

THE 1ST INFANTRY DIVISION POST

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FRIDAY, AUGUST 30, 2019

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FORT RILEY, KANSAS



An AH-64 Apache Helicopter with 1st Combat Aviation Brigade, 1st Infantry Division, flies out into the box as an Observer Controller helicopter trails behind, during a simulated attack mission, as part of the culminating force-on-force exercise of Combined Resolve XII at the Joint Multinational Readiness Center in Hohenfels, Germany, Aug. 19. Combined Resolve is a biannual U.S. Army Europe and 7th Army Training Command-led exercise intended to evaluate and certify the readiness and interoperability of U.S. forces mobilized to Europe in support of Atlantic Resolve.

Combined Resolve XII: Apaches bring firepower to fight

Story by Sgt. Thomas Mort
358TH PUBLIC AFFAIRS DETACHMENT

HOHENFELS, Germany — The 1st Squadron, 6th Cavalry Regiment, 1st Combat Aviation Brigade, 1st Infantry Division and their eight AH-64 Apache

attack helicopters, joined more than 5,000 service members from 21 nations “in the box” at the semiannual multinational exercise, Combined Resolve XII, at the Joint Multinational Readiness Center in Hohenfels, Germany. The exercise kicked off in

Hohenfels on Aug. 15 and concluded Aug. 27.

“For Combined Resolve XII, the Apaches are providing the aerial support to ensure free movement for friendly forces as they move forward,” explains U.S. Army Capt. Eric Moore, apache commander,

with 1st Sqdn., 6th Cav. Reg., 1st CAB, 1st Inf. Div. “We’re able to go out there and maneuver effectively and get down low in the trees and really find those targets out far, up to eight kilometers, and engage and destroy them before they can affect friendly lines.

“With the Apache helicopters, we’re able to get low in the trees to reduce our radar cross section from ground based radar systems,” said Moore. “Hovering low also allows us to mask ourselves against

See APACHES, page 7

Family night sparks career interests

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

The theme for the August Child and Youth Services Family Night was College and Careers. Parents and children visited with representatives of several colleges and universities, the National Guard and Unified School District 475.

Some of the mostly-middle school-aged children were more excited about the candy and the freebies being handed out, but several others took time and spoke with the representatives, asked questions and picked up brochures and other printed materials.

“It is never too early to start informing yourself of what you want to do and what your options are,” said Esra Alexandra Mills, assistant director/enrollment — Fort Riley Central Michigan University. “I think that’s awesome that they’re already starting to explore what’s out there.”

Staff Sgt. Deameon Stewart, 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, attended with his 12-year-old daughters Reyanunna and Malyah Berry.

“I’m here tonight just to get a feeling of all these college courses for my kids,” he said. “One of them is an advanced class, so I’m trying to get them ready and prepared for college.”

The girls both agreed they are interested in going to college and are exploring their options. They are not sure what field they want to pursue, but Malyah is debating between being a teacher and a chef.

“I have a list of stuff I want to do when I grow up, but I don’t know exactly,” Reyanunna said.



College representatives meet with families and middle- and high-school aged children about some of the opportunities that lie ahead during an Aug. 23 College and Career Family Night at the Youth Center.

Stewart said what ever career path the girls choose, he would like to see them start with college.

“I want them to do something other than joining the military,” he said. “The military is good, but I think education is first. It is very important to me to for them to have a degree. Once they go to college, they can choose to join the military or choose whatever career they want — just to have that in the background.”

As the trio made their way past the tables, Stewart said he was finding it interesting to see what was available, including taking college courses while still in high school.

Sandy Johnson, CYS school liaison officer, said her goal in setting up the College

and Career Night was to give parents and children an insight into what is available and get them thinking about the future.

“The whole plan is for kids to start thinking about what they’re going to do after they graduate from high school,” she said.

The Youth Center is for middle- and high school-aged children. Bringing 16 agencies in to speak might get them thinking about future options, she said.

“Middle school is a good time to start thinking about the future,” she said. “Their plans may change, but at least they have an idea of how to get to their goal whether it be college or technical school or it could be the military.”

Soldiers conduct paratroop training with Bulgarians

Story by Pfc. Andrew Wash
5TH MOBILE PUBLIC AFFAIRS
DETACHMENT

PLOVDIV, Bulgaria —

Bulgarian Special Forces paratroopers collaborated with the 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, for paratroop training from a UH-60 Black Hawk helicopter Aug. 19 through 22 in Plovdiv, Bulgaria.

Over the course of the four-day bilateral training event, U.S. Army Soldiers walked the 35 Bulgarian paratroopers through dry runs of the jumps and gave safety training on the aircraft. The training included static line jumps and high-altitude, low-opening, or HALO, jumps. Some of the Soldiers with the 3rd AHB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., also qualified in conducting and guiding paratroop operations.

The 3rd AHB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., has participated in training events with Bulgarian land and air forces before, but this was the first time they were able to train with their special forces.

“Sometimes the language barrier and the different op-

erating procedures of our allies can be challenging,” said Chief Warrant Officer 3 Jeremy Harmon, UH-60 pilot in command and tactical operations officer. “But we have worked to find alternative ways to communicate, such as developing hand signals and conducting rehearsals to ensure that everyone knows the necessary steps, as well as some of the Bulgarian soldiers helping to translate instructions.”

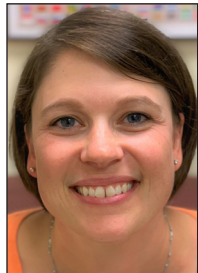
The U.S. Army Soldiers conducted two jumps with the Bulgarians. The first two days of jumps were static line jumps, and the final day of the exercise concluded with HALO jumps, also known as a free-fall jump.

First, was a static line jump. This is a type of jump in which there is a cable connected to the parachute that runs to an anchor point inside the aircraft. When the paratroopers jump from the helicopter, the line pulls on the parachute and deploys it for. These types of jumps take place at lower altitudes.

The second type of jump, the HALO is much different. The Soldiers fly to a much higher altitude, around 6,900 feet and,

See PARADROP, page 7

VOLUNTEER SPOTLIGHT



Chaz Perusich is the wife of Maj. Ryan Perusich, 1st Special Troops Battalion, 1st Infantry Division Sustainment Brigade.

Chaz Perusich works with the Army Community Service Relocation Readiness Program as a Fort Riley Spouse Sponsor volunteer.

“Having someone volunteering such as Chaz, who is not new to the Army is very special,” said Bryan Bartlett, relocation program manager. “She knows what information Soldiers and spouses need during a PCS move. When a new spouse reaches out on social media that they are coming to Fort Riley, having Chaz be one of the first people to respond providing facts over opinions is priceless.”

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

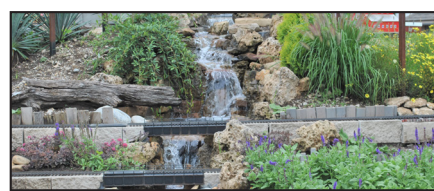
ALSO IN THIS ISSUE



ARCHERS VISIT FORT RILEY
FOR BOWSLINGER EVENT

SEE PAGE 9

ALSO IN THIS ISSUE



SPC. SHELL CHECKS OUT
OUTDOOR ACTIVITIES NEAR
OVERLAND PARK IN THIS WEEK'S
TRAVEL AND FUN IN KANSAS

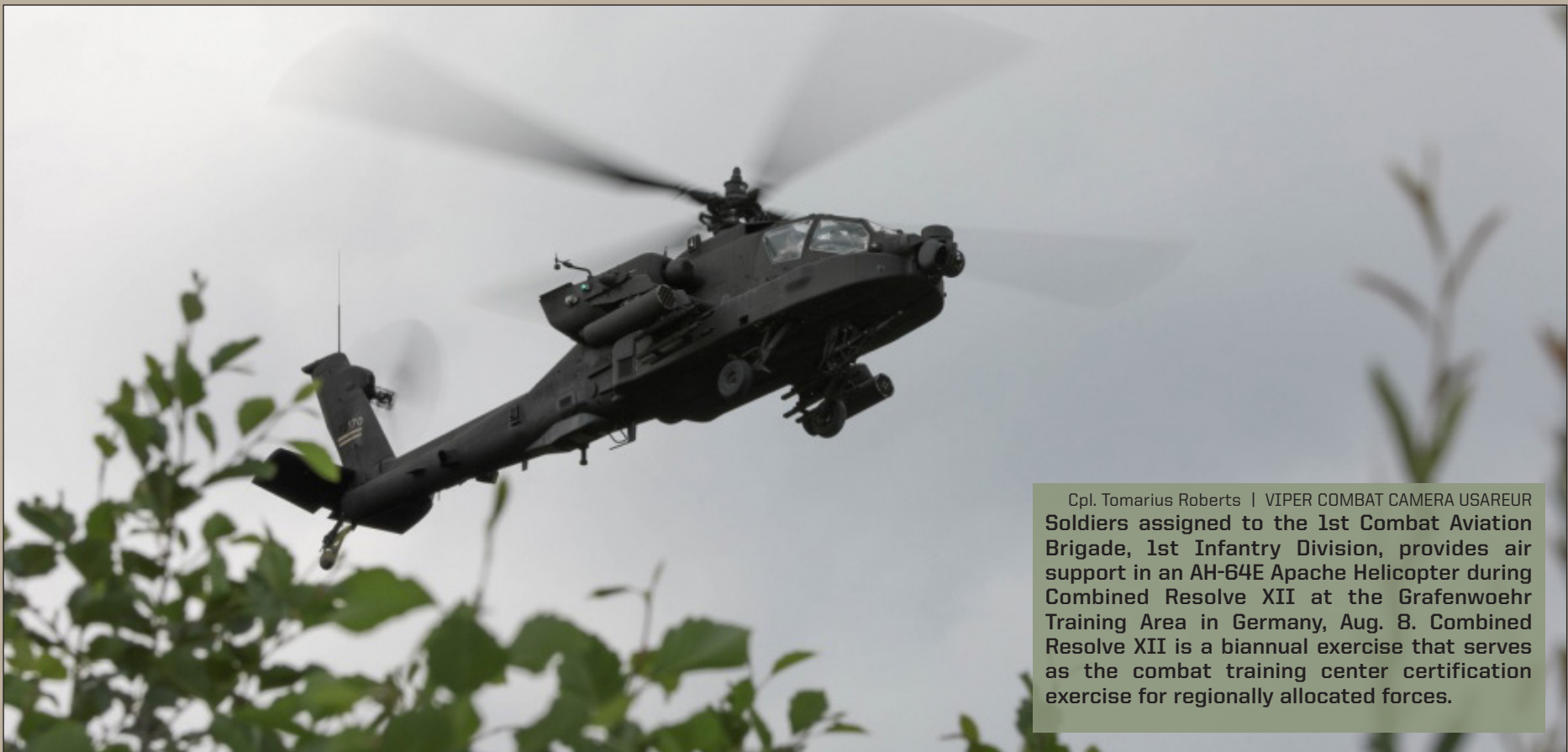
SEE PAGE 16



DUTY FIRST DOWNRANGE



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



Cpl. Tomarius Roberts | VIPER COMBAT CAMERA USAREUR
Soldiers assigned to the 1st Combat Aviation Brigade, 1st Infantry Division, provides air support in an AH-64E Apache Helicopter during Combined Resolve XII at the Grafenwoehr Training Area in Germany, Aug. 8. Combined Resolve XII is a biannual exercise that serves as the combat training center certification exercise for regionally allocated forces.



