

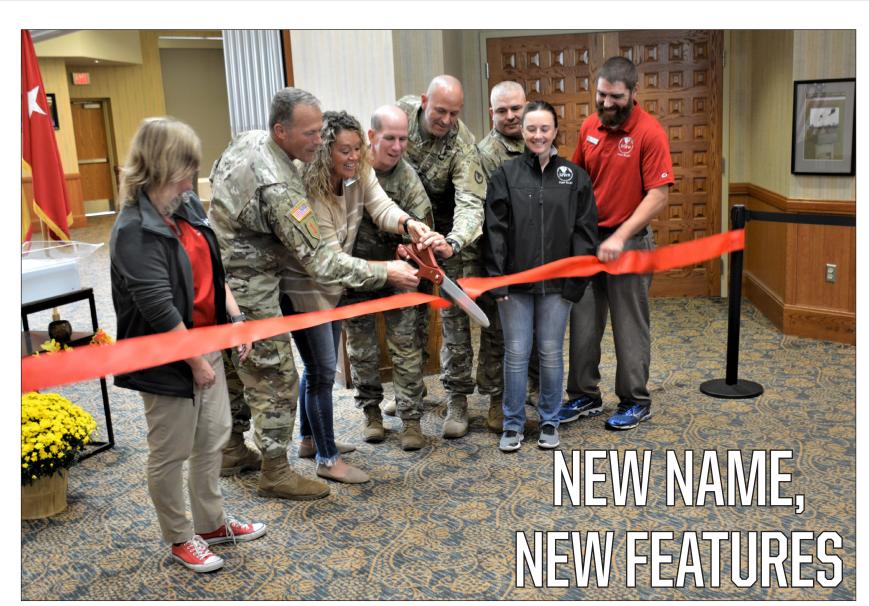
THE 1ST INFANTRY DIVISION POST

home.armv.mil/rile

FRIDAY, OCTOBER 11, 2019

FORT RILEY, KANSAS

Vol 11 No 41



Members of 1st Infantry Division, Fort Riley Garrison and the Directorate of Family and Morale, Welfare and Recreation cut the ribbon during a ceremony officially changing the name of the former Riley's Conference Center to Riley's Community Center Oct. 1.

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

At a ribbon cutting ceremony Oct. 1, Riley's Conference Center officially became Riley's Community Center.

"This means we are able to keep an irreplaceable resource open," said Matt Enoch, community recreation division chief, Directorate of Family and Morale,

Welfare and Recreation. "We have a great team and great leadership. We've come up with innovative ways to run the facility differently but still offer the same amenities."

Maj. Gen. John S. Kolasheski, 1st Infantry Division and Fort Riley commanding general said he was happy to see how many people from on and around the installation attended the event.

"It is phenomenal to see who all is here," he said. "This (facility) is a second example of us delivering on what is truly important — providing first-class care to our Soldiers, family members, our retirees and Department of the Army civilians."

He talked about the recent opening of the new functional fitness equipment area and the parent and child fitness room, both at Whitside Fitness Center.

He said the facility retained the meeting and event space but added new spaces for use by Soldiers and families.

The new features are:

 A computer room where Soldiers and families can work on resumes, online applications and research.

See OPENING, page 7

Data confirms improved Corvias military housing

CORVIAS

EAST GREENWICH, R. I. — Corvias, a long-term solutions and management partner to the U.S. military, has released data reflecting improvements to its housing partnerships. Statistics show performance over the past seven months, since the launch of The Corvias Commitment, a set of principles and activities designed to improve its responsiveness, communication and commitment to excellent resident service across its military housing portfolio and expanding to its other partnerships. The data also shows Corvias' support for the services' development of a military housing Resident Bill of Rights, www.corvias.

com/node/307/. "In these types of longterm partnerships, we should never have a fix-it-and-forget-it mentality," said John Picerne, founder of Corvias. "As we were making repairs, we came to realize that simply following the status quo of correcting problems when they occur wasn't going to solve the long-term issues of these aging facilities. We needed to pivot, and we've done so by prioritizing our return to the gold standard of customer service and infusing a \$325 million direct capital investment, www.

corvias.com/solutionsinvestment, into our Army portfolio of homes, at no cost to

the government."

Of the 26,000 homes Corvias manages across 13 military installations, 44% of the Army portfolio was built between the 1880s and 1970s making them more than 40 years old.

Corvias' service performance initiatives and increased resident communication and engagement events are producing positive results, including:

• About 8,800 residents have downloaded the new Corvias Resident Portal that enables residents across Corvias' Army portfolio to issue and track their maintenance requests, upload photos and provide immediate feedback on

service performance.

• To date, nearly 4,700 work orders have been submitted via the portal with a 92% satisfaction rating on work

performed.
• 94.7% of work orders are being completed on time, demonstrating Corvias' priority to improve the time and rate of response to work orders and service requests.

See CORVIAS, page 7

1st Infantry Division first to field new night vision equipment

Story and Photo by Maj. Bryce Gatrell 2ABCT, 1ID PAO

The 2nd Armored Brigade Combat Team, 1st Infantry Division, is the first unit to receive the Enhanced Night Vision Goggle - Binocular and the Family of Weapon Sights - Individual. The "Dagger" Brigade received and fielded the new equipment Sept. 23 to 26.

The ENVG-B and FWS-I systems are the most advanced night vision equipment in the Army, according to the Program Executive Office - Soldier website https://asc.army.mil/web/portfolio-item/fws-i/.

The ENVG-B and FWS-I systems allow Soldiers to see through fog, dust and smoke, in both day and night environments. The devices increase the warfighters lethality, mobility and situational awareness through innovative and state-of-the-art capabilities.

"The ENVG-B will truly be the greatest goggle that we've ever fielded," said Brig. Gen. Anthony W. Potts, PEO Soldier. "The thermal channel has a day-night capability and we've added in things like augmented reality."

2nd ABCT Soldiers spent two-days in a classroom learning the basics of the equipment, followed by hands-on training at firing ranges. Dagger Brigade will train on the new equipment over the next several months.

Dagger Brigade Soldiers are the first to benefit from the collaborative efforts of AFC, PEO Soldier, SL-CFT, and Soldier Touchpoints

The ENVG-B and FWS-I were designed for Soldiers by Soldiers. PEO-Soldier and SL-CFT used Soldier feedback early on in the development at events called Soldier Touchpoints. Overall, there were 11 Soldier and Marine Touchpoints. The user level in-



Soldiers from the 2nd Armored Brigade Combat Team, 1st Infantry Division, are the first to receive the Enhanced Night Vision Goggle – Binocular and the Family of Weapon Sights – Individual. The "Dagger" brigade received and fielded the new equipment Sept. 23 to 26. The ENVG-B and FWS-I give Soldiers the ability to see through fog, dust, and smoke. The devices increase the warfighters lethality, mobility, and situational awareness through innovative and state of the art capabilities.

put ensured the current needs of the warfighter made it to the final product. Soldiers noticed the improvements from previous generations of night vision devices.

