

THE 1ST INFANTRY DIVISION POST



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FRIDAY, JUNE 14, 2019

Vol. 11, No. 24



FORT RILEY, KANSAS



Story and photos by Sgt. Jeremiah Woods
358TH PUBLIC AFFAIRS
DETACHMENT

TRZEBIEŃ, Poland — Combat Engineers with the 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, practiced breaching obsta-

cles using C-4 plastic explosive charges, May 23, as part of multiple days of breach training conducted at a range near Camp Trzebień, Poland.

The Combat Engineers breached a concertina wire barrier with a bangalore torpedo explosive, during a dismounted breach. Later in the



TOP, Army combat engineers with the 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, work to set up a breach using bangalore torpedo explosives during a day of breach training on a range near Camp Trzebień, Poland, May 23. Training on both mounted and dismounted combat breaches is an essential part of the readiness mission of the 1st Eng. Bat. during Atlantic Resolve. **LEFT**, Army combat engineers with the 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, detonate a Mine Clearing Line Charge in a simulated mine field during a day of breach training on a range near Camp Trzebień, Poland, May 23. Training on both mounted and dismounted combat breaches is an essential part of the readiness mission of the 1st Eng. Bn., 1st Inf. Div., during Atlantic Resolve.

First Engineer Soldiers conduct breach training

day, they breached a simulated minefield using a Mine Clearing Line Charge, deployed by an M1150 Assault Breacher Vehicle. Training on both mounted and dismounted combat breaches is an essential part of the readiness mission of the 1st Eng. Bn., 1st ABCT, 1st Inf. Div. The engineers were joined by

units with the 3rd Battalion, 66th Armored Regiment, 1st ABCT, 1st Inf. Div., during this training.

"Today, we conducted a dismounted breach with infantry from the [3rd Battalion, 66th Armor Regiment, 1st ABCT, 1st Inf. Div.]," said Spc. Abdulrahman Albayati, a

combat engineer with the 1st Eng. Bn., 1st ABCT, 1st Inf. Div., and part of the dismounted breach during the day's training. "The breach is first identified by the breach commander. Once we hit the breach, we dismount from our Bradley's and send the engineers to conduct the breach. Then,

the infantry moves in to clear the objective."

Following the dismounted breach training, the units conducted a mounted breach in which they deployed the MCLIC into an identified minefield within the scenario.

See TRAINING, page 7

'Iron Rangers' train with Romanian allies

Story and photo by Sgt. Jeremiah Woods
358TH PUBLIC AFFAIRS
DETACHMENT

SMÂRDAN, Romania — Infantry Soldiers with the 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, participated in Justice Eagle, a combined bilateral exercise with Romanian allies, at Smârdan training area, Romania, May 30.

The main event of the operation was a force-on-force exercise that included mounted maneuvers and a breach and seizure of follow on objectives by dismounted soldiers of both nations. Two companies from two different Romanian battalions were attached to the 1st Bn., 16th Inf. Regt., 1st ABCT, 1st Inf. Div., for this event.

"Big training events such as this allows us to test our readiness, test our ability to get our vehicles out to the line of departure, test our communications and ultimately our ability to maneuver," said Lt. Col. Drew Conover 1st Bn. 16th Inf. Regt., 1st ABCT, 1st Inf. Div., commander. "When you include another nation, it adds a level of complexity that's required in the modern fight today. It really provides an opportunity to test how we communicate from one



Lt. Col. Drew Conover, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, commander, and Lt. Col. Cristian Badea, 631st Tank Battalion Romania, commander, hold a salute as the national anthems of both nations play during the opening ceremony of joint exercise Justice Eagle, at Smârdan Training Area, Romania May 29. During Justice Eagle, soldiers from both nations train together in support of NATO partnerships and Atlantic Resolve.

nation to another both technically and also verbally, how we can break through that language barrier."

Individual soldiers from both nations received the opportunity to maneuver and communicate as an allied team, relying on the assets of both armies to accomplish the mission, Conover said.

"The Soldiers benefited from this exercise tremendously," Conover said. "They got to work with soldiers from

another nation. Everybody has a different area of expertise and I think they learned a lot from each other."

Both nations were able to work as a team, highlighting the benefits of NATO allies across Atlantic Resolve.

"We're never going to fight alone anymore," Conover said. "We can't wait until a fight breaks out to test that ability to work together — we have to get that ready now."

Grinston selected as 16th Sergeant Major of the Army

ARMY PUBLIC AFFAIRS

WASHINGTON — Secretary of the Army Dr. Mark T. Esper and Army Chief of Staff Gen. Mark A. Milley, announced today Command Sgt. Maj. Michael A. Grinston will assume responsibilities as the 16th sergeant major of the Army.

"I look forward to working with Command Sgt. Maj. Michael Grinston," Esper said. "The Army is in the midst of a renaissance, and he is a great choice to carry on our readiness, modernization and reform efforts."

Grinston currently serves as the senior enlisted leader for U.S. Army Forces Command — the U.S. Army's largest command and provider of expeditionary land forces. He is a combat veteran who has served in every leadership position from team leader to division command sergeant major.

His deployments include two tours each to Operations Iraqi Freedom and Enduring Freedom, as well as Desert Shield, Desert Storm and to Kosovo. Grinston also served as the senior enlisted leader for the Army's first deployment of a division headquarters, with 1st Infantry Division, in support of Operation Inherent Resolve from October 2014 to June 2015.



Courtesy photo | U.S. Army

Command Sgt. Maj. Michael A. Grinston has been selected as the 16th sergeant major of the Army.

"Congratulations to Command Sgt. Maj. Grinston and his family," Milley said. "He is a world class leader who stands out among our exceptional Noncommissioned Officer Corps. He is the right Noncommissioned Officer to lead our Army into the future."

As the FORSCOM command sergeant major, Grinston played a key role in the development of training and preparation of combat units as a globally responsive force as the Army simultaneously builds and sustains readiness to meet the needs

See GRINSTON, page 7

VOLUNTEER OPPORTUNITY

Volunteers are needed at the Strong Dad's Outdoor Adventure from 9: 30 to 2 p.m. June 15.

Volunteers can help at the Outdoor Adventure Center with the batting cages, bouncy houses, paintball, archery and other activities.

The day's events will also include rock climbing, the obstacle course and a free lunch.

The Outdoor Adventure day is part of the Dad's Make a Difference month, which

is designed to bring attention to the role fathers play in their children's lives.

The staff at Army Community Service hosted several activities throughout the month to give fathers and their children opportunities to do events together to strengthen their bonds.

If anyone is interested in volunteering for this event please contact Dr. Kariga Pratt at 785-239-1729 kariga.k.pratt.civ@mail.mil or Jane Brookshire at 785-239-9974 laura.j.brookshire.civ@mail.mil.

ALSO IN THIS ISSUE



FORT RILEY FAMILIES SHINE BRIGHT DURING THE GLOW RUN AT RILEY'S

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ALSO IN THIS ISSUE



SPC. SHELL VENTURES TO AREA FARMERS MARKETS IN THIS WEEKS TRAVEL AND FUN IN KANSAS

SEE PAGE 16

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DUTY FIRST DOWNRANGE

1

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.”



Markus Rauchenberger | Training Support Activity Europe
WWII veterans, U.S. Soldiers with 1st Infantry Division, French dignitaries and guests attend the 1st Infantry Division memorial at Omaha Beach, Colleville-sur-Mer, France, June 3. More than 1,300 U.S. service members, partnered with 950 troops from across Europe and Canada, converged in northwestern France to commemorate the 75th anniversary of Operation Overlord, the WWII Allied invasion of Normandy, commonly known as D-Day. Upwards of 80 ceremonies in 40 French communities in the region were held June 1 to 9, the apex being held June 6th at the American Cemetery at Colleville sur Mer.



Markus Rauchenberger | Training Support Activity Europe
Col. Chris Black, commander of 1st Combat Aviation Brigade, 1st Infantry Division talks to a WWII veteran at the 1st Infantry Division memorial at Omaha Beach, Colleville-sur-Mer, France, June 3.



Spc. Nicholas Vidro | 7th Mobile Public Affairs Detachment
Charles Shay, a Penobscot tribal elder, writer and decorated veteran of both World War II and the Korean War, speaks at a memorial ceremony for the 1st Infantry Division Soldiers who died on D-Day securing Omaha Beach at Omaha Beach, France, June 3. Shay was a combat medic during D-Day and created and held an aid station while under heavy fire.



Pvt. Michael Ybarra | 5th MPAD
Secretary of the Army Mark T. Esper speaks with members of the 1st Infantry Division conducting maintenance on a UH-60 Black Hawk helicopter June 3 at Mihail Kogalniceanu Air Base, Romania. Esper's visit to MK Air Base gives him the opportunity to show support for U.S. and Romanian joint multinational military operations.



Staff Sgt. True Thao | 358th PAD
A Bradley Fighting Vehicle assigned to 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division prepares for a mounted training exercise at Smdardan Training Area, Romania, June 1.

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'Big Red One' Soldiers refight D-Day invasion through board game

Story and photo by Will Ravenstein
1ST INF. DIV. PUBLIC AFFAIRS

About 20 1st Infantry Division Soldiers filled the conference room at the temporary Fort Riley Museum, 247 Cameron Ave., June 6 to play a board game that would determine the outcome of D-Day.

"We're just trying to give the Soldiers an appreciation for some of the problems, the issues, the decisions that had to be made on June 6, 1944," said Robert Smith, Fort Riley Museums director. "And, it also gives them a chance to have fun but also become well acquainted with the history of the campaign."

"The Longest Day" by Randall C. Reed, allows players to recreate the D-Day invasion of Normandy, France, or change history depending on the roll of the dice. Each player was assigned a historically accurate unit — American, Canadian, British or German — that they controlled throughout play.

"It's interesting in that it is very historically-based," said Capt. Adam Linter, 82nd Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Inf. Div. "And also, bears some similarities to some of the war games that we do in our military planning. It's important in that, it allows us to kind of

see some of the complexity of this entire operation. Even 75 years later, it would still be a daunting, daunting task."

The decisions of the players had a direct impact on the outcome of the scenario.

Smith said the Allied Forces struggled to get off of Omaha Beach. That — combined with the fact that three division headquarters were lost early in action — added to the final outcome; Germany defending against the attack and maintaining superiority in France.

