

# THE 1ST INFANTRY DIVISION POST

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FRIDAY, JULY 12, 2019

Vol. 11, No. 28 ★

FORT RILEY, KANSAS

## Charlie Company boosts readiness with medical rodeos in Europe



**LEFT:** Capt. Giovanna Dainty, brigade dentist, Company C, 101st Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, conducts a routine dental examination on a patient during one of four medical rodeos conducted in Zagan, Poland. **ABOVE:** Capt. Courtney Pernia, brigade nurse, Co. C, 101st BSB, 1ABCT, 1st Inf. Div., administers an immunization to a patient during one of four medical rodeos conducted in Zagan, Poland, throughout the year. Medical assets from Company C conducted medical rodeos throughout Poland, Bulgaria and Romania to help increase medical readiness within the brigade during Atlantic Resolve.

Story and photos by Sgt. 1st Class Maurice Smith  
1ST ABCT

ZAGAN, Poland — Medics from the 101st Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division are finalizing a series of medical rodeos during their

nine-month deployment in Europe.

Company C, 101st BSB, conducted four of five scheduled rodeos during the deployment, with the last one expected to be completed later this month. Maintaining combat readiness is the focus, said Capt. Savannah Smith,

brigade surgeon for 1st ABCT, 1st Inf. Div.

“Not only are we looking at the readiness portion, which is extremely important, but we are also looking at ways we can optimize Soldiers’ health prior to [future operations],” Smith said.

The “Devil” Brigade deployed in early 2019 to support

Atlantic Resolve, helping to provide combat ready forces through multi-national training and security cooperation activities.

During this time, the brigade sent medical teams to Poland, Bulgaria and Romania to provide services such as dental, behavioral health, immunizations and physical therapy to Soldiers.

“We have been able to offer service for the 3,500 Soldiers we have out here,” said Capt. Courtney Pernia, brigade nurse, Co. C, 101st BSB, 1st ABCT, 1st Inf. Div.

“We’ve provided over 120 immunizations while we are here in Zagan, and again, it’s contributing to that medical

readiness and enabling our forces to be ready to go should they need to go anywhere that duty calls,” she said.

The 1st ABCT Soldiers are spread throughout Europe. Each location has basic medical care,

See RODEOS, page 3

## New director’s goal is to keep morale high



Jacquelyn Frederick is the new director for the Civilian Personnel Advisory Center after serving nearly a year as the interim director.

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

Jacquelyn Frederick served as interim director of the Civilian Personnel Advisory Center for nearly a year before becoming director in May.

She has been at Fort Riley since 1993; before taking the interim director position, she was the Civilian Human Resources Agency, Southwest Region deputy director. Her experience has given her the knowledge and insight into why Fort Riley’s CPAC is one of the top centers in the Southwest region and what it will take to remain in that position.

“We are in the top four,” she said. “One of the things that is really, really important to me is partnering. I have been able to ... establish a great rapport with the garrison, great rapport with the medic, with the units that we service, with the union — we have a great partnership. That’s really important to me to continue.”

To be in the top four there has to be good relationships with the managers, the customers and the directorates, she said. Those relationships are forged in every position throughout CPAC, which means she needs to have a strong, competent team.

Now with three decades of human resources experience under her belt, Frederick said her personality attracted her to leadership ever since she was a little girl growing up in south Jersey.

“I was the kid in the kindergarten line that wanted in to be the front of the line — leading the line,” she said.

Her leadership style has grown with her understanding that every employee has a different personality and work style.

“Leadership styles can vary depending on who you’re dealing with,” she said. “My overall philosophy is a good leader will hold people accountable. But they also care about their people.”

She has a diverse staff at CPAC with people who have varying degrees of skill and knowledge. Her role as a leader is to be a good mentor. “I want to build the bench so someone can step into my shoes when I’m ready to retire,” she said.

She recalled her first boss, Jim Damon, the Non-Appropriated Funds Human Resources director at Fort Sam Houston, Texas, in 1989.

“He was the one that gave me my first break, and I look back, and it’s like wow, if it weren’t for

See DIRECTOR, page 3

## US Army Soldiers compete in 1,000 Pound Challenge

Story and photo by Pfc. Andrew Wash  
5TH MPAD

The sound of energetic music filled the gymnasium. It had become a space to get amped up and ready to test the limits of physical capabilities. For many, it was the first time they would push themselves to such a limit, but for others, the challenge was a familiar one. The goal — lift 1,000 pounds or more.

“The first time I squatted 405 pounds, I told myself, ‘I can do this. I really want to get strong,’” said Spc. Zane Adams, a combat engineer with the 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division. “It was exhilarating to have that weight on my back.”

This drive is what brought Adams, originally from Arkansas, to the 1,000 Pound Weightlifting Challenge at the gym at Mihail Kogalniceanu Air Base, Romania, June 25.

About 15 Soldiers were in attendance to take on the challenge. Participants strived to complete one repetition of a squat, bench press and deadlift in which the total weight of each added to at least 1,000 pounds.

The Morale, Welfare and Recreation Center on MKAB hosts the event a few times each year. Upon completion of the challenge, participants are then considered members of the 1,000 Pound Club, which acknowledges physical achievement and dedication to training.

After returning from a 60-day stint in the field in Smarden



**1st Lt. Andrew Soulis, 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, racks the weight after successfully completing his third and final squat attempt of over 350 pounds during the 1,000 Pound Challenge June 25, at Mihail Kogalniceanu Air Base, Romania. The 1000 Pound Challenge is a weightlifting event consisting of a squat, bench press and deadlift.**

and Bordusani, Romania, he said he felt this would be the perfect way for him to let loose and enjoy his passion of weightlifting.

Adams participated with unit peers and leaders.

“I just wanted to see where I was at,” Adams said. “My PL is here, and we have always had a friendly rivalry to see who can lift more. We came out to just have a good time.”

Adams didn’t just meet the challenge — he crushed it, lifting 1,305 pounds at the event.

He said he found his love for weightlifting as a college cheerleader at the University of Arkansas; his cheer background was evident in his enthusiasm and ability to get everyone motivated to do their best.

See CHALLENGE, page 3

### VOLUNTEER SPOTLIGHT



Jestine Kronich is the wife of Sgt. Anthony Kronich, Company C, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division.

Jestine volunteers with the Army Community Service Relocation Readiness Program as the Fort Riley Spouse Sponsorship volunteer. She has taken over the Spouse Sponsorship Program which daily assists all new Fort Riley Spouses in relocating. She sends out the electronic welcome letter to all the new spouses.

“Sponsorship in the Army is a huge program as everyone knows,” said Bryan Bartlett, Relocation Program manager. “Having a Spouse Sponsorship Volunteer is special because they have been through it before — many several times — and they know what help and information the new spouses will need. 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



**A BEACHY DAY AT POST LIBRARY**

SEE PAGE 7

### ALSO IN THIS ISSUE



**SPC. SHELL TRAVELS TO SALINA TO VISIT PARKS, MUSEUMS AND SHOPS**

SEE PAGE 12





# DUTY FIRST DOWNRANGE



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



Pfc. Andrew Wash, 5th Mobile Public Affairs Detachment  
Spec. Zane Adams, 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, lifts 505 pounds to complete the 1,000 Pound Challenge June 25 at Mihail Kogalniceanu Air Base, Romania, with a total score of 1,305 pounds. The 1,000 Pound Challenge is a weightlifting event consisting of a squat, bench press and deadlift that add up to 1,000 pounds or more. The 1,000 Pound Club is a way to acknowledge the physical achievement and dedication to training at the MKAB fitness centers.



