

THE 1ST INFANTRY DIVISION POST



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FORT RILEY, KANSAS

Aviation brigade changes command in Germany



Leadership of the 1st Infantry Division and 1st Combat Aviation Brigade salute the colors during the 1st CAB Change of Command ceremony on 19 July, Storck Barracks, Germany. The outgoing commander, Col. Chris Black, relinquished his command to Col. Bryan Chivers

Story by Sgt. Patrick Jubrey
1ST CAB

STORCK BARRACKS, GERMANY — The 1st Combat Aviation Brigade, 1st Infantry Division, held a brigade Change of Command on July 19, where the outgoing commander, Col. Chris Black, passed the mantle to Col. Bryan Chivers.

While some might see this event as just handing the brigade colors from one commander to the next, it holds more significance. As a military tradition that represents the transfer of authority, the action of passing the colors comes with responsibility and sacrifice.

The 1st CAB, under the command of Black, went

through rigorous inspections such as the Aviation Resource Management Survey. This is the Army's external evaluation of training, safety and maintenance procedures.

"This brigade's exemplary performance received laudatory remarks from senior leaders across the aviation enterprise," said Maj. Gen. John Kolasheski, 1st Infantry

Division and Fort Riley commanding general."

Along with preparing for the ARMS inspection, the 1st CAB provided mobility, reconnaissance and lethal fires in support of multiple training exercises, and two rotations supporting global operations in Europe and the Middle East.

Capitalizing on gains received while training with dif-

ferent brigades, Black lead the 1st Combat Aviation Brigade through 'Demon Focus' and 'Demon Challenge' exercises for crew weapons qualification and gunnery tables before heading to the National Training Center.

Shortly after returning from NTC, the 1st CAB began recovery operations and preparing for their rotation to

Europe in support of Atlantic Resolve.

"At the port of Zeebrugge, the 'Demons' looked like wolves, as they came off the boat," Kolasheski said. "Their presence and demeanor alone instilled confidence in our allies and put any advisories on notice."

See GERMANY, page 3

'Dagger' Brigade receives new friendly force tracker

Story and photo by Maj. Bryce Gatrell
2ABCT PAO

The 2nd Armored Brigade Combat Team, 1st Infantry Division, is upgrading its tracked vehicle fleet — M1A2 Abrams, M2A3 Bradley Fighting Vehicle and M109A6 Paladin systems — to the new Joint Battle Command-Platform.

"This is a significant upgrade, the Soldiers are now receiving the most advanced technology we can provide them," said Loren Simpson, fielding execution lead, Bowhead Logistics Services. "The advances in technology have now come to the forefront on the modern battlefield and every Soldier will be better off for it. Not only for their own protection, not only for winning wars, but for those around the world where these brave men and women deploy to and assist in times of need."

The JBC-P is the Army's newest evolution of the Force XXI Battle Command Brigade-and-Below/Blue Force Tracking systems, according to Program Executive Office



Timothy Stevens, a Heavy Mechanic from BAE Systems installs a Joint Battle Command-Platform transceiver on a M2A3 Bradley, July 17. The JBC-P is the Army's newest evolution of the Force XXI Battle Command Brigade-and-Below/Blue Force Tracking systems.

Command Control Communications-Tactical website peoc3t.army.mil/mc/jbcp.php.

This new system equips Soldiers with a faster satellite network, secure data encryption, advanced logistics tracking and greatly reduces the risk of fratricide, according to the site.

The JBC-P allows commanders and crews to see all friendly forces on the battle-

field whether on the new or old system, said Maj. Christopher Riley, brigade operations officer, 2nd ABCT, 1st Inf. Div.

"It helps support simple dialogue with other systems and streamlines information flow," he said.

Soldiers also have the ability to talk with one

See UPGRADES, page 3

Spartans conduct convoy dry-fire exercise training

Story and photo by Spc. Joseph Knoch
5th MPAD

ILLESHEIM, Germany — The Headquarters Support Company, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division, on rotation in Germany, conducted a Convoy Dry Fire training exercise

in Illesheim, Germany, July 10 to 12.

The exercise was designed to train skills necessary for a company-sized convoy of Soldiers, to navigate wooded terrain, and survive multiple encounters with opposition forces.

"Honestly, I think the training has been really helpful because it gets us out of the office," said Spc. Patrick Wal-



Pvt. Elias Garcia, an aircraft powertrain repairer, with the Headquarters Support Company, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, fires blank rounds out of an M2 50 caliber machine gun with a blank firing adapter attached during a Convoy Dry Fire training exercise in Illesheim, Germany, July 10 to 12.

lace, a human resource specialist with the HSC, 601st ASB, 1st CAB, 1st Inf. Div. "We're a part of an aviation support battalion so mainly we deal with administrative work or we work on the helicopters, so getting to train outdoors with our weapons is great for us."

The exercise was split into three phases. Phase one allowed the Soldiers to do a step-by-step rehearsal with their leadership discussing elements of the convoy's mission, challenges they needed to be ready to face and how they were to proceed in the event of enemy engagement.

"We started out the first day at a very slow pace where we just rolled through the course and took note of where our place in the exercise was," Wallace said. "The first day was a good walk-through. The next day, we were able to rehearse engaging the enemy and the oppositional force. That's when the tempo started picking up and it got a lot more exciting."

Phase two allowed Soldiers to make their own decisions

See TRAINING, page 3

VOLUNTEER SPOTLIGHT



Carley Murt is the wife of 1st Lt. Travis Murt, Headquarters and Headquarters Company, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division.

Murt works with the Army Community Service Relocation Readiness Program as a Fort Riley spouse volunteer. She provides assistance for new to Fort Riley Soldiers and spouses helping them get connected with their units.

"Since the day this family arrived to Fort Riley, Carley has been a valuable asset to the relocation program," said Bryan Bartlett relocation program manager. "She is a valuable asset not only to our relocation 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 GO FOR A RUN TO CELEBRATE 124 YEARS.

SEE PAGE 9

ALSO IN THIS ISSUE



SPC. SHELL VISITS HISTORIC CHURCHES IN KANSAS TO LEARN HOW THEY GOT THEIR START.

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DUTY FIRST DOWNRANGE

1

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



Pfc. David Wiggins | TRAINING SUPPORT ACTIVITY EUROPE
Capt. Taylor Bayless assigned to 1st Infantry Division conducts combative drills with a German soldier during a basic combatives course at Grafenwoehr, Germany, July 18. U.S. Soldiers assigned to 7th Army Training Command, 41st Field Artillery Brigade, 1st Infantry Division, 173rd Airborne Brigade and German soldiers participated in a basic combatives course, which builds personal courage, confidence and resiliency while also preparing for hand-to-hand combat



Sgt. Kyle Larsen | 5TH MPAD
Spec. Zachary Anderson, a crew chief in the 1st Combat Aviation Brigade, prepares a UH-60 Blackhawk for a static display in the second edition of the Wings over Baltics Airshow July 20 in Jurmala, Latvia. Soldiers from the 1st Combat Aviation Brigade participated in the Wings over Baltics airshow, which is the biggest airshow in the Baltic States with performances of jet teams, solo turboprops, fighter jets and helicopters to help build relations with its North Atlantic Treaty Organization allies.



Staff Sgt. True Thao | 358th PAD
A convoy of M3 Bradley Fighting Vehicles belonging to 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, exit the training area after a battalion live-fire exercise during Platinum Lion 19 at Novo Selo Training Area, Bulgaria, July 18. Exercise Platinum Lion is a battalion-level peace keeping operations/counter insurgency event designed to provide quality, organized and realistic training for designated military units from NATO partners and allied countries. The exercise reinforces relationships in a joint training environment, builds understanding of partner nation tactics, techniques and procedures and increases interoperability within the military forces.

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SFAB Leader Development Briefs
FORT RILEY, KANSAS
31 JULY & 01 AUGUST 2019

The SFAB assesses Soldiers for service in more than 60 MOSs and 20 career fields. Interested Soldiers are encouraged to attend information briefs and meet with the SFAB Recruiting Team who can facilitate accession into the SFAB.

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01 August: 1000, 1300 & 1430

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Transition program provides avenues to Soldiers for life beyond uniforms

By Stratton Szanyi
SPECIAL TO THE POST

Navigating the nuances of transitioning to civilian life and work culture outside of the military is a task where help is available. Soldier for Life staff members provides assistance to Soldiers, veterans and their immediate family members with everything from resumes to interview skills.

“Don’t take anything for granted,” said Mitch Foley, transition services manager, Soldier for Life. “As veterans, we automatically assume that everybody can translate what we can do for them. That’s not true. You could’ve done some great things, but they can’t understand it because they don’t know what it means.”

Not only does the SFL program provide job counseling to the veteran, the team also educates employers.

Helping employers understand the positions veterans held during their time in service scratches the surface of difficulties transitioning to civilian life.

Soldier for Life staff members try to mitigate that by translating military language to civilian. This includes things like job titles and language and forms of address.

“Transition is such a culture change ... when service members go into a new organization they’re thinking it’s going to be just like it was for me in the military; that’s not the reality of the situation,” said Robine Lunkwitz, recruiter/program manager, Ryder.

“We try to enforce that (civilian norms) during class,” said Sarah Beasley, admissions and placement specialist, Airstreams Renewables. “We address students by their first name, we try not to use mili-



Timothy England, ABF Freight, explains to graduates Sgt. Wayne Poyser Jr. and Staff Sgt. Dequan Chatmon what comes next in their journey with ABF Freight. Poyser and Chatmon earned a diploma and a commercial drivers license in a six-week course conducted on Fort Riley. The course is a partnership between Fort Riley and ABF Freight to ease the stress of transition for Soldiers leaving the Army.

tary time ... try to get them used to the idea that the civilian world is different. All of us that work here are veterans. So we’ve all made that transition.”

According to Soldier for Life’s portal on MyArmyBenefits.us.army.mil, staff members can assist Soldiers through the counseling, employment and education workshops and seminars.

The team at SFL partners with hundreds of employers across the United States to tailor classes and seminars for civilian employment in major industries. Preparation and mandatory certifications can be the deciding factor in hiring decisions in these companies.

“If you’re not licensed or credentialed in the civilian world, you won’t work in that field,” said Foley. “That’s a reality that we find out quickly when we get out.”

Companies like Ryder and Airstreams Renewables are actively recruiting from the program and have specific requirements they are looking for upon graduation.

“The nice thing about this program is that we take the skills that they currently have and we hone them ... Ryder-ize them,” Lunkwitz said. “We’re essentially training them to work for our company.”

“They get 10 industry certifications out of the program ... most of our students at graduation already have job offers,” Beasley said. “We’ve had two veterans start with a telecommunications company in Kansas City and within two months they were rising within the ranks. They are now both site leads at two different locations.”

Organizations like these are becoming more intercon-

nected with the civilian world, broadening the understanding about veterans and what they can contribute to growing industries post-military.

“Ryder operates very similar to a well-organized military ... something our service members can attest to,” Lunkwitz said.

“With renewable energy, they are actively trying to recruit from the military,” Beasley said. “They like the ethics and leadership characteristics that they see within them.”

According to Foley, “Every single day there’s a success story.”

Soldier for Life is at 212 Custer Ave. For additional information, visit www.sfl-tap.army.mil/pages/sfl-tap-centers/default.aspx or call 785-239-2278.

Wings over Baltic Airshow 2019

Story and photo by Pvt. Joanna Gaona Gomez
5TH MPAD

JURMALA — Latvia People from all over Europe traveled to the airport in Jurmala, Latvia, to view and participate in the Wings over Baltic Airshow, July 20 and 21.

The Wings over Baltic Airshow is the largest airshow in the Baltic region, where locals get to see a show performed by different jet teams such as Team Orlik, Baltic Bees Jet Team, Artur Kielak, JAS-39 Gripen and the Polish Air Force F-16 ‘Tiger’ Demo Team.

