

THE 1ST INFANTRY DIVISION POST



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FORT RILEY, KANSAS

Sustainment certifies on gunnery range



Crews from 24th Composite Truck Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade, fire .50-caliber machine guns from their Mine Resistant Ambush Protected All-Terrain Vehicles during a Table V gunnery Aug. 22 at Range 18.

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

The sound of gunfire echoed on Range 18 as gun crews from the Convoy Security Platoon, 24th Composite Truck Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment

Brigade, worked on gunnery certification Aug. 22.

"They are going to do their trial run right now," said 1st Lt. Dylan MacDonald, CSP, 24th CTC, 541st CSSB, 1st Inf. Div. Sust. Bde. platoon leader. "Then they will go to a position and engage a target. They have to positively identify the target before they fire at it. Once they

do that, they just pursue forward."

The Table V gunnery was just the first of many live-fire exercises the company will complete to become certified crews inside their Mine Resistant Ambush Protected All-Terrain Vehicles. The M-ATVs provide the same level of protection as the larger and heavier Mine Resistant Ambush

Protected vehicles, but with improved mobility, according to the designer's website.

This training is essential to the platoon's mission, said Sgt. 1st Class Parks, a 24th CTC platoon sergeant.

To be certified as a crew, the gunner, driver and truck commander must work as one unit to locate and identify a target before the gunner can ultimately fire at it.

"It's very important, especially if you were going downrange in a combat environment," he said. "We want to have our guys actually gun crew certified so they know what they are doing. When it comes to convoy escorts, we want to make sure they can knock down targets."

Parks said through simulation, the crews have

gotten close to each other, but putting lead downrange allows the gunners to get a better feel for what the M2 .50-caliber machine gun can do.

The training also builds readiness within the crews themselves, he said.

"There is a brotherhood," Parks said. "These

See TRUCKS, page 8

Aviators test recovery skills overseas

Story and photo by Sgt. Erica Earl
5TH MOBILE PUBLIC AFFAIRS DETACHMENT

NOVO SELO TRAINING AREA, Bulgaria — U.S. Army Soldiers with the 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, sat around a small fire they had built in the middle of the Bulgarian woods, feeding it kindling and discussing survival tactics for how they would all make it back to their base safely after a simulated helicopter crash.

It had been a busy week for the Soldiers of the 3rd AHB, 1st Avn. Regt., 1st CAB, 1st Inf. Div. A few days prior, some of these Soldiers flew with paratroopers from the Bulgarian Special Forces, guiding their allies through high altitude jumps as they careened through the air on a UH-60 Black Hawk helicopter. Within the next few days, they would be situated behind M240H machine guns on a flying Black Hawk, testing their gunnery mastery as they engaged targets from the aircraft.

From Aug. 19 through 30, Soldiers from the 3rd AHB, 1st Avn. Regt., conducted a dynamic variety of training exercises, including a bilateral

recovery training lane and aerial gunnery qualification tables, at Novo Selo Training Area, Bulgaria. While these training events were separate rather than part of one singular exercise, many of the Soldiers participated in all, or a combination of, the events.

1st Lt. Hayden Fancher, a platoon leader for the 3rd AHB, 1st Avn. Regt., said this type of diverse, accumulative training involving simulations such as the helicopter crash scenario prepares Soldiers for practical application in the field.

"It is important because it not only builds the confidence of each Soldier, but it maintains their readiness if something like this were to ever happen," Fancher said. "It is one thing to say, 'This is how you make a fire,' in the classroom, but it's another thing for them to go build one themselves."

The training events allowed the Soldiers to practice versatility in a wide variety of skills from land navigation to tactical communication techniques to working alongside with and communicating with a NATO ally.

"The training builds a Soldier's confidence in their own abilities," said Fancher. "It's all stuff they are capable of. It's all stuff they are trained on. It's getting those repetitions and the practice



A Solider with the 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, carries a crew chief in a simulation of a helicopter crash during a training event Aug. 26, at Novo Selo Training Range, Bulgaria. During the personnel recovery exercise, Soldiers practiced land navigation, survival techniques and first aid.

that helps them become more aware of what they can actually do."

The training events included a visit from Col. Bryan Chivers, commander of the 1st Combat Aviation Brigade, who visited during the personnel recovery exercise.

"It's not just for training, I promise you," Chivers said of real-world application of the exercises. "You make sure you have different contingencies taken care of. This is

great training and great team building."

The exercises focused on both individual Soldier development and working together as a unit and among their allies. It also gave Soldiers the opportunity to earn qualifications. Four crew chiefs and five pilots from the 3rd AHB, 1st Avn. Regt., were qualified in conducting and guiding

paradrop operations, and 20

See TRAINING, page 8

Soldiers earn new title

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

Soldiers of the 1st Infantry Division and Fort Riley were among 32 noncommissioned officers, warrant officers and officers Army-wide who earned a new title — master fitness trainer.

The Soldiers completed a two-week course, Aug. 19 through 30.

"We're trying to make a huge impact on the Army, especially now that we're trying to incorporate MFTs throughout every unit," said Sgt. 1st Class Latisha Pond, MFT-Mobile Training Team, Fort Jackson, South Carolina. "For a little while, a lot of people really didn't understand what an MFT did or what we do. I think now, we have brought it back with a little flair. We're trying to show everybody what it is. Hopefully, they take what they can out of it, use it in their units and perform."

Throughout the course, the participants learned different exercises and drills to elevate the physical fitness level of their unit and how to properly implement the training with guidance from their commander.

The course attendees learned how to implement both proper nutrition and functional fitness into their unit physical training.

"We teach functional fitness," Pond said. "We have Soldiers that, I don't want to say, don't know how to work out — they do, but we try to make it more equipped for the Army. What we want is for you to get into (the gym), utilize the time that you have as efficiently as possible. We want you to progress and we want to teach you how to do that."

"I think it's a foundation to (build on), whether it be nutrition or how to work out," said Sgt. 1st Class Jesús Morales, 101st Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division "It's a good foundation so you can take it to your unit and use it. I learned a lot personally. It will give me a foundation to work with Soldiers. Instead of starting at 'A' and going to 'C' I can ensure they have a proper starting point. In here, you learn what right looks like."

The course has had an effect on the students as they reflect on how they have worked out in the past.

"This course has definitely been an eye-opener," said Sgt. 1st Class Andrew Lima, Special Operations Recruiting Battalion. "I think as a

See TITLE, page 8

VOLUNTEER SPOTLIGHT



Jenny Stonecypher is the wife of Capt. Daniel Stonecypher, 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division.

Jenny Stonecypher joined the Soldier and Family Readiness Group for the 1st Bn., 7th FA Regt., 2nd ABCT, 1st Inf. Div. team in November of 2018 as the Fox Company Co-leader. She has worked on scheduling SFRG meetings and distributing information and long-range calendars to the families.

"We deeply appreciate Jenny's time commitment to help the families and soldiers of 1st Bn., 7th FA," said My White, senior advisor.

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



FORT RILEY CHILD AND YOUTH SERVICES PARTNERSHIP WITH AREA 4-H GROUP.

SEE PAGE 9

ALSO IN THIS ISSUE



SPC. SHELL VISITS KANSAS RENAISSANCE FESTIVALS TO SEE THE COSTUMES, SHOP AND TRY THE FOOD.

SEE PAGE 16

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DUTY FIRST DOWNRANGE

1

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



Sgt. Thomas Mort | 358th PAD
An Army M1 Abrams Tank with the 1st Armored Brigade Combat Team, 1st Infantry Division, conceals itself behind a large tree during a simulated battle exercise as part of the culminating force on force exercise during 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 US forces mobilized to Europe in support of Atlantic Resolve.



Pvt. Michael Ybarra | 5th MPAD
Soldiers with the 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, perform a fireman's carry during a training for carrying injured personnel Aug. 25 at Novo Selo Training Area, Bulgaria. The training was in preparation for a personnel recovery exercise.



Pfc. Andrew Wash | 5th MPAD
Soldiers from the 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division review land navigation before participating in a personnel recovery lane training exercise Aug. 25, at Novo Selo Training Area, Bulgaria. The personnel recovery lanes incorporated realistic hands-on training in land navigation, survival, tactical communications and first aid.



Sgt. Thomas Mort | 358th PAD
A U.S. Army Bradley Fighting Vehicle with the 1st Combat Aviation Brigade, 1st Infantry Division, rolls down a dirt road “in the box”, in search of Operational Forces, as part of the culminating force on force exercise of Combined Resolve XII at the Joint Multinational Readiness Center in Hohenfels, Germany, Aug. 24.



Sgt. Thomas Mort | 358th PAD
Two AH-64 Attack Helicopters with the 1st Squadron, 6th Cavalry Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, land after a patrol mission “in the box”, as part of the culminating force on force exercise of Combined Resolve XII at the Joint Multinational Readiness Center in Hohenfels, Germany, Aug. 19.



Sgt. Thomas Mort | 358th PAD
U.S. Army Spc. Munier Snyder, a cavalry scout with Comanche Troop, 1st Squadron, 4th Cavalry Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, signals to the rest of his team to move forward into a treeline while on a dismounted patrol during the culminating force on force exercise of Combined Resolve XII at the Joint Multinational Readiness Center in Hohenfels, Germany, Aug. 24.



Pvt. Michael Ybarra | 5th MPAD
Soldiers with the 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, conduct training on applying an Oregon Spine Splint to injured personnel inside a UH-60 Black Hawk helicopter Aug. 25, at Novo Selo Training Area, Bulgaria. The training was in preparation for a personnel recovery exercise.



Sgt. Jeremiah Woods | 358th PAD
A Soldier from the 3rd Assault Helicopter Battalion, 1st Aviation Regiment carries a crew chief from a UH-60 Black Hawk helicopter as part of personnel recovery training in Novo Selo Training Area, Bulgaria, Aug. 26. After touching down in an unknown location, the Soldiers had to use their basic flight gear and skills they learned in the classroom to make it home during this realistic overnight training.

New improvements in store for Fort Riley Commissary

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

Peter Howell is back at the helm of the Fort Riley Commissary and he is ready to make changes.

Howell was the commissary officer from 2009 to 2016. He left for a similar position at Fort Gordon, Georgia, then from Scott Air Force Base, Illinois, oversaw operations of nine military commissaries from Wisconsin to Arkansas before returning to Fort Riley.

He has been on the job since June 23 and is moving forward with an addition he believes customers will appreciate.

“I’m looking at taking the north area near the deli and bakery and making it more of a cafe, where people not only purchase their ... ready-to-eat meals in the store, but have a place to sit and eat them as well,” he said.

Several years ago, the area had a salad bar. When that was taken out cases of water and drinks were put in the area, which will now be moved to aisle nine.



Peter Howell, returning Fort Riley Commissary officer shows the area he is working on to transform into a café area. Howell returns to Fort Riley after a few years away and is looking for ways to improve shoppers' experiences.

“Our lunch crowd has grown considerably,” he said. “We expect it to continue to grow as the Soldiers redeploy. So, we’re going to make it easier for them to make a purchase for a quick lunch or dinner and have a place to sit as well instead of having to go somewhere else.”

He expects the café to be open by October and the

employees have been challenged to come up with the name. All employees can submit ideas, but the deli and bakery employees will make the final decision.