Sgt. Patrick Jubrey | 1ST CAB, 1ST INF. DIV.  
Col. Steven Pierce, U.S. Army Garrison Ansbach commander, thanks several 1st Combat Aviation Brigade, 1st Infantry Division, Soldiers on a job well done at the annual full scale garrison exercise during a ceremony June 21. The exercise tested the responsiveness of the garrison assets to contain a situation.

## CIVILIAN SPOTLIGHT

**JOSEPH BENNETT**  
AIR TRAFFIC CONTROL SPECIALIST,  
DIRECTORATE OF PLANS, TRAINING, MOBILIZATION AND SECURITY

Bennett consistently takes a vested interest in the efficiency of facility operations as well as air traffic control procedures.

When the Army Airfield Automation System failed, a piece of equipment critical to ATC operations, Bennett fixed the



AAAS without waiting for manufacturer support, to minimize downtime and restore full mission capability. Additionally, he fixed the AAAS the night before the start of the 2019 Army Resource Management Survey after a mandatory system upgrade to Windows 10 rendered the system inoperable.

By conducting extensive troubleshooting and trial-and-error exercises, Bennett fixed the AAAS, avoiding a direct, detrimental impact on the ARMS inspection results of the ATC Branch.

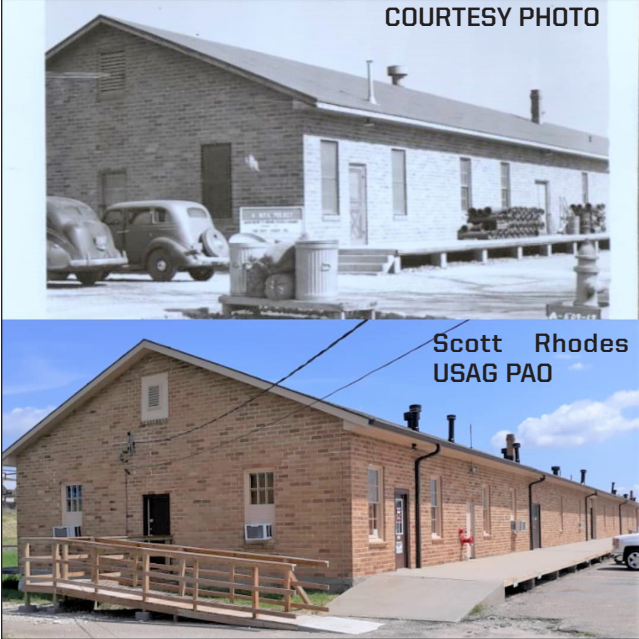
Bennett's dedication to his system administrator duties for the AAAS resulted in him being selected over his peers to attend the AAAS Advanced Course.

## LOOKING BACK: BUILDING 315

Scott Rhodes  
USAG PUBLIC AFFAIRS

In this edition of Looking Back, we head to "the other side of the tracks" to begin our look at buildings that made up the Works Progress Administration Camp. The WPA was responsible for nearly \$4-million in construction and infrastructure improvements on the post in the 1930s. The WPA Camp was south and east of Main Post between the Union Pacific railroad tracks and the Kansas River.

Building 315 Marshall Avenue was built in 1935 as a warehouse facility for the WPA Camp. Fort Riley Directorate of Public Works maintenance documents also refers to Building 315 as a "Shoe Repair Shop." The exterior of the building has changed very little over the years while the interior has been modernized.



Top: 315 Marshall Avenue in 1935. Bottom: As it appears today.

Today, building 315 is home to Skookum Contract Services who specializes in total facilities management. Skookum is responsible for the upkeep of many facilities and grounds on Fort Riley not related to housing.

[WWW.FACEBOOK.COM/FORT RILEY](http://WWW.FACEBOOK.COM/FORT RILEY)



Will Ravenstein | 1st Inf. Div. PAO  
Col. Thomas O'Connor, 1st Infantry Division and Fort Riley deputy commanding officer for support, and Command Sgt. Maj. Craig Bishop, 1st Inf. Div. and Fort Riley senior noncommissioned officer, salute a wreath they placed at the Junction City, Kansas, Vietnam Veterans Memorial in Heritage Park July 4.

### Police bump it up

July 15 to 21, for the safety of families and their children, the 97th Military Police Battalion and Fort Riley police will focus enforcement of speed limits in the following communities:

Mead Loop, Lorraine, Hood.

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

### HAVE YOU SUFFERED HEARING DAMAGE FROM USING THESE?



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## Farmers Market at Geary Community Hospital



Thursdays 4-7 p.m.  
GCH front parking lot

Featuring fresh locally-produced  
Fruits & Vegetables • Jams & Jellies  
Eggs & Cheese • Meats  
Breads & More!





# Opportunities abound for single Soldiers

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

Whether they're hanging out at Country Stampede, going to a Renaissance Festival or staying on post to see a movie or have a barbecue, Better Opportunities for Single Soldiers has a full schedule of events for their members.

"Here at Fort Riley, a lot of people aren't 100% sure on everything that's out there for them and everything that there is available for them to do," said Pvt. Sinjin Eurbin, Treasurer. "BOSS helps ... by showing them things to do in Kansas and around at Fort Riley — there's a lot to do."

Assigned to the 300th Military Police Company, 97th Military Police Battalion, he said he hadn't known about BOSS until an injury put him in the rear detachment.

"I ended up in BOSS, by chance," he said. "My company was moving forward to Germany, and I wasn't going with them for medical reasons."

Once there, he was impressed with what the organization does.

Sgt. Jeanette Blunt, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st

Infantry Division and BOSS president, wanted to be involved in BOSS because she saw the potential for the organization to impact Soldier's lives.

"I joined because I like to volunteer and I like to help people," she said. "I saw it as a great opportunity to share my story with others and help them through their own."

Knowing some of the difficulties that single Soldiers face, she wanted a foundation from which she could reach out to them — especially when life becomes unbearable.

Much of BOSS is about doing things and going places together. For some people it can be more than just an activity — it can be lifesaving.

"I want to help others see that they have a reason to live," she said. "I think Soldiers feel they can come to us. We're more approachable — a different type of environment than what they are used to at their unit."

Having someone to talk to and people to be around can ease the loneliness of being hundreds or thousands of miles from home. By building morale, they build readiness.

"Some people have really tough units," Eurbin said "Every unit has their own



**Better Opportunities for Single Soldiers is an organization at Fort Riley designed to give single Soldiers activities to do on downtime, like barbecues and trips.**

mission and some of them ... their leadership can be really hard on them sometimes. And sometimes they just need that escape from work, that weekend off or a volunteer event to get their mind off of everything they have going on at work. BOSS is here to help them get that escape."

While Eurbin and Blunt acknowledge the underlying benefits of the BOSS mission, on the surface it's about having fun and helping people take advantage of the time they are in Kansas to explore and see the state.

"Kansas is full of hidden treasures," Blunt said.

The two spoke about ziplining, skydiving, visiting the renaissance festival in Kansas City and volunteering at Country Stampede as some of the more exciting activities.

Any Solider, even married ones, are invited to participate in BOSS events. Although the focus of the group is the single Soldier, it is not limited to them. BOSS gives all Soldiers an outlet to pick up volunteer hours.

To learn more about what they have going on, visit at their office inside Warrior Zone or check out their Facebook page [www.facebook.com/rileybosswz/](http://www.facebook.com/rileybosswz/).

## CHALLENGE Continued from page 1

Adams weight lifted competitively for more than five years before joining the military but now pursues it as a hobby.

After taking a brief hiatus from weightlifting in favor of running, he said he is looking forward to staying in shape and lifting whenever possible.

"With weightlifting, I don't have to have a plan for it. Everyone around me is super supportive, and we can all just

make this work together," he said.