The airshow featured performances by jet teams, carnival games, plane and car displays, bungee jumping and static displays by the U.S. and British Armies.

With sunny and clear skies, the day was described as “the perfect weather for flying” by many of the participants. Thousands of people gathered against the fence closest to the airfield to see some of the intricate performances by the jet teams.

As Jets buzzed by in the background, curious adults and children gathered around the different aircrafts positioned adjacent to the flight line to get a closer look and for the opportunity to sit in the pilot’s seat.

This year, Soldiers from the 1st Combat Aviation Brigade,

1st Infantry Division, showed their support to the Latvian people by participating in the airshow. The 1st Inf. Div. Soldiers flew a Blackhawk Helicopter to the event from their strategic position within Latvia and demonstrated some of their capabilities for the thousands of people viewing.

Afterward the flight crew set-up a static display allowing people to get face-to-face with the aircraft.

“I think events like this give the public a little bit more of an approachable view towards the military,” said Spc. Zachary Anderson, a crew chief in 1st CAB, 1st Inf. Div. “They are able to see that it’s not something that is far off to them and it’s something they’ve seen and can see that we are friendly.”

U.S. Soldiers not only improved relations with Latvia during the airshow, but also with the British soldiers who participated. The U.S. Soldiers and British soldiers were seen joking and talking about the vehicles they brought to the airshow.

“It’s good to mingle with the local people, because it’s nice to hear they’re appreciative of why we are here and they understand that we are here to do a job,” said James Godwin, a British soldier with the King’s Royal Hussars. “[The U.S. and British] presence makes them feel a lot better and that’s why it will help in the long run.”

GERMANY Continued from page 1

Black joined the 1st CAB in 2017 after serving as the executive officer for the commanding general of U.S. Army Special Operations Command.

“I stand here today humbled and honored to be with the Soldiers of this brigade, this division and the communities and families,” said Black.

During the ceremony, Black passed command of the 1st Combat Aviation Brigade to the leadership of Chivers.

“I am happy to serve the sons and daughters of this nation,” said Chivers. “I look forward to fighting, flying, fixing and fueling in the great Demon brigade.”

UPGRADES Continued from page 1

another by using a chat function. This chat option provides an additional means of communication when other forms, like radios, could be out of range or inoperable.

The ‘Dagger’ brigade’s tracked vehicles were previously equipped with the FBCB2/BFT 6.5 system. This older version operated on the BFT 1 network. However, the wheeled vehicle fleet operates on the new JBC-P version and runs on the new BFT 2 network.

Although these systems operated on different networks, they still communicated and provided command and control, but they had limitations. The new upgrades will fix those issues and provide warfighters with a faster and more secure friendly force tracking system, Simpson said.

“JBC-P has newer graphics, newer user interface buttons, touch-to-zoom maps, drag-and-drop icons, more user friendly messaging for-

mats and many other items too long to list,” he said. “Soldiers operating this system will see a marked improvement over their older systems.”

Soldiers of the 2nd ABCT, 1st Inf. Div., to maintain their readiness, recently completed a rotation at the National Training Center at Fort Irwin, California, and have many upcoming gunneries. The JBC-P upgrade is just another way the brigade is able to increase their readiness and ability to fight tonight.

“The system substantially increases our lethality because of its secured satellite connectivity and upgraded interface, which is much more user-friendly and has faster transmitting data speeds,” Riley said. “We anticipate this new system to be incorporated into our combat platforms and provide increased readiness for deployments and to work alongside our joint partners in the operating environment.”

TRAINING Continued from page 1

and move through the elements but without the pressure to perform at a high speed.

“I’m a human resource specialist so I mostly handle administrative work, so whenever I get the chance to come out and participate in training, or go to a National Training Center, it’s a nice change and helps me get back to sharpening my tactical skills,” Wallace said.

In phase three, elements of this training ranging from supply pickups, addressing wounds, defending against enemy engagements, nine line medical evacuation calls, situational reports, land navigation and strategic and tactical planning were all placed in full swing as a real-time evaluation and reaction of these skill sets took place.

“The training was helpful in the aspect of future deployments if we ever had to set up a forward arming and refueling point or secure an airfield,” said Sgt. Benjamin Hite, an aircraft powerplant repairer, with the HSC, 601st ASB, 1st CAB, 1st

Inf. Div. “We know that we are able to convoy out there safely and we know how to react if we are engaged.”

The convoys were primarily comprised of two types of vehicles; high mobility multi-purpose wheeled vehicles and light medium tactical vehicles. The Soldiers were armed with a typical mounted set up of M2 .50 caliber machine guns, M249 squad automatic machine guns, M240 squad automatic machine guns and M4 assault rifles. Each weapon was loaded with blanks and outfitted with blank firing adapters.

“My favorite part about the training was when we were out doing the exercises with the weapons and convoys,” said Hite. “We were actually able to engage with the opposition force. It was a good and fun learning experience for all of my guys and myself.”

A valuable aspect of this training was that opposition forces were staged and ready to engage as enemy combatants

throughout the course. The convoys had to navigate these engagements to complete their mission.

“Being OPFOR we want the Soldiers who are in the convoy to feel the stress that comes from being in an actual fight and being able to make decisions under that stress,” said Spc. Adolf Alvarez, avionic and survivability equipment repairer, HSC, 601st ASB, 1st CAB, 1st Inf. Div.

Alvarez went on to share that the value of this training was not lost on him because he was playing the role of OPFOR.

“The first time I found out about this training I was pretty excited to get to see what our guys would do under pressure, and it was exciting to be on OPFOR because it gives a glimpse at what the enemy does,” Alvarez said. “Even though we are OPFOR we are still getting training in military tactics.”

“I think this was really good. This was probably one of the best trainings I’ve got-

ten in the last three and a half four years that I’ve been with 601st,” Wallace said. “In the last iteration that we did I got to be the QRF or the quick response force, which was good training. We were rolling down the trail and realized that there was going to be enemy up ahead, so we dismounted early and went through the woods to try and get them by surprise before they could get us. It was a lot of fun.”

Alvarez was among the OPFOR overtaken by this strategic move.

“Opposition forces are important because they give our Soldiers a more realistic look at what would happen down range,” Alvarez said. “It gives them the closest training you can get besides being in a deployed environment. My favorite part of the training was getting the convoys in a sticky situation and seeing how they would react.”

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Looking Back: Exterior of building 317 changed little, interior modernized

Scott Rhodes
USAG PUBLIC AFFAIRS

The Works Progress Administration was responsible for nearly \$4 million in construction and infrastructure improvements on post in the 1930s. The WPA Camp was located to the south and west of Main Post between the Union Pacific railroad tracks and the Kansas River.

Building 319 Marshall Avenue was built in 1936 as an instruction building for the WPA Camp. When Fort Riley took over the building in 1942 it was converted for use as a motor repair shop with an ordinance room on the building's west end.

Most recently, building 319 served as the long-time home of Fort Riley's Civilian Personnel Advisory Center before that activity moved to their current location in building 253 along Cavalry Stable Row.

The building is being renovated for use by City Light and Power, the post's privatized electric utility provider.



Building 319 as it looked in 1942 and as it appears today.

BUSTED

JULY 7 Family member, spouse, failure to stop at a posted stop sign	Spc. Co. A, 2nd Bn., 70th Armor Regt., 2 ABCT, 1st Inf. Div. unsafe movement-forward Family member, spouse, no driver's license/unlicensed Family member spouse, improper backing Pfc. unknown rank, failure to obey traffic control device Pvt. HHC, 101 BSB, 1 ABCT, 1st Inf. Div. speed 21 and up Family member, spouse, speed 15-20 Family member, spouse, speed 11 to 15 over	JULY 10 Staff Sgt. unknown rank, failure to stop at a posted stop sign	JULY 13 Family member / spouse, speed 15-20 over Family member / spouse, driving while license is suspended or revoked
JULY 8 Family member, spouse, failure to stop at a posted stop sign Sgt. Co. A, 1st Bn., 18th Inf. Regt., 2 ABCT, 1st Inf. Div., improper backing		JULY 11 Pfc. Co. I, 1st Bn., 18th Inf. Regt., 2 ABCT, 1st Inf. Div., failure to secure equipment	OTHER CITATIONS July 7: Speed 1 to 10 over July 11: Failure to stop at a posted stop sign, speed 1 to 14 over July 12: Following too close
JULY 9 Spc. Co. A, 2nd Bn., 70th Armor Regt., 2 ABCT, 1st Inf. Div. improper turning movement		JULY 12 Sgt. unknown rank, suspended registration Spc. unknown rank, failure to stop at a stop sign	

Vice chief: Combating assault relies on cohesive units

By Thomas Brading
ARMY NEWS SERVICE

ALEXANDRIA, Va. — Eliminating sexual assault and changing the Army's culture on intervention starts with changing how leaders and Soldiers view the problem, said US Army Vice Chief of Staff Gen. James McConville, during the fifth annual SHARP Program Improvement Forum Tuesday.

"Sexual Assault and Sexual Harassment are a deliberate fratricide (against another Soldier)," McConville said at the forum providing insight into topics impacting the Sexual Harassment/Assault Response and Prevention community. "That's how I want people to think about it."

The forum brought together senior leaders, program managers, sexual assault response coordinators and victim advocates from around the Army. They collaborated on ways to refine and enhance the SHARP program. The forum took place a few months after release of the Department of Defense annual report on sexual assault in the military.

Every year, the Pentagon releases a report outlining the number of sexual assaults reported by service members. With sexual assault often being an underreported crime, an anonymous survey is also conducted every two years to get a better understanding of prevalence, or the estimated occurrence of unwanted sexual contact. The 2018 anonymous survey revealed an increase in Soldiers who say they've lived through some form of sexual assault.

"We're not going in the right direction, so let's own it," McConville said, taking responsibility on the setback, "We've got some work to do."

The increase indicates that 17- to 24-year-olds were at the highest risk of being assaulted, and occurrences typically happened between two people who work, train, or live in close proximity, indicating the per-

petrators are peers of the same age range and are similar rank, as their victims.

With the increase in prevalence shifting to a slightly younger demographic — 17- to 24-year-olds — who are relatively new to the Army, we need to teach them what to think before we teach them how to think, McConville said. They should be thinking, "We cannot have this — sexual assault and sexual harassment — in our squads. We cannot stand for this."

With 120,000 Soldiers joining the Army every year, it's an issue that needs to be changed from the bottom up by empowering the squad-level leadership. Through the reinforced actions of ground-level leaders, the Army's culture can change, he said.

AMERICA'S SONS AND DAUGHTERS

"We're asking the American people to send their sons and daughters into the military, to wear this uniform, and we're asking them to trust us," McConville said. We're telling

families, "If you send your sons and daughters, (it's our job) to take care of them."

However, when the American people don't believe leaders will take care of Soldiers, he said they'll stop sending their sons and daughters. A cohesive unit is built on trust, he said, and cohesive units win on the battlefield. This is a battle the Army will win by shaping its culture.

"I have three kids who serve; I expect and my wife demands we provide a safe and secure environment," McConville said.

A CULTURE OF TRUST

McConville touted heroic actions of Soldiers across the Army, saying it's in their culture to do the right thing, and gave examples of Soldiers who have done incredible feats at the risk of their own safety, like running into a burning building to save someone or rescuing someone from drowning. He said Soldiers often do less dangerous but selfless actions, like stopping along the road to help someone change a tire.

"Soldiers know when to intervene," he said. "It's who we are."

To convince Soldiers to intervene during a potential sexual assault a change to the culture is needed, he said.

Changing culture begins at the ground level, by teaching Soldiers how and when to intervene, McConville said, adding, "That's how you get someone who intervenes right away. That's how they run into those burning buildings, that's how they go after cars underwater — Soldier's will do it — we need to reinforce that type of thinking moving forward."