Prior to the start of the game, the Soldiers heard about the airborne operations from Charles Sanders, retired colonel and retired Kansas State University professor of history.

Sanders talked about how the 101st Airborne Division and 82nd Airborne Division Soldiers were scattered across the countryside of France with some landing more than 20 miles away from their designated drop zone. This led to complications, as the Soldiers only knew how to identify their objectives in reference to the location of their intended drop zone. Many Soldiers, Sanders said, grouped up with airborne Soldiers from other units and divisions to move on to objectives.

The airborne assault was important to D-Day, Sanders said.



Capt. Colten Kennedy, 2nd Armored Brigade Combat Team, 1st Infantry Division, places his British Airborne units onto their dropzone during the D-Day tabletop exercise at the temporary Fort Riley museum June 6. The exercise brought 20 Big Red One Soldiers in to restrategize the D-Day invasion of Normandy, France, from both the German and Allied sides while experiencing some of the same issues the Soldiers on the ground did.

"The landing on the beach is one thing, but you have to exit the beach — you've got to go somewhere," he said. "To get off that beach you had to do two things. You had to keep the Germans from coming in. And, you

had to secure the means and methods for your troops to come out. So, that was the job of the airborne forces."

The players of the game dealt with some of the same issues the 'Screaming Eagles' and the 'All American

Division' faced in those early hours of World War II.

While laughs were had and some razzing occurred throughout the game, the important part was learning how units work together to accomplish large scale operations.

"It always helps to see the bigger picture," Linter said. "Because then you can see, you can conceptualize the eagle eye view ... and understand where your small piece of that picture fits into the larger strategic (plan)."

Hitting the mark: Marksmanship difficulty level to increase



Short range shooting skills are put to the test May 23, as 29 Fort Jackson Soldiers participating in the Marksmanship Master Trainer Course take aim at targets. An instructor looks on as one of the students shoots.

Story and photo by Elyssa Vondra (Jackson)
ARMY NEWS SERVICE

FORT JACKSON, S.C. — With changes to Basic Combat Training marksmanship qualifiers upcoming, Fort Jackson has taken drill sergeants and a few other Soldiers out to the ranges for the last 4 1/2 weeks to improve their coaching skills.

For the second year, the installation is hosting Fort Benning, Georgia, instructors to teach a five-week Marksmanship Master Trainer Course.

The course addresses changes to the BCT weapon qualifier, planned for implementation in 2020, which will add more targets, shooting positions and a heightened time crunch to the testing, while reducing direction from leadership.

"I think it just makes it more realistic, because there's no timeouts in real life," said Sgt. 1st Class Matthew Thornton, an infantryman and course chief instructor from Fort Benning.

The enemy never gives an opposing force the chance to reload or helps with cues, so Soldiers "need to be prepared to operate their weapon systems like their life depended on it," he said.

The 29 participating Soldiers paired up and took turns practicing their instructional skills on one another in the field.

"The purpose of the course is to develop master trainers ... not necessarily better shooters, but better trainers," said Sgt. 1st Class Matthew Ruopp, with the U.S. Army Training Center and Fort Jackson's G3 Future Operations office.

Still, instructor Staff Sgt. Zach Bunch says he has seen

enormous progress in the class's shooting abilities.

"Four weeks ago, we probably had four or five students that ... had never even shot a pistol before, or even held one in the Army," Bunch said. "Now they're out here doing higher level stuff than most people in the Army do with their pistol."

Students have worked on basic marksmanship skills and short and medium range shooting techniques, training with both rifles and pistols.

The hope is that students leave with "the growth mindset," understanding that there are "newer, better ways to do things," Thornton said.

They can take that knowledge back to their units "so that the Army as a whole becomes more proficient at marksmanship," he said.

That is important, because "the Army's doctrine is changing, and marksmanship as a whole is changing," he said.

To become Soldiers, trainees must qualify with an assigned weapon, hitting at least 23 of 40 presented targets from three positions. Leadership tells them when to change their magazines and provides other logistical details.

"It's not very realistic. It's very canned ... we're basically telling the trainees what to do," Ruopp said.

That will no longer be the case after the changes take effect. Soldiers-to-be will have to navigate the challenges on their own.

After receiving a briefing, they will flow through the tasks of the test without guidance or pause.

It's all about "being more hands-off," Ruopp said.

To add to the challenge, as many as four targets, rather than the current maximum of two, will appear simultaneously, for a limited time only, with the addition of a barrier, and there will be four positions to shoot from compared to the current three.

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THURSDAY
JUNE 27

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- Engage one-on-one with HR experts and hiring managers from national-level employers at a career fair

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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, Four Corners 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, Four Corners and Trooper
Open 24/7.

Estes:
Open 5 a.m. to 7 p.m. daily. Commercial traffic is required to have an access pass or badge prior to access.

Ogden:
Open from 5 a.m. to 10 p.m. daily.

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 a 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.

First Street repairs
From June 10 to July 10 First Street from Bent Spur Road to Trooper Dr. — behind and adjacent to the Forsyth Express with Class Six, 2597 Trooper Dr. — is closed.

RESIDENTS OF FORT RILEY
Watch for an emailed survey link between June 12 to 18.
Make sure your voice is heard.



CIVILIAN SPOTLIGHT
MICHAEL MARSTON
SUPPLY MANAGEMENT SPECIALIST
DIRECTORATE OF PLANS, TRAINING, MOBILIZATION, AND SECURITY

Mike Marston's performance during the recent 1st Infantry Division Warfighter Exercise is commendable. Responding to a Mission Training Complex power outage that threatened to cancel a critical preliminary staff training event, Marston came in on his off day to troubleshoot, identify and make initial system repairs.

He then worked diligently to make multiple power modifications to the facility, ensuring sustained system functionality. An enormous effort, this work required multiple organizations, two semi-trailers full of electrical equipment and the reconfiguration of numerous power relays and switchboards.

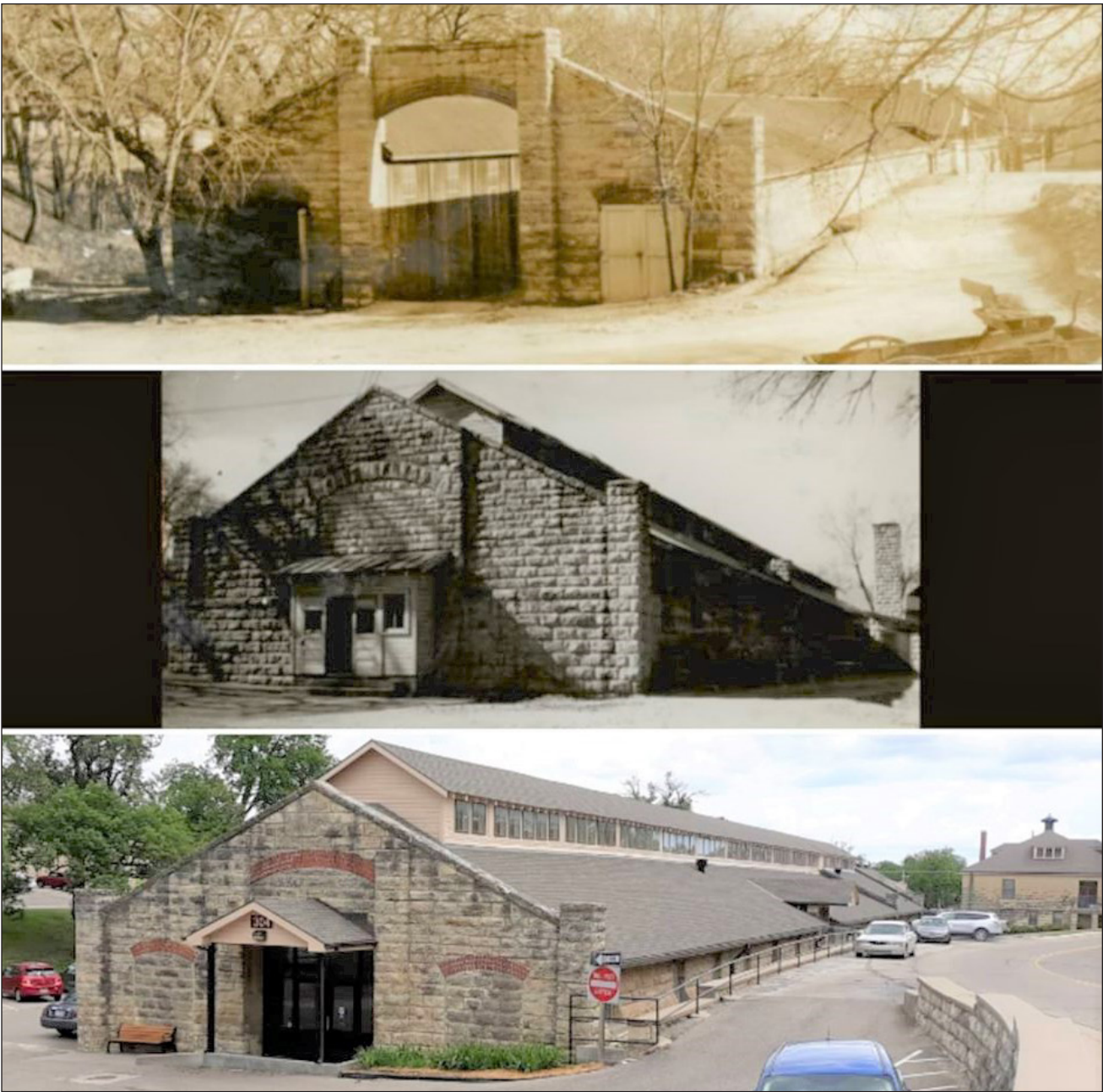
All of this highly integrated and technical work was conducted within one week, resulting in a resoundingly successful Warfighter Exercise and a 1st Inf. Div. staff prepared for future missions.



