

THE 1ST INFANTRY DIVISION POST



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FRIDAY, AUG. 2, 2019

Vol. 11, No. 31



FORT RILEY, KANSAS

TANKERS BRING THE BOOM



ABOVE: Soldiers attached to 2nd Armored Brigade Combat Team, 1st Infantry Division, fire sabot rounds at a target from a berm after their initial practice run, July 18. Tank crews moved down the range to different positions while scanning for targets to fire at rounds. **RIGHT:** Soldiers attached to 2nd ABCT, 1st Inf. Div., run their mission through a simulator in the Close Combat Tactical Trainer, July 17. The simulator is designed to replicate the ranges where Soldiers conduct their training to allow repetitions to occur.

Readiness enhanced with new technology

Story and photos by
Spc. Joshua Oh
19TH PAD

The “Big Red One’s” 2nd Armored Brigade Combat Team increased readiness through the use of high-tech simulators and real-world training July 17 and 18. Range days for armored brigades take a considerable amount of time,

money and resources to prepare and execute.

One of the ways the 1st Infantry Division saves valuable time and resources is to utilize the Close Combat Tactical Trainer on base.

“Instead of going to the field and subjecting more wear and tear on the equipment, we’re able to practice in the CCTT,

conserving the time and money it takes to maneuver the vehicles, as well as the ammunition used,” said Staff Sgt. Daniel Ferguson, a platoon sergeant with 2nd ABCT, 1st Inf. Div. “It’s a big price difference.”

Time is money in the Army and inoperable equipment in the shop is not time well spent.

“The simulation is a super effective tool,” Ferguson said.

“With our systems, they require a lot of maintenance, so using the simulators gives our Soldiers an opportunity to get out there without breaking equipment.”

With less time being spent on maintenance and more time for training, the CCTT gives more practice to the gunners, loaders and drivers of the tank.

See TANKERS, page 8



Spc. Keisha Brown | U.S. Army photo
U.S. Army Chief of Staff Gen. Mark A. Milley, right, hosts a promotion ceremony for Lt. Gen. Joseph M. Martin, at the Pentagon, Arlington, Virginia, July 26. Martin’s wife, Leann Martin was by his side.

Former Danger 6 sworn in as vice chief of staff

WASHINGTON — Gen. Mark Milley, the 39th Chief of Staff of the Army, promoted Lt. Gen. Joseph M. Martin to general and swore him in as the Army’s 37th Vice Chief of Staff on July 26.

Martin, who was serving as the Director of the Army Staff, replaced Gen. James McConville, who will become the 40th Chief of Staff of the Army in the coming weeks.

“As I said before, I am humbled and grateful for this tremendous honor,” Martin said. “I have had no greater privilege than leading and serving with the great men and women of our United States Army, and am truly blessed to be able to continue being by their side as Vice Chief of Staff.”

Martin, from Dearborn, Michigan, is a former commander of the 1st Infantry Division and a class-of-1986 West Point alumnus.

Among his awards and honors are the Distinguished Service Medal, the Defense Superior Service Medal, the Legion of Merit, the Bronze Star Medal with “V” device, the Meritorious Service Medal, the Army Commendation Medal with “V” device, as well as the Combat Action and Parachutist badges.

Martin has a master’s degree in education from the University of Louisville, and is a graduate of the U.S. Army Command and General Staff College and the U.S. Army War College.

Exercise tests post’s response capabilities



Law enforcement officers sweep and clear classrooms at Fort Riley Middle School during the full-scale exercise July 24.

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

“Exercise, exercise, exercise!” blared from the Fort Riley giant voice system July 24, marking the start of the post-wide exercise, which incorporated elements from the installation and partnering communities. A team from Installation Management Command was on Fort Riley to test the capabilities and emergency procedures in the event of a real-world situation.

“It’s a collaborative effort,” said Jennifer Brady, IMCOM Army Training Support.

“What happens is the exercise designers work with our team leaders — the ATS team leaders — and they go through the process of making sure that each stakeholder on the staff has a role to play during the exercise.”

The process of building a training exercise suitable for each installation takes many weeks of meetings and assessments, drills and workshops, Brady said.

“The biggest thing that we keep in mind are the unique things about each Army installation,” she said. “Fort Riley has its own unique set

See EXERCISE, page 3

Best medics named for competition

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

Close to 72 hours of competition finished with Sgt. 1st Class Daniel Bowles, 1st Infantry Division Artillery and Staff Sgt. Kierra Rice, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Inf. Div., were named the ‘Big Red One’ Best Medics and will now compete in the Command Sgt. Maj. Jack L. Clark Jr. Army Best Medic competition in September.

The challenge tested competitors on both basic military skills — qualifying with both their assigned rifle and pistol; day and night land navigation; medical skills — decontaminating a patient from a chemical, biological, radioactive, nuclear and explosive environment, day and night trauma lanes; and a written exam to cover other military and medical questions not covered.

“It’s typically about four to five days of activities,” said Lt. Col. Jonathan Strobel, 1st Inf. Div. surgeon. “That not only test basic soldier skill



Sgt. 1st Class Daniel Bowles, 1st Infantry Division Artillery, grabs the litter his patient is on to finish the trauma lane during the 1st Inf. Div. Best Medic Competition July 23.

tasks, but also medic specific tasks, and particularly the ones where the rubber meets the road. Most often than not, the actions that these Soldiers and medics performed and demonstrated this week are the ones that determine life and death for the Soldiers — stopping the bleeding, putting on the

tourniquets and getting that Soldier stabilized after an injury.”

Col. Thomas O’Connor, 1st Inf. Div. and Fort Riley deputy commanding officer for support, presented the duo with Army Commendation Medals during a brief ceremony in the command suite at the division

headquarters. O’Connor also presented an Army Achievement Medal to Staff Sgt. Adam Kralina, 1st Combined Arms Battalion, 16th Infantry Regiment, 2nd ABCT, 1st Inf. Div., for participating in the competition.

See MEDICS, page 6

VOLUNTEER SPOTLIGHT



Isabel Calle is a great example of the USO mission values in action. She provides outstanding customer service in our USO Center and takes on extra projects to prepare for events. She will step in at a moment’s notice to help and often is the last person to leave. She has been a mentor for some of our younger volunteers and often brings her younger siblings in to volunteer with her, setting an excellent example of how important it is to give back to our military community.

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



RUNNERS TOOK THEIR MARK AT THE 10-5-2 PRAIRIE RUN

SEE PAGE 9

ALSO IN THIS ISSUE



SPC. SHELL FINDS INTERESTING MUSEUMS IN LUCAS

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1

DUTY FIRST DOWNRANGE

1

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



Staff Sgt. True Thao | 358TH PAD
Spc. Austin Roden, 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, plots his grid coordinates during the land navigation event as part of the Expert Infantryman Badge testing at Novo Selo Training Area, Bulgaria, July 22. Candidates have three hours to correctly locate three out of four of the navigation points on their lane, return to the end point, and report to the EIB graders.



Staff Sgt. Adam Decker | 358TH PAD
Soldiers from 3rd Battalion, 66th Armored Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, report their situation to higher ups during a combined-arms exercise July 26 in Grafenwohr, Germany.



Staff Sgt. Adam Decker | 358TH PAD
Soldiers of the 3rd Battalion, 66th Armored Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, dismount from a Bradley Fighting Vehicle to clear an obstacle in the road during a combined-arms live-fire exercise July 25 in Grafenwohr, Germany.



Staff Sgt. Adam Decker | 358TH PAD
Soldiers of the 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, conduct a qualification table at the range, July 21 in Grafenwohr, Germany. The 1st ABCT, 1st Inf. Div., is mobilized to Europe as a rotational force for Atlantic Resolve.

German children learn about American Soldiers, post

Story and photo by
Pvt. Ashunteia Smith
5TH MPAD

ILLESHEIM, Germany — Eagerly leaning on the gate, children buzzed with amazement as they waited to enter the mysterious place they never had the opportunity to go.

“The children wanted to see what’s behind the fence; they wanted to see the American Soldiers,” said Helga Moser, Community Liaison for the 12th Combat Aviation Brigade.

Twenty-two children, along with their teachers from Arche Noah Kindertagesstätte, took a school field trip to Storck Barracks, Illesheim, Germany. Arche Noah is in Burgbernheim, Germany, just 10 kilometers from Illesheim.

“The Germans have been hosting us here, letting us use their area and fly all around. So it was a nice opportunity to give back, especially to the little kids,” said 1st Lt. Alexandra Deets, a pilot with Bravo Company, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division.

The children started their visit with a treat from the military police stationed in Illesheim. The MP’s explained to the children what they do on the base and how they are very similar to their local Polizei, while also giving them a show with the lights flashing on the police car.

Eager to see the rest of the post, the children began their walking tour. During the first portion of the tour the chil-

dren saw the Shoppette, the Troop Medical Clinic and the old elementary school. Moser compared each building to something the 6-year-olds were familiar with to give them a better understanding.

As they continued their tour, the children stumbled upon one of the largest playgrounds on the post. At the sight of the multiple large slides and various playground equipment, their faces lit up.

Moser spoke about how the German playgrounds are different than the American playgrounds, lacking in size and variety.

“They had never seen a playground like it,” Moser said.

The children ran to the playground, abandoning their backpacks at the feet of their teachers.

After playing for about an hour, the children took a break and learned about the post history. Moser explained that at one point Storck Barracks and the surrounding towns were home to numerous American children. Those children were not limited to only the American school on post, but were given the opportunity to go to school with the German children.

After their break the children continued their visit and took a look inside the gym.

As they walked past the gym and the church the students suddenly heard a loud noise. Flying above them was an Apache.

Moser spoke about how the children often wonder what is flying above their sandbox.



Children from Arche Noah Kindertagesstätte receive a short hands on lesson with the Fire and Rescue Team located on the airfield during their field trip to Storck Barracks, July 24, 2019. The Fire and Rescue team had a sprinkler set up for the kids to play in once they completed their visit.

“They always see or hear the aircraft flying by. Now they have had the chance to actually see it close up,” Moser said.

Filled with anticipation, the children then made their way to the hangers. There they were greeted by Soldiers from 1st CAB, 1st Inf. Div. and could see three of the aircraft at Illesheim.

“It’s something unique that I don’t get to share with many people,” Deets said.

Deets, along with other Soldiers, explained to the children what each aircraft is used for and allowed them to climb inside. The children even had the opportunity to climb inside

the cockpit and push a few buttons.

“It was very rewarding to be able to share this moment with the community that’s been hosting us,” Deets said.

Wrapping up their tour, the children went to the other side of the airfield to the Fire and Rescue Station. While there, they received a short lesson from the airfield firefighters. During their lesson, they were able to see the different types of fire trucks used on post and had a chance to see how far the hose on the truck could spray.

The sidewalk wasn’t the only thing that became wet that day. After getting per-

mission from their teachers, the students took off their clothes, revealing their bathing suits. The Fire and Rescue Station had a sprinkler

going out front and a mini pool in the back.

“It was a nice end to the very hot, but also wonderful day,” Moser said.

Change in Operational Hours Automotive Skills Center

Effective May 22 2019

Monday - Thursday:
Closed

Friday:
12 - 8PM

Saturday - Sunday:
9AM - 5PM

Automotive Skills Center, BLDG 7753
785-239-9764

Guard engineers leave lasting mark on Freedom Park

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

Under a blazing sun and triple digit temperatures Soldiers from the Kansas Army National Guard's 266th Engineer Company, 891st Engineer Battalion spent their two-week annual training shoring up the atomic cannon atop Freedom Park.

The park, across Interstate 70 from Fort Riley, has long been closed to the public. While the path to the old cannon will remain closed, the work the engineers did was the first step toward reopening the park.