Spc. Enrique Moya | VIPER COMBAT CAMERA USAREUR
Soldiers assigned to 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, set up an OE 254 during Combined Resolve XII at the Hohenfels Training Area in Germany, Aug. 16. This iteration of the exercise takes place in two phases at the Grafenwoehr and Hohenfels training areas between Aug. 1 and 11, and Aug. 11 to 27.



Pvt. Michael Ybarra | 5th MPAD
Sgt. Dylan Hauck, 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st combat Aviation Brigade, 1st Infantry Division, gives instructions to Bulgarian Special Forces on positioning themselves aboard a UH-60 Black Hawk helicopter Aug. 19 at Kramova 24th Helicopter Airbase, Bulgaria. Members of the 3rd AHB, 1st Avn., Regt., 1st CAB, 1st Inf. Div., gave training to Bulgarian Special Forces in preparation for a paratroop exercise.



Spc. Esmeralda Cervantes | VIPER COMBAT CAMERA USAREUR
A Soldier with Headquarters and Headquarters Battalion, 1st Infantry Division, applies camouflage to his face during Combined Resolve XII at the Hohenfels Training Area in Germany, Aug. 15.



Spc. Esmeralda Cervantes | VIPER COMBAT CAMERA USAREUR
A U.S. Soldier with Delta Battery, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, scans his sector of fire during Combined Resolve XII at the Hohenfels Training Area in Germany, Aug. 17.

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Soldier achieves highest score recorded for fitness test

By Sgt. Briaira R. Tolbert
ARMY NEWS SERVICE

FORT BLISS, Texas — Maj. Timothy Cox, the executive officer for the 22nd Chemical Battalion, set a new standard by obtaining a 600 — the highest score recorded — on the Army Combat Fitness Test.

In December 2018, Cox took the ACFT for the first time and earned a 587, but he wasn't satisfied with that score. After the test, he wrote down 600 on a whiteboard in his office, setting a personal goal for himself. In January, Cox began training for the next time he would have to take the ACFT. He improved his score to 595 then 598, until finally, he hit 600 in mid-July.

To train, he used strength coaches from the holistic health and fitness team and the training facility within the battalion. The H2F Lite is a pilot program being initiated in certain battalions across the Army. The gold standard battalions have the full team of health professionals available, which include a physical therapist, nutritionist and sports trainers to boost readi-

ness, considering the ACFT will be implemented in the upcoming fiscal year.

His training didn't stop when PT was over — in his free time, he did extra training. On the weekends Cox could be found doing 400- or 600-meter repeats on a track to maintain the speed he wanted on the test and Tabata push-ups to increase his reps of hand release push ups, which in his opinion, is the most difficult part of the ACFT.

Exercise is only one part of being a full athlete; diet is integral.

"I do very minimal meal prep, nor do I count carbs," he said.

He said his diet isn't anything extreme. He rarely eats fast food or drinks containing large amounts of sugar, and most of the time he eats home-cooked meals provided by his wife, who he credits for pushing him to eat clean.

"My physical readiness has been an asset to me. [It] has helped and assisted me. I'm not oblivious to that," Cox said. "Being physically ready is a priority for me, and us here in the Guardian Battalion, and we fully embrace it."

Cox said he believes physical readiness is important; this is the same mentality he has had his entire life.

Growing up in a small town in Kansas, his childhood was dominated by sports. The days were long and filled with hard work, which involved lifting sessions in the morning, honing basketball skills and improving athleticism through track and field. He competed in both sports at the Division II-level when he attended McPherson College.

Cox put his physical readiness to the test a couple of times in his Army career, long before taking and maxing the ACFT, by competing in the Best Ranger Competition twice — in 2011 and 2017.

"There is going to be a culture change in the Army," said Cox. "I think it has been a long time coming and I am excited."

He wants Soldiers who might be worried about the new test to "embrace the change, because like it or not, it's coming," he said.

He tells Soldiers who might not know where to begin training for the ACFT to empower themselves by doing



U.S. Army photo
Maj. Timothy Cox lifts weights during physical training while the lead strength coach of 22nd Chemical Battalion, Mike Edwards, supervises him for proper form in the holistic health and fitness training facility.

research, such as checking out training apps and conducting a self-assessment to see where they are physically so they will be prepared for the ACFT. Cox's focus was mainly geared toward strengthening his core, legs and grip. He encourages Soldiers to start with those three areas.

After earning a perfect score, Cox said he feels a sense of accomplishment.

"We did it," he said. "I say 'we,' because the effort

wasn't just me out there on the grind, that was only part of it. I give credit to the Soldiers, NCOs and officers of the Guardian Battalion because they were the ones that pushed me each and every day during PT sessions. Also, I wanted to highlight the fact that we are one of the gold standard test battalions for the H2F Lite program. Because of this, we were provided with health and physical

fitness professionals, two strength coaches, along with a physical therapist and a certified athletic trainer.

"These individuals I want to personally thank. Due to their dedication to our program, we have seen positive results in many measurable areas. We are grateful because our H2F professionals are passionate about our program, and you can see a difference in performance and morale."

COMMANDING GENERAL'S MOUNTED COLOR GUARD ON TOUR



COURTESY PHOTOS
LEFT, Soldiers assigned to Fort Riley's Commanding General's Mounted Color Guard lead with the U.S. flag and the 1st Infantry Division colors during the annual Madison County Fair Parade in conclusion of the Madison County Fair and Rodeo in Madison County, Montana, Aug. 11. RIGHT, Sgt. Zachary Whitlock, a motor transport operator, assigned to Fort Riley's Commanding General's Mounted Color Guard charges around the arena, while hoisting the U.S. flag during a rodeo event held at Madison County Fair and Rodeo.

Seeing alcoholism as a disease, addiction

By Gail Parsons
1ST INF. DIV. POST

Editor's note: This is part four of a six part series examining alcoholism and substance abuse. Next week will be a look at how one Soldier is dealing with alcoholism.

It is easy to watch someone abuse alcohol and believe they don't have the willpower to not drink or they have somehow allowed themselves to become an alcoholic.

"It's like asking why someone would let themselves become diabetic," said Samantha Sampson, substance use disorder clinical care social services assistant at Irwin Army Community Hospital.

Using the comparison of diabetes, Shane Staedtler, SUDCC counselor, said alcoholism can be inherited or it can be brought on by environmental factors.

"If you're eating a real healthy diet, maybe the diabetes doesn't play out in the same way," Staedtler said. "There's environmental things with alcohol — usually the person starts out drinking alcohol, maybe abusing alcohol initially. Then the alcoholism just develops over time."

People who are drinking don't realize changes are happening. By the time they realize it, they are an alcoholic and in need of treatment. Sampson said that is especially true for high-functioning alcoholics.

If they can keep it under control at work, they can often

get away with no one knowing for longer.

CAUSE OF ALCOHOLISM

Gary Klozenbucher, SUDCC clinical director, described alcoholism as a three-legged stool.

One leg is heredity.

"You inherited something that made you prone to this disease," he said. "It could be genes, it could be brain chemistry, because that's what alcohol does, it affects the brain chemistry."

The second leg of the stool is the environment. Klozenbucher said research is clear that people in highly stressful environments are more prone to alcoholism.

He spoke about one study where rats were put into two cages. One cage was cushy and comfortable and had all the conveniences the rats could want. In the other cage, the rats were exposed to random electrical shocks.

"Both cages had alcohol ... available to them," he said. "The rats in highly stressful environment were drinking up the liquor right and left — the other ones didn't so much."

The third leg is the nature of the drug itself. Alcohol can be addictive.

Even without the factors of stress or genetics, people can still get addicted.

"Your body is going to crave it," Sampson said.

Along with the physical cravings, the alcohol becomes the thing that will make everything better, Klozenbucher said.

"I had a crappy day at work, it really sucks today, somebody yelled at me in my chain of command and I'm stressed out, but it'll all go home tonight and I'll get a six pack, and it'll make it all better, I'll feel better," he said. "That kind of thinking gets in their head. And that begins to dominate their life."

Sampson said it also works in the opposite direction. Someone has a great day, they worked hard, they finished a big project — it's time to celebrate.

"There's always going to be a reason to need to go drink," she said. "The sky is blue. It's gorgeous, I want to enjoy it or it's raining, it's miserable, I want to drown it out."

For most people, alcohol will not have that impact — they don't make the association between having a drink and feeling better, Staedtler said.

But when the use of alcohol interferes with the way they interact on the job or with family and friends, it's time to examining the potential of addiction.

Having a one-time incident with alcohol, even abusing alcohol, doesn't mean someone is an alcoholic. There are several levels of substance abuse and misuse.

Klozenbucher said Army regulations define abuse as "any irresponsible use of an alcoholic beverage which leads to misconduct, unacceptable social behavior or impairment of an individual's performance of duty, physical or behavioral health, financial responsibility or personal relationships."



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Fort Riley August retirements

Seven military members were recognized for their service during the monthly Fort Riley Retirement Ceremony Aug. 23.

Lt. Col. Jamie Peer
Chief Warrant Officer 2 Elizabeth Wages
1st Sgt. Michael Galley
Sgt. 1st Class Scott Winter
Sgt. 1st Class Andrew Strickland
Staff Sgt. Theodore Algoe
Staff Sgt. Edward Clarke II

20 years of service
20 years of service
20 years of service
23 years of service
22 years of service
20 years of service
20 years of service

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

Looking Back: Building 336 began as ambulance shed, now sign shop

By Scott Rhodes
USAG PUBLIC AFFAIRS

The next building in the collection of those that serve as the hub of activity for the Directorate of Public Works is Building 336.

Building 336, Dickman Avenue, was built in 1897 as an ambulance shed. It had corrugated iron walls and roof with a dirt floor. The DPW maintenance records indicate by 1927, building 336 was being referred to as a truck shed.

In 1937 the shed was renovated with walls of limestone, corrugated iron and wood, and a concrete floor and was repurposed as a paint shop. Most recently, 336

Dickman has been repurposed again into the sign shop. It continues to serve in that capacity.

TOP, Building 336 in 1897, CENTER, in 1937 and BOTTOM, as it appears today.



CIVILIAN SPOTLIGHT

CHRIS HALLENBECK
DIRECTORATE OF PLANS, TRAINING, MOBILIZATION, AND SECURITY
EMERGENCY MANAGEMENT SPECIALIST



Chris Hallenbeck, Directorate of Plans, Training, Mobilization, and Security Plans and Protection Branch, emergency management specialist, planned, coordinated and executed the installation's first externally evaluated school active shooter full-scale exercise on July 24.