"The last one I used is a PVS-14 [Portable Visual Search] and it's a massive improvement over that one," said Pfc. Dustin Roy, infantryman, 1st Battalion, 63rd Armor Regiment, 2ABCT, "I can't even express how much better it is."

"Soldier Touchpoints along the way during a design, build and test phase give that quick feedback to the Program Executive Officer," said Command Sgt. Maj. Michael A. Crosby, Army Futures Command. "What you are witnessing here today is a demonstration of rapid prototyping to meet the Army's organizational priorities."

The ENVG-B and FWS-I give Dagger Brigade Soldiers improved night vision capabilities, increased situational awareness and rapid target acquisition in zero light conditions.

"We're increasing their survivability and lethality," said Sgt. Maj. of the Army Michael A. Grinston. "I'm really proud that I can be a part of this."

VOLUNTEER OPPORTUNITIES

Army Community Service Volunteer Positions

Multiple Volunteer Positions available within the following programs:

- Exceptional Family Member Program EFMP Program Assistant
 Outreach SRP Site Volunteer, Information and Referral
- Volunteer
 - Relocation Readiness Relocation Program Assistant

For more information on ACS Volunteer Opportunities contact Jane Brookshire at 785-239-9974 or laura.j.brookshire.civ@mail.mil.

ALSO IN THIS ISSUE



FITNESS EVENT HELD IN HONOR OF BREAST CANCER AWARENESS

SEE PAGE 9

ALSO IN THIS ISSUE



SPC. SHELL VISITS AREA
PUMPKIN PATCHES TO FIND
THE PERFECT GOURD

SEE PAGE 16

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Col. Thomas O'Connor, 1st Infantry Division deputy commanding officer for support and Command Sgt. Maj. Craig Bishop, 1st Inf. Div. senior noncommisioned officer, run on the field at Bill Snyder Family Stadium before the Kansas State University game against Baylor University Oct. 5. Fort Riley Soldiers attended the game as part of K-State's appreciation day for the installation.

FOOTBALL WITH WILDCATS



ABOVE, Soldiers with the 1st Infantry Division Band perform Oct. 5, at Bill Snyder Family Stadium in Manhattan, Kansas. The soldiers were performing during the halftime show as part of the Fort Riley appreciation day hosted by Kansas State University. RIGHT, Soldiers with the 1st Infantry Division do push ups during a football game Oct. 5, at Bill Snyder Family Stadium in Manhattan, Kansas. The soldiers did a pushup for every point scored by the Kansas State Wildcats as part of Fort Riley Day at the university.





CHAIRMAN OF THE JOINT CHIEFS OF STAFF WASHINGTON, DC 20318-9999

1 October 2019

MESSAGE TO THE JOINT FORCE

I am humbled to represent you as the 20th Chairman of the Joint Chiefs of Staff. Our Nation has the most professional and capable military force in world history because of youour Soldiers, Sailors, Airmen, Marines, Coast Guardsmen, and Civil Servants. Thank you for who you are and what you do, and thanks also to your families-none of us could do what we do without their support. Every day you answer our Nation's call and you deliver regardless of the sacrifice.

Today, we face a complex and volatile global security environment with a wide range of challenges. We will meet those challenges and we stand ready to keep the peace and, if necessary, win the war on the land, at sea, in the air, in space and cyber space.

To ensure we maintain a flexible, versatile, and adaptable force today and tomorrow, I will focus on five key areas as I begin my time as Chairman:

- Sustain our values. American values have made us strong for two and a half centuries, and we will never waiver in our commitment to the U.S. Constitution.
- Improve joint warfighting readiness. We must be ready 24-7—that is our contract with the American people. We will also continue to work closely with our Allies and partners to improve our collective security and protect our common interests.
- Develop the Joint Force of the future. We will modernize our military through innovative concept development, advanced technology, and new capabilities.
- Develop and empower Joint Force leaders. The future operating environment will place new demands on leaders at all levels. Our leaders must have the training, education, and experience to meet those demands.
- Take care of our people and families. They are our most precious asset. We must always keep faith with them.

It is the honor of a lifetime to continue to serve alongside of you to ensure this experiment in liberty is passed to the next generation.

> MARK A. MILLEY General, U.S. Army 20th Chairman of the Joint Chiefs of Staff





Testing for Special Operations

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

The sun had yet to crest the horizon on Oct. 7, when about 15 Soldiers started the physical training test that would play a role in their potential selection into Special Operations.

Sgt. 1st Class Cory Bunch, acting station commander of the Fort Riley Special Operations recruiting office, said some of the Soldiers would be disappointed and surprised in their scores.

"I'm going to grade my PT test extremely to the Army standards," he said. "If I have any questions on whether a repetition is done correctly or not, the answer is going to be no."

Staff Sgt. Kierra Rice, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, said she felt confident in her score. She was the only female Soldier testing and, although not many women do try for Special Operations, it is attainable for them.

"I've only known two other females who have (tested) and one got selected," she said. "It is totally something females can do if they have the drive and if they want to. You got to really challenge yourself and go outside of your element."

Her drive is powered by a desire to be in Civil Affairs. Being in a meaningful position where she can reach out to people is something she wants to pursue.

"Civil Affairs is all about going out into a different environment — society — that we're not used to here," she said. "It's something I've always wanted to do."

A long-held dream is also what brought Cpl. Bryan Pagan, 1st Combined Arms Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, out for the PT test. His ultimate goal is to be part of the Operation Detachment Alpha team.

"It's been a dream of mine since even before I was in the Army," he said. "Hopefully, it'll be a dream come true. [Operation Detachment Alphal that goes beyond a normal person's limits. They accomplish jobs and things that no one else can and you need your team to accomplish the mission."

WHAT DOES IT TAKE TO BE SPEC. OPS?

Having a dream and wanting to be in Special Operations, isn't enough. Bunch said many Soldiers who step forward have a rude awakening. Special Operations is an elite branch of the Army for a reason — it takes dedication and commitment, he said.

"I try not to sugarcoat it for people — it's definitely doable, because I have people selected every class," he said. "But it's not something that you just nonchalantly walk into. If you're not dedicated to it, 100%, you will not get selected."