Cpt. Joshua Willis, commander of the 266 Eng., said rocks and uneven ground made the terrain unsafe for people to walk around.

"As a National Guard engineering unit, our mission is to do vertical engineering — in Army terms that's anything that goes with masonry, concrete, plumbing, electrical," Willis said. "We had the opportunity to not only do our job and train on doing our job ... but also help out the local community by starting on this project for them."

The guard's schedule doesn't give them a lot of opportunity for training in a task such as pouring concrete, which cannot be done in a weekend.

The weather the first week they were working gave the project an added complication.

"When it gets to 100 degrees you can't really pour concrete because it'll just crack," Willis said. "The hotter it gets the margin of error goes (up) quite a bit. You have to make sure you do it right the first time because if not, you're just going to be chipping it out and redoing it."

They also had to stay cognizant of the potential of heat injuries, which was mitigated by taking frequent breaks and making sure there were plenty of fluids available.

Despite the heat 2nd Lt. Jonathan Bailey, who has been in the Guard for about five years, said this was one of the most fun projects he has worked on.

"Before this I was field artillery," he said. "Being out here with the engineers and seeing what they do — they're leaving stamps that will be here for decades. We will be able to drive on this highway look up and know that we did something here at the atomic cannon. To me, that's just awesome. You know, field artillery we blow stuff up and that's really cool, too but this will be here for many years — decades."

From destroying things to building things up, he found satisfaction in the work. After implanting a National Guard coin in the concrete, there is a permanent reminder of who did the work.

"A project like this is a great opportunity for us to give back to the community and it helps get our name back out — that hey, the National Guard is still here," Ludwig said. "We are still here to help and serve and help try to improve our communities."

Now that the top of the hill is safe, the next step is to rebuild the path, which Willis and 1st Sgt. Jared Ludwig said they would be interested in doing next year.

"The big picture is to prepare that trail at some point," Ludwig said. "Also, potentially, put a road up to it so you don't have to walk up from the trail."

Part of the National Guard's two-week summer training is to give guard members a chance to train on equipment and projects, which they could be required to do if deployed.

"We (brought) our vehicles out," Willis said. "What's good about that is a lot of these guys are new operators. So that's actually gives them the chance to train on the equipment that we would use either in disaster response here



TOP: Soldiers from the Kansas Army National Guard's 266th Engineer Company spent two week in July laying concrete pads around the atomic cannon at Freedom Park as part of their annual training. **RIGHT:** Sgt. Tyler Conyers, left, and Spc. Joseph Lyons arranges the gravel under and around the atomic cannon as part of a two-week project to allow the park to eventually be open to the public. The trail leading to the canon remains in hazardous condition and is closed.



in Kansas, or in the Middle East."

In addition to the training and doing something productive for a community, Willis said he likes showing people the options the National Guard has for them.

"Just like [active duty] Soldiers, you can serve — but just part time," he said. "You can get out in the community and serve,

and then go on deployments like active duty units do."

Willis said National Guard members can get training and they tuition assistance for schools including state universities. The education is what led Spc. Logan Stevens to join about five years ago. He is a full-time student studying criminal justice.

"When I was 17 a few of my friends were talking about

joining the National Guard," he said. "They went ahead and joined and went to basic training. They came back and they told me how much it changed their lives and how much it benefited them. I joined because of schooling, but then I ended up loving it. I am 100% glad that I joined the guard. I am leaps and bounds ahead of where I would be right now."

Willis said for young people the guard is an excellent choice, but he also recommends it for people who are thinking about getting out of the Army before retirement like he did.

"Someone like me, who did active duty for eight years, wanting to go pursue a civilian career but being able to retain all of my military benefits," he said. "I love putting on the uniform."

EXERCISE Continued from page 1

of challenges, or its unique makeup for the garrison staff. Maybe there are people who are more experienced in this area and less experienced in that area. All of those factors contribute to how the exercise is designed, because what we want to make sure is that it's valuable so we're not wasting anybody's time."

The simulated exercise, meant to test emergency services response capabilities, began with an active shooter scenario at the Fort Riley Middle School, which led to setting up a reunification site coordinated with Geary County Unified School District 475. During the situation at the school, a fictitious vehicle accident occurred in the range area causing emergency services to split their attention to multiple locations.

"It's the intent of the training, when you put all the pieces together, to look for your resource gaps, problems or shortages," said Chris Hallenbeck, emergency management coordinator, Directorate of Plans, Training, Mobilization and Security. "That's what we train for. We train to identify the gaps."

Hallenbeck said one thing that comes from the exercises is bringing in outside agencies to observe or participate in

the training — strengthening the communication between agencies and community partners.

"Working as partners you want to know each other's way to do business," he said. "You want to know each other's capabilities. So, by us going out to observe them doing their exercises, or them coming to observe us, it's almost part of the mutual kind of thing of, 'Okay, I see how you do business.' So, I know when I come to help you, or you come to help me, what I can expect. I see your capabilities and same thing with here — it goes both ways."

After the response teams cleared and began the evacuation of casualties from FRMS, medical responders were ready to handle any simulated injuries caused from the incident. Role-players designated as wounded were cared for while the others were evacuated to Victory Chapel as members of the school district began the reunification process.

"In this particular exercise ... the incident was happening at one of our schools, and it is our responsibility, as the school district, to reunify those children and staff, with their parents, families and so forth," said Lacey Sell, associate superintendent of schools, USD 475.

"Getting the children and the staff from the school to Victory Chapel was a very coordinated effort with buses. And with the flow of traffic, (especially) when you stop and think if something of this magnitude (was) happening on post. So that was key and getting everyone there. Once we were there, we had practiced and implemented how we were going to go about (the processes) once those children and staff started coming."

The exercise concluded with a mock press conference where Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander, personalized the ordeal by relaying that the incident "hit close to home" due to him having children in the district.

"We are talking about a Fort Riley middle schooler," he said. "I've got kids in USD 475, so as a parent and as the garrison commander, we stand by the fact that we have the capabilities and the capacity to search and take care of everybody."

The news conference lasted about 20 minutes during which time staged reporters asked questions similar to how it would be if it were not an exercise. All the participants assembled after the press conference to discuss the actions taken and if any procedural changes were needed should the scenario happen for real.



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



Pets of the Week

THESE LOVABLE PETS ARE WAITING TO BE ADOPTED...



PETUNIA
Happy, sweet, easy going girl would be a wonderful running buddy. She likes children 5 and up and cats, but appears to be dog selective.



DORITO
Still looking for his forever home. He walks well on leash and knows basic commands. He will do best in a household without toddlers.

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Looking Back: Building 330 – from Teamster’s quarters to Public Works

By Scott Rhodes
USAG PUBLIC AFFAIRS

The building at 330 Dickman Ave. currently serves as the headquarters building for the Directorate of Public Works, which is the installation's primary element for maintenance of the installation, infrastructure, and the environment.

It is one of a collection of buildings that serve as the hub of activity for DPW, which also houses business operations, engineering services and master planning divisions.

Building 330 was built in 1910 out of native limestone.

According to the Army Corps of Engineers, building 330 was originally Teamsters' Quarters. DPW maintenance records indicate the building had a capacity of 75 men.

The basement contained the heating system, or boiler room; the first floor consisted of restrooms, a kitchen and mess hall, cooks quarters, a store room and sleeping quarters for some of the men.

The top floor contained more sleeping quarters.



Building 330 in 1910 and as it appears today.

Keep safe, alert when traveling abroad

By Patrick Burch
ANTITERRORISM OFFICER

Within the past decade, incidents related to terrorism, crime and political unrest resulted in the Department of Defense and the Department of the Army placing an emphasis on the travel policy related to unofficial travel by uniformed and civilian members and their families. One particular area of recent focus has been on travelers receiving a comprehensive travel brief prior to leaving the United States. To help potential travelers prepare for the brief and eventual travel this article will address some areas often overlooked.

PRE-TRAVEL

Check your wallet: Remove pocket litter or unnecessary items such as membership cards or business cards. Have a card identifying your blood type, known allergies, required medications, insurance company and name of a person to contact in case of emergency. Do not take multiple credit or debit cards to reduce the risk of theft and misuse. Carrying a DOD ID card is necessary or required for many members. In the event you do not need your DOD ID card, leave it at home to reduce the risk of being identified and targeted due to your association with the military.

Make copies of your passport, air tickets, the credit cards you carry and any other documents to facilitate reporting a lost or stolen one. Copies may also assist you in replacing them.

Some travelers prefer to conceal from casual observers that they are American and carry an American passport. They put a plain cover on their passport to prevent other people from seeing the front of their passport, which identifies the country of issue.

Carry-on luggage should contain a supply of any regularly taken prescription medicines. Keep them in the original containers labeled with the pharmacy name and prescribing physician so they won't be mistaken for illegal drugs. Include an extra pair of eyeglasses, your passport and carefully chosen copies of personal documents.

If you are taking a laptop computer with you:

- Be sure the laptop battery is charged or have the power cord handy. You may be directed by airport security personnel to open and turn on your laptop to demonstrate that it is a functioning computer. If you can't turn your laptop on, you may not be permitted to take it.
- If your laptop is new or relatively new, take with you some evidence of your ownership of the computer. This documentation should include the serial number. This is because U.S. Customs or another country may try to impose an import tax if the customs agent believes it was purchased abroad. Alternatively, you may register your laptop and any other valuables that might be mistaken

as imports with U.S. Customs prior to leaving the country. You can do this at the customs entrance and clearance desk at the airport before your flight.

- Be aware that some countries have import restrictions on laptops. Check before you leave to avoid delays and possible confiscation. These restriction may also extend to smart phones, tablets or other electronic items. It is recommended to do some research on the country you intend to visit to avoid complication related custom laws.

Use hard, lockable luggage when possible. Avoid using duffel bags, all black backpacks and other items, which are often associated with members of the military or Army. To mark your suitcase, consider using stickers or small strips or colored cloth tied around the handle. You can place a small card with your name and contact information in a pouch to help identify the luggage as yours. Limit the information on the card to just enough to identify you as the owner. Do not display logos on your luggage that could identify you as being associated with the military. If the luggage could open if dropped or mistreated by baggage handlers, run a strip of nylon filament tape around the suitcase to preclude its opening accidentally. Remember, any lock you place on your luggage must be approved by the TSA for use.

To avoid being targeted by

criminals or terrorists, dress inconspicuously to blend into the international environment. Avoid the appearance of being wealthy. Consider taking little to no jewelry. If you wear jewelry, turn rings around so the diamonds do not showing and avoid dangling earrings. Wearing expensive-looking jewelry will make you an attractive target. You may also wish to avoid wearing religious jewelry or symbols, which may be found offensive and in some cases are illegal.

Know what dress is culturally acceptable in the country you are visiting. Some European and Middle Eastern countries frown on wearing shorts, especially when visiting holy sites. Do not risk inciting someone by not dressing modestly.

Consider obtaining a modest amount of foreign currency before you leave home. Most banks can order currency if provided with enough lead time. Criminals often watch for and target international travelers purchasing large amounts of foreign currency at airport banks and currency exchange windows.

Prepare yourself for all eventualities. It seems impossible, but consider what would happen if you became a victim of a hijacking, kidnapping or other hostage situation. Mental preparation can help keep you and your family from panicking and in making correct decisions.

Last, ensure you visit the Department of State website for country information as well as enroll in the smart traveler program. Also, visit the Center for Disease Control for health risk for your destination.