The exercise tested the ability to respond and recover from a Fort Riley Middle School active shooter event and involved more than 300 personnel from across the installation.

Hallenbeck worked with Installation Management Command exercise contractors, conducted detailed coordination to provide a realistic crime scene with Unified School District 475, incorporated 14 local and regional emergency response partners from across the state of Kansas and developed the master scenario to stress the installation's mission command nodes. He maintained control of more than 80 role players, ensuring all the groups were properly positioned on the

installation and injected into the event over an eight-hour period. His plan enabled the USD 475 reunification site to process over 30 students and parents.

This exercise was the first time Fort Riley was able to incorporate the Fire Department Rescue Task Force into an active shooter FSE training event. He ensured the 1st Infantry Division and Fort Riley exercised 24 different capabilities and met all critical training objectives to include long term recovery discussions. Hallenbeck designed a model for future, large scale installation protection training events designed to improve regional emergency response and installation safety.



CLICK IT
OR
TICKET

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.

Vinton School Road

Vinton School Road will be closed Sept. 3 through Nov. 1 from West 68th Ave. to Mallon Road.

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.

ARMY
EMERGENCY
RELIEF

EST. 1942

BUSTED

AUG. 11

Staff Sgt., Co. E, FSC, 299th BSB, 2nd ABCT, 1st Inf. Div., defective equipment

Spc., Co. A, 299th BSB, 2nd ABCT, 1st Inf. Div., driving off road

AUG. 12

1st Lt., HHC, 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st Inf. Div., speed 1 to 10 over

Sgt., 630th EOD, STB, 1st Inf. Div. Sust. Bde., expired registration

Spc., 1st Bn., 7th FA Regt., 2nd ABCT, 1st Inf. Div., criminal discharge of firearm

Spc., Co. C, 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st Inf. Div., criminal discharge of firearm

Family member, Wife, Failure to stop for red light

Staff Sgt., 299th BSB, 2nd ABCT, 1st Inf. Div., failure to stop for red light

AUG. 13

Spc., 1st Bn., 7th FA Regt., 2nd ABCT, 1st Inf. Div., improper turning movement

Sgt., 2nd Bn., 34th Armor Regt., 1st ABCT, 1st Inf. Div., failure to stop for red light

Spc., STB, 1ST Inf. Div. Sust. Bde., speed 11 to 15 Over

Spc., HHC, STB, 1ST Inf. Div. Sust. Bde. Speed 21 and up

Spc., 82nd BEB, 2nd ABCT, 1st Inf. Div., improper passing

Staff Sgt., HHC, 1st ARB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., speed 11 to 15 over

Spc., unknown unit, speed 1 to 10 over

AUG. 14

Spc., 1st SMC, 541st CSSB, 1st inf. Div. Sust. Bde., expired registration

Staff Sgt., 1st Bn., 7th FA Regt., 2nd ABCT, 1st Inf. Div., improper backing

Spc., Co. A, 1st Bn., 18th Inf. Regt., 2nd ABCT, 1st Inf. Div., improper backing

Pvt. 1st Class, Co. D, 2nd GSAB, 1st Avn. Regt., 1st CAB, 1st Inf. Div. Expired Registration

Sgt., 82nd BEB, 2nd ABCT, 1st Inf. Div., speed 1 to 10 over

Family member, wife, speed 1 to 10 over

Sgt. 1st Class, 5th Sqdn., 4th Cav. Regt., 2nd ABCT, 1st Inf. Div., improper backing

Staff Sgt., HHC, DIVARTY, 1st Inf. Div., speed 1 to 14

Pvt. 1st Class, Co. C, 1st Bn., 63rd Armor Regt., 2nd ABCT, 1st Inf. Div., speed 16 to 20 over

Sgt., HSC, 601st ASB, 1st CAB, 1st Inf. Div., speed 1 to 14

Spc., 1st Rep. Co., 1st Inf. Div., speed 1 to 10 over

AUG. 15

Spc., HHBn., 1st Inf. Div., speed 11 to 15 over

Sgt., Co. D, 82nd BEB, 2nd ABCT, 1st Inf. Div., following too close

Pvt. 1st Class, 1st Bn., 18th Inf. Regt., 2nd ABCT, 1st Inf. Div., speed 11 to 15 over

Pvt. 1st Class, 1st Bn., 18th Inf. Regt., 2nd ABCT, 1st Inf. Div., no proof of insurance

Captain, HHC, 1st Bn., 18th Inf. Regt., 1st ABCT, 1st Inf. Div., impeding flow of traffic

AUG. 16

Pvt., Co. B, 299th BSB, 2nd ABCT, 1st Inf. Div., no proof of insurance

Pvt., Co. B, 299th BSB, 2nd ABCT, 1st Inf. Div., failure to register vehicle

Pvt., Co. B, 299th BSB, 2nd ABCT, 1st Inf. Div., improper turning movement

Sgt., Co. E FSC, 299th BSB, 2nd ABCT, 1st Inf. Div., speed 1 to 10 over

AUG. 17

Spc., HHD, 97th MP BN, 89th MP BDE, failure to stop at a posted stop sign

Spc., 1st Bn., 63rd Armor Regt., 2nd ABCT, 1st Inf. Div., failure to stop at a posted stop sign

Pvt. 1st Class, 1st Bn., 18th Inf. Regt., 2nd ABCT, 1st Inf. Div., failure to maintain lane

OTHER CITATIONS ISSUED

AUG. 11 – improper turning movement

AUG. 12 – two instances of speed 1 to 10 over

AUG. 13 – no proof of insurance, speed 15 to 20

AUG. 14 – expired registration, following too close, speed 1 to 10 over

AUG. 15 – following too close, speed 1 to 14, driving while license is suspended or revoked

AUTHORIZED
PROTECTIVE
EYEWEAR
LIST (APEL)

MILITARY TESTED.
BATTLE PROVEN.



NEW

CROSSBLADE
CROSSBLADE™ EYESHIELD
Modular Fit - Anti-Fog Lens
Unit Issue Kit: EE9032-12
NSN: 4240-01-678-7124

ROLLBAR™

ROLLBAR™ SUNGLASS
Interchangeable Ballistic Lenses
Unit Issue Kit: EE9018-01
NSN: 4240-01-630-8249



CROSSBOW®

CROSSBOW® EYESHIELD
Dedicated Anti-Fog Lens Coatings
Unit Issue Kit: 740-0607
NSN: 4240-01-630-8327



((SUPPRESSOR))

SUPPRESSOR™ FRAME
Thin-Stem Temples for Comms
Unit Issue Kit: 740-0561
NSN: 4240-01-679-3323



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STAFF SGT. JOSHUA OILLE
MILLVILLE, NEW JERSEY

2nd Battalion, 70th Armor
Regiment, 2nd Armored Brigade
Combat Team, 1st Infantry Division



“Shooting pool.”

SGT. BENJAMIN POROD
GREEN BAY, WISCONSIN

2nd Battalion, 70th Armor
Regiment, 2nd Armored Brigade
Combat Team, 1st Infantry Division



“Reading”

1ST LT. DURINDA LOGAN
BARBOURVILLE, KENTUCKY

3rd Battalion, 66th Armor
Regiment, 1st Armored Brigade
Combat Team, 1st Infantry Division



“Playing with my son.”

SGT. JOHN DOLAN
LAWRENCEVILLE, GEORGIA

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



“Fishing.”

CAPT. SCOTT INGRAM
ALPHARETTA, GEORGIA

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

THE 1ST INFANTRY DIVISION POST

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SAFETY CORNER

Safety Hazards in the office setting

Dawn J. Douglas
GARRISON SAFETY OFFICE

Team Riley, most of us know that safety and health hazards can exist on work sites filled with heavy machinery and equipment, where employees are required to engage in strenuous manual labor. A job where most of the work tasks are completed while sitting in a chair in a climate-controlled office building would seem less fraught with danger. However, a surprising number of hazards can be present in an office setting.

SLIPS, TRIPS AND FALLS

The most common office injury is not the classic paper cut, but slips, trips and falls. Boxes, files and various items piled in walkways can create a tripping hazard, according to the Occupational Safety and Health Administration. Be sure that all materials are safely stored in their proper location to prevent a buildup of clutter in walkways. Further, in addition to posing an electrical hazard, stretching cords across walkways or under rugs creates a tripping hazard, so ensure all cords are properly secured and covered.

ELEVATION

It will only take a second to get a box from an elevated shelf and a ladder is nowhere to be found. The next best thing is a chair, right? Wrong. Standing on chairs — particularly rolling office chairs — is a significant fall hazard. Workers who need to reach something at an elevated height should use a stepladder. Workers should never climb higher than the step indicated as the highest safe standing level. Purchase step ladders for supply closets that have elevated shelves that are higher than the average person's reach.

BLIND CORNERS

Ever bump into an employee while walking around a corner? Workers can collide when making turns in the hallways and around blind corners or cubicle walls. The

National Safety Council suggests installing convex mirrors at intersections to help reduce collisions. If workers can see who is coming around the corner, accidents are less likely to occur.

SLIPPERY SURFACES

Carpeting and other skid-resistant surfaces can serve to reduce falls. Marble or tile can become very slippery — particularly when wet — according to the National Safety Council. Placing carpets down can be especially helpful at entranceways, where workers are likely to be coming in with shoes wet from rain or snow.

PACKING AND STACKING

File cabinets with too many fully extended drawers could tip over if they are not secured, the council warns. Additionally, open drawers on desks and file cabinets pose a tripping hazard, so be sure to always completely close drawers when not in use. Large stacks of materials and heavy equipment can cause major injuries if they are knocked over. Store heavy objects close to the floor and the load capacity of shelves or storage units should never be exceeded.

ERGONOMICS

Perhaps the most prevalent injuries in an office setting are related to ergonomics. Because office workers spend the bulk of their day seated at a desk and working on a computer, they are prone to strains and other injuries related to posture and repetitive movement. Ergonomic hazards can be difficult to detect.

One size does not fit all in an office workstation. Chairs, work surfaces, monitor stands, etc., should all be adjustable to accommodate the widest range of employees. Although employers may be reluctant to pay for expensive ergonomic equipment, experts insist the equipment is a wise investment. Weigh the cost of an injury and health claims against the cost of a piece of equipment.

Providing adjustable furniture and equipment is only the first step in creating an ergonomically sound workstation. Employees need to know how to properly adjust equipment to provide the best protections. This is where the U.S. Army Garrison Safety Office and/or the Industrial Hygienist for Occupational Health can help. Both Safety and IH can conduct workstation assessments and recommend accommodations suited for the individual worker. Contact the Safety Office at 785-240-0647.

There are a few simple and affordable adjustments that can be made to a workstation without an assessment. Frequently typing from hard copy can lead to neck strain if a worker is forced to repeatedly look down to the desk and back to the computer screen. Employees should use document holders to eliminate excessive cervical motion and help prevent muscle imbalances. Document holders can also reduce eye strain by reducing the need to adjust focus as you look from the document to a computer monitor.