BUSTED

MAY 26 Family member / spouse, littering Pfc. 1st Bn., 7th FA Regt., 2nd ABCT, 1st Inf. Div., speed 11 to 15 over	MAY 31 Spc. 1st Bn., 7th FA Regt., 2nd ABCT, 1st Inf. Div., speed 16 to 20 over
MAY 28 Family member / spouse, speed 16 to 20 over	MAY 29 Spc. 1st Bn., 63rd Armor Regt., 2nd ABCT, 1st Inf. Div., driving left of center
MAY 29 Spc. 1st Bn., 63rd Armor Regt., 2nd ABCT, 1st Inf. Div., driving left of center	CITATIONS ISSUED May 26 — Speed 16 to over May 29 — Following too close, trespassing-criminal, assault-domestic June 1 — Parked in designated handicapped parking space

Looking Back: Building 304 served many purposes since it start as a coal shed



Courtesy photo
Building 304 has had several renovations since it was first built in 1890. Top, as it looked in 1905; middle, how it looked in 1930 after it had been enclosed; and the bottom shows how it appears today.

Scott Rhodes
USAG PUBLIC AFFAIRS

Building 304 Marshall Ave. is constructed of native limestone and opened its doors in 1890 as a coal shed. This area of Historic Main Post, between and to the south of what had been the Cavalry and Artillery Posts, is referred to in historical terms by the Army Corp of Engineers as the Quartermaster Supply Service District. The buildings in this area served their respective functions in support of both posts.

While starting as a coal shed, building 304 is referred to in Directorate of Public Works maintenance documents as a Warehouse in 1930 and a Recreation Hall in 1936. Today, building 304 is part of the Civilian Human Resources Agency campus of buildings located between Marshall and Holbrook Avenues.

Civilian Human Resources Agency is the organization in the Department of the Army responsible for providing civilian human resources services.

Army Senior Leaders Send – Lessons from D-Day

Seventy-five years ago today, this nation led one of the most complex and daring military operations in the history of warfare. The Allied invasion of Normandy on June 6th, 1944 was the culmination of over three years of relentless work to organize, train, and equip a force capable of breaking into "Fortress Europe" and defeating the Nazi regime. Despite General Eisenhower's bold declaration that "we will accept nothing less than full victory," the likelihood of success on the eve of the operation was still very uncertain.

In fact, after giving the command to execute the operation, Eisenhower drafted a second message that read, "our landings... have failed to gain a satisfactory foothold and I have withdrawn the troops." The Germans had thousands of soldiers dug into concrete pillboxes, defended by mines, machine guns, and artillery, and were expecting a cross-channel invasion at any time. As the Allies' 5,000 ships, 13,000 planes, and 160,000 Soldiers departed England, Operation Overlord was underway.


During hours of darkness, Allied airborne troops began dropping behind enemy lines. The paratroopers were badly scattered, but they fought fiercely, causing confusion among the German commanders, keeping the enemy troops occupied. Meanwhile, the largest amphibious landing force ever assembled began moving through the rough waters toward the Normandy coast. As the troops hit the beaches, they faced devastating machine gun fire that turned the shoreline into a vast killing field. Despite heavy casualties, the Allies fought inward and by nightfall had seized a foot-hold in Western Europe, never to be dislodged.

Many of the lessons from that day are timeless. A high level of physical fitness was needed to move through the difficult terrain. Soldiers had to be experts in marksmanship and maintaining their weapons. The ability to call for indirect fires was essential to enabling maneuver. Rapid medical aid was the difference between life and death for those wounded on the battlefield. And units had to continue the mission even when they lost all communications.

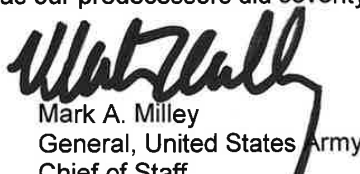
In today's new era of Great Power Competition, we must be as equally ready to endure the rigors of combat as the "greatest generation" was at Normandy. The future battlefield will be unrelenting; units will constantly be on the move and under attack. A high level of physical fitness will be required to outmaneuver the enemy and reach the objective. Soldiers at all echelons must master the fundamentals – shoot, move, communicate, protect, and sustain – in an environment of increased lethality.

Many of the conditions we have grown accustomed to over the past eighteen years will not exist in future battles. Control of the air will be contested; Forward Operating Bases will not provide safe haven; units will be continuously targeted by enemy fires; and communications and navigation systems will be intermittent at best. We must be able to avoid enemy detection, sustain ourselves in austere conditions, and navigate with a map and compass, among many other basic tasks. These skills are the responsibility of our NCO Corps and will be vital to success in future conflicts.

As Eisenhower knew at Normandy, in warfare, nothing is for certain. Against great odds, the troops who assaulted the beaches on D-Day achieved victory. Their legacy calls on us to be ready when our time comes. We must be masters in the basics and prepared to fight on a moment's notice. Regardless of branch, unit, or component, every Soldier will have a role in the next conflict. Together, we will preserve our freedom just as our predecessors did seventy-five years ago.



Daniel A. Dailey
Sergeant Major of the Army



Mark A. Milley
General, United States Army
Chief of Staff



Mark T. Esper
Secretary of the Army

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Have you kept your New Year's resolution?



"Yes. My resolution was to read more."

BRIG. GEN. TODD WASMUND,
CENTERVILLE, OHIO

1st Infantry Division deputy
commanding general



"Yes. My resolution was to be a better person, a better Christian and enjoy my family more."

MASTER SGT. HECTOR DIAZ
ORLANDO, FLORIDA

1st Infantry Division Sustainment
Brigade



"No, I haven't kept it yet. It was to put the phone down."

STAFF SGT. JARRUND WILLIS
TUCSON, ARIZONA

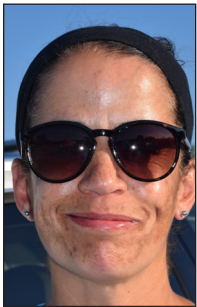
41st Engineer Clearance Company
82nd Brigade Engineer Battalion,
2nd Armored Brigade Combat
Team 1st infantry Division



"Yes - my resolution was to get healthy."

JOSSIE GUTIERREZ
MANHATTAN, KANSAS

Wife of Sgt. 1st Class Jorge Nunez,
523rd Military Police Company,
97th Military Police Battalion



"I'm about 80% away from my goal to spend less money."

MAJ. ANNIE ROBINSON
LARAMIE, WYOMING

407th Army Field Support
Battalion

THE 1ST INFANTRY DIVISION POST

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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 email usarmy.riley.imcom.mbx.post-newspaper@mail.mil.

SAFETY CORNER

Be safe during the 102 days of summer

Dawn J. Douglas
U.S. ARMY GARRISON SAFETY OFFICE

"Summer afternoon — summer afternoon; to me those have always been the two most beautiful words in the English language." Author Henry James penned those words to describe the perfectness that is summer. Although summer is full of lazy afternoons, safety never takes a day off.

Family barbecues, swimming, fishing, softball, hiking, boating and camping are a few of the activities that fill perfect summer days. In fact, we try to squeeze as many of our favorite amusements in the 2,448 hours that make up the 102 days of summer — Memorial Day weekend through Labor Day weekend.

Each season has its risks, but what are the hazards in the summer? Heat injury, vehicle accidents, sports injury, water injury, animal dangers and insects are a few of the hazards that can turn summer days into nightmares.

Heat injuries are one of the most dangerous risks involved with summer and increased outdoor activity. Sunburn, heat rash, heat cramps and heat stroke are just a few of the physical dangers. We can play safely in the sun if we remember a few safety precautions:

- Drink plenty of water
- Avoid heavy meals at lunch time
- Maintain a well-balanced diet

- Use sunscreen
- Monitor those at risk
- Know first aid measures

What better time to travel than summer? Vehicle accidents are the number one non-combat killer of Soldiers and their families. Drivers between the ages of 18 and 24 are 56% more likely to be involved in crashes due to fatigue or falling asleep at the wheel. Get to your destination safely — buckle up, obey speed limits and share driving responsibilities with a buddy when traveling long distances. Allow more time for driving. When possible, use the interstate rather than two-lane highways and plan for frequent rest stops. Finally, don't drink and drive; 48% of vehicle fatalities involve an alcohol-impaired driver. An intoxicated driver is 15 times more likely to be involved in a crash than a sober driver.

Summer is also the time for increased physical activity. Running, jogging, cycling, tennis, basketball and swimming are some of the most popular activities. If you've spent the winter inactive, take your time getting bikini ready and pace yourself. Stretch before exercising, dress appropriately for the sport, do not participate at a level beyond your conditioning and most importantly — know your limitations.

Here are a few more safety tips to help you enjoy the summer with minimal injury:

- Cycling: Inspect your equipment — tires, brakes, chains — wear a helmet, stay alert, use hand signals, stay out of driver's blind spots, avoid night riding, wear reflective clothing, carry a backpack with repair tools
- Jogging: stretch, jog against traffic, no headphones, wear good running shoes
- Swimming: Swim in authorized areas only, use buddy system, heed no diving warnings, use common sense
- Boating: Wear your personal flotation devices, know the weather conditions, yield right of way, don't overload, alcohol and boating don't mix.

You're not the only one enjoying summer: Animals and insects are more pervasive in the summer months. To prevent rabies exposure, avoid wild animals, bats, and domestic animals, which are unknown to you or display strange behavior. Use insect repellent to ward off fleas and ticks. When camping, inspect bedding before use and avoid sleeping or leaving clothes in damp places. Police your area since food and crumbs attract insects.

Remember, even on vacation, we have to stay ready. For more information, contact the Garrison Safety Office at 785-240-0647.

Better living through military innovation:
Debunking the myth – Tang was made for astronauts

By Collen McGee
USGA PUBLIC AFFAIRS

Many products written about for this column were invented to solve a dilemma faced by warfighters. The products were researched and manufactured under contracts with the government. This week, the product featured was invented for the public but sales didn't take off until NASA used it to meet a need for astronauts.

The powdered drink mix Tang was invented in 1957 by American food chemist William Mitchell while working for General Foods Corporation. However, according to groovyhistory.com, the sales for Tang weren't initially doing well. It would take John Glenn's Mercury space flight and the Gemini Project to make the drink mix cool.

According to groovyhistory.com, the Gemini Project needed the drink mix to make the water, produced as a byproduct of the space capsule's life support system, taste good. John Glenn was the first astronaut to take the flavored drink to space in



Courtesy photo

When the powdered drink mix, Tang, went with the astronauts into outer space, General Mills released advertisements, which helped increase sales.

