

THE 1ST INFANTRY DIVISION POST



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FORT RILEY, KANSAS

President awards Medal of Honor to first living Iraq War recipient, 1st Infantry Division Soldier



Sgt. Kevin Roy | Pentagon

President Trump awards the Medal of Honor to former Staff Sgt. David Bellavia in a White House ceremony June 25 in the White House's East Room.

By Joe Lacdan
ARMY NEWS SERVICE

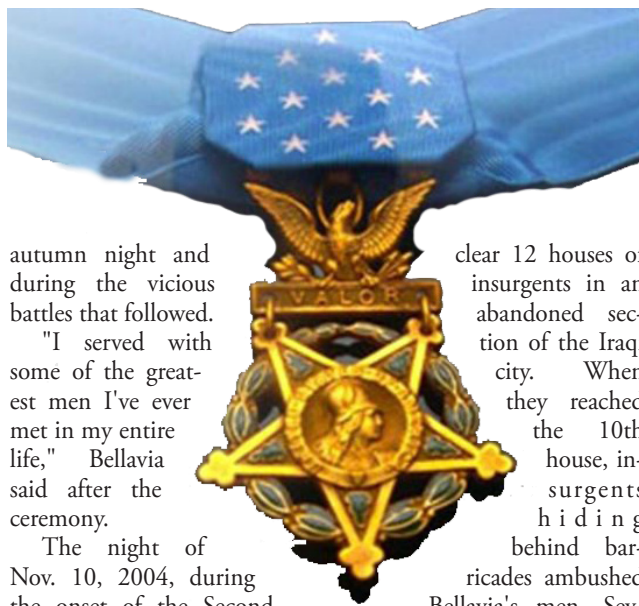
WASHINGTON — One by one, 12 members of third platoon made their way to the podium in the White House's East Room on June 25, to join the Soldier who repeatedly risked his life on a fall night in Fallujah, Iraq, 15 years ago.

Each platoon member, including former squad leader retired Sgt. 1st Class Colin Fitts and former platoon leader Maj. Joaquin Meno, shook hands with President Donald J. Trump. They joined former Staff Sgt. David Bellavia after he accepted the Medal of Honor and several more members of Company A, 2nd Battalion, 2nd Infantry

Regiment, 3rd Brigade Combat Team 1st Infantry Division followed.

"It means a lot to me and it means a lot more so as a unit," Meno said. "(Bellavia) and the guys displayed so much professionalism and tenacity that everything complemented each other ... the Soldiers on the ground, the team leaders and the platoon sergeant. It really created a great brotherhood amongst us."

The first living recipient to earn the Medal of Honor for his bravery in the Iraq War, Bellavia was praised by Trump for placing his unit members' lives before his own. Bellavia lauded the efforts of his platoon members who each contributed to the fight that



autumn night and during the vicious battles that followed.

"I served with some of the greatest men I've ever met in my entire life," Bellavia said after the ceremony.

The night of Nov. 10, 2004, during the onset of the Second Battle of Fallujah, Bellavia and his unit were tasked to

clear 12 houses of insurgents in an abandoned section of the Iraqi city. When they reached the 10th house, insurgents hid behind barricades ambushed Bellavia's men. Several men suffered injuries to their faces as enemy rounds

ripped through the walls as bricks and plaster flew through the air.

Bellavia charged toward the enemy spraying bullets at insurgents, allowing his wounded teammates to evacuate the house.

"The wall was ripped to shreds — David knew they had to get out," Trump said. "He just took over. He leapt into the torrent of bullets without even thinking. He provided suppressive fire, while his men evacuated, rescuing his entire squad at the risk of his own life. Only when his men were all out did David exit the building."

Bellavia wasn't done as the staff sergeant once again placed himself in harm's way. As in-

surgents from the rooftop continued firing, a Bradley Fighting Vehicle could only force the enemy back into the house.

The New York native decided then to summon his courage and re-enter the house to drive out the enemies to his waiting gunners. He first cut down an insurgent who had a rocket-propelled grenade launcher, before killing two more assailants hiding in the house.

Bellavia defeated a fourth after engaging in hand-to-hand combat by stabbing the insurgent in the neck. He defeated a fifth attacker, who fell from the rooftop and attacked him on the balcony.

See BELLAVIA, page 2

Career Summit helps Soldiers with job search

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

When Soldiers prepare to transition out of the Army, they face many decisions, not the least of which is where to work.

Finding a job after the military can be a daunting task. To help make it a little easier Hiring our Heroes brought a two-day career summit to Fort Riley. In addition to recruiters from national companies, businesses and organizations, service members, veterans and military spouses were given the tools to help them navigate the civilian hiring process.

Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander, opened the second day of the summit on June 27 with encouragement for those who will soon separate from the Army.

"The skills that you develop, the skills that you have that

are unique to you ... are translating out there to hundreds of thousands of employers," he said. "You got the leadership capacity and the dedication and the commitment to continue to wear this uniform."

Regardless, if they were at the summit because their transition was almost complete or they were looking five or six years down the line — the day was about making connections, Shrader said.

There were employers from many career fields, and industries of all sizes set up to talk about the opportunities they offer.

One of the recruiters was Jennifer Ball, senior recruiter with Union Pacific who said they tend to recruit heavily in this area for train crew positions.

"We have one depot that's in Herington, Kansas, which is

See HIRING, page 4



Chief Warrant Officer 3 PJ Powers Jr., U.S. Army Garrison, signs his name after visiting with Jennifer Ball, senior recruiter with Union Pacific, about the company and jobs that are available.

Steel on steel: Field artillery direct fire

Story Will Ravenstein
1ST INF. DIV. PUBLIC AFFAIRS

Soldiers of the 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, fired 155mm projectiles at targets 1,500 meters away June 26.

Unlike normal fire missions where the artillery crewmembers fire at targets from up to 20 kilometers away, the scenario they found themselves in was one of immediate fire to thwart an attack from an enemy force.

"Direct fire [means] we are now in visual contact with an enemy and we need to level a Paladin and shoot direct fire," said 1st Lt. Benjamin Mandelbaum, 1st platoon leader, Battery C, 1st Bn., 7th FA Regt., 2nd ABCT, 1st Inf. Div., and range officer in charge. "It's not an indirect fire mission that comes from our [fire direction control]. The chief and the gunner are the approving authority and the guys who crank the gun make it so they aim on target and shoot."

The targets starting at 1,500 meters and beyond are farther than most direct fire missions said Staff Sgt. Chase Chance, Btry. C, 1st Bn., 7th FA Regt., 2nd ABCT, 1st Inf. Div.

See MISSION, page 2

VOLUNTEER SPOTLIGHT



Corinna Schultz is the wife of Sgt. Alan Schultz, 1st Engineers Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division.

She volunteers with the Army Community Service Relocation Readiness Program as a volunteer assistant. She has worked in every aspect of the program assisting Soldiers and spouses in relocating to Fort Riley on a daily basis. At the Victory Welcome, she speaks with Soldiers and spouses providing insight to all aspects of Fort Riley, the Army and the Flint Hills Region.

"There is no way that I would be able to do my job assisting the Soldiers and family members relocating into or out of Fort Riley without the hard work and dedication of great volunteers like Corinna," said Bryan Bartlett Relocation Program manager. "She is a valuable asset not only to our program but the entire community of Fort Riley and the Big Red One."

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

ALSO IN THIS ISSUE



FAMILIES STEP OUT TO ROLLING DINER THANKS TO CORVIAS.

See PAGE 7

ALSO IN THIS ISSUE



SPC. SHELL TRAVELS TO TOPEKA TO VISIT QUIRKY, ODD THINGS AROUND TOWN

See PAGE 12

Pentagon inducts first living Iraq war vet into Hall of Heroes

By Thomas Brading
ARMY NEWS SERVICE

WASHINGTON — Former Staff Sgt. David Bellavia took his place Wednesday alongside more than 3,460 Medal of Honor recipients currently listed in the Pentagon's most sacred place: the Hall of Heroes.