Another simple adjustment is changing the location of the mouse. The mouse should always be placed beside the keyboard.

MONITORS AND LIGHTING

Florescent lights in office buildings often are too bright for optimal vision. According to the American Optometric Association, a light that is at about half-normal office levels is preferred. Lightbulbs in task lamps should be fully recessed to avoid the creation of a bright spot in the worker's line of vision.

Computer monitors slightly below eye level and 20-26 inches from their eyes. Screens that can tilt or swivel are especially beneficial to make quick adjustments — screen glare is a major cause of eyestrain in the office. To minimize strain, avoid positioning monitors opposite open windows, or be sure to always close shades or blinds. A glare reduction filter also can be used.

Team Riley, contact the Garrison Safety Office at 785-240-0647 for more tips on how to create a safer office layout.

Noise, training: How to tell when it's happening

Dear Doc Jargon,

My daughter said there will be a little more noise from Fort Riley soon as one of the big units there on post will be doing something called a “CALFEX.” Now, I’m not sure exactly what that stands for, but I’m willing to bet that means some of the Soldiers there will be spending some quality training time out on the ranges. I sure would like to know what CALFEX stands for and how long that noise might last.

Sincerely,

Off-Post Pop

Dear Pop,

Your daughter is right. Our 2nd Armored Brigade Combat Team is scheduled to do a combined-arms, live-fire exercise, or a CALFEX, from Sept. 12 through 19. A

CALFEX gives a brigade the opportunity to practice integrating company-level and below training and ensure the entire unit can operate smoothly when deployed together.

But sometimes there is noise even when our larger units are not in the field. We almost always have units here taking advantage of our ranges — some from the Kansas Army National Guard and some from out of state often use the ranges we are blessed with.

If you want to check to see if any day is a noise day on Fort Riley, feel free to visit <https://home.army.mil/riley/index.php/about/noise-training> and you can see for which dates the noisier training is scheduled. Check often because things do change.

Sincerely,

Doc Jargon

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

Better Living: Thermoelectric power generation

By Collen McGee
USAG PUBLIC AFFAIRS

Solar and wind generated power has become pretty standard fare for the electricity consumer these days. Converting heat to electricity, or thermophotovoltaics, is another alternative power generation source being explored by the Army Research Laboratory in partnership with the University of Michigan.

The idea behind thermophotovoltaic energy is that the cell generating the power could run on solar by day and by burning fuels at night, according to an article on the Army Research Laboratory's website, arl.army.mil. However, the light from the sun isn't the power source.

“Unlike traditional photovoltaic technologies, thermophotovoltaic devices do not rely on sunlight for generating power,” said Dr. Anthony Fiorino, the lead author on a work about thermophotovoltaics. “They can use any source of heat. This makes them particularly well-suited for generating power at night or even indoors, and they can even be made portable for generation in remote locations.”

As revolutionary as it sounds, the idea behind thermophotovoltaics, also known as thermoelectrics, was first discovered in 1821 by German physicist Thomas J. Seebeck. According to an article at powerpractical.com, Seebeck discovered the phenomenon's electromagnetic field using a compass.

The Army Research Laboratory's researchers are working toward creating a light weight and silent power supply system with the discovery. According to the ARL website, the thermophotovoltaic work was funded by the Army Research Office, the U.S. Department of Energy Basic Energy Sciences and the National Science Foundation.

The science behind heat generated electricity is pretty simple according to powerpractical.com. Heating one end of a thermoelectric material, usually a metal, causes the electrons to move away from the hot end toward the cold end. When the electrons go from the hot side to the cold side this causes an electrical current. The trick; however,

is always having a cold side. So far, water is the best provider of a cooler side since it will only heat to 212 degrees Fahrenheit.

The technology has yet to be employed in the field; however, the research is being reviewed by the parent agency for ARL, Army Futures Command, and could be available to take to the next practical step according to the ARL article.

Right now, the technology is out there in the civilian sector and was used to build a prototype bodyheat powered flashlight. The flashlight, invented by a 16-year-old, is the first of its kind. Read more about that at www.smithsonianmag.com/innovation/this-flashlight-is-powered-by-the-touch-of-your-hand-180950226/.

Police bump it up

September 2 to 8, 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:

Lee, Barton, Chaffee and Eisenhower
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



The next
USAG
Resilience
Day Off is

September

30

HAVE A
STORY
IDEA?

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

Women's Equality Day observance held at Fort Riley



1. Soldiers in the 1st Infantry Division and from Fort Riley pose with Phyllis Fitzgerald, Junction City, Kansas, vice mayor, prior to the beginning of the Fort Riley Women's Day observance Aug. 21 in Barlow Theater. The Soldiers represented 1st Inf. Div. and Fort Riley inspirational females with stories from their lives in the military to include; retired Warrant Officer 3 Phyllis Fitzgerald, Lt. Col. Courtney Sugai and more. 2. Sfc. Jennifer Champagne, a jazz band singer, attached to 1st Infantry Division's band, sings the National Anthem before the Women's Equality presentation kicks off, Aug. 21, inside Barlow Theater, Fort Riley. Champagne would go on to sing songs in relation to Woman's Equality day from hit artists such as Whitney Houston. 3. Lt. Col. John W. Brock, Headquarters and Headquarters Battalion, 1st Infantry Division commander, left, and Command Sgt. Major Tamisha Love, right, presented retired 1st Sgt. Ruby Robinson with a plaque as a token of appreciation for being the keynote speaker at the Fort Riley Women's Day observance Aug. 21. Robinson spoke of her time in the Army, being one of the first female Soldiers to be Airborne qualified, the 19th Amendment which secured women's right to vote and how she was a proud veteran of the Army and supported the women in today's Army who are crushing barriers by becoming combat arms certified.

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Warriors show off art skills



Soldiers at the Warrior Transition Battalion add to a splatter painting during an art event Aug. 23. The Art-day event highlighted the importance of art for a Soldier's wellbeing.

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

The Warrior Transition Battalion celebrated Art Appreciation Month with an exhibit and hands-on art activities Aug. 23. Kersey Henderson, recreation therapist for the WTB Adaptive Reconditioning Program, oversaw the event, which gave Soldiers a chance to show off their work and create individual and group art pieces. “This is a great way for us to present the art that our Soldiers have been working on the last year as well as being able to participate in (interactive art projects),” she said. Soldiers flocked to the table where Master Sgt. Megan Grauer, WTB, showed them how to do an abstract art technique called an acrylic pour. She said she learned the method almost a year ago after seeing some for sale, but the woman selling them didn’t have them in the colors she wanted. “So, I thought I’ll just make my own,” Grauer said. She walked the Soldiers through the process of choosing three or more colors, putting them into a plastic cup, placing the canvas on top of the cup and flipping it over. From there, the canvas is manipulated until the paint

runs down the sides. Some of the people who came through were artists; others claimed no creative ability. “I enjoy having those with no artistic talent try it because it doesn’t matter — it never turns out how you think it will,” she said. “You can take two canvases, two cups full of the same color paint and the same amount and it will not turn out the same. This requires no skill whatsoever. You don’t have to be artistic. That’s really what I like about it.” One of the Soldiers who made an acrylic pour painting was WTB cadre Spc. Joshua Goertz, who said he has an appreciation for several art forms. He had a table with several of his pieces displayed. “To me, art is extremely important,” he said. “I believe it helps expand the mind and the perspective of one’s personal self and being and growth.” Having an art program at the WTB serves more than just providing something for Soldiers to do, Goertz said. “I think a lot of people, while they are healing, don’t look deep enough within themselves,” he said. “I think creativity is probably the number one healing (process) for the mind.” Using his paintings as an example, Goertz spoke of his

identical twin brother who was murdered last year. “That’s a big inspiration in my art,” he said of his brother’s death, explaining that his art helped him work through his grief. “In a lot of my art, I have eyes all throughout it. Sometimes one is bigger than the other.” The only physical difference between the two was the size of their eyes, he said. Working with Soldiers at the WTB on a daily basis, Henderson said she sees how important the art program is to them. “It not only helps them become more focused and more centered, but it helps them find a creativity that I don’t think a lot of them realize they have,” she said. “It helps them walk through a journey, and really helps them understand the appreciation of art. A lot of our Soldiers come into our program not realizing how creative they are.” She said often Soldiers will come in and start an art project with the idea that they are not good at art, and if they aren’t good at it, they shouldn’t do it. But as they work through the process, they end up creating something beautiful. “We get a lot of artists through this program,” she said.

PARADROP Continued from page 1

with no lines to automatically pull their parachutes, must manually pull the cord after jumping free from the helicopter. During the training event, four crew chiefs and five pilots from 3rd AHB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., were qualified in paradrop operations. Events like this help build the working relationship between U.S. and Bulgaria military members and help each other to understand different ways of teaching and performing training, said Sgt. Dylan Hauck, a standardization instructor with the 3rd AHB, 1st Avn. Regt., 1st CAB, 1st Inf. Div. “Our whole rotation here is all about building relationships with our NATO allies and making those relationships stronger,” said Hauck.



U.S. Army Photo
A Bulgarian special forces soldier picks up his parachute after a paradrop from a UH-60 Black Hawk helicopter in Plovdiv, Bulgaria, August 20. The 3rd Assault Helicopter Battalion, 1st Aviation Regiment qualified soldiers in paratroop operations and facilitated the Bulgarians on jumping from a U.S. Army Helicopter.

APACHES Continued from page 1

ground observation and provides better survivability should we be engaged. We can then break line of sight and move safely to another location.” The ability to get low also enables the Apaches to support ground troops like the forty cavalry scouts from 1st Squadron, 4th Cavalry Regiment, who were out providing reconnaissance for the 1st Armored Brigade Combat Team, 1st Infantry Division. “When we get IDFs with the Shadows, their UAVs (unmanned aerial vehicle) that are spotting us, we’d call in the Apaches,” said U.S. Army Spc. Michael Connor, a cavalry scout with Comanche


Troop, 1st Sqdn., 4th Cav. Reg., 1st ABCT, 1st Inf. Div. “What they’d do (the Apaches) is hover not even 15 feet above us, you could basically jump up and touch these guys as they’re blocking us from the Shadows.” “We’re here particularly to ensure that ground forces are able to move safely with early and accurate warning so when they are occupying positions and/or moving, they’re not going to be seen and observed by enemy forces,” said Moore. “For attack aviation, we play a critical role in terms of bringing a lot of firepower to the fight.” Each of the eight Apaches are capable of firing 16 hell-

fire missiles and 300 30mm rounds. “Everyone loves seeing the Apaches hovering that close, it really ups the morale,” added Connor. During Combined Resolve, the Apaches were out supporting in and out of sector operations for 1st ABCT as well as the HICON mission enabling them to shape the deep fight. “One Apache can change a lot but we bring three to four per mission, so ultimately were able to destroy and suppress a substantial amount of the enemy,” concluded Moore. “We are kind of the one that can come in and finish the fight once it’s starting to develop.”