The reasons Soldiers don't make it fall into two catego-

"A lot of people will go through and say, 'hey, Sgt. Bunch, I can go to your PT program and that's going to be enough," he said. "That's not the case, I can get you to the point where you're at least passing the events but to



Fort Riley Soldiers who are interested in pursuing a Special Operations field take a required physical fitness test Oct. 7. This is one of several steps to be recommended for Special Operations assessment selection.

get to the point where you're actually getting selected, you're gonna have to take some self-interest into it."

There's more to the process than passing the events. It's also about how well the Soldier can research and prepare. Bunch said there is no cookie cutter formula, which every class follows.

The second piece, which knocks candidates out of the running is the mental aspects.

"For Special Forces assessment selection, it is 24 days long," Bunch said. "That is a long time for a lot physical and mental anguish — you've got a lot of time to think about what you're doing. And they do that for a reason. They break through whatever kind of facade you can put up. And they find out what you're really like."

Soldiers will be put into a team situation where they are tired and cranky but they are being watched to see how they respond to others on the

STARTING THE PROCESS

The first step for any Soldier who has a thought about attending Special Operations assessment is to visit with Bunch in his office at 8614 Sustainment Dr.

"Come talk to me," he said. "Getting information is free. There's really no negative impact on you trying."

If nothing else, a Soldier might walk away with information, which can be helpful to someone else.

The process will start with backward planning, about eight weeks out from the Special Operations class the Soldier is planning on.

"They get a Special Forces physical to ensure they are physically capable of attending assessment selection — to make sure there's no physical defects or the 250 to 275 range. That's just an [Army Physical Fitness Test].

Once all the forms are signed and reviews are conducted, a packet is put together and sent off.

Then they wait for the assessment selection class to start. For Civil Affairs and Psychological Operations, the classes are 11 days long and the Special Forces class is

Bunch said he is recruiting for qualified men and women, but will be honest with them when it comes to the work ahead of them should they be selected.

"I am invested in every Soldier that goes to assessment selection," he said.

SELECTION REQUIREMENTS

The required General Technical or Combat score was adjusted to 105 or higher in early October, Bunch said.

Previously it had been a 107 or higher. At that time Bunch said he estimated there were about 4,000 Soldiers on Fort Riley who met that qualification.

Other qualifications include: • Must be 20 to 36 years

- Soldiers must be private first class through Sgt. first class with at least nine months in grade.
- No flags or bars.
- No Article 15 within the last 24 months, that can be waived, but usually not until about a year
- Must be eligible for top secret clearance or secret clearance.
- Have a qualifying physical fitness score. "Usually about a 240 or higher is what we look for, but that is bare minimum just to be able to go to assessment selection," Bunch said.





Due to limited availability, the influenza vaccine is currently only being administered to Active Duty Soldiers. Since our priority is the health of our community, family members and retirees are encouraged to get vaccinated early in the season.

The following TRICARE-authorized retailers provide flu vaccines at no cost.

If your employer requires a flu vaccine and you get one off post, be sure to obtain documentation (not a receipt) indicating date, vaccine name, manufacturer and lot number.

Geary County Health Dept. 1212 W. Ash St. Junction City, KS Phone: 785-762-5788 Ages 6 months and above

521 E Chestnut St. Junction City, KS 66441 Phone: 785-238-1118 Ages 8 and above.

DILLONS 618 W 6th St. Junction City, KS 66441 Phone: 785-238-4141 Ages 6 and above.

KOLHOFF PHARMACY 407 S. Washington St. Junction City, KS 66441 Phone: 785-238-1000 Ages 6 and above.

WALMART 101 E. Bluemont Ave. Manhattan, KS Phone: 785-776-4841 Ages 8 and above.

HYVEE PHARMACY 601 3rd Place Manhattan, KS Phone: 785-587-8648 Ages 6 and above.

6 STEPS TO PREVENT FROZEN PIPES

When water freezes, it expands. The expanding ice can cause pipes to break and later flood

WALGREENS 325 Bluemont Ave. Manhattan, KS Phone: 785-776-9787 Ages 7 and above.

DILLONS 1101 West Loop Plaza Manhattan, KS Phone: 785-5396-9454 Ages 6 and above.

BARRY'S PHARMACY 414 Poyntz Ave. Manhattan, KS Phone: 785-776-8833 Ages 12 and above.

CANDLEWOOD PHARMACY 325 Kimball Ave. Manhattan, KS Phone: 785-776-4100 Ages 6 and above.

DUNNES PHARMACY 2429 Claflin Rd. Manhattan, KS Phone: 785-539-2345 Ages 6 and above.





Looking Back: Building 367

By Scott Rhodes USAG Public Affairs

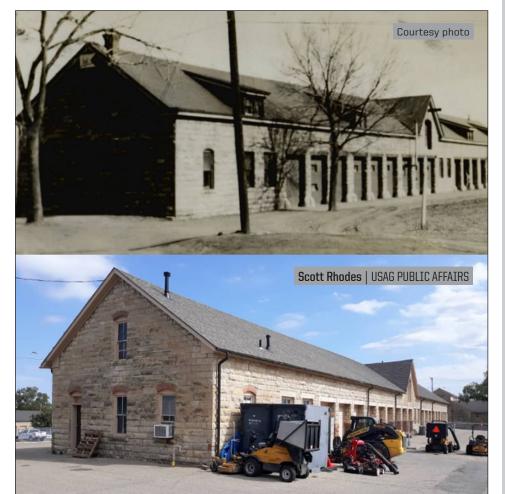
Building 367 Carr Avenue was built in 1889 and was one of the buildings that originally served to support activities on the old Artillery Post. It was destroyed by fire and rebuilt in 1909. It was originally used as an Artillery Gun Shed. Its walls and foundation were made out of limestone with a slate roof and a brick floor.

Various parts of the building were used as a repair shop, paint shop and a storage loft.

Like most buildings in this area of post, by 1930 building 367 was redesignated from an Artillery facility to a Cavalry facility. This was a result of the Artillery School at Fort Riley being discontinued following World War I.

Today, building 367 is occupied by Skookum Contract Services, providing Fort Riley with facilities support and maintenance services.

TOP, Building 367 in 1930 and **BOTTOM**, as appears today.



ALERT MASS WARNING & NOTIFICATION SYSTEM INSTALLATION NOTIFICATION

In accordance with HQDA EX-ORD 033-19 HQDA ENTERPRISE ALERT! MASS WARNING & NOTI-FICATION SYSTEM MIGRATION TO ARMY INSTALLATIONS

Fort Riley is one of 76 Army installations that will be migrated to the Army-owned Alert! Enterprise Mass Warning Notification System. Migration is scheduled Nov. 4-8.

The AtHOC Emergency Notification System will remain active until the migration to the ALERT! system is completed and operational.