A day after he received the Medal of Honor from President Donald J. Trump, his name was enshrined forever in the Hall of Heroes.

Bellavia displayed great bravery while serving as a squad leader in support of Operation Phantom Fury during the second battle of Fallujah, Nov. 10, 2004, according to a White House statement.

SHARING HONOR

Defense officials, including David Norquist, acting deputy secretary of Defense; Ryan McCarthy, senior defense official performing duties of the secretary of the Army; and Gen. James McConville, vice chief of staff of the Army, participated in the dedication ceremony.

Bellavia joins a select group, McCarthy said, for demonstrating the willingness to go above and beyond the call of duty.

"We are humbled to have Soldiers of this stature among our ranks," McCarthy said.

The Hall of Heroes is intended to celebrate the nation's most honored service members with dignity and respect, Norquist said, adding Bellavia's rightful place is among them.

"Today we reflect on the true meaning of courage, service, and selflessness," Norquist said, and "honor a rare person who embodies them all."

However, Bellavia insisted the honor wasn't just his. On multiple occasions, he dedicated his Medal of Honor to his fellow Soldiers.

"It's for them," he said.

ACTIONS UNDER FIRE

While serving as a squad leader in Fallujah, Bellavia



Thomas Brading | ANS

David Norquist, acting deputy secretary of Defense (from left); Ryan McCarthy, senior defense official performing duties of the secretary of the Army; former Staff Sgt. David Bellavia, Medal of Honor recipient; and Gen. James McConville, vice chief of staff of the Army, unveil Bellavia's place among the Pentagon's Hall of Heroes, June 26.

exposed himself to a storm of enemy bullets to save his platoon after they became pinned down by heavy machine-gun fire.

"The Soldiers took casualties" and others were trapped inside, McConville said, adding Bellavia "recognized the danger and took immediate action."

Bellavia, then with Company A, 2nd Battalion, 2nd Infantry Regiment, provided suppressive fire so his Soldiers had a chance to slip out of the house. Although he and his Soldiers escaped, the insurgents continued firing a barrage of gunfire.

During the second part of the battle, Bellavia called in a Bradley Fighting Vehicle for support, but its 25mm caliber rounds were unable to penetrate the enemy-controlled building.

"Not knowing how many insurgents were still alive, David reacted with his M16," McConville said.

After assessing the situation, he reentered the darkened building. He knew he had to "destroy the enemy to protect his Soldiers," McConville said. "And that's exactly what he did."

The room was pitch black when he initially killed one insurgent as they were reloading their rocket propeller grenade launcher. Then shortly after, he shot and wounded a second insurgent as they fired at him from the kitchen.

Bellavia acted on "determination and instincts," McConville said. He killed multiple other enemy insurgents in close-combat.

He is credited for saving American Soldiers' lives and clearing an insurgent strong-point that night, above and beyond the call of duty. He is the first living service member from the war in Iraq to receive the nation's highest honor.

HIS OWN WORDS

"We defend, we avenge, we sacrifice, we bleed and we are willing to die for this unique creation, the United States of America," Bellavia said, addressing the audience.

With his Medal of Honor on his chest, he continued to honor his fallen brothers during his speech.

"They gave their lives for me, for you and for the countless citizens who will never know them."

As he concluded his address, he reminded the audience why "we fight."

"We fight so that anyone out there thinking about raising arms against our citizens or our allies realize the futility of attrition against a disciplined, professional and lethal force built to withstand anything you can dream of throwing at us," he said.

Americans want this kind of country, he said, and stand ready to defend it.

Bellavia served as a recruiter alongside Reina at the Buffalo recruiting station during a special duty assignment.

Reina praised Bellavia for his continued work with veterans. After leaving the Army, Bellavia founded Vets for Freedom, a political advocacy group that consists of former Iraq and Afghan war veterans.

"I want to thank my Army for giving me purpose and meaning and direction," said Bellavia to the media following the ceremony. "It's an absolute honor to serve in the U.S. military and serve with those fine men that you saw on that stage today."

'Super, funky fresh, exciting new show' for Fort Riley community

By Will Ravenstein
1ST INF. DIV. PUBLIC AFFAIRS

Soldiers and families of the 1st Infantry Division and Fort Riley are invited to attend a free concert July 11 at Cavalry Parade Field as the 1st Inf. Div. SuperGroup hosts the inaugural summer concert series.

"The [commanding general] wants to start a summer concert series," said Sgt. Jarod Willard, bass guitar player and sound technician, 1st Inf. Div. Band. "This year is the pilot concert for that series. If it does well, next summer there will be a whole long summer of concerts out on Cavalry Parade Field. [Directorate of Family and Morale, Welfare and Recreation] will be out there with fun and games, unit FRGs will be invited to do what they want — so, food and drinks. We're just going to go out, we're going to set up, we're going to perform for an hour and a half (and) have a good time."

The SuperGroup is a mix of two of the 1st Inf. Div. Bands to bring something new to showcase to Soldiers and their families, Willard said.

"We took two of our bigger, more popular groups and took the best of both worlds and mashed them together," Willard said. "We took horn players from our New Orleans style brass band and we put them together with our rhythm section from

our rock band to come up with a super, funky fresh, exciting new show that nobody's seen."

Staff Sgt. Elliott Chodkowski said the chance to form a new group is an exciting adventure.

"It expands our horizons musically, but it is also something where we can showcase ourselves to the Fort Riley community at large — which we rarely do," he said. "We may just do like dining in's and dining out's, smaller events but this is kind of a fun, big outdoor event. Yeah we're pumped."

The SuperGroup will play a set featuring Top 40 hits for families and children to dance around to.

"It's predominantly mainstream dancy, party type music," Chodkowski said.

The event will feature a new addition to the DFMWR — a portable stage.

"The MWR is going to pull out their brand new stage," Willard said. "It's going to be the first time it's used. It will be fun and they will set it up on the Cav Parade Field and they can sit in the stands there or pop out a blanket down on the lawn and have a great time."

Unit Family Readiness Groups will be there with booths to set up snacks and drinks as fundraisers for their respective units, Willard said.

With the event being on a Thursday evening, families can have fun and still get home at a decent time, Chodkowski said.

MISSION Continued from page 1



Will Ravenstein | 1ST INF. DIV. PUBLIC AFFAIRS

An M109A7 Paladin howitzer from 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, conducts a direct-fire mission at targets June 26. A direct-fire mission is a defensive countermeasure for field artillery units when enemy vehicles or troops have gotten close to their firing positions.

The crews fired the lowest amount of charge they use to avoid overshooting the targets.

"It's due to a range restriction, but we will be good," Mandelbaum said. "There are some people on the other side of the impact area, so we really can't be overshooting."

Regardless of the charge, Mandelbaum said the crews were excited and nervous firing at targets in front of them.

"Most of them haven't done this before," he said. "I think some of the guys in Bravo (battery) might have. All of ours are new enough that they haven't done this yet. I know I would be excited."

Staff Sgt. Karl Hueber, 1st platoon, Btry. B, 1st Bn., 7th FA Regt., 2nd ABCT, 1st Inf. Div., fired with his crew in a borrowed Paladin due to a part breaking. Though in a differ-

ent artillery piece, he said he and his crew had a good time firing on the targets.

"It's pretty good, anytime you get to shoot direct fire with this type of beast is always great," he said. "It's something we don't get to do a lot. So, anytime you get these younger guys out here, sling some rounds where they can actually see it impact always gets good morale out of the crew."

The firing is also a great way to build team cohesion and skillsets, Hueber said.

"It's a good way to build camaraderie among the guys, and it's a good way to show them how their hard work is paying off," he said. "It gives them a chance (to see) all that work they're putting in: they're not really seeing the effects of it, they're just hearing about it via radio. So, for them to come out

here and see the rounds, that they are humping all this time, impact the target they are aiming at, gets a good spark out of the guys."

Field artillery Soldiers do not often get the chance to see the results of their rounds. The fact they were able to see the splash of the round was something that made Hueber and his crew's day.