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A woman with long brown hair, identified as Kelly, is sitting on a couch. She is wearing a white sweater and is petting a long-haired, light-colored dog. The background shows a window with blinds and a colorful patterned cushion.

Kelly
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The “R” word:
Reintegration
Families find
new normal

By Gail Parsons
1ST INF. DIV. POST

Soon, Soldiers who have been deployed for several months will head home. For some Soldiers and family members it’s an exciting time, but for others it may spark feelings of apprehension. “Everyone’s reintegration is different,” said Sonya Brown, Army Community Service outreach program coordinator. To help families reintegrate, some units on Fort Riley will have special events where potential issues are discussed. Army Community Service staff will also have a community-wide reintegration presentation. To meet the needs of as many families as possible, there will be both a morning and evening session. The 90-minute sessions are at 6 p.m. Oct. 1 and 10 a.m. Oct. 3 at Riley’s Conference Center.

Brown said the events are designed both to prepare family members for their Soldier’s return and to set the Soldier themselves up for success. One of the topics covered is care for newborn babies.

“I’ve been around the military a long time, but this year is the most new babies born over a deployment that I have seen,” she said. Brown said she spoke to one Family Readiness Group leader who said her husband’s unit had 28 babies born during this deployment.

“It is important that these new fathers who are returning get some guidance and practice with this new person who is going to be in their house,” she said.

Another issue they will cover at the reintegration presentation is how roles in the family change. The spouse who stayed behind has spent nine months taking care of all the chores and responsibilities their husband or wife did before they left.

“Couples with kids especially (deal with this),” said Jeff Reade, Army Community Service and mobilization deployment manager. “You have the things that dad does, and then you have the things that mom and dad discuss and do as a team. (Now) you have that one person who’s been juggling everything for the whole time of deployment.”

Sometimes it can be something as simple as where to take the car for an oil change. The Soldier might have used a particular mechanic before the deployment, but in the Soldier’s absence the spouse may have found someone else.

Other issues can be more significant, Brown and Reade said. Like how the children are disciplined. “Who is the disciplinarian?” Brown said. “If it’s dad but he’s away — when the cat’s away, the mice will play. Then he

See TOGETHER, page 14



Reagan Morris, Chapman-Blue River Archery team, Chapman High School, takes aim at a target from the back of an M1 Abrams during the Fort Riley Directorate of Family and Morale, Welfare and Recreations Bow Slinger Archery Tournament Aug. 24 at the Outdoor Adventure Park. The competition hosted archers from Fort Riley, Kansas, Oklahoma, Michigan and Nebraska competing for bragging rights and cash prizes.

ARCHERS LET LOOSE

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

Overcast skies and unseasonably cool temperatures greeted archers from several states who converged on the Outdoor Adventure Center, Aug. 24, for the inaugural Bow Slinger 3-D Tournament.

The event drew 80 archers and



their families and friends from Kansas, Nebraska, Oklahoma and Michigan.

“We’re super happy about all the participation,” said Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander, who is an avid archer.

Before the tournament started, shooters were divided into teams with each team starting at a different target. As they worked their way through the course, they took aim at three-dimensional targets depicting an array of critters and creatures, including several not common to Kansas.

Archers take aim at their final targets during the Directorate of Family and Morale, Welfare and Recreation Bow Slinger Archery Tournament Aug. 24.

Sasquatch was at the end of one shooting lane, and a black bear and a couple of dinosaurs dotted the landscape as well. One feature unique to the Fort Riley tournament was a target that was shot from the top of an M1 Abrams tank.

“My family and I and some friends go to shoots all over the state of Kansas — this is one of the better shoots we’ve been to,” said Cade Leeper, Wilmore Kansas. “The course was great; the way they had it laid out was great.”

He had never been on Fort Riley but came intending to win — which is what he did. As the men’s open winner, he pocketed a \$500 prize.

There were eight categories in which people could register. When the scores were tallied after the first round, the top five finishers competed in a shoot-off where they lined up and rotated through five targets.

Karalyn Karjala, 17, from Emporia, Kansas, competed in the women’s open. She has been involved in archery for five years and enjoys, among other things, the camaraderie of the sport.

“Meeting people, getting new experiences and getting higher scores,” she said.

All of those experiences were rolled into one at the Bow Slinger tournament as she walked away with the first-place payout.

“I thought it was really good,” she said of the tournament. “I like the way they set it up. I like that we got to experience a different place that we don’t normally get to go to — it was a really cool experience.”

It was the kind of experience Shrader said he hoped people would have on Fort Riley.

“What’s really cool about it — we have a ton of ... youth show up,” he said. “Parents are shooting with them; some parents are just walking along watching.”

He said he has always been a diehard bowhunter. When his boys were little, he gave them their first toy bow and arrows.

“It was more of a father-son opportunity to go have fun,” he said. “While I was dialing in my bows, the kids would shoot beside me. Mason really took to it. And he’s been doing it for several years ... he shoots Olympic Recurve Archery with the Kansas State Archery Association and our 4-H program. We travel all over the country doing archery

See BULLSEYE, page 13

Fort Riley dove season opens with weekend annual hunt

By Amanda Ravenstein
1ST INF. DIV. POST

Calling all dove hunters, the 10th annual Fort Riley Dove Hunt hosted by the Fort Riley Outdoorsman Group, the Directorate of Family and Morale, Welfare and Recreation and the Fort Riley Conservation office is Sept. 1 starting at the Fort Riley Trap and Skeet Range on Vinton School Road at 1 p.m.

Those interested in attending must have a Kansas state hunting license, a Har-

vest Information Program, or HIP, permit and firearms must be registered at the Fort Riley Visitors Control Center near the Henry Gate Access Control Point.

Ollie Hunter, FROG instructor, said people need to read the regulations for Fort Riley before they hunt because some of the regulations are different than those for the county. For information on regulations for Fort Riley, visit the Fort Riley iSportsman website, <https://fortriley.isportsman.net>.

From 1 to 3:45 p.m., participants can practice with pay-as-you-go trap and skeet shooting, \$7 per 25 clays, and free instruction is available if needed.

At 4 p.m., required safety and convoy briefings will begin so anyone wanting to participate must arrive early.

At the conclusion of the briefings, attendees will form a convoy to the hunting grounds and will be able to hunt until sunset.

Hunter said he hears from a lot of people who

didn’t know they could do certain activities on the post.




“When they go out, they say ‘Oh I didn’t know we had a trap and skeet range,’” he said going through things people have said to him in the past about outdoor activities available on post. “I didn’t know you had youth trap and skeet camps, I want to get my kids signed up for that.’ ... ‘I didn’t know I could go bird watching.’ ‘I didn’t know you could hunt here.’”

For more information call Ollie Hunter at 913-775-2760.


WHAT TO BRING

- Sunglasses/eye protection
- Hearing protection
- Sun lotion
- Dark or camo clothes
- Dark or camo hat
- Orange cap for movement
- Cooler with cold drinks
- Food and snacks
- Something to sit on
- Bug repellent


WEEKEND WEATHER OUTLOOK

FRIDAY	SATURDAY	SUNDAY
		
HI: 82 F	HI: 77 F	HI: 81 F
LOW: 68 F	LOW: 68 F	LOW: 68 F

FORT RILEY POST-ITS

**Warrior Zone**


Warrior Zone is gearing up for football season Aug. 31 at 6:30 p.m. with a free fantasy football league in addition to the buy-in league. Join Warrior Zone to draft and watch your team play all season long. There will be prizes for the league winner.

**Fort Riley MWR**


Fort Riley Pets is teaming up with The Hobby Studio, 6918 Trooper Dr. for a Paw Print Art Adoption Day event. The cost is \$10. Adoptable pets will be available during the event Aug. 31 from 11 a.m. to 2:30 p.m.

Lets go to the movies @ Barlow Theater


Friday, August 30 - Fast & Furious Presents: Hobbs & Shaw (PG-13) 7 p.m.
Saturday, August 31 - The Farewell (PG) 2 p.m. and Fast & Furious Presents: Hobbs & Shaw (PG-13) 7 p.m.
Sunday, September 1 - Fast & Furious Presents: Hobbs & Shaw (PG-13)
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.

**Warrior Zone**


The next Warrior Zone lunchtime barbecue is Sept. 6 at 11 a.m. Come and get yourself a plate of barbecue — \$6.75 for one, \$9.75 for two and \$12.75 for three meats. The menu changes weekly and could include chicken, pulled pork, brisket, ribs, and smoked turkey drumsticks.

**Fort Riley MWR**


Paint and Sip is back, grab your friends and head to the Hobby Studio Sept. 6 at 6 p.m. All skill levels are welcome. Wine will be provided for \$1 per ounce with a six ounce limit; no outside alcohol will be allowed. Seating is limited, so purchase your ticket soon. Participants must be 21 years or older. Non-Alcoholic drinks will be provided. For more information, call Hobby Studio at 785-239-9205. Parents’ Night Out childcare is available for this event based on first come, first serve and availability. Cost for childcare is \$25 or can use deployment hours. Children must be registered with Child Youth Services to use care. Please call Parent Central at 785-239-9885 to enroll.

**IACH**

The Value of Life Art Exhibit and Competition is on display at Irwin Army Community Hospital, 650 Huebner Rd. Artists responded to the question “What inspires you ... to live?” by creating a piece of art that will be exhibited on Irwin Army Community Hospital’s second floor balcony from Sept. 3 to Sept. 20.

**Corvias**

Stop in to your community office Sept. 6 from 3 to 5 p.m., or while supplies last, for a rock painting party. Paint your own rock to take home or join in the fun of hiding and hunting for rocks around post.

**Fort Riley Garrison**

Learn what events and activities Fort Riley garrison organizations are planning during the monthly Town Hall meeting Sept. 11 at 12:30 p.m. at Riley’s Conference Center, 446 Seitz Ave. People who can’t make it can watch it live at <https://www.facebook.com/FortRiley> or find the slide deck at www.home.army.mil/riley/index.php/my-fort/all-services/army-community-service.

ACT OF KINDNESS CAN SAVE THREE LIVES



Amanda Ravenstein | POST
Tyson Scarth, supervisor for Kansas and Northern Oklahoma American Red Cross, left, prepares Chief Warrant Officer 3 Justin Hutchinson, Headquarters and Headquarters Battalion, 1st Infantry Division, for a donation during the Community Blood Drive event at 1st Infantry Division Headquarters Aug. 21. According to the Red Cross website one donation can save up to three lives. “We appreciate Soldiers when they donate with us, and we also appreciate what they do when they’re not donating for us,” Scarth said.



Apple Day is
September 21st!

Apple Pie Pre-sales
July 1-Sept 7
\$11.00 when purchased in
advance
*Pre-sale Pie Pick Up
Friday, Sept. 20 at Culinary
Lab Bldg 813 Marshall
Drive(Airfield) and Sat. Sept
21 at Apple Day

Shop online at
<https://squareup.com/store/HASFR>
For more information: hasfrpiequeens@gmail.com

Please plan to help us with our yearly **Apple Pie fundraiser** by helping us MAKE the pies.
Pies will be made from **September 16th to the 20th**
You will need to complete the Food Handler’s Training prior to making pies.
Food Handler’s training: <http://iach.amedd.army.mil/online-courses.html>
Without the generous volunteers who help make the pies, we could not raise the money to pursue our mission of preserving and maintaining the history of Fort Riley.
Thank YOU for your support!