Treating everyone with dignity and respect, protecting each other — it's just the right thing to do, McConville said.

"People who don't do that, they're not part of us. We are the most respected institution in the United States, and that's earned," he said.

CIVILIAN SPOTLIGHT

MELISSA PHELPS

RECREATION SPECIALIST, DIRECTORATE OF FAMILY AND MORALE, WELFARE AND RECREATION

Melissa Phelps was tasked to oversee the events team due to her supervisor's three-month assignment to Germany. During this time Melissa managed her normal event programming and

all the extra tasks associated with running the team, ensuring everything from managing the event budgets to designing and building props where completed to execute multiple successful events. These events included; Trivia Night where the participation was 150% greater than anticipated, Bounce-Apalooza that had over 400 participants, Taking the Hill, and the Get Lucky Run. She did this while working on future events, such as the Superhero Saturday and Rainbow Color Run.

Melissa is always looking for ways to make programs better and works hard to make customers happy. She has done a great job keeping the team going and motivated in her supervisor's absence.

TRAFFIC REPORT

ACCESS CONTROL POINT HOURS

Those with valid military ID cards or who have an access pass or badge and want access to Fort Riley on weekends should use Estes, Ogden, Henry or Trooper gates.

For more information about Fort Riley access procedures, visit home.army.mil/riley/index.php/about/visitor-info.

The Fort Riley Visitor's Control Center is open Monday to Friday from 5 a.m. to 11 p.m., weekends and federal holidays from 8 a.m. to 4 p.m.

The access control point hours are:

Henry, Four Corners and Trooper
Open 24/7. Expect delays at Henry ACP through February. Due to construction lanes will be reduced.

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

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

12th Street:
Open from 5 a.m. to 7 p.m., Monday to Friday, closed weekends and federal holidays. This gate will have inbound commercial vehicle lanes only.

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

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

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

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

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

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RILEY ROUNDTABLE

If you woke up and discovered you could make yourself invisible, what's the first thing you would do?



"Eat breakfast, you have to be healthy whether you are invisible or not. And eat healthy – would you want to be an invisible healthy person or an invisible fat person?"

SPC. ISMAEL GARNICA
ERIE, PENNSYLVANIA

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



"Play prank on people like poke them and make them think there is a ghost or they're going crazy."

ROXANNE ROBINETT
SAN ANGELO, TEXAS

Recreation aid at Warrior Zone



"Catch people doing good things."

SGT. DARWIN GOMEZ
QUEENS, NEW YORK CITY

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



"Donate my body to science so they could figure it out and other people could be invisible too."

PVT. ANDREW HENNINGER
LAKEHURST, NEW JERSEY

82nd BEB, 2nd ABCT, 1st Inf. Div.



"Single handedly win the nation's wars."

SPC. DEREK WATKINS
RALEIGH, NORTH CAROLINA

82nd BEB, 2nd ABCT, 1st Inf. Div.

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SAFETY CORNER

Summer safety – the thrill of it all

Dawn J. Douglas
GARRISON SAFETY OFFICE

Team Riley, for some summer means amusement parks and fairgrounds. Rides provide plenty of twisting and twirling sending thrill seekers on a sensory journey filled with flashing lights and booming music. The summer is a great time to enjoy local fairs, carnivals and other events which include rides for adults and children.

But did you know that 7,000 Americans go to the emergency room every year after getting injured on carnival rides? The problem is that although the Consumer Product Safety Commission regulates how rides are manufactured, there is no federal oversight over how they are set up and maintained. The onus is on reputable fairground companies to ensure they follow strict safety precautions when setting up and staging fairground rides, booths and games.

There is a lot of excitement that happens at the carnival. Carnival rides are supposed to be a little bit scary, but not because they are unsafe. Terrifying accidents happen every summer for three main reasons:

Equipment Failure: Like any piece of machinery with moving parts, there are external failures and there are internal failures. Loose bolts, rusted metal parts, malfunctioning controls, faulty electrical components, improper safety restraints, etc.

Inconsistent State Regulations: The rules for inspecting fairground equipment vary from state to state and some states do not inspect carnival rides at all. According to an article published by KMBC News, "Missouri requires annual inspections.

The state also does spot checks. But operators in Kansas do not have to turn those reports over to the state and there is a lack of funds for random state inspections, making common sense your ultimate ticket."

Human Error: A spokesperson for the National Association of Amusement Ride Safety stated that the vast majority of accidents are caused by riders themselves. Riders engaged in unsafe acts such as horseplay, failing to regard operator instructors, unbuckling the seatbelt while the ride is in motion, failing to keep head, arms or legs inside the compartments safe zone and attempting to exit the ride while the car is still in motion, are just a few of the ways patrons get injured.

SAFETY TIPS

Go on a weekday: Accidents tend to happen when amusement parks are crowded and chaotic. If possible, go to a carnival during a weekday when there are less people.

Accompany small children: Most carnivals will have age appropriate rides that are safe for children. But when children go on rides that are intended for the general public, they may not have the body composition to fit into the ride compartment safely. In addition, children of all ages can have adverse reactions to the intensity of the ride to include emotional and physical agitations that may make it unsafe for them to ride alone.

Wear appropriate clothing and shoes: If you plan on riding on rides, wear the appropriate shoes and clothing. Avoid clothing that dangles or drags, which can catch

door hinges or jam between moving parts. Avoid wearing flip flop style shoes.

Seatbelts should be snug but not tight: Seatbelts are often the first line of defense from being ejected on a carnival ride, therefore ensuring the seatbelts operate correctly, fits snugly and is correctly attached to the ride is paramount. At many carnivals the operator will do a visual check to make sure the seatbelt is fastened, but many do not physically pull to make sure it is secure and snug.

Keep arms and legs inside the compartment: Arms and legs can become seriously injured in a carnival ride speeding at 70 miles per hour. Unless, instructed that it is safe, keep arms and legs inside of the carriage of a ride gripping safety bars if provided.

Make sure the ride ends before exiting: In the rush to get other off and accommodate persons standing in line, riders may attempt to exit the ride prematurely. Many accidents happen when the ride is over and patrons are trying to exit. Motion rides may leave a person disorientated and off balance. Be sure that the ride has come to a complete stop and safety instructions clearly indicate that riders can exit.

State fairs and carnivals are a part of summer of fun and should be enjoyed. Team Riley, don't let summer fun turn into summer tragedy by not taking proper precautions to ensure safety. If the carnival provider is reputable and the operators are attentive and exercise proper safety precautions during pre-checks, chances are the ride is safe. For more information, contact the Garrison Safety Office at 785-240-0647.

What scale measures full scale?

Dear Doc Jargon,

I work at a small agency on post and we are normally pretty far removed from the daily battle rattle of Fort Riley. This week was a bit different. I noticed a lot of reference this week to an "FSE" and I figured it has to do with all of the "exercise, exercise, exercise" announcements, messages and AtHoc notifications. I also saw a lot of traffic for emergency vehicles and a bunch of people walking around with vests that said IMCOM on them. Can you tell me what FSE stands for, who those vested people were and a little about the objective of the exercise that just happened?

Sincerely,
Exercise Witness

Dear Witness

A full-scale exercise is an annual event that lets the installation test out its plans and processes in the event of an

emergency. This year was the first year we were evaluated by the new Installation Management Command Exercise Evaluation Team. Those people in the vests were the members of that team and hail from all over the country.

Our scenario was the first time we'd teamed up with our local school district to make sure we could coordinate our response. This time, the exercise not only checked the requirement to test our processes for the Army, but it allowed our Unified School District 475 partners to satisfy their annual state requirement to conduct an emergency response exercise.

The term "full-scale" comes from the National Incident Management System and is the culmination of several smaller tests and reviews of our processes throughout the year.

Sincerely
Doc Jargon

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

Military innovation: Antibiotics, accident of science

By Collen McGee
USAG PUBLIC AFFAIRS

Sometimes the best inventions are made by accident. In the case of antibiotics, a case of cross contamination was what lead to a discovery that would save lives. However, the discovery would have to go through the trials of war before it was able to be produced in enough quantity to make a difference.

According to an article on Healio.com, Scottish researcher, Sir Alexander Fleming, was often described as a careless lab technician. The article said Fleming returned from a two-week vacation in September of 1928 to find mold had devel-

oped on a contaminated staphylococcus culture plate. From there, Fleming wrote a paper on how the mold was killing the staphylococcus bacteria.

The article on Healio.com went on to explain that Alexander didn't have the facilities at the Laboratory of the Inoculation Department at St. Mary's Hospital in London to continue the research and he stopped studying it in 1931.

Another article at PBS.org picks up the story of the "wonder drug" in 1938 when Dr. Howard Florey, a professor of pathology, who was director of the Sir William Dunn School of Pathology at Oxford University, found Fleming's paper on

penicillin's ability to kill other bacteria.

Florey's first human trial, according to PBS.org, was after distilling 2,000 liters of pure penicillin mold culture fluid, the amount the researchers estimated would treat a person, was a 48-year-old police constable who was infected through a cut by streptococci and staphylococci. After five days of injections, the patient began to recover, but the amount of penicillin didn't meet the need to battle the infection. The patient later died and research had to adjust course and it flew to America from London.

Florey, and colleague Dr. Norman Heatley, travelled to Peoria, Illinois, in the summer of 1941, just before the U.S. entered World War II. And from there a different, stronger strain of penicillium was found — again by accident and this time on a cantaloupe brought in by a lab assistant because it had "pretty golden mold" on it. And, according to the NPR.org article, the wonder drug from that golden mold was developed in time to save thousands of lives. The death rate during World War I from bacterial pneumonia was 18 percent; in World War II, it fell, to less than 1 percent.

Police bump it up

July 29 to Aug. 4, 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:

Olympic, Franklin and Water Plant.

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 and website home page www.home.Army.mil/riley.

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

GRUNT



FORT RILEY



MOSQUITO FOGGING JULY

- 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>

The next USAG Resilience Day Off is

August

2

HAVE A STORY IDEA?

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Online portal, road updates discussed at town hall

By Gail Parsons
1ST INF. DIV. POST

Updates about the road construction project on Henry Drive and the new online portal for submitting work orders to Corvias were given at the July 16 Town Hall meeting.

Angela Watson, Corvias operations director, said there are 642 registered users of the portal. Before using the system, whether it be via computer or the phone app, Corvias residents need to have created an account.

Once they have registered, they can submit work orders and be notified when the issue has been resolved.

“First and foremost — the most important thing is to remember is that the online portal is not for urgent or emergency work orders,” Watson said.

All work orders entered through the portal are automatically classified as routine. It could be several hours before it is opened and someone looks at it.

She said they have tried to make the portal user friendly “You simply click on the submit order button,” she said. “Once you’re in it, you’ll have to enter a combination of things ... the location of the problem with the category of the problem and then provide a description of the problem.”

People should provide as much detail as possible so when the maintenance staff is reviewing it they can understand it. There’s also an option to upload photos.

After explaining about the online portal, Watson turned her attention to how the waitlist process works for people to get housing through Corvias.

“We want as many Soldiers and families on post as possible,” she said. “The current occupancy is 96% and we’ve maintained that even through the multiple deployments, which is absolutely wonderful.”

The downfall, she said, is the availability of housing for incoming Soldiers. To an audience of command members and Family Readiness Group leaders, she said it is important to pass the word to anyone they know who is coming to Fort Riley. They need to get on the waitlist as soon as possible.

“It is kind of first come, first served,” she said.

With some exceptions, the wait can be six to eight months before a housing unit is available. This part of her presenta-



Angela Watson, Corvias operations director, explains how the new online portal works to allow residents to go on the computer or an app and file work orders, during the Townhall Meeting July 17 at Riley’s Conference Center.

tion elicited a question about why there is not more housing on post.