"It gives you that sensation of fulfillment," he said. "We fired the round — boom it's hitting, alright we're there. We need to move this way or move that way. We fire the round and boom — we hit it."

Each artillery crew was given five rounds to complete the fire mission with observers watching from a three-story observation area counting hits and harassing each other about the successes.

LOOKING BACK: BUILDING 306 HOLBROOK AVENUE



COURTESY PHOTOS



Scott Rhodes | USAG FORT RILEY PUBLIC AFFAIRS

The single-family brick residence at 306 Holbrook Avenue was built in 1889 as Engineer Quarters. 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. The majority of them are constructed of native limestone. Quarters 306 has the distinction of being the only 19th century single-family brick residence on Fort Riley. It continues to serve that role today. Top left, Quarters 306 in 1905; top right 1930 and bottom as it appears today.

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Air Support Operations Squadron welcomes new commander

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

“Sir, I relinquish command.”

“Sir, I assume command.”

With these words command of the 10th Air Support Operations Squadron transferred from Lt. Col. Daniel B. Heely to Lt. Col. John D. Sieps, June 28.

Col. Charles M. Drouillard, 3rd Air Support Operations Group commander, Fort Hood, Texas, conducted the change of command.

“The change of command is a happy, somewhat bittersweet and exciting day all wrapped up in one,” he said. “We are happy for we get to celebrate a successful command tour for the outgoing commander, yet somewhat somber that he is leaving us; but at the same time, we’re excited about where the incoming commander will take the squadron. There is anxiety about the change, but simultaneously there is resolve to ensure the new commander’s transition is successful.”

He commended Heely for ensuring the 1st Infantry Division and its subordinate units had the best Air Force Tactical Air Control Party and Air Support Operations Center possible during his tenure.

“Additionally, you advocated for those in your unit, mentored and supported your fellow squadron commanders and responded to the numerous downrange commander requests for personnel and equipment,” Drouillard said.

To validate his point that Heely had led well, Drouillard pointed out the three banners hanging on the wall awarded for the 10th ASOS being named the Squadron of the Year in 2015, 2016 and 2018.

“I would call the theme of your command ‘improving processes and enhancing the people around you.’ Or more simply put, ‘leaving it better than you found it,’” he said.

After he spoke, Heely took his place at the podium and addressed those awards to the Airmen he had worked with.

“Nobody in this building cares about the accolades and awards,” he said. “We are here to do our job and support our Army partners.”

He expressed his pride in having worked alongside those in the room — all of whom are part of the team that has shared in his past two years of success.

Neely also took a moment to acknowledge his wife, Casie, and his daughters Nora, Molly and Gretchen



1. Lt. Col. Daniel B. Heely, right, relinquishes the command of the 10th Air Support Operations Squadron to Col. Charles M. Drouillard, 3rd Air Support Operations Group commander 2. who then installed Lt. Col. John D. Sieps, on June 28 at ASOS.



for their support of him and the unit.

After he spoke, he joined Drouillard and Sieps at the front and center of the auditorium.

In a few quick movements the guidon was passed from the former to the new commander who then gave his first address to the unit members.

“God has granted me the privilege of becoming a Sandhog,” he said. “This is a responsibility that I find simultaneously daunting and exhilarating and

I am humbled beyond measure at the opportunity to join your ranks. I owe you the best of my abilities and that is what I intend to give you.”

SOLDIER SPOTLIGHT

PFC. WILLIAM TEETERS

HEADQUARTERS AND HEADQUARTERS COMPANY, 1ST BATTALION, 16TH INFANTRY REGIMENT, 1ST ARMORED BRIGADE COMBAT TEAM, 1ST INFANTRY DIVISION

Pfc. William Teeters, a forward observer, played a key role in calling priority fire missions in support of Exercise Saber Guardian. Teeters conducted a night time zodiac infill with the battalion sniper section across the Danube River to establish a critical observation post.



From his position, he called in multiple pre-planned and on-call fire missions that destroyed several enemy infantry squads and Bronetransporter-70s which allowed the maneuver companies to execute an air assault and combined arms breach. His hours of preparation prior to his mission and precise execution of the battalion fires plan set the conditions that allowed the battalion to successfully complete its mission.

Teeters’ dedication to his mission, determined work ethic and constant learning attitude allowed him to directly contribute to the tactical expertise and lethality of 1st Bn., 16th Inf. Regt., and 1st ABCT. Their demonstrated capabilities assure our allies and contribute to deterrence in the Black Sea region.

DIVISION CIVILIAN SPOTLIGHT

KELSEY WILSON

COMMAND CYBER READINESS INSPECTION LEAD, REGIONAL NETWORK ENTERPRISE CENTER

Kelsey Wilson was designated as the lead for Fort Riley’s Command Cyber Readiness Inspection. With his leadership, professional approach, and technical savvy, Fort Riley received a rating of excellent on both the secret and non-classified internet protocol router CCRI inspections. His attention to detail and ability to adapt enabled his cyber team to train, standardize and practice across the installation.



He authored and updated standard operating procedures and tactics, techniques and procedures covering cyber security topics including daily situation reports, notification procedures, communication task orders, network bulletins and traditional security practices.

His insights improved key activities and resulted in clear, timely and reliable alerting, coordination and communications within the RNEC area of responsibility and 1st Infantry Division.

Wilson’s expertise, teamwork, and commitment to the mission fostered high quality relationships with tenant/partner organizations and the 1st Inf. Div., and continued to improve the standard of services in support of the 1st Inf. Div. mission and its Soldiers.

GARRISON CIVILIAN SPOTLIGHT

MELISSA CABANA

SURVIVOR OUTREACH SERVICES SUPPORT COORDINATOR, DIRECTORATE OF FAMILY AND MORALE, WELFARE AND RECREATION

Melissa Cabana is the Army Community Service Survivor Outreach Services support coordinator. In April, Cabana went above and beyond to promote teamwork and support with duties outside of her position. She recently became a master resiliency trainer and has been



giving resiliency training to new spouses at the Newcomers Welcome for spouses twice a month. She has also represented the DFMWR and ACS at monthly ESPRIT meetings. And because the slide coordinator for the monthly town hall is moving, Cabana agreed to assume those duties as well.

Cabana’s ability to work with survivors and to become a master trainer shows how committed she is to families of the fallen. She has learned skills that not only help new spouses to Fort Riley but also survivors as they work through their loss.

Cabana’s performance and dedication are truly outstanding and greatly appreciated. Her commitment to the garrison, DFMWR and the Fort Riley community are remarkable.

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BUSTED

JUNE 16
Family member/child, improper backing
Spec. HHC, 1st CAB, 1st Inf. Div., no fishing license

JUNE 18
Pfc. HHBn, 1st Inf. Div. speed 21 and up
Family member, spouse, speed 16 to 20 over
Spec. unknown unit, speed 16 to 20 over
Spec. HHB, DIVARTY, 1st Inf. Div., improper backing
Pvt. HHC, 1st Bn., 16th Inf. Regt., 1st ABCT, 1st Inf. Div., speed 21 and up
Staff Sgt. 2nd Bn., 34th Armor Regt. 1st ABCT, 1st Inf. Div., expired registration

JUNE 19
Spec. 9th FMSU, STB, 1st Inf. Div. Sust. Bde., speed 16 to 20 over
Spec. 73rd MP Det., 97th MP Bn, 89th MP Bde., failure to use seatbelts

Family member, spouse, speed 15-20
Family member, spouse, no proof of insurance

JUNE 20
Pfc. Co. A, 82nd BEB, 2nd ABCT, 1st Inf. Div., following too close
Sgt. 78th MP Det., following too close
Pvt. Co. 1st Bn., 63rd Armor Regt., 2nd ABCT, 1st Inf. Div., unattended vehicle

JUNE 22
Spec. 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st Inf. Div., expired registration
Spec. 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st Inf. Div., speed 1 to 14

OTHER CITATIONS
June 19: Failure to maintain lane, two failure to use seatbelts, no proof of insurance, two expired registration, speed 16 to 20 over, speed 1 to 10 over
June 20: Improper Backing

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Continued from page 1

just a few miles away, Wichita and Salina," she said. "Military's a really good fit for our organization because we operate 365/24/7, outside, around really big equipment and safety sensitive equipment."