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Worship Opportunities

Protestant Services

Victory Chapel	239-0834
ChapelXt 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
Youth class for 5-10yrs

Club Beyond - Faith Based Youth Program

Grades 6th - 12th, Meets Sundays
Combined MS/HS Youth 1730-1930 at Victory Chapel
513-519-3151
Club Beyond is a Non-Federal Entity and is not part of the DoD or any of it’s components and it has no government status.

AWANA

Meets Sundays, 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.
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.
For more information email fortrileycwoc@gmail.com or Facebook “Fort Riley CWOC”

Check for schedule over Training Holiday weekends

Chapel shares burgers, Gospel



Jackson Walden, 4, son of Spc. Kevin Walden, 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, sits patiently as Rylie Driscoll, volunteer, paints a tiger pattern on his face during the Morris Hill Chapel's picnic Aug. 24.

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

The lawn around Morris Hill Chapel was filled with games and people Aug. 24 as parishioners opened the church — and their hearts — to the community.

“We are here to love on the community,” said Capt. Scott Ingram, a chaplain with the 82nd Brigade Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division. “There’s nothing in it for us except to connect with the community and hopefully bring a little joy and laughter in the weekend.”

As he spoke, children were laughing as they were soaked in the dunk tank, jumped around in and inflatable house and played.

Ingram said as a church family, they had been considering options for an event and settled on a community picnic.

“We exist for the community,” he said. “We wanted to do it as an outreach to them. We were trying to think outside of the four walls.”



Morris Hill Chapel members invited the community to a picnic Aug. 24. Throughout the afternoon people came and went, enjoying fellowship, food and games.

While children played and adults conversed, retired 1st Sgt. James Fleming had the grill going. He has been part of the Morris Hill Chapel family since 1988. He left for a few years but in 2004 came back to Fort Riley and went back to the church.

“After 26 years as a Soldier, I love being around Soldiers,” he said. “Once you get that in-

grained in your mind — you’re a Soldier and that never dies.”

As he finished grilling up hamburgers, they were set out for the taking. Sgt. John Dolan, 82nd BEB, 2nd ABCT, 1st Inf. Div., and 1st Lt. Durinda Logan, 3rd Bn., 66th Armor Regt., 1st ABCT, 1st Inf. Div., were among those who stopped by for a bite.

Dolan said he went to support the chapel and its mission. Logan was invited by Ingram and agreed with the chaplain that events like the picnic are great for the community.

“It brings people together,” she said. “It also gives opportunities to worship together and spread the Gospel.”

Know before you go: Hunting, fishing regulations on Fort Riley

By Gail Parsons
1ST INF. DIV. POST

Fort Riley has hundreds of acres of huntable land and nearly 30 ponds and lakes stocked with a variety of fish open for military and civilian hunters and anglers.

“It’s a tremendous, tremendous outlet for anyone affiliated with Fort Riley and people from around the state,” said Shawn Stratton, supervisory fish and wildlife biologist with Fort Riley Public Works.

REGULATIONS

Before heading out to hunt on Fort Riley, people must register and check-in online at <https://fortriley.isportsman.net>. Hunters will need a Fort Riley Hunting Access Permit except for those who are age 65 and older or younger than 16.

“We control how many people can come in and out of the installation through iSportsman,” Stratton said. “That way, our game wardens and emergency services know who is on the installation at any given time. That’s not only for law enforcement related compliance checks, but it’s also for emergencies such as tornadoes or heavy rainfall events where the low water crossings come up.”

It is also important to check the website the day of the hunt to know what areas are open for hunting. Training takes precedence over recreational hunting and any range area may shut down at any given time.

“If we do have to close everything down, we have a way to notify everybody,” he said.

When people finish hunting each day, they need to go back onto the website and sign out.

The website also has a map, which shows what areas

are always off-limits. Stratton said the site is updated daily.

A hardcopy of the map can be picked up at the Visitors Control Center

If hunters are not affiliated with the installation, they need to go through the Visitors Control Center for a pass. When they arrive, Stratton said they need to leave their firearms in their vehicles and let the security guards know they have them.

“The security guards will go out to the to the vehicle with them and take a look at the serial numbers,” Stratton said.

HUNTING

Fort Riley has a range of animals that can be hunted and trapped from elk to dove. Some of them require only a Kansas hunting license, while others require additional papers. For example, all waterfowl hunters age 16 and older will need Migratory Bird Hunting Stamps. All deer, elk and spring turkey hunters on Fort Riley must complete a mandatory species-specific briefing available on their Fort Riley iSportsman account.

To help keep people out of the off-limits area and in the open hunting land iSportsman has a GPS feature, which hunters can use for guidance.

Once the hunter has all the permits and is ready to go, they should find hunting on Fort Riley equal to much of the state.

“The bigger pursuits are the whitetail deer, the turkey,” Stratton said. “We have upland game, we have pheasant, not a lot of pheasants but we do have some, Bobwhite quail is a big pursuit. We also have greater prairie chicken on Fort Riley.”

For a complete list of the hunting opportunities and permit information, check the iSportsman website.

FISHING

There are 29 lakes and ponds that the environmental office manages on Fort Riley. To fish on Fort Riley one needs a Kansas fishing license. Anglers age 65 to 74 can get a reduced-cost license and non-residents age 16 and older must have a valid nonresident license to fish on Fort Riley. Licenses are available at www.ks.wildlifelicenses.com/start.php.

Anglers fishing for trout must have a Kansas Trout Permit. Kansas trout season begins Nov. 1.

“We have an agreement with the state of Kansas — they provide our fish to us, in return, we do not charge a separate fishing license fee,” Stratton said.

The iSportsman web site shows more than 7,500 channel catfish were stocked in the 2018-2019 season. Rainbow trout are stocked at Moon and Cameron lakes.

“There is a fishing section on the iSportsman website that talks about all the individual ponds that we manage and it gives you the species of fish we manage in each of those ponds,” Stratton said. “The stocking schedule goes up on the website to let you know when we’ve stocked and how many pounds of fish that we’ve stocked.”

OTHER OUTDOOR OPPORTUNITIES ON FORT RILEY

There are more activities people can do on Fort Riley’s open land than hunt and fish.

The outdoor areas are also open for biking and hiking. People who would prefer to shoot with a camera are welcome as well, he said.

“It’s not just for hunting and fishing,” he said. “People who want to go out and walk around, take in the sights of the Flint Hills — they just need to check-in and check-out (of Fort Riley). If people

like to mountain bike, they can utilize the Fort Riley roads, especially up north a bit — it’s a good opportunity for people that like to bicycle.”

Birding: A page on iSportsman lists hundreds of bird species, some rarely seen and some migratory, that have been spotted on Fort Riley.

Morel hunting: Mushroom hunting is allowed on Fort Riley in areas designated as open for non-consumptive pursuits.

Fuel wood: Fort Riley Fuelwood Permits are available. Same as other sportsmen, fuelwood cutters must check-in and check-out on the iSportsman system each day. A fuelwood permit is required and must be carried at all times while cutting wood. Check iSportsman for types of timber available.

TUESDAY TRIVIA CONTEST



The question for the week of Aug. 23 was:
Where can I learn about hunting regulations on post and how to apply for a Fort Riley hunting permit?

Answer: <https://fortriley.isportsman.net/>

This week’s trivia winner is Jessica Palmer, spouse of Sgt. 1st Class Andrew Palmer, Warrior Transition Battalion, Irwin Army Community Hospital.

Pictured above is Jessica Palmer.

CONGRATULATIONS JESSICA!

Fall Apple Day Festival

Saturday
September 21 • 9am-4pm
Artillery Parade Field
Fort Riley, Kansas

Look forward to:

- Fun events for all ages!
- Historical re-enactors + exhibits
- Military helicopter + tank displays
- Cavalry horse + military dog demos
- Inflatables + ATV rodeo
- Vendors, food and apple pies!

Free • Open to the public

No pets • No alcohol
For a full list of activities, visit riley.armymwr.com

Sponsored by:

Fallen HERO RUN

Saturday, September 7
Riley's Conference Center
On-site registration: 8-9am | Run at 9:11am

Honor our nation's fallen service members and remember those who made the ultimate sacrifice

- Free and open to the public
- 2 Mile route
- Not a timed event
- Pets and strollers welcome

First 500 runners will receive commemorative dog tags

- Info: 785.239.2807

Fallen Hero Boot Display

- Decorate a boot in memory of a fallen service member and bring it to the race
- Boot placement from 6:15-8:15am
- Boot display info: 785.239.0630

Pets of the Week

THESE LOVABLE PETS ARE WAITING TO BE ADOPTED....

NELSON
Special home needed. Looking for calm and patient home without children due to his low self-esteem and being insecure about new surroundings!

THOMAS
Little Thomas is 9 weeks old and put us all in aweee! He's sweet, fearless and outgoing. Loves other animals and people. Should be able to move to new home after August 19.

STOP BY AND SEE THESE PETS OF THE WEEK AND MORE AT:
FORT RILEY ANIMAL SHELTER
224 Custer | Fort Riley, Kansas 66442 | (785) 239-6183

SPONSORED BY:

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Rolling the latissimus dorsi

One way to help alleviate or prevent the lats from hurting is to use a foam roller after working them out.

"We want to loosen up the muscles to lengthen them a little bit more," said Christine Cunningham, health educator at the Army Wellness Center. "They're not going to rip, but they are not elastic. As we loosen them up through foam rolling and stretching afterwards, they become a little bit more malleable, and easy to recover."



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

DIGGING INTO HISTORY



Declan Zaun, 5, son of Chief Warrant Officer 2 Steven Zaun, 1st Replacement Company, U.S. Army Garrison Fort Riley, sifts through dirt to find artifacts during the Historical Chat put on by members of the Historical and Archaeological Society of Fort Riley Aug. 23 at Sheridan Hall, 407 Pershing Ct. The information session included lessons on Fort Riley's military history. The next Historic Chat will be Nov. 8.



Don't need it? Someone might!