Alert! MWNS gives the chain-ofcommand the ability to notify you in the event of emergency. The Alert! MWNS can communicate via desktop pop-up, telephone, SMS, and email. Ensuring your information is updated and correct will help increase notification capabilities and response times in emergency situations.

Department of Defense I 6055.17, DOD Emergency Management (EM) Program, Section 5.5 states: "All DOD military and civilian personnel and contract support personnel whose normal place of duty is on a DOD installation or with a DOD facility (i.e. "DOD badge holders") are considered part of the primary population. MWN systems must be capable of providing alert notification and confirmation of receipt of the notification to the primary population within [10 minutes after initiation]. Due to life-safety implications of the information being relayed and the requirement to provide immediate alerts and warnings, members of the primary population must ensure that their personal contact information, including after-duty hours contact information, as appropriate (e.g., personal cellular phone numbers or landline phone numbers), email addresses, home address, etc. are entered

into the system and regularly updated or verified every 90 days to remain current and accurate."

Registration information of those CAC user personnel already registered in the AtHOC Emergency Notification System will be migrated into the new ALERT! system. Once the migration is complete, anyone logging in to an Army computer or network via the .mil connection not previously registered within the Emergency Management Modernization Program's instance of AtHoc will be prompted to register their information in the Alert!

Instructions to register, update, and modify your information in the Alert! MWNS will be sent out separately.

If you have questions regarding the Alert! System or if after migration you have registration issues, please contact the installation Emergency Management Office at 785-240-0400.

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/

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 and Trooper

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

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.

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 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 Avenue from McCormick Road to Beeman Place is suspended due to eagles nesting in the area.

Vinton School Road Closure

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.

Holbrook Avenue Repairs

This is the first of three phases of the Holbrook Ave. road repair project from Huebner Rd. to Morris Ave. This first phase will close Holbrook Ave. from the Morris Ave. intersection to and including the intersection with Godfrey Ave. from Oct. 15 through Nov. 30. The intersection of Holbrook Ave. and Godfrey Ave. will be closed to all traffic. Access to Pershing Ave. will be retained with access from Huebner Rd. to Holbrook Ave. There will be no access to the parking lot and parking garage to the south of building 400 during this period. Parking is available on the east side of building 400.

Jackson Avenue Closure

Jackson Avenue will be closed to all traffic between Longstreet Drive and Beauregard Place from Oct. 22 and 23 while the Fort Riley Utility Service's Organic Construction Crew replaces a water main.

W.FLICKR.COM/PHOTOS/1STINFANTRYDIVISION

SEPT. 22

Spc., unknown unit, speed 11 to 15 over Sgt., unknown unit, illegal parking Chief Warrant Officer 2, unknown unit, illegal parking

Maj., unknown unit, illegal parking Sgt., unknown unit, illegal parking Warrant Officer 1, unknown unit,

Spc., unknown unit, illegal parking

SEPT. 23

Pvt., unknown unit, failure to stop at a posted stop sign 1st Lt., unknown unit, speed through

school zone Sgt., HHC, 2nd Bn., 34th Armor Regt.,

1st ABCT, 1st Inf. Div., improper backing Spc., unknown unit, speed 11 to 15 over Spc., unknown unit, speed 11 to 15 over Spc., unknown unit, no drivers license in possession

Pvt., unknown unit, speed 11 to 15 over Spc., STB, 1st Inf. Div. Sust. Bde., improper backing

Spc., HHC, STB, 1st Inf. Div. Sust. Bde., improper turning movement

SEPT. 24

Family Member, wife, no proof of insurance

Family Member, wife, driving while license is suspended or revoked Sgt., unknown unit, speed through

school zone Spc., unknown unit, speed through

school zone

Spc., unknown unit, no proof of insurance

Capt., HHC, 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st Inf. Div., expired state inspection sticker

Spc., unknown unit, speed 16 to 20 over

Sgt., unknown unit, unsafe movement-

SEPT. 25

Pvt., HHC, STB, 1st Inf. Div. Sust. Bde., speed 15 to 20

Warrant Officer 1, 1 REP Co., USAG,

1st Inf. Div., expired registration Sgt., 172nd CHEM Co., STB, 1st Inf. Div. Sust. Bde., following too close

registration **SEPT. 26**

Family

Cpl., unknown unit, speed 16 to 20 over Sgt., HHC, 1st ABCT, 1st Inf. Div., improper turning movement

Member,

wife,

expired

Sgt., HHT, 1st Sqdn., 4th Cav. Regt., 1st ABCT, 1st Inf. Div., speed 16 to 20 over Pvt., Co. B, 1st Bn., 63rd Armor Regt., 2nd ABCT, 1st Inf. Div., speed 21 and up

Staff Sgt., Co. C, 2nd Bn., 34th Armor Regt., 1st ABCT, 1st Inf. Div., speed 21

Pvt. First Class, 78 MP Det., CID, improper backing

SEPT. 27

Pvt., Co. C, 299th BSB, 2nd ABCT, 1st Inf. Div., failure to yield right of way

Family Member, wife, speed 15 to 20

Spc., 1st Bn., 63rd Armor Regt., 2nd ABCT, 1st Inf. Div., following too close

Family Member, son, following too

Cpl., Co. A, 3rd Bn., 66th Armor Regt., 1st ABCT, 1st Inf. Div., speed 1 to 14 1st Lt., 1st Bn., 7th FA Regt., 2nd

ABCT, 1st Inf. Div., speed 15 to 20 Spc., 41st Eng. Co., 1st Inf. Div. Sust. Bde., speed 1 to 14

Family Member, wife, speed 15 to 20 Sgt. 1st Class, HHC, 3rd Bn., 66th Armor Regt., 1st ABCT, 1st Inf. Div., speed 15 to 20

OTHER CITATIONS ISSUED SEPT. 8 – theft/shoplifting

SEPT. 22 - two instances of illegal

SEPT. 23 – expired registration, imped-

ing flow of traffic **SEPT. 24** – failure to use seatbelts, parked in govt. vehicle only spaces

SEPT. 25 – speed 11 to 15 over, expired **SEPT. 26** – improper backing

SEPT. 27 – two instances of speed 15 to 20, speed 16 to 20 over, failure to obey traffic control device, improper turning movement **SEPT. 28** – failure to use seatbelts

CIVILIAN SPOTLIGHT

KATIE REIHMANN RECREATION ASSISTANT DIRECTORATE OF FAMILY AND MORALE, WELFARE AND RECREATION

Katie Reihmann stands out among her peers as reflected by her latest appointment. She was recently selected from



more than 100 individuals to be the Recreation Division safety point of contact which entails additional training, attention to detail and the ability to communicate outside her directorate on a professional level.