CIVILIAN SPOTLIGHT

PATRICIA WALLS
STAFF JUDGE ADVOCATE
SUPERVISING COURT REPORTER

Patricia Walls went above and beyond the expectations of a supervisory court reporter throughout May and June. She ensured the accurate processing of six courts-martial records of trial, far exceeding the U.S Army Forces Command and Army standards on processing times. Five of the six courts-martial records were processed under the recent post-trial changes imple-

mented by the Military Justice Act of 2016. Walls researched the changes in the post-trial process, trained three court-reporters and ensured the new process was completed above and beyond the standard.

At the same time, she executed her duties as the Clerk of Court during a time of major transition within the judiciary. Walls ensured accurate and organized case tracking as three different judges within the region transitioned from their positions. She was able to timely and accurately transfer cases to the appropriate judge, while keeping counsel throughout the region informed.

Additionally, Walls updated the military magistrate roster, compiled the magistrates' reports, and prepared a report on the data for the judiciary. Patty's performance was valuable to the success of the OSJA as the summer permanent change of station season began.



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.

BUSTED

JULY 15
Family member / spouse improper backing
Staff Sgt. 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st Inf. Div., expired registration
Spc. HHC, 1st ARB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., unsafe driving-turn left
Spc. HHC, 1st ARB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., suspended registration
Spc. HHC, 1st ARB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., expired drivers license
Sgt. SIS, HHBN, 1st Inf. Div., speed 16 to 20 over


JULY 16
Spc. HHB, DIVARTY, 1st Inf. Div., speed 16 to 20 over
Sgt. CO. B, 299 BSB, 2nd ABCT, 1st Inf. Div., expired registration
Sgt. B CO, 299 BSB, 2nd ABCT, 1st Inf. Div., no proof of insurance
Master Sgt. 1st REP. CO, USAG, 1st Inf. Div., improper backing
Pfc. HHC, 1st Bn., 63rd Armor Regt., 2nd ABCT, 1st Inf. Div., expired registration
Spc. CO. C 1st Sqdn., 4th Cav. Regt., 1st ABCT, 1st Inf. Div., speed 16 to 20 over

JULY 17
Family member / spouse failure to stop at a posted stop sign
Pfc. HHC, 1st Bn., 63rd Armor Regt., 2nd ABCT, 1st Inf. Div., expired registration
Family member / spouse speed 16 to 20 over
Staff Sgt. HHC, WTB, MED-DAC, improper turning movement

JULY 18
Spc. 1st ARB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., failure to maintain control of vehicle
Pfc. 1st Bn., 18th Inf. Regt., 2nd ABCT, 1st Inf. Div., driving while license is suspended or revoked
Pfc. 1st Bn., 18th Inf. Regt., 2nd ABCT, 1st Inf. Div., failure to stop for red light

JULY 20
Spc. unknown unit, improper turning movement
Pfc. unknown unit, expired registration

OTHER CITATIONS ISSUED
July 15: Following too close
July 16: Parked in a no parking zone, improper turning movement
July 17: Failure to stop at a posted stop sign
July 18: No driver's license/unlicensed, parked in govt. vehicle only spaces



SECRETARY OF THE ARMY WASHINGTON

JUL 23 2019

Farewell Message from the 23rd Secretary of the Army

It has been the honor of my life to serve alongside the Soldiers, Civilians, and Families of our U.S. Army. As a Soldier for Life, having served twenty-one years in the Regular Army, Guard, and Reserves, I understand well the sacrifices endured by those taking up the profession of arms. I remain humbled by your commitment to our Nation and thankful for your willingness to serve.

When I became the Secretary of Army in November of 2017, we committed to three focused priorities: readiness, modernization, and reform. Over the past 21 months, the Army has made exceptional progress towards these goals. We implemented the Army Combat Fitness Test, extended the difficulty and duration of Infantry initial training, and eliminated a host of unnecessary requirements. We stood up Army Futures Command, are aggressively pursuing our six modernization priorities, and are driving innovation through our eight Cross-functional Teams. We aligned our budget to our top priorities, revamped our accessions enterprise, and are creating a market-based talent-driven personnel system. The list goes on and on.

Thanks to your hard work, readiness rates across the Army now stand at levels not seen in years. We've laid the groundwork to modernize the force for great power competition, and we've instituted reforms to maximize the use of every taxpayer dollar. None of this would have been possible were it not for the people – our most precious resource – who make up this great Army team.

Throughout my time as the Secretary of the Army, I had the opportunity to visit our Soldiers and Civilians all across the world. After meeting with troops deployed to Afghanistan and Iraq, observing units training with our NATO allies in Europe, touring our depots and arsenals across America, and holding town halls with military families at home and abroad, I leave the Army inspired by your service and optimistic for the future.

As I assume duties as the Secretary of Defense, know that I'm confident in the Army's exceptional team of leaders, its dedicated uniformed and civilian workforce, and the strong families behind them. Despite the many challenges throughout the world, America's Army stands ready today to deter conflict and preserve peace, and if necessary, fight and win our Nation's wars. Thank you for your patriotism and your dedication to duty. You are and will ever remain the best of America

Army Strong!

RILEY ROUNDTABLE

What is your favorite fashion trend going into the new school year?



“JoJo bows.”

KENDALL COURTNEY, 6
FORT RILEY, KANSAS

Daughter of Sgt. Jeremy Courtney,
Medical Department Activity at
Irwin Army Community Hospital



“I have this dress ... it is a shirt
attached to a skirt, plus my heels.”

HANNAH SWIFT, 9
JOINT BASE LEWIS-MCCHORD,
WASHINGTON

Daughter of Sgt. Ryan Swift,
2nd General Support Aviation
Battalion, 1st Aviation Regiment,
1st Combat Aviation Brigade, 1st
Infantry Division.



“Bohemian dresses.”

MACKENZIE MAXWELL, 16
NAVASOTA, TEXAS

Daughter of Sgt. Marty Maxwell,
1st Heavy Attack Reconnaissance
Squadron, 6th Cavalry Regiment,
1st Combat Aviation Brigade, 1st
Infantry Division



“Dresses.”

LATORIA GRANT LUSK, 9
JUNCTION CITY, KANSAS

Civilian



“Converse.”

SARAH TROYN, 14
GERMANY

Daughter of Lt. Col Thomas Troyn,
Headquarters and Headquarters
Battalion, 1st Infantry Division.

THE 1ST INFANTRY DIVISION POST

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Circulation 8,800 copies each week.

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

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LETTERS TO THE EDITOR

The Post welcomes letters
to the editor. Letters should
not contain any libelous
statements or personal
accusations. Letters
accepted for publication must
include the writer's full name
and phone number. Letters
may be edited for space, but
never for content. Send an
e-mail usarmy.riley.imcom.
mbx.post-newspaper@mail.
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SAFETY CORNER

Bicycles share roadways with vehicles

Dawn J. Douglas
GARRISON SAFETY OFFICE

Team Riley, bicycling is one of the best ways to stay physically fit, see the sights, save money on gas and reduce your carbon footprint.

More and more bicycle friendly communities are being created to bring greater accessibility and opportunities for riding.

Even though National Bike Safety is in May, bicyclists always need to be aware of the hazards of riding, especially in the absence of bicycle lanes and bicycle friendly trails.

ACCIDENT DATA

In 2015, bicycles were associated with more injuries over all age groups than skateboards, trampolines, swimming pools and playground equipment combined. According to Injury Facts 2017, the statistical report on unintentional injuries created by the National Safety Council, 488,123 people were treated in emergency rooms in 2015 after being injured riding a bicycle. The only sport resulting in more injuries was basketball, at 493,011. Football was third, with 399,873.

TRAUMATIC BRAIN INJURIES

According to Injury Facts, about 1,100 deaths resulted from cyclists colliding

with motor vehicles in 2015. With about 80 million bike riders sharing the road with millions of motorized vehicles, the importance of safety precautions in traffic cannot be overstated.

The most vulnerable part of a cyclist's body is the head. In fact, cyclists who wear a helmet reduce their risk of head injury by an estimated 60% and brain injury by 58%. That statistic makes sense when you consider the first body part to fly forward in a collision is usually the head, and with nothing but skin and bone to protect the brain, the results can be fatal.

BICYCLE HELMETS

Millions of Americans ride bicycles, but less than half wear bicycle helmets. Helmets must meet federal safety standards and should fit securely. Helmets that do not fit as intended or are not securely fastened to the rider's head, do not afford the safety that prevents traumatic brain injuries.

The U.S. Army Garrison, Safety Office, in partnership with Kansas Safe Kids, provides bicycle helmets at no charge to children and adults. While supplies last, parents can obtain a bicycle helmet and informative brochures on bicycle safety and maintenance at safety promotional events or by coming to the USAG Safety Office in the basement of building 500.

BASIC SAFETY RULES

A few basic rules for bicycle safety:

- Get acquainted with traffic laws; cyclists must follow the same rules as motorists
- Know your bike's capabilities
- Ride single-file in the direction of traffic and watch for opening car doors and other hazards
- Use hand signals when turning and use extra care at intersections
- Never hitch onto cars
- Before entering traffic, stop and look left, right, left again and over your shoulder
- Wear bright clothing and ride during the day
- If night riding can't be avoided, wear reflective clothing
- Make sure the bike is equipped with reflectors on the rear, front, pedals and spokes
- A horn or bell and a rear-view mirror, as well as a bright headlight, also is recommended

While the weather is warm and the days are longer, bicycling is a great activity to bring family and friends together. Team Riley, remember to hydrate while riding, bring along ID when riding and ride, when possible, in well-lit areas for additional safety. For more information on bicycle safety or inquiries concerning bicycle helmets, call the USAG Safety Office, 785-240-0647.

Army term almost ends friendship

Dear Doc Jargon,

I have been asked to help my best friend from high school and I have to admit, I often have a problem understanding the language the Army has given him. This time, I was outright shocked. He asked me to come to Fort Riley and frock him in front of his unit. He said he wanted me to do one side and his mom was going to do the other. I didn't say anything at first — I had no idea how to respond to that. But, he's been my best friend forever and I figured I at least needed to listen to what he really wanted from me.

It turns out, my buddy is about to become a noncommissioned officer and he wanted me to come to his promotion ceremony and participate. He's going to be wearing his dress uniform and his mom and I will each get to pin his new rank on the sleeves.

I figured I needed to see if you can spread the word about this practice before some other poor civilian friend gets a request like this and just hangs up.

Sincerely,

Frocking Friend

Dear Frocking Friend

It took me a minute or two to quit laughing after I read your letter. This instance is exactly why I started this column. It is so easy to misunderstand the military jargon and completely miss the point. I'm so glad you were a good enough friend to hear your buddy out. Most of our terms like this come from some instance or practice back in the early days of our military. In this instance the term can be traced back as far as 1802 to the Navy. It began with the practice of temporarily tacking a rank onto a uniform frock coat — that item no longer exists, but is now represented by the outer jacket of military dress uniforms.

Though the frock coat is long gone, the term has lingered. In fact, Army promotees are allowed to ask anyone they choose to frock them at their promotion. And yes, we have an official form for that. You can see an example of a frocking request at www.hrc.army.mil/content/FROCKING%20REQUEST%20EXAMPLE.

Sincerely
Doc Jargon

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

Military innovation: Learning to listen to the earth

By Collen McGee
USAG PUBLIC AFFAIRS

For most of these articles we've taken a look at how military inventions have helped in the civilian world. Today, we're taking a look at some civilian technology, which is providing data our military can use on the ground during battle.

The science of hearing sounds generated by earthquakes traveling through the ground is called seismology and it is how scientists study the geological effect of an earthquake and how they predict future ones.

Now that technology can also track the noise of war.

According to a ScienceNewsForStudents.org article dated Feb. 1, 2016, seismologists have discovered that every major military weapon gives off its own quaking signature.