The café is one part of his overall plan to make the commissary a place Soldiers and their families want to shop for their groceries. To bring his plan to fruition he is calling on his experience

in the commissary business, in which he started in 1979.

His first commissary job was as an intermittent store worker at McConnell Air Force Base, Wichita, Kansas, where his father was stationed.

“Stocking shelves, cleaning freezers — you name it, and I worked my way up through management,” he said.

In 1990, he left the commissary business.

“I went into warehousing and distribution, and from there I did national sales, regional sales and running fabrication plants,” he said. “One day, (16 years later) I woke up — commuting three hours a day in Los Angeles and decided it was time to come back.”

Managers often advise their subordinates that if they are not happy with what they are doing they should find something else.

“I took that advice and found something else,” he said. “And couldn’t be happier with that choice.”

From his days as an intermittent store worker to the challenges of management, he said he has always found pleasure

in serving our active-duty military and their families.

“I believed in the benefits, and I still do,” he said. “I think it’s a form of non-pay compensation to help them stretch their food dollar. And I enjoy doing that.”

His work pleasure is derived from watching people come in the doors and leave feeling a little better than when they came in. He said he knows shopping is a chore and especially when a spouse is deployed the parent at home has a heavy burden. He sees it written on their faces when they walk in the door.

“Nothing gives me more pleasure to be able to have them come in with one face and leave with a [happier] one,” he said. “(We do that) by making sure we provide the best customer service that we can and have all the products that are on their grocery list at the best possible price overall.”

What customers do not see is what goes on behind the scenes for Howell to make it possible. The biggest challenge he said is working with the suppliers and through the government process to procure

the goods they put on the shelves.

Meeting the challenge takes persistence and tenacity, he said.

“Just keep working it, jumping the hurdles, moving the walls, and continuing to communicate with those that can help,” he said.

At Fort Riley, he faces an added challenge.

“Large deployments make it very challenging for us to maintain the hours of operation and the days a week (we’re open),” he said. “In our agency that is based a lot on sales. And with the heavy deployments, sales are really low. We’re hopeful that when some of this redeployment starts happening, we can start to pick the sales back up along with getting the shelves full and stave off any potential reductions in ... the hours of operation.”

He said he is committed to making the Fort Riley commissary the place people want to go for their groceries and hopes people who may have stopped using the store will come back and give them another try.

Energy reduction success leads to award

By Gail Parsons
1ST INF. DIV. POST

Efforts to reduce energy consumption earned Fort Riley Directorate of Public Works one of seven Secretary of the Army Energy and Management awards.

The award committee looked at the performance of the Fort Riley energy program over the last five years to determine how effective the projects and policies DPW implemented have been at saving energy, said Michael Witmer, Utilities and Energy Branch chief.

The award didn’t come as a surprise, he said.

“When you look at where we were five years ago, we really didn’t even have a program,” he said. “In the last five years, all that we’ve accomplished with rewriting the energy regulation for Fort Riley, getting night setbacks and schedules put in buildings, doing the [Energy Saving Performance Contract], all the LEDs we’ve put in — It makes a major impact on our energy consumption.”

The energy reduction on Fort Riley has exceeded the

federally mandated two and a half percent per year.

“We are ahead of the glide path for 2025,” Witmer said. “At this point we project sometime in early [fiscal year] 21 we should be at our FY25 goal.”

The goal is to be at 77 mmBTUs, or one million British Thermal Units, per thousand square feet of energy consumption — 15 years ago Fort Riley was at 110.

“This is just one more way that we ensure Fort Riley is capable of sustaining our mission of delivering base operations support to enable readiness for the Army to 2030 and beyond,” said Col. Stephen Shrader, garrison commander, Fort Riley.

The reductions do not include work that Corvias is doing in the housing areas. The award was based on the reductions in the roughly 11 million square feet of buildings overseen by DPW.

Whitmer said the largest contributor to the reductions is the Energy Saving Performance Contract DPW started in 2016.

Work completed under the ESPC included LED streetlights, LED lights in

buildings, the replacement of the chiller plant on Custer Hill and recommissioning the control and HVAC systems in about 45 buildings.

But the goals are not being reached solely because of the physical changes and improvements.

“The second main contributor to our winning the award was the efforts and support of the Fort Riley civilians and Soldiers who are making better decisions about their energy usage,” Witmer said. “Turning lights off when they’re not needed, making sure that heating and air conditioning systems aren’t running 24/7 if they don’t need to — there’s a lot of good, smart decisions that the Soldiers and the Fort Riley civilians are making that help reduce our energy consumption.”

Moving forward DPW plans to replace another chiller plant, finish changing out the lighting to the LEDs, more recommissioning of the HVAC systems.

Having a proven plan in place to reduce the post’s energy consumption has several long-reaching effects.



Courtesy photo
Fort Riley Public Works personnel were presented with a Secretary of the Army Energy and Management award during a ceremony Aug. 22 at the Colorado Convention Center, Denver, Colorado. From left are Jordan Gillis, principal deputy/assistant secretary of the Army Installation, Energy and Environment; Hadassa Baker, general engineer, Directorate of Public Works, Fort Riley; Michael Witmer, Utilities and Energy Branch Chief, Fort Riley; Daniel McCallister, garrison utilities services officer, Fort Riley; and Brig. Gen. Joy L. Curriera, director of operations for the Assistant Chief of Staff for Installation Management.

“The collaborative effort and ingenuity at Fort Riley enhanced the installation’s energy and water security and resilience,”

said David Fullmer, deputy garrison commander, Fort Riley. “This has the effects of reducing demand for fossil fuels and potable water,

diversifying sources of supply through renewable and alternative energy, and promoting energy awareness and water conservation.”

SCHOOL IS BACK IN SESSION!

Fort Riley drivers:

Watch for kids playing near busy roads

Follow school zone speed limits

Slow down in residential areas and obey stop signs

YOU CAN HELP PREVENT NEIGHBORHOOD CRIME

Neighborhood crime prevention tips

- Be alert and aware of your surroundings.
- Vary routines to be less of a target.
- Lock home and cars.
- Keep packages and valuables out of sight in cars.
- Don't put expensive gift packages — such as new electronics — at curbside for trash pickup.
- Report any suspicious activities.

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REMEMBER THE 4 D'S:

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• Drain - pools of water

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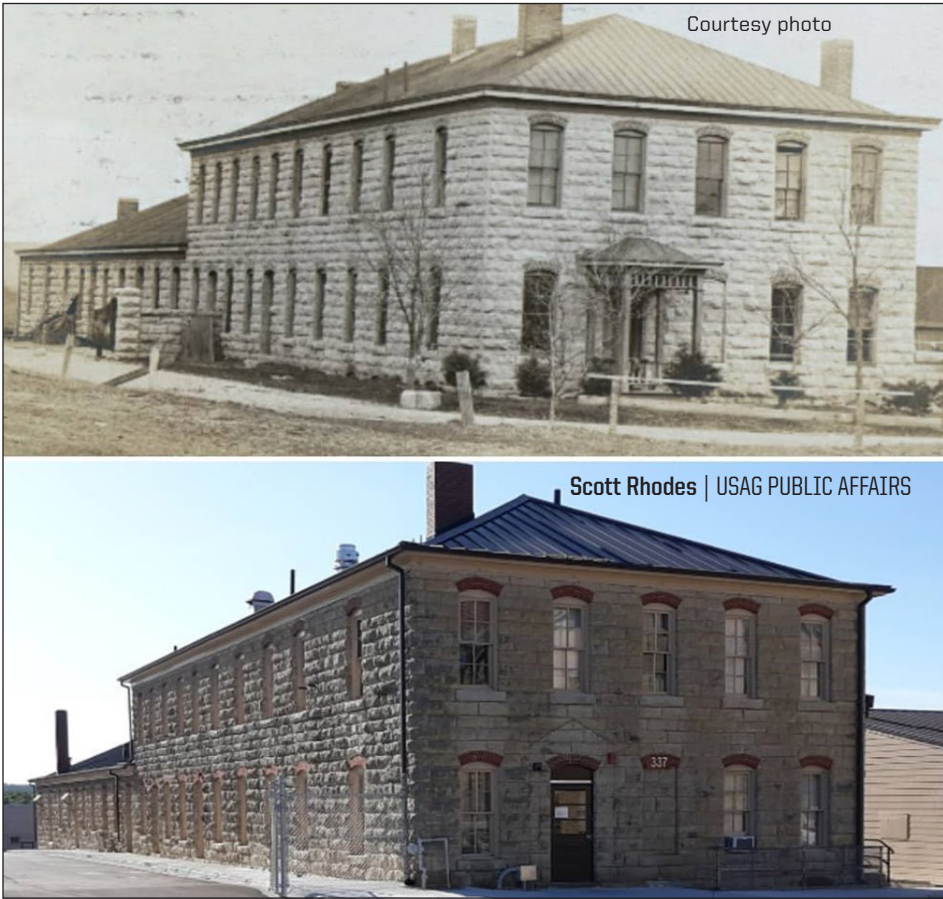
Looking Back: Building 337, a history of change

By Scott Rhodes
USAG PUBLIC AFFAIRS

Continuing the tour of the collection of buildings that serve as the hub of activity for the Directorate of Public Works is Building 337.

Building 337 Dickman Avenue was built in 1897 out of native limestone. Building 337's original purpose was that of Teamster's Mess and Shops. DPW maintenance records indicate that it has since been used as Quartermaster's Shops and Utilities Office in approximately 1920 and Quartermaster's Shops and Blacksmith Shop, in 1930. Today, 337 Dickman serves as the home for the Fort Riley office of the U.S. Army Corps of Engineers, Headquarters.

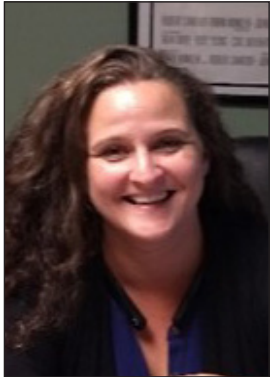
TOP, Building 337 in 1897 and BOTTOM, as it appears today.



CIVILIAN SPOTLIGHT

LAURA JANE BROOKSHIRE
SOCIAL SERVICES REPRESENTATIVE
DIRECTORATE OF FAMILY AND MORALE, WELFARE AND RECREATION

Laura Jane Brookshire is an Army Community Service social services representative. During May 2019, Brookshire went above and beyond to plan, coordinate and host the annual Installation Volunteer of the Year Ceremony as the Army Volunteer Corps coor-



dinator. It requires a significant amount of work and planning to conduct this ceremony — all of which is outside of her duties. She worked with many agencies, private organizations and units to ensure that each organization had an opportunity to choose a volunteer to recognize. She then held a meeting with key stakeholders to choose a category winner for each of the six categories recognized at the ceremony as well as one overall winner for the installation. Also, Brookshire took on the role as AVCC to ensure volunteers were able to register, log their hours and find placement at the Country Stampede in Topeka during the three days and nights of the event.

Brookshire's efforts were reflected by a well-run VOY event and more importantly, many volunteers recognized for their volunteer service. Since the events, Brookshire has received many accolades for her hard work. One person sent an email and referred to her orchestration and outcome of the event as "magical" and others have expressed their gratitude for her support while volunteering in Topeka. Brookshire's collaboration, performance and dedication is truly outstanding and greatly appreciated. Her commitment to the Garrison, Directorate of Family and Morale, Welfare and Recreation and the Fort Riley community is remarkable.

