear mascots who were escorted by Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander and Command Sgt. Maj. Andrew T. Bristow II, garrison senior noncommissioned officer.

"I enjoy this event," Bristow said as he watched the children. "It's nice to see all the children have a good time."

He said many of them have parents who are deployed. He hopes those parents know their children are being cared for by Children and Youth Services staff who are dedicated to them.

When the children arrived at Cavalry Parade Field, they watched a demonstration by the CGMCG. They were rather quiet until the riders drew their sabers, which elicited a chorus of gasps. With each demonstration to follow, the children shouted and cheered.

See MILITARY KIDS, page 14



Mariana Rodriguez, wife of Sgt. Gustavo Rodriguez, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, watches as her daughter, Gizelle, 5, show off the rainbow trout she caught during the Kids Fishing Day April 20 at Moon Lake.

Getting hooked on fishing

Kids Fishing Day lures more than 200 family members to Moon Lake

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

More than 200 children and family members spent the afternoon casting their lines in the hopes of catching a fish or two during Kids Fishing Day April 20 at Moon Lake.

Leigh Ann Slinger, lead recreation assistant at Outdoor Recreation, said the purpose of the event was not just to learn about fishing in general.

"Every year, the purpose of this is really just to kind of get kids outside and (into) nature and have the experience of getting out casting a line or just that education learning piece of it," she said. "But I think it's just fun for a family-friendly event to come out and have a good time. It's a really great community event."

She said she had also seen families helping others, exchanging fish and having a good time.

"It's a great morale booster," she said. "But it's also a great community relations, community boost for each other just to

See FISHING, page 11

Ceremony introduces new historic markers on Fort Riley

New plaques mark 'Old Trooper' monument, Quarters 1 locales

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

At an unveiling ceremony April 17, two new historic markers were revealed. The new plaques mark 4 locations — "Old Trooper" monument and Cavalry Parade Field on one and Quarters 1 and Forsyth Avenue on the other. They are part of a project that was started in 2017, said Maggy Gray, president of the

DID YOU KNOW?

The three historic markers placed in 2017 feature the U.S. Cavalry Museum, Custer House and the Main Post Chapel, St. Mary's Chapel and the Chaplain's quarters — building 123.

The seven new markers feature Quarters 1 and Forsyth Avenue, Cavalry Parade Field and "Old Trooper" Monument, Garrison Headquarters, the Ogden Monument, Artillery Parade Field, the Hay storage area/Fort Riley Dog Park and the Trolley Depot.

Historical and Archaeological Society of Fort Riley.

"When they installed the first three plaques in 2017, I thought that was such a cool project," she said. "I joined the HASFR board after that, and I

hoped that this was something that we could keep going. And it turns out, it's a lot harder than I think any of us anticipated. Between the research and the permission and who to talk to, it required a lot of moving parts

"Between the research and the permission and who talks to who, it (new markers) required a lot of moving parts and a lot of people doing things."

MAGGY GRAY
PRESIDENT, HISTORICAL AND ARCHAEOLOGICAL SOCIETY OF FORT RILEY

See MARKERS, page 14



Lisa Crooks, senior adviser, Historical and Archaeological Society of Fort Riley and Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander, uncover one of the two historic markers revealed during a ceremony April 17 in front of the "Old Trooper" monument.

WEEKEND WEATHER OUTLOOK

FRIDAY



HI: 70 F

LOW: 46 F

SATURDAY



HI: 72 F

LOW: 46 F

SUNDAY



HI: 57 F

LOW: 43 F

FORT RILEY POST-ITS

Mark Roady
I heard something about the Custer and Marshall Avenue intersection being closed - what's up with that?
96 likes 2 Comments

Spc. Shell
Don't worry, it's only going to be closed one day on April 29 so the storm sewer can be cleaned out and the condition survey in the area can be finished.

Mark Roady
Ok, good to know

Army Community Service
Fort Riley Army Community Service, 7264 Normandy Dr., will be closed from 8 a.m. to 2 p.m. April 30 for electrical work.