Chief Warrant Officer 3 PJ Powers Jr, U.S. Army Garrison, was one Soldier who stopped by and chatted with Ball. He is in the process of retiring and while he plans on working — he's not sure where yet, but he hoped to find some leads at the job fair portion of the summit.

"It's a big decision," he said. "I'm trying to get ideas for something I'm interested in."

In addition to visiting with recruiters, attendees could sit through a mock interview, have their resumes reviewed and get their LinkedIn account detailed.

Sarah Roberts, head of military and veteran programs at LinkedIn, said her team attended to help Soldiers who are transitioning out of the Army get set up with a LinkedIn profile.

“So many of these folks have created a profile on LinkedIn but they haven't really optimized it in a way that the recruiters who are sitting over here on the other part of the job fair, will be able to find [them],” she said. “Our team here is providing LinkedIn training and coaching to help these folks create a LinkedIn profile that's going to optimize them as a candidate so that they can be found based off of their amazing experience in the military, and be able to highlight some of the skills that will hopefully find them in the right industry and right job as they depart the military.”

Diana Headrick, Human Resources Specialist with GEO Corrections and Detention, said her company uses LinkedIn as one of their many recruiting tools.

"They do, they go in and look at LinkedIn," she said. "My facility that I worked at is in Hinton (Oklahoma) and they will find people that have interest in corrections or maybe criminal justice, and they reach out to them and let them know about the different locations they can go to."

The jobs they need filled vary from correction officers to doctors.

The options veterans have when seeking civilian employment are one of the points Charles Hodges, executive director of Hiring Heroes, of the U.S. Chamber of Commerce spoke about.

Speaking from his own experience, the retired colonel engaged the audience, at the start of day two, relating to where they are in life.

"Four years ago, I was one of you all, sitting out in the audience wearing a suit not sure that I looked good in it," he said. "Man did I feel uncomfortable. I know where you are right now."

He spoke about what they need to do to find employment and a about differences they will experience when they hit the civilian workforce.

He joked about a syndrome Soldiers are apt to have; one that will not be detected during a physical, but can be an impediment to landing a job.

“This syndrome is called ... smile distress syndrome,” he said. “All of you in this audience have this syndrome

if you've been in the military for three years. You have these things in your face called cheeks. And these cheeks are used to do this thing called smiling. Okay? And smiling is critical to your success."

He showed photos of himself in uniform — looking stern, as an Army officer should. While this look might be acceptable and encouraged in the Army, it's going hurt a Soldier's chance of being considered for a job in the civilian world, he said.

Smile distress syndrome was the bad news, he said. But there was good news.

"If you want a job, you will have a job when you transition out — I guarantee it," he said. "Look at the numbers — there's over six million open jobs right now in this country that companies can't fill. There's not enough Americans to do it."

FINDING THE RIGHT JOB

Hodges said Soldiers should look at four questions to set the foundation for their future.

What phase of transition are you in? This question has one of five possible answers he said.

"Phase one is the denial phase," he said. "It's right around the corner ... I don't want to talk about it, I don't want to think about it — la la la la la. It'll happen someday, all of us transition. I don't care if you're a four-star, or you're an E4 getting out after your first term. We all transition."

Phase two is the fear phase. He asked how many people were in that phase and while

many hands went up, he said
a lot more should have.

"Everybody has the fear phase of transition," he said. "Fear is a good motivating factor. Fear and spouses do a great job in terms of the motivation process that's going on there."

After fear is the anger phase. For Hodges, he said his anger phase came after applying for a job, which he felt he was qualified for, but was ultimately rejected.

Next comes the acceptance phase. With this phase comes the positive thinking.

"I'm accepting it, let's move on and make things happen. And when you start thinking that way, you will come in with a more positive approach," he said. "The final phase is success."

What are your priorities? Priorities typically fall into one of four categories — where a person wants to live, money, job satisfaction and happiness.

Soldiers need to analyze what is important to them and their families as they contemplate their next move, he said.

What do you want to do? This question, is usually the hardest to answer, Hodges said.

"I'm going to tell you guys something — you're going to freak out," he said. "When you sign up for something when you become a civilian, you're not enlisting for three years. In the civilian world, you can do this coolest thing ... it's called quitting."

What is your brand? A personal brand starts with a resume. The brand is also the first impression a person leaves — it's their smile, their handshake, their demeanor and their social media



Gail Parsons | POST

Fort Riley transitioning Soldiers, veterans and family members met with representatives from more than 80 national companies, businesses and organizations

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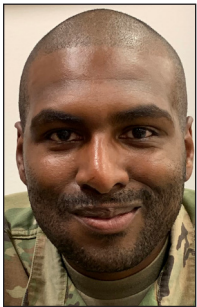
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RILEY ROUNDTABLE

What will you and your family do for the 4th of July?



"I'll be working."

SGT. RANDY MARTINA
PHILADELPHIA, PENNSYLVANIA

299th Brigade Support Battalion,
2nd Armored Brigade Combat
Team, 1st Infantry Division



"Going to Wamego."

HEIDY MORENO
FORT RILEY, KANSAS

WIFE OF SGT. CHRISTOPHER RHODES,
2ND BATTALION, 70TH ARMOR
REGIMENT, 2ND ABCT, 1ST INF. DIV.



"I don't know, probably stay at home or go to Wamego."

HENRY MEADORS
DWIGHT, KANSAS

Training coordinator, Casualty
Office, Directorate of Human
Resources



"We just moved here from Germany so we are unpacking."

COL. TIM WHOOLERY
ELYRIA, OHIO

Irwin Army Community Hospital



"Going to Wamego."

RYAN TURNER
JUNCTION CITY, KANSAS

Firestone Auto Care manager

THE 1ST INFANTRY DIVISION POST

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SAFETY CORNER

Summer barbecuing, grilling safety tips

Rod Cruz
U.S. ARMY GARRISON SAFETY OFFICE

Team Riley it's summer, which means swimming, boating and backyard barbecues. As you prepare to fire up the grill, we want to remind you of the risks while using barbecue equipment, especially combining fuels with food, hot metals and large groups of people. Knowing the risks and how to reduce them is the secret to safe grilling success. Whether you're a barbecue master, a grilling guru or a rookie, grilling fast or slow roasting, knowing how to safely use your propane or charcoal grill is a must.

CHOOSE A SAFE LOCATION

Keep grills on a level surface, more than 10 feet away from the house, garage or other structures. Keep children and pets away, as well as overhanging branches. Grills should not be used on a balcony or under an overhang. Avoid placing grills too close to combustible deck rails.

GRILL OUTSIDE ONLY

Never use a grill in a garage, vehicle, tent or other enclosed space, even if ventilated, due to risk of harmful carbon monoxide buildup.

USING GAS GRILL

A leak or break is the leading factor contributing to gas grill-related fires so before using the grill check the following:

- Check the gas cylinder hose for leaks before using it for the first time each year.
- Apply a light soap and water solution to the hose, which will quickly reveal escaping gas by releasing bubbles.
- If you smell or otherwise suspect a gas leak, and there is no flame, turn off the gas tank and grill. If the leak stops, get a professional to service it before using it again.
- Never turn on the gas when the lid is closed. The gas may build up inside, and when ignited, the lid could blow off and cause injuries or burns.
- After cooking, make sure you completely close the valve on your gas grill.
- Always store gas grills — and propane tanks — outside and away from your house.

USING CHARCOAL GRILL

The leading cause of structure fires from use of charcoal grills has been leaving or placing an object that could burn too close to the grill, so before using the grill check the following:

- Charcoal grills can continue to remain hot for many hours after the flames extinguish. Avoid placing any burnable objects near the grill or moving the grill while the coals are hot. Keep combustible items that may be blown by the wind away from the grill.
- Check for rust damage in metal grills, which may make it possible for charcoal

to fall through onto surfaces below and cause a fire.