The 1,000 Pound Challenge was open to anyone who wanted to test their limits and participate.

"This was an incredible event. Probably one of the most fun events I've ever seen put on," Adams said. "It was awesome to have such a supportive environment. It was just fun to see people do something they love in an electric, professional atmosphere."

## RODEOS Continued from page 1

but every location does not have the same assets provided by the medical teams sent out for the rodeo.

Soldiers often have to travel to see health specialists such as a dentist or behavioral health. Sometimes Soldiers run into transportation issues trying to reach these locations for care, said Cpt. Ryan J. Lynch, brigade physical therapist, Co. C, 101st BSB, 1st ABCT, 1st Inf. Div.

"Here [at Zagan], I'm averaging about four to five patients per day, which isn't a ton," Lynch said. "But given the circumstances, a lot of these are people from [other locations], so they have

to find [transportation] to come here. I was able to get our medics to drive down, pick them up and bring them here."

Although combat readiness is the primary focus, the medical team is also promoting awareness because they enjoy informing and helping fellow Soldiers.

"We're just glad to be out here servicing all of the troops," said Capt. Giovanna Dainty, brigade dentist, Co. C, 101st BSB, 1st ABCT, 1st Inf. Div.

"Everyone is so spread out, but we have the opportunity to travel and gain rapport with all of the other units. It's been an experience and we really enjoy it," she said.

## DIRECTOR Continued from page 1

him, I may not be where I am today," she said.

When she walked into her first office as a young military spouse, she could not have dreamed that one day she would be the director of a CPAC. The work turned out to be something she enjoyed.

"I have a passion for caring for people," she said. "I'm very passionate about human resources, about taking care of people. It gives me great pleasure when we can offer someone a job."

Her leadership style has developed by watching and learning from several mentors over the years. She said one of the most important things a leader can do is make sure morale stays high — and she believes in the past year, she has succeeded at that.

"If you're an unhappy employee and you dread coming to work every day, you're really not getting much done, you're not being very productive," she said. "I believe that if you have a happy person, they're going to give you 100% and sometimes more."

Positivity in the workplace is vital to keeping the organization strong.

Whether they are helping others hire to fill positions, or hiring the people for the CPAC office, Frederick said she goes by one rule she learned from a mentor.

"Hire character, train talent," she said.

Having a solid foundation to build on at CPAC helped make her transition into the director position easier. However, it was a transition that came at a difficult time in her life. Her husband passed away in May — she now finds herself reinventing her life.

She has six children, six — soon to be seven — grandchildren, and a beagle/lab mix dog named Dublin.

"I'm kind of trying to find a new norm," she said. "Right now, family is important to me. And I enjoy spending time with my grandchildren — they are pure joy to me."

One of the pastimes she used to enjoy was riding on her husband's Harley. She never operated it but said it might be time to learn how.

"Unfortunately, I'm not riding on the back of one anymore," she said. "I'm thinking about taking a class on how to ride a motorcycle — I have two Harleys at home."

# Blue Star Card available for military families

By Carisa Huntwork  
1ST INF. DIV. POST

The Blue Star Card is a benefit that is given to the family of deployed, wounded or fallen Soldiers. On Fort Riley, the card can be received by presenting the Soldier's orders at Travel and Leisure.

The card is free and gives discounts to places that have partnered with Fort Riley.

"The Blue Star Card is good 30 days prior and 30 days after deployment, that way the Soldier can enjoy the benefits with their spouse as well," said Leigh Ann Slinger, programmer for Outdoor Recreation and manager for Blue Star Card program.

Slinger said there aren't many installations that have the program available but it has the opportunity to spread to multiple installations so more military families can have access to the program's perks.

Slinger said Blue Star Card has been at Fort Riley for three years and was brought here as a way for spouses to enjoy staying at this duty station while their spouses are deployed.

"The basis behind it is to get spouses out and about and get their families out to enjoy different programs," she said.

If spouses would like to see other discounts, they can speak with Slinger, and she can pursue that benefit.

To learn what discounts are offered, visit the Fort Riley Blue Star Facebook page.

"I like all the discounts Travel Leisure gets in," Slinger said. "They tend to get a lot of great giveaways like the

Flint Hills Discovery Center in Manhattan; there's a lot of good community connections that are made there, so there were 96 tickets that were donated to the Blue Star group. It was donated for families to get out and enjoy the Flint Hills family center."

"Another perk of being a Blue Star card member — you get notified about ticket sales first and about different opportunities on Fort Riley first," she said. "For instance, with the NASCAR I posted it first to the Star Card before the general public."

She said Academy Sports and Outdoors donated 120 bikes one year at Christmas to

give to families that hold the Blue Star Card.

"I think it's a great program for spouses to be part of and talk about ... just get people out," Slinger said. "The littlest thing can go a long way. It's a very important program for Fort Riley because of the particularly high tempo for rotations. This program at Fort Riley is really important for family morale and spouse morale as a whole."

Allison Polk, wife of Sgt. Tyler Polk, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, said she found out about the Blue Star Card when speak-

ing to a fitness instructor at Whiteside, which offers discounted unlimited passes for spouses with the Blue Star Card.

"I'm excited to use The Hobby Studio discount," she said. "I feel like it is a hidden gem and was excited when I saw they offered a free one-hour a month drop in. I think other spouses should know how simple it is to get; it only took five minutes, just make sure you bring your spouse's orders."

For more information, stop in the Leisure and Travel center on Normandy drive, across the street from the Post Office.

## Fort Riley June retirements

Eleven military members were recognized for their service during the monthly Fort Riley Retirement Ceremony June 28

Maj. Christopher Read	20 years of service
Maj. Rebecca Pinyan	22 years of service
Chief Warrant Officer 3 Joel Gerlach	20 years of service
Chief Warrant Officer 3 Nicholas Burt	20 years of service
Chief Warrant Officer 3 Robert King	20 years of service
1st Sgt. Jason Schueler	21 years of service
Sgt. 1st Class Michael Henkel	23 years of service
Sgt. 1st Class James Spiker	22 years of service
Sgt. 1st Class Robert Stinson	22 years of service
Sgt. 1st Class Richard Weaver	24 years of service
Sgt. 1st Class Bobby Hayes	20 years of service

From the men and women of Fort Riley — thank you for your service.



## 50% off

Hanging Baskets  
Annual Packs, Seed Geraniums  
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Annuals, Groundcovers  
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## Garden Center

## WE WANT TO HEAR MORE FROM YOU



### ADDITIONAL DoD HOUSING SURVEY FOR THE DRAFT BILL OF RIGHTS

All residents of on-post privatized family and unaccompanied housing are encouraged to complete an additional survey. An email containing a link will be sent to one person at each household.

If you have questions or need technical support, or if no member of your household received an email with a survey link by June 18, 2019, contact CEL & Associates, Inc. via email at [BillOfRightsFeedback@celassociates.com](mailto:BillOfRightsFeedback@celassociates.com). Please identify your installation and complete street address in your email to CEL & Associates, Inc.

All respondent information will be kept completely confidential and will not be linked to the feedback results shared with DoD.

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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 or Trooper gates.

For more information about Fort Riley access procedures, visit [home.army.mil/riley/index.php/about/visitor-info](http://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 roundabout 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 Rd. to Trooper Dr. — behind and adjacent to the Forsyth Express with Class Six, 2597 Trooper Dr. — is closed.

HENRY DRIVE CONSTRUCTION

Construction to repair Henry Drive is scheduled to start July 22, 2019, and complete February 29, 2020.

This project is in seven construction phases to accommodate traffic control and maintain limited traffic capability.

This project will impact traffic during construction phases between the railroad bridge and the Ray Road round-a-bout.