She was busy since the moment she came on board. She works tirelessly to ensure all tasks are completed well above the standard and takes initiative every minute of every shift to assist patrons, help and

encourage staff, clean, repair and monitor all functions of the facility. Her value is evident in the fact that she is sought after by anyone who comes in contact with her to assist with inventories, events and projects.

Reihmann is a positive role model who is willing to face new challenges with a positive attitude. Her potential for advancement is truly limitless. Her dedication and work ethic are a proud example of the DFMWR Sports team.

Pets of the Weel THESE LOVABLE PETS ARE WAITING TO BE ADOPTED....



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to find a home!!

KHALUA Shy, 2-year-old German Shepherd. Takes a bit to

warm up to new people but is always gentle and polite. Khalua has very nice leash manners and a great dog in general.



MERIDA Sweet, shy & would

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

STOP BY AND SEE THESE PETS OF THE WEEK AND MORE AT:

FORT RILEY ANIMAL SHELTER 224 Custer | Fort Riley, Kansas 66442 | (785) 239-6183

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Commentary

HOME OF THE BIG RED ONE

RILEY ROUNDTABLE

What is your favorite thing about fall?



"Seeing the leaves and weather change."

PFC. MILES BELL LOS ANGELES, CALIFORNIA

172nd Chemical Company, Special Troop Battalion, 1st Infantry Division Sustainment Brigade





SPC. SAM RAMON **NEW ORLEANS, LOUISIANA**

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



"The weather and pumpkins."

2ND LT. REGINA MIDGETT DAYTONA BEACH, FLORIDA

1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division

"Boots and sweaters."



ATHENA MACIEL **EL PASO, TEXAS**

Wife of Staff Sgt. Nicholas Maciel, Warrior Transition Battalion, Irwin Army Community Hospital

"Hunting."

CODY RUTEBUCH FORT RILEY, KANSAS

Maintenance technician for Corvias

THE 1ST INFANTRY DIVISION POST

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COMMANDING GENERAL Maj. Gen. John S. Kolasheski

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For business or advertising matters, call The Daily Union in Junction City at 785-762-5000 or email at postads@ jcdailyunion.com.

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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.

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785-239-8854/8135.

The next USAG Resilience Day Off is October Send it to usarmy riley.imcom.mbx.postnewspaper

SAFETY CORNER

Important safety facts to know about bats, rabies

"Safety" Ron Clasberry GARRISON SAFETY OFFICE

Team Riley, we have experienced two bat bites from improper handling procedures within the last two months and one of them tested positive for rabies.

Did you know that bats are very beneficial to our environment, and they can be a great asset to have outside your house eating thousands of mosquitos a night? But they can bite and they can carry rabies so it can be dangerous to have them in your home, in bedrooms, at work or around unsuspecting pets, children or anyone else that may try to handle or play with them.

According to the Centers for Disease Control and Prevention, there are some misconceptions regarding bats and rabies, for instance, you cannot catch rabies from a bat by being in the same room or by having bats in your attic. To contract rabies from a bat you would have to be bitten or exposed directly to infected saliva or nervous tissue.

It is also a fallacy that all bats are rabies carriers. It is true; however, that just like us, bats are able to catch rabies from another animal. And just like a raccoon, opossum or skunk, bats can then transmit the disease on to another animal by a bite wound or saliva.

Misconceptions aside, bats can and will bite, and you can contract rabies if a bat bites you, or even sometimes from coming into direct contact with an infected one. According to the CDC, here are some important things to know if you come in contact with

- Never handle a bat with your bare hands. Bats have sharp teeth. Keep children and pets away from bats too.
- Less than 1% of bats have rabies, but because rabies can be a deadly disease, you should take precautions to avoid exposure should you find one on the ground or loose in your home.
- You can contract rabies from bats by being bitten by the bat, coming into direct contact with its saliva, or coming into direct contact with any of the bat's neurological tissue, i.e., brain.
- Bat rabies is transmitted when a bat with rabies bites or scratches a person's skin. Even though a bat has razor sharp teeth, they are quite small and it can be hard to tell if you have been bitten by a

bat. Most of the time, you will not even know or notice.

- For your own protection, never touch a bat directly dead or alive, and when possible, it is always best to call a professional to do the job.
- If you find a dead bat, inside or out, it should be tested for rabies as well.

Finally, if you find a live bat in your house do not kill it or injure the head; call your neighborhood housing office. If you see a bat while working anywhere on Fort Riley call the Directorate of Public Works service order desk at 785-239-0900.

Per CDC recommendations, if it is possible that the bat could have come in contact with anyone while they were sleeping, then that bat will need to be tested for rabies. In other words, if you find a bat when you wake up in the morning, you need to consider the fact that you may have been exposed to the bat without your knowledge. In fact, any bat found in the home should be tested.

For more information, tact the Garrison Safety Office at 785-240-4748.

Food court conversation leaves questions

Dear Doc Jargon,

I saw an officer from the Air Force in the Exchange food court last night. I know we have a few Air Force types here at Fort Riley, many with the weather detachment. Since we were waiting in line, I asked him about his unit and he said he belongs to the 1st Infantry Division as the AMLO. I smiled and nodded sort of pretending I knew all about that — but Doc, I don't know anything about that.

Can you tell me what an AMLO is and how an Air Force guy gets to work for the division?

Sincerely,

Curious Customer

Dear Curious,

Happy to help! An AMLO is an air mobility liaison officer. They coordinate Air Force assets for training and Army movements. They work with Air Force units who want to train out on our unimproved field and work to make sure the training is

For example, if the Air Force needs to do an engine running off-load, or an air drop, there's an opportunity for the Army to practice air traffic control, asset recovery or any number of tasks that improve interoperability.

Anyway, congrats on pulling off the knowledgeable head nod during your food court interaction. Hopefully, I've given you enough info that you can use it for real next time.

Sincerely,

Doc Jargon.

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

Historic names of Fort Riley – Waters

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

Waters Hall, 170 Sheridan Ave. serves as guest housing. It is named after Moses Waters who built the building in 1888 as a general store in the year before he died.

Bob Smith, curator at the Fort Riley Museum, said Waters was a native of Ireland who came to America when he was 15 years old.

His obituary printed in the June 29, 1889 edition of the Junction City Sentinel, said Waters was a frontier scout in the U.S. Army for several years and had "seen many hardships and dangers in the early days of Kansas history."

In 1869 he went into a partnership to open a saloon in Hays, Kansas, and later operated one called the Occident in Dodge City. A historical marker near Hay's Convention and Visitors Bureau tells of Jack Hill, one of the famous Boot Hill Cemetery's first residents. Hill was killed while being returned to Hays after stealing Waters' mule.

In May 1875, Gen. Phillip Henry Sheridan appointed Waters as the post trader or sutler at Fort Riley.