There are 3,827 houses on post — the determination to the amount of housing is not made by Corvias, she said.

Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander, backed up her explanation.

“... that is also in relationship with Junction City and Manhattan because you can create a housing bubble,” he said. “An Army installation can cause a significant impact on the outside community.”

He said throughout the Army, about one third of the Soldiers and their families live on post.

“Two thirds of the population of any installation are off post,” he said. “The Army set the standard that we’re going to take care of about a third of the population based off capacity and funding. We’ve still got to fund readiness; we still have to fund modernization.”

Following Watson, David Scruggs, chief, Engineering Division, Fort Riley Public Works, gave a brief presentation on what people can expect in the coming months as road construction is expected to tie up traffic from Interstate 70 and Henry Gate to Main Post.

“We’re repairing a lot of concrete,” he said. “We’re going to have quite a few traffic delays and the critical point is going to be between the railroad bridge and the roundabout.”

During different phases of the work, the two-way traffic will be reduced to one-lane

with stoplights to control and alternate traffic movement. The one-lane, two-way traffic is expected to last until mid-October.

Shrader said the entire project will last through February.

The first part of the work will be improvements to the shoulder.

“This will allow us to divert traffic in future phases over to the shoulder while we are working on the roadway,” Scruggs said. “There will be some in-lane repairs, but we will maintain two-way traffic in this phase.”

Scruggs said it would be a good idea for drivers to use alternate gates while the project is underway.

While the construction will cause headaches for some people, other gates will remain open.

“Ogden will still be open, Trooper will be open, Grant will be opened ...” Shrader said. “(If) we need to open an additional gate, we’ll take a look at that. Right now, we don’t plan on that because we think we can handle the capacity between Trooper and Ogden. Henry gate is actually our third most tracking gate that we have on the installation. Trooper’s number one and Ogden is number two. So, we think we can handle the demand at the other access control points.”

After the presentations, speakers representing several on- and off-post organizations spoke about events and activities they have scheduled in the coming months. Many of these can be found in the calendar within the Fort Riley app.

Filipino immigrant is proud he serves in US Army

Story and photo by Spc. Nyatan Bol
5TH MPAD

ILLESHEIM, Germany — “Give me your tired, your poor, your huddled masses yearning to breathe free, the wretched refuse of your teeming shore. Send these, the homeless, tempest-tost to me, I lift my lamp beside the golden door!”

These words, written by Emma Lazarus in her sonnet “The New Colossus,” in 1883 and etched on a plaque on the Statue of Liberty, serve as a reminder to Americans of the commitment our nation has made to people from all over the world, fleeing persecution and violence in search of the American dream. Tens of thousands of Soldiers, who are immigrants, serve in the U.S. Army, with many achieving citizenship while serving.

One such Soldier is Spc. Jerome Arenas Delos Reyes, an aircraft powerplant repairer assigned to Company B, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division.

Delos Reyes was born in Manila nearly thirty years ago; his mother is Divina Delos Reyes, an entrepreneur who owned a business selling rice and his father, Tagumpay Delos Reyes Jr. worked at a clinic as a paramedic. The neighborhood he grew up in was “a really tough place” he said. It was plagued by gang violence and crime. Despite that, Delos Reyes was able to have a successful career in sales, take care of his family and live a decent life. While things were going well for him, violence plagued his neighborhood, putting him and his family in a precarious situation.

When he was 26 years old, his family made the decision to leave everything they had ever known and move to the United States. It wasn’t an easy decision, and Delos Reyes was hesitant.

“I had built a life there with my wife and had a stable job,” he said.

Moving to the U.S. for him would mean “starting at a zero,” a prospect that worried him.



Spc. Jerome Arenas Delos Reyes, an aircraft powerplant repairer assigned to Company B, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division, conducts maintenance on an aircraft engine, July 17, in Illesheim, Germany. Delos Reyes immigrated to the United States three years ago from the Philippines.

His family applied for a visa to come to the United States, but it meant leaving behind his older brother and sister and his wife, Jonalyn Poserio Delos Reyes. He said it was a difficult decision for his family to make, but his dad was adamant.

Delos Reyes said his father believed “America would provide him and his family better opportunities to succeed.”

As a family, they were chasing the American dream. When they arrived in the United States, it was quite difficult. Delos Reyes recalls sleeping in a car his first few nights. Despite the hardships, he knew his family was depending on him, so he worked two jobs and so earned the sole income for his family, he said.

They relied on him to make decisions and looked to him for advice.

After a few years of struggling to make ends meet, and not being able to spend any time with his family, Delos Reyes decided to join the U.S. Army. He scored well enough on his Armed Services Vocational Aptitude Battery, a multiple choice test administered by the United States Military Entrance Processing Command, to be able to get a job related to Aeronautical Engineering, a field in which he earned a degree in while in the Philippines. He was excited at the prospect of repairing helicopters.

Today he enjoys his job and the stability being in

the Army has given him. The most difficult part of being a Soldier for him is being separated from his wife, who he hasn’t seen in over three years. He continues to work diligently to be reunited with her.

Complicated immigration laws are making the process difficult, he said. But he hasn’t given up.

Delos Reyes is committed to continue serving and says he is grateful for the opportunities it has given him. He hopes to use his military experience to pursue a civilian career in Aeronautical Engineering.

“The Army’s been a great stepping stone for me and I’m very fortunate,” he said. “I learned so much, not only about the Army and America, but about myself. Coming to America and joining the Army has strengthened my confidence which is really important to me. It’s also made me realize how truly important my family and wife is and that their faith in me is what keeps me motivated to do even better things out here.”

Delos Reyes aspires to become a non-commissioned officer in the Army and is eager to pursue a career where he is able to use his degree in Aeronautical Engineering.

“The Army gives me so many options with what I want to do with my life and it’s great,” he said.

Delos Reyes is currently on rotation in Illesheim, Germany in support of Atlantic Resolve.

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Hollywood technology to help Army innovate tank training

By Joe Lacdan
ARMY NEWS SERVICE

LOS ANGELES — The Army has enlisted the help of some of the brightest minds in the tech industry to test and evaluate crucial decision-making skills of tank commanders on the battlefield.

To achieve that goal, the service extended its reach thousands of miles west from Fort Benning's Maneuver Center of Excellence in Georgia — where tank crews normally train — to Los Angeles.

Researchers at the Institute for Creative Technologies at the University of Southern California through a partnership with the Army have developed a mixed reality program, the Synthetic Collective Operational Prototyping Environment, or SCOPE.

The program focuses on the cognitive aspect of the training — the critical battlefield responses a tank commander makes — by placing the student in a simulated, immersive 3D-training environment.

Institute for Creative Technologies researcher David Krum said tank commanders must be vigilant to status updates from unit leadership at mission command and incoming enemy aircraft hovering overhead, making decisions that affect the lives of the other three tank crew members.

The technology can evaluate a student's performance in the virtual reality, multi-player program by using specially-positioned sensors that track eye movement and body position. The ICT development team hopes the training will lead to rapid efficiency while helping students retain information at a higher rate.

"If they can get more repetitions in for the training, people get more practice (for) when they actually go into combat or actually go into a field exercise," Krum said. "They've already done missions before. They can approach that more confidently and save time."

Researchers have spent nearly two years developing the technology in an enclosed studio space within the ICT headquarters. Programmers in suits and polo shirts occupy the bright studio, where they exchange ideas while hunkered over each project's interface.

David Nelson, ICT's creative director for mixed reality research, said an earlier version of SCOPE, the Team Assessment and Learner Knowledge Observational Network, or TALK-ON, just completed three testing rotations at Fort Benning that yielded positive results.

Even though no Soldiers currently work in the ICT, several of the programmers have military experience. The SCOPE research team has also worked closely with the Army Research Laboratory at Aberdeen Proving Ground, Maryland, as well as teleconferencing with tank trainers at Benning.

Lying in the shadow of Hollywood, the ICT researchers have been collaborating with film and gaming industry artists to create a diverse palette of programs using immersive technologies in virtual reality.

Playa Vista, a growing tech community in western Los Angeles where ICT is located, has drawn top-level talent and has



Courtesy photo

Soldiers use the Team Assessment and Learner Knowledge Observational Network, which tests the cognitive performance of tank commander trainees. The technology was developed by researchers at the University of Southern California's Institute for Creative Technologies in western Los Angeles.

rapidly earned a reputation as a Silicon Valley extension.

In an area that Howard Hughes once made famous for aircraft innovation, the ICT staff now creates their own innovative projects — from virtual interactive therapy for Soldiers who suffer from PTSD and sexual assault to the development of One World Terrain, a data mapping program that creates virtual landscapes from real world locations.

In the SCOPE platform, Soldiers use a virtual reality headset with built in eye-tracking. Three tank commanders then take part in a simulated training sequence that tests their cognitive abilities and performance under duress. The trainees remain in communication with one another and a central command that helps them develop unit cohesion. Nelson said the platform will eventually expand to four tank commanders training simultaneously to represent a full tank platoon.

The SCOPE's platform will give researchers and trainers the capability to assess a student's performance by collecting large amounts of trainee data to gain a greater understanding on how trainees make sense of the information available to them and how that informs their decision making. Nelson said the research team has just begun the initial development stages of SCOPE and expects formal testing to start in fiscal year 2020.

While TALKON focused on cognitive task training and communications, the SCOPE program will advance on that model with more sophisticated sensor tracking. The program will also use One World Terrain data, a central pillar of the Army's synthetic training environment.

In SCOPE, Soldiers will train in a three-dimensional environment using a scenario developed at the Army Armor School in Fort Benning. Soldiers will use a replica joystick and a 3D-printed control box that interfaces with the tank commander's helmet.

Previously, tank commanders trained with Soldiers who role played the tank driver, gunner and loader. Using the SCOPE or TALKON software, the other crew positions are simulated and will eventually be controlled by artificial intelligence software.

"We're focusing on the decision-making and the sense-making," Krum said. "And we've kind of reduced the overhead. I don't need to put a person in the driver's seat, in the loader's seat and in the gunner's seat if I only want to train the tank commander or the platoon commander."

The combat scenario consists of a mission briefing and different progressive phases that the student tackles within the 3D environment. The trainee uses the intercom to switch back and forth between communicating with the platoon and the company networks.

"You're basically processing all this information and then you have to decide what to report, update your mental picture," Krum said. "Do you report information up to higher command, do you tell people in your tank what to do, (or) tell people in the other tanks in your platoon what to do?"

Nelson said the technology yields massive amounts of data

that will allow the research team to gain a greater understanding of trainee decisions and how to improve training methods.

"A lot of task training kind of focuses on go or no go. Did they do the right thing or did they not do the right thing?" Nelson said. "What we want to do is drill down a little bit deeper, and find out why trainees made the decisions they did. "We can go back and look at that data and say, how were they communicating? What were they looking at? Were they under stress? And how they were impacted."

Eventually, Nelson said, some of the data could be used to add artificial intelligence ca-

pabilities where the software can respond to language and voice commands and elicit simulated responses of crew members.

Previously, human trainers conducted performance evaluations of student performance. Krum said the researchers understand the value of human graders but wanted to lend technical support to that task; support that could eventually provide a wealth of improvements to training protocols and accelerate tank commanders training to a more efficient pace, Nelson said.

For now, that future will have to wait, as the project remains in its early stages.



Courtesy photo

Institute for Creative Technology staff members conduct testing of the Team Assessment and Learner Knowledge Observational Network, or TALK-ON. The program was developed to help train tank commanders and test the cognitive aspect of a commander's decision making process.



FORT RILEY's Annual Consumer Confidence Report for 2018 Water Quality is available. To view the report visit:
https://home.army.mil/riley/application/files/1915/6166/0932/Fort_Riley_CCR_Final_2018.pdf





DON'T LEAVE PETS IN A HOT CAR

01

When it's 72 degrees Fahrenheit outside, the temperature inside your car can reach 116 degrees Fahrenheit within an hour.