USO Child and Youth Services
Is your spouse away? Are you bored? Need a break? Join the Army Community Service's and USO Fort Riley's Just for You from 11:30 a.m. to 1 p.m. May 1 at the USO, 6918 Trooper Dr. The event includes a free lunch and beauty services, bingo with prizes.

MWR Fort Riley MWR
Tired of climbing the walls at home? Bring the family and try climbing the one at Craig Fitness Center at 10 a.m. April 27. Call 785-239-2363 to register.

Fort Riley Military Police
Between April 12 and 14, two portable speed bumps were removed from Hampton Place. The speed bump strips are government property.
Theft of government property is punishable under the Uniform Code of Military Justice for military violators and in U.S. District Court for civilian violators.
For the safety of families and their children, portable speed bumps are being placed in a rotation within Fort Riley communities for one week at a time.
The Fort Riley Military Police Department continues traffic enforcement efforts and compliance check points to ensure the safety and security of the entire Fort Riley community.
If anyone has information about this or other crimes, he or she may confidentially contact Police investigators at 785-239-TIPS.
When tampering is observed, officials encourage community members to contact MPs at 785-239-MPMP.

Freida Shoppe
Hi, I want to go to the Post Wide Yard Sales on May 4, but I don't know where to find them. Can you help me?
115 likes 4 Comments

Spc. Shell
We are still compiling a list of addresses, which will be in the paper on May 3.

Freida Shoppe
Great I'll look for it

Havanah Sale
I'm going to have a yard sale, how do I get my name on that list?

Spc. Shell
You can email collen.a.mcgee.civ@mail.mil or send a message through the garrison Facebook page. We won't post names with the address.

Lets go to the movies @ Barlow Theater
Friday, April 26 — Dumbo (PG) 7 p.m.
Saturday, April 27 — How to Train your Dragon: The Hidden World (PG) 2 p.m. and Dumbo (PG) 7 p.m.
Sunday, April 28 — Us (R) 5 p.m.
Theater opens 30 minutes before first showing. For more information, call 785-239-9574. Regular Showing: \$6, children are \$3.50, children 5 and under are admitted free. 3D Showing: \$8 First Run: \$8.25, 3D; First Run: \$10.25.

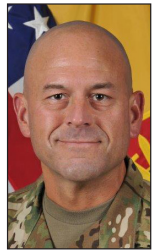
COMMUNITY CORNER

The greatest gift you can give your child is undivided attention

Parent's connection, participation in child's life a must-do

By Col. Stephen Shrader
FORT RILEY GARRISON COMMANDER

April, the Month of the Military Child, is nearly in the history books. It's been a great time to reflect and honor sacrifices required of the children of service members. According to militarybenefits.info, there are about 1.2 million military children of active-duty members worldwide.



Colonel Shrader

The average military child will move and change schools three times more than their civilian counterparts and has to cope with the challenges surrounding deployments. The lifestyle of a military child makes it is even more important that we be the best parent we can be.

We've heard the adage — if children only came with instruction manuals — but they don't. Each child has unique personalities and needs. As we do the best we can to be good parents, remember it does not require perfection.

We may wonder if we are giving them too little or too much of what they need. Are we too strict or too lenient with discipline? Have we given them the right toys? Are we giving them opportunities for the best education? As parents, questions like this cross our minds every day.

Each child-and-parent connection will be different, so it may mean you have to sit in a small chair and have a tea party or play video games together. The key is to find out what they enjoy and do it with them. At the same time, don't rule out exploring a new activity with them — you may find you enjoy it as a family.

As a parent, the best parenting tip I can share is to simply connect with your kids. Give them your undivided attention and participate in activities they enjoy.

With all of our technology, we are becoming increasingly isolated socially from each other even when we are in the same room, so it is essential to make a connection with your children. That doesn't mean just being in the same room surfing the internet or checking social media.