Over the next several years he served as the sutler and in



Waters Hall, 170 Sheridan Ave. was named after Moses Waters who built the building in 1888 as a general store in the year before he died.

1888 built and opened the general store and recreation center.

On June 25, 1889, Waters died suddenly at his home at the corner of Second and Jefferson streets in Junction City. One report in the files at the Geary County Historical Society said "this was a sudden and unexpected death, as the deceased was on the streets in his usual health until a short time before his death."

By several accounts of his death, Waters was well liked and respected. An article in the June 28, 1889 Abilene Daily Reflector says "The funeral of Moses Waters, the post trader, last evening was one of the most largely attended ever known in this vicinity. The cavalry turned out as well as the infantry forces and there were hundreds of visitors from outside the fort."

The funeral was at St. Xavier's Catholic church in Junction City. Among those in attendance was Maj. Gen. James William Forsyth, the 7th Cavalry Band and eight mounted companies of that regiment. Depending on which paper is read there were somewhere between 60 and 90 carriages that made the procession from the church to St. Mary's Cemetery.

Waters did well for himself as Fort Riley's sutler. In the 13 years he served in the position, he amassed an estate, which was estimated at more than

\$200,000 according to a July 13, 1889 note in the Junction City Sentinel. According to the Bureau of Labor Statistics that is more than \$4 million today.

After his death his widow sold the building to the government for \$5,000. The next year Fort Riley's first canteen opened in the basement and in 1897 the canteen became the Post Exchange, according to the Fort Riley Driving Tour. It was later used for horse-shoeing classes and in 1930 it was converted to living quarters.

This is part of a continuing series exploring the people behind names of Fort Riley streets, buildings and parade fields.

Police bump it up

Oct. 14 to 20, 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: Hampton Place, Vast and Fayette

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.



Staffing assistance available through Army

By Collen McGee USAG PUBLIC AFFAIRS

According to the 2019 Kansas Economic Report Summary, there were more job vacancies than unemployed people in Kansas. If this were a real estate equation, it would be a buyer, or employee, market.

Local, regional and city governments have to compete with commercial employers to attract top-level candidates. One advantage to Kansas employers is the U.S. Army. The reason; because every enlistment ends and not every Soldier decides to renew their military service contract.

"There are just over 2,000 (jobs) in the system right now," said Mitch Foley, transition services manager for Fort Riley. "For 2020 there are 1,792 Soldiers from Fort Riley scheduled to leave the Army not counting retirees, medical discharges or other separation actions."

Foley said these Soldiers come with prepackaged, valuable skills. Many have management experience, some are graduates of skills classes, which include manufacturing tasks like welding and supply. Many have held responsibility for multi-million-dollar inventories and have tracked and provided accountability for high-dollar assets which were frequently on the

Additionally, Foley cited the work ethic and customer service culture that comes with military experience.

"Someone who has all the soft skills, coming to work — ready to work," Foley said is an asset. He also said often when an employer hires a transitioning Soldier, "they get a spouse and family who are also going to contribute to the community."

Spouses are also valuable employees who are often overlooked.

"They (military spouses) reinvent themselves everywhere they go," said Michelle McGlaughlin, director Army Community Service at Fort Riley. "They might have one job at one installation, another at the next. So, they are very versatile. Employers get more than they pay for because of that breadth of experience."

To help keep these skilled families in Kansas, Foley and his team at the Soldier For Life – Transition Assistance Program at Fort Riley have partnered with KANSASWORKS, area public agencies and commercial employers to showcase the opportunities available.

Through the partnership with KANSASWORKS, there is an internship program where employers can place a Soldier who will soon leave the Army. The new employer pays nothing as the Soldier is still in the service but the internship transfers the place of duty to the prospective employer.

"We have a total of 13 Soldiers on an internship in the state of Kansas," Foley said. "The goal is to get them partnered with the right company to get them the skills that they need so that they are not starting



Courtesy photo

Soldiers participating in the Soldiers For Life – Transition Assistance Program tour at Berkamp Inc. Asphalt and Pavement Maintenance Equipment Sept. 27 as part of the SFL-TAP Kansas Employment Exploration Program.

off at the bottom when they leave military service."

Foley said the internship is a 12-week program which allows the Soldier and employer to try each other on for size and provides time for interns to become certified.

"The employer gets to answer three big questions about the prospective new hire," he said. "One, will they fit within my culture; two, perform the job that I need done and three, they can see if the Soldier is going to work in the task first planned for or can he work different positions within the company."

Foley said more than once, an employer will have an opening, bring in the transitioning Soldier and realize the skills they bring are broader than that first task so they quickly move up in the company.

"The Department of Labor numbers show prior service employees will be promoted quicker with a company starting out — no matter where they start — than their civilian counterparts," Foley said. "That is due to one thing — because of our values; loyalty, duty, respect, selfless service, honor, integrity and personal courage."

The program costs the Army a few man hours from the separating service members, but the reduction

in unemployment costs is a big benefit to the service. The employer gets a solid employee, Kansas keeps skilled workers and the Soldier, Foley said, gets not just any job, but a meaningful first job after military service.

Agency representatives wishing to connect with the Soldier For Live – Transition Assistance Program can call Mitch Foley at 785-239-2193 for more information.

Army named best for contributions to disabled

By David Vergun DEFENSE.GOV

WASHINGTON — Individuals with disabilities are unemployed at twice the rate of the national average even though many of them have the training, skills and experience the U.S. needs, particularly in the science, technology, engineering and math disciplines, said defense secretary Mark T. Esper

Esper spoke at the 39th Annual Secretary of Defense Disability Awards Ceremony in the Pentagon

In the ceremony, Esper recognized the Army as the best military department in advancing employment opportunities for individuals with disabilities.

"We must do our part across the [DOD] to harness those talents and help bridge the employment gap," he said. "That means eliminating barriers to recruitment across the force. We must give everyone the opportunity to succeed and support them as they advance their careers."

vance their careers."

Esper also honored Sgt.
1st Class John Hoxie, senior geospatial intelligence imagery analyst for Army South Command's G-2 intel operations, during the ceremony. Veronika Benavidez, a human resources specialist for the Army's Civilian Human Resource Agency, was recognized, too.

The DOD must continue to recognize each worker's unique contributions and their leadership, Esper said, so that the armed



Corey Toye | ANS

Candace Pellock, physical therapy assistant, guides with Spc. Ezra Maes at the Center for the Intrepid, Brooke Army Medical Center's cutting-edge rehabilitation center on Joint Base San Antonio-Fort Sam Houston, Oct. 2.

forces can retain the technological edge and military

superiority.

It's fitting that this year's theme for National Disability Employment Awareness Month is "The Right Tal-

ent, Right Now," he said.