Use alternate routes to access post during this construction period.

These are the first two of seven phases scheduled.

Phase one will have some single lane repairs and shoulder repairs, but will retain two-way traffic at a reduced speed in the construction zone.

Phase two is the most critical to traffic.

Phase two reduces traffic to one lane, two-way traffic controlled by a stop light on each end of the construction zone.

Anticipate major traffic delays during this phase.



**JUNE 24**  
Civilian, no drivers license in possession  
Pfc. Unknown unit, no proof of insurance  
Pfc. 526 CSC, 541 CSSB, 1st Inf. Div. Sust. Bde., expired registration  
Pvt. 299 BSB, 2nd ABCT, 1st Inf. Div., no drivers license in possession  
Pfc. A Battery, 1st Bn., 7th FA Regt., 2nd ABCT, 1st Inf. Div., parked in government vehicle only spaces

**JUNE 25**  
Cpl. 5th Sqdn., 4th Cav. Regt., 2nd ABCT, 1st Inf. Div., improper backing  
Spouse, disorderly conduct

**JUNE 26**  
Spc. 1st Bn., 18th Inf. Regt., 2nd ABCT, 1st Inf. Div., invalid drivers license  
Pvt. 1st Bn., 7th FA Regt., 2nd ABCT, 1st Inf. Div., following too close  
Pvt. 1st Bn., 7th FA Regt., 2nd ABCT, 1st Inf. Div., expired registration

**JUNE 27**  
Pfc. 5th Sqdn., 4th Cav. Regt., 2nd ABCT, 1st Inf. Div., failure to stop at a posted stop sign  
Pfc. 5th Sqdn., 4th Cav. Regt., 2nd ABCT, 1st Inf. Div., no proof of insurance

Sgt. HHB, DIVARTY, 1st Inf. Div., improper backing  
Pfc. 1st Bn., 5th FA Regt., 1st ABCT, 1st Inf. Div., speed 1 to 10 over

**JUNE 28**  
Spc. unknown unit Speed 16 to 20 over  
Spc. I Corps, 19TH PAD, 1st Inf. Div., following too close  
Sgt. Unknown unit, expired registration  
Spc. Unknown unit, no drivers license in possession

**JUNE 29**  
Pfc. C Troop, 5th Sqdn., 4th Cav. Regt., 2nd ABCT, 1st Inf. Div., improper backing  
Pfc. 5th Sqdn., 4th Cav. Regt., 2nd ABCT, 1st Inf. Div., expired registration  
Pfc. HHB, 1st Bn., 7th FA Regt., 2nd ABCT, 1st Inf. Div., driving while license is suspended or revoked

**OTHER CITATIONS**  
June 24: Improper backing, use of cell phone while driving, driving on the wrong side of the road  
June 25: Parked in designated handicapped parking space  
June 26: Speed 11 to 15 over  
June 29: Parked in government vehicle only space



- May occur in all non-housing areas and all recreational sites.
  - Will be weather dependent.
  - Will normally take place between 9:30 p.m. and 5 a.m.
  - Will occur only if mosquito levels have met set threshold for area.
- Precautions should be taken and are available at:**  
<https://home.army.mil/riley/index.php/about/dir-staff/dpw/env-div>

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Fort Riley - Central Kansas Chapter



AUSA



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## RILEY ROUNDTABLE

Knowing what you know now, what advice would you give to your 18-year-old self?



"Finish college."

**SGT. KEITH WILMOTH**  
SAN JOSE, CALIFORNIA

526th Quartermaster Composite Supply Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade



"Finish my bachelor degree."

**PFC. JOEL BAXTER**  
NEW YORK CITY, NEW YORK

1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division



"Play more sports."

**SPC. TRAVIS SINCLAIR**  
CLEBURN, TEXAS

Headquarters and Headquarters Battalion, 1st Inf. Div.



"Read more and take advice from older people more seriously."

**SPC. NATNAEL DEME**  
SAN BERNARDINO, CALIFORNIA

299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Inf. Div.



"Take school more seriously."

**SPC. AUSTIN BROWN**  
COLUMBIA, SOUTH CAROLINA

5th Squadron, 4th Cavalry Regiment, 2nd ABCT, 1st Inf. Div.

## THE 1ST INFANTRY DIVISION POST

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Circulation 8,800 copies each week.

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

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## SAFETY CORNER

# Stay safe during summer outdoor activities

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

William Shakespeare wrote, "Shall I compare thee to a summer's day," in one of his most beautiful sonnets. Everything looks so much better when the sun is shining, and a gentle breeze is blowing, especially after a long winter. However, the body must be prepared for summer.

## HYDRATION

Hydration, hydration, hydration. Whether it's a long day at the lake or playing a pick-up game on the blacktop, you may not feel thirsty, but it's essential to replenish your body after all that sweating and activity. With temperatures rising, athletes need to stay hydrated when participating in sports activities.

Drinking water can prevent dehydration, a condition that can cause unclear thinking, result in mood change and cause your body to overheat according to [www.cdc.gov/nutrition/data-statistics/plain-water-the-healthier-choice.html](http://www.cdc.gov/nutrition/data-statistics/plain-water-the-healthier-choice.html).

Sports drinks are only recommended during extended and heavy exercise that lasts longer than an hour according to an article from Dr. Andrew Nish, Unity Point Health Living Well

at [www.unitypoint.org/livewell/article.aspx?id=9ab3d290-8767-4e22-8474-ab160992ae82](http://www.unitypoint.org/livewell/article.aspx?id=9ab3d290-8767-4e22-8474-ab160992ae82).

Hydration needs to occur before, during and after activities. The best way to gauge hydration? Urine color. Pale yellow urine means great hydration. Pay attention' darker urine may indicate the need to increase the water consumption.

## SUNSCREEN

Sunscreen needs to have broad coverage for both ultraviolet A and B rays with a sun protection factor of at least 15. It takes about an ounce, enough to fill a shot glass, of sunscreen to provide adequate coverage. Sunscreen should be applied 30 minutes before going into the sun for best results and reapplied after swimming or strenuous exercise or at least every two hours. Whether you are light and fair-skinned or have darker skin, sunscreen is still necessary. While darker-skinned people naturally produce more of a chemical called melanin, which gives the skin color and absorbs the sun's damaging ultraviolet rays, sunburn and sun-induced damage can still occur.

## SUNGLASSES

Not only are they cool looking, but they also protect the skin around the eyes, which is thin and sensitive to sun exposure.

## HELMETS

While they may not be as cool as sunglasses, the National Highway Traffic Safety Administration views helmets as, "the single most effective way to reduce head injuries and fatalities from bicycle crashes." According to a report in the American Journal of Surgery, helmets cut the risks of severe traumatic brain injury by half, when riders suffer a brain injury. The report also concluded that riders with helmets were 44% less likely to die from their injury and 31% less likely to break facial bones.

## CONDITIONING

If you've been couching all winter, the safest way to approach vigorous summer activity is through conditioning. Conditioning, coupled with acclimation, can reduce sports injuries related to heat. Athletes do much better if they gradually increase activity in the heat. It makes them less likely to get heat illness.

Team Riley, summer injuries can reduce readiness. Have a safe and fun summer by exercising personal risk management and looking out for one another. For more information, contact the Garrison Safety Office at 785-240-0647.

# Home-Fire Hubby wants to know why an acronym matters, look smarter for wife

Dear Doc Jargon,

My wife is deployed to Europe and she said something the other day in one of her messages that I couldn't quite decipher. She wrote the abbreviation RIP/TOA and said she was looking forward to that as it would be one of the big steps in the process of her unit coming home.