It does mean participating in age-appropriate activities with them. For instance, my oldest son is passionate (and quite skilled) in archery, so I enjoy spending time on the practice range and at competitions with him — it's our way to connect. My youngest son is just as passionate about the Raider team and drill team in JROTC, and we connect on the shared experiences of my time in those same programs at his age. Each child-and-parent connection will be

different, so it may mean you have to sit in a small chair and have a tea party or play video games together. The key is to find out what they enjoy and do it with them. At the same time, don't rule out exploring a new activity with them — you may find you enjoy it as a family.

Although the official Month of the Military Child is nearly complete, honor your children year-round. Make a plan to set aside time to make memories — those

MAKE A CONNECTION

The Directorate of Family and Morale, Welfare and Recreation hosts activities that you can participate in with your child. Check out the schedule at riley.armymwr.com.

will last when other things are long gone. The Directorate of Family and Morale, Welfare and Recreation regularly hosts activities that you can participate in with your child. Check out the schedule at riley.armymwr.com and try something new together. #makememories

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

Fort Riley VACATION BIBLE SCHOOL
28 MAY - 1 JUNE 2019 9:00 AM - 12:00 PM
at Victory Chapel, 2560 Trooper Drive
Ages: K - 5th grade
Registration information to come
save the date
ATHENS
Religious Support Office
Victory Chapel
2560 Trooper Drive
785-239-0875/785-240-4445
785-239-3359

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 spouses of Soldiers going through deployment or reintegration
Weekly Wednesday classes from 1830-1930 at Victory Chapel. 785-239-0875.
Childcare provided for 6mo - 4yrs
Youth class for 5-10yrs

Club Beyond - Faith Based Youth Program
Grades 6th - 12th, Meets Sundays
Combined MS/HS Youth 1730-1930 at Victory Chapel
785-370-5542
Club Beyond is a Non-Federal Entity and is not part of the DoD or any of it's components and it has no government status.

AWANA
Meets Sundays, 1400-1600 at Victory Chapel
785-239-0875. 3yrs - 12th grade

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"

Got Drugs?
Drop off your unused medications for safe disposal.
National Drug Take-Back Day
Saturday, April 27
10 a.m. - 2 p.m.
Visit www.ag.ks.gov to find a location near you.
Kansas Attorney General
Derek Schmidt
Not paid for at taxpayers' expense.

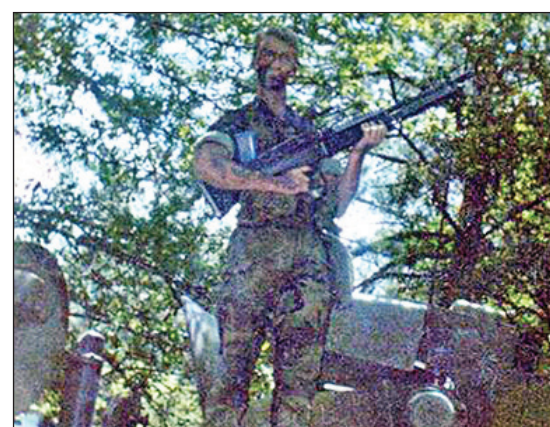
Check for schedule over Training Holiday weekends

EASTER SUNRISE SERVICE



Photos by Will Ravenstein | POST
TOP: A panoramic photo of the congregation during the Easter Sunrise Service April 21 at the Outdoor Chapel. **MIDDLE:** Aurora Meyer, daughter of Chaplain (Lt. Col.) David Meyer, sings "Up From the grave He Arose" April 21 at the Outdoor Chapel. **ABOVE:** Chaplain (Lt. Col.) David Meyer speaks to the congregation during the Easter Sunrise Service at the Outdoor Chapel.

TUESDAY TRIVIA CONTEST



The question for the week of April 23 was:
 Where on the Fort Riley website can I find the changes in gate hours that go into effect May 1?