1962 for his Mercury flight. Tang entered space again in 1965 during the Gemini program.

Though the packages were plain and didn't carry the commercial label, that didn't stop General Foods from taking advantage of product's space flight.

The race for space was in high gear in the 1960s and anything space related was marketing gold. The military connection was that astronauts were sponsored and trained by the military so, it was military members who made Tang a household name.

Mitchell would go on to invent Cool Whip, Pop Rocks and earn patents on about 70 products.

He did invent one item that was a direct result of World War II — a tapioca substitute — but that's another story.

Hitting the mark in military training, terminology

Dear Doc Jargon,

I read recently that the Army is planning to make it tougher to earn the honor of marksman. The story I read said they will be adding more targets and giving Soldiers less instruction while qualifying, but more instruction prior to stepping up to the line of fire.

I'm a bit undecided about that — on one hand, it is definitely a good idea to be a good shot if your job is a military one, but it sometimes looks like every standard is getting harder — first fitness, and now marksmanship. I guess we will all have to deal with working harder to be better at what we do and I can handle that.

But, my real question is, how did we come up with the name marksman for someone who shoots well? Where did that language originate?

Signed, Pfc. Training Harder

Dear Pfc. Training Harder,

I saw a story about that too! In fact, we put it in this issue on page 3. You are right — I think the Army and the Soldiers in the ranks are being asked to step up and

be more. More when it comes to health, more when it comes to fitness and more when it comes to being the most lethal fighting force on the planet. And — being a marksman is all about that.

The term, from what I could find, started in the 1570s as 'markman' and later, around the 1650s, the 's' was added to make it marksman.

The meaning comes from anyone who was skillful with either a bow or a gun and could hit the mark, or target, every time.

It is a general term for a good shot. However, in the Army, it is the level at which a Soldier becomes qualified on their weapon and there are still two more levels above that; Sharpshooter and expert.

So, train harder, Pfc. Train Harder. Give it all you can and trust the process for improving your Soldier skills. Yes, the Army is asking more from you, but they are also giving you the means to get there. If you apply yourself, you are on track to be all you can be.

Doc Jargon

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

Police bump it up

June 17 to 23, for the safety of families and their children, 97th Military Police Battalion and Fort Riley Police will focus enforcement of speed limits on the following streets:

Lookout, Thunder west of Roustabout, Eagle Pass and Carriage.

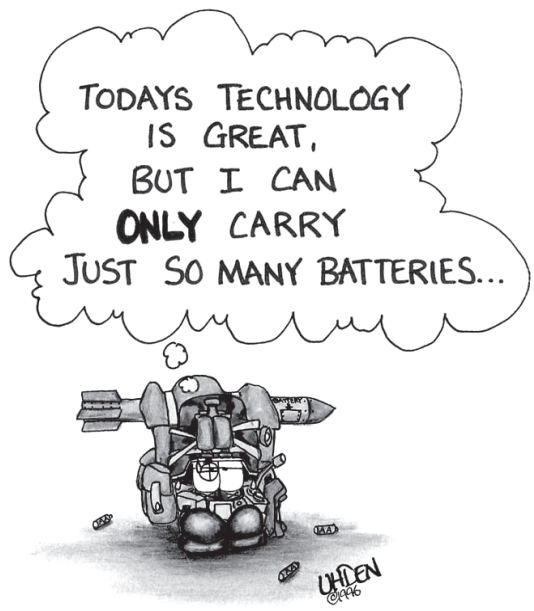
In addition to enforcement via radar, portable speed bumps will be temporarily placed.

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

GRUNT



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May U.S. District Court Results

United States District Court at Fort Riley is part of the United States Federal Court system for the District of Kansas. The Court handles all traffic tickets issued to Soldiers and civilians that occur on Fort Riley and all criminal actions against civilians who commit offenses on Fort Riley.

MAY 2, 2019

Jonathan O. Downs of Fort Riley. Found guilty after a bench trial of speeding 61 MPH in a 40 MPH Zone. District Court sentence: \$114 fine and \$30 special assessment.

Natasha Cartagena-Bonilla of Fort Riley. Plead guilty to Disorderly Conduct. \$5 special assessment.

Cristina L. Arguello of Fort Riley. Plead guilty to Theft of Government Property. \$200 fine and \$25 special assessment.

Gabrielle B. Vail of Fort Riley. Plead guilty to Disorderly Conduct. \$100 fine and \$5 special assessment.

Karlie J. Williams of Fort Riley. Plead guilty to Disorderly Conduct. \$200 fine and \$5 special assessment.

MAY 16, 2019

Michael J. Lee of Junction City. Plead no contest to Criminal Deprivation of Property and was found guilty. \$50 fine and \$25 special assessment.

Dennis A. Degraaff of Harrington. Plead no contest to Theft of Government Property and was found guilty. \$200 fine and \$25 special assessment.

Malysa R. Jenkins of Fort Riley. Plead guilty to Assault (Class B Misdemeanor). \$200 fine and \$10 special assessment.

MAY COURTS-MARTIAL RESULTS FORT RILEY, KANSAS

On 31 May 2019, at a general court-martial convened at Fort Riley, Spc. Blake C. Raymond, U. S. Army, was convicted by a military panel composed of officers and enlisted members, contrary to his pleas, of one specification of kidnapping in violation of Article 134, UCMJ. The accused was acquitted of two specifications of rape in violation of Article 120, UCMJ. The members sentenced the accused to be reduced to the grade of E-1, to forfeit all pay and allowances, to be confined for 6 months, and to be discharged from the service with a bad conduct discharge.

On 31 May 2019, at a general court-martial convened at Fort Riley, Pvt. Dale M. Peterson, Jr., U. S. Army, was convicted by a military judge, pursuant to his pleas, of one specification of desertion and one specification of the wrongful use of marijuana in violation of Articles 85 and 112a, UCMJ. The military judge sentenced the accused to be confined for 170 days and to be discharged from the service with a bad-conduct discharge. As part of an offer to plead guilty, a pretrial agreement limited confinement to 4 months.

Iron Rangers conduct friendly competition

Story and photo by Staff Sgt.
True Thao
358TH PUBLIC AFFAIRS
DETACHMENT

SMARDAN TRAINING AREA, Romania — Soldiers with 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, conducted a friendly competition — a “tank cage match” — at Smardan Training Area, Romania, June 1.

A Bradley Fighting Vehicle and an M1 Abrams tank were paired together in an all-out battle to see who would be the last vehicles standing.

Boundaries were set so that the team could only maneuver within a certain area. The “Iron Rangers” utilized the multiple integrated laser engagement system to ensure that training would simulate realistic scenarios.

“The purpose of this training is to improve the lethality of the Soldiers” said Maj. Joel Radunzel, operations officer with the 1st Bn., 16th Inf. Regt., 1st ABCT, 1st Inf. Div. “This type of training makes it’s a fun, friendly competition for the Soldiers.”

The Iron Rangers have been training rigorously while deployed throughout Eastern Europe as a rotational force in support of Atlantic Resolve.

This type of training is unique because it allowed for the Soldiers to come up with tactics they’re not familiar with.

“This type of training is different because it gets



M1 Abrams tanks assigned to 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, maneuver into a position during a mounted training exercise at Smardan Training Area, Romania, June 1. A Bradley Fighting Vehicle and an M1 Abrams tank were paired together in an all-out battle to see who would be the last vehicles standing. The “Iron Rangers” utilized the multiple integrated laser engagement system to ensure that training would simulate realistic scenarios.

everyone away from the repetitive training missions and objectives,” said Sgt. Eddie Espinoza, a Bradley vehicle commander with the Iron Rangers.

“We are used to maneuvering with other tanks during our training,” said Pfc. Jarred Ison, a tank driver from Lakeland, Florida with 1st Bn., 16th Inf. Regt. 1st ABCT, 1st Inf. Div. “It was something different but I had fun.”

The Soldiers are used to operating in a platoon-size element, but the Soldiers had to rethink their strategy for this training, said Radunzel.

The teams were given a starting point and maneuvered around a limited area. With little to no concealment in the field, the Soldiers had to improvise to conceal from the other teams.

“We were using camouflage netting and conducting berm drills to hide from the other teams,” Espinoza said.

Ison and his team conducted similar berm drills with their M1 Abrams to steer clear of the other teams during this competition.

Though it was meant to be a friendly competition,

the Soldiers took this opportunity to train up on unfamiliar terrain.

“This opportunity gives the noncommissioned officers the proper training on maneuvering their vehicles,” Espinoza said. “It was beneficial to my team because it helped with target identification.”

As the Iron Rangers continue their rotation in Eastern Europe, they will continue to conduct rigorous training in realistic training environments with allies and partners to ensure readiness and lethality.

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Soldiers learn to take care of barracks

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

When Soldiers go home and a light bulb needs changing or a hole in the wall needs patching, they or a family member will usually handle that task. But when the Soldier lives in the barracks with many other people — they will often wait for someone else to fix the problem.

But who should fix it?

A program that allows Soldiers to learn how to take care of, fix and replace parts around the barracks answers that question.

Russell Werth, self-help instructor, teaches and coordinates classes for single Soldiers who would like to take care of their barracks.

Spc. Mia Broadway, 1st Infantry Division Artillery, recently attended the classes and learned how to patch a hole, who to call about the potholes, what to do if a bat or other animal is in the barracks and more.

“Our barracks — there are a lot of issues with them, and a lot of them aren’t being reported,” she said. “With the help of this class ... we can help take away some of those problems. We can call the proper channels and improve our living conditions.”

They learned what services they need to put in a work order for and what they are allowed to do themselves.

“Now that we know that we can actually get some assistance in fixing things, we can get our unit’s area better and beautify the area,” Broadway said. “We’ve learned where we can go to get supplies to fix things. And we’ve actually learned our limitations as to what we can do.”

Even though the barracks is a temporary home, she said she wants it to be nice and livable — not a place with holes in the walls, leaky pipes and rodents.

“If you live there you want to fix the place you live in,” she said. “It’s just like a house, if there’s something wrong with your house, you want to fix it.”

Now that she and other DIVARTY Soldiers, who also live in the barracks, have gone through the classes with her, she said she is sure the conditions will improve.