ARMY EMERGENCY RELIEF

EST. 1942

Communication skills enhanced by aerial gunnery qualification

Story and photo by
Pfc. Andrew Wash
5TH MPAD

NOVO SELO TRAINING AREA, Bulgaria-- U.S. Army Soldiers from the 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, participated in aerial gunnery table qualifications in Novo Selo Training Area, Bulgaria, Aug. 27 and 28.

Twenty crew chiefs and four pilots in command participated in the qualification ranges. With this qualification, the service members are able to go on mission with both an M240B machine gun for ground fire and an M240H machine gun attached to the UH-60 Black Hawk helicopter for aerial engagement.

In order to qualify, the Soldiers must be able to score a 70% or higher in a target engagement area while shooting the M240H from a flying helicopter. The training covered



A pilot instructor watches as a Soldier from 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division participates in aerial gunnery qualification tables at Novo Selo Training Area, Bulgaria, August 27th.

tables one through six and featured day and night qualification ranges.

The conditions to qualify are based on the accuracy of bullets downrange onto a target, Sgt. Dylan Hauck, the standardization instructor for the 3rd AHB, 1st Avn. Regt., explained that communication is also a key factor during this training.

"Communication between the crew chiefs and the pilot is very important. In a real-life scenario, the pilots may see a target and they have to hand that over to the crew chiefs," Hauck said. "They need to be sure that they are talking about the same thing prior to engaging the target. An important part of the training is building crew coordination."

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.

BUSTED

AUG. 18

Spc., HHB, DIVARTY, 1st Inf. Div., failure to stop for red light

Spc., HHB, DIVARTY, 1st Inf. Div., driving while license is suspended or revoked

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

AUG. 19

Pfc., Co. A, WTB, MEDDAC, improper backing

Staff Sgt., 1st Bn., 63rd Armor Regt., 2nd ABCT, 1st Inf. Div., defective equipment

Sgt., 977th MP Co., 97th MP Bn., 89th MP Bde., speed 1 to 10 over

AUG. 20

Pfc., 5th Sqdn., 4th Cav. Regt., 2nd ABCT, 1st Inf. Div., improper turning movement

Pvt., unknown unit, no proof of insurance

Pvt., HHB, DIVARTY, 1st Inf. Div., speed 1 to 10 over

Pvt., HHB, DIVARTY, 1st Inf. Div., no drivers license in possession

Pvt., HHB, DIVARTY, 1st Inf. Div., no registration in possession

Cpl., 1st Bn., 7th FA Regt., 2nd ABCT, 1st Inf. Div., speed 16 to 20 over

Spc., Co. D, FSC, 1st Sqdn., 4th Cav. Regt., 1st ABCT, 1st Inf. Div., improper turning movement

Pfc., unknown unit, no proof of insurance

AUG. 21

Family member, wife, speed 1 to 10 over

Pvt., 1st Bn., 63rd Armor Regt., 2nd ABCT, 1st Inf. Div., speed 11 to 15 over

Pfc., unknown unit, use of cell phone while driving

Pfc., unknown unit, no drivers license in possession

Pfc., unknown unit, use of cell phone while driving

Spc., unknown unit, no registration in possession

Spc., unknown unit, expired registration

Staff Sgt., unknown unit, no proof of insurance

Staff Sgt., unknown unit, failure to stop at a posted stop sign

Staff Sgt., HHC, WTB, MEDDAC, driving while license is suspended or revoked

Staff Sgt., HHC, WTB, MEDDAC, expired registration

Staff Sgt., HHC, WTB, MEDDAC, speed 1 to 14

Family member, wife, speed 16 to 20 over

AUG. 22

2nd Lt., unknown unit, speed 16 to 20 over

Spc., unknown unit, speed 11 to 15 over

AUG. 23

Spc., 172nd CHEM Co., STB, 1st Inf. Div. Sust. Bde., improper backing

Pvt., unknown unit, expired registration

OTHER CITATIONS ISSUED

AUG. 18 – expired registration

AUG. 19 – speed 16 to 20 over

AUG. 20 – speed 1 to 10 over

AUG. 21 – expired registration, failure to use seatbelts, two instances of no proof of insurance, three instances of speed 1 to 10 over

AUG. 23 – three instances of impeding the flow of traffic, parked in a no parking zone

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!



MERIDA

Sweet but shy and would do best as an only cat in a calm and quiet household. Merida's adoption fee is \$62.00. Come visit her and her friends at the shelter today!

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**FORT RILEY HOUSING RESIDENTS
ARE INVITED TO
RILEY'S CONFERENCE CENTER
WED., SEPT. 11 AT 5:30 P.M.**



This town hall is a forum for division, installation and Corvias leaders to personally connect with Soldiers and families to help ensure they are meeting obligations to provide safe, quality family housing.



Free childcare will be available at Riley's Conference Center.
Limited to 60 — pre-register at 785-239-9885.

RILEY ROUNDTABLE

What is your favorite outdoor activity?



"Walking Trails"

LEAH HAYES
VIRGINIA BEACH, VIRGINIA

Wife of Sgt. Domonique Hayes,
299th Brigade Support Battalion,
2nd Armored Combat Team,
1st Infantry Division



"Hiking"

DANIELLE BURGE JANKA
ERZHAUSEN, GERMANY

Wife of Spc. Anthony Burge Janka,
1st Attack Reconnaissance
Battalion, 1st Aviation Regiment,
1st Combat Aviation Brigade,
1st Infantry Division



"Boga"

DEE DEE PULIDO
MERCED, CALIFORNIA

Wife of Sgt. 1st Class Michael
Pulido, 2nd Battalion, 34th Armor
Regiment, 1st Armored Brigade
Combat team,
1st Infantry Division



"Horseback riding"

KATIE HARRIS
MISSOULA, MONTANA

Wife of Staff Sgt. Dustin Harris,
601st Aviation Support Battalion,
1st Combat Aviation Brigade,
1st Infantry Division



"Fishing"

ALANA JACKSON- HONOR
LONG ISLAND, NEW YORK

Wife of Pfc. Christopher Honor,
1st Battalion, 5th Field Artillery
Regiment, 1st Armored Brigade
Combat Team,
1st Infantry Division

THE 1ST INFANTRY DIVISION POST

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LETTERS TO THE EDITOR

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

SAFETY CORNER

Hunting safety for people, dogs

Ron "Safety Ron" Clasberry
GARRISON SAFETY OFFICE

Team Riley, hunting is one of the world's oldest sports and for some, the means of gathering food. Successful hunting requires knowledge of the prey, its habits and ways to thwart the animals' keen senses. Weapon safety is a must for every hunter. Knowing how to properly and safely operate your firearm is key to preventing accidents. To be safe here are some safety tips from the Kansas Department of Wildlife, Parks and Tourism:

- Always keep the muzzle of your weapon pointed in a safe direction.
- Respect your weapon and acknowledge the danger associated with firearms.
- Positively identify your target, and ensure you know what is around or beyond it.
- Keep your finger outside the trigger guard until you are ready to shoot.
- Never go hunting alone. Always bring at least one partner and tell someone where you plan to hunt and when you intend to return.
- Stay in designated hunting areas.
- Use a flashlight when it's dark to identify yourself.
- Wear a bright orange cap and hunting safety vest.
- Follow all state laws, regulations, posted signs, and warnings.
- Only use bows or firearms that you are familiar with and that are fitting for the game you are hunting.
- Respect the rights of other hunters and hikers within the area.
- Respect the land and its owners, and ask permission before you enter posted areas.

- Carry a compass, GPS, whistle, a map and cell phone. A whistle can be heard from far distances and your phone for emergency calls.

Since this is dove hunting season on Fort Riley, here are some additional safety tips according to a dove hunter website, www.dovehunter.net:

- **Shoot at the Safe Angle** — You can make the event of an accident almost impossible by following one rule: never shoot at anything under a 45-degree angle from the shooting position. Unless you happen to be four feet tall, this would ensure that the end of your barrel always points over the heads of your fellow shooters.
- **Pay Attention to Others** — Know where every other shooter is positioned. Maintain 360-degree awareness so you never end up pointing your gun at someone else in your party.
- **Pay Attention to Yourself** — Stay mindful of where you are in terms of where others are trying to shoot. Try not to surprise the others with sudden relocations. If you need to stop shooting for a bit, try to stay still in your assigned position. Moving out into the open could cause you to turn into a living scarecrow. If you frighten all of the doves away, your fellow wing-shooters may have a hard time forgiving you.
- **Eye Protection** — Never hunt doves without eye protection. You're simply too likely to encounter a stray pellet, for reasons described in the earlier paragraph. A good cheap kind of sunglasses from the local gas

station is sufficient to block the lowest-velocity pellet from crippling your eyeball. However, keep in mind the pellet may come from your right or left. Safety glasses built to extend throughout the corners of your eye are best.

- **Dog Safety** — The most notable threat for your hunting dogs may be the September heat that can be oppressive. This is especially true if you failed to keep her in shape through the summer. However, even fit canine athletes are susceptible without proper care. Always bring lots of cool water, not simply for your dog to drink but to wet her down ahead of and during the hunt. Remember, dogs can't sweat, so an excellent bath can be the distinction between a happy dog and heat stroke.

Finally, according to the Kansas Department of Wildlife, Parks and Tourism, anyone born on or after July 1, 1957, must be certified by an approved course in hunter education before they can hunt in Kansas.

Anyone 15 years old and younger may hunt without a hunter education certification provided they are under the direct supervision of a licensed adult 18 years old or older.

Effective July 1, 2007, individuals 16 or older may purchase a one-time deferral of the hunter education requirements by purchasing an apprentice hunting license.

Holders of apprentice hunting licenses must hunt under the supervision of a licensed hunter age 18 or older.

For more information contact the Garrison Safety Office, 785-239-8469.

Length of service varies from years to lifer status

Dear Doc Jargon,

I'm about to get married and come with my wife to Fort Riley where she's stationed. She said that we'd have to decide if she should be a "lifer." I'm not exactly sure what that means but I know it has something to do with retirement.

Can you shed some light on life around here?

Sincerely,

Entering Army Spouse Life

Dear Spouse Life,

You are right that the term "lifer" has something to do with retirement. It used to be that to earn any sort of retirement benefit, a Soldier had to serve at least 20 years.

That was considered a "life sentence." Soldiers who served or strived to serve 20 or more years were called lifers.

There are still plenty of Soldiers who are serving more than 20 years. However, they no longer have to wait until then to earn at least partial benefits. So, the idea of being a military lifer isn't gone, but it isn't an all or nothing sort of deal any longer either. To learn more about the new retirement system, talk to the folks over at the financial management section of Army Community Service. They can help you and your spouse figure out all the options, lifer or not.

Sincerely,

Doc Jargon

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

Better living: Hover bike-like quad-copter could provide supplies to future Soldiers

By Collen McGee
USAG PUBLIC AFFAIRS

It's cool enough that the Army Research Laboratory teamed up with a contractor who created a hover bike reminiscent of the speeders from Star Wars. Now take that technology, make it unmanned and increase the payload to allow it to carry supplies to troops in hard-to-reach areas. That is a breakthrough that can save lives and sustain Soldiers in the field or at forward operating locations.