In fact, a 2014 white paper written by three geologists, Ghassan I. Aleqabi,

Michael E. Wyession and Hafidh A. A. Ghalib, listed a specific event at U.S. Forward Operating Base Falcon, south of Baghdad. On the morning of Oct. 10, 2006, the FOB was under mortar attack.

That location served as an ammunition supply point and suffered what is called a “cook off” when it was hit.

The white paper explained how the strike caused several explosions, which generated enough seismic activity that area residents felt it and the Baghdad seismic observatory's single broadband seismometer could record it.

The recording revealed several types of waveforms, which later could be matched to specific weapons systems.

The three geologists wrote that this data was compared to other information recorded during specific training times and com-

pared with the munitions being used.

What they found was a seismic footprint, which can pinpoint the weapons in use and, because of the nature of seismic monitoring, they didn't have to lay eyes on the enemy to learn what they were bringing into the fight.

But that incident isn't the only time seismic data has been used to detect explosions.

During the cold war this technology helped enforce the Treaty on the Non-Proliferation of Nuclear Weapons. Until the early 1960s, nuclear weapons testing was done above or at ground level. Then, to maintain secrecy — those tests went underground.

The Comprehensive Nuclear-Test-Ban Treaty Organization, of which the United States is a member, has the mission to monitor the globe for any test in violation of the non-proliferation agreement.

The organization website says a detonation of a nuclear weapon sends a specific, identifiable and traceable set of seismic waves through the earth's crust.

Today, according to the monitoring organization, there are more than 300 seismographs around the world.

The machinery is accurate and sensitive.

One set of seismographs in Germany was able to detect nuclear detonations in 2006 and again in 2009 when North Korea tested nuclear weapons 8,000 kilometers away.

So, from a nuclear detonation 8,000 miles away to a round from a Paladin, this civilian seismograph technology is able to detect the deepest rumbles of battle and, at least in theory, may one day provide commanders on the ground with specific information about what weapons are in use by the opposing force.

The next USAG
Resilience Day
Off is

August

12

HAVE A
STORY
IDEA?

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

Police bump it up

From August 5 to 11, 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:

Richmond, Argonne, Lexington and Custer. 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

WHEN I LIVED IN AN APARTMENT
AND HAD PLUMBING PROBLEMS,
I ONLY HAD TO CALL THA LANDLORD...
BUT NOW THAT I'M BUYING
MY OWN HOUSE,
I FIRST CALL
TO GET A LOAN...





Sgt. Timothy Brokhoff | 19th PAD

Soldiers of the 1st Combined Arms Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, provide over-watch while teammates cut concertina wire to allow for the assault on a bunker to occur during a live fire exercise July 25.

QUICK-FIRE CHALLENGE



Sgt. Timothy Brokhoff | 19th PAD

Above: Soldiers of the 1st Combined Arms Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, perform an initial assault during a squad live fire exercise July 25 to certify their lethality on the battlefield. RIGHT: Sgt. Micah Morse, 3rd platoon, Company C squad leader, 1st Combined Arms Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, directs his Soldiers to flanking positions during a squad live-fire exercise July 25 at Range 9.



Sgt. Timothy Brokhoff | 19th PAD

MEDICS Continued from page 1

“We have to be excellent at taking lives in saving lives,” O’Connor said. “We got to do everything else well. We’ve got to take lives, we got to save lives, and you’ve demonstrated your excellence at saving lives.”

The local competition was a chance for the senior noncommissioned officers to showcase their skills and refine their procedural techniques while pushing themselves to make it to the next level.

“(It’s) my first time at the Jack L. Clark, so I’m pretty excited,” Bowles said. “This is like my third or fourth time doing a best medic competition. So, it’s awesome.”

Bowles and Rice will now work together to become one team to represent the division and Fort Riley over the next two months.

“(It gives us) more time to study and focus mainly on medical tasks,” she said. “I think that’s going to be good for us to train together too. I mean, you can always broaden in medical knowledge. And you can always get physically fit. We have two months to prepare for this.”

Both have their strengths and weaknesses when it comes to the competition, Rice said, and she believes that both will push the other to strive for the best possible outcome at the Army competition.

“I think we will bond, get in sync with each other as far as strengths and weaknesses go, and we’re going to push this competition,” Bowles said.

When the Big Red One team make it to Joint Base Lewis-McChord and the Yakima, Washington, Training Area, they will each have a team they want to do better than. Motivation for success they said.

“I would love to beat the 75th Ranger (Battalion),” Rice said. “They’re the ones who field a lot of the medicine that we do. So, I mean, those are like the epitome of like the bada****.”

For Bowles, it hits a little closer to home to who he would like to see there.

“I wouldn’t say a specific group,” he said. “I just, I enjoy winning. I am interested to see who the Pacific Regional Medical Command team is, because I’ve competed for that quite a few times. And came up quite short.”

Look for more on the team during and after the Command Sgt. Maj. Jack L. Clark Army Best Medic Competition in September.

DININ' DEALS		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		August 4th	August 5th	August 6th	August 7th	August 8th	August 9th	August 10th
Cracker Barrel		Home Style Fried Chicken All Day \$9.99	Chicken & Dressing Starts at 11:00am Grilled Country Porkchops Served after 4:00pm	Homemade Meatloaf Starts at 11:00am Lemon Pepper Grilled Rainbow Trout Served after 4:00pm	Chicken Pot Pie Starts at 11:00am Broccoli Cheddar Chicken Served after 4:00pm	Lunch & Dinner Turkey & Dressing	Fried Fish All Day \$9.99	Southern Fried Chicken \$9.99
 OLD COUNTRY STORE		115 N East St JUNCTION CITY (785) 762-5567	Catering Available 785.762.5567 Monday thru Thursday Lunch Specials from 11 am till it's gone - \$5.99					
The Cove at Acorns Resort		Bloody Mary Bar	1/2 Price Appetizers	\$2.00 OFF All Tacos	Kids Eat Free w/ Purchase of Adult Meal	Fajita Night Chicken \$12 Steak \$15 Trivia Night	Crab Legs \$22	Prime Rib Special \$20 for 10-oz cut \$25 for 14-oz cut
 Lakeside Bar & Grill Milford Lake, Kansas		3710 Farnum Creek Rd. MILFORD (785) 463-4000	Open 11:00am-9:00pm	Open 11:00am-9:00pm	Open 11:00am-9:00pm	Open 11:00am-9:00pm	Open 11:00am-10:00pm	Open 11:00am-10:00pm
Munson's Prime		SUNDAY BRUNCH BUFFET 11 am - 2 pm \$15.00 per person	Speedy Lunch Bar \$10 11 am - 1:30 pm Monday - Friday Contact Tim Bailey to book private events. 785-238-1135					Lunch Special: Smoked Brisket
 MEMBERSHIP		426 Goldenbelt JUNCTION CITY (785) 238-1135	ON SALE: QUALITY GROUND BEEF FOR COOKING & GRILLING					Prime Rib Buffet 5 - 8:30 pm
TymeOut		Proud supporters of  LIVE WELL Geary County	Homemade Schnitzel \$10.99 10:30am-1:30pm 4-9:30pm	Chicken Fried Steak \$8.99 10:30am-1:30pm 4-9:30pm	8oz KC Strip Steak \$11.99 10:30am-1:30pm 4-9:30pm	Steak & Shrimp \$19.99 10:30am-1:30pm 4-10pm	Steak & Shrimp \$19.99 4-10pm	
 STEAKHOUSE		101 Continental Dr JUNCTION CITY (785) 238-7638	CLOSED	CLOSED				

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

Judge advocates, chaplains celebrate 244th birthdays with cake cuttings



Steve Elstrom
USAG Public Affairs



Courtesy photo

The U.S. Army Judge Advocate General's Corps and the Chaplain Corps celebrated 244th birthdays in July. LEFT: Staff of the Fort Riley Staff Judge Advocate celebrated with cake and a brief history review, July 29. Col. Stephen Shrader, Fort Riley Garrison Commander, right, Lt. Col. Chad Highfill, Deputy SJA, left and Pfc. Daniel Moody, the youngest enlisted member of SJA, participated in the ceremonial cake-cutting. RIGHT: Fort Riley Unit Ministry Teams and their families celebrated the 244th anniversary of the Chaplain Corps July 18 at Milford State Park. The Religious Support Office team enjoyed food and fellowship to observe the July 29 anniversary.

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>

FORT RILEY DMPO
ORGANIZATIONAL DAY
9 August 2019

Please inform all Soldiers;

The Fort Riley Defense Military Pay Office (DMPO) will close at 11:30 A.M. on 9 August 2019 to allow maximum participation in our Annual Organizational Day. All DMPO areas in Buildings 212 and 217 will be closed, so **please plan ahead.** (IOP, Separations, Customer Service etc.)

Please have Soldiers plan accordingly.

FORT RILEY DMPO
212/217 CUSTER AVE
FORT RILEY, KS 66442
Phone: 785-239-6198

WHAT TO DO DURING A FLOOD/TORNADO

1

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

2

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

3

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

4

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

FOR MORE SAFETY TIPS VISIT

READY.ARMY.MIL

Fort Riley - Central Kansas Chapter



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KSU Military and Veterans Affairs

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Fleas are more than just an annoyance to our furry friends.

tip #1
Treat your animals year-round



TANKER Continued from page 1

Additionally, it gives an opportunity for tank commanders to strategize and plan with their team — so that everyone is on the same page.

“We’ve spent the last couple of days in CCTT,” said 2nd Lt. Victoria Martin, tank commander with 2nd ABCT, 1st Inf. Div. “That’s our virtual battlefield, if you will, it helps us get all of our mission planning done in a simulated environment where everything is controlled. We have an opportunity where we can sit there, refine and go over our plan again and again to make sure that all of our Soldiers know what’s going on before we get out there.”

The CCTT is praised by its users for being useful in its application and

for helping with the success rates of missions.

“(The) CCTT is awesome,” said Capt. Christopher Telle, a company commander with 2nd ABCT, 1st Inf. Div. “It lets you validate standard operating procedures with ease and ensures that you work out stuff like communications and how to maneuver as a company.

“It doesn’t replace coming out to the field, but it does set conditions for a successful field training.”

Although the simulator saves time and resources, those benefits are second to keeping Soldiers lethal on the battlefield by being sufficiently trained.

The simulator accomplishes this too by having a higher rate of repetition than what is physically possible in the field.

This results in smoother communication between Soldiers, which leads to more successful missions.

“It ensures that the platoon leaders understand how to fight alongside their platoons and crosstalk between them,” Telle said. “We can get the whole company to mass on whatever we need to destroy.”

The 2nd ABCT Soldiers will continue to train in anticipation of an upcoming rotation and combined-arms live-fire exercise later this year.



FOR MORE INFORMATION VISIT FORT RILEY'S ENVIRONMENTAL DIVISION:


[HTTPS://HOME.ARMY.MIL/RILEY/INDEX.PHP/ABOUT/DIR-STAFF/DPW/ENV-DIV](https://home.army.mil/riley/index.php/about/dir-staff/dpw/env-div)

ARMY
EMERGENCY
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GRB Platform

Connect with Your Federal Benefits in the New Government Retirement & Benefits (GRB) Platform™



Effective April 22, 2019, the Employee Benefits and Information System (EBIS) will be upgraded to the GRB Platform™. The GRB Platform™ is an enterprise system that provides Army-served employees with access to information regarding government wide benefit programs such as health insurance, life insurance, the Thrift Savings Plan (TSP), retirement, and more. You can review the coverage for each benefit you are enrolled in as well as other benefits you may want to take advantage of in the future. Additionally, the GRB Platform™ contains a variety of resources and tools such as benefit program documentation, fact sheets, informational videos, electronic forms, calculators, and links to external websites.