02

When it's 80 degrees Fahrenheit outside, the temperature inside your car can reach 99 degrees Fahrenheit within 10 minutes.



IF YOU SEE AN ANIMAL LOCKED IN A PARKED CAR, CONTACT 911 ASAP.

For more information visit
www.humanesociety.org/resources/what-do-if-you-see-pet-parked-car

Kelly
Program Manager
Military Spouse

Build a career from anywhere.

Military spouses are at least four times more likely to be unemployed than the national average, often as a result of frequent moves. To help with their journey, Google is offering free tools, training and resources so military spouses can build meaningful careers wherever they are.

grow.google/militaryspouses

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Sgt. 1st Class Andrew Lima, Special Operations Recruiting Battalion, competes in the Limbo contest after the Riley Troops Fun Run July 20 at the Main Post Express, 640 Huebner Road.

Fun & Games

Riley Troops Fun Run, festivities kick off Army & Air Force Exchange 124th birthday

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

On the morning of July 20, families got ready to participate in the 1-mile fun run sponsored by the Army and Air Force Exchange Service at the Main Post Express. The event started the celebration of AAFES' 124th birthday.

Vai Cene, shift manager, Main Post Express, said she was happy with the turnout of more than 40 participants.

"The turnout was a lot better than I expected because I was betting on the heat wave coming through," she said. "It was a bit stressful, but the turnout was great. A lot of people came out and participated."

"We are here for the families. We go where they go ... families serving families — that is one of our values."

VAI CENE | SHIFT MANAGER
MAIN POST EXPRESS

Angelica Holzhauser, wife of Staff Sgt. William Holzhauser, Company D, 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, said she enjoyed her time at the event with her children, Fredrick, 3, and Elliot, 16 months.

"It was actually a lot more fun than I had expected," she said. "I was mostly just nervous because they are not the best at staying nearby and playing well. But they really seem to have enjoyed their time here. So, we had a really

See FUN RUN, page 11



The Lima Family, Stephanie, left, Audrey, 5, Sgt. 1st Class Andrew Lima, Special Operations Recruiting Battalion, and 1-year-old Emmett ran hand-in-hand to the finish line during the Riley Troops Fun Run July 20 at the Main Post Express.



Fort Riley children compete in the Limbo contest during the Riley Troops Fun Run July 20. The run and additional activities helped kick off the 124th birthday celebration for the Army and Air Force Exchange Service.



Spc. Dodger Villa, 1st Support Maintenance Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division,, aims for colored lights — except red — lit up on the bumpers during a game of HyperBowling, June 18 at SpareTime Interactive Entertainment.

Putting new spin on traditional bowling

Fort Riley first military installation to offer HyperBowling

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

People who cannot keep their bowling ball out of the gutters might appreciate HyperBowling, now offered at SpareTime Interactive Entertainment, 7485 Normandy Dr.

Players still want to knock the pins down, but their ball first has to bounce off the bumper, which is positioned over the gutters on a traditional bowling lane.

The bumpers have chasing lights and the player needs to avoid hitting the red ones. Points are determined by a combination of what color light was hit and how many pins were knocked down.

If the ball hits the red, it doesn't matter if the bowler gets a strike — they will get no points.

Nicole Trolio, business manager, said SpareTime was the first bowling alley on a military installation to offer HyperBowling. She first learned about HyperBowling at Bowl Expo in Las Vegas, a networking event geared toward bowling alleys and best practices. She attended the expo while the former Custer Hill bowling center was in the process of being renovated.

"They had an actual lane set up with HyperBowling and I was able to use it," she said. "I just thought it was the most innovative thing that I had seen. I called my director, literally at that moment, [and said] 'we have to have this, like we need it at Fort Riley.'"

See BOWLING, page 11

Army retirees face health decisions

Statistics reveal former Soldiers prone to major weight gain

Editor's Note: *This is the first of three articles addressing the health of Soldiers after they leave the Army. The Army Wellness Center offers a Retire Strong class to help Soldiers maintain a healthy lifestyle when they transition out of the Army.*

By Gail Parsons
1ST INF. DIV. POST

When Soldiers move from the military into the civilian world, where they don't have to maintain their weight or run 2 miles, exercise can become a thing of the past.

"In the Army we lead a very structured life," said Kendra Seat, director of the Army Wellness Center. "There's certain expectations that have to be met in order to wear the uniform. And then after you transition out of the Army, some of those expectations go away."

According to data from the Army Public Health Command, the percentage of retired Soldiers who become obese exceeds that of the general population. The data shows 39.5% of the 40- to 59-year-olds in the general population are obese, while 47% of retired Soldiers become obese within five years after leaving the Army.

"On average, a retired Army personnel experiences about four pounds of weight

See HEALTHY, page 11

Fort Riley Spouses Club to hold super sign up Aug. 15

By Carisa Huntwork
1ST INF. DIV. POST

This year the Fort Riley Spouses Club super sign up will be at 10:30 a.m. Aug. 15 at the Forsyth Community Center.

"We are doing things a bit different this year," said Chrissie Angell, Fort Riley Spouses club president, wife of Lt. Col. Brian Angell, 1st Heavy Attack Reconnaissance Squadron, 6th Cavalry Regiment, 1st Combat Aviation Brigade, 1st Infantry Division. "We are pretty excited about some of the changes we are making. We have reached out to different organizations that share a similar vision in how we want to serve our community."

She said the organizations that will be present at this super sign up lunch will give more information about the services they offer to Fort Riley.

The luncheon is an open house and will end at 2:30 p.m. There will be food at no extra cost and children are welcome. This is a place to learn about the Fort Riley Spouses club and sign up if interested.

"We serve our community, but it is a great place to come and meet people that are in a similar situation," Angell said.

The benefits for being apart of the FRSC is to volunteer and fundraise to give back to the community, she said.

"I think our military life is beautiful, but not without challenges ... It can be hard to find your group of people, the FRSC is a great way to connect," she said.

Any spouse can join the Fort Riley Spouses club, this includes any rank, branch of service and age.

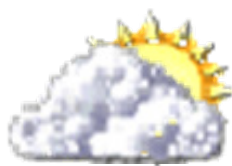
"There's no rank among spouses," Angell said.

"Come and be our friend," said Trisha Bruening, wife of Sgt 1st Class Gordon Bruening, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Inf. Div. "I'll be your friend, everyone is always posting looking for new friends and this is a great way to find some."



WEEKEND WEATHER OUTLOOK

FRIDAY



HI: 89 F

LOW: 69 F

SATURDAY



HI: 92 F

LOW: 70 F

SUNDAY



HI: 92 F

LOW: 72 F

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

FORT RILEY POST-ITS

The Main Exchange

Join the Main Exchange for the last day in their 124th birthday celebration with the back to school fashion show. July 27 watch the children walk the runway right in front of the entrance. The fashion show will be from 11 a.m. to 12 p.m. and the Main Exchange will have activities for children in the garden center after the show.

Daily Buzz

Join the ribbon cutting for the grand opening of the new coffee shop on Fort Riley. Enjoy some coffee and see what they have renovated in Building 206 Custer Ave, formerly the historic movie theater. The ribbon cutting will be at the coffee shop, now called the Daily Buzz located at 206 Custer ave. The hours of operation will be Mondays to Fridays from 6 a.m. to 2 p.m.

Lets go to the movies @ Barlow Theater

Friday, July 26 — Dark Phoenix (PG-13) 7 p.m.
Saturday, July 27— Toy Story 4(G) 2 p.m. and Annabelle Comes Home (R) 7 p.m.
Sunday, July 28 — Men In Black (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

16135

VOLUNTEER OPPORTUNITY

Want to Volunteer for the Riley’s Rascal Derby? Contact Outdoor Recreation at 785-239-9974 and sign up. The Derby is Aug. 10 from 10 a.m. to 2 p.m.

Fort Riley MWR

The last summer high ropes course will be held on July 27 at 9 a.m. Play on a giant jungle gym made to be a fun adventure. Register in person at Travel and Leisure. The cost is \$15 per person.

Corvias

Corvias has a way for the local kids to win prizes through a coloring contest. The coloring contest will end July 31. Participants can pick up the coloring page in the community offices.

Better Opportunities for Single Soldiers

BOSS has Warrior Discipleship every Wednesday at 7 p.m. Call for more information on location at 785-239-BOSS.

Fort Riley MWR

King Field House will be the starting place of the 10-5-2 Prairie run July 27. Starting at 7 a.m., join others to walk or run a 10-, 5- or 2-mile race. Registration is \$25.

USO Kansas

USO Kansas, Fort Riley Center is hosting a Gift the Gown and Military Ball Etiquette event at Army Community Service, 7264 Normandy Dr., Aug. 3. The Gift the Gown program allows those who are military-connected to shop for a free gently-used or new dress or gown for a formal event. The event could be a military ball, homecoming, prom or other occasion where formal attire is appropriate. Limited gowns and accessories are available. People who are registered can come from 10 a.m. to noon. All others can go from noon to 2 p.m.

RED CROSS GRADUATION

Photos by Amanda Ravenstein | POST

Several Fort Riley youth graduated from the American Red Cross Summer Youth Program July 19 and celebrated with a pizza and cake party at Irwin Army Community Hospital.

RODEO ROYALTY

Amanda Ravenstein | POST

Cilayn Avalos, wife of Spc. Alfredo Avalos, 82nd Brigade Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, and their 2-year-old son Nolan, were led around the Junction City 4-H Rodeo Arena by Junction City Rodeo Association Queen Contestant, Rebecca Thornton, July 19 during the Exceptional Family Member Program Special Needs Rodeo.

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 AHOc 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>

Worship Opportunities

Protestant Services	
Victory Chapel Chapel/Kr Protestant Service Sunday Worship Children's Church	239-083411001105-1200
Morris Hill Chapel Gospel Protestant Service Sunday School Sunday Worship	239-279909001100
Main Post Chapel Traditional Protestant Service Sunday Worship Children's Church	239-659710301045-1130
Catholic Services	
Victory Chapel Sunday Mass Sunday Catechism	239-08340845Contact DRE
Saint Mary's Chapel Sunday: Confession (or by appointment) Sunday Mass Daily Mass - Mon., Wed., & Fri.	239-6597110011301200
IACH Chapel Daily Mass - Tue. & Thur.	239-78721200
Jewish Service	
For worship and holiday observance information please contact the Senior Chaplain at 240-6268/910-273-0767.	
Pagan/Wiccan Service	
Kapaun Chapel Fort Riley Open Circle-SWC 1st & 3rd Wednesday monthly	239-48181800

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

8 Jan - 31 Jul
Summer Schedule

Club Beyond - Faith Based Youth Program

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

Check for Summer Schedule

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

AWANA

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.
Childcare provided.

Check for Summer Schedule

For more information email rileycwoc@gmail.com or Facebook "Fort Riley

Catholic Women of the Chapel (CWOC)

Weekly Wednesday Meeting 0900-1130 at St. Mary's Chapel.
Childcare provided.