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

This week's winner is William Burgeson, stationed at Fort Riley in 1984-85 with the 1st Maintenance Company, 541st Maintenance Battalion, 937th Engineer Group.

Pictured above is William Burgeson.

CONGRATULATIONS WILLIAM!

SUICIDE PREVENTION

THE POWER OF 1



USO CORDIALLY INVITES YOU TO
COFFEE CONNECTION LIVE
 CONNECTING MILITARY SPOUSES VIRTUALLY AROUND THE WORLD
 MAY 1, 2019 | 1:00 PM ET

This month's speaker and topic:

Brian Alvarado: From Odd Man Out, to Community Leader
 Join us as we have coffee with Brian Alvarado, Senior Manager of Operations & Programs on the Military Spouse team at Hiring our Heroes (a program of the U.S. Chamber of Commerce Foundation), as well as the 2018 AFI Navy Spouse of the Year. We'll talk about his journey as a military spouse, hot topics in the employment space, finding your tribe and much more!

Register to attend this Coffee Connection at:
<http://bit.ly/CoffeeConnectionMay2019>

FISHING Continued from page 9



Amanda Ravenstein | POST

Families line the shore of Moon Lake during the Kids Fishing Day event April 20.

come out and have a good time to share some skills."

Shawn Stratton, supervisory Fish and Wildlife biologist, Directorate of Public Works Environmental Division, said the children who came to the event were able to take home small tackle boxes to get them started with the basics so if they wanted to go back out and try again, they could. But he hoped they took something else away — the love of fishing.

"This is about getting the kids involved at an early age," he said. "Let them have fun, and they are hooked for life once they do. That is what's key about this event."

Kim Scurfield, wife of Sgt. Tanner Scurfield, Company D, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division,

DID YOU KNOW?

- Fort Riley has **29 managed fishing ponds** and lakes stocked with a variety of fish including channel catfish, rainbow trout, bluegill and more. Visit fortriley.isportsman.net/fishing.aspx to see information on fishing on Fort Riley and a brochure listing what is stocked at each pond or lake.

brought her children, Tyler, 5, and Olivia, 10 months, for Tyler's first fishing trip.

"It's really exciting," she said. "It's his first time fishing. I haven't fished since I was really little so, this is nice. It's nice spending time with them."

Pets of the Week

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FORM MATTERS

Pushups

By Gail Parsons
1ST INF. DIV. POST

There are many ways to modify the common pushup to work different muscle groups or to make the exercise easier or more challenging.

"The pushup is a great upper body activity," said Capt. Tanner Santarelli, Physical Therapist at Irwin Army Community Hospital. "It incorporates not only the ability to use your chest muscles, both your pec major and pec minor; and incorporates your arm muscles, your triceps, biceps and your deltoid."

Additionally, the movement requires trunk stability. It engages the core and the back.

"It's a well-rounded exercise that we can use to

target a variety of muscles through our body," he said. There isn't a risk of injury if the proper form is not maintained, Santarelli said. However, using proper form while executing the pushup maximizes the benefit of the time spent.

"It's pretty easy if we are weak within our core to sacrifice form, which in return, we won't get as (high of a) quality output of the exercise that we would like," he said.

This week, Santarelli demonstrates the proper form for the standard pushup. Over the next three weeks, he will show the proper form for three other pushups including the one that will be required for the new Army Combat Fitness Test.



PUSHUPS

1. The arms are about your shoulder width apart or a little more. Knees are on the floor. The back is straight. "I like to close my heels down and externally rotate my lower extremity because it engages more of those butt muscles – the posterior chain that helps maintain that back in a nice neutral position," he said.
2. Curl the toes and extend up the bringing legs off the ground. Keep the back straight and look forward.
3. Bend the arms down to about 45 degrees or lower.
4. Push upward returning to position 2.

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

#FitFirst

Rocking on at post rock walls

Fort Riley's three rock walls allow enthusiasts, novices chance to climb to new heights

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

There are many ways people can get out, be active and stay fit. It's not all about running around a track or pumping iron.