- Purchase the proper starter fluid. Store out of reach from children and away from heat sources.
- Do not add charcoal starter fluid when coals or kindling have already been ignited. Never use any other flammable or combustible liquid to get the fire started.
- If the fire is too low, rekindle with dry kindling and more charcoal if needed. Avoid adding liquid fuel because it can cause a flash fire.
- Do not leave the grill unattended.

TEACH KIDS TO STAY SAFE

Make a "kid-free zone" of at least 3 feet around the grill and areas where hot food is prepared or carried. Children playing around the cooking area are vulnerable to burns from contact with a hot grill surface.

REMEMBER POST-GRILLING SAFETY

Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill. If you grill with charcoal and need to dispose of the coals, soak them in water to extinguish them before disposing in a metal container. Otherwise, cover the grill tightly and close the vents, this should extinguish the coals and whatever is left will be ready for next time. For more information, contact the Garrison Safety Office at 785-240-0647.

MURPHY'S LAW, NOTHING WRONG WITH THIS QUESTION

Dear Doc Jargon,

After spending just six months in the Army, I've become familiar — really familiar — with Murphy's Law. What I'm not sure about is how Murphy's Law became a thing. Was there a guy named Murphy who had horrible luck or was a duffle bag of a Soldier at one time?

Sincerely, Hoping to Break this Law

Dear Future Lawbreaker,

From the sounds of your letter, I'm hoping you are able to bust that law right off your horizon! It's no fun being haunted by the consequences of Murphy's Law. Thanks for asking about how the term became, well, law.

In 1947, the Army Air Corps separated into its own branch of the military and with it went an Army pilot, Capt. Edward A. Murphy who later became an engineer. Murphy spent his life as an engineer studying reliability and safety with a goal of preventing human error. He was an engineer working on Air Force Project MX981. The project goal was to see how much of a sudden stop a human could endure in a crash.

Murphy traveled from Wright-Patterson Air Force Base, Ohio, to Edwards AFB, California, with a set of sensors to

place on the human volunteer who was the passenger on a sled built to test how much the body can take. Those sensors captured data, which would reduce the need for repeated trials. Murphy's assistant connected them — backward. When the sensors failed to work, Murphy was quoted as saying, "If there are two ways to do something, and one of those ways will result in disaster, he'll do it that way."

The human crash-test dummy, a physician named Col. Paul Sapp, was known for his sense of humor and wit. He restated the expression during a press conference and called it Murphy's Law. He told the press that it meant "Whatever can go wrong, will go wrong."

Sapp had personal experience with the law as the repeated experiments caused him several broken bones and a few burst blood vessels in his eyes.

Murphy was once quoted as saying that the axiom was to remind researchers to be diligent about looking for pitfalls to prevent accidents. I'm guessing that is still a good way to interpret it. Murphy himself must have broken his own law often as he lived to be 72.

Doc Jargon

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

Better living through military innovation: In the trenches with fashion, function

By Collen McGee
USAG PUBLIC AFFAIRS

This week's invention wasn't started by an American agency or branch of the military; however, it was embraced once the Allied partner, England, adopted the design. This week's item continues to improve the quality of modern life with few alterations from its original, more than 150-year-old design.

World War I was known for trench warfare. The same trenches and even some before that war were where the garment got its name according to www.contrado.co.uk/blog/history-of-the-trench-coat/.

In fact, according to the Smithsonian Institute, the coat could be traced back to 1823 when rubberized cotton was being used for both military and civilian outerwear. The earlier garments were dubbed

"Macks" after the inventor, Charles Macintosh. The one drawback for this early waterproof material is that it was hot and didn't breathe.

The next invention to improve the coat, according to the Smithsonian, was a fabric called "Gabardine" that was inspired by lanolin-coated waterproof garments worn by English shepherds. These improved garments were part of the gear taken on a 1907 Antarctica expedition that set records for inland exploration.

Once the fabrics were proven effective, World War I would create a need for the trench coat as we know it today. This coat had to withstand tough conditions of mud, rats, life in a trench and the frantic activity of war. It had to protect the men and allow them to move free and fast, according to the Smithsonian article at www.smithsonianmag.com/history/

trench-coat-made-its-mark-world-war-i-180955397/.

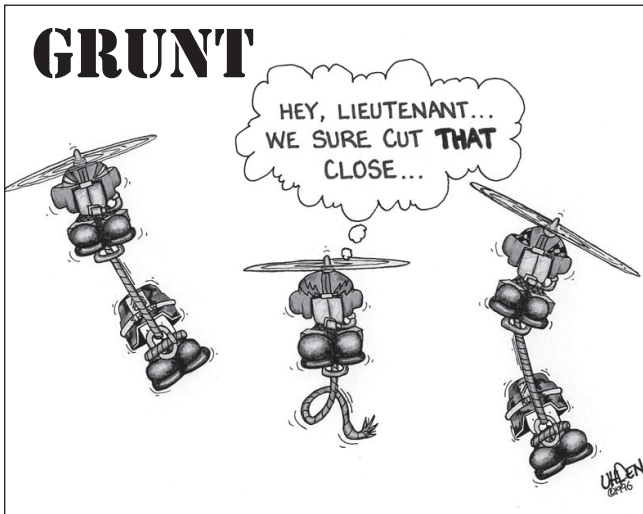
The coat featured the following according to www.contrado.co.uk/blog/history-of-the-trench-coat/:

- The shoulder straps were added in World War I to attach epaulettes and rank insignias. They also provided padding against the butt of a shotgun.
- D rings were added to hold equipment such as map cases and swords.
- There were large pockets used to hold military gear.
- Ventilation flaps were added for expelling any unpleasant odors, as well as to keep the coats breathable.
- The length and cut of the trench coat was intentional. There were made to be short enough so they wouldn't trail in the mud

and mire. They were slightly flared at the waist, to allow maximum movement.

- The back yoke of the coat had crosses, which allowed water and mud to slough off.
- They came with a removable warmer lining that could double as a blanket.
- The collar buttons at the neck were designed so gas masks could be tucked in tightly to make them as efficient as possible.
- Cuff straps allowed binoculars to be secured when in use.

Many of the same features can be seen on the all-weather coat available to Soldiers today at any Exchange Military Clothing Sales store. Check this one out for comparison at www.shopmyexchange.com/dlats-men-s-black-all-weather-coat/0147785.



Police bump it up

July 8 to 14, 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: Conestoga, Tuttle east of Longstreet and east of Watie.

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.

The next USAG Resilience Day Off is

July

19

HAVE A STORY IDEA?

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

WWW.FACEBOOK.COM/FORTRILEY

1

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.”



Sgt. Thomas Mort | 358th PAD

Infantrymen with 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, patrol through a large wheat field while on an air assault mission, to neutralize a simulated enemy during the wet gap crossing exercise at Saber Guardian 19, June 20. Exercises such as Saber Guardian 19, continue to increase participating nations' readiness and capacity to conduct full spectrum military operations. They send a clear message that the U.S. and its allies and partners work skillfully together. **INSET:** Pfc. Trevor Short, infantryman with 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, conceals himself in a wheat field during an air assault mission at Saber Guardian 19, June 20.





Sgt. Thomas Mort | 358th PAD

Staff Sgt. Mark Anthony Ramirez, platoon sergeant with 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, looks toward his squad during an air assault mission at Saber Guardian 19, June 20.



Sgt. Thomas Mort | 358th PAD

A Romanian soldier directs Bradley Fighting Vehicles with the 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, onto a floating bridge during the multinational operation wet gap crossing June 20.

FIVE
BRANCHES.
ONE NATION.
HAPPY 4TH.



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Piece of Army history traveling to space station

World War II combat medic brassard to blast off July 20, return spring '20

By Ronald Bailey
SMDC/ARSTRAT

REDSTONE ARSENAL, Ala. — Army astronaut Col. Andrew Morgan will not only make history in space but take a piece of World War II Army history with him.