That's because military personnel, including those who are disabled, all bring to the job skills that are critical to accomplishing the mission, exactly when they're needed, which is right now.

"People are our most important resource," Esper said. "That remains as true as ever. The diversity and talents across the department is what drives ingenuity."

This year marks the 29th anniversary of the Americans with Disabilities Act, which became a global standard for non-discrimination and equal opportunity, he

noted.

"Today, let's recommit to upholding that legacy," he said. "Let's shape our force to one that's united by something much stronger than our differences; that is, our dedication and passion for the mission, regardless of background or disability.

Esper mentioned the 23 military personnel being honored for their achievements. He said they all embody the spirit of service that defines the workforce.

"The honorees are inspiring models of selfless service for all of us," he said.

The Defense Department's Awards for Outstanding Civilian Employees and Military Service Members program derives from Presidential Executive Order 13548, to increase the participation rates of persons with disabilities in the federal service. The award also recognizes achievements, excellence and contributions of civilian employees and service members with disabilities

members with disabilities.

The award ceremony is conducted each October, during National Disability Employment Awareness Month.













National Newspaper Week October 6-12, 2019

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Thank you.





HOME OF THE BIG RED ONE CTOBER 11, 2019 | 7

OPENING Continued from page 1

- Family activity room that has a seating area for parents and small groups to socialize while children play.
- Fitness room with child activity space where children can play in an enclosed area while parents work out on equipment including treadmills, free weights and cable machines.
- Recreation room with dart boards, pool table,

<u>አልቷቷቷቷቷቷ</u>

air hockey and a new 85" television with theater style lounge recliners.

"This facility would not have been possible without (Col.) Stephen Shrader (U.S. Army Garrison Fort Riley commander) and his team's leadership," Kolasheski said. "Hedy (Noveroske, skills and services branch chief, DFM-WR) and Taylor (Ferrarin, special events coordinator, DFMWR), who were the ones that are actually responsible for

this and Melissa Phelps (recreation specialist, DFMWR) and Mark Gutowski, (chef, DFMWR), who not only did this (ice sculpture) but he is also a recreation specialist. So for those four in particular, thank you very much for what you do day-in and day-out to deliver for each and every one of our Soldiers."

Enoch said the facility is open for rentals during non-business hours for events with affordable pricing options.

"If you want to use one of our rooms for an event, and you do it during hours that were open and you set everything up yourself, you can pay nothing," he said. "We do have options that if you want to have events that go longer than what we're open or earlier than what we're open, there are fees for that."

Enoch said he believes having the facility continues to move Fort Riley in the right direction for the future.



CORVIAS Continued from page 1

- \bullet Of the work orders completed, the satisfaction score is 4.13 out of 5.
- The addition of more than 100 permanent positions has increased resident engagement opportunities with Corvias staff and allowed for the expansion of the resident service team across the Corvias military portfolio, including ombudsmen and resident advocates at Fort Bragg and Fort Meade.
- 100% comprehensive customer-service training of all Corvias employees, led by a nationally designated trainer credentialed by the National Apartment Association Education Institute.
- Expansion of on-post housing amenities to include new Home Help Centers, which have given residents access to commonly used home operating items, free and at their convenience. Items available include batteries, air conditioning/heating unit filters, light bulbs and fire extinguishers, grass seed, wall protectors and touch-up paint.
- Regular town hall meetings, including where teams walk the neighborhoods with military leadership to further engage with residents.
- Established Resident Advisory Groups to enable regular, active collaboration and feedback between Corvias and residents across all installations.
- To date, Corvias has held 28 meetings and implemented resident-suggested ideas including monthly newsletters and customizing resident communications.
- Moved resident call centers so they are located on installations and staffed by Corvias team members, which has increased resident familiarity with service specialists, enabled consistent communication and streamlined the process from work order initiation to completion.
- Improved coordination with installation command through in-person meetings and weekly work order reports.
- Reopening of recreation centers and playgrounds, and hosting regular social and community events, enabling residents to connect with each other and Corvias staff

"Our residents are our number one priority," Picerne said. "We are committed to ensuring we are doing everything we can to exceed their expectations and needs. The enhancements we have made over the last few months are just the beginning and we look forward to building on our progress, improving our installations and the service we provide year after year."



2019 National Cybersecurity Awareness Month#BeCyberSmart

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Fort Riley - Central Kansas Chapter

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Virtual experiments helping shape next-generation combat vehicle

WARREN, Mich. — Thirty Soldiers from the 4th Infantry Division recently tested new technologies in a videogame environment to provide feedback for the Next Generation Combat Vehicle Cross-Functional Team.

"This latest experiment will provide us with an understanding of which technologies are most critical for the robotic combat vehicle to be successful in an operational environment," said Brig. Gen. Ross Coffman, NGCV CFT director.

Coffman will be one of the speakers Oct. 14 at a NGCV Warriors Corner presentation at the Washington Convention Center where more about the experiments will be explained.

The Soldiers from 4ID's 2nd Infantry Brigade Combat Team supported the Army's Ground Vehicle Systems Center Virtual Experiment #3 last month to help inform the NGCV CFT's campaign of learning for Manned and Un-Manned Teaming.

The campaign of learning is part of GVSC's virtual prototyping process which helps the Army test new technologies without Soldiers needing to start an engine or set foot in the field — saving valuable resources.

The Soldiers provided feedback on vehicle crew configuration, formations, vehicle capabilities, enabling technologies — such as unmanned aerial vehicles and



Soldiers from the 2nd Infantry Brigade Combat Team, 4th Infantry Division supported the Army's Ground Vehicle Systems Center Virtual Experiment #3 in September to help inform the Next Generation Combat Vehicle Cross Functional Team's campaign of learning for Manned and Un-Manned Teaming.

aided target recognition and networked capabilities.

The experiment examined multiple questions including how Soldiers dealt with constraints such as signal degradation, lack of mobility while using certain features, task organization and which variants of the vehicles proved the most useful.

"One of the things we are looking at is if a lighter, lessprotected RCV can achieve similar battlefield effect as a heavier but more protected one, while both having the same lethality package," Coff-

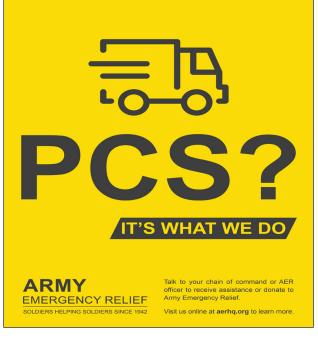
For the five-day virtual experiment, Soldiers employed RCVs in open and urban terrain against a simulated

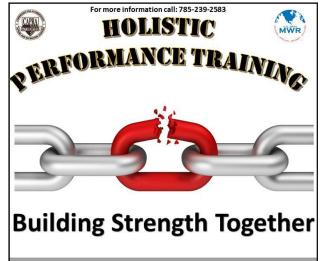
near-peer adversary. Observations and data were collected as to how Soldiers use the RCVs and enabling technologies such as smoke generation, tethered unmanned aerial systems, target designator and signal boost in offensive and defensive roles and in both open and urban environments.