Household Chemical Turn-In Event
Colyer Forsyth Community Center
22900 Hitching Post Rd.
September 7th 0800-1500



Look for the DPW Environmental Division HHW Trailer!
Call 785-239-2305 with questions or to see what is accepted

DININ' DEALS		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		September 1st	September 2nd	September 3rd	September 4th	September 5th	September 6th	September 7th
The Cove at Acorns Resort		Bloody Mary Bar	1/2 Price Appetizers	\$2.00 OFF All Tacos	Kids Eat Free w/ Purchase of Adult Meal	Fajita Night Chicken \$12 Steak \$15 Trivia Night	Crab Legs \$22	Prime Rib Special \$20 for 10-oz cut \$25 for 14-oz cut
	3710 Farnum Creek Rd. MILFORD (785) 463-4000	Open 11:00am-9:00pm	Open 4 to 9pm	Open 4 to 9pm	Open 4 to 9pm	Open 4 to 9pm	Open 11:00am-10:00pm	Open 11:00am-10:00pm
Cracker Barrel		Home Style Fried Chicken All Day \$9.99	Chicken & Dressing Starts at 11:00am	Homemade Meatloaf Starts at 11:00am Lemon Pepper Grilled Rainbow Trout Served after 4:00pm	Chicken Pot Pie Starts at 11:00am Broccoli Cheddar Chicken Served after 4:00pm	Lunch & Dinner Turkey & Dressing	Fried Fish All Day \$9.99	Southern Fried Chicken \$9.99
	115 N East St JUNCTION CITY (785) 762-5567		Grilled Country Porkchops Served after 4:00pm					
		Catering Available 785.762.5567 Monday thru Thursday Lunch Specials from 11 am till it's gone - \$5.99						

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

Celebrate a birthday ‘Under the Sea’

You’re Invited. Celebrate Ariel’s 30th Birthday with Disney Princess Event at Fort Riley Exchange Sept. 7.

EXCHANGE PUBLIC AFFAIRS

The Army & Air Force Exchange Service invites military children under the sea in honor of Ariel’s 30th Birthday Bash at the Fort Riley Exchange Sept. 7.

Military children ages 4 and older are invited to the Main Exchange toy

department from 11 a.m. to 1 p.m. and are encouraged to dress up as their favorite princess and bring their princess dolls to join in on the fun.

The event includes a dress up station with temporary tattoos and nail art plus two doll stations. A photo backdrop will be available so parents can commemorate the occasion.

“The Exchange is excited to host Fort Riley princesses as they celebrate the birthday of everyone’s favorite mermaid,” said Exchange sales area manager Imelda Winchester. “We hope the event is magical and fun for the entire military family.”

Shoppers can call the Fort Riley Exchange at 785-784-2026 for more information.

BULLSEYE Continued from page 9

tournaments for him. We’ve seen how much fun our family has doing it and know there are other families out there that enjoy archery.”

Besides being a family-friendly sport, Shrader said he likes the level of precision and consistency required with archery.

“It requires focus,” he said. “You can pick up any bow and get a set of arrows with it—but in order to put that arrow in the center of a bull’s eye every single time, there’s a little bit of a process. I’m fascinated by the ability to replicate the consistency of that process time and time and time again.”

When an archer steps up to the target they have to factor in such things as the wind, the equipment they’re using and the lighting—and know how the external conditions affect their shot.

“You don’t have to be as obsessive about the precision as some people get about it,” he said. “You can just pick up a bow and go out and you can set a target at 10 yards. It can be a stick



Gail Parsons | POST

ABOVE: Archers aim at targets during the final round of the Bow Slinger Tournament Aug. 24.

RIGHT: Archers determine the range to the targets at one of the stages Aug. 24 at the Bow Slinger Tournament.

and a string that has the ability to launch an arrow and there’s great satisfaction in drawing that string back, looking at a target ... and watching the arrow fly down, hit the target. It’s instant gratification.”



UNPLUGGED FUN

Amanda Ravenstein | POST

Families of the 1st Infantry Division and Fort Riley gather at the USO Kansas Fort Riley Center Aug. 23 for food and games at the Unplugged Family Game Night event. The event encourages families to unplug from their electronic devices, talk, laugh and spend time together while playing different board games. The event requires pre-registration due to the popularity of it so make sure to check the USO Kansas Facebook page, facebook.com/usokansas, for future times to reserve your spot. Visit the Facebook page to see all the upcoming events hosted by the USO Kansas staff including – No Dough Dinners, Coffee Connections and more.



Fort Riley Mass Warning and Notification System Smartphone App

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

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

The app is not currently approved for government mobile devices.

Be Army ready - Stay informed

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

HEALTHY EATING

COURTESY PHOTO

Brined Cornish Hen

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

Recipe Analysis: (1 serving = 1/4 hen)
Per Serving: 395 calories; 29 g protein; 29 g fat, 3 g carbs (0 carbs: 1 protein)
Recipe = 0 servings of vegetables, 0 servings of fruit (0 vegetable per serving, 0 fruit per serving)

**This recipe is from 10th Sustainment Brigade Dining Facility, Ft. Drum, New York.*

INGREDIENTS (4 SERVINGS)

2 Cornish Hens
to taste, salt
to taste, pepper
1/2 lemon
2 sprigs fresh rosemary
1 tbsp & 1 1/2 tsp olive oil
12 garlic cloves
2 tbsp & 2 tsp white wine
2 tbsp & 2 tsp chicken broth

STEPS

1. Preheat oven to 450F
2. Rub hens with 1 Tbsp of olive oil
3. Lightly season the hens with salt and pepper
4. Place 1 lemon wedge and 1 sprig rosemary in cavity of each hen
5. Arrange in a large pan, and arrange garlic cloves around hens
6. Roast 25 minutes
7. Continue roasting about 25 minutes longer, or until hens are golden brown and juices run clear
8. Baste with pan juices every 10 minutes
9. Once done, pour any cavity juices and garlic cloves into a medium sauce pan and boil until liquids reduce to a sauce consistency
10. Spoon sauce and garlic around hens
11. Garnish with rosemary and serve

cookpad.com/us/recipes/438120-old-fashioned-fruit-salad
#FitFirst

PUBLIC AUCTION

Seller: D&R Plumbing
(Going out of business)

Saturday, September 7, 2019
9 A.M.

Plumbing, Electrical Parts, Tubs, Vanity Tops, Wire, Household Items, ABS Fittings, Driscoplex & Pex Rolls.
(Two auction rings will be ran part of the day, so plan accordingly.)

Sunday, September 8, 2019
12 P.M.

Tools, Pipe, Fittings, Copper Fittings, PVC Fittings, Racks & Shelves.

Sale Location:
204 N. Washington Ave., Iola, KS

Auctioneer Notes: There are four buildings full of inventory and over 50 years of accumulation that will be sold. Most items are new. There are bins, shelves, racks & boxes full of sale items. Since items are new, sales tax will be charged.

Go to: allencountyauktion.com for pictures

Allen County Auction Service
Allen County Realty, Inc. • 620-365-3178 • Auctioneer: Gerald Gray

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Workshop creator gives advice to spouses for igniting spark

Carisa Huntwork
1ST INF. DIV. POST

The USO Kansas, Fort Riley Center was the first location Brittney Boccher, founder of Discovering Your Spark, chose to conduct the workshop she created. The workshop was Aug. 21 and 22.

Why is Boccher any different than any other military spouse? What makes this woman credentialed to lead a workshop is her testimony. Boccher was nominated for Armed Forces Insurance Spouse of the Year in 2017 because of the mark she was leaving on her community.

"I think in my bio, what I really highlighted was what I was doing on my base," she said. "I had become the president of the spouses club, which was on the chopping block, and within the year,

I had a full board. We were actively doing things in the community. We were funding the food pantry, doing philanthropy projects, our thrift store was going really well and we had increased our educational scholarship to \$25,000.

"I was also really big into being a parent liaison, and what I call a self-appointed parent liaison for the Exceptional Family Member Program; I have a child with special needs, I realized that there wasn't an area for my child to play on base because none of the playgrounds were adapted for special needs individuals. I was a crusader to get special needs playgrounds at Little Rock Air Force Base so that all children and have an opportunity to play."

Boccher became engaged in the programs that would of-

fer assistance to family members who have limitations or may be more vulnerable.

During this time, Boccher faced circumstances in her personal life that set her apart from other nominees.

"Because my son has Down syndrome, I had started a nonprofit called the Down Syndrome Advancement Coalition with the purpose to educate, advocate and provide opportunities for people with Down syndrome and other special needs," she said.

Boccher wanted to help spouses in a personal way. She created a workshop called Ignite Your Spark.

Through the workshop, Boccher wants spouses to learn that not only is it ok to have a passion and set time aside for themselves, they should also reflect on how to live life to the fullest.

"My takeaways when people come to the workshop are: turn every challenge that you think you have into an opportunity," she said. "In my workshop, there are a lot of raw emotion challenges and life moments, and I'm very open about them. Because that is how other people can relate and say, I can do it too. But taking a challenge and turn it into an opportunity. And then changing the way you think changes the way you feel. And it changes your behavior. If you can think positive; it changes the way you feel, then it changes how you are to other people and how you are to yourself."

Boccher shared her story with the spouses who attended Ignite Your Spark while others shared their stories. A guide book was provided to give spouses a tool to bring home and continue to reflect on what they had learned.

The event concluded with women discussing the powerful message Boccher had given them.

"Spouse feedback has been extremely positive," said Traci Taylor, Center Operations and Program Manager USO Kansas, Fort Riley. "We've received exceptional responses that this was



Brittney Boccher, founder of Discovering Your Spark, visited the USO Kansas, Fort Riley Center, Aug. 22 to speak to spouses during a 2-day workshop. Through the workshop, Boccher wants spouses to learn that not only is it ok to have a passion and set time aside for their self, they should reflect on how to live life to the fullest.

empowering and one of the best workshops that they could have ever participated in. And it really speaks to the fact that it did assist them in finding their own identity as a military spouse."

Pam Chavez, Fort Riley's Armed Forces Insurance Military Spouse of the Year 2018 said she found the part about prioritizing time for yourself to be a powerful message.

"It's so difficult for us to do because our spouses are always away," Chavez said.

"We constantly know that kids need stuff and we're worried about them. We're such caretakers by nature that it's so easy to give it all away and not to turn it back on to ourselves like that. She did a great job of really driving that whole thing and making me think about, you know, how important that really is."

Boccher intends for the workshops to grow in number and be a study that spouses can do in their communities.

Exchange launching fee-free layaway ahead of holidays

EXCHANGE PUBLIC AFFAIRS

Soldiers and military families can get a jump-start on holiday shopping thanks to the Army & Air Force Exchange Service's fee-free layaway program.

From Sept. 1 to Dec. 24, the Fort Riley Exchange will waive its \$3 service fee for items priced at \$25 or

more. Toys, bikes, clothing and more are included.

"The holidays tend to sneak up on us, and before we know it we're having to buy last-minute gifts for loved ones," said Fort Riley Exchange Operations Manager Justin McIntyre. "The Exchange's holiday layaway offers a great way to plan your gift list and stay on

budget — and keep special presents out of sight."

To place items on layaway, military shoppers pay a deposit of 15% of the purchase price. Items must be picked up by Dec. 24.

For program details and eligibility information, shoppers can visit the Fort Riley Exchange customer service desk.

TOGETHER Continued from page 9

comes back and now you go back to curfew times and bed times."

She said the key is to have conversations and not expect everything to suddenly revert back to the way it was.

"Over a nine-month deployment, you might have a four-and-a-half-year-old, but when you come home, now ... he's a good bit older, where that bedtime shouldn't be seven o'clock," Reade said. "Now, eight o'clock is acceptable."

Nine months can be a lot in a child's development; adults can also change in that time.