Total Compensation Statement:
The GRB Platform™ provides you with a comprehensive up-to-date picture of the full value of your compensation and benefits including:

- Retirement Benefits
- Federal Employees Health Benefits (FEHB)
- Federal Employees' Group Life Insurance (FGLI)
- TSP

Calculators:
Several estimators and calculators are available so you can perform "what-if" scenarios concerning your retirement benefits:

- Retirement Annuity
- TSP Loan
- High-3 Average Salary
- TSP Contributions
- TSP Withdrawal
- FGLI Premiums
- TSP Projected Account Balance
- Social Security

Benefit Enrollments/Changes:
The GRB Platform™ provides you with the ability to make enrollments and changes for FEHB, FGLI, and TSP including Open Season and qualifying life events.

Resource Library:
The GRB Platform™ contains a comprehensive resource library of documents, videos, forms, and links relating to each government-wide Federal benefit program. With e-learning capabilities, you are a click away from accessing a catalog of engaging courses to support planning and understanding of your retirement and benefits. These courses are designed to reach employees at all stages of their careers, including orientation for new employees.

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

Common Access Card (CAC) log on only. There is no longer a user name and password requirement. When you log in for the first time you will view a brief tutorial video about the GRB Platform.


For assistance, contact:
Army Benefits Center-Civilian (ABC-C)
Specialists are available Monday through Thursday from 7:00 am CT to 5:00 pm CT
DSN: 520-2222, Commercial (785) 240-2222, and Toll-Free 1-877-276-9287

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at Geary Community Hospital



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GCH front parking lot

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Participants take off running as soon as the horn sounds off at the 10-5-2 Prairie Run on July 27. The starting line was at King Field House and the 10-mile run, which was a qualifier for the Army 10-Miler, went to the Ogden gate and back.

Strength in NUMBERS

Excitement runs high at Fort Riley during 34th year of the 10-5-2 Prairie Run

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

Runners gathered at King Field House to complete 2-, 5- or 10-mile runs July 27. The countdown started at 7 a.m. for the 5- and 10-mile races and at 7:15 for the 2-mile run.

Before the run started, participants listened to hype music, ate fruit and completed their registration to receive their T-shirts and numbers.

Reed Scott, sports program coordinator, said 130 runners had signed up. He said he was hoping for 100, and was happy there were exactly 100 people who showed up to run.

This was the 34th year of this run. Scott said their goal is to always improve each year.

The course extended toward the Ogden gate, which is 10 miles out and back.

See NUMBERS, page 13



The first- and second-place finishers, Seth Kutikoff, of Manhattan, left, and Josh Nives, of Wichita, race for the finish line at the 10-5-2 Prairie Run on July 27 at King Field House.

Atrophy's vicious cycle

Staying active key for recent retirees from the military

Editor's Note: This is the second 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 a Soldier retires from the Army, the good news is that they no longer have to wake up and exercise. The bad news is — they no longer have to wake up and exercise.

When the mandatory physical training is erased from daily life, retirees often will put exercise on a back burner, said Amber Scharbo, health educator at Fort Riley Army Wellness Center. But doing so can lead to health and wellness problems.

“Atrophy is a big thing,” she said. “It only takes three days of not doing strength training to start losing muscle — it’s a small amount, but every three days you don’t do some sort of strength training, you lose muscle.”

Add the reduction in exercise to a decrease in metabolism, which is a natural part of aging, and people can run into a myriad of health and wellness problems.

“Someone who is not thinking about that and they kind of throw their exercise to the wayside — everyday tasks become harder,” she said.

See ACTIVE, page 14

Arrows point to Fort Riley

3-D Archery tourney to feature Bigfoot of the Flint Hills

By Gail Parsons
1ST INF. DIV. POST

There is only one place in the world a person is going to be able to climb on top of an M1 Abrams battle tank and launch an arrow at a three-dimensional target — that place is at Fort Riley’s first Bow-slinger 3-D Archery Tournament on Aug. 24.

“Not everybody gets to see an M1 tank up close and personal, let alone climb up on the back of it and shoot an arrow at a realistic 3-D target,” said Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander.

If the tank wasn’t enough of a draw, the scope and scale of the targets might help encourage shooters.

See ARCHERY, page 10

Floating Yoga instructor's class making waves

New classes on post only ones available in state of Kansas

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

Tatiana Ferracioli Da Silva taught Boga fitness classes at Eyster Pool until recently, when the pool closed; she now takes reservations for private parties and has changed the name of the class to Floating Yoga.

“It’s so much fun, Ferracioli said. “Everyone just

“It relaxes you much more than just yoga with the connection with the water.”

TATIANA FERRACIOLI DA SILVA
FLOATING YOGA INSTRUCTOR

comes up out of the water with that inner child energy — I love it.”

Ferracioli has been teaching floating yoga for 15 years and started while she was in Japan. She traveled to California two years ago to get certified in Boga to bring the program to Fort Riley. She said she was the only person in Kansas who taught floating

yoga and said the next closest classes are in Colorado.

“It relaxes you much more than just yoga with the connection with the water ... It is like a meditation without even trying,” Ferracioli said.




Ferracioli said the classes are geared toward individuals. She said that the number one thing

See CLASS, page 10




Floating Yoga private parties, like a recent Hawaiian-themed event, are now available at Custer Hill Aquatic Center with instructor Tatiana Ferracioli Da Silva, who is the only floating yoga instructor in Kansas.


WEEKEND WEATHER OUTLOOK

FRIDAY	SATURDAY	SUNDAY
		
HI: 84 F LOW: 72 F	HI: 82 F LOW: 70 F	HI: 89 F LOW: 66 F

FORT RILEY POST-ITS

**Fort Riley MWR**

Join the team at Outdoor Recreation Center, for a morning of ziplining on Aug. 3 beginning at 10 a.m. Participants must weigh at least 85 pounds and the cost is \$14 per person. Pre-registration is required, call 785-239-5614.


**Hobby Studio**

The Hobby Studio located inside the USO building, will hosting a paint and sip class Aug. 3. Pre register or walk in Aug. 3 at 5 p.m. The cost is \$30 per person and \$1 per ounce of wine. This week's painting will be sunflowers.

Community Housing Sponsorship Program

Residents of on-post housing are invited to quarterly meetings in the Community Housing Sponsorship Program. See schedule, below. Brigade level command community sponsors now address community-level issues, inform and educate residents, support community and installation level events and provide a leadership voice to residents about issues that affect Soldier and family quality of life in housing and in the barracks.

- Residents of Warner Peterson community — hosted by the 2nd Armored, Brigade Combat Team, Aug. 7, 5 to 6 p.m. at Warner Peterson Community Center, 5570 A.P. Hill Dr.
- Residents of the Forsyth East neighborhood of the Colyer Forsyth housing area — hosted by the 1st Infantry Division Artillery, Aug. 7, 5 to 6 p.m. at Colyer Forsyth Community Center, 22900 Hitching Post Rd.
- Residents of the Ellis Heights community — hosted by the 1st Infantry Division Sustainment Brigade, Aug. 20, 6 to 7 p.m. at Ellis Heights Community Center, 44647 Lee St.
- Residents of the Forsyth West, Forsyth Central and Forsyth South neighborhoods in Colyer Forsyth and McClellan Place and Marshall Army Airfield housing areas, hosted by 1st Armored Brigade Combat Team and 1st Combat Aviation Brigade, dates and locations to be announced.
- Residents of Historic Main Post and Whitside housing areas held their meeting Aug. 1.

**USO Kansas, Fort Riley Center**


Gift the gown is an opportunity Aug. 3 to get pampered at no cost. Leave with your hair and makeup done and a perfect dress at no cost. Pre register for this USO event at Army Community Service, where it will be held from 10 a.m. to 2 p.m. People who are pre-registered may go noon to 2 p.m. Others can come in between 2 and 4 p.m.

Lets go to the movies @ Barlow Theater

Friday, August 2- Far From Home (PG-13) 7 p.m.
Saturday, August 3- The Secret Life of Pets 2 (PG) 2 p.m. and Dark Phoenix (PG-13) 7 p.m.
Sunday, August 4- Yesterday (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

**USO Kansas**

The USO Kansas, Fort Riley Center has a mission to serve service members and their families. On Aug. 7 the staff will do that with their monthly Just For You event. From 10 a.m. until 1p.m. a free lunch will be served. The focus of this time is going to be personal wellness complete with a 30 minute Pilates activity. Pre register for childcare and come enjoy this time to yourself. Register on eventbrite.com.

ARCHERY Continued from page 9

“Folks who sign up ... will have the opportunity to chase down the Bigfoot of the Flint Hills,” Shrader said. “There is truly a Bigfoot 3-D target out there. And when I say Bigfoot, I’m talking Bigfoot — we’re not talking little foot, we’re talking Sasquatch himself — live and in living color on Fort Riley.”

Reaching back into the Jurassic age, some of the targets will include dinosaurs.

While Shrader expects the tournament to be fun, there’s another motive as well — one that explains why the tournament is open to military and civilians. He spoke of a long-term vision of providing opportunities on post for Soldiers and their families and residents of the surrounding communities.

“We really do enjoy an outstanding level of support from the surrounding Flint Hills region,” he said. “They provide a lot to Soldiers and families and the civilians who work and live on the installation. We said ‘what is another way that we can give back to the community but at the same time, we’re giving to the Soldiers and families and in a creative way.’”

It also provides one more avenue to tell the Fort Riley and the “Big Red One” story.

He is looking forward to sharing that story with Kansas archers. Being an avid bow hunter and having a son who competes, he is familiar with the statewide level of interest in the sport. His 17-year-old son Mason does archery with the Junior Olympic Archery Development Program and the 4-H programs at every installation they have been stationed at.

“It was more of a father/son opportunity to go have fun,” he said. “Mason ... really took to it. We’ve seen how much fun our family has doing it and know there’s other

families out there that enjoy archery. And so, we want to open that opportunity up to the community here on Fort Riley.”

Leigh Ann Slinger, supervisory recreation specialist with Directorate of Family, Morale, Welfare and Recreation, said there are slots for 125 archers. Registration is open and so far, the majority of those who have signed up are civilians.

“It’s a really cool, exciting new event that we have,” she said. It’s going to be a 25-target event. Usually they’re two-day events. We’re starting small with a one-day event and hoping to grow it to a two-day event in the future.”

She said it’s not uncommon for people to travel long distances to participate in a 3-D archery tournament and can easily see this event growing.

“It has a lot of potential to bring visibility to the Adventure Park ... SpareTime Entertainment and just some of the amenities that civilians off post may not realize that they do have access to,” Slinger said.

REGISTRATION

Registration fees vary from \$25 to \$45 depending on the category. There are seven categories to choose from, descriptions of which can be found at www.riley.armymwr.com/programs/fort-riley-bow-slinger-3-d-archery-tournament. The registration fees go toward cash payouts.

In addition to cash awards for participant, there will be a raffle for prizes donated by area sponsors.

“Some of the prizes are pretty awesome,” Shrader said. “There’s a couple of bows out there — we’re talking some significant items that have been provided by some great sponsors that we’ve got out there across the region.”

CLASS Continued from page 9

she wants people to know is that everyone will fall into the water eventually, so not to be worried about that happening.

Classes can be more balanced focused or more strength focused. The person reserving a floating yoga


class can specify which type of class they want or they can allow it to be a surprise. The reservations can be made at Custer Hill Aquatic Park after 7 p.m. and at Long Fitness Center outside of their open swim times. The private

classes are \$50 for as many as 12 people.

“Floating Yoga is great for people with all skill levels and backgrounds,” said Gabrielle Stanley, wife of Staff Sgt. Jason Stanley, 601st Aviation Support Battalion, 1st Combat Aviation

Brigade, 1st Infantry Division. “It is calming to be on the water and [Tatiana] does a great job catering to each individual and making it a fun experience.”