The Directorate of Family and Moral, Welfare and Recreation maintains three rock climbing walls on Fort Riley.

Sarah Mueller, branch chief for recreation, said the walls at the Outdoor Adventure Center and Whitside Fitness Center both have automatic belay systems. This allows people to go in and use the equipment without a certified belayer on site to control the safety rope for a climber.

Her staff are all certified, which allows them to host climbing events at Craig Fitness Center, where there is not an automatic belay system.

"There are limitations at Craig Center right now because there is not an auto belay system," said Tanya Henigman, supervisory sport specialist, DFMWR.

The walls have different levels of difficulty, but she has had a child as young as 3 give the wall a try.

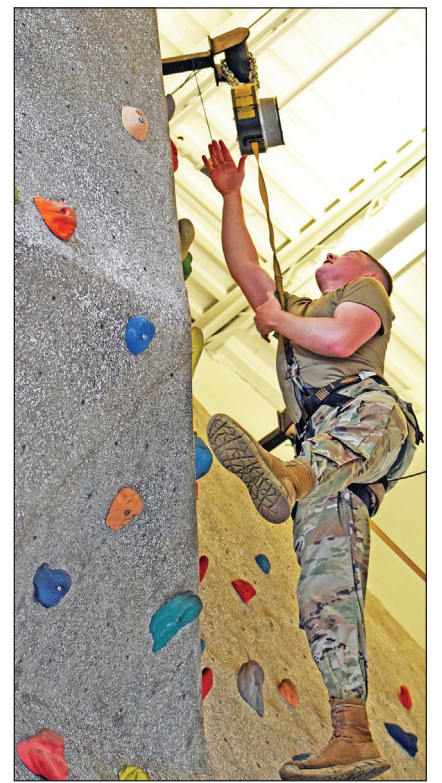
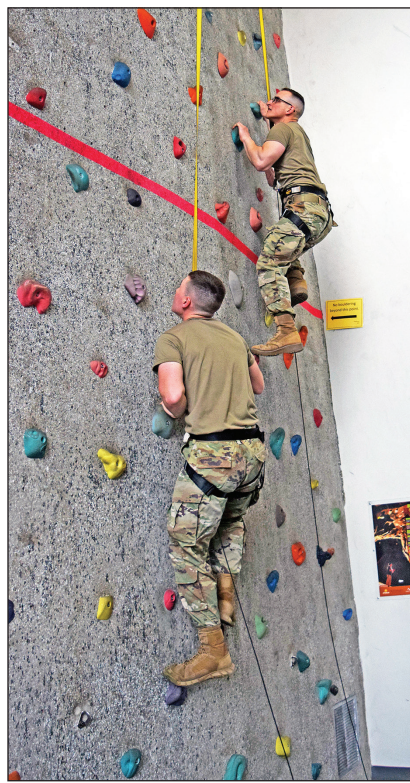
"He went up about a foot and was done," Mueller said. "Most of the time, the younger kids, all they want us to do is pick them up so they can dangle in the air."

There are no age limits on the walls, but there are weight requirements. A person must weigh at least 35 pounds but not more than 310.

Spc. Liam Maher, 1st Infantry Division Artillery, recently discovered how much fun the wall at Whitside can be. He said he became intrigued with rock climbing after watching a National Geographic documentary with Alex Honnold who free climbed Yosemite National Park's El Capitan. Maher had hiked in Yosemite and spoke with rock climbers. So, when a friend invited him to go to Whitside and try the wall there, it was an offer he couldn't pass up.

"I was a little apprehensive at first," he said. "But then when I started doing it, it just really made me want to keep going because there are bells at the top, and it's just human nature to want to go all the way up and ring every single one of them."

He started with the easiest climb and mastered that. That's all it took to hook him. The day after his first rock climbing experience he talked Spc. Joseph Polis, also with DIVARTY, into going with him.