The concept is becoming a reality and is called the

Joint Tactical Aerial Resupply Vehicle. Though it hasn't reached the 800-pound payload yet, the JTARS system can carry between 200 and 400 pounds depending on the configuration, travel at about 60 miles per hour and the range can vary based on payload and size of the JTARV used.

According to an article on theverge.com, "A more advanced JTARV could eventually carry 800-pound payloads at speeds of 60 mph, with a range of up to 125 miles, and the ARL team hopes to demonstrate full autonomy with the JTARV

soon. However, there's no indication of when it might actually be used in combat."

There are some other missions, according to Army.mil, that this high-tech quad-copter technology might be adapted to perform. The possibilities are being explored under a separate project. Because it has the ability for vertical takeoff and landing, it could be an asset to medics in the field where there isn't enough room to bring in a full-sized medical evaluation helicopter. Each one could bring in supplies or evacuate a patient from hard-to-reach locations.

According to an article on Army.mil, the Army and Marine Corps have established a requirements integrated product team to solve some of the fielding and tactical issues for the JTARV and to explore the variety of missions the vehicle could enhance.

So, Soldiers might not get an up-armored, Star Wars styled hover bike — insert disappointment here - but they just might get delivery in the field of the things they need the most.

For more information on this project, visit www.army.mil/article/197243/autonomous_aerial_resupply_in_the_forward_support_company.

The next
USAG
Resilience
Day Off is

September

13

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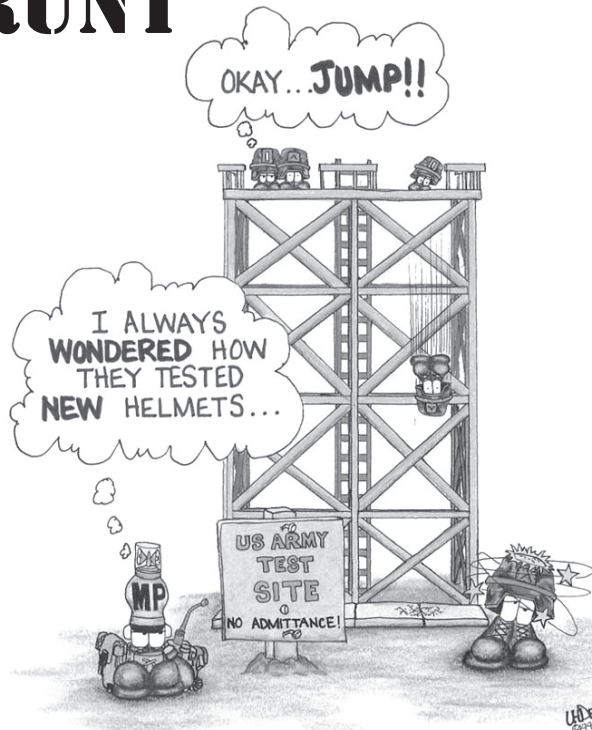
Police bump it up

September 9 to 15, 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: Washington, Faulkenburg, Ewell and Anderson.

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



Food safety month

September highlights awareness of foodborne illnesses

By Kevin L. Robinson
DECA PUBLIC AFFAIRS SPECIALIST

FORT LEE, Va. — Every year, an estimated 48 million Americans get sick from foodborne illnesses, resulting in 3,000 deaths and nearly 130,000 hospitalizations, according to the Centers for Disease Control and Prevention.

In observance of Food Safety Education Month in September, the Defense Commissary Agency joins the CDC, the U.S. Department of Agriculture-Food Safety Inspection Service, the Department of Health and Human Services and other organizations to help prevent foodborne illnesses by increasing awareness of improperly handling food items.

With so much at stake it takes everyone — producers, retailers and consumers alike — to help prevent foodborne illnesses, said Army Lt. Col. Angela M. Parham, director of DeCA's Public Health and Safety.

“Commissaries have military veterinarians and store food safety specialists inspecting food sources, deliveries and products on the shelves to help ensure they’re free of potential contaminants,” Parham said. “However, when our patrons leave the store they also have a responsibility to handle their groceries properly and protect themselves from foodborne illnesses.”

Bacteria and viruses are the leading causes of food poisoning, according to FoodSafety.gov, and there’s plenty that people can do to help protect themselves from them, Parham said.

“As advocates of ‘Be Food Safe’ guidelines we want commissary patrons to understand how they can reduce the risk of foodborne illnesses when they leave the store,” she said.

“Just by washing your hands before, during and after handling food you can help prevent a lot of problems.”

The “Be Food Safe” message, developed by the CDC and the USDA, is simple: clean, separate, cook and chill. They are the basis for the following safe handling techniques:

CLEAN

- Wash hands with warm soapy water for 20 seconds before and after handling raw meat, poultry or seafood.
- Wash utensils, cutting boards, dishes and countertops with hot soapy water after preparing each food item and before you go on to prepare the next item.
- Food contact surfaces can be sanitized with a freshly made solution of 1 tablespoon of unscented, liquid chlorine bleach in 1 gallon of water.

SEPARATE

- Separate raw meat, poultry and seafood from other foods in your grocery shopping cart and in your refrigerator.
- If possible, use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Never place cooked food or foods that are eaten raw, like salads, on a plate that previously held raw meat, poultry or seafood.

COOK

- Cook poultry to a safe minimum internal temperature of 165 F as measured with a food thermometer.

CHILL

- Chill food promptly and properly. Refrigerate or freeze



perishables, prepared foods and leftovers within two hours or one hour if temperatures are above 90 F.

Parham recommends commissary patrons bring a cooler during a long trip to and from the store to help prevent foodborne illnesses by maintaining proper temperatures of foods.

“Going from the shelf to your home can be a breeding ground for potential problems if you’re not careful,” she said. “It’s vital to prevent cross contamination by ensuring different perishable foods are separated in the shopping cart or in the car.”

A few more tips for handling food safely can be found at www.homesfoodsafety.org:

- Use hand sanitizer to wipe hands and the handle of the shopping cart.
- Clean hands before sampling food. Either bring moist towelettes

or carry a bottle of hand sanitizer to use before you taste.

- If you use reusable grocery bags, wash them often.
- Check food packages for holes, tears or openings. Frozen foods should be solid with no signs of thawing.
- Check for a loose lid on jars whose seals seem tampered with or damaged. Report a defective cap to the store manager.
- Avoid buying cans that are deeply dented, bulging, rusting or have a dent on either the top or side seam.
- Use plastic bags to separate raw meat, poultry and seafood before placing them in your cart to avoid contaminating ready-to-eat foods like bread or produce.
- When shopping, select perishable foods last before checkout and group them together.
- Take groceries home immediately and store them right away.

If on an extended trip, bring a cooler with chill packs for perishable foods. Perishable foods must be refrigerated within two hours and only one hour if it is over 90 F outside.

- Keep perishable foods out of the hot trunk in summer and place in the air-conditioned car instead.

The DeCA website at www.commissaries.com/customer-service/food-safety is a good resource for food safety. To find the latest food safety alerts and product recalls affecting military commissaries, visit the News Room at www.commissaries.com/our-agency/newsroom/news-releases and select the box that says “Food Recall.”

For more on food safety awareness, go to the CDC website at www.cdc.gov/foodsafety/. Information on food handling techniques is also available at eatright.org.

Fort Riley - Central Kansas Chapter



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Importance of Z Z Z Z Z Z

Story by Gail Parsons
1ST INF. DIV. POST

When people turn their attention to personal health and wellness, exercise and nutrition are often at the center of focus. But people tend to overlook an important piece of the puzzle — sleep.

Christine Cunningham, health educator at the Army Wellness Center, conducts a class about the importance of and overcoming the obstacles associated with getting a good night's sleep.

"The class gives the science behind (sleep)," she said. "We're trying to shift perspective on sleep. Most of the time people put it to the side. This class is to tell them how important it really is. And then give them some helpful tools on ways that they can kind of change their sleep habits, more so than medicating — we're going to try with the lifestyle changes first."

With Soldiers, she said the number one issue about getting sleep is the schedule and the priority they give to sleep. It should be higher on their priority list than it usually is, she said.

During the class people learn about the dangers associated with drowsiness — one million auto crashes resulting in 500,000 injuries and 8,000 deaths a year are attributed to sleepy drivers, according to statistics from the AAA Foundation for Traffic Safety.

"Sleep is part of our wellness ... because it effects all of these area — physical, intellectual, social, occupational," Cunningham told a recent sleep class.

In the interactive session she and the participants spoke about how sleep deprivation effects their productivity, ability to effectively communicate and work safety on the job. Through the presentation Soldiers learned how their sleep deprivation could negatively affect a critical mission and cost people their lives.

An Oxford University study published by SLEEP, an international journal for sleep and circadian science, stated that research shows insomnia and obstructive sleep apnea to

be on the rise in all branches of the military in the 21st century — the Army showing the largest increase.

The study, found at <https://academic.oup.com/sleep/article/42/8/zsz112/5491797?searchresult=1>, said factors such as "physical and emotional stressors from hostile environments, mission-related maladaptive sleep practices, uncomfortable or otherwise inhospitable sleeping environments and a culture that minimizes the importance of sleep may explain at least a portion of the upward trends in insomnia."

The sleep apnea may be more difficult to explain but could be due to an upward trend of Soldiers body mass indices. There could also be correlations between sleep apnea and traumatic brain injury, post-traumatic stress disorder, depression and pain, according to the report.

The connection between sleep and overall health and wellness is strong, Cunningham said.

After witnessing the changes in his life, Chief Warrant Officer 2 Sylvester Owens, information services technician at the 2nd Armored Brigade Combat Team, 1st Infantry Division, said he agrees with Cunningham.

He learned about the Army Wellness Center and decided to have a health assessment. Although he felt he was in pretty good shape and was healthy, when he got the results of his fitness assessment it wasn't what he expected.

"There was definitely some work to be done," he said.

He altered his exercise and modified his nutritional intake, but the sleep component was something he had never considered as a health and wellness issue, he said.

"I was sleeping, but not getting good sleep," he said.

He started making a few changes and saw immediate results — he dropped 10 pounds in a few months and feels overall better.

"Honestly, sleep seems to be the most important piece — changing that, I feel made the most difference," he said.

SLEEP TIPS

Limit caffeine intake five to six hours before bedtime. Avoid smoking before bedtime — nicotine is a stimulant and can keep a person awake; however withdrawals may wake a person up. Avoid alcohol before bedtime — it takes an hour for the body to metabolize one ounce of alcohol. Drinking stops the normal sleep cycles. Exercise during the day to help sleep at night. Set a period of relax time before bed when the television and computers are turned off. Set a bedtime routine.

The changes Owens made was in his evening routine, which had included being on the phone playing around.

"After going into their sleep class, I realize you should have a regiment, maybe 20 minutes before you actually want to go to sleep, where you start turning off lights, turning off all the electronics and winding down," he said.

Now, he has a routine that starts about 20 minutes before going to bed. The last thing he does is make sure all the lights and electronics are turned off, except for a bedside lamp, and then he reads two chapters in a book.

He found he was falling asleep quicker, had less tossing and turning and was waking up feeling more rested.