For more information on classes or private parties, call 785-239-4684.

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Worship Opportunities

Protestant Services

Victory Chapel	239-0834
ChapelneXt Protestant Service	
Sunday Worship.....	0900
Children's Church.....	0910
Morris Hill Chapel	239-2799
Gospel Protestant Service	
Sunday School.....	0900
Sunday Worship.....	1100
Main Post Chapel	239-6597
Traditional Protestant Service	
Sunday Worship.....	1030
Children's Church.....	1045-1130

Catholic Services

Victory Chapel	239-0834
Sunday: Confession (and by appointment).....	1100
Sunday Mass.....	1130
Sunday Catechism.....	1030
Saint Mary's Chapel	239-6597
Sunday Mass.....	0900
Daily Mass – Mon., Wed., & Fri.....	1200
IACH Chapel	239-7872
Daily Mass – Tue. & Thur.	1200

Pagan/Wiccan Service

Kapaun Chapel	239-4818
Fort Riley Open Circle– SWC	
1st & 3rd Wednesday monthly.....	1800

Homefront Heroes

Support Group for spouses of Soldiers going through deployment or reintegration
Weekly Wednesday classes from 1830-1930 at Victory Chapel.
Childcare provided for 6mo - 4yrs

Summer Schedule ends 31 Jul
Fall Kick-off 21 Aug

Club Beyond - Faith Based Youth Program

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


Fall Kick-off 18 Aug

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

Fall Kick-off 9 Sep


Meets Sundays, 1430-1630 at Victory Chapel
3yrs - 12th grade.

**Protestant Women of the Chapel (PWOC)**

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

Fall Kick-off 20 Aug

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

**Catholic Women of the Chapel (CWOC)**

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

Fall kick-off 21 Aug

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

Check for schedule over Training Holiday weekends

Change in Operational Hours Automotive Skills Center
Effective May 22 2019

Monday - Thursday: Closed
Friday: 12 - 8PM
Saturday - Sunday: 9AM - 5PM



**Automotive Skills Center, BLDG 7753**
785-239-9764



Soldiers made their way into the USO on July 24 for a special free lunch. Omni Financial sponsored the Red, White and Blue BBQ for service members to enjoy.

Red, white, blue enjoy free barbecue

USO Kansas serves up patriotic meal to service members

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

With contributions from Omni Financial, USO Kansas, Fort Riley Center served up a free barbecue lunch for Soldiers and their families July 24. The USO was full of men and women in uniform as they stopped in to eat burgers and hotdogs on their lunch break. “My squad leader told us about it this morning,” said

“We have a sponsor who wanted to do something nice to honor the service members through the Fourth of July.”

TRACI TAYLOR
CENTER OPERATIONS AND PROGRAM MANAGER,
USO KANSAS

Spc. Heriberto Rodriguez, 24th Composite Truck Company, 541st Combat Sustainment Support Battalion, 1st

Infantry Division Sustainment Brigade. Rodriguez said he liked how the event brought everyone together with free food. “The staff is nice that works here,” he said. “This is a way for us to expand our typical lunch service,” said Traci Taylor, center operations and program manager, USO Kansas. She said they always have free lunch for military personnel from 11a.m. until 1:30 p.m. “This is an extra big special lunch,” Taylor said. “We have a sponsor who wanted to do something nice to honor the service members through the Fourth of July. We knew that

most people travel or spend time with their families during that time, (so) we decided to postpone it, which is why it is called Red, White and Blue Barbecue.” She said everything is free at the USO because the organization’s mission is to serve the active duty military and their families. Anna Roman, customer care specialist with Omni Financial, attended the event to help ensure Soldiers were aware of their services, and to be part of an opportunity to serve the military community. “Giving back is one of the major things we are here for,” Roman said.

TUESDAY TRIVIA CONTEST



The question for the week of July 30 was: August is anti-terrorism awareness month. Where on the Fort Riley website can I learn how to report suspicious activity?

Answer: home.army.mil/riley/index.php/about/dir-staff/DPTMS/iwatch

This week’s trivia winner is Amanda Potter, spouse of Jonathan Potter, an Army veteran. Amanda is also the cub master for Cub Scout Pack 660 on Fort Riley.

Pictured above is Amanda Potter.

CONGRATULATIONS AMANDA!

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HIGH-WIRE ACT



People came to test their courage on the Outdoor Recreation high ropes course July 27. The smiling faces show that the height was not a challenge for them. The high ropes course is available specific Saturdays each month. For more information, contact Travel and Leisure at 785-239-5614.

Carisa Huntwork | POST

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Step 2: RACE DOWN A HILL AGAINST OTHER COMPETITORS

Step 3: WIN!

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AUGUST 17

10AM-NOON

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CUSTER HILL

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\$5

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Construct a cardboard boat with duct tape only and bring it on race day. Prizes will be awarded.

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INFO: 785-239-8990

MWR

CAPRA

FORM MATTERS

Deadlift Kettlebell

By Gail Parsons
1ST INF. DIV. POST

Using kettle bells for the deadlift provides the same benefits as a bar, but can be less intimidating for some women and can provide a change of pace to a workout routine.

Jena Wangerin, certified personal trainer and New U instructor at Whitside Fitness Center, said women will often shy away from using the bar, but once they start to enjoy it, she said.

“The gym in general can be intimidating,” she said.

By starting off with kettle bells, gym-goers can begin benefitting from deadlifts right away, without being fearful of injury or of graduating to different equipment until they are ready.

“You’re still doing the same thing,” she said,

acknowledging that the same muscles are still being worked, regardless of the equipment type.

Once trainees feel comfortable with the movement, the transition to the bar is often a natural one.

“I’ve found that with almost every person I’ve trained,” Wangerin said. “Once you get them on the big bar, it feels like such an accomplishment and it’s exciting, they continue to use it. It’s a very powerful move and it’s a great back builder.”

Kettle bells are also often the equipment of choice in classroom settings because they are easier to use and require no setup.

In addition to simplicity, Wangerin said kettle bells are appealing because they can be a great way for beginners to feel comfortable with the exercises.



DEADLIFT KETTLEBELL

1. With the kettlebell placed to the center front of the feet, keeping the arms pinned to the sides, reach down and grasp the handle with both hands.
2. Take a deep breath, embrace the core, push through the heels and pull up to an upright position.
3. Pause at the top.

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



Photos by Amanda Ravenstein | POST

LEFT: Exchange employees stop for a photo before cutting the cake to celebrate the 124th anniversary of the celebration of the Army and Air Force Exchange Services July 25. **RIGHT:** Shoppers reach for balloons during the 124th anniversary celebration of the Army and Air Force Exchange Services at the main Exchange. Inside the balloons were pieces of paper with discount amounts for areas of the store.

ATTENTION SHOPPERS

FASHIONABLE TO CELEBRATE EXCHANGE ANNIVERSARY



Photos by Carisa Huntwork | POST

LEFT: Annabel Escajeda, 7, daughter of Spc. David Escajeda, 24th Composite Truck Company, 1st Infantry Division Sustainment Brigade, strikes a pose while modeling for the Main Exchange's fashion show July 27. This fashion show was in celebration of the Main Exchange's 124th birthday. **RIGHT:** July 27 was a special day for many children at the Fort Riley Main Exchange. The fashion show allowed these models to walk the runway in front of a crowd of people.



JUST FOR YOU

Monthly Mingle

AUGUST 7 | Wednesday
11:30am - 1:00pm | USO Center
LUNCH SERVED | Please Register

Focusing on Personal Wellness for Military Spouses

Join us for some self-care!
Take a fun break - Just For You - Meet other spouses

August Program - Intro to Pilates | 30 minutes
Dress Comfortably | Bring a yoga mat if you have one

Just For You | Monthly Mingle | REPEATS THE 1st WEDNESDAY OF EACH MONTH
Event registration preferred (not required) through links on ACS and USO Facebook

LIMITED FREE CHILDCARE AVAILABLE | Required 2 weeks prior to event
Childcare Registration: CALL ACS Family Advocacy Program | 785-239-9435




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EST. 2005



This tribute to the "Hee Haw" TV series is good, fun, homespun entertainment for all ages!

By popular demand, this talented group is making its way back to Junction City!

August 10, 2019
7:30 PM

SUMMER SAFETY



CARING FOR YOU AND YOUR FAMILY

- DRINK PLENTY OF FLUIDS
- REPLACE SALT AND MINERALS
- WEAR APPROPRIATE CLOTHING AND SUNSCREEN
- PACE YOURSELF
- STAY COOL INDOORS
- SCHEDULE OUTDOOR ACTIVITIES AFTER PEAK HOURS



CARING FOR YOUR PETS

- ENSURE OUTSIDE PETS HAVE WATER AND PLENTY OF SHADE
- BRING PETS INSIDE FOR COOLING BREAKS
- DON'T LEAVE A PET IN AN ENCLOSED VEHICLE
- LIMIT EXERCISE ON HOT DAYS
- WATCH FOR HOT PAVEMENT



For more safety information, contact the Garrison Safety Office at 785.240.0647 or visit online at <https://home.army.mil/riley/index.php/about/dir-staff/safety-office>



2019

FORT RILEY BOW SLINGER

3-D ARCHERY TOURNAMENT



AUGUST 24
OUTDOOR ADVENTURE PARK

OPEN TO THE PUBLIC!

WATCH OUT FOR BIG FOOT IN FLINT HILLS

ADVANCE REGISTRATION	DAY OF EVENT
Through August 22, Noon CST	August 24, 6:30am CST
• Men's Open \$45	• Same Day Registration On-site 6:30-7:45am
• Men's Bow Hunter \$45	• Check-In 6:30-8:15am
• Women's Open \$45	• Food Sales Begin 6:30am
• Women's Bow Hunter \$45	• Shooters Meeting (required) 8:30am
• Active Duty \$35	• Tournament Starts 9:00am
• Traditional \$35	• Door Prize Drawings 1:45pm
• Youth (Ages 8-17) \$25	• Cash Prize Shoot-Offs 2:00pm

Online processing fee not included. All prices increase by \$10 for same-day registration



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* See website for payout details

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Family game night serves up tacos, fun

By Gail Parsons
1ST INF. DIV. POST

The family game night at the Fort Riley Teen Center had fewer participants for its July 25 event than it did in June, but those who did attend learned about the center, the R2 program and had a taco dinner.

Among those in attendance were Lt. Col. John Brock, Headquarters Battalion, 1st Division Headquarters, and his family. They arrived at Fort Riley from Honolulu, Hawaii five days earlier. When he heard about the game night event he wanted to attend for two reasons, he said.

“One for our kids and to see what we could do to get them better involved in the community,” he said. “And two, so when people ask us what there is to do here on

Fort Riley we know and have some answers for them about fun things for their kids to do.”

Although he’s only been here a few days, Brock said he finds it amazing how much the Army invests in the children in the community.

“We had no idea that they had centers like this where they have video games and stuff where they could come after school and play and potentially keep them from getting in trouble,” he said.

After dinner the Brock family toured the teen center, which includes video games, an art room and gymnasium where children were setting up for a game of dodge ball.

Sandy Johnson, Child Youth Services School liaison officer said keeping the children involved in activities that they enjoy and will benefit

them is part of the purpose of the Teen R2 program.

“R2 stands for Ready and Resilience,” she said. “It started after the [Master Resiliency Training] the Soldiers go through,” Johnson said. “We still use those skills, but we do it in a more fun and happy way.”

The R2 program will resume 5 to 6 p.m. weekly meetings Aug. 19 for middle and high school students. Children who attend three out of four meetings are eligible to go on a field trip.