Morgan, the U.S. Army Space and Missile Defense Command/Army Forces Strategic Command's Astronaut Detachment commander, received the artifact, a combat medic's brassard, from

Paul Morando, chief, Exhibits Division for the National Museum of the United States Army, May 30, at the Johnson Space Center, Texas.

An active duty Army medical doctor and NASA astronaut, Morgan has a family connection and personal love of World War II history. This passion for history, medicine and his unique status as an Army NASA astronaut are set to combine in a unique opportunity for the Army space, medical and history enterprises. As a part of his personal allowance items, the artifact will launch to the International Space Station to join him for his nine-month mission in space.

"It's a great honor to take this with me to the International Space Station. It

touches on a number of points that are of interest to me," said Morgan. "I'm a medical corps officer in the Army and deployed in combat, so there is that connection, along with having two grandparents and a great uncle who fought in World War II."

Morgan is scheduled to launch July 20 from the Baikonur Cosmodrome, Kazakhstan, on the 50th anniversary of the Apollo XI lunar landing, to the ISS. Upon his return, he will travel to the museum after it opens to install the brassard in its permanent display with other medical-artifacts in the "Army and Society Gallery."

The 185,000-square-foot National Army Museum will portray more than 240 years of Army history and honor

the service and sacrifice of more than 30 million men and women who have worn the U.S. Army uniform since 1775. The artifact now in Morgan's care will join a large collection of artifacts, artwork and materiel culture, most of which have never been seen by the public.

According to Morando, the "Army and Society Gallery" chronicles the symbiotic relationship between the Army, its civilian government, and the people. The gallery introduces visitors to Army advancements in medicine, aviation, communications and technology that helped shape American society, culture and economy.

See SPACE, page 9



Anthony McKinney | U.S. ARMY
Army Col. Andrew Morgan receives a combat brassard, a World War II artifact, from Paul Morando, chief, Exhibits Division for the National Museum of the U.S. Army, May 30. The artifact will be flown to the International Space Station for Morgan's mission and presented to the Museum upon his return in spring 2020.



Before the food truck opened, there was a line that wrapped around the park of residents of Corvias. They were waiting for the free food from Tasty Traveler.

making a ... SCHEDULED STOP

On-post residents dine out with free food on Corvias Connections' Food Truck Friday

Story and photos by Carisa Huntwork
1ST INF. DIV. POST

Corvias provided their residents free food from the Tasty Traveler food truck at Warner Peterson Community Center June 21.

Kari Matrai, resident associate for Corvias, said any event they host for their residents will be free.

"We want everyone to have something to do, because you're coming here from moving from state to state constantly," she said. "You're constantly changing to new jobs, new schools, new everything. People may think; what can we do for the family? Well, we can provide that for free so the families have something to do ... We want to put our families first."

On the sunny day, families were lined up around the park waiting for the Tasty Traveler to open and enjoy their free meal. They had a choice of Po' boys, fajitas, German food or corn dogs. Each resident received a drink and a side with their entree.

After receiving their food, people sat around eating and socializing.

Kemiyah Ward, 8, daughter of Staff Sgt. Kirk Ward, 300 Police Company, 97th Military Police Battalion, said she felt loved by Corvias for having this event. Her mother, Kesha Ward said her favorite part is "it's close to the pool so I can go swimming after I eat."

The pool filled up after people were finished with their lunch.

Corvias is planning to have a resident-based event every week. For more information, call the local office or follow them on Facebook.



Kemiyah Ward, 8, daughter of Staff Sgt. Kirk Ward, 300th Military Police Company, 97th Military Police Battalion, enjoyed the food provided by Tasty Traveler when the food truck visited the Warner Peterson Community Center June 21.



Corvias staff handed out cold beverages at their food truck event June 28. They said they were thrilled to host this free event for their residents at the Warner Peterson community center.

Spouses new to post get warm welcome

Newcomers Welcome event shares some training, needed info

By Carisa Huntwork
1ST INF. DIV. POST

The Newcomers Welcome for Spouses is an informational event put on by staff of Army Community Service. On June 27, new spouses gathered to listen and learn about, among other topics, resiliency and the training ACS offers.

"We want you to have [the information] now," said Melissa Cabana, survivor outreach support coordinator.

She explained what resiliency was and how the training will help people bounce back and not end up broken.

"The newcomers brief is to help spouses get connected to the installation," said Michelle McLaughlin, operations officer at ACS.

She discussed other events offered to newer spouses such as the permanent change of duty station social held weekly at the InterContinental Hotels Group.

LEARN MORE

- For more information about future Army Community Service events, call 785-239-9435.

"The newcomer's briefing is strictly for spouses and we provide free childcare, a little bit of resiliency training, offer information about employment or volunteer opportunities and financial information," she said.

McLaughlin spoke about how it doesn't matter how long someone has been at Fort Riley, they welcome all spouses. She feels the training in the briefing is something spouses will enjoy the most.

"It's about positive psychology; looking internally before pointing the finger externally," she said.

Before the Newcomers Welcome started, spouses gathered inside the room and were greeted by staff as they signed in and sat down.

Heather Hayman, spouse to Chief Warrant

See WELCOME, page 8

Families, pets enjoy sun, competitions

Pet-A-Palooza draws in wide range of animal contestants

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

Pet of all shapes and sizes were at the main Exchange with their families June 29 for Pet-A-Palooza.

With contests like cutest pet, owner/pet look-alike, best trick, best costume and most unusual pet, there were many opportunities for people and their furry, feathered and scaly friends to participate.

"We had probably 25 or 30 total contestants," said Barbara Commons, sales and merchandising manager, Army and Air Force Exchange Services. "Our most unusual pets were a bearded dragon and a ... sun conure bird. We had quite a range of animals coming out for this."

A group from Flint Hill Working Dogs was there to give a Schutzhund demonstration. According to www.germanshepherd.org.



Voted cutest pet, 3-year-old English bulldog, Khaleesi, stops for a photo with her family, Sgt. Chase Fairbanks and his daughters, Sophia, 5, and Peyton, 9, during the Pet-A-Palooza event June 29 at the Exchange.

com/about/schutzhund-training/, schutzhund is a German word that means protection dog. The style of training concentrates on three areas: tracking, obedience and protection.

See PETS, page 8

WEEKEND WEATHER OUTLOOK

FRIDAY



HI: 90 F

LOW: 68 F

SATURDAY



HI: 88 F

LOW: 68 F


SUNDAY




HI: 81 F

LOW: 70 F

FORT RILEY POST-ITS

**Fort Riley MWR**

Go for a late night swim under the stars at the Twilight Swim, July 12 from 8 to 10 p.m. at Custer Hill Aquatic Park.
The cost is \$15 for the family or \$5 for single admission.

**Fort Riley MWR**

The main Post Library is offering a Harry Potter movie marathon starting July 9 at 3 p.m. with Harry Potter and the Sorcerer’s Stone. Bring the whole family for this wizardly event.

Like - Comment - Share

189

73

Lets go to the movies @ Barlow Theater


Friday, July 5 — Spider-Man: Far From Home (PG-13) 7 p.m.
Saturday, July 6 — Spider-Man: Far From Home (PG-13) 2 p.m. **Spider-Man: Far From Home** (PG-13) 7 p.m.
Sunday, July 7 — Spider-Man: Far From Home (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

**Hobby Studio**


The next adult class at The Hobby Studio is making photo tile holders July 11 from 11 a.m. to 1 p.m.
Personalize a set of coasters with the photos of your choice.
The cost is \$15 per person.

**Hobby Studio**


Join the staff at The Hobby Studio for the next children’s class July 11 from 4 to 6 p.m.
Attendees will be making yarn wall hangers.
The cost is \$5 per person.

**USO Fort Riley**

The next USO Patherfinder workshop is July 12 from 9 a.m. to 1 p.m. at Warrior Transition Battalion, 674 Warrior Rd.
The employment event is for transitioning service members, veterans and military spouses preparing for their next opportunity. Registration is required to receive free lunch. Register at <http://evite.me/ScHGeJTG53>.