Brown said she recently heard from one spouse who said when she and her husband got married, she was 19 years old. She's 21 now with a small child and had only been at Fort Riley a short time before he deployed.

When he left, she went out and explored the programs and activities on post.

"Now she's a great advocate for a lot of community programs and deployment coping strategies," Brown said. "She said her parents are proud of the person that she's become."

This young wife is excited for her husband to come home and believes he will be equally proud of her.

All these changes — whether good or bad — can be challenging for returning Soldiers, who often come home to find there's more than their children and spouse to readjust to.

"It's really exciting when they first come back," Brown said. "You're the hero and everything and everyone is cooking your favorite food and the dog is wagging its tail. Sometimes there's a

disappointment after a few weeks when things go back to normal."

The teenage children go back to wanting to be with their friends on a Friday night, even the dog stops running up to greet them when they get home after a long day.

"You have to settle back into a new normal," Reade said.

Reintegration tip #1 >>>

Everyone's reintegration is different.

Do not base your reintegration expectation on someone else's experience.

People express emotions differently.

Families have different sets of issues they deal with during reintegration.

More tips to succeed next week. #FamilyFirst

WARRIOR ZONE CELEBRATES EIGHT YEARS

Amanda Ravenstein | POST

First Infantry Division and Fort Riley Soldiers stand in line for cake, ice cream and hot dogs at the Warrior Zone 8th birthday party Aug. 24. The day was filled with activities including giveaways from sponsors who have helped promote other events at Warrior Zone. The staff have made improvements on the offerings since the facility expanded to its current location.

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su | do | ku

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

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

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

EMPLOYMENT

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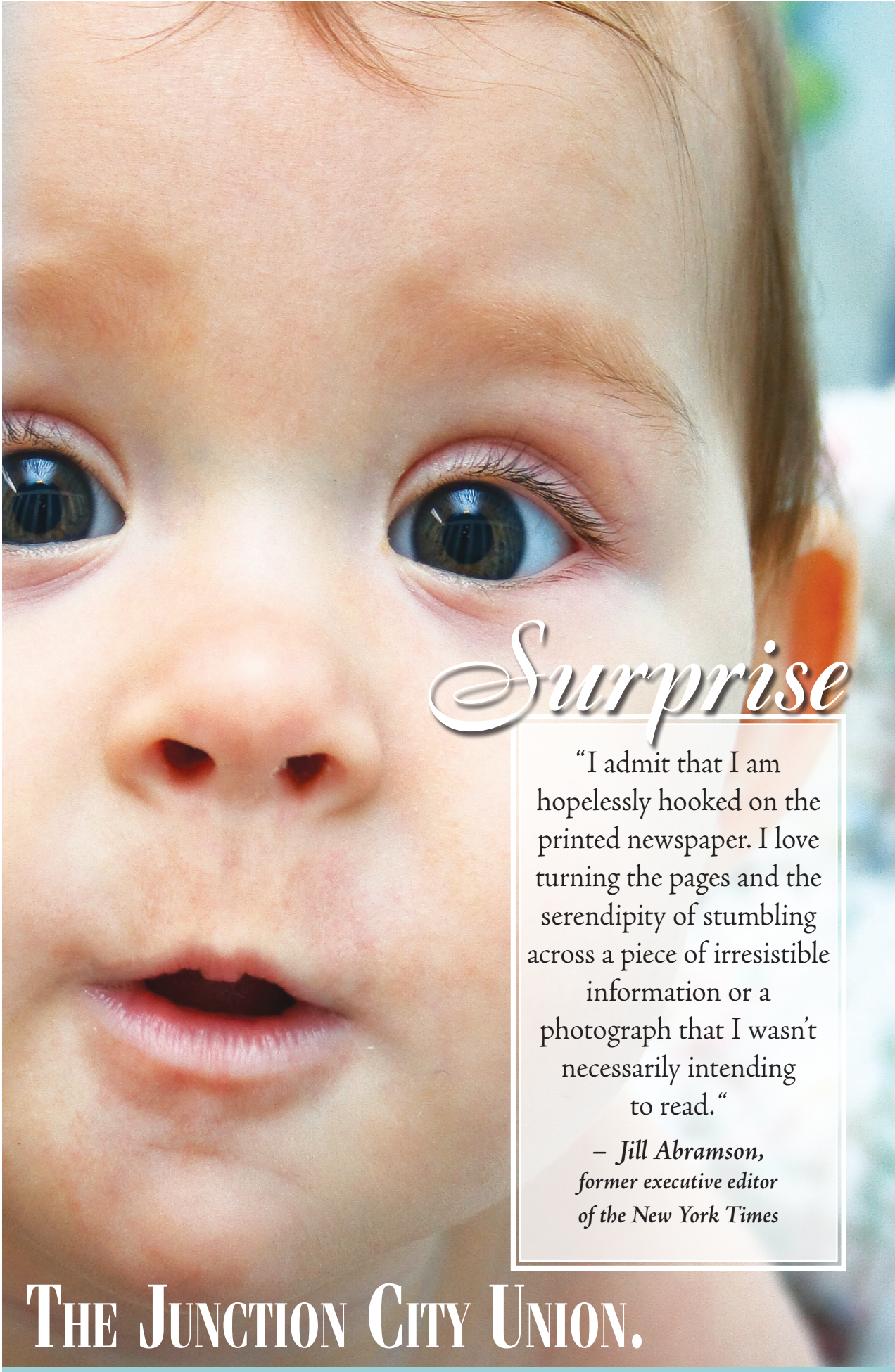
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Overland Park home of outdoor attractions, activities galore

Carisa Huntwork
1ST INF. DIV. POST

Overland Park is just outside of Kansas City, about two hours east of Fort Riley. When looking for a city feel and yet out of city traffic, then Overland Park would be a fantastic fit for a day trip or a weekend getaway. Theresa O’Leary, Overland Park content specialist said Overland Park prides itself on being a family-friendly place with affordable attributes to enjoy. A family can drive to Overland Park and enjoy a day outdoors while spending very little money.

DOWNTOWN
When approaching the downtown streets, people will notice the maintained buildings that are open for business. The downtown area is home to many types of shops, restaurants that are unique to Overland Park, a three-story community center, an art exhibit, an outdoor park and the Overland Park Farmers’ Market. “The market has blossomed into a huge success and has made it into 17 different magazines, and many websites have named us the best farmers’ market in Kansas,” said Kristina Stanley, recreation supervisor. “There is a lot of pride that you see in this market, from staff to vendors. They

love what they do; that really reflects in the quality of (the) product that they have to customer engagement,” she said. When walking around the farmers’ market, people can enjoy live entertainment, local vendors, flowers, kombucha, wine and plenty of fresh produce. The farmers’ market runs until the first Saturday in December and re-opens mid-April. The hours of operation are Wednesdays and Saturdays from 7:30 a.m. until 1 p.m. Stanley said some people come to the downtown area specifically to go shopping and to enjoy the food. Stanley was enthusiastic as she spoke about her favorite food places in the downtown area. “You have a little of everything down here, that is what is so fun about downtown Overland Park. It’s kind of a hidden treasure; almost every ethnic group is represented.” For foodies, Overland Park would be an ideal place to eat and enjoy the authenticity of the different cultures. Amongst the many ethnic foods in the downtown area is Elsa’s Ethiopian Restaurant. The owner of Elsa’s, Elizabeth Michaels, said everything in her restaurant is freshly made, never frozen. Including the Tej, Ethiopian honey wine. She created this restaurant 10 years ago because she saw there was a need for it. Michaels is the

chef; she comes out to say hello to each customer and makes sure everyone enjoys her cooking. She wants people who come and eat to leave with a full belly and a happy heart, she said. A different type of food experience is the Brew Lab, an establishment that teaches people how to make their own beer. On Overland Park’s website, it states, “develop, brew, bottle, sip and eat. Use fresh, high-quality ingredients to brew your own beer on professional equipment. Brew Lab is a full bar and restaurant, featuring guest taps as well as their own brews. With a full kitchen, you can pair your beers with the perfect food.”

PARKS
Overland Park is home to some parks that are worth seeing while in Kansas. The parks are well maintained and child and disability friendly. “Roe Park is a favorite of locals because of the amenities,” O’Leary said. “Inside Roe park, there is a splash pad, playground, tennis court and more. “It is next to McClain’s market (local restaurant), so people can picnic at the park.” Overland Park is home to an arboretum and botanical garden, which has 300 acres of gardens and trails. Inside the property, there are more than 800 species of plants. “The garden area has a miniature train town that kids love,” O’Leary said.



Monet’s Garden is one area at the Overland Park Arboretum and Botanical Gardens, which has 300 acres of gardens and trails.

The establishment has rotating exhibits and currently has a Monet garden that Donna Stringfellow, assistant supervisor of the Arboretum said was a must-see. “The Monet’s Garden is beautiful,” Stringfellow said. “The K-State master gardeners maintain that. They are constantly replanting, so it stays looking gorgeous. And then if you wind around Margaret’s pond, you’ll go over to the Erickson Water Garden and that’s so freeing.” Stringfellow said the feedback people often provide her with is this place is an escape from the busy life of technology and an opportunity to be in “soul-soothing” nature. While walking around the nature area, there is a designated spot for bird-watching. This area includes a house to sit in and wait for birds to come to the bird feeders. The admission is \$3 a person, but it is free on Tuesdays. The hours of

operations are 8 a.m. until 7:30 p.m. and is open year-round except for Christmas. **DEANNA’S FARMSTEAD**
Ten minutes away from the Overland Park Garden and Arboretum is an interactive experience. Suzanne Gunning, Vice President of Marketing, said one of her favorite locations was Deanna’s Rose Children Farmstead. “There’s no charm quite like this farm,” she said. “It’s more than a petting zoo. Deanna Rose has over 250 birds and animals. You can catch a fish, ride a wagon, even bottle-feed a baby goat.” “Everything is taped to where you can navigate the entire facility on a paved pathway,” said Laurie Jacobson, public program supervisor at Deanna’s Farmstead. So even if it had been raining or is currently raining, you can still get around without too much trouble.” Jacobson said just like everything else in Overland Park, this establishment is friendly to people with disabilities and prides itself on being an affordable and family-friendly place. Enjoy this outdoor farm-like adventure. Through the path, there are up-close encounters with farm animals, ice cream, other snacks and play areas for kids. Just beyond the bobcat and owls, is a colorful garden available for visitors to take a break and relax on a rocking bench. Deanna’s is open April 1 to Oct. 31 and is \$3 per person with free admission Monday to Thursdays after 2 p.m. Hours of operation are Mondays to Sundays 9 a.m. to 5 p.m.



Next week Spc. Shell visits area renaissance faires to see the costumes and try the food.



Top: The Overland Park Farmers Market draws large crowds on Wednesdays and Saturdays. Above and above right: Deanna’s Farmstead has more than 250 animals and birds roaming the property, which visitors can pet and interact with. Right and below: Overland Park is home to many spacious parks and gardens including 300-acre arboretum.