Werth said there are many do-it-yourself projects Soldiers can do.

“They are liable (with some exceptions) for everything 10-foot and below,” he said.

They can do chores like fixing ceiling tiles or the garbage disposal, replacing electric covers, changing light bulbs and minor plumbing. For other projects, they learned the difference between a work order and a service order and how to submit them.

“A service order is for anything that’s already existing and you’re just repairing or replacing,” Werth said. “If [an] electrical outlet is busted, that’s a service order ... a work order is for any new work.”

In one of the classes, they learned about the wildlife on Fort Riley and what to do if they encounter animals or pests in the barracks.

“We run them through a little bit of everything,” Werth said.

And they are likely to see a little bit of everything, he said, recalling some of the stranger calls he had received.

“The strangest — you don’t even want to know some of them,” he said.



Russell Werth, self-help instructor, shows Pvt. Braxton Webber a detail on the patch he was putting on a sheetrock panel. While Spc. Justin Neely worked on his patch. The two 1st Infantry Division Artillery Soldiers were part of a week-long class to learn how to make repairs at their barracks.

But on the top of his list was getting two calls in one week about bowling balls accidentally going through the wall. When he asked one of the Soldiers how that happened, all he was told was ‘don’t ask,’ Werth said.

While the work the Soldiers learn and put into practice helps on their home front, Werth said there are other benefits for them.

“The biggest thing is, have a little bit of respect and pride in your barracks and stuff,” he said. “But I also tell them — something like the measuring tape, a lot of them don’t like fractions, they don’t like math;

but we teach them that the time is going to come, you’re gonna have to measure for mini blinds or curtains. Somebody’s going to call up needing to know the length of the windows. If you’re replacing windows in your house; they’re going to want to know the measurements of it and telling them ‘well, it’s 23 and four tick marks’ ain’t gonna cut it.”

In years to come these Soldiers will have some of the knowledge they’ll need to take care of their own house, meanwhile, they can take care of their barracks and make them a nice living environment, he said.

TRAINING Continued from page 1

“MCLIC is a Mine Clearing Line Charge, it is composed of 1,700 pounds of C-4 and a rocket that fires all of the C-4 in a linear charge that’s about 100 meters long to blow up any obstacles, but mostly mine fields,” said Cpl. Joshua DeLasus, a combat engineer with the 1st Eng. Bn., 1st ABCT, 1st Inf. Div. “Today we came out to train with [3rd Bn., 66th Armor Regt., 1st ABCT, 1st Inf. Div.] to do a combined arms breach with (the) ABV and show off the MCLIC.”

“We’re here to deter a threat using a show of force,” said

Albayati. “Maintaining our readiness, working on our skills and teaching new Soldiers shows that we’re here to train and work with our allies. It shows that we’re a capable Army.”

The 1st Eng. Bn., 1st ABCT, 1st Inf. Div., was able to exhibit combat readiness and tactical proficiency by successfully conducting both mounted and dismounted breaches using C-4 explosives and their battalion equipment, demonstrating their lethality to the brigade and their ability to respond to the Atlantic Resolve mission.

GRINSTON Continued from page 1

of national defense. He will succeed Sgt. Maj. of the Army Daniel A. Dailey, who has served in that position since January 2015.

“Command Sgt. Maj. Grinston is the right leader,” Dailey said. “He possesses all of the character and leadership qualities necessary to lead our NCO Corps into the future, and he will continue to serve the best interests of our Soldiers, their families and the Army.”

The 16th SMA will serve as the Army chief of staff’s personal adviser on matters affecting the enlisted force. Much of the sergeant major of the Army’s time is spent traveling throughout the Army to observe training and talk to Soldiers and their families.

The SMA recommends quality-of-life improvements to Army leadership and sits on numerous councils that make decisions affecting Army families. The sergeant major of the Army also routinely testifies before Congress on these issues. Additionally, Grinston will serve as the public face of the Army’s NCO Corps to the American people, in the media,

and through business and community engagements.

“I am honored to have the opportunity to continue to serve the great Soldiers and families of the United States Army,” Grinston said.

Grinston will be sworn in as the 16th SMA during a ceremony at the Pentagon on Aug. 16.

His awards and decorations include the Defense Superior Service Medal, Legion of Merit (2), and 5 Bronze Stars (2 with ‘V’ devices). He has earned the Ranger tab, Master Parachutist badge, Air Assault badge, Drill Sergeant Identification badge and the Combat Action Badge. He has attended every level of the Noncommissioned Officer Education System, and is a graduate of Ranger, Airborne and Air Assault Schools. He’s also a graduate of the U.S. Army Drill Sergeant School and the Equal Opportunity Course.

Grinston possesses a bachelor of arts degree in business administration from the University of Maryland University College. He is married and has two daughters.

King of the Hill: U.S., Bulgarian, Greek forces conduct armored exercise



Two platoons of U.S. Army Bradley Fighting Vehicles, alongside a platoon of Greek Army German Leopard tanks and a Bulgarian armored unit, stand ready to retrieve a hilltop position lost in the exercise June 10 at Novo Selo Training Area, Bulgaria, as a part of Strike Back 19.

Story and photo by Spc. Samantha Hall
126TH PUBLIC AFFAIRS OPERATIONS CENTER

NOVO SELO TRAINING AREA, Bulgaria — In the face of a simulated attack against battle-positions, exercise Strike Back 19 brought together three NATO-allied countries to use their combined firepower to take back their hilltop in Novo Selo Training Area, Bulgaria.

Two platoons of U.S. Army Bradley fighting vehicles from Company B, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, a platoon of Greek Army German Leopard tanks and a Bulgarian armored unit conducted a two-day exercise to practice their interoperability during a simulated tank battle.

This was the first time U.S. Army 1st Lt. Grant Steen of Co. B had ever worked with the Bulgarian land forces and the Hellenic army.

“It’s been a discussion of tactics,” Steen said. “We show our NATO partners our skills, and we see theirs as well.”

On the first day of the exercise, the allies were defending a hilltop position when their defenses were breached. They were forced to retreat to a previous battle position. On the second day, the allies conducted a counter-attack to retake their hilltop position.

“It’s beneficial because we do things differently,” Steen said. “Strike Back 19 has given us the opportunity to exchange best practices in order to enhance our effectiveness and interoperability.”

Strike Back 19 is a multinational exercise hosted by the Bulgarian Armed Forces at Novo Selo Training Area, Bulgaria, from June 6 through 20 and is designed to increase capabilities and interoperability with Bulgarian, Albanian, Greek, North Macedonian and U.S. Troops.

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- 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**
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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.



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Late season eagle banding contributes to tracking efforts

Amanda Ravenstein
1ST INF. DIV. POST

After Mother Nature prevented previous attempts, the Directorate of Public Works, Environmental Division staff and biologists from the U.S. Fish and Wildlife Service were able to band two eaglets June 3 nesting on post.

Banding eagles involves placing metal bands on the legs of the eaglets to help with tracking.

“We do that to basically give us band returns,” said Michele McNulty, USFWS. “Which provides really valuable research on where eagles disperse to and whether they come back to their home territory. We know males return to their home area.”

She said the site they were working at hatched much later than they usually see.

“Normally we don’t band this late,” she said. “We are usually done by the end of April. It’s all piled into the last two weeks of April, so I’ve never banded this late.”

She said they had received excellent support from Westar Energy out of Wichita, Kansas, with the use of their equipment to preform the banding operations.

Mike Houck, Threatened and Endangered Species biologist, DPW, said the nest near the post cemetery had been sitting empty for the last five years before the current pair took it over this season. Some eagles when returning to a home area or even a new area, will take over a nest that has been abandoned.

“We had so many eagles around this year and for so



Mike Houck | DPW

Two eaglets, which were banded, inside their nest near the Fort Riley Post Cemetery.

late (in the season), I think they found this nest and said hey, there’s a good place,” he said. “So, this could possibly be a new pair. And it kind of makes sense because they nested so late. That also makes me think because most birds are already done, hatched out and these were just starting to lay eggs and we weren’t sure they were going to be successful being that late either.”

He said the nest was perfect for monitoring because of where it was located.

“We can go up to the outdoor chapel and I can look right down on them from there with a spotting scope,” he said. “We can see that nest fairly well and we were monitoring almost daily there for a while trying to pinpoint when they were hatching. We could see that she was sitting on eggs, but we just didn’t know.”



Amanda Ravenstein | POST
Kelsey McCullough, wildlife biologist, DPW Conservation Branch, holds one of two eaglets being banded on June 3 near the Fort Riley Post Cemetery.

Shoppers of Exchange generate \$1.4 million for Fort Riley programs

Marisa Wolfe
AAFES

Every time Soldiers, retirees and military families shop the Fort Riley Exchange, they help make their community stronger. In 2018, Fort Riley Exchange shoppers generated \$1,399,216.48 for vital on-installation community programs.

The dividend supports Quality-of-Life programs, including Child Development Centers, fitness centers and more. At Fort Riley, 100% of Exchange earnings are invested in the military community, with 60% going to dividends supporting quality-of-life

programs and the remaining 40% used to improve the experience in stores and at ShopMyExchange.com.

“Support of critical quality-of-life programs is a tangible return on the benefit Fort Riley Soldiers and their families have earned,” said Robin Ayling, Exchange general manager. “The Exchange goes where they go to deliver convenience and savings and invest in each community we are honored to serve.”

The Fort Riley Exchange dividend is a part of the \$223 million the Army & Air Force Exchange Service generated in 2018 worldwide. Over the last 10 years, Exchange

shoppers have contributed \$2.5 billion to support these programs that strengthen the services’ recruiting, retention and readiness efforts.

The 2018 \$223 million dividend was generated in part by veterans, who were welcomed home with a lifelong online military exchange shopping benefit introduced on Veterans Day 2017. By shopping the Exchange online, veterans make life better for those who wear the uniform today, while enjoying exclusive military savings and tax-free shopping. Veterans can visit ShopMyExchange.com/vets to sign up for their lifelong online benefit.

Know before you go...

Custer Hill Aquatic Park will be closed until June 20 due to algae growth in the pool. A key system has malfunctioned and clean up procedures are underway. Long Pool will be open during the aquatic park’s normal hours.