LEFT: Spc. Liam Maher, left, and Spc. Joseph Polis, 1st Infantry Division Artillery, climb the wall at Whitside Fitness Center on April 18. Both Soldiers said they were novices at climbing but enjoyed trying and plan on working to get better. RIGHT: Maher reaches for the bell at the top of the rock climbing wall at Whitside Fitness Center.

"I was a little apprehensive at first. But then when I started doing it, it just really made me want to keep going because there are bells at the top, and it's just human nature to want to go all the way up and ring every single one of them."

SPC. LIAM MAHER | 1ST INFANTRY DIVISION ARTILLERY

WALL REQUIREMENTS

- There are no age limits on the rock walls at Craig Fitness Center, but there are weight requirements. A person must weigh at least 35 pounds but not more than 310.

learned right away is the need to keep the body against the wall.

"If you're not hugging the wall," he said. "It's a lot harder on you if you're leaning out. You've got to contort your body in these weird positions just to get up and over some of these ledges"

Although he admits he is a complete novice, he is learning and has his sights set on more difficult climbs — possibly even tackling a mountain.

"Somewhere where you can basically fall to your death and no one will ever find you," he said laughing. "There's kind of an appeal to that I guess."

For now, though, he's satisfied with falling while tethered to ropes so he can safely land on the bottom. #FitFirst

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LIBRARY EASTER PARTY



ABOVE: The Easter bunny waits for children to take pictures with during the Easter party April 20 at the Post Library. **RIGHT:** Families work on crafts during the Easter party April 20. **FAR RIGHT:** Families participate in outdoor activities and snacks at the Post Library.



Photos by Rebecca Basil
POST LIBRARY

HEALTHY EATING



CONTRIBUTED PHOTO

Frozen Raspberry and Mango Smoothie Bowl

For the Performance Triad, please use the nutrient and serving size information provided below.

Recipe Analysis: 1 serving = ¾ cup
Per Serving: 234 calories; 11g protein; 4g fat, 43g carbs (4 carbs: 1 protein)

Recipe = 0 servings of vegetables, 3 servings of fruit (0 vegetable per serving, 1.5 fruit per serving)

This recipe is from The National Processed Raspberry Council and The National Mango Board.

INGREDIENTS (2 SERVINGS)

- 1½ cups frozen raspberries
- 1 mango, peeled, pitted and diced (about 1¼ cups)
- ¾ cup 2% vanilla Greek style yogurt
- 1/3 cup 100% cranberry-raspberry juice
- 1 TBSP chia seeds

STEPS (5 MINUTES)

1. Place the frozen raspberries, mango, yogurt, juice and chia seeds in a blender and blend until smooth.
2. Pour into individual bowls and garnish with your choice of toppings.

cookpad.com/us/recipes/641211-frozen-raspberry-and-mango-smoothie-bowl #FitFirst

CHILD DEVELOPMENT CENTER RECEIVES AWARDS



Téa Sambuco | POST

Child Development Center staff members, from left, Wendy Winston, Cheryl Greathouse, Danitta Brantley, Jenny Jinx and Sasha Lujan, accept the 2019 award of excellence following the Month of the Military Child parade April 19. The awards were given in recognition for their work in developing a new process to streamline the CDC hiring process. The process has been recognized as a Civilian Human Resources Agency best practice.

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Fort Riley Blood Drives in May



PX Blood Drive – On the Bus
Thursday, May 2nd – Noon to 6:00 p.m.
Friday, May 3rd – 8:00 to 2:00 p.m.