Now, we've been married for about four years and I've been pretty good at keeping up with the lingo, but this one stumped me. Instead of asking her, I was hoping you could tell me and help me look smarter in the process.

Sincerely, Home-Fire Hubby

Dear Home-Fire,

I'm happy to help a guy out with a little intelligence now and then. The thing your wife was talking about is actually two things. However, sometimes they do happen at the same ceremony.

The RIP part stands for relief in place. That's when the new unit comes in and starts training up with those they are about to replace. They get to shadow and start easing into the mission. It's a way to maintain corporate knowledge from unit to unit and it eases the transition for both the departing Soldiers and the incoming ones.

The second part, TOA, is the big deal for the departing group. That is the transfer of authority. When that happens, the outgoing unit is now in an advisory capacity and the new unit is doing the mission.

Once that transfer happens, preparation for redeployment is the primary mission for the departing unit. For them, it is the light at the end of the tunnel so to speak. I hope that helps you in your quest for looking and sounding smarter with your spouse.

Doc Jargon

Email your military lingo questions to Doctor Jargon at [doctorjargon@gmail.com](mailto:doctorjargon@gmail.com).

# Better living through military innovation: First US military submarine piloted by Army Soldier

By Collen McGee  
USAG PUBLIC AFFAIRS

The idea of underwater warfare isn't a new one. In fact, long before nuclear powered U.S. Navy submarines patrolled the deep, there was the Turtle. The Turtle was the first use, or attempted use, of a submersible vessel to plant a timed mine and the first submariner was a Soldier in the Continental Army.

In 1775, according to history.com, Continental Army Soldier Ezra Lee, attempted to launch against the British warship, HMS Eagle. Lee was to pilot the pedal-powered submarine to the underside of the warship, drill a hole with a hand-cranked drill and plant a 150-pound explosive.

History.navy.mil said Lee's Dec. 7, 1775, mission was planned to break the blockade on Boston Harbor. Turtle, invented by David Bushnell while a student at Yale College, was named because its shape resembled two turtle shells of equal size stuck together.

The Navy history website lists several innovations that make the work Bushnell did on the Turtle more than just the mechanical feat of the submarine. His discoveries and basic design principles are what makes the technology used in today's submersible craft possible.

The following is an excerpt from the Navy website:

*To achieve these requirements, Bushnell devised a number of important innovations. Turtle was the first submersible to use water as ballast for submerging and raising the submarine. To maneuver under water, Turtle was the first submersible to use a screw propeller. Bushnell was also the first to equip a submersible with a breathing device. Finally, the weaponry of Turtle, which consisted of a "torpedo" or mine that could be attached to the hull of the target ship, was innovative as well. Bushnell was the first to demonstrate that gunpowder could be exploded under water and his mine was the first "time bomb," allowing the operator of the Turtle to attach the mine and then to retire a safe distance before it detonated.*

Unfortunately for Lee and the Turtle, the mission was not successful. Lee wasn't well-trained according to History.com and failed to attach the bomb. He aborted his mission and the mine was detonated in open water. Though Bushnell gave up on the design, his work was still considered remarkable.

History.com said George Washington called it, "...an effort of genius..."

It would take more than 100 years after the Turtle's failed voyage for the Navy to commission their own submarine.



U.S. Navy

A replica of the first attempt at a submarine. The Turtle, invented by David Bushnell while a student at Yale College, was named because its shape resembled two turtle shells of equal size stuck together.

According to history.com, at a ceremony in Newport Rhode Island on Oct. 12 1900, the USS Holland was commissioned as the first Navy submarine. The Holland served as a training vessel for the first crop of submariners.

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.

## WHAT TO DO DURING A FLOOD/TORNADO

1

### BE INFORMED

Pay attention to At Hoc, official social media, websites, local radio and T.V. Stations. Be prepared to evacuate to a civilian shelter or designated safe haven.

2

### MAKE A PLAN

Who (who do you have to account for), What (what hazards could affect them), Where (establish meeting place), When (immediately) and Why (eliminate unpredictability).

3

### BUILD A KIT

Emergency kits should always contain food, water and supplies for a minimum of 72 hours.

4

### GET INVOLVED

Individuals can help their communities in a variety of ways. Learn more about Citizen Corps, Cert and other volunteer organizations using the link below.

FOR MORE SAFETY TIPS VISIT

READY.ARMY.MIL



## GRUNT

IF YOU WANT A JOB DONE RIGHT, GIVE IT TO A BUSY LIEUTENANT... HE'LL HAVE HIS SERGEANT DO IT...



UDEN









The beach setup was a popular attraction with children during the Luau at the Library event July 6.

## Beachfront Property

### Families dig Luau at the Library get-together

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

Many people visit the beach in the summer and the Luau at the Library event July 6 brought the beach closer to home.

“Even with the prospect of the storms today and with it being a holiday weekend, I’m pretty happy with (the turnout),” said Rebecca Basil, library director, Directorate of Family and Morale, Welfare and Recreation. “And the kids absolutely love the beach setup.”

The beach setup was a tarp covered in piles of damp sand and toys, which children used to build castles and sea animals.

In addition to the beach area, games like lawn darts and bean bag toss were set out for families to play. Capt. Allan Hartung, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, and his 9-year-old son, Cwynn, competed against each other in lawn darts.

“This is fun,” he said. “I saw this event this morning and it was like, ‘Oh, we can do this before we go to the movie in Manhattan.’”



**Capt. Allan Hartung, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, and his son, Cwynn, 9, competed against each other in lawn darts during the Luau at the Library event July 6.**

Hartung’s wife, Amy, said she really enjoyed the event and appreciated that Fort Riley and DFMWR had family friendly events like the one at the library because their previous station didn’t.

“Everything on this post is amazing,” she said. “From the MWR or the USO, the library,

all the functions and the different events that they have, there’s no comparison, there’s nothing compared to how they feel about the families and the interaction and how they really want to embrace the true Army values of family-oriented events.”

Lunch was available for when families took a break from playing the games and hanging out in the sun.

Basil said the library has many events in the coming months including a “Harry Potter” movie marathon to celebrate the July birthdays of the fictional character and the author of the popular book series, J.K. Rowling.

“We are going to start on Tuesday (July 9), with the very first ‘Harry Potter’ movie at 3 p.m.,” she said. “And we are going to be playing a single movie on Tuesdays, Thursdays and Fridays every week until the 27th. Those films during the week are going to be at 3 p.m. and are still going to have free popcorn and juice during the movie. Then, we are going to have a finale on the 27th when we show the ‘Fantastic Beasts: The Crimes of Grindelwald.’ We’re going to have butter beer and some kind of Harry Potter-inspired snack.”



## Gym lifts weight off parents’ shoulders

### Whitside Fitness Center offers parent, child workout room

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

Parents have been asking for a room at Whitside to bring their children while they exercise and staff listened.

Whitside Fitness Center opened a parent-and-child workout room upstairs in Studio B. It is open at the same times as the gyms for people to come and go as they please.

“There was a high demand for places for spouses to go and work out and be able to have their kids with them,” said Kilee Debita, facility director.

There is a play area containing toys, tables and books for the children to enjoy while their parents enjoy some grownup toys of their own. There are kettle bells, weights, cardio equipment and a machine to watch exercise videos. The room is padded, and there are no electrical outlets in any areas that children can reach.

“I love this room, and it is an improvement compared to King Field House,” said Malory Wilson, spouse of Staff Sgt. Antonio Wilson, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat



**Asher, 3, son of Staff Sgt. Antonio Wilson, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, plays in the child area while his mom utilizes the exercise equipment.**

Team, 1st Infantry Division. “I like how much room there is inside for the kids to play and for us to work out. I told them at the front desk when I first came here, thank you all so much, because this doesn’t feel like I am working out in a closet. I do not have any issues with this room.”