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ABOVE & BELOW: Runners dash through a pile of foam at the start of the Be Strong Healthy Army Glow Run on June 7. About 250 runners participated in the 5K around Riley's Conference Center. As they neared the finish line, they had to run through a larger pile of foam.

GLOWing endorsement

Glow run promotes benefits of healthy, fit-first lifestyle

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

As the sun set June 7, a 5K course around Riley's Conference Center was filled with bobbing lights as about 250 runners sporting all forms of glowing merchandise made their way around the track.

Before the 9 p.m. start, Disney musicians took to the stage entertaining the crowd and delighting children who danced and sang along.

As the start time neared, runners began linking their glow sticks together to make fancy necklaces, crowns, eyeglasses and all sorts of other wearable, glowing attire.

Among them was Jessica Pollock, wife of Tech Sgt. Kevin Pollock with the 10th Air Support Operations Squadron.

"We are here to promote just being healthy and fit and to do something fun with the kids," she said. "This is a great activity and gets us outside and moving and my kids are dancing and having a great time. Any reason to run a 5K makes them happy."

She said she never was much of a runner, but now that the children, ages 8, 6 and 4, have started running and enjoy it, she has started as well.

See GLOW RUN, page 14



DID YOU KNOW?

- The Corvias **Self Help Center**, 380 Carter Ave., opened March 27 and has had about 2,700 visits from residents.

Taking matters into own hands

Self-Help Center gives residents means to tackle home repairs

By Gail Parsons
1ST INF. DIV. POST

Corvias will take care of many chores and tasks around the house for Fort Riley residents. But sometimes, it can be quicker and easier for the tenant to do it themselves.

To help those who want the flexibility and freedom to do some of their work, Corvias opened a Self-Help Center at 380 Carter Ave., which is open 8:30 a.m. to 4:30 p.m. Monday through Friday.

"It is to provide a means for residents to perform basic maintenance functions on their home," said Angela Watson, Corvias operations director. "Some people like to take care of their own little tasks. Some people like to take care of their yards and just kind of piddle around their house."

The center is not an attempt to put the work on the tenants; instead, it gives them the option to do some of it themselves, she said.

It makes it easier for the residents to do the work if they have access to tools and equipment rather than having to go out and buy it.

The Self-Help Center also provides materials to help families clear out of housing without incurring fees.

"There's some times where they've done damage to a home," she said. "Some of these items allow them to fix that on their own without having to risk the charge. Things like touch up paint and the little drip pans for the stove, things like that. If they're willing to go get the item and replace

See SELF-HELP, page 13

Kids Fishing Derby 'fun way' to spend day

USO Kansas, Fort Riley Center staff host event ushering in Victory Week

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

Families battled chilly, windy weather to go to the Kids Fishing Derby June 9. The USO Kansas, Fort Riley Center staff and volunteers hosted the annual event as a start to Victory Week.

"It is one of my most favorite events because not only is that our kickoff to our involvement with Victory Week, but of course it's always great to see moms, dads, kids doing something fun together outside," said Traci Taylor, USO Kansas, Fort Riley Center,

"The more people we get involved in fishing, not only are we going to have more people involved with actually doing the sport that I like to do, but then they get a little bit more conservationally-minded because they're coming out to the waterways, they're coming out to the fisheries and they have a little bit more of a vested interest in taking care of all of this to keep it going."

SGT. 1ST CLASS MIKE STEPHENS | 1ST BATTALION, 18TH INFANTRY REGIMENT, 2ND ARMORED BRIGADE COMBAT TEAM, 1ST INFANTRY DIVISION

site coordinator and program manager. "We give away 100 poles to people that pre-registered. And we have other folks who come out to fish along with us. And it's just obviously a fun way to spend a summer day out at Moon Lake."

Soldiers from 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team,

1st Infantry Division, were tasked to assist by assembling and handing out fishing poles to registered children. Sgt. 1st Class Mike Stephens, 1st Bn., 18th Inf. Regt., 2nd ABCT, 1st Inf. Div., said the fishing derby was one of the easier events of Victory Week to be tasked with.

"Because the USO and Traci took off and ran with it," he said.

"We were there when she needed us. It was really easy to do. And then, of course, coming out to a pond with kids fishing is always a fun event anyway. We're not the ones getting our hooks wet, but you know, just seeing the kids come out and have fun is great."

See FISHING, page 13



Staff Sgt. Nicholas Gilveli and his daughter Konstance, 10, show off the catfish she caught during the USO Kansas, Fort Riley Center Kids Fishing Derby June 9 at Moon Lake.

WEEKEND WEATHER OUTLOOK

FRIDAY



HI: 80 F

LOW: 61 F

SATURDAY



HI: 84 F

LOW: 68 F

SUNDAY




HI: 89 F

LOW: 65 F

LOCAL WEATHER OUTLOOK PROVIDED BY DETACHMENT 2, 3RD WEATHER SQUADRON, 3RD AIR SUPPORT OPERATIONS GROUP, FORT RILEY.

FORT RILEY POST-ITS

**Fort Riley MWR**


Learn basic skills and safety at 11 a.m. June 15 to use the MWR Wood shop. The cost is \$10 and participants must be at least 14 years old. At the end of class participants receive a wood shop safety card. For more information and to register, call The Hobby Studio at 785-239-9205.

Like - Comment - Share

189

73

115

**Fort Riley MWR**

For anyone participating in the Excess Property Auction going from June 1 to 23 there is a live viewing June 19 from 9 a.m. to 1 p.m. at 314 Marshall Ave. Stop by and check out the items and ask questions before making final bids on www.equip-bid.com.

Lets go to the movies @ Barlow Theater


Friday, June 14 — Men In Black International (PG-13) 7 p.m.
Saturday, June 15 — Men In Black International (PG-13) 2 p.m. and 7 p.m.
Sunday, June 16 — Men In Black International (PG-13) 5 p.m.
Theater opens 30 minutes before first showing. For more information, call 785-239-9574. Regular Showing: \$6, children are \$3.50, children 5 and under are admitted free. 3D Showing: \$8 First Run: \$8.25, 3D First Run: \$10.25.

Like - Comment - Share


16

13


5

**USO Kansas, Fort Riley**


Make a father’s day craft with your child for free, courtesy of USO Kansas, Fort Riley Center. Participants can either paint itty-bitty birdhouses or stamp a picture frame anytime from 11 a.m. to 6 p.m. June 15 at The Hobby Studio, 6818 Trooper Drive.

**USO Kansas, Fort Riley**

The next USO Kansas, Fort Riley Coffee Connection is June 21 from 9 to 10:30 a.m. A small gathering for military spouses to connect with each other while enjoying a cup of coffee and light breakfast. This is a great way to network, share advice, discuss local events and meet new friends. All active duty spouses are welcome to attend. All registered attendees will receive a complimentary USO coffee mug. Register for the event at www.cvent.com/d/g6qrfd.

**Fort Riley ACS**

Just in time for Father’s Day, the Dad’s Outdoor Adventure is from 10 a.m. to 2 p.m. June 15 at the Adventure Park, 5202 Normandy Dr. Lunch is free and dads and children can use the rock climbing wall, batting cages, obstacle course, bounce houses, paintball and archery equipment and more.


**Wanna Werk**
June 14

We moved to Fort Riley a few weeks ago and I have been trying to find a job — but have had no luck so far. Anyone know who might be hiring?

115


3 Comments

Like Comment Share




Spc. Shell I don’t know who’s hiring, but ACS is having a workshop from 1 to 3 p.m. June 20 to show people how to navigate USAJobs. They will even help you with the online application.

Like Reply



Wanna Werk That’s great! Thank you so much.

Like Reply



Spc. Shell You’re welcome — and good luck with your job search.

Like Reply

Summer Youth Programs keep children busy

By Amanda Ravenstein
1ST INF. DIV. POST

Summer is in full swing and Child and Youth Services has programs to keep children busy. The 45 Days of Summer program has activities geared to Fort Riley students.

“We’re going to kind of incorporate some outdoor stuff, some indoor stuff and new different stuff,” said Cindy Cunningham, Custer Hill School Age Center director. “So, it’s not just the same metrics that they would always expect ... we’ll have some amazing, fantastic stuff. This year we are focusing again on incorporating our kindergarten in with our big kids (program). I was looking at programming and that’s going fantastic.”

Michael Douglas, director of the Teen Center, said on the school-aged side the older children have plenty of activities to keep their minds engaged.

“We have an art week, a cooking week and a gaming

week,” he said. “We also have sports and forensic stuff, cooking and self-care. And we’re going to different places during the weeks.”

He said the summer program for the teen center goes from 8 a.m. to 1 p.m., but there is open rec from 1 p.m. until the facility closes so the children can still have a place to hang out the rest of the day.

“Anybody can come as much as they want, come and go as they please because we are the youth center,” he said. “We’re here to help them grow and make decisions. And if they want to hang out a little bit and leave and come back. It’s their decision.”

Sandy Johnson, CYS School liaison, said having programs like these help children stay safe during the summer while having fun.

For more information on the summer youth programs, contact CYS Parent Central at 785-239-9885.

TUESDAY TRIVIA CONTEST


The question for the week of June 11 was: This is Victory Week for the 1st Infantry Division, celebrating the 102-year history of the Big Red One. Where can I learn the history of the Fighting First?

Answer: home.army.mil/riley/index.php/about/history


This week’s winner is Julie Gormel, spouse of Sgt. Kyle Gormel, 1st Infantry Division Sustainment Brigade.

Pictured above are Julie Gormel and her daughter, Lillian.

CONGRATULATIONS JULIE!

**Fort Riley Mass Warning and Notification System Smartphone App**

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




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

The app is not currently approved for government mobile devices.

Be Army ready - Stay informed

For more information and installation instructions visit <https://home.army.mil/riley/index.php/about/dir-staff/DPTMS/ready-army>

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Worship Opportunities

Protestant Services

Victory Chapel	239-0834
ChapelneXt 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.....	Contact DRE
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

5 Jun -31 Jul
Summer Schedule


Club Beyond - Faith Based Youth Program
Grades 6th - 12th, Meets Sundays
Combined MS/HS Youth 1730-1930 at Victory Chapel 513-519-3151

Check for Summer schedule

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

Returning in the Fall

**Protestant Women of the Chapel (PWOC)**
Weekly Tuesday Meeting 0900-1130 & Evenings at 1830-2000 at Victory Chapel.
Childcare provided.