Community Drive
Tuesday, May 14th – 9:00 – 3:00 p.m. @ In Processing, Bldg 208
Wednesday, 15th – 9:00 – 3:00 p.m. @ Division HQ's

Superheroes on post unite

Fort Riley Exchange to host Marvel Universe Unites event April 27

FORT RILEY EXCHANGE

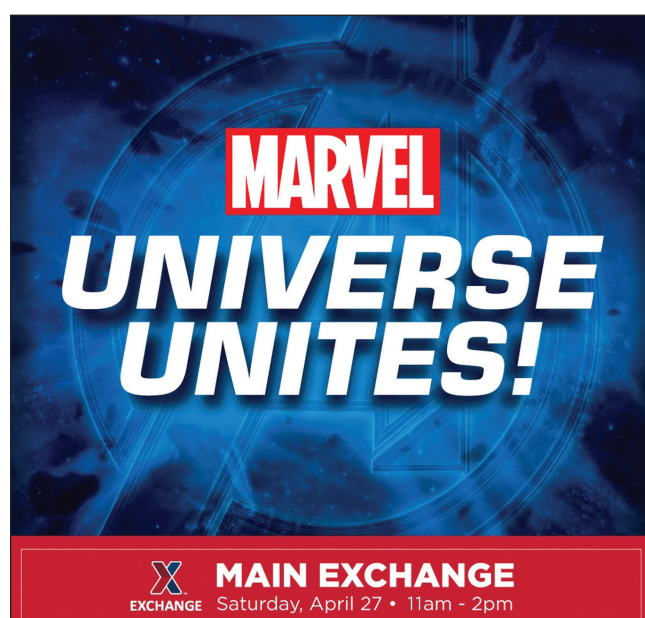
Calling all superheroes. Children ages four and older are invited to participate in a Marvel Universe Unites event at the Fort Riley Exchange.

Military children can meet in the toy department April 27 from 11 a.m. to 2 p.m. Fort Riley kids will role play as their favorite Marvel heroes and get their hands on the latest toys from "Avengers: Endgame," coming to theaters April 26.

The event is one of several being held by the Exchange for Month of the Military Child. The annual celebration honors the resiliency and sacrifices of military children.

"The Exchange is sending out the call to all Fort Riley superheroes," said toys and outdoor living sales area manager Imelda Winchester. "We can't wait to see their epic moves."

The event will feature a role play station with Thor's hammer, the Hulk's mask and



"The Exchange is sending out the call to all Fort Riley superheroes. We can't wait to see their epic moves."

IMELDA WINCHESTER | TOYS AND OUTDOOR LIVING
SALES AREA MANAGER, FORT RILEY EXCHANGE

smash fists, Black Panther's mask and claws and more. Children can also play with 12-inch Titan Hero action figures of Iron Man, Captain America, Spider-Man and Star-Lord.

For more information, call the Fort Riley Exchange at 785-784-2026. Families can learn more about the Month of the Military Child and events on the Exchange's Hub page.

Fort Riley Post-Wide Yard Sale

Saturday, May 4, 2019
8 a.m. - Noon

Fort Riley Post Thrift Shop
Bldg 267 will be open from 10 a.m. - 1 p.m.

Community Yard Sale

DOD ID card holders who live off-post are able to participate and need to register in advance. There is no cost. There will be two parking lots our off-post sellers can set up in; the Commissary or The Exchange. Sellers may sign up in person at customer service of either store. For more information about the spaces available to eligible off-post sellers, call the Commissary at 785-240-0459 or The Exchange at 785-784-2026 extension 206.

MARKERS Continued from page 9



Amanda Ravenstein | POST
Members of the Buffalo Soldiers 9th and 10th Horse Cavalry Joseph Louis Barrow Chapter in Junction City were in attendance for the unveiling of the new traveling Buffalo Soldiers display at a ceremony April 17 at Custer House.

and a lot of people doing things. So, finally seeing it come to fruition is so rewarding. I think it's a wonderful legacy project for Fort Riley."

Seven markers were installed during the current phase of the project.

After the unveiling, attendees were invited to visit Custer House for the viewing of the new Buffalo Soldier display. The traveling display features

historic photos of Buffalo Soldiers during the early 1900s.

Troopers from the Buffalo Soldiers 9th and 10th Horse Cavalry Joseph Louis Barrow Chapter in Junction City were in attendance for the viewing including Lawrence Reece, chapter president.