"Now, 5:45 every morning, I'm ready to go," he said. "Because of the sleep, I feel more apt to handle things that require a lot of mental agility. With my job working with servers and computers, I have to be able to fix issues as they arise."

He said he would encourage anyone who is struggling with a health or fitness issue to take a look at their sleep habits.

Call the Army Wellness Center at 785-239-9355 to sign up for a one-hour class to learn more on how to improve one's sleep.

Road to recovery not always smooth

By Gail Parsons
1ST INF. DIV. POST

Editor's note: This is part five of a six-part series examining alcoholism and substance abuse. On the Soldier's request, his first name is being withheld. Next week will be a look at how recovery is possible.

The road to sobriety can be a long one; it can be rocky; it can be narrow and the alcoholic taking the journey may go off the road several times before reaching the end.

Sgt. 1st Class Larsen, a full-time member of the National Guard, knew for many years he had a problem. Finally, he reached out and asked for help. But at that point, it seemed to be too late.

"It was a downward spiral for a while and I wound up in a psychiatric hospital a few times before being sent to a treatment program outside of Fort Campbell, Kentucky," Larsen said. "I did that for 40 days. That was last June (2018). It helped quite a bit. I came back (and) did pretty good for a couple (of) months."

But then he relapsed.

"I was riding my motorcycle, went off for the road, didn't have a helmet on or anything," he said. "Somebody had found me unconscious after a couple (of) hours. They sent me back to treatment again for the second time, same place, 40 days."

Within two days, he relapsed again and went back to the Veterans Administration hospital — by then law enforcement was involved and his marriage was dissolving.

"Everyone's trying to figure out what to do with me," he said. "I was escorted from South Dakota to here, to the hospital here and spent almost 30 days [as an] inpatient."

Nine months ago, he started the Addiction Medicine Intensive Outpatient Program through Irwin Army Community Hospital — now he believes his path to sobriety is smoother. The program puts Soldiers in an intensive out-patient program where they spend half their duty day at IACH and the other half of the day at their unit. Larsen was transferred to the Warrior Transition Battalion during recovery.

It took his taking a different approach and understanding what sobriety was going to require from him. It wasn't something that would just happen, he said.

"It was like I was scared about what (would) happen if I quit drinking — I would have to feel," he said. "I knew that I would have to confront these emotions and feelings and everything that I'd been numbing (with alcohol) for so long. And the thought of that was pretty scary."

The AMIOP counselors helped him get to the root of the problem — something that hadn't happened at the other treatment centers, he said.

For his process he wrote down all of the issues that were jumbled up in his brain like a big ball of yarn, he said.

"I couldn't even tell what emotion came from what anymore," he said. "The first thing they had me do was just separate everything out into

their own little categories or subjects and then just write about them."

Once he sorted thought the painful issues, he found he could start dealing with them one at a time.

"It all went back to deployment, as an infantryman in the beginning of their war," he said. Ever since I came back from that I've been dealing with some issues with depression, anxiety and PTSD, and been using alcohol to kind of cope with and self-medicate the symptoms of that."

He joined the Army right after 9/11/01. He said the emotions he felt after the country was attacked, he knew he had to join. Despite the issues he has experienced, he said he does not regret his decision.

"I didn't deal with it as well as some people did," he said.

But there also wasn't some of the help available to the Soldiers at the start of the war that there is now.

"They've come so far in the last 15 years," he said. "It's not perfect, but at the very beginning — you come home and quick, you go through a line and answer a couple questions and then they send you on your way. And nowadays it's a lot different."

He said he sees the Army doing a better job at helping Soldiers identify some of the warning signs.

"I think if I would have dealt with some of those things right off the bat ...," he said. "It definitely didn't get any better over 15 years of trying to run from it or, or numb those feelings and emotions. So, I do think that (the) military is doing a lot better job at recognizing that and putting some things in place for people that are coming back from deployments."

Once Larsen stopped "trying to hang on to a little bit of control" and hit his rock bottom, he found himself in the right place and the right state of mind to begin his recovery.

"The light bulbs came on and I started thinking about things more clearly," he said. "Finally, a lot of things were making more sense. I think it was because I was more open to the idea that I really was an alcoholic and couldn't drink anymore."

He turned his attention to productive ways of spending his time and dealing with situations, in which he would have turned to a drink.

He said he has started working and tries to stay physically active. He finds social events that do not involve drinking and surrounds himself with people who understand and support him.

He can now provide some of that support and understanding to others. He knows others are in the same place he was for years — thinking they could control it but also knowing deep down that they are addicted.

"If you think you're having a problem, reach out and ask for that help," he said. "You have to take care of yourself mentally or else the rest of it's not going to work that well either. Just as important as any other training is to decompress every once in a while and talk over whatever's going on in your life with somebody so this stuff doesn't build up."

MULTI-FUNCTIONAL
RECREATION CENTER
Riley's Conference Center is converting to a Recreation Center

**OPENING
OCTOBER 2019**



KEY DATES:
CURRENTLY

- No longer accepting bookings for food and beverage events held after **April 30**
- No longer accepting bookings for non-food and beverage events held after **June 17**

MARCH 28

- Last Dinner to Go

APRIL 30

- Last Lunch Buffet

JULY 1

- Center temporarily closed for enhancement

AUGUST 1

- Begin scheduling official FY20 meetings

SEPTEMBER 1

- Begin scheduling all reservations for October


OCTOBER 1

- Open as a New Multi-Functional Recreation Center!

Once the conversion is complete, the Recreation Center will still be the primary location for Town Hall Meetings, Victory Welcome Briefs, and also capable of still hosting large venues such as the Victory Banquet, etc.



Work continues at training complex



Courtesy photo

Soldiers assigned to 1st Infantry Division portray Host Nation Forces in support of the 3rd Security Force Assistance Brigade rotation 19-09 as they conduct live fire rehearsal at Peason Ridge training area, August 26 during rotation 19-09 at Joint Readiness Training Center.

DININ' DEALS		SUNDAY September 8th	MONDAY September 9th	TUESDAY September 10th	WEDNESDAY September 11th	THURSDAY September 12th	FRIDAY September 13th	SATURDAY September 14th	
Bella's Italian Restaurant		 <div>605 N. Washington St. JUNCTION CITY (785) 762-1772</div>	Lasagna \$8⁹⁵	CLOSED MONDAYS	DAILY LUNCH SPECIALS: 11 am - 2 pm Tuesday - Friday <i>(All specials come with homemade bread & salad)</i>				
				Cheese Ravioli \$7⁹⁵ <i>Kids eat free all day (Spaghetti with marinara sauce or French Fries)</i>	Baked Ziti \$7⁹⁵	Spaghetti with Meatballs & Marinara Sauce \$7⁹⁵	Fettuccine Alfredo \$7⁹⁵ <i>\$2⁰⁰ Martini's all day for military with ID</i> FREE Zeppole Desert	Manicotti \$8⁹⁵	
The Cove at Acorns Resort		 <div>3710 Farnum Creek Rd. MILFORD (785) 463-4000</div>	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
			Open 11:00am-9:00pm	Open 4 to 9pm	Open 4 to 9pm	Open 4 to 9pm	Open 11:00am-10:00pm	Open 11:00am-10:00pm	
Cracker Barrel		 <div>115 N East St JUNCTION CITY (785) 762-5567</div>	Home Style Fried Chicken All Day \$9.99	Chicken & Dressing Grilled Country Porkchops <i>Served after 4:00pm</i>	Homemade Meatloaf <i>Starts at 11:00am</i> Lemon Pepper Grilled Rainbow Trout <i>Served after 4:00pm</i>	Chicken Pot Pie <i>Starts at 11:00am</i> Broccoli Cheddar Chicken <i>Served after 4:00pm</i>	Lunch & Dinner Turkey & Dressing	Fried Fish All Day \$9.99	Southern Fried Chicken \$9.99
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!**

TITLE Continued from page 1



Will Ravenstein | 1st Inf. Div. PAO
Sgt. Jean Cassar, 24th Composite Truck Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade, carries Sgt. Nathaniel Toci, 24th CTC, 541st CSSB, 1st Inf. Div. Sust. Bde., during the Soldier carry portion of Guerilla Drills Aug. 26. The drill was taught to Master Fitness Trainer class and is used to develop leg power, coordination and the ability to lift another Soldier if needed in combat.

senior noncommissioned officer it’s going to humble you. You think you are training your Soldiers the right way, you think you’re training them right way in the gym — but then the instructors show you what you were doing wrong, for how long you’ve been doing it, then what the correct way is to improve Soldiers’ overall health and fitness goals.”

With the change in promotion boards for senior enlisted personnel, NCOs may want to consider attending the course to aid in standing out among their peers when it’s time for a review.

“Being able to say that I passed MFT and know what right looks like on physical fitness will put me above my peers — especially as a maintenance guy,” Morales said.

The MFT course has personal benefits as far

as education, but also in showing leaders what training options are available for their Soldiers, Pond said.

“So, on a personal level they get college credits for this course if they take that route,” she said. “But, we think this is good for officers as well, specifically commanders and first sergeants because they need to know what they have available to them. A lot of command teams don’t know what all master fitness trainers offer them.”

“I think when the Soldiers leave here, they leave with an awakening and go ‘wow that was some really good training,’ she said. “I need to take this back to my unit, incorporate it in my unit and I’m going to make the unit better.’ Everybody actually gets something out of this and they take it back (to their unit).”

TRAINING Continued from page 1

crew chiefs and four pilots in command qualified in aerial gunnery tables one through six.

Soldiers from the 3rd AHB, 1st Avn. Regt., said each training event came with unique challenges. For the paradrops, it was communicating with the Bulgarian Special Forces about safety and standard procedures for jumping nearly 7,000 feet from the Black Hawk. For personnel recovery, it was working together to stay calm and find solutions to get back to base from an unknown location. For aerial gunnery, it was coordination between pilots and crew chiefs for engaging a target from a moving aircraft.

Participants said overcoming these challenges helped them gain confidence in their ability to use the skills the Army has taught them.

“The teamwork was the most enjoyable part,” said Pfc. Carly Peterman, a Soldier with the 3rd AHB, 1st Avn. Regt.,. “The safety officers were there to moderate, but they gave us a chance to be in charge, make decisions and come up with our own ideas.”

The training also helped secure bonds among each other and their Bulgarian allies.

“It’s all about taking the extra time to ensure good, thorough communication,” said Sgt. Dylan Hauck, a standardization instructor with the 3rd AHB, 1st Avn. Regt. “Our whole rotation here is all about building relationships with our NATO allies and making those relationships stronger.”

TRUCKS Continued from page 1

crews will go on any mission we have; they will work together throughout.”

Along with gunnery, other members of the 24th CTC were conducting drivers training to ensure thorough knowledge of the Heavy Equipment Transporter System.

“It’s basically familiarization at this point,” said Sgt. Fred Gregory, squad leader, 3rd platoon, 24th CTC, 541st CSSB, 1st Inf. Div. Sust. Bde. “So they know when they get out there on a mission they know what they need to do. But, the best training they’re going to get is when they are actually out on a mission.”

The Soldiers were tasked with offloading and loading a M1 Abrams that had a simulated failure. The M1s were on loan to the platoon from the 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Inf. Div.