Check for Summer Schedule

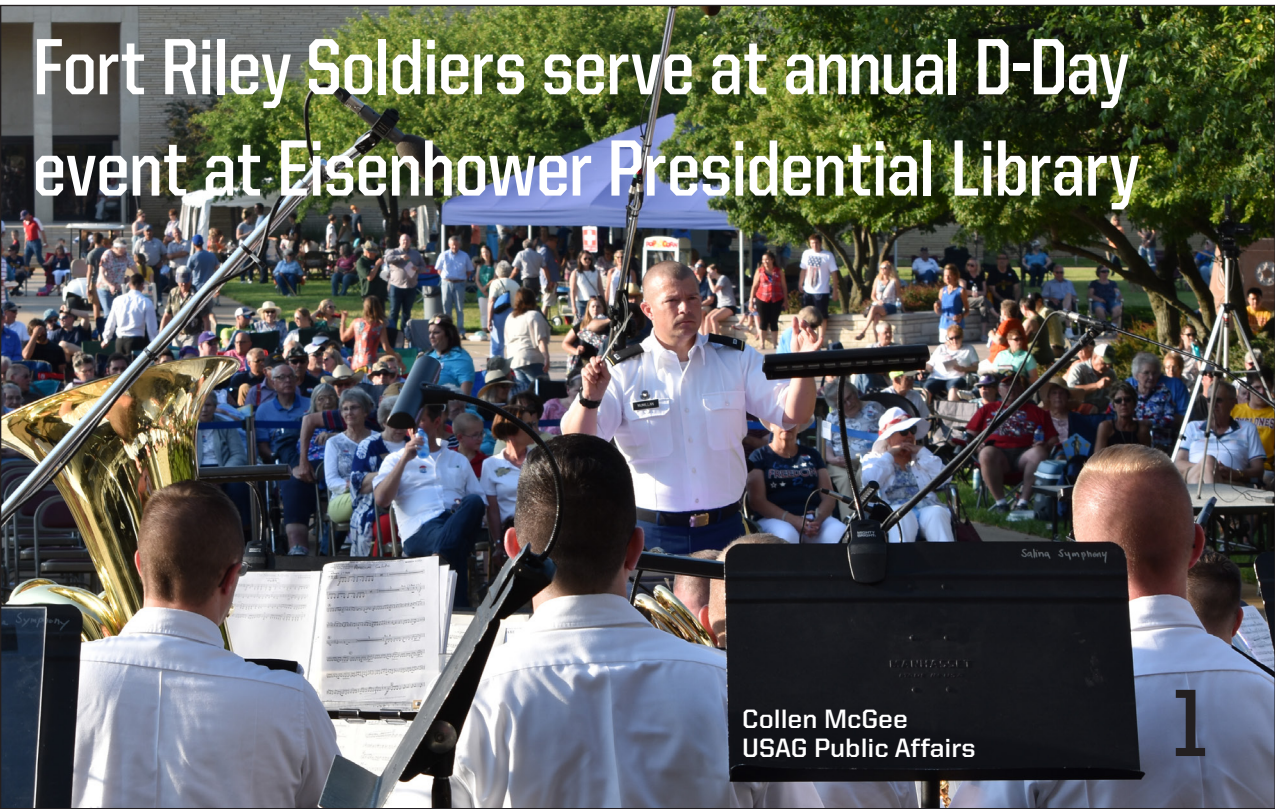
For more information email rileypwoc@gmail.com or Facebook “Fort Riley

**Catholic Women of the Chapel (CWOC)**
Weekly Wednesday Meeting 0900-1130 at St. Mary’s Chapel.
Childcare provided.

Check for Summer Schedule

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

Check for schedule over Training Holiday weekends



Commemorating the event that turned the tide of war, the commanding general's mounted color guard, **photos 3 and 4**, and the 1st infantry Band under the direction of Chief Warrant Officer 2 Benjamin McMillan, commander, **photo 1**, each performed during the annual Symphony at Sunset at the Dwight D. Eisenhower Presidential Library and Museum in Abilene, Kansas, June 1. The band joined the Salina Symphony on the library steps before a crowd of about 4,000. Sgt. 1st. Class Jennifer Champagne provided vocals, **photo 2**.



Give and Get Back way to help

Campaign will allow Exchange shoppers to aid military relief

By AAFES

For the third consecutive year, the Army & Air Force Exchange Service is partnering with Army Emergency Relief and the Air Force Assistance Fund to help service members and military families in need through the Give and Get Back campaign.

From June 14 to 18 — the first of three 2019 giving periods — shoppers can donate to either AER or AFAF at the register at the Fort Riley Exchange. For every \$5 donated, shoppers will receive an Exchange coupon for \$5 off a \$25 purchase. Shoppers can also contribute online at ShopMyExchange.com during the

OPPORTUNITIES TO GIVE

- There will be three Give and Get Back donation periods in 2019: June 14-18, Sept. 13-17 and Dec. 6-10.

donation period and receive a coupon code.

AER and AFAF provide emergency assistance, sponsor educational programs and offer community programs that make life better for service members and their families.

“Exchange shoppers are helping make the Army stronger,” said retired Lt. Gen. Raymond V. Mason, AER director. “Soldiers and families are more ready and resilient when they have support through tough times.”

Every dollar given during the Give and Get Back donation period goes to help military members and their families who are facing difficulties.

In the previous two years of the campaign, Exchange shoppers donated nearly \$600,000.

“Army Emergency Relief and the Air Force Assistance Fund are making life better for the military community every day,” said Exchange Director/CEO Tom Shull. “The Exchange is honored to support the important work of these two amazing organizations.”

The June Give and Get Back donation period is in honor of the Army’s 244th birthday June 14. There will be two more giving periods in 2019: Sept. 13 to 17 to celebrate the Air Force’s birthday Sept. 18, and Dec. 6 to 10 as part of the holiday shopping season.

Give & Get Back

Donation period:
June 14-18, 2019

Donate at the register to either
Army Emergency Relief or Air Force Assistance Fund
and receive a coupon for **\$5 off** your next purchase of \$25 or more.

For more information, contact:
Army Emergency Relief - www.aerhq.org
Air Force Assistance Fund - www.afassistancefund.org

DININ' DEALS		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		June 16th	June 17th	June 18th	June 19th	June 20th	June 21st	June 22nd
The Cove at Acorns Resort		Bloody Mary Bar	1/2 Price Appetizers	\$2.00 OFF All Tacos	Kids Eat Free w/ Purchase of Adult Meal	Fajita Night Chicken \$12 Steak \$15 Trivia Night	Crab Legs \$22	Prime Rib Special \$20 for 10-oz cut \$25 for 14-oz cut
 3710 Farnum Creek Rd. MILFORD (785) 463-4000		Open 11:00am-9:00pm	Open 11:00am-9:00pm	Open 11:00am-9:00pm	Open 11:00am-9:00pm	Open 11:00am-9:00pm	Open 11:00am-10:00pm	Open 11:00am-10:00pm
Munson's Prime		Father's Day BBQ BUFFET 11 am – 3 pm \$22.00 per person	Speedy Lunch Bar \$10 - 11 am - 1:30 pm Monday - Friday Contact Tim Bailey to book private events. 785-238-1135				Lunch Special: Smoked Brisket	
 426 Goldenbelt JUNCTION CITY (785) 238-1135								Prime Rib Buffet 5 - 8:30 pm
Cracker Barrel		Home Style Fried Chicken All Day \$9.99	Chicken & Dressing Starts at 11:00am	Homemade Meatloaf Starts at 11:00am	Chicken Pot Pie Starts at 11:00am	Lunch & Dinner Turkey & Dressing	Fried Fish All Day \$9.99	Southern Fried Chicken \$9.99
 115 N East St JUNCTION CITY (785) 762-5567			Grilled Country Porkchops Served after 4:00pm	Lemon Pepper Grilled Rainbow Trout Served after 4:00pm	Broccoli Cheddar Chicken Served after 4:00pm	Catering Available 785.762.5567 Monday thru Thursday Lunch Specials from 11 am till it's gone - \$5.99		

Check **Dinin' Deals** each Friday in the **1st Infantry Division Post** and each Sunday in **The Daily Union!**

FORM MATTERS

Alternating Shoulder Pull Up

By Gail Parsons
1ST INF. DIV. POST

The fifth event on the Army Combat Fitness Test is the Leg Tuck. According to the ACFT Field Testing Manual, the leg tuck assesses grip strength, shoulder adduction and flexion, elbow, trunk and hip flexion.

“These movements assist Soldiers in all climbing tasks and in surmounting obstacles like a vertical wall, or climbing onto a shelf or up a rope,” the manual reads.

First Lt. Alexandra Scozzafava, physical therapist at Irwin Army Community Hospital, said

the leg tuck is proving to be a challenge for many people.

The first movement of the leg tuck is to pull the body up on the bar. Scozzafava said the best way to train for it, is just to do it.

“You can train individual muscle groups but ultimately you need to be training in a way to lift your whole body,” she said.

One exercise to meet the goal is the alternating shoulder pull up.

“You’re using your muscles in a different sequence here,” she said.

“This more mimics the leg tuck because that’s the hand grip that you have during that motion.”



ALTERNATING SHOULDER PULL UP

1. Grip the bar with the palms facing each other. Scozzafava said people generally put their dominant arm in the front.
2. Bending the elbows, pull up until the bar taps the shoulder.
3. Slowly release down.
4. Pull up, tapping the opposite shoulder on the bar.
5. Return to a hanging position.

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

ALPHA WARRIORS DISPLAY THE RIGHT MOVES

ABOVE & RIGHT: Alpha Warriors Barclay Stockett and Kevin Klein sign autographs and demonstrate some of their athletic moves for children at the Custer Hill School Age Center on June 7.

Photos by Gail Parsons | POST





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FISHING

Continued from page 9

He said he enjoys the event because he has been fishing his whole life and the chance to expose other people, especially children, to what he loves to do, makes for a great day.