"That mural is beautiful," he said. "Absolutely beautiful and just to see that living history it's beautiful."

When asked about being part of the history of the Buffalo Soldiers, he said it felt good.

"And I can take it a little bit further," he said. "I have a direct ancestor that came through here in 1867, Troop C, 10th Cav."

Gray said the display will be housed at the Temporary Museum, 247 Cameron Ave., until it moves to Manhattan for its first stop.

MILITARY KIDS Continued from page 9

"I think they were perfect," said Olisa Echeozo, 6, daughter of Chief Warrant Officer Chukwuemeka Echeozo, 1st Armored Brigade Combat Team, 1st Infantry Division. "My favorite was the charge thingy, the racing and shooting."

After the demonstration, the children sat with their groups and had snacks. They watched CYS staff receive awards from Shrader for implementing a new hiring method, which has been recognized as a best practice and is being replicated at other military installations.

Many of the children were too young to understand why they were being applauded for their role in the military family. But some of the older ones know the significance of MOMC.

"It means that somebody I love is fighting for the whole country," said 11-year-old Daniella Okorie. "It feels good to know you are part of the family that fights."

The parade was one of several events this month that



Téa Sambuco | POST
Hundreds of children parade Cavalry Parade Field in celebration of Month of the Military Child. When they arrived, they parade-goers received snacks and watched a demonstration by the Commanding General's Mounted Color Guard.

celebrated the children of military parents. Amelia Knapp, Outreach Services director for CYS, said the month has been going well and hundreds of children have been participating in the activities. The successes are a result of a dedicated staff, she said.

"They contribute to the success," she said. "And to

see how the community gets involved — it speaks to the community's commitment. There's nothing that compares to it."

As the children relaxed on the parade field, before loading onto busses, to their delight, five bald eagles circled above.

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Level: Advanced

What Is su | do | ku?

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

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

Last Sudoku's Answers

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

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THE 1ST INFANTRY DIVISION POST

Travel & Fun in Kansas



Arboretums in full bloom across state

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

The Merriam-Webster Dictionary defines an arboretum as a place where trees, shrubs and herbaceous plants are cultivated for scientific and educational purposes.

The Kansas Landscape Arboretum lies just south of Wakefield on the west side of Milford Reservoir, according to, www.naturalkansas.org/kansas.htm. The arboretum is open daily from 8 a.m. to dusk year-round except during severe weather.

Due to recent flooding, entry to the arboretum is limited to the Utah Road entrance. To get to Utah Road visitors can go to Sunflower Road and turn east onto Fifth Road. At Utah Road, turn left and turn in the gated drive just before the closed road marker.

More than 1,000 species of native and exotic woody plants adapted to the Kansas environment can be seen on the 193 acre arboretum. Much of the area is left in native vegetation, according to the website, and foot trails provide easy access to both prairie and woodland habitats.

Some of the trees in the arboretum were planted as a memorial.

"Those have plaques on them that say like White Redbud tree in memory of this person," said Jerry Patterson, secretary, Kansas Landscape Arboretum Inc. "So, people can walk around those plaques and see what kind of a tree it is. So, it's not only a memorial but it's also an educational process of learning what the different trees are."

For more information on the arboretum, call Patterson at 785-761-3145.



Spc. Shell is packing his tent and going camping next week.

Other Kansas arboretums

Dillon Nature Center
3002 E. 30th, Hutchinson
620-663-7411

Dyck Arboretum of the Plains
177 W. Hickory St., Hesston
620-327-8127

Bartlett Arboretum
201 N. Line St., Belle Plaine
620-488-3451

Chaplin Nature Center
27814 27th Dr., Arkansas City
620-442-4133

Overland Park Arboretum and Botanical Gardens
8909 W. 179th St. Overland Park
913-685-3604

Parsons Arboretum
2004 Briggs, Parsons
620-421-7032