“Normally this isn’t a part of [drivers training],” Gregory

said. “But, since we were able to sign some [tanks] out ... I was able to get the whole class certified.”

This certification will help as the company is usually called upon to assist with tracked vehicle movements from Custer Hill area to the rail yard in Camp Funston and back, he said.

Gregory mentioned the important role the platoon will play in the brigade’s future rotations.

“... our HETS are going to be really important out there ... to go out there and pick up the tracks that are broken down and help those guys,” he said. “So they can get back, get done what they need to get taken care of so they can get back into the fight.”

Like their recent mission in Europe, the Soldiers of the 24th CTC, 541st CSSB, 1st Inf. Div. Sust. Bde. stand ready to move equipment and provide security whenever needed.



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Children at Forsyth East Child Development Center are working on 4-H art projects after school including an American flag created with painted toy soldiers. Some of the children who have been working together on the project are: From left, LaTeshia Kirk, daughter of Emma Cockrell, who works at Forsyth East; Kayla Maslonka, daughter of Staff Sgt. Joseph Maslonka, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division; Emma Langford, daughter of Staff Sgt. Mark Langford, 300th Military Police Company, 97th Military Police Battalion; and Jocelyn Humphrey, daughter of Warrant Officer 1 McClellan Humphrey, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div.

Head, Heart, Hands, Health

Child and Youth Services partners with 4-H

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

*I pledge
My Head to clearer thinking
My Heart to greater loyalty
My Hands to larger service
My Health to better living
For my club, my community, my country and my world.*

Head, heart, hands and health make up the four Hs — the cornerstone of the 4-H clubs around the country, including one on Fort Riley.

The Fort Riley club adheres to the motto and focus of 4-H; however, it is not a traditional club. Rather than having a monthly meeting where the members get together as a group, the 4-H program is channeled through the Child and Youth Services after-school and summer programming. “In our more traditional programming ... they do projects and community service and get some leadership skills,” said Ginger Kopfer, county extension agent for 4-H youth development. “Honestly, it’s not that much different, it’s just a little different formatting.” Danitta Brantley, Child and Youth Services administrator said the transitional nature of CYS children calls for them adjusting the format. “Some are not there all the time, some are there every day,” Brantley said. “It gives everybody the opportunity to participate. The more traditional clubs have the same kids for long, extended periods of time, where our kids could only come six weeks and then be gone for a little while if a parent deploys.”

See PARTNERSHIP, page 14

Weekend opens dove season



Adam Hastert, game warden, Directorate of Emergency Services, speaks to a group of more than 20 hunters of all ages Sept. 1 at the Directorate of Family and Morale, Welfare and Recreations Trap and Skeet Range about hunting regulations and safety at the 10th annual Fort Riley Dove Hunt hosted by members of Fort Riley Outdoorsman Group and DFMWR.

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

Two groups of hunters took to the fields in search of doves on the opening day of the season Sept. 1 during the 10th annual Fort Riley Dove Hunt. Paul Zedalis, volunteer guide for the hunt and retired Fort Riley Soldier, said the hunt was a good thing for community involvement both on and off the installation. “It exposes the post to our civilian counterparts and what we have to offer here because this (event) is open to civilians,” he said. “It also gets the youth in the outdoors, which is ... our main goal. Get them outside and not indoors playing video games and things like that.” He said getting youth exposed to events like this gets them excited about the outdoors and hunting in general. Hailey Sandoval, wife of Capt. Matthew Sandoval, company commander, 2nd

See HUNT, page 11

Fort Riley Commissary gets back to family, food, fun

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

The air was filled with the sounds of children playing and the smell of barbecue cooking at the Fort Riley Commissary Aug. 30 and 31 during the farmers market event. “We are trying to get reengaged with our Fort Riley community to show our customers that we’re not only a commissary selling groceries at discounted prices, but we’re here as a community member,” said Peter Howell, Fort Riley Commissary officer. “We know how difficult it is for our military spouses when their spouses are deployed and we try to make it as pleasurable as we can for them while they’re out.” In addition to a bounce house set up for children to play in and a barbecue grilling up a selection of meats available in the store, tents were set up and filled with fresh fruits and vegetables and other items for sale.



Peter Howell, Fort Riley Commissary officer, grills hamburgers and hotdogs for guests during the commissary farmers market Aug. 31. The event was a way “to show our customers that we’re not only a commissary selling groceries at discounted prices, but we’re here as a community member,” Howell said.

Brooklyn Waldren, wife of Spc. Levin Waldren, 101st Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, said she was excited to check out the farmers market for the deals. “We’re bargain shoppers, so definitely,” she said. Howell said he hopes to have another farmers market this year.

Fort Riley civilians selected for annual leadership course




By Gail Parsons
1ST INF. DIV. POST

Ten Fort Riley civilians have been selected to participate in the 2019-20 Flint Hills Regional Leadership Program. Leza Chryssovergis, leader and workforce development program manager, said the FHRLP brings together people from Fort Riley, Geary, Pottawatomie and Riley counties and gives them the tools to help improve their communities. “They want to focus on local government as well as local areas of interest,” she said. “They have leadership discussions where they talk about servant leadership and how you can give back to your community — that’s their main focus.”


See LEADERS, page 13

- FORT RILEY CIVILIANS SELECTED TO PARTICIPATE IN THE 2019-20 CLASS ARE:**
1. Brenda Bailey, Resource Management Office
 2. Eric Carter, Staff Judge Advocate
 3. Mitch Foley, Directorate of Human Resources
 4. Brandon French, Plans, Analysis and Integration Office
 5. Kirk Hutchinson, Public Affairs Office
 6. Kyle Kirchner, Directorate of Public Works
 7. Billy Rose, Directorate of Plans, Training, Mobilization and Security
 8. Emmily Trolinger, Directorate of Plans, Training, Mobilization and Security
 9. Will Wilson, Directorate of Emergency Services


WEEKEND WEATHER OUTLOOK

FRIDAY	SATURDAY	SUNDAY
		
HI: 88 F LOW: 70 F	HI: 91 F LOW: 66 F	HI: 82 F LOW: 70 F


FORT RILEY POST-ITS

**Army Wellness Center**


The Army Wellness Center will have permanent change of station briefings and sponsorship training for single soldiers at 1 p.m. Sept. 10 and 17. Relocating to a new duty station can be challenging, stressful and outright confusing. Learn what you need to know to make a smooth move to your next assignment. This required training will also assist you in gaining a sponsor and receiving your installation clearing papers in a timely manner. Please arrive 15 minutes early to check in. Spaces are available on a first-come, first-served basis. Captains through Lt. Colonels and senior noncommissioned officers can schedule a deskside briefing by calling 785-239-5739.

**Fort Riley MWR**

Honor our nation’s fallen service members and remember those who made the ultimate sacrifice during a 2-mile run Sept. 7. The run is free, open to the public and pet/stroller friendly. First 500 runners will receive commemorative dog tags. Fallen Hero Boot Display: Decorate a boot in memory of a fallen service member and bring it to the race. For more information about the display, call 785-239-0630. Schedule: 6:15 to 8:15 a.m. — boot display 8 to 9 a.m. — on-site registration 9:11 a.m. — Fallen Hero 2-mile run

**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 is exhibited on the second floor balcony through Sept. 20.

**Fort Riley Garrison**


Learn what events and activities Fort Riley garrison organizations are planning during the monthly Town Hall meeting at 12:30 p.m. Sept. 11 at Riley’s Conference Center, 446 Seitz Ave. People can watch it live at <https://www.facebook.com/FortRiley> and find the slide deck at www.home.army.mil/riley/index.php/my-fort/all-services/army-community-service.

Lets go to the movies @ Barlow Theater

Friday, September 6 - The Art of Racing in the Rain (PG) 7 p.m.
Saturday, September 7 - Dora and the Lost City of Gold (PG) 2 p.m. and Scary Stories to Tell in the Dark (PG-13) 7 p.m.
Sunday, September 8 - Fast & Furious Presents: Hobbs & Shaw (PG-13) 5 p.m.
Theater opens 30 minutes before first showing. For more information, call 785-239-9574. Regular Showing: \$6, children are \$3.50, children 5 and under are admitted free. 3D Showing: \$8, First Run: \$8.25, 3D First Run: \$10.25.

**Fort Riley MWR**

Paint and Sip is back. Grab your friends and head to the Hobby Studio at 6 p.m. Sept. 7. 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. Cost is \$30 and an additional charge for wine. Participants must be 21 years or older. Non-alcoholic drinks will be provided. For more information, call The Hobby Studio at 785-239-9205.

**Corvias**

Enjoy a free outdoor screening of The Secret Life of Pets 2 on our giant inflatable movie screen, Sept. 13. Free concessions starting at 7 p.m. The movie will begin shortly after dusk. Bring lawn chairs and blankets. Colyer Forsyth Community Center, 22900 Hitching Post Rd. This free event is open to all Corvias residents at Fort Riley. Children must be with an adult. No pets please.

Worship Opportunities

Protestant Services

Victory Chapel239-0834

ChapelXt Protestant Service

Sunday Worship.....0900

Children’s Church.....0910

Morris Hill Chapel239-2799

Gospel Protestant Service

Sunday School.....0900

Sunday Worship.....1100

Main Post Chapel239-6597

Traditional Protestant Service

Sunday Worship.....1030

Children’s Church.....1045-1130

Catholic Services

Victory Chapel239-0834

Sunday: Confession (and by appointment).1100

Sunday Mass.....1130

Sunday Catechism.....1030

Saint Mary’s Chapel239-6597

Sunday Mass.....0900

Daily Mass – Mon., Wed., & Fri.....1200

IACH Chapel239-7872

Daily Mass – Tue. & Thur.1200

Pagan/Wiccan Service

Kapaun Chapel239-4818

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

Fall Kick-off 8 Sep

Meets Sundays, 1430-1630 at Victory Chapel

3yrs - 12th grade.

Protestant Women of the Chapel (PWOC)

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

Childcare provided.

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

**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.


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>

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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

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New Seitz administrator has passion for her job

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

Seitz Elementary School had several new faces in its rooms this year; one of them belongs to Veronica Wait, the assistant principal.

Although new to Seitz, Wait has been serving children on Fort Riley for several years. From 2009 to 2014 she held several positions at Ware Elementary School, first serving as a second-grade teacher and then as the library media specialist and the after-school program coordinator.

She earned her master of Educational Leadership in 2014, but was also working on library classes.

“I was not quite ready for an administrative position and not quite sure if I even wanted to take that route,” she said. “But, as I gained leadership experience in the library at Ware and through the after-school program ... I started to consider administration and then decided last summer to go ahead and finish my principal license.”

With the opportunities the license gave her, there was one thing she was certain of — she wanted to stay in Geary County Unified School District 475, which serves Fort Riley. When she learned a position was opening at Seitz, she applied.

Jodi Testa, principal at Seitz, said she was thrilled when she knew there was a chance that Wait would be coming to her school.

“She’s relational,” Testa said. “She’s very approachable and very friendly. She’s got a huge passion for kids.”

She knew Wait on a casual level and her professional reputation preceded her, Testa said.