Check for Summer Schedule

For more information email fortrileycwoc@gmail.com or Facebook "Fort Riley CWOC"

Check for schedule over Training Holiday weekends

DININ' DEALS

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	July 28th	July 29th	July 30th	July 31st	August 1st	August 2nd	August 3rd
Cracker Barrel 115 N East St JUNCTION CITY (785) 762-5567	Home Style Fried Chicken All Day \$9.99	Chicken & Dressing Starts at 11:00am Grilled Country Porkchops Served after 4:00pm	Homemade Meatloaf Starts at 11:00am Lemon Pepper Grilled Rainbow Trout Served after 4:00pm	Chicken Pot Pie Starts at 11:00am Broccoli Cheddar Chicken Served after 4:00pm	Lunch & Dinner Turkey & Dressing	Fried Fish All Day \$9.99	Southern Fried Chicken \$9.99
The Cove at Acorns Resort 3710 Farnum Creek Rd. MILFORD (785) 463-4000	Bloody Mary Bar Open 11:00am-9:00pm	1/2 Price Appetizers Open 11:00am-9:00pm	\$2.00 OFF All Tacos Open 11:00am-9:00pm	Kids Eat Free w/ Purchase of Adult Meal Open 11:00am-9:00pm	Fajita Night Chicken \$12 Steak \$15 Trivia Night Open 11:00am-9:00pm	Crab Legs \$22 Open 11:00am-10:00pm	Prime Rib Special \$20 for 10-oz cut \$25 for 14-oz cut Open 11:00am-10:00pm
Munson's Prime 426 Goldenbelt JUNCTION CITY (785) 238-1135	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 Prime Rib Buffet 5 - 8:30 pm	

ON SALE: QUALITY GROUND BEEF FOR COOKING & GRILLING

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

HEALTHY

Continued from page 9

gain within the first year after retirement,” Seat said. “For most people, they think, ‘four pounds, no big deal.’ Well, unfortunately, over five years, four pounds a year equals 20 pounds.”

There are several factors that add up to weight gain for veterans. Age will play a major role as does a change in lifestyle — combine these and it’s a recipe for tipping the scale.

Seat teaches a Retire Strong class at the AWC where she introduces Soldiers to some of the health issues they can expect to face. The class covers exercise, nutrition, energy balance and she busts some of the myths about life outside of the Army.

MYTHS

Myth 1: It’s not important any more to exercise or watch their weight because they don’t have to pass an Army height and weight test or tape test.

“They think ‘I don’t have to worry about those things anymore,’” she said. “And In fact, that is a myth.”

She said she has asked Soldiers if they were not living the Army life, what is something they would do different? Most of them say they wouldn’t be waking up every morning to exercise.

When they leave the Army they are free of that requirement, said Amber Scharbo, health educator.

“Some say they are going to take a break from it,” Scharbo said. “And then they may never get back into that habit. Once you break a habit, it’s very hard to go back.”

Just because someone spent a lifetime being physically fit, moving into a sedentary lifestyle can erase the previous benefits.

“We all need to be exercising, whether we’re in the uniform or not,” Seat said.

What often happens is that the Soldier has maintained a desired weight, but has not had a healthy balanced lifestyle, which includes proper nutrition. Weight gain was kept at bay because of the required physical training.

Once the PT is dropped, the effects of poor nutritional choices become evident.

“Exercise had helped balance that just a little bit but then when we stop exercising, things really kind of fall out of whack,” Seat said.

Myth 2: An injury or disability is enough to prevent a person from exercising.

“We do have a lot of individuals who get out because

they’ve sustained an injury,” Seat said. “Sometimes when you are injured, people have a preconceived notion that you no longer should or need to exercise — they’re afraid it’s going to make it worse, when in fact, we know that exercise can actually be a form of medicine, especially for people who are injured or disabled.”

Provided the person is exercising within the parameters of what is suitable for their injury or disability, it can potentially improve whatever that issue is, she said.

Exercise will ensure they continue to have range of motion and the ability to do some activities of daily living.

“If they just stop, then usually what’s going to happen is your body is going to atrophy and kind of deteriorate,” she said. “Things you can do now, you may not be able to do if you don’t continue to incorporate exercise into your daily life.”

Myth 3: “I’m too old, now, it doesn’t matter, it’s not going to help.”

“As people age, their metabolism slows down,” Seat said. “To maintain a healthy body, we have to add in those things that

DID YOU KNOW?

- According to data from the **Army Public Health Command**, 47% of retired Soldiers become obese within five years after leaving the Army.

can improve metabolism, and exercise is one of those things.”

Regular exercise will build strength and stamina, prevent the loss of bone mass and improves balance, which in turn reduces the risk of falls. The positive aspect to exercising after the Army is the kind of exercise a retiree can do.

It no longer has to be calisthenics, pushups, sit-ups and a two-mile run.

“You get to find the things that you enjoy doing,” Seat said. “It’s not what you have to do. It’s ‘what can I do? What should I try? What might I really connect with and like to do?’”

Myth 4: Related to myth 3, this one is that older people should save their energy and rest; exercise takes too much out of an older person.

“It can in fact, add to your ability to live a fulfilled life,” she said.

TUESDAY TRIVIA CONTEST



The question for the week of July 23 was:
You know the office you're looking for, but where on the Fort Riley website can you find the phone number?

Answer: home.army.mil/riley/index.php/contact/phonebook

This week’s trivia winner is Lauren Altomare, spouse of Sgt. Nicholas Altomare, 1st Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division.

Pictured above is Lauren Altomare.

CONGRATULATIONS LAUREN!

FUN RUN

Continued from page 9

good time. And my older one, he loved doing some of the running and being able to follow the police car.”

American Red Cross and USO Kansas staff members had tables set up with information for their respective organizations and helped with race registration and the games after the run.

Families participated in game contests where they had one minute and 24 seconds to complete the tasks at each game like how many times the hula hoop can go around the body,

sinks in corn hole and how low someone could go in the limbo. After completing the tasks, participants spun the wheel for prizes ranging from large duffel bags or purses to small skateboards or stuffed animals.

“I really want a lot of our AAFES events to be very family oriented,” Cene said. “We are here for the families. We go where they go. And, families serving families — that is one of our values. So, I really want to instill that and push it at more of our [events].”

BOWLING

Continued from page 9

She knew it would be a hit and she was right.

Pvt. Zachary Greene, 1st Support Maintenance Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division, said he thinks HyperBowling is more fun than the traditional. He and a few other members of the 1st SMC recently spent

their lunch break at Spare-Time and played a few rounds.

“This is more fun based,” he said. “With actual bowling it’s more competitive. With this, it’s just about having fun.”

While the competition level might not be the same for him, it is still a challenge to hit the right color lights.

The scoring and information about the games appear on screens at each lane. The games are faster paced partly because each person bowls one time per frame.

There are four games players can choose from, each of them has 12 levels. The cost is \$15 an hour. When someone finishes their

hour, they can come back later and pick up in the level they left off at.

Trolio said she likes that HyperBowling is something anyone including young children can do with an equal chance of winning. However, If people want the competition component, they can still have that.

Fort Riley - Central Kansas Chapter



AUSA



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Junction City Area

Chamber of Commerce

Junction City Housing & Development

KSU Military and Veterans Affairs

KJCK AM-FM & KQLA RADIO

KS State Bank

Landmark National Bank

Manhattan Area Chamber of Commerce

Manhattan Broadcasting Company

Mathis Lueker Real Estate

Navy Federal Credit Union

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For more information about Community Partner Membership or other questions email: contact.ftriley@AUSA.org



ENROLLMENT

State law says students entering kindergarten must be five years old on or before Aug. 3. First-grade students must be six years old on or before Aug. 31 or have attended kindergarten.

GEARY COUNTY

The Schools on Fort Riley are operated by Geary County Unified School District 475. For enrollment visit www.usd475.org/online-enrollment and follow the link to Family Access.

RILEY-OGDEN

Information about enrollment into Riley and Ogden schools is listed at www.usd383.org/manhattan-ogden/district-office-/district-information/communications/enrollment. Online enrollment links are available.

WAMEGO

Online enrollment information is at www.usd320.com.

For people with no means to complete online registration there will be a support night Aug. 1 from 4 p.m. to 8 p.m. at West Elementary.

ABILENE

Kindergarten through 12th grade enrollment can be accomplished online at www.abileneschools.org or from 8 a.m. to 8 p.m. Aug. 6.

HERINGTON

Kindergarten through 12th grade enrollment is June 31 from 11 a.m. to 8 p.m. Visit www.heringtonschools.org.

CHAPMAN

Links for enrollment for Chapman, Enterprise, Rural Center and Blue Ridge are at www.usd473.net. On-site enrollment is Aug. 6 and 7.

Fort Riley and area students are back to school soon.

Pay close attention to school zones, cross walks and stopped school buses!

SPORTS PHYSICALS

The Kansas State High School Activities Association requires students in grades seven through 12 to have a KSHAA Physical Examination before participating in interscholastic activities. This form can be obtained at the main offices of Junction City Middle School, Fort Riley Middle School, Junction City High School or online on the enrollment page.

Proof of identity in the form of a birth certificate for kindergarten children, a current passport, or driver's license is needed.

Students will also need to present grade cards and certified transcripts, which will assist in their placement in the appropriate classes.

Area school start dates

GEARY COUNTY

The first day of school for student in grades one through 12 is Aug. 12, the first day for kindergarten children is Aug. 15.

RILEY-OGDEN

The first day of school is Aug. 14. Check the website at www.usd383.org for times.

WAMEGO

Transition day for sixth and ninth grade is Aug. 14; first day for first through fifth, seventh, eighth, 10th and 12th grades is Aug. 15; first day for pre-kindergarten and kindergarten is Aug. 19

ABILENE

School starts with half days on Aug. 15 and 16.

HERINGTON

The first day of school for kindergarten through 12th grade is Aug. 15 with early dismissal at 1 p.m.

CHAPMAN

The first day for kindergarten through 12th grade is Aug. 15. Pre-kindergarten starts Aug. 16.

back-to-SPORTS



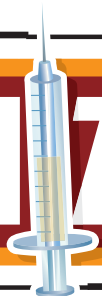
SPORTS PHYSICALS

At Konza Prairie Community Health and Dental Center, 361 Grant Ave. Junction City, Aug. 9 from 9 a.m. to 1 p.m., sports physicals are \$20 or five canned goods during the Back to School Health Fair. There will also be free health screenings, vendors, prizes and food.

School physicals can be done at Irwin Army Community Hospital, call 785-239-3627 to make and appointment.



IMMUNIZATION



Any student entering Geary County Schools for the first time must present certification from a licensed physician that they have received all immunizations as required by the Kansas Department of Health and Environment.

Under Kansas state law, no student is permitted to attend school until they have received the required and most recent appropriate immunizations in all required series.

According to the Kansas Department of Health and Environment, the following immunizations are required:



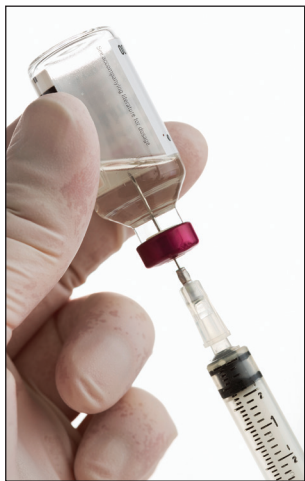
Diphtheria, Tetanus, Pertussis or DTaP/Tdap: Five doses required with the fifth dose given prior to entering kindergarten.

Poliomyelitis or IPV/OPV: Four doses required. Fourth dose must be given six months after the third dose, after 4 years of age and prior to Kindergarten entry.

Measles, Mumps, and Rubella or MMR: Two doses required before kindergarten.

Hepatitis B: Three doses required.

Varicella or chickenpox: Two doses are required.



For more details on required immunizations, visit www.kdheks.gov/immunize/schoolInfo.htm

Fashion comes alive at the Exchange

By Carisa Huntwork
1ST INF. DIV. POST

The third day in the main Exchange's birthday celebration on July 27, will feature a back to school fashion show.

Fort Riley community children will participate by modeling this year's school fashions.

The show will start at 11 a.m. and is expected to last about one hour.

"This will make kids feel like it doesn't matter their age, they can still walk the runway said Sourou Kiki, Exchange sales area manager. "It is about having fun and not being stressed."

The event will take place in front of the entrance of the Main Exchange and afterward there will be activities for children, such as a water balloon toss and a Nerf gun war.