Wilson was able to complete her work out while her 3-year-old son played and had fun.

There is a list of rules to follow posted in the room; they include not leaving children unattended, not allowing children to touch the exercise equipment and no outside food.

## Hobby Studio offers letter-perfect ideas

### Wood burning, laser engraving, spherical printing all available

By Amanda Ravenstein  
1ST INF. DIV. POST

The Hobby Studio, 6918 Trooper Dr., has many activities for Fort Riley residents to do. From ceramics and pottery classes and a woodshop, to laser engraving and wood burning, visitors can find anything they might like to do.

“We have our matting and framing area,” said Brandi Tomlinson, The Hobby Studio manager. “The big thing that we do is when people bring us guidons — we are happy to mount and frame them as going away gifts, for

retirement gifts — anything like that.”

The facility also has a substrate ultraviolet printer, which color prints an image onto anything spherical, she said.

“We have been doing shot glasses for units and mugs for operations shops ... and stuff like that,” she said. “That is a newer item that we just got in, so we’re still playing with it and having fun with it.”

Other things that can be done are wood burning and laser engraving and the studio just started working on engraving on marble tiles.

“Pretty much what we can do is kind of endless,” she said. “As long as it’s a flat surface and its laserable, we will try it and

See HOBBY STUDIO, page 8

## Inspiring next wave of innovators

### Army developing pipeline via STEM outreach programs

By Amanda Ligon  
CCDC PUBLIC AFFAIRS

LEESBURG, Va. — As Army Futures Command drives efforts to modernize capabilities for the future force, it also works to foster a pipeline of highly skilled civilian engineers and scientists who will discover and develop the technologies beyond 2028.

This pipeline starts with the Army Educational Outreach Program.

The AFC’s Combat Capabilities Development Command manages AEOP on behalf of the Army, and works to cultivate student interest in science, technology, engineering and mathematics, or STEM — and awareness of Army science and technology in particular — well before they enter the workforce.

“The global competitiveness for STEM talent is strengthening,” said Christina Weber, CCDC’s acting chief of STEM Education and Outreach, and AEOP’s cooperative agreement manager. “To be prepared, we need a more diverse, agile and resilient STEM workforce, and that’s where AEOP comes in.”

Combat Capabilities Development Command scientists, engineers, non-commissioned officers and support staff from the National Science Teachers Association played host to 75 sixth- through ninth-grade students competing in AEOP’s 17th annual eCYBERMISSION National Judging and Educational Event in Leesburg, Virginia, June 16 to 21.

Similar to an online science fair, eCYBERMISSION is a web-based competition that challenges student teams from across the country to develop scientific solutions to problems in their local communities. This year, the program had nearly 18,000 student participants.

“With programs like eCYBERMISSION, we’re exposing the next generation of STEM talent to the Army’s most cutting-edge research and technology through its highly-skilled civilian scientists and engineers,” Weber said.

During each competition phase, students interacted with countless Army scientists and engineers who answered questions, gave technical advice, shared insight, provided feedback and judged project folders.




eCYBERMISSION is one of several STEM programs offered by AEOP, representing the Army’s commitment

See OUTREACH, page 9



Tom Faulkner | CCDC  
**Students learn about flood risks and environmental protection during Army Labs Day at eCYBERMISSION in Leesburg, Va., June 18. Led by the U.S. Army Combat Capabilities Development Command, eCYBERMISSION is a web-based competition that challenges student teams from across the country to develop scientific solutions to problems in their local communities. eCYBERMISSION is part of the Army Educational Outreach Program.**

## WEEKEND WEATHER OUTLOOK

FRIDAY	SATURDAY	SUNDAY
		
HI: 90 F	HI: 91 F	HI: 93 F
LOW: 63 F	LOW: 66 F	LOW: 68 F







## SALUTE TO INDEPENDENCE DAY!



Photos by Amanda Ravenstein | POST

The 1st Infantry Division and Fort Riley participated in the Junction City Sundown Salute parade with the presence of the flag bearers and escorts, a contingent of marching Soldiers, the 1st Infantry Division Band, the Commanding General's Mounted Color Guard and members of the Historical and Archaeological Society of Fort Riley, many in historical clothing.

## OUTREACH

Continued from page 7

to developing a diverse, agile, highly-competent STEM talent pool to strengthen the Army, Department of Defense and the nation's workforce.

"It is our goal to make sure students are exposed to STEM opportunities," said John Wilison, CCDC deputy to the commanding general, "And to help students understand what you can do with a STEM education, where you can go with a STEM career, and how it contributes to the Army mission."

The eCYBERMISSION national Judging and Educational event includes a variety of activities for students, who are joined by a team of CCDC scientists, engineers and non-commissioned officers. The CCDC team members serve as mentors during the national competition. Teams learn about the Army values, practice public speaking and presentation skills, tour Washington, D.C., meet with members of Congress, and participate in hands-on Army STEM activities like water balloon ballistics and remote control vehicle acceptance testing.

"I love being an Army scientist, and this is a great way for me to share that with the next generation of scientists and engineers," said Sasha Teymorian, a chemist with the CCDC Army Research Laboratory who was an eCYBERMISSION mentor this year. "I was fortunate to have a number of outstanding mentors in my school years and these pro-

grams are the perfect way for me to ... give back."

The week culminated for students with the set-up of their project displays, and a presentation to the national judging panel. This year, student projects ranged from reducing food waste and water contamination, to planting reflective grasses along roadways to reduce vehicle-animal collision and developing an alternative to finger pricks for diabetics.

"The students work hard to compete at this national event, and I love seeing them set-up their booths and practice," Teymorian said. "It gives me the opportunity to hear about why they chose the challenges they did for the project and to learn how big of a difference their work has already made in their local communities."

The top four national winners, as well as the People's Choice and Army Values teams were announced at an awards banquet on June 21. An additional five teams were recognized as STEM in Action recipients that will receive funds to implement their solutions in their community.

"The creativity and enthusiasm that students bring to the eCYBERMISSION competition every year is truly inspiring," Weber said. "These students are becoming the next generation of thought leaders in science and technology, and it's amazing to be a part of that."

## 2018-19 NATIONAL WINNING TEAMS

- Sixth grade:** H.O.T.C.A.R.S., Lubbock, Texas – Alexa Tindall, Ethan Djajadi and Josiah Morales worked with Team Advisor Laura Wilbanks to help combat the issue of hot car related deaths by creating a device reminding parents when their children are still in the car.
- Seventh grade:** Oh, Deer!, Lubbock, Texas – Isaiah Baier, Aaron Barbee, Caleb Cole-Smith and Dimitrio Martinez worked with Team Advisor Laura Wilbanks to solve the problem of deer related automobile accidents by using flora illumination.
- Eighth grade:** Antastic Acids, Madison, Alabama – Neha Chopade, Puja Chopade, and Pranav Somu worked with Team Advisor Beena Chopade and came up with an innovative solution to non-recyclable multilayered food packaging which involves separating the packaging's individual layers so that each component can be recovered in its original form.
- Ninth grade:** Phantastic Phage Phinders, West Jordan, Utah – Kate Watson, Rachel Amedee, Abigail Atkinson and Gavin Grose worked with Team Advisor Lora Gibbons to identify isolated bacteriophages within the E. coli samples that could eventually be developed into two products that would serve either as a method of bacteria detection or of bacteria elimination.
- People's Choice:** I-ANN Tech, Richland, Texas – Ivanie Leslie, Nolan Nguyen, Noel Obi and Ayah Said worked with Team Advisor Richard Embrick to design a compact bracelet that includes various health packages for people of different age groups and sizes.
- Army Values:** Team Microfiber Fighters, Bay Village, Ohio – Sarah Knox, Boden McDougal and Gwyn Miller worked with Team Advisor Richard Gash to find a way to reduce the plastic microfibers being discharged into streams and lakes from washing machines using common household items.