“She has a reputation of being a kid magnet — some-



Veronica Wait, the new assistant principal at Seitz Elementary School, sits and chats with kindergarten children as they prepared to be dismissed for the day. Wait started her position this school year and was previously the librarian at Ware Elementary School.

one who just draws kids to them,” she said. “She’s flexible and caring and she will be really good for our kids — she has already been really good for our kids.”

Before Wait came to USD 475, she was a sixth-grade teacher in Salina, Kansas. When she was offered the position teaching second graders, she said she was terrified.

Although she had known since she was a kindergartner going to Junction City schools that she wanted to be a teacher, she said she thought she was meant to teach older children.

“I gave it a shot — and second grade was amazing,” she said. “They have a curiosity about them. They are old enough to be a bit independent at times, yet everything is like a new experience for them.”

The role a teacher plays as children learn new things is crucial. She recalled several teachers who made a difference in the direction she took — from her kindergarten

teacher to her math professor, Gayathri Kambhampati, at Cloud County Community College, Geary County Campus.

“She really made sure that her students in college understood the concepts,” she said.

That teacher helped cement her decision to teach math — Wait wanted to make sure her students learned the concepts the same way she did under Kambhampati’s direction.

Her fourth-grade teacher, Mary Jane Witt, who is now the librarian at Lincoln Elementary School, was someone who also helped mold her future.

“When I was a kid, I wanted to be just like her,” she said.

In many ways, Wait did follow in the footsteps of her teachers. After being in the classroom and the library, Wait said she was ready for the challenges of administration.

Now just a few weeks into the start of the new school year, she said the most difficult part has been learning all of the children’s names.

“That’s my challenge right now — building relationships with all the kids and learning their names, and just being another visible adult in their life that shows them that they care,” she said. “Just to show them that we’re all in this together.”

While the challenge is building those relationships with students and teachers, it is also the satisfying part of the job.

When the Junction City High School class of 2000 graduate is not in the school setting, she enjoys vegan cooking, playing the ukulele and reading non-fiction. Her favorite topic — psychology.

Her real joy though comes from being around the students and watching them grow and learn, she said.

HUNT Continued from page 9

General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, said bringing her boys, Tyler, 10, and Bradley, 11, to the event was great because hunting is something they like to do.

“This is very important,” she said. “We hope this is something that they will pass on to their kids when they have them way down the line.”

She said the low amount of birds in the field was just part of the sport.

“They don’t call it catching,” she said. “They call it hunting for a reason.”

Bradley said even though it gets frustrating, it was still exciting.

“You get something, or you don’t,” he said. “It’s just hunting. You’ll get something one day and you won’t another.”

Prior to taking to the fields, Ollie Hunter, FROG

member and guide, held a trap and skeet class for hunters to get familiar with the sport and work on tracking the fast birds before going out.

“This is a first for me,” said Will Ravenstein, photojournalist, 1st Inf. Div. Public Affairs Office. “Having the clay pigeons fly out of the houses is a new experience and I hope it will help me later today in the fields.”

After the hunters assembled, Hunter, Leigh Ann Slinger, program director, DFMWR, and Adam Hastert, game warden, Directorate of Emergency Services, briefed on the importance of safety, options available to outdoor sport enthusiasts and hunting regulations of the installation.

Hunters were told by Slinger about the night shoot planned for Oct. 19 that will include prizes.

TUESDAY TRIVIA CONTEST



The question for the week of Sept. 3 was:
Are you and your family ready for an emergency?
September is national emergency preparedness month. Where’s my go-to source for information on emergency kits, emergency planning on how to prepare for taking care of pets in an emergency?

Answer: home.army.mil/riley/index.php/about/dirstaff/DPTMS/ready-army

This week’s trivia winner is Daniel Scott, a U.S. Army veteran who was previously stationed at Fort Riley from 2008-2011 in Co. B, 701st Brigade Support Battalion.

Pictured above is Daniel Scott.

CONGRATULATIONS DANIEL!



REUNITING FAMILIES WITH SOLDIERS Getting back to normal

Everything that was before the deployment may not reset exactly the same way when Soldiers returns.

Chores and responsibilities may be divided differently after being separated for several months.

Families must communicate with each other about what household responsibilities the each individual should take on, for example; keeping the finance records, mowing the lawn or taking care of the vehicles. The spouse who stayed home, took on those responsibilities and possibly found a better way or enjoys doing them. Likewise, those may be things the Soldier looks forward to resuming. Have a conversation, don’t take anything for granted.



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Please plan to help us with our yearly Apple Pie fundraiser by helping us MAKE the pies.
Pies will be made from September 15th to the 20th.
You will need to complete the Food Handler's Training prior to making pies.
Food Handler's training: <http://fash.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!

CHILD & YOUTH SERVICES

YOUTH EXPRESS

STOP SCHEDULE:

MONDAY-FRIDAY

LOCATION	TRIP 1	TRIP 2
PX/Commissary Parking Lot	4:00PM	Custer Hill Youth Center 6:30PM
Main Post Chapel Parking Lot	4:20PM	McClellan Place (Corner of Lincoln & Roosevelt) 6:50PM
McClellan Place (Corner of Lincoln & Roosevelt)	4:40PM	Main Post Chapel Parking Lot 7:10PM
Custer Hill Youth Center	5:10PM	PX/Commissary Parking Lot 7:30PM

SATURDAY

LOCATION	TRIP 1	TRIP 2
PX/Commissary Parking Lot	2:30PM	Custer Hill Youth Center 7:30PM
Main Post Chapel Parking Lot	2:50PM	McClellan Place (Corner of Lincoln & Roosevelt) 7:50PM
McClellan Place (Corner of Lincoln & Roosevelt)	3:10PM	Main Post Chapel Parking Lot 8:10PM
Custer Hill Youth Center	3:30PM	PX/Commissary Parking Lot 8:30PM

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FORM MATTERS

Roll out the tight muscles

By Gail Parsons
1ST INF. DIV. POST

Taking care to loosen the muscles is as important as working them out to prevent injuries. Christine Cunningham, health educator at the Army Wellness Center, said using a foam roller is a great way to treat tight muscles. The rollers come in different densities from soft to hard — some are textured. They allow for a deep-tissue

massage or a self-administered myofascial release to ease and loosen up the muscles. “It helps to lengthen them a little bit more,” Cunningham said. “When they’re short all the time, and you keep doing power movements, like weightlifting intensely or running — they’re not going to rip, but they’re not as elastic. So, as we loosen them up through foam rolling and stretching afterward, they become a little bit more malleable and easier to recover.”



ROLLER TECHNIQUES

- To hit the glutes:
1. Sit on the roller, bring one leg over the other putting the ankle on the knee.
 2. Move over to that side of the glute and move until pressure is felt on the muscle.
 3. Move either back and forth or push down to focus the pressure. Repeat on the opposite side.

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

HEALTHY EATING



COURTESY PHOTO

Chicken Enchilada Pie

For the Performance Triad, please use the nutrient and serving size information provided below.
Recipe Analysis: (1 serving = 1 slice)
Per Serving: 493 calories; 30 g protein; 25g fat, 39g carbs (1.5 carbs: 1 protein)
Recipe = 3 servings of vegetables, 0 servings of fruit (0.5 vegetable per serving, 0 fruit per serving)

**This recipe is from Army Public Health Center ‘Cooking Guide for Soldiers’*

INGREDIENTS (8 SERVINGS)

- 1 – 15-oz. can tomato puree
- 1-1/4 Tbsp. chili powder
- 1/2 Tbsp. cumin
- 1 tsp. onion powder
- 1/4 cup extra-virgin olive oil
- 2 cups cooked and shredded chicken
- 1 – 15-oz. can black beans
- 8 oz. Monterey Jack cheese
- 8 tortillas
- 1 cup shredded cheddar cheese
- 1/4 cup scallions, chopped

STEPS (30 MINUTES)

1. In a large bowl, whisk together the first five ingredients.
2. Spray a pie plate with cooking spray, then spread ½ cup of the sauce mixture in the bottom of the baking dish.
3. Lay 3 tortillas on top of the sauce, then spread the chicken evenly over the tortillas.
4. Next spread ½ of the beans and ½ of the Monterey Jack cheese on top of the chicken.
5. Place 3 more tortillas and spread another ½ cup of the sauce and layer on the rest of the chicken, beans and Monterey Jack cheese.
6. Top with the last 2 tortillas and the remainder of the sauce.
7. Place in oven and cook at 400°F for 30 minutes.
8. Spread the cheddar cheese on top and bake for another 5 minutes.
9. Remove from oven and sprinkle the green onions on top.
10. Cool slightly before serving. Enjoy!

cookpad.com/us/recipes/482067-chicken-enchilada-pie
#FitFirst

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Fort Riley domestic violence and sexual assault response line
» 785-307-1373 (24 hours)
Fort Riley Victim Advocate Program
» 785-239-9435
Chaplains
» 785-239-4357
Irwin Army Community Hospital emergency room
» 785-239-7777
Military Police
» 785-239-MPMP (6767)
Local Police (on and off post)
» 911

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» 800-727-2785 (24 hours)
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National Domestic Violence Hotline
» 1-800-799-SAFE (7233)

Ban the bags, curbside recycling

CORVIAS HOUSING

It is time to have the talk about banning the bags. I am not talking about baggy pants, or sadly, even the bags under your eyes. I am talking about a bigger problem...bags in your recycling. Curbside collection makes recycling easy for residents in family housing on Fort Riley. Trash in curbside recycling bins, however, does not make recycling easy for the staff at the Recycling Center. Residents can get free recycling bins from their Corvias neighborhood office. Recyclable materials like paper, cardboard, glass, water bottles, milk jugs, and steel cans can all be mixed together and placed in the curbside recycling bin. Corvias works with a contractor to have those materials collected and brought to the Recycling Center. The staff at the Recycling Center then use a state-of-the-art sorter to separate the materials and compact them into bales so the materials can be sold. One of the biggest problems the staff at the Recycling Center faces is dealing with all of the

NO PLASTIC BAGS IN THE RECYCLING CART

DO NOT BAG Recyclables

Collecting recyclables in a bag? Empty the contents into the cart.

Return plastic bags to retailers.

Curbside Recycling

plastic trash bags that come in with the recycling. Most people think they are doing the right thing by sending a bag of recycling to the center, however, it can cause unintended problems. Each bag has to be broken open by someone at the recycle center. To make matters worse, some residents also put trash in the same bags as recycling and put those bags in their recycling bins. Sometimes, more than 20%

of the materials from family housing are trash. Much of that trash is hidden inside trash bags before being placed in a curbside recycle bin. When that happens, the recycle center staff has to clean trash out of the materials instead of working to actually recycle them. Some of the worst examples of trash in the recycling include baby diapers, dead animals, plastic film, car

parts, and even a kitchen sink. We are asking you to help us by recycling right! You can do that by putting trash in the trash cans and recycling in the recycling bins, and by not putting your recyclable materials in bags before putting them in the curbside recycle bins. If you have any questions about recycling in Fort Riley housing, give us a call at 785-239-2385.

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MEAT
AND TOURS

Results from Bow Slinger tournament



The last archer’s arrow heads to its target during a shoot-off at the Bow Slinger 3-D Archery Tournament Aug. 24 put on by the Directorate of Family and Morale, Welfare and Recreation staff at the Outdoor Adventure Park. See Aug. 30 edition of 1st Infantry Division Post for the complete wrap-up story.