**Fort Riley MWR**

Visit the main Post Library July 6 for the Luau at the Library event from 1 to 3 p.m. Wear a favorite Hawaiian shirt and join the library of a luau. It will be a beachy day with pulled pork sandwiches, beach water, lemonade and a lei while supplies last.

**Betsy Boom**
July 5

I have a whole bunch of fireworks left over, anyone wanna come by Warner Peterson Community and shoot them off with me?


15

3 Comments

Like

Comment


Share



Sp. Shell Well, just so you know... shooting off fireworks on post is a big no-no. If you are going to do that today, July 5 is the last day you can in Junction City or Manhattan.

Like


Reply



Betsy Boom Oh, I didn’t know that. Can we go to Milford Lake?

Like

Reply



Sp. Shell Sorry, don’t mean to be a party pooper, but you can’t. You have to be on private property with the owner’s permission. Please be safe.

Like

Reply

PETS Continued from page 7

Amanda Ravenstein | POST
Debra Escobar, wife of Joe Escobar, main Exchange manager, and her Biewer Yorkshire terrier, 4-year-old Baxter, stop for a photo with Sparky the Fire Dog during the Pet-A-Palooza event June 29 at the Exchange, 2210 Trooper Dr..



“We did the demo to show people that you can train your dog to do basically anything,” said Robin Ayling, Mid Central Region training director, Flint Hills Working Dogs and AAFES general manager. “And how safe the dogs are when they’re trained correctly.”

Ayling was at the event with Finn, her competition German shepherd. Ayling and Finn, working with Danny Peterson, helper, FHWD, demonstrated a series of protection commands to show the range of what is expected of the dogs during their training. The

guys that get bit are called helpers Ayling said.

Inside the Exchange, the Fort Riley Animal Shelter had cats and dogs that were available for adoption and many of the animals found new homes during the event.

WELCOME Continued from page 7



Carisa Huntwork | POST
Melissa Cabana, survivor outreach support coordinator lead the Newcomer’s welcome brief for spouses June 27. She provided welcome information to the ladies who joined the event starting with “hunting the good stuff.”

PLUMLEE BUFFALO RANCH
785-539-2255
MEAT AND TOURS



Officer 4 Spencer Hayman, Headquarters and Headquarters Battalion, 1st Infantry Division, said she hoped to gain some understanding to what is on Fort Riley and where things are. She had only been in the area for a little over a week and had come from Korea.

Cabana started this time explaining how this class is held to help “hunt

the good stuff.” This is set up for spouses to have the information they need before they need it.

The rest of the schedule included information on resources, which can be found on post, important dates that are approaching and an information fair. For more information about future events, call 785-239-9435.

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HOME.ARMY.MIL/RILEY

Come rodeo with us
EFMP Special Needs Rodeo
20 July 2019
10:00 am – 12:00 pm
4-H Center,
1107 Spring Valley RD.
Junction City, KS

The Rodeo is **FREE** to all children with special need, four years and older

Activities:
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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.....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 - 6yrs

Club Beyond - Faith Based Youth Program
Grades 6th - 12th, Meets Sundays
Combined MS/HS Youth 1730-1930 at Victory Chapel 513-519-3151
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 **Returning in the Fall**
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.
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For more information email rltwoc@afit.edu or Facebook “Fort Riley PWOC”

Catholic Women of the Chapel (CWOC)
Weekly Wednesday Meeting 0900-1130 at St. Mary’s Chapel.
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For more information email fortrileycwoc@gmail.com or Facebook “Fort Riley CWOC”
Check for schedule over Training Holiday weekends

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BILLY SIMS PAYS VISIT TO EXCHANGE



LEFT: Billy Sims, former University of Oklahoma and Detroit Lions running back, does a Heisman Trophy pose with Chief Warrant Officer 2 Devon Scarlett, Company F, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, and Scarlett's 8-year-old daughter, Emmalynn, during Sims' visit to the Fort Riley main Exchange June 29. RIGHT: Sims surprised Spc. Craig Fowler, Company A, 101st Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, with a FaceTime call June 29 during Sims' visit to Fort Riley. People lined up for the 9 a.m. visit starting at 7:15 a.m. and Sims stayed until 10:30 signing autographs.

Photos by Amanda Ravenstein | POST

TUESDAY TRIVIA CONTEST



The question for the week of July 2 was: Where can I learn about the Army Community Service relocation program and all the services they offer?

Answer: home.army.mil/riley/index.php/about/dir-staff/dfmwr/acs/relocation

This week's trivia winner is Lisa Johnson, wife of Staff Sgt. Eric Johnson, a member of the public affairs staff for the 1st Infantry Division.

Pictured above are Lisa and Eric Johnson.

CONGRATULATIONS LISA!

HIGH THRILLS ON THE HIGH ROPES



LEFT: Families gathered at the different levels of the ropes course at Outdoor Adventure Center June 29 for the High Ropes Course event. RIGHT: Haley Joffrion, wife of 1st Lt. Evan Joffrion, 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, goes down the zip line of the ropes course at Outdoor Adventure Center during the High Ropes Course event June 29.

Photos by Amanda Ravenstein | POST

[WWW.FACEBOOK.COM/FORTRILEY](http://www.facebook.com/FORTRILEY)



SPACE Continued from page 7

“Interestingly, Col. Morgan’s Army experiences, combined with his interest in history, represents the Army and Society Gallery storyline,” observed Morando. “History, space, medicine — they’re all here. This collaboration was a perfect match and the artifact’s journey to space with Col. Morgan adds a personal connection to the National Army Museum.”

The Army’s involvement in the nation’s space program and work with NASA dates back to the launch in 1958 of Explorer 1, the United States’ first satellite, and it was a Army rocket that carried the first U.S. astronaut into space. Over the years, 18 Army astronauts have been selected by NASA to fly aboard the Space Shuttle, Russian Soyuz spacecraft, and the International Space Station.

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		July 7th	July 8th	July 9th	July 10th	July 11th	July 12th	July 13th
Cracker Barrel		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
	115 N East St JUNCTION CITY (785) 762-5567	Catering Available 785.762.5567 Monday thru Thursday Lunch Specials from 11 am till it's gone - \$5.99						
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		SUNDAY BRUNCH BUFFET 11 am - 2 pm \$15.00 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
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Check **Dinin' Deals** each Friday in the **1st Infantry Division Post** and each Sunday in **The Daily Union!**

FORM MATTERS

Proper breathing makes difference when working out

By Gail Parsons
1ST INF. DIV. POST

It seems like it should go without saying that breathing is important — but when people exercise, they often forget to breathe properly.

While form matters in the way people lift weights or move their bodies when working out, it is equally important to have proper breathing techniques said Ben Walker, personal trainer and New U instructor at Whitside Fitness Center.

At the most difficult point in the movement, people will often hold their breath in what is called the Valsalva Maneuver, according to LiveStrong.com. However, breathing keeps the blood, that

is circulating to the muscles, oxygenated. Holding the breath can lead to an increase in blood pressure, which can lead to injury.

“The act of holding your breath during weight lifting is referred to as the Valsalva Maneuver,” according to the website. “While this may not sound like a serious issue, it can be. ... During the Valsalva Maneuver, intrabdominal pressure drastically increases and can lead to hernias. Other injuries can be caused by compromised areas of the vascular system and loss of consciousness.”

Walker reminds his clients the importance of and when to breathe.

“When you’re actively lifting, so when you’re actually

pulling or pushing the weight, that’s when you’re going to breathe out,” he said. “Exhale when you’re actually moving the weight. Inhale when the weight is going down into the starting position.”