Kiki said that the kids last year were happy and they had a lot of fun.

She expects at least 20 Fort Riley youth as models; last year there were 42 children.

"There will be a lot on clearance inside the Exchange that day, so families should come shopping," Kiki said.

Shaylynn Hecht, 11, daughter of Spc. Tyrel Fredrickson, 24th Composite Truck Company, 1st Infantry division sustainment brigade, 1st Infantry division, said the latest fashion trend she loves right now is a form fitting T-shirt with skinny jeans.

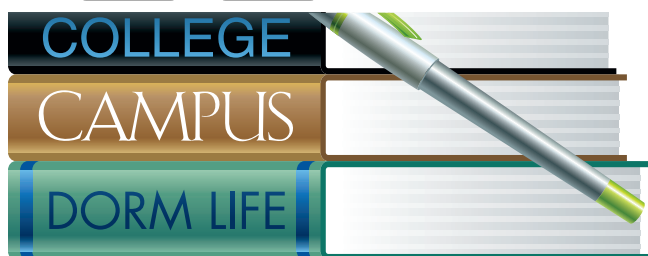
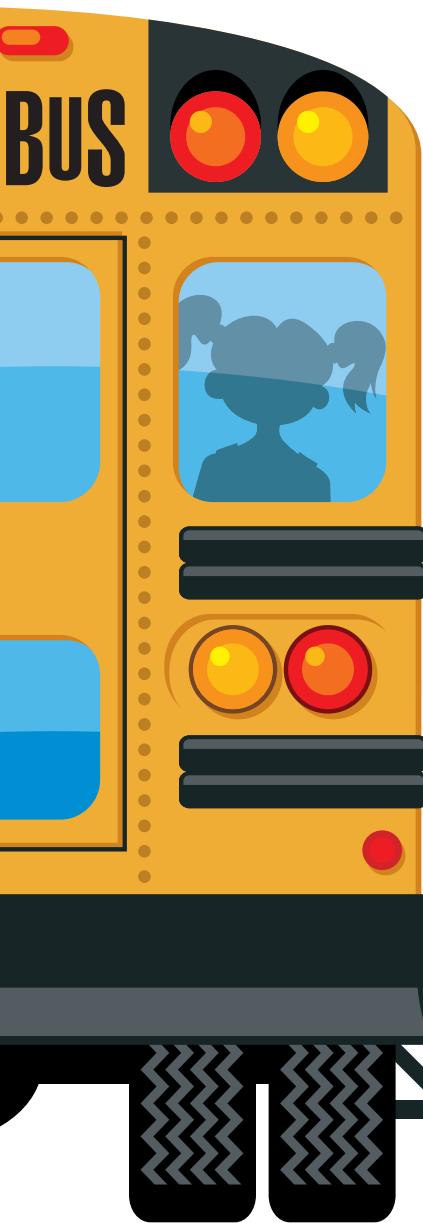


FILE PHOTO | POST

Reagan Perry, 7, daughter of Maj. Joseph Perry, 1st Infantry Division Headquarters, walks down the runway during the Back-to-School Fashion Show. Perry wore a hankiechief hem dress and a denim jacket during the show on July 28, 2018 at the Exchange. This years show is July 27.

DID YOU KNOW?

According to the USD475 handbook, students cannot wear distracting clothing. Violations will be at the discretion of personnel at the specific schools. For the parent handbook, go to this link for more information, [web.usd475.org/depts/communications/Documents/USD%20475%20Family%20Handbook%20%202019-2020%20\(06112019\).pdf](http://web.usd475.org/depts/communications/Documents/USD%20475%20Family%20Handbook%20%202019-2020%20(06112019).pdf)



BACK TO SCHOOL

This safety message is brought to you by the USAG Safety Office. We want to remind you to use good risk management principles when sending your children back to school. Here are a few safety tips:

BE SMART. BE SAFE.



BICYCLING SAFELY:

- Always wear a **HELMET**
- Where bright **COLORS**
- Attach **HEADLIGHT** and **TAIL LIGHT**
- Follow the **RULES** of the road



WALKING SAFELY:

- Use **DESIGNATED** crosswalk
- Don't accept **RIDES** from strangers
- OBEY** crossing guard
- Don't **TEXT** and walk
- Avoid **ALLEYS**



DRIVING SAFELY:

- WATCH** for children
- Don't block **CROSSWALK**
- OBEY** speed limits in school zones
- Allow 3 ft **PASSING** between car and bike
- Don't **DOUBLE** park in school zones
- Don't pass a vehicle **STOPPED** for pedestrians



RIDING BUS SAFELY:

- LINE** 6ft away from the curb
- Don't **SPEAK** to strangers
- WAIT** for flashing lights to **STOP** arm to extend
- OBEY** the bus driver
- CROSS** the street in front of the bus
- Don't pass a vehicle **STOPPED** for pedestrians

SUPPLY LISTS
Each school and grade has its own supply list. To find the list for a specific school follow the link at www.usd475.org/handbooks-and-supplies/



SCHOOL BOUNDARIES

GEARY COUNTY

Parents of students eligible for busing in Geary County must complete the student transportation section. Busing for Special Education, Early Childhood and Pre-K students is determined by staff at the student's school.

To determine what school a child will attend visit www.infofinder.com/ifi/?cid=GCS5UARNEGCL and type in the child's home address. This page will also provide the location of the nearest bus stop.

RILEY-OGDEN

Maps of school locations and attendance boundaries are available online from the Riley County GIS office at <http://gis.rileycountyks.gov/>.

Middle school attendance is determined by the elementary school area within which the student resides

Anthony Middle School receives students from Amanda Arnold, Frank Bergman, Marlatt, and Ogden

Eisenhower Middle School receives students from Lee, Blumont, Theodore Roosevelt, Northview, and Woodrow Wilson

ABILENE

A district map that shows the Abilene district and where Unified School Districts 393 and 473 are is posted at http://abilene.ss9.sharpschool.com/UserFiles/Servers/Server_321530/File/Old%20Home/District/School%20District_435.pdf

IMPORTANT CONTACT
The school liaison for Fort Riley families is Sandy Johnson. She can be reached at 785-240-3261.

POST-9/11 GI BILL PROGRAM

The law removes the time limitation for the use of Post-9/11 GI Bill benefits for individuals whose last discharge or release from active duty is on or after January 1, 2013, children of deceased Servicemembers who first become entitled to Post-9/11 GI Bill program benefits on or after January 1, 2013, and all Fry Scholarship spouses.

All others remain subject to the current 15-year time limitation for using their Post-9/11 GI Bill benefits.

VETERAN ADMINISTRATION EDUCATION BENEFITS

Beginning Aug. 1, the Veterans Administration will provide up to nine months of additional Post-9/11 GI Bill benefits to certain, eligible individuals who are pursuing degrees in certain Science, Technology, Engineering and Mathematics fields.

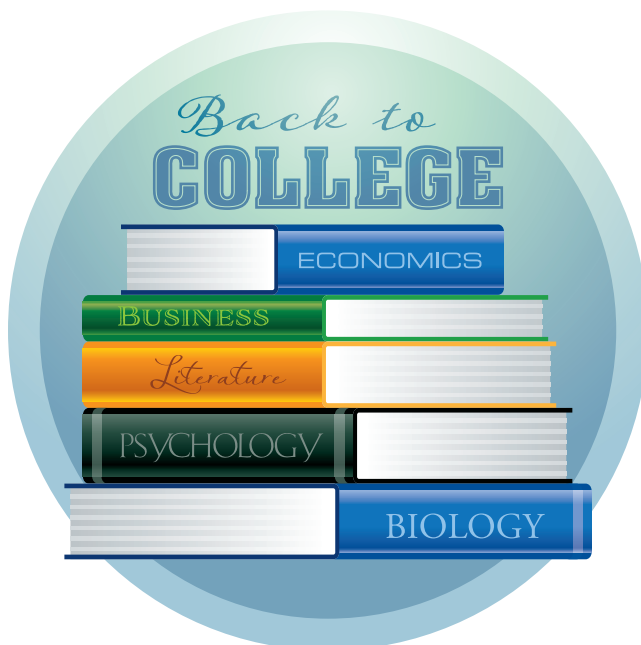
The additional benefits are available to people who have or will soon exhaust their Post-9/11 GI Bill entitlements. For more information, visit www.benefits.gov.

FORT RILEY EDUCATION CENTER

Visit the Education Center at 211 Custer Ave. or online at www.goarmyed.com/public/facility_pages/Fort_Riley_Education_Center/default.asp

- The Center provides:
- Education counseling
 - A computer lab
 - A testing center
 - Transition counseling
 - Tutor center

- Schools served
- Barton County Community College
 - Central Texas College
 - Hutchinson Community College
 - Southwestern College
 - Upper Iowa University
 - Kansas State University
 - University of Mary
 - Central Michigan University



FORM MATTERS

Regular Overhand Deadlift

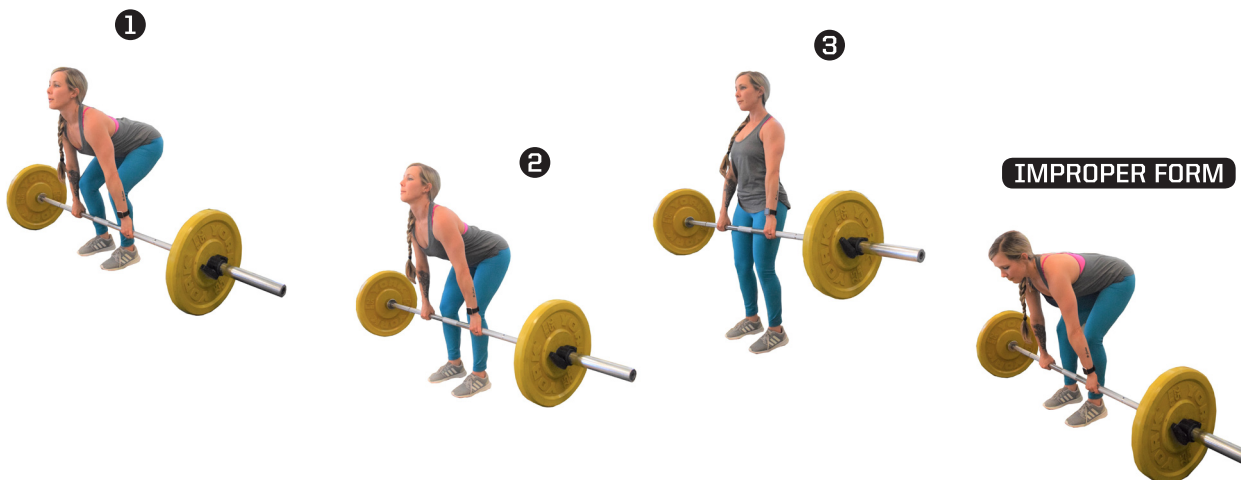
By Gail Parsons
1ST INF. DIV. POST

Soldiers will be required to perform the three-repetition maximum deadlift using a trap bar to pass the Army Combat Fitness Test, but there are also several other variations of the deadlift exercise.

They can all be used to help train for the TRMD and they have one common denominator — if not executed properly, they can lead to injury. Jena Wangerin, certified personal trainer and New U instructor at Whitside Fitness Center, said the deadlift is a great exercise

for strengthening the posterior chain, but she often sees people in the gym not using proper form. “Rounding your back is one of the really big problems,” she said. “If you found your back, you’re going to cause issues.” Another issue she sees when working with weights,

especially with men, is what she calls ego lifting. “You want to look good in front of everyone,” she said. “So, you’re loaded up way too heavy and you’re trying to lift (too much weight) instead of focusing on good form — that’s how you’re going to get injured.”