“We pay for their cost of whatever field trip they go on,” she said. “They get to help make the decision to where we go. Last year, we went to Sky Zone, which is a trampoline park in Topeka, we went to Spin City, Adventure Park, SpareTime — we

did the helicopter simulators one time.”

The next family night event will be on Aug. 22 and will be part of the Reach Higher program. Johnson said it is similar to a college fair but will include information about joining the military or attending a technical school.

“It’s based on Michelle Obama’s idea, when she was the First Lady,” she said. “Some of the kids think that graduation is the end of their education she wanted them to reach higher to continue with their education and think about the careers that are that are available to them with certain education.”

Anyone who wants to can stop in from 5:30 to 7:30 p.m. have some dinner and learn about opportunities available to young people leaving high school.

HEALTHY EATING



COURTESY PHOTO

Vegan “Crab” Cakes

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

Recipe Analysis: (1 serving = 2 each)

Per Serving: 227 calories; 11 g protein; 11 g fat, 21 g carbs (2 carbs: 1 protein)

Recipe = 2 servings of vegetables, 0 servings of fruit (0.5 vegetable per serving, 0 fruit per serving)

**This recipe is from Sgt. 1st Class Sunnie Johnson, Tripler Army Medical Center, Hawaii.*

INGREDIENTS (5 SERVINGS)

- 1 cup fine toasted breadcrumbs
- ½ cup minced celery
- ½ cup minced white onion
- 1/3 cup minced carrot
- ½ small green bell pepper, minced
- ¾ cup chopped fresh parsley
- ½ tsp. canola oil
- 16 oz. frozen extra firm silken tofu or waterpacked firm tofu
- 1 tbsp Old Bay seasoning
- 2 tsp. dry mustard
- ½ cup vegan mayonnaise
- 1 tsp. salt
- cooking spray

STEPS (30 MINUTES)

- For texture: freeze the tofu and then thaw. Note: waterpacked tofu and the silken firm tofu are experimental textures. If using silken tofu, do not press, simply drain after thawing. Do press the waterpacked, if using.
- Preheat oven to 350 degrees F.
- Saute the carrot until it starts to soften then add the celery, onions, pepper, and parsley until softened.
- Pulse tofu. You want a cottage cheese consistency. Do not puree.
- Combine tofu, vegetables, ½ cup bread crumbs, vegan mayo and seasonings. Mix well.
- Use about 1/3 cup mixture and form into patties about 3 inches by ½ inch thick. Coat with remaining crumbs.
- Place on sprayed baking sheet and spray tops lightly with spray or Olivo.
- Bake for 15 minutes. Turn the cakes. Continue cooking until second side is brown and toasty, approximately 5 to 10 more minutes.

<https://cookpad.com/us/recipes/727213-vegan-crab-cakes> #FitFirst

‘Back-to-School’ savings on the way

By Matthew Perry
DECA MARKETING
AND MASS MEDIA SPECIALIST

FORT LEE, Va. — Commissary patrons can be on the lookout for Back-to-School sales and sweepstakes along with sidewalk sales beginning mid-August with a focus on healthy meals and snacks.

“It’s hard to believe that many of our families are getting ready to go back to school,” said Army Command Sgt. Maj. Tomeka N. O’Neal, the Defense Commissary Agency’s senior enlisted advisor to the DeCA director. “When it comes to food for school lunches and snacks, the commissary is your first stop for significant savings. And while you’re there check out the exchange for low prices on school supplies.”

Throughout August, the agency’s industry partners — vendors, suppliers and brokers — are collaborating with commissaries to offer discounts beyond everyday savings. Check the end of the aisle for themed items with extra low pricing.

Some of the specials are:

- Sidewalk sales. The majority of commissaries worldwide will kick off DeCA’s Sidewalk Sales event starting in August and continuing through September. Weather permitting, commissaries will have one event — a two-, three-, or four-day outdoor sidewalk weekend sale — offering extra savings including special deals on some case- and club-pack items. In addition to the case, or lot sales like those found in commercial club stores, commissary sidewalk events also offer additional “mix and match” packages of similar items in bulk-size cases. This event runs until Sept. 30.
- “Back to School Bonanza — Text-to-Win.” Enter for a chance to win a \$25 commissary or exchange gift card from MyMilitarySavings.com. Shoppers can only enter the sweepstakes in-store. Look for in-store displays for details on how to enter. Pro-



COURTESY PHOTO

Commissary shoppers can look forward to sidewalk sales, sweepstakes and healthy meals taking center stage by mid-August.

- motion runs from Aug. 1 to Sept. 8.
- Kellogg’s, Keebler, HomeBase — Buy 3/Get 1 Free. Buy any three participating Kellogg’s/Keebler items and get a free commissary brand HomeBase item via a coupon offer valued up to \$2.50. Choose from Kellogg’s Special K Cereals, Pringles Grab and Go, Pringles Wavy, Townhouse Crackers, Moth-

- er’s Cookies, Famous Amos Cookies, Eggo Pancakes and Eggo Toaster Sticks products. This promotion ends Aug. 4.
- AXE and Unilever “Back To School” DeCA Only Sweepstakes. Enter the Back-to-School Sweepstakes for a chance to win the Ultimate Electronics Grand Prize Package or one of more than 90 other prizes.

PAINTING A MASTERPIECE



Amanda Ravenstein | POST

The Kids Paint n’ Sip event hosted by Corvias was popular as both sessions at three community centers — Warner Paterson, Colyer Forsyth and McClellan — were full July 26.

NUMBERS Continued from page 9

“The run is a qualifier for the Army 10-Miler, which is a huge event (in the military community),” said Todd Scalf, director of the Directorate of Family and Morale, Welfare and Recreation on Fort Riley. “This is a very big thing ... we will send a group of eight this year.”

After the buzzer went off, those attending the event to support the runners sat and waited by the finish line to cheer on their loved ones. The first people back from the races were escorted by a military police car.

The first runner in for the 5-mile race was Ma-

son Perez, a Cadet at Texas A&M University. He is visiting Fort Riley for the summer and said it felt great to finish first.

As the third MP car lights went off a little more than an hour after the runners left, anticipation was high among those who were waiting to see who would be the winner of the 10-mile race.

As the DJ started to hype up the runners at the bottom of the hill, people wondered who would cross first. Two men were neck-and-neck.

The first to cross by only inches was Seth Kutikoff, of Manhattan, Kansas. Kutikoff said he felt good, as he held his hands on his head trying to cool down his body from the 10 miles he had just run.

The second person to cross was Josh Nives, of Wichita, Kansas. Nives said he remembered Kutikoff from other races they had both competed in.

Kutikoff and Nives mentioned they were happy that the other was there to push them to keep going faster as they competed.

Kutikoff’s finish time was one hour and four minutes.

May 18 • July 20 • August 17 • September 21

Session 1: 9-10AM Session 3: 12-1PM
Session 2: 10:15-11:15AM Session 4: 1:15-2:15 PM

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MWR

CAPRA

ACTIVE

Continued from page 9

Doing everyday chores around the house can get more difficult — even little things like climbing up and down a ladder can become not only difficult, but also dangerous.

“For someone who’s not regularly working out, balance becomes huge,” she said. “Falling off the ladder and recovering from that is going to be a life-changing event. Just small things like that, those normal tasks that you may have had no problem with while you are actively working out (can become difficult).”

It becomes a vicious cycle. The longer a person goes without exercising, the more muscle mass they lose and fat tissue increases, which causes the metabolism to decrease even more than aging alone.

“As we get older, it becomes easier and easier to acquire some of the diseases that can be [prevented] by leading a fit lifestyle,” said Kendra Seat, director of the Army Wellness Center.

Health issues like sinusitis, asthma, kidney disease, arthritis, diabetes, cancer and heart disease can all be affected by a person’s lack of exercise.

“There’s a known risk factor that the larger you become, the more at risk you are for cancer,” Seat said. “When your body is healthier, your immune system is healthier so it can fight off some of the free radicals. It’s not to say that you’re not going

“As we get older, it becomes easier and easier to acquire some of the diseases that can be [prevented] by leading a fit lifestyle.”

KENDRA SEAT | DIRECTOR, ARMY WELLNESS CENTER

to have really healthy people who get cancer, but you decrease your risk of acquiring cancer the more healthy you are.”

When people retire they often stay busy. However, being busy is not the same as getting exercise. Figuratively running from appointment to appointment does not give a person the level of exercise their bodies were accustomed to while in the Army.

CREATE A PLAN

Before retirement, Soldiers know that every morning they would be on the field exercising. Once that requirement is gone, it is up to the individual to formulate a plan to keep their bodies fit.

A balanced exercise routine should include cardiovascular exercise, muscle strength, and endurance or resistance training and some sort of flexibility and coordination movements.

CARDIOVASCULAR STRENGTH

“For cardiovascular exercise we want to get three to five sessions a week where we’re getting our heart

rate up,” Seat said. “Ideally, a minimum of 150 minutes of moderate intensity exercise, or 75 minutes of vigorous intensity exercise.”

Strength training should be two or three sessions per week where all the major muscle groups are worked. She said people tend to go to either end of the spectrum — either they don’t strength train at all or they over train.

“They don’t do it for a long time and then jump back in expecting to be able to lift what they did previously,” she said. “That’s where we see injuries.”

People should not increase their training time or distance more than 10% per week, she said. If they go too far too fast and get injured, they are less likely to want to go back to it after recovery.

FLEXIBILITY, STRETCHING, NEUROMOTOR

Exercises with a focus on flexibility should be done at least three times a week.

“More is not a bad thing when it comes to flexibility,” Seat said. “You do want to try to stretch all of the major muscle groups.”

An exercise routine should start with dynamic movements and end with static stretching.

“The recommendation is to start your exercise session ... doing movements that increase the range of the joints that you’re working on that day,” she said.

Neuromotor training exercises are movement exercises like yoga and Tai Chi — anything that’s balanced related and is going to stabilize the body, she said. These exercises incorporate motor skills such as balance, coordination, gait and agility.

“You can do some of this type training when you’re doing your other activities,” Seat said.

GETTING STARTED

If a retiree has taken a break from their exercise routine, when they are ready to resume, they need to gradually increase. This is where having expert guidance can help prevent injuries.

Seat recommends having a personal trainer or contacting the Army Wellness Center for assistance in developing an exercise program.

The routine doesn’t have to mirror the Army physical training — that’s one of the benefits of retirement.

Now exercise can be based on what the retiree likes to do. Rather than running, they might enjoy swimming or bicycling.

Regardless of what form of exercise they choose to start, they should take a self-assessment.

“There’s some basic questions they should be asking themselves as far as their physical readiness,” she said. “Have they incurred any sort of heart condition? Do they have any pain with physical activity? Do they have balance issues now? Have they endured any sort of injury in the recent past that their doctor has not cleared them for? Have they started any new regimen of medication?”

Whether making that transition to the civilian world or getting back into an exercise routine after being out of the Army for a while — there’s going to a different reason for exercise.

“Now is about finding out what’s your new why,” she said. “Ask yourself ‘why do I want to do this? What are my goals? What is exercise going to add to my life now?’

“And then once you have that activity side down you also want to make sure that you’re looking at nutrition.”