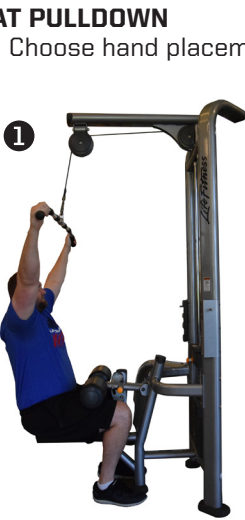
The breathing techniques apply whether using hand weights or machines. One of the machines people often work heavy weights with, which leads to poor form and breathing practices is the cable machine used for the lat pulldown.

The lat pulldown works the back, the biceps and arms. It is one of the exercises that can help Soldiers strengthen the muscles they use when performing the leg tuck exercise, which is part of the new Army Combat Fitness Test.

LAT PULLDOWN

1. Choose hand placement on the bar. “The wider your hand grip, the harder it’s going to be, the more it’s going to isolate your lat muscle,” Walker said. “The more narrow your grip, the easier it’s going to be the less it’s going to isolate your lat muscles – you’re going to tie into some other muscles in your upper back as well.”
2. Begin pulling the bar down while maintaining a five- to 10-degree lean in the back. This is the movement of exertion and should be when the breath is being exhaled.
3. Bring the bar to two to three inches below the chin line. Do not rock or use momentum to jerk the bar down. It should be a clean movement while the body remains stationary.
4. Inhale as the bar is returned to the start position. “What we see a lot of times with bad form on this particular lat pulldown is pulling the bar way too low below your chest,” Walker said. “When we pull the bar too low, that actually incorporates your rotator cuffs in your shoulders, and we don’t want that to happen. That’s a lot of strain on those raised rotator cuffs. We always want to stop it at two to three inches below your chin line. That’s where we’re going to get most of the work in our lat muscles.”

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



HEALTHY EATING

No Bake Cookies

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

Recipe Analysis: (1 serving = 1 cup)
Per Serving: 277 calories; 21 g protein; 5 g fat, 36 g carbs (1.5 carbs: 1 protein)

Recipe = 1 servings of vegetables, 4 servings of fruit (0 vegetable per serving, 1 fruit per serving)

INGREDIENTS (8 SERVINGS)

8 whole-wheat graham cracker



COURTESY PHOTO

squares, finely ground
¼ cup raisins
¼ cup smooth, natural peanut butter
2 Tbsps. plus 2 tsps. honey
4 tsps. unsweetened coconut

STEPS (30 MINUTES)

1. Combine ground whole-wheat graham crackers, raisins, peanut butter and honey in a small bowl.
2. Pat into eight cookies and press lightly in coconut.
3. Preparation time approximately 30 minutes.

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

ENJOYING A TWILIGHT SWIM



Carisa Huntwork | POST

Families play together in the water at the Twilight Swim, June 29. The pool offered toys and water activities, including a balancing beam, for people to enjoy and stay cool.

Pets of the Week

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

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su | do | ku

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

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

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

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HOME OF THE BIG RED ONE

PAGE 12

A little quirky, a little odd – Truckhenge was born of conflict

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

When Shawnee County officials told Ron Lessman he would have to pick up the old trucks on his property – he did just that. He picked them up – planting them upright and securing them in 23 tons of concrete. Thus was the birth of Lessman Farm and Truckhenge.

“We were born out of conflict but raised on humor and creativity,” he said, speaking of his foes who tried to impose their will on his private property. “The county took me to court, said I was a public nuisance – I said, ‘I’m not a nuisance, I’m just ... obnoxious.’”

A fast-talking, master of puns, Ron is amiable to taking visitors on a tour of the property. If he isn’t around his wife Linda takes over.

When strolling around his 63 acres, which has been in his family since 1879, one might wonder about the farm aspect – there are no fields of wheat or corn growing. But Ron is quick to point out his bumper crop – a row of vehicle bumpers lined up against the fence.

The property and the Lessman’s home and art studio is full of his original art work. The studio is in the downstairs of the couple’s house, which is as unique as they are.

The house is a large Quonset covered with several inches of foam which insulates it in the summer

and winter. Three gargoyles on the front ward off the county officials. Because of Linda’s mobility difficulties, she will zip across the fields and dirt road on a motorized chair. Inside, they have constructed a special lift for her to go up to the home portion of the building.

Recycling is a key part of what the Lessmans do inside and out of the house. Linda spoke about the wood part of the floor is made of.

“Back in World War II, they were holding pallets of rubber down at Forbes Field,” she said. “When we were building this, they were getting ready to get rid of that rubber and they were throwing those pallets, which was all old-growth lumber in the landfill.”

The rear entrance to upstairs is outside and consists of a spiral staircase, which was salvaged from the Brock Mansion, Linda said. The Brock family, from Kansas, started the Holiday Inn chain. The staircase is attached to an old covered trelis bridge.

“Doesn’t everyone have a bridge attached to their house?” Ron asked.

While the Truckhenge is a drawing point, Ron’s sculptures, woodcarvings and other artworks show his personality and they all tell a story or have some pun associated with them.

“People call me an artist,” he said. “I don’t claim that title at all – I just play. I ... drink a beer, listen to rock-n-roll music – boom, boom, boom. That’s how I make my art.”

There are several trees scattered about with old shoes hanging on them – it’s not a shoe tree, he said. It’s a tree of lost soles.

Visitors to the property can hold functions or concerts, target practice, camp or go fishing in the 30-acre pond, which was dug when they leased the land to a Kansas City company for sand extraction.

“What’s the best way to have a pond dug?” Linda asked “Have somebody pay you to dig it.”

Today the pond is stocked with blue and channel catfish, flathead, bass, blue gill, crappy and perch.

When the excavation of the sand was being done, they found many artifacts including fossils and bones of long-extinct animals that are on display.

The cost for shooting, camping or fishing is a flat \$10 per day, per person.

A few dogs and several peacocks also call the Lessman farm home, they will join people as they stroll along the dirt road that goes past the quirky and ever-changing art installations.

In addition to Truckhenge, several boats make up Boathenge. People are allowed to paint

the boats, which have been painted many times over. The trucks have quotes by Ron spray painted on them to reflect his thoughts about life and liberty.

Primitive camping is permitted throughout the property. If someone is interested in bringing in a band, they have an area setup for outdoor concerts. Ron described his place as like a combination of Woodstock, Burning Man, the Three Stooges and the Red and Green Show.

While people are welcome to just stop by, they are encouraged to call first to make sure Ron or Linda will be home to extend their welcome.

4124 N.E. Brier Road
Topeka, Kansas
785-234-3486
www.kansastravel.org/truckhenge.htm



Tree of Lost Soles



Found all over the property are carvings that each have their own story.



Next week Spc. Shell travels to Salina to go shopping and check out the sights.

One of the many carvings Lessman created that are on display around the property.

OTHER OUTDOOR ACTIVITIES IN THE AREA

A tour of Truckhenge can take more than an hour. For people who would like to move on from there, yet stay within the parameters of outdoor adventure, there are several options to finish out a day or weekend.

The website www.stepoutside.org/topeka-ks/ lists some of the following options for camping, hiking, fishing and other outdoor activities:

Perry Lake: Rolling hills that have shaded camping is at Perry Lake along with 25 miles of horse trails and 20 miles of biking/hiking trails, which wind through the upland forest

providing visitors a great outdoor experience. They also have a sand beach, shower buildings, boat ramps and utility and primitive campgrounds.

Clinton State Park meets the needs of traditional recreationalists while providing a venue for a variety of non-traditional uses, according to the website. The park is home to one of the largest marinas in the state and provides a place for boat rentals. Special-use amenities include a 25-mile hiking and biking trail; a one-mile self-guided nature trail, archery range, disc golf courses, fishing and sand volleyball.

The Kaw River State Park is off Wannamaker Road in Topeka. It provides forested trails and access to the Kansas (Kaw) River.

“Hiking and mountain-biking trails wind through an extensive oak-hickory forest on steep slopes with good views,” states the website. “The park property presently consists of 76 acres of land on the south bank of the Kansas River in west Topeka, and it is adjacent to MacLennan Park and Cedar Crest (the Kansas Governor’s residence) to the east.”

Visit their website for more locations in the Topeka area for outdoor fun.