REGULAR OVERHAND DEADLIFT

- 1. Stand with feet shoulder width apart and shins are lined up on the bar.
 - 2. With hands evenly spaced on the bar and chest up – take a deep breath and pull up, using care not to round the back. “We want to keep the bar close to the shins,” she said.
 - 3. Pause at the top before lowering the bar back to the ground.
- Improper form.** Wangerin demonstrates what she means when she says not to round the back.

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

FAMILY VISIT



Amanda Ravenstein | POST
Members of the Seitz family stopped for a picture in front of a photo of Gen. Richard Seitz, the namesake of Seitz Elementary, during a visit to the school July 19.

PAINT-AND-SIP GATHERING



Carisa Huntwork | POST
People paint while enjoying their wine for the Hobby Studio's first Paint and Sip for adults July 20. The painting was of an American flag, and the students were given step-by-step instructions on completing their paintings.

MAKING A FLIP FLOP DROP



Amanda Ravenstein | POST
Staff and volunteers from USO Kansas visited the Colyer Forsyth Community Center on July 19 for the Flip Flop Drop event where they gave away flip flops, Girl Scout cookies and lemonade to families who were visiting the pool.

COFFEE CONNECTION SPOTLIGHT



Carisa Huntwork | POST
Women gather for the first evening coffee connection at USO Kansas, Fort Riley Center on July 17. The USO provided a variety of pies and ice coffee. Traci Taylor, center operations and programs manager, welcomed the spouses by sharing some useful resources that are available for them inside Fort Riley.

HOME.ARMY.MIL/RILEY

Historical & Archaeological Society of Ft. Riley

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AND MEMBERSHIP DRIVE

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2 - 4 PM

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JULY 27

9-11AM

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Registration and cancellation deadline is 48 hours prior to the event.

Minimum of 7 participants, maximum of 20 participants.

Participants must be over 80 lbs and under 300 lbs.

INFO: 785-239-5412

HEALTHY EATING



COURTESY PHOTO

Beef and Vegetable Kebabs with Brown Rice

For the Performance Triad, please use the nutrient and serving size information provided below.
Recipe Analysis: (1 serving = 1 kebab with 1/4 cup rice)
Per Serving: 180 calories; 15 g protein; 4 g fat, 22 g carbs (1.5 carbs: 1 protein)
Recipe = 2.5 servings of vegetables, 0 servings of fruit (1 vegetable per serving, 0 fruit per serving)

**This recipe is from Sgt. Michael Fowler, Soldier Center Medical Home, Schofield Barracks, Hawaii.*

INGREDIENTS (2 SERVINGS)

- ½ cup brown rice, dry
- 2 cups water
- 4 ounces top sirloin
- 4 tbsp fat free Italian dressing
- 1 green pepper, cut into 4 wedges
- 4 cherry tomatoes
- 1 small onion, cut into 4 wedges
- 2 wooden skewers, soaked in water for 30 minutes, or metal skewers

STEPS (60 MINUTES)

- 1. In a saucepan over high heat, combine rice and water.
- 2. Bring to a boil. Reduce the heat to low, cover and simmer until the water is absorbed and the rice is tender, about 30 to 45 minutes.
- 3. Add more water if necessary to keep the rice from drying out. Transfer to a small bowl to keep warm.
- 4. Cut the meat into 4 equal portions. Put the meat in a small bowl and pour Italian dressing over the top. Put in the refrigerator for at least 20 minutes to marinate, turning as needed.
- 5. Prepare a hot fire in a charcoal grill or heat a gas grill or a broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.
- 6. Thread 2 cubes of meat, 2 green pepper pieces, 2 cherry tomatoes and 2 onion wedges onto each skewer. Place the kebabs on the grill rack or broiler pan. Grill or broil the kebabs for about 5 to 10 minutes, turning as needed.
- 7. Divide the rice onto individual plates. Top with 1 kebab and serve immediately.

cookpad.com/us/recipes/727074-beef-and-vegetable-kebabs-with-brown-rice #FitFirst

Gift the Gown

and Military Ball Etiquette

Saturday, August 3rd • 10am-2pm • ACS

10am-noon: Appointment only

Book your time at gifthegownaug3.eventbrite.com

Registration will open July 21st at 5:30 pm

Noon-2pm: Walk-ins taken; first-come, first-served

Donations needed!

Drop off gowns or suits at ACS or USO

Formal dresses and accessories Free!

Military Ball - Prom - Any Formal Event

- Available on a limited, first-come, first-served basis -

- to DOD ID card holders (spouses and teens) -

~ Several different styles & colors

~ Variety of sizes available

Free! Additional activities include:

~ Hair and makeup tutorials

~ DIY alteration instructions

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We're building our collection of suits and menswear so we can offer them at future Gift the Gown events!

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Is your child half human—half fish?

Are you concerned about your child being around swimming pools this summer?

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This is a perfect opportunity to have your child participate in swimming lessons that are geared toward special needs!

**EFMP events are a judgement free zone! We encourage families to attend even on a "bad day". Meltdowns are welcomed! **

29 July 2019

12:00 PM - 1:00 PM

\$15.00 per family

Fort Riley Aquatic Center

To RSVP: <https://einvitations.afit.edu/inv/index.cfm?i=462660&k=0667400F7D57>

Contact EFMP if you have any questions: 785-239-9435

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EMPLOYMENT

Help Wanted

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

Help Wanted

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

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

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

Travel & Fun in Kansas



Courtesy photos

1. Built in 1893, the Chapel of the Veterans on the grounds of the Eisenhower VA Medical Center in Leavenworth was, for many years, the only church in the United States where Protestant and Catholic services could be conducted under one roof at the same time. The stained-glass windows on the lower level are in the Catholic Holy Ghost Chapel. The top portion of the stained-glass windows is in the upper level, which is the Protestant Immanuel Chapel.

2. The original altar at St. Teresa Catholic Church in Hutchinson, was replaced in 1914 by this Del Prado altar with white Carrafo marble from Italy, golden yellow marble from Mexico and gray from Vermont. The main part is a composition of marble dust called Seaglioli. The church's parish started in 1872. It wasn't until 1911 that the building was dedicated.

3. The Little Stranger Church in Leavenworth County is one of the early churches in Kansas.

4. The Lone Star Church in Colby was built by Danish settlers. It was moved to the 24-acre Prairie Museum of Art and History site, which includes a farmstead, sod house and one-room schoolhouse. Fixtures in the church today include an early 20th century organ with six octaves and eleven stops..

5. These crosses are in memory of the more than 600 Catholic Potawatomi Indians who are buried in this field and down by the river. Their names and ages are inscribed on the plates on the crosses at St. Philippine Duchesne Historical and Memorial Park near Centerville.

Spc. Shell explores Lucas next week and finds the Grassart Center.



Visit churches, learn history of early Kansas life

By Gail Parsons
1ST INF. DIV. POST

As settlers moved across the Great Plains and settled in small towns and villages, they brought with them their religions. Before their arrival, the indigenous people had their own ways of worship.

Whether it was a Native American religion, Catholic, Lutheran, Protestant, Baptist or any of the many belief systems, the church was the center of many communities across the land long before Kansas statehood in 1861.

“Methodist, Baptist, Catholics — those were the dominant groups that had Indian missions on the plains,” said Virgil W. Dean, historian and consulting editor for Kansas History: A Journal of the Central Plains. “Some of those missionaries and church organizations actually came here before the 1850s when Kansas becomes a territory.”

The St. Philippine Duchesne Historical and Memorial Park near Centerville, was the location of one such mission. The Kansas Travel and Tourism website, www.kansas-travel.org states that the St. Mary's Mission, also known as Sugar Creek Mission, was established in 1838 by the U.S. government as a destination for the forced moving of nearly 900 Potawatomi Indians from Michigan and Indiana.

More than 600 people died during the 10 years of Sugar Creek Mission's existence and they are buried at the mission. The survivors and the mission were moved to what is now St. Marys, Kansas, in 1848.

The park is now owned by the Archdiocese of Kansas City, Kansas, and maintained by the Knights of Columbus. There are nature trails and many memorials and signs telling the story of the Potawatomi, the Trail of Death

and of St. Philippine. There is a picnic area and signs point out the foundations of several of the buildings which were part of the mission.

As settlers moved into the state, there was a proliferation of churches. It came on the heels of the Second Great Awakening in America, which was a period of in the early 19th century of evangelical fervor and revival. Americans were looking for places they could worship.

“It's hard to overemphasize [the church's] importance (to the settling of the state),” Dean said. “Obviously, not everybody was religious or attended services regularly. But certainly, in the mid-19th century after the Second Great Awakening in America you have a real, real, strong religious connection that would be impacting most of the people that are coming to Kansas.”

Among the first Euro-American settlers were a group who migrated from Missouri and started the **Little Stranger Church** in Leavenworth County. The remnants of which still stand and is said by the Kansas State Historical Society to be the oldest wood-framed house of worship in the state.

The building is dilapidated but was named to the National Register of Historic Places in 2015 and volunteers have been working on preserving the church for several years. The interior is not open except on special occasions, but people are welcome to visit the grounds and adjacent cemetery during daylight hours.

It's first congregation according to www.littlestrangerchurch.com held worship services in a schoolhouse for the first 10 years after their arrival.

During the state's early years, it wasn't uncommon for church services to be held wherever and whenever it

was convenient and a minister was available.

“In rural areas that were relatively isolated, they [had] circuit riders,” Dean said. “Methodists are well known for that. They may not have had a full-time preacher in the area for quite some time. If you're not large enough, or your congregation isn't big enough, then you might be sharing (a minister).”

It could be every few weeks or once a month that the circuit rider would come through and lead a service. Often the first churches in a town were modest buildings.

“Especially if you're talking about Protestant churches,” he said. “They're going to start with very modest buildings. And it's probably in the 1880s, in many cases, the 90s, if not, after the turn of the century, that you start having the edifices that we see today.”

Now, the Kansas landscape is dotted with spectacular churches built in many architectural styles — Gothic, Romanesque, New England meetinghouse, Colonial and classical, to just name a few.

The St. Fidelis Church, also known as the Cathedral of the Plains in Victoria is a cruciform, built in the shape of a cross and as two 141-foot tall bell towers that loom over the prairie. It was named one of the Eight Wonders of Kansas, by the Kansas Sampler Foundation.

According to the foundations website, www.kanassampler.org, it was recognized for its “architectural grandeur and the impressive craftsmanship achieved by the Volga German pioneers.”

This church is just one of many whose congregants put extraordinary care and



attention into the architecture of their house of worship.

The Kansas Travel and Tourism website lists several historic churches in the state including:

St. Benedict's Catholic Church in Atchison: The cornerstone was laid Aug. 26, 1866. It was built around the earlier St. Peter and St. Paul Church, which held its first Mass Dec. 25, 1858.

Our Lady of Perpetual Help Catholic Church in Concordia: Unlike most other Catholic churches, this one has an unusual, castle shape and is constructed from post rock and Cloud County shell rock.

The oldest parts of the church were completed in 1879, and ithas been expanded several times.

St. John the Baptist Catholic Church: An ethnic Croatian parish, it was established by immigrants residing in the Strawberry Hill neighborhood of Kansas City, Kansas in 1900. The cornerstone was blessed on May 15, 1904. The altars and pulpit were made in Austria. The original bell is still in the bell tower and is inscribed in Croatian with “The Living I Summon, the Dead I Mourn, the Thunder I Disperse.” The stained-

glass windows were made at the Skarda factory in Berne, Switzerland.

The Chapel of the Veterans: Built in 1893 on the grounds of the Dwight D. Eisenhower Veterans Affairs Medical Center, in Leavenworth, this chapel design was inspired by a Gothic chapel in England. It is constructed from long, thin clay bricks and sandstone. The tower has eleven tubular bells, which are rarely used and three gargoyles. It originally served what was known as the Western Branch National Home of Disabled Volunteer Soldiers.