“The more people we get involved with fishing,” he said, “not only are we going to have more people involved with actually doing the sport that I like to do, but then they get a little bit more conservationally-minded because they’re coming out to the waterways, they’re coming out to the fisheries and they have a little bit more of a vested interest to actually take care of it. So that kind of helps the younger generations get into that a little bit more especially at this level and have more of a vested interest in taking care of all of this to keep it going.”

Staff Sgt. Nicholas Gilveli, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry



Amanda Ravenstein | POST

Families line the bank during the USO Kansas, Fort Riley Center's Kids Fishing Derby June 9 at Moon Lake.

Division, said this was the second year he and his family attended the event. His 10-year-old daughter, Konstance, said she had fun fishing.

“I love to come out and support (this event),” Gilveli said. “I like bringing my girls out here and spending time with them.”

SELF-HELP

Continued from page 9

them on their own, it can help them.”

If there are marks on the walls that need covering, people can pick up a small container of touch-up paint. With a few exceptions, the Self-Help Center can match the paint based on the house location.

“I get their name and address and I can usually pick the paint they’re going to need for that unit when they’re touching up the wall,” said Dennis Warren, assistant inventory coordinator.

The center opened March 27 and has had about 2,700 visits from residents. The touch-up paint and equipment to help people move out have been a prime reason for those visits.

However, as the weather improved, grass seed and mulch has become popular as well, Watson said.

“We’re constantly trying to just hear what residents might

need or want and continue to grow it so that it benefits as many people as possible,” she said.

While she expects the shelves to fill up with more variety, there is already a large selection of household items. Some of it, like ant traps and zip-it drain cleaners, people can just pick up. Some items are on a one-to-one exchange, such as light bulbs and batteries. Other items, like hedge trimmers and hand trucks, are there for people to borrow and return.

“We have a whole variety of things,” Warren said. “We have putty knives, paint brushes, rollers, you know anything to fix the little imperfections on the walls. We have light bulbs, air filters for the furnace, vertical blind slats (for the doors, not the windows), door stops ... It is an ongoing process — learning what the people are needing and we’re constantly adding new items.”



Gail Parsons | POST

Dennis Warren, assistant inventory coordinator at the Self-Help Center, 380 Carter Ave. pours paint into a small cup, which Fort Riley residents can pick up and use to touch up the walls of their house. The Center is stocked with many items people can use to maintain and upkeep their Corvias home.

ACFA CAT SHOW



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HEALTHY EATING



COURTESY PHOTO

Classic Gazpacho

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

Recipe Analysis: 1 serving = 1 cup
Per Serving: 342 calories; 7g protein; 20g fat, 34g carbs — 5 carbs: 1 protein
Recipe = 13 servings of vegetables, 0 servings of fruit — 2 vegetable per serving, 0 fruit per serving

**This recipe is from Operation Live Well: Grill and Chill cookbook.*

INGREDIENTS (4 SERVINGS)

4 large garlic cloves
1 burpless cucumber, roughly chopped
2 red bell peppers, cored, seeded, and roughly chopped
6 large beefsteak tomatoes, cored and roughly chopped
2/3 cup extra-virgin oil (a good one!)
1½ tbsp Sherry or red wine vinegar
1 tsp salt

STEPS

1. Soak bread in cold water for 10 minutes
2. Peel garlic, drop into blender and blend until finely minced
3. Squeeze bread until as dry as possible – put in blender along with cucumber. Blend until smooth, adding oil if it doesn't liquefy.
4. Add peppers, continue to blend. Add tomatoes, continue to blend; Add the oil, vinegar, and salt, blend, and taste; Add more vinegar and salt as needed.
5. Chill several hours before serving – this will determine the total preparation time.

cookpad.com/us/recipes/423826-classic-gazpacho
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(or click the link on the Fort Riley Army Community Service Facebook)

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Sunday, Tuesday, Wednesday, Thursday and Saturday

to meet and interview applicants.



GLOW-RUN

Continued from page 9



Photos by Gail Parsons | POST
Runners gather at the starting line for the Be Strong Healthy Army Glow Run on June 7. About 250 runners participated in the 5K.

“I enjoy running when I’m with the kids — I’m not a big runner, but I try,” she said. “I train more now though because they want to do the 5Ks, so I incorporate more running into my lifestyle.”

She likes that the children enjoy a healthy exercise and if that means she needs to do it as well — she said she’s ready for it.

While she was getting the glow sticks ready, nearby Shyanne and 2nd Lt. Trenton Dean with the 41st Engineers Clearance Company and their dog named Eleven waited for the run to start.

Although Eleven likes to run, she tires easy, Shyanne said. But they were confident she would do okay and agreed they would all run the course together, even though Trenton is the faster runner.

“His run is like my sprint,” Shyanne said.

They signed up for the event to give them something to do together and get out of the house for a while.

“It seems like a fun thing to do — something a little different,” Trenton said.

When it was time for the run to start, participants gathered up in groups of 50 and left the start line at staggered start times to keep everyone spread out.

When they first started, they ran through a pile of green glowing foam. When they got near the finish line, there was another pile of suds to run through — this one, at places, was about six feet high.

It was so high that the first runner through needed help getting through it.

Delilah McWhorter, 9, from Salina and daughter of Sgt. 1st Class Harrison McWhorter,



Scarlett French, 7, daughter of Chief Warrant Officer 3 Jeremiah French, Headquarters and Headquarters Battalion, sings a song before the June 7 Glow Run.

“I enjoy running when I’m with the kids — I’m not a big runner, but I try. I train more now though because they want to do the 5Ks, so I incorporate more running into my lifestyle.”

JESSICA POLLOCK | MILITARY SPOUSE

Kansas Training Center, Kansas Army National Guard, said she was really surprised to see the wall of bubbles right in the middle of the path.

“I saw it and was like ‘whoa,’” she said. “Someone helped me through it. There was a lady she was right behind me — I don’t know her name.”

Delilah has been running for about a year now and said she likes doing the 5Ks. When she saw this one listed on a flyer at a sporting goods store in Salina, she knew she wanted to do it.

“[Running] makes me happy and it makes me be free,” she said.

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

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Last Sudoku's Answers

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

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Travel & Fun in Kansas



Next week Spc. Shell is going to check out historic battlefields in Kansas.

Shop local farmers markets for fresh produce

By Gail Parsons
1ST INF. DIV. POST

Despite a wet start to the gardening season, fruits and vegetables are growing and farmers markets have opened.

It's not just gardeners and farmers who share the fruits of their labor at these outdoor markets. Often there are small business ventures, homemade crafts, meats and baked goods.

Andrea Dejesus, president of the Downtown Farmers Market of Manhattan and owner of A & H Farm, south of Manhattan, Kansas, said the weather had affected the produce.

"Your summer produce is going to be late," she said. "The spring produce is loving this weather for the most part. The season actually gets extended because they like the cool days."

Spring produce includes lettuce, carrots, beets, spinach, broccoli and cauliflower.

Dejesus said the summer produce — tomatoes, cucumbers, zucchini, okra, sweet corn, watermelon, cantaloupe — are just starting to show up, but it will be minimal.

Nearest to Fort Riley are farmers markets in Manhattan and Junction City.

MANHATTAN
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The Manhattan farmers market averages 40 to 50 vendors on Saturday who show up with a variety of fresh produce, meat, baked goods and arts and crafts.

"We are one of the oldest (farmers markets) in the state and the biggest in this area," Dejesus said. "We have everything from your big growers to you little backyard gardeners who ended up with too much produce."

In addition to their normal activities, the farmers market also hosts special events.

Sampler Saturday is June 22. Vendors will offer free samples and live music is planned.

Aug. 17, they have the annual Homegrown Celebration with watermelon as its focus. Children ages 5 and younger can compete in a watermelon rolling contest, ages 6 to 9 will have a watermelon eating contest and the 10 to 13-year-old children can join a seed spitting competition.

They accept Electronic Benefits Transfer and Supplemental Nutrition Assistance Program for

payment of produce. Recipients of SNAP benefits can use the Double Up Food Bucks, which is a matching program to help low-income families.

"If the consumer puts \$25 on their card, they can purchase \$50 in fresh product," she said.

When the weather starts getting too cold for an outdoor farmers market, the Manhattan locations move indoors at CiCo Park.

JUNCTION CITY
THURSDAYS 4 TO 7 P.M.
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Fresh fruits and vegetables are part of a healthy lifestyle, which Geary Community Hospital supports and promotes, said Niki Davies, director of marketing and public relations at GCH.

"This farmers market began as a healthy living initiative," she said. "We have an issue with access to healthy fruits and vegetables in the community."

The goal, like at most farmers markets, is to offer people access to fresh produce. In addition to all the seasonal fruits and vegetables, vendors who often set up also sell bison meat, fresh eggs, regional honey, baked goods and jellies and jam.

"It's not just fruits and vegetables," she said. "But it is food items only. We try and limit it to that — it gets away from our mission if we don't. The whole reason why we're here is to provide access to locally produced food items and fresh produce."

To help people make their dollar stretch, the farmers market works with Live Well Geary County and the Geary County Health Department to allow people to use their SNAP benefits to purchase produce. They also have a program where they match the EBT SNAP dollars spent at the market.

OTHER MARKETS

Dejesus is part of a group of growers who make their way to several farmers markets across the state.

Overland Park: She said this one brings in the most customers but has limited space. It is held from 7 a.m. to 1 p.m. Saturdays and 7:30 a.m. to 1 p.m. Wednesdays at 7950 Marty St.

Topeka: The Topeka market is the largest one in terms of how many vendors show up, she said. This one is from 7:30 a.m. to noon on Saturdays in downtown Topeka behind the Kansas Judicial Center, 12th and Harrison streets.

Salina: The Salina farmers market at Emanuel Foursquare Church, 1325 E. Cloud, started this year. They are open from 4 to 7 p.m. Tuesdays.



File photo

Spc. Shell visited a local farmers market and found a special on cucumbers, one of his favorite veggies. The markets are open in the area several days a week and offer an array of fresh food products.



Gail Parsons | Post

Top: Shoppers browse among the vendors at the opening day for the weekly farmers market at Geary Community Hospital. Bottom left: Cool, wet weather has extended the spring produce season this year, which is available at area farmers markets. Bottom right: Jamie Crum, right, and Alexis Romero sample fresh honey from Rick Anderson, owner of Green Valley Honey, Manhattan, Kansas.