- There were 80 registrants who participated in Fort Riley’s first Bow Slinger 3-D Archery Tournament Aug. 24. They competed for one of 24 cash prizes awarded at the end of the tournament. Winners were:

Youth 8 to 14
1st: Dylon Harris, Overbrook, Kansas
2nd: Hunter Goss, Topeka, Kansas
3rd: Clayton Carson, Hope, Kansas

Youth 15 to 17
1st: Zackary Fewin, Chapman, Kansas
2nd: Morgan Findley, Gardner, Kansas
3rd: Madelyn Allen, Wellsville, Kansas

Women’s open
1st: Kylie Hayes, Gardner, Kansas
2nd: Karalyn Karjala, Emporia, Kansas
3rd: Kylie Milner, Marysville, Kansas

Women’s bow hunter
1st: Jody Leeper, Wilmore, Kansas
- 2nd: Rachel Spicer, Topeka, Kansas
3rd: Dawn Hinson, Lebo, Kansas

Traditional
1st: Brian Hoffman, Lawrence, Kansas
2nd: David Meyer, Manhattan, Kansas
3rd: Shane Keith, Fort Riley, Kansas

Active duty
1st: Wyat Tomlinson, Clay Center, Kansas
2nd: Sam Weaver, Knob Knoster, Missouri
3rd: Robert Cerend, Wakefield, Kansas

Men’s open
1st: Joseph Balkema, Kalamazoo, Michigan
2nd: Jim Carlson, Manhattan, Kansas
3rd: Christopher Griffin, Seneca, Kansas

Men’s bow hunter
1st: Cade Leeper, Wilmore, Kansas
2nd: Nicholas Dawa, Lindsborg, Kansas
3rd: Carter Sanyoyo, Ottawa, Kansas

LEADERSHIP Continued from page 9



Fort Riley civilians participating in the 2019/2020 class of the Flint Hills Regional Leadership Program celebrated their announcement and met classmates Aug. 29 at C.L. Hoover Opera House. Fort Riley civilian employees include: (upper row, from left) Brandon French, Plans, Analysis and Integration Office; Mitch Foley, Directorate of Human Resources; (middle row, from left) Kirk Hutchinson, Public Affairs Office; Will Wilson, Directorate of Emergency Services; (bottom row, from left): Brenda Bailey, Resource Management Office; Kelsey Wilson Midwest Regional Network Enterprise Center; Emmily Trolinger, Directorate of Plans, Training, Mobilization, and Security; Billy Rose, Directorate of Plans, Training, Mobilization, and Security.

Civilian workers who are interested in the program first fill out an application, which is reviewed by Chrysosvergis and two other members of the FHRLP leadership board.

“We look at things like ‘what is your current community involvement? How are you going to utilize this class to help better yourself, your organization, your community, etc.? What type of professional development have you taken this year?” she said. “We look at those factors and we rack and stack them. Then the garrison commander and the deputy garrison commander select the candidates that are going to represent us at Fort Riley.”

During the five-month program, participants will visit each of the communities that participate and learn about the various aspects of local government.

According to the FHRLP website, www.fhrlp.org, the Flint Hills Regional Leadership Program takes emerging leaders through a series of sessions that enhances team building, mediation and collaboration skills, builds communication and image presentation ability and community decision making skills.

Our future depends on solid leadership that has a broad-based understanding of needs and resource management to meet those needs, the website states.

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Saturday, September 7
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- 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

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Fall

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PARTNERSHIP

Continued from page 9

While the traditional club format is not a fit for a military installation, the concepts and curriculum of 4-H are suitable for all children. The partnership between 4-H and CYS started at a national level.

"The 4-H program and the Army came together and said this would be a great partnership to have," Kopfer said. "They are trying to give those youth the opportunity to participate no matter where they are — it builds some consistency as they go from place to place."

The staff of CYS have been trained on the 4-H curriculum and programming, which they in turn present to the children. The partnership has been in place for several years but this year they added a component that is normal for traditional 4-H'ers but hasn't been part of the CYS program. Under the conventional format, when 4-H'ers bring their projects to the county fair, they have consultation judging where they explain to a judge why and how they did their project. The judge can ask them questions, and the children explain their methodology and learn what they did right and how they can improve.

In past years, the CYS staff would gather the children's projects and bring them to the fair — there was not a consultation with a judge. This year, in April, they hosted a showcase where the children had the judging experience.

"We taught them about the interview process, which is brand new to our children because they never had to say why they did what they did with their project — why they used certain colors and what made them think about the project they did," Brantley said.

Conference judging doesn't happen when projects are submitted in open class, but it is an important part of the 4-H process.

"We think it's really important to teach kids about communication skills," Kopfer said.

Brantley said she noticed during the interview process that shy children seemed to come out of their shell a bit.

"It really teaches them that it's okay to say what you did, how your thought process was," Brantley said. "And, it gave them a voice."

The CYS 4-H'ers didn't have a chance to tell the open class judges about their art, but Kalia Riley, 11, daughter of Sarita Riley, who works at School Age Services; Avani Jamison, 10, daughter of Staff Sgt. Noel Small, Headquarters and Headquarters Company, 1st Engineers Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division; and Daniella Okorie, 11, daughter of Elizabeth Korie who works at Warren Child Development Center, had their reasons for painting what they submitted and they liked getting ribbons.

"I felt like I accomplished something — I got a ribbon," Daniella said. "But I don't know what the (colors) mean."

Kalia said she wasn't expecting to get a ribbon because she doesn't paint much. But she was compelled to paint a sunset.

"My grandma was in the hospital and my dad had contacted us that she was gonna die," Kalia said. "She loved to go to the beach with me in Delaware and watch the sunset."

She brought home a white ribbon for her painting.

Avani was pleased with her blue and red ribbons. She described one of her paintings, which depicted a girl wearing a shirt that said "ok" with the word "broken" behind her.

"I was sad," she said. "One of my friends was moving and I was sad. Some people say they're ok when they're actually not. That's what gave me the idea to draw that."

Daniella takes a different approach with her artwork. She doesn't usually have a meaning behind her work, but painting will help turn her mood around when she is sad.

"I just like the colors — imagining something and making it go to the paper or not thinking about anything and just painting," Daniella said. "I'll paint when I'm happy or sad — I just paint, I don't think about it."

For the girls, entering their projects in the fair was about showing off their accomplishments — for Kopfer and Brantley, it was about expanding the children's horizons.

"As far as careers, we've always thought 4-H was important to that," Kopfer said. "Even young kids can start looking at different opportunities. We also think they are building life skills: things like leadership, learning to care about your community. Maybe they will do a cooking club and they're going to learn how to cook — just things that you're going to take with you through the rest of your life and will help you be a successful adult."

DANCE AND SMASH



Carisa Huntwork | POST

SpareTime Interactive Entertainment is a fun place to hold a birthday party. Lorelei, 9, daughter of Maj. Christopher Haines, 1st Squadron, 4th Cavalry Regiment, 1st Armored brigade Combat Team, 1st Infantry Division, hosted her birthday party there on Aug. 30. She said her favorite part was playing the interactive games on the floor with her friends who came to her party.

CRAFT TIME FUN



Carisa Huntwork | POST

The Hobby Studio, 6918 Trooper Dr., offers clay and instructions on how to build coffee mugs. After the coffee mugs are fired people can go come back and utilize the supplies needed to make them safe to be used for food or drink.

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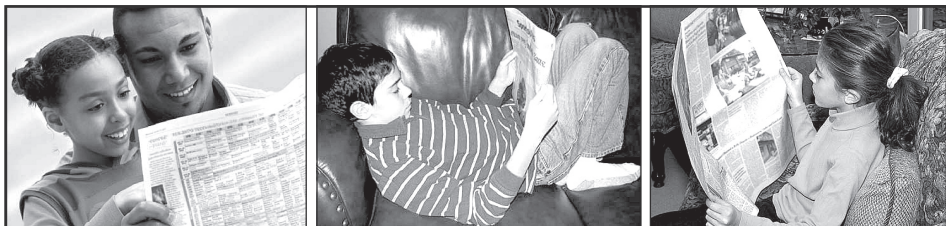
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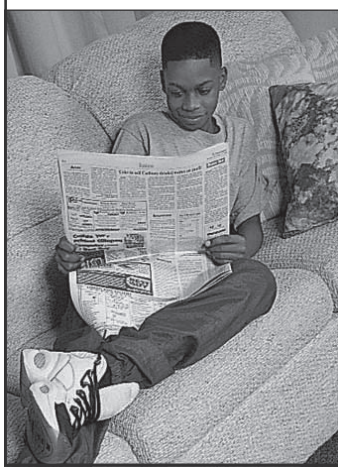
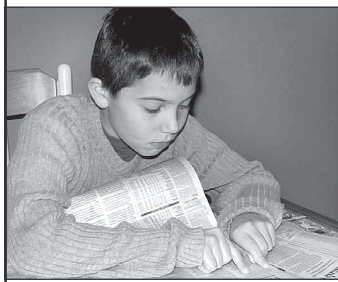
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su | do | ku

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

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

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

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Travel & Fun in Kansas



Next week Spc. Shell is going to take a road trip on Kansas Highway 24.

Courtesy photos
Left and top: Jousting knights and fire eaters are among the entertainment at one of the states two largest Renaissance festivals. These entertainers performed at the Great Plains Renaissance Festival.

Renaissance season opens with action, music, jousting, more

Amanda Ravenstein
1ST INF. DIV. POST

Every year, thousands of people travel back to medieval times when they visit renaissance fairs and festivals. In Kansas there are a couple places people can go to take that journey.

KANSAS CITY FESTIVAL
633 N. 130th St.
Bonner Springs

One of the largest renaissance festivals in the United States, the Kansas City Renaissance Festival spans over 16 acres.

The festival began in September 1977 as a benefit to the Kansas City Art Institute. Since then, the festival has an annual attendance of over 200,000 people according to their web-site, www.kcrenfest.com.

From Aug. 31 to Oct. 14 there are different themed weekends for visitors.

The 2019 season themes are:

- Swashbucklers and Sirens
- Shamrocks and Shenanigans
- Barbarians at the gate
- Celtic Games
- Wine and Romantic Rendezvous
- Whimsical Wanderlust
- Oktoberfest

GREAT PLAINS RENAISSANCE FESTIVAL
Sedgwick County Park
Wichita

In addition to the themed weekends, the festival has 20 stages with live entertainment, more than 200 artisan booths for shopping, food drinks and more.

For more information about the Kansas City Renaissance Festival and to purchase advance tickets, visit www.kcrenfest.com.

Hail and well met. The Great Plains Renaissance Festival is in its 20th year. It has continued to grow with each passing year, with vendors, children games, food and live entertainment, the festival has fun and entertainment for any visitor.

From Sept. 28 to 29, attendees can see jousts and performances, royalty and knights, fairies and pirates. An average visit to the festival can last from three hours to all day with lots to see and do.

Singing pirates and belly dancers amuse visitors as the royal court travels through visiting their subjects.

For more information about the festival, visit www.greatplainsrenfest.com.



Courtesy photos
Renaissance Festivals in Kansas City and Wichita are filled with parades, belly dancers, gypsies, pirates and more. Spend the day in a family-friendly environment. People are encouraged to go in costume and participate in the interactive fun.