## DID YOU KNOW?

- Each member of the national finalist teams received \$4,000 in U.S. E.E. Savings Bonds and each member of the national winning teams received \$9,000 U.S. E.E. Savings Bonds. Since the program's inception in 2002, eCYBERMISSION has awarded state, regional and national competition winners more than \$10 million in U.S. Savings Bonds.

## TUESDAY TRIVIA



The question for the week of July 9 was: Where do I find information about weapons regulations on post and how to properly register my privately owned firearms?

Answer: [home.army.mil/riley/index.php/my-fort/all-services/weapons-registration](http://home.army.mil/riley/index.php/my-fort/all-services/weapons-registration)

This week's trivia winner is Melanie Eskildsen, of Wisconsin, a family friend of Capt. Brian Good, Fort Riley Fire and Emergency Services.

Pictured above are Melanie Eskildsen and Capt. Brian Good.

**CONGRATULATIONS MELANIE!**

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**READY ARMY**

**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>

## HOME.ARMY.MIL/RILEY

## Pets of the Week

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## Worship Opportunities

## Protestant Services

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ChapelneXt Protestant Service	
Sunday Worship.....	1100
Children's Church.....	1105-1200
<b>Morris Hill Chapel</b>	239-2799
Gospel Protestant Service	
Sunday School.....	0900
Sunday Worship.....	1100
<b>Main Post Chapel</b>	239-6597
Traditional Protestant Service	
Sunday Worship.....	1030
Children's Church.....	1045-1130

## Catholic Services

<b>Victory Chapel</b>	239-0834
Sunday Mass.....	0845
Sunday Catechism.....	Contact DRE
<b>Saint Mary's Chapel</b>	239-6597
Sunday: Confession (or by appointment).....	1100
Sunday Mass.....	1130
Daily Mass – Mon., Wed., & Fri.....	1200
<b>IACH Chapel</b>	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

<b>Kapaun Chapel</b>	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

\*Club Beyond is a Non-Federal Entity and is not part of the DoD or any of it's components and it has no government status. \*

## AWANA

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

### Protestant Women of the Chapel (PWOC)

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

For more information email [rileypwoc@gmail.com](mailto: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.

For more information email [fortrileycwoc@gmail.com](mailto:fortrileycwoc@gmail.com) or Facebook "Fort Riley CWOC"

\*\*Check for schedule over Training Holiday weekends\*\*



FORM MATTERS

# The Compound Row

By Gail Parsons  
1ST INF. DIV. POST

A strong back is necessary to execute the leg tuck portion of the Army Combat Fitness Test.

The compound row is one of several machines at Whitside Fitness Center, which targets the back.

Personal Trainer and New U instructor Ben Walker said the compound row is similar to the low row on the cable machine, but there are some differences.

“For most people, this one’s going to be a little bit lighter — a little easier,” he said. “The weights you use may be heavier on this, on the (compound row) machine than what they would on the cable machine.”

The motion is the same, whereas the user sits leaning back five to 10 degrees with their feet on the platform and soft knees.

“The one big difference on here is the hand grips on this one can swivel and swing open,” he said. “You can change your range of motion and your

angle of the motion during your actual repetition of sets whereas on the cable machine, the bar is stationary, so you don’t get any rotation or twist through your forearms or your shoulders.”

There are two ways to position the hands on this machine. When the palms are facing each other, the muscles being targeted are down the center of the back. When the palms are down the upper back, and rear delts get worked more.

In the graphic below, Walker demonstrates the compound row:



COMPOUND ROW

1. Sit with knees soft and the torso leaning back five to 10 degrees, grasp the handles with the arms stretched forward.
2. Pull the handles in toward the chest while maintaining a stationary torso.
3. Return to the starting position,; this completes one repetition.

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

HEALTHY EATING



COURTESY PHOTO

## Salmon Lettuce Tacos

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

Recipe Analysis: (1 serving = 1 filet )  
Per Serving: 158 calories; 10 g protein; 9 g fat, 13 g carbs (1.5 carbs: 1 protein)  
Recipe = 4 servings of vegetables, 0 servings of fruit (1 vegetable per serving, 0 fruit per serving)

*\*This recipe is from 86th Combat Support Hospital Cook-off, Fort Campbell, Kentucky.*

INGREDIENTS (5 SERVINGS)

- 1 salmon filet
- 1 tbsp olive oil
- 1 head lettuce
- 1 avocado (cut into slices)
- 1 lime (cut into wedges)
- 1 cup pico de gallo (premix)
- 1 jar salsa
- Mrs. Dash South West Chipotle seasoning

STEPS (50 MINUTES)

1. Preheat oven to 400 degrees. On a baking sheet, spread olive oil and lay salmon skin side down. Apply Mrs. Dash seasoning and bake for 20 minutes or until internal temperature of 145 degrees is met.
2. Prep avocado, lime and wash lettuce
3. Let salmon cool for 20 minutes.
4. In a bowl shred salmon and squeeze ¼ of a lime onto salmon and mix.
5. Take one lettuce leaf and add 2 ½ tbs of salmon 1 tbs of pico de gallo, 1 slice of avocado, 2 tbs salsa and squeeze one lime wedge and wrap lettuce.

[cookpad.com/us/recipes/727005-salmon-lettuce-tacos](http://cookpad.com/us/recipes/727005-salmon-lettuce-tacos)  
#FitFirst

FRIDAY FEAST



Carisa Huntwork | POST

The Warrior Zone had a rib barbecue spread for their Friday BBQ. June 5 was complete with big juicy ribs, macaroni and cheese and a side of potato salad. Alex Mitchell, husband of 1st Lieutenant Autumn Mitchell, 1st engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, said he was excited when he saw the portions on his plate.

### Come rodeo with us

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The Junction City Daily Union is currently looking for a District Manager in the Circulation Department. Duties include working with carriers of all ages, delivering routes as needed, increasing circulation through sales and promotions, and assisting customers. Must be able to work independently and have strong people and communication skills. Reliable transportation required. Afternoon, Evening and Sunday hours. This is a full-time salaried position with a competitive benefits package. Applications accepted at: 222 W 6th St Junction City

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Convoy Systems is hiring Class A drivers to run from Kansas City to the west coast. Home Weekly! Great Benefits! www.convoysystems.com Call Tina ext. 301 or Lori ext. 303 1-800-926-6869.

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Part Time - Flexible Schedule. Local Sales Representative needed to call on school libraries representing major publishing companies. Commission and bonus. For details call Chuck at 303-257-2320.

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

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

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:

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- Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9

Last Sudoku's Answers

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

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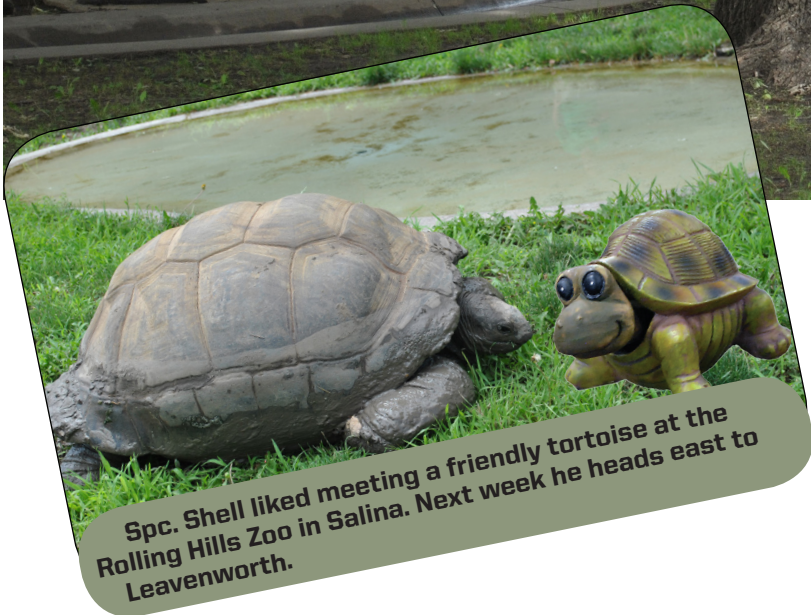
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# Travel & Fun in Kansas



**Above:** One of the many parks in Salina for people to relax and spend the day. **Right:** The Smoky Hill Museum is one of several free places to visit in Salina.