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and Military Ball Etiquette

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Level: Advanced

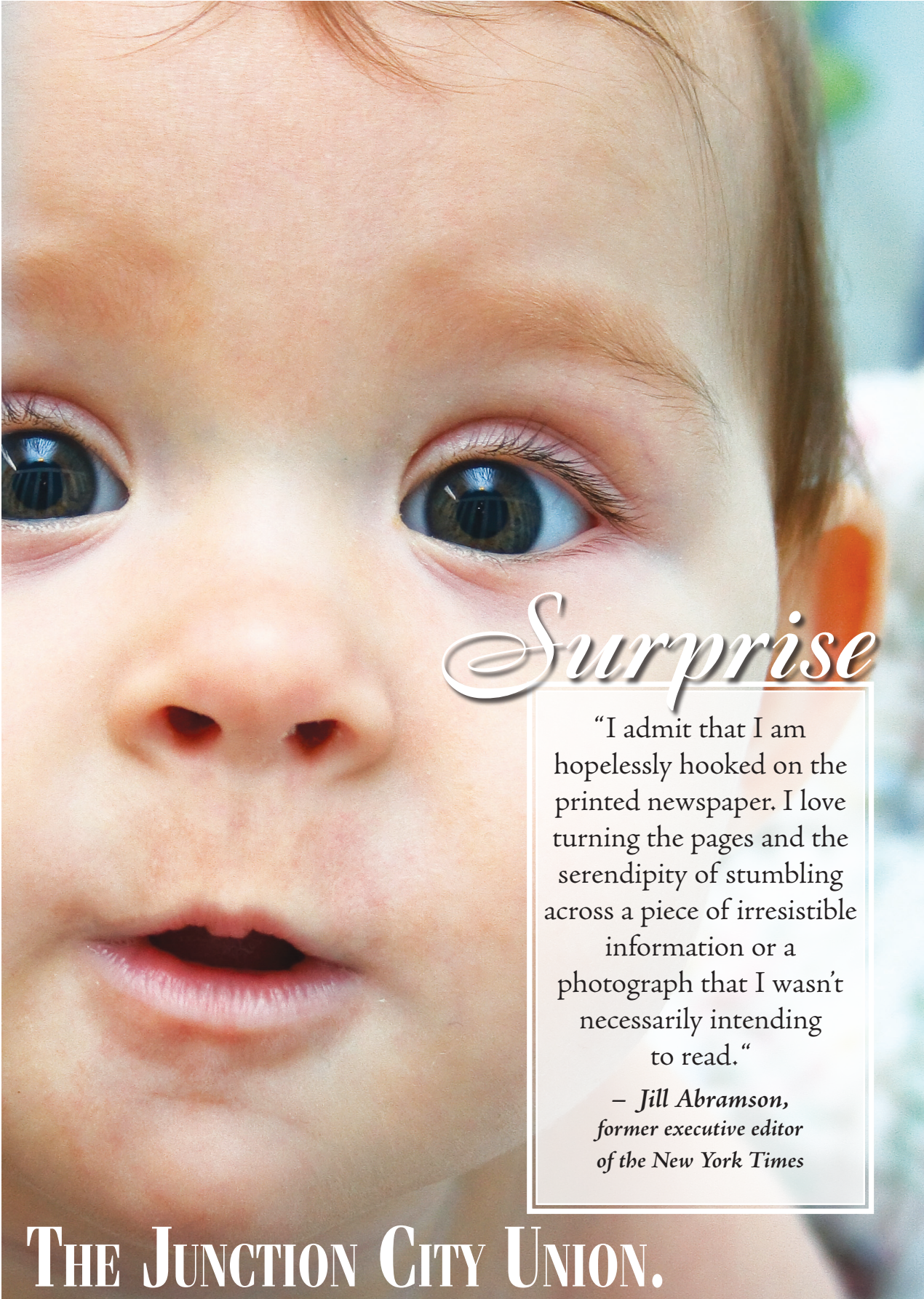
What Is su | do | ku?

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

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

Last Sudoku's Answers

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



Surprise

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- Jill Abramson, former executive editor of the New York Times

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Travel & Fun in Kansas



Spc. Shell heads east next week to explore Bonner Springs.



The Garden of Eden home and grounds in Lucas is filled with the art of its founder, whose body is also on display in a glass casket on the grounds. **Insets:** Around the house there are many unique cement sculptures, some which expressed his political and cultural opinions.



Unique collection of art awaits visitors to Lucas

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

Going west, forty minutes past Salina there is the small town of Lucas.

Getting to Lucas is a countryside adventure passing windmill farms, seeing cows that might be taking a dip in the blue Wilson Lake, and crossing a dam.

A few minutes after crossing the dam a giant plate with the word "Lucas" in the middle will start the self-guided art adventure through the town.

The people of Lucas have a love for art. Not just any art, amateur art. They want their town to be a place for self-taught artists.

"You have to be self-taught to exhibit here," said Rosslyn Schultz, executive director of the Grassroots Art Center.

The Grassroots Art Center is a museum in downtown Lucas on Main Street. Admission is \$8 per adult and \$3 per child, and includes a guided tour through the museum and a tour through an art-filled house and the Postcard Scene Yard art exhibit a block away.

Inside the museum there is a wide range of art on display, all will tell a different story. Schultz or another employee will walk guests through, telling about each exhibit.

The first exhibit is inside an old bank vault. There are art pieces hanging so low they can brush against a person's head. It is meant to be a personal, up-close experience to match the unique character of this museum.

After showing guests colorful yard art, Schultz brings them to a giant handmade gameboard made with two sticks and Christmas light bulbs next to names on the bottom. The game tests one's ability to guess the name of random items.

Next to the game is a collection of random items, which form an art sculpture. Schultz said all the items were collected at the bottom of a lake in Florida. A man took all the items he found, including a gun and jewelry, and made three art.

After the museum tour, guests can head to the Garden of Isis and a yard filled with artwork depicting scenes off postcards from around the country.

"The house will have anything from recycled mother boards to re-barbs (recycled barbies), anything you can think of," Schultz said.

The home belongs to Florence Deeble. She filled her backyard with replicas of places she went on vacation with colored concrete. An example is a replica of Mount Rushmore.

Inside, the home is lined with silver foil and art made with a wide range of recycled items including dolls, which fill the bathroom. The art pieces were created by artist Mri-Pilar.

Back outside, Schultz pointed out a bathroom at the end of Main Street right by the Fork Art Park.

"Bowl plaza is (made) to look like a sunken toilet ... it is 16 feet tall ... the lid is always up on our toilet," Schultz said.

She said that the toilet was created using items people said they needed to retrieve from their toilets, so as not to cause a clog. This included Nike shoes and a tea cup.

"It has won national and international awards," she said.

The bathroom also has a statue of a roll of toilet paper next to the entrance. The inside of the women's and men's restrooms are decorated with wall art including a car mural on the men's side. Schultz said this was because of how men love their cars.

Across the street from the Grassroots Art Center there is The World's Largest Collection of the World's Smallest Versions of the World's Largest Things. This place is not consistently open, because the owner is out of town quite a bit. It would be wise to call ahead to see when it will be open if heading that way.

The only restaurant and bakery in town is across the street from the art center. The Backstreet Bakery Bar and Grill serves a homemade dessert, which changes daily. Their menu consists of American cuisine and there is a full bar.

Heading down the street about two blocks away from Main Street is the Garden of Eden. This home belonged to Sam Dinsmoor, who, since his passing in 1932, has been on display next to his home in a mausoleum.

"He had instructions to put his body in there, he knew that people would always pay to see him and that would keep the stories of these sculptures preserved for years to come," said Lynn Schneider, director of Friends of S.P. Dinsmoor's Garden of Eden.

Schneider said that the art mostly represents the politics of Dinsmoor's time.

"The octopuses represent the big trust companies, the big monopolies that take advantage of the working man," she said pointing out sculptures in the yard.

She said the first thing he started on was his cabin home and then took on a love for cement and created his sculptures from there.

There will be a ghost tour hosted inside the Garden of Eden Aug. 13. For more information call the Garden of Eden at 785-525-6395 or visit www.gardenofeden-lucas.com. Schneider said that the company that does the ghost tours is more into the history of the place and less of the drama with the ghosts.

Schneider said there are several interesting and unique places to stay the night in Lucas.

"We have the garden view lodging right across the street from the garden," she said.

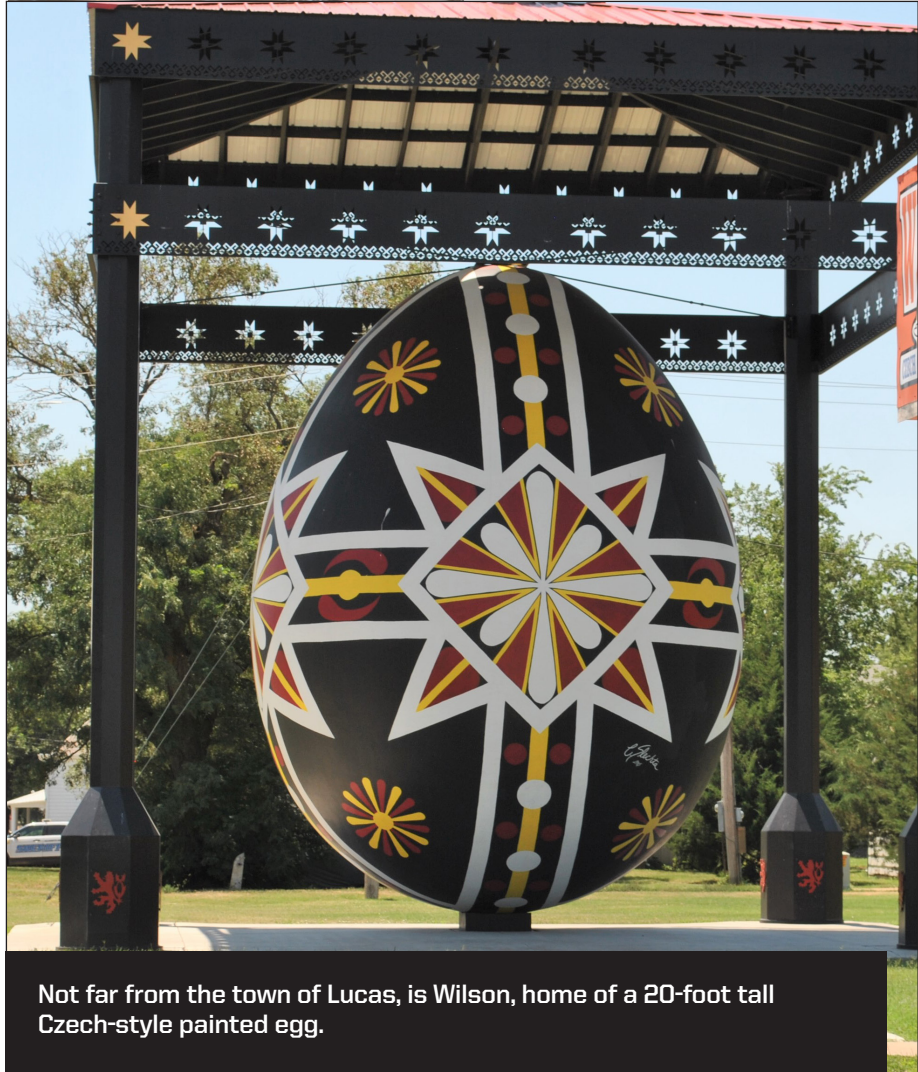
She said as people are traveling through, they will see how residents take care of their yards.

"Dinsmoor started the trend of grassroot arts inside the community, she said."

When traveling to or from Lucas across the interstate is Wilson, where people can stop and take a picture with the world's largest Czech egg. The egg is 20 feet tall and painted in traditional Czech patterns.



Top: Rosslyn Schultz, executive director of the Grassroots Art Center explains some of the displays. The center encourages amateur and avant garde artists. **Left and bottom left:** Hundreds of dolls make up several exhibits at the Garden of Isis house.



Not far from the town of Lucas, is Wilson, home of a 20-foot tall Czech-style painted egg.