**Spc. Shell** liked meeting a friendly tortoise at the Rolling Hills Zoo in Salina. Next week he heads east to Leavenworth.

## Visitors to Salina can find a zoo, parks, museums, more

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

Fort Riley residents looking for a nearby place to explore can check out family-friendly offerings in Salina, which is about 45 minutes west of post and full of hidden treasures.

About halfway to Salina, is the Russel Stover's chocolate factory. Visitors can pull off the highway and go in to enjoy a free sample or buy some discounted chocolate. They also have ice cream for sale.

### SHOPPING

In Salina, there are stores not found closer to Fort Riley, such as Party City, Sam's Club and a variety of boutiques and shops. The mall is quiet but has a lot to offer. Check out their website, [www.centralmallsalina.com/](http://www.centralmallsalina.com/) to find community events going on inside and a list of stores.

For visitors looking for antiques, Rebecca Janes, 115 N. Santa Fe, is worth checking out.

"We sell Annie Sloan, the original chalk paint from Europe," said Sandy Budke, store manager. "We have a lot of vintage stuff from 52 vendors in the store, so, we have a unique variety of things. It's very feminine and fun, we make a lot of our own stuff; I would call it vintage and shabby chic antique."

As guests walk into the store, they see an organized set up of pinks and whites — there is so much to see. They have free lemon water, cupcakes and candy for customers. Down the aisles, individual vendors have items ranging from designer purses to vintage toys.

Outside of her store and throughout the downtown is construction which Budke said is expected to be done in about six months. When finished the area will have new streetscape and benches.

Next door to Rebecca Janes is a pottery shop and across the street is True Betty Boutique, which has a sign out front that states they were voted Best Women's Clothing Store in Salina.

Deanna Cullins, stylist, said people in Salina vote on the best places to go and she felt like this store was voted best because it accommodates women "of all shapes and sizes, curvy and skinny."

### OUTINGS

Rolling Hills Zoo is outside Salina in Saline County. This zoo has 36 types of animals ranging from coy fish to African lions.

"The vision of Rolling Hills Zoo is to create a place that provides enriching experiences to inspire appreciation and responsible stewardship of the natural world," said. Robert Jenkins, executive director. "If you ask a child today to draw a picture of a zoo, chances are he or she will draw an animal in a small, bare cage. While that picture may have been true at one time, modern day zoos, ... now encompass exhibits depicting animals in more naturalistic environments. They conduct rich science-based education programs that reach visitors of all ages, and they participate in conservation programs on the local, national, and international levels. And while they do all this, they also offer popular, safe, family experiences that are fun."

Discounted Rolling Hills Zoo tickets are available at Fort Riley's Travel and Leisure office. For more information on the zoo visit [www.rollinghillszoo.org/](http://www.rollinghillszoo.org/).

There is also a waterpark in Salina. According to their website, Kenwood Cove is the largest water park in the area and is equipped with water slides, thrill rides, wave pools and more. For prices and information visit [www.kenwood-cove.com/](http://www.kenwood-cove.com/).

Jumpin' Joes Family Fun Center is where visitors can find a wide range of family fun activities. This fun center is a place to go for people who want to do boxing, go-carting, laser-tag, mini-golf, arcade games or play in a jungle gym. More information can be found at [www.jumpinjoes.com](http://www.jumpinjoes.com).

### MUSEUMS

A wildlife Museum at the Rolling Hills Zoo is included with the zoo ticket or people can pay separately to visit just the museum. As guests walk through this 64,000 square-foot museum they will find hundreds of animals, four waterfalls and animatronic robots. For more information, their website is [www.rollinghillszoo.org/museum](http://www.rollinghillszoo.org/museum).

Smokey Hills Museum is free and has a military discount at their gift shop.

"We cover local and central Kansas region of history," said Jennifer Toelle, collections and research. "We have a new

children's area, which includes a weather area with a tornado simulator.

What is really cool for the kids to do is make their own radio show that mimics from the 1930s. This includes noises and props."

There is also a replica of a dug out from the 1870s. She said people spend about 45-60 minutes at the museum and there are a lot of hands-on activities for children and adults.

Coming up Sept. 28 is the Smokey Hills street fair. For information on this and all their events, visit [www.smokeyhillmuseum.org](http://www.smokeyhillmuseum.org).

Yesteryear Museum promotes regional agricultural and cultural heritage. According to its mission statement, the intent of the museum is "to collect, restore and exhibit antiques, displays and buildings that pertain to our heritage and provide mutual enjoyment and education ...". For more information, visit [yesteryearmuseum.org/welcome/](http://yesteryearmuseum.org/welcome/).

The Salina Art Center is downtown, within walking distance from the Smokey Hills Museum. According to their website, the Salina Art Center is a contemporary art and education center with the mission to "create exchanges among art, artists and audiences that reveal life."

The Art Center's programming is connected to a schedule of contemporary visual art exhibitions of work by regional, national and international artists in a wide variety of media.

Exhibits serve as a catalyst for generating conversations around ideas and issues relevant to personal and community development. The Art Center carries out its mission through artist, education, exhibition, film and video and outreach programs designed to provide constituents with opportunities for meaningful experiences through active encounters with viewing and making visual art, according to the website [www.salinaartcenter.org/](http://www.salinaartcenter.org/).

### PARKS

Salina is home to 28 parks including Sunset Park, 700 W. Sunset drive, which has a botanical garden, playground and grills. The Lakewood park, 1323 E. Iron, has walking trails, a nature center and fishing.

"The best park for people to visit is Oakdale Park," Budke said.

For the full listing of parks, visit the Parks and Recreation website at [www.salina-ks.gov/parksandforestry](http://www.salina-ks.gov/parksandforestry).

### EATS

Before heading back from a fun-filled day, visitors may want to check out one of several popular spots in Salina to dine. Hickory Hut Barbecue started as a traveling food truck in 1981 before moving into 1617 W. Crawford in October 2005.

Another choice is Italian at Martinelli's Little Italy, 158 W Santa Fe. According to the restaurant's website, they are "dedicated to making sure that the guest always comes first providing you with a great dining experience. All our sauces are handmade, and all our dishes are prepared with such care they are sure to please! While you sip one of our many wines; relax and enjoy all the classic songs that add to the already cozy atmosphere."

Martinelli's and the Hickory Hut are two of the top 10 restaurants in Salina listed on [theculturetrip.com/north-america/usa/kansas/articles/top-10-local-restaurants-eateries-in-salina-kansas/](http://theculturetrip.com/north-america/usa/kansas/articles/top-10-local-restaurants-eateries-in-salina-kansas/).



**LEFT:** Inside Sunset Park in Salina is the Salina and Saline County War Memorial. **Right:** At the Rolling Hills Zoo, large colorful coy fish wait to be fed.