"RCVs were able to effectively designate targets and conduct target handoff with other RCVs which executed the target using Hellfire missiles," said an infantryman who participated in the experiment. Soldier names are withheld due to research protocol.

These type of events will continue throughout the year with each virtual experiment increasing in capability and fidelity to support a live Soldier experiment in March and April. The next virtual experiment will be conducted with support from the 1st Cavalry Division. Dec. 9 to 13. at the Detroit Arsenal.

"These Soldier touch points are essential to how Army Futures Command is executing the Army's modernization priority," Coffman said. "Soldiers are at the center of everything we do, and their insight is crucial to developing these new technologies.





King Field House

Active-Duty will sign in at front desk for participation All other patrons may use Fitness Class Passes or daily \$3.00 fee for payment.



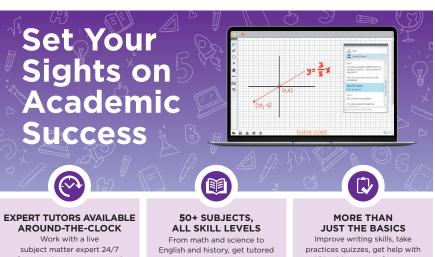
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Rain does not hold back sales



Ashlee Shill | POST

Fort Riley Girl Scouts take part in the Post-Wide Yard Sale Oct. 5. Rain overnight and into the morning did not halt shoppers or sellers from making great

By Amanda Ravenstein 1ST INF. DIV. POST

The annual Fall Post-Wide Yard Sale got off to a slow start due to rainy weather, but when the sky cleared, sellers set up while shoppers made the rounds.

"We had like five or six — even in the rain," said Sgt. Shane Keith, 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division. "But then as soon as it cleared off from the sprinkling, they came out of the woodwork.'

His wife Valerie said she hadn't completely set up before shoppers

"I was trying to set up and I had people come," she said. "I was only halfway set up because I was trying to organize it in the garage and not outside in the rain."

Molly Barclay, wife of Capt. Andrew Barclay, chaplain for 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Inf. Div., said she was happy with the turnout even with the rain.

"It wasn't bad, considering it rained for the first two hours," she said. "I'm glad. For me it was worth it ... put stuff out, even for the two - 2 1/2 hours for the stragglers that came through."

Exchange, post shelter team up



One of many kittens up for adoption at the National Adopt a Shelter Pet event at the Exchange Oct. 5. The Fort Riley Animal Shelter teamed up with the Exchange to help 1st Infantry Division and Fort Riley families find their next furbaby.

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

At the Main Post Exchange Oct. 5, caretakers from the Fort Riley Animal Shelter and Exchange staff celebrated National Adopt a Shelter Pet Month with contests and pets ready for adoption.

'We do regular events with them to be able to showcase the animals to the public," said Susan Buckley, animal caretaker. "So, it's fantastic that we can have this event here and get these guys adopted out. Sometimes its hard and they don't realize that we're next door to the vet center."

Barbara Commons, sales and merchandise manager, Exchange, said because of the weather, they decided to do a photo contest. She said pet entries would get a photo taken and it would be on display to have

See FURBABY, page 14

Move, shake, exercise for breast cancer

Story and photos by Ashlee Shill 1ST INF. DIV. POST

October is Breast Cancer Awareness month and the staff at Whitside Fitness Center, under the direction of Fort Riley's Directorate of Family and Morale, Welfare and Recreation, hosted their annual Breast Cancer Awareness fitness event Oct. 5.

featured event MIXXED FIT, Zumba and Body Pump/HIIT fitness classes, taught by Whitside's certified fitness instructors.

Melvin Allen, the intermural coordinator at Whitside, organized the event this year and said it was "to promote breast cancer awareness and early detection."

Fitness classes at Whitside are typically \$3 per session, but class fees were waived for this event. Allen said he and the instructors were pleased with the turnout, and said the special fitness events are well received by the community.

'We hope to offer more of these events, and expand upon them next year," he said.

REMEMBERING A LOVED ONE

Some of the participants had a personal connection to breast cancer. Mary Muckey, wife of Sgt. Joshua Muckey, 97th Military Police Battalion, 89th Military Police Brigade, attended the event with her sister, Kasey Garzillo of Manhattan, Kansas.

"Our grandma had breast cancer," Garzillo said.

Both Muckey and Garzillo made it a point to wear pink shirts.

"This is my first fitness event," Muckey said.

She said she attends regular fitness classes but wanted to see what the event was like.

"It's nice to work out in the orning, and it's a free event," she said.



Sisters Mary Muckey, wife of Sgt. Joshua Muckey, 97th Military Police Battalion, 89th Military Police Brigade, and Casey Garzillo, Manhattan, Kansas, participate in the Directorates of Family and Morale, Welfare and Recreation's breast cancer awareness fitness event at Whitside Fitness Center Oct. 5.

The sisters signed up for the MIXXED FIT and Zumba classes. Garzillo, a recent graduate Kansas State University appreciates having her sister close. "I'm glad to have my sis-

tend the classes.

"It's a fun workout," Muckey said. "It's definitely hard cardio, but it's a quick, easy hour." Muckey

said she enjoys the kid-friendly amenities Whitside.

"I can bring my kids to the MIXXED Muckey was excited to at- FIT and Zumba classes," she

After class, she lifts weights in the Parent Child Fitness Room.

"It's nice that they can get out and I can get my workout," she

REMEMBERING A FRIEND

Maureen Spencer, retired military, showed up wearing a pink sweatshirt. Like many others, she has a personal connection to breast cancer.

See AWARENESS, page 14

Ziplining with help from friends

Ashlee Shill

1ST INF. DIV. POST

The summer season of the Outdoor Adventure Park, operated by the Directorate of Morale, Welfare and Recreation, came to an end Oct. 5. Groups of families and friends signed up in advance to participate in the last organized ziplining session of the year, but due to the inclement weather that morning, there was concern the event would be cancelled.

Leigh Ann Slinger, supervisory recreation specialist with the MWR was relieved the rain stopped in time for the event to safely start.

"It's a beautiful day," she said. "I'm really glad that the rains held out and stopped so that we could have everybody out here for a good time."

One young participant was worried the rain would affect his celebration plans.

"It was raining this morning and I was afraid

we wouldn't get to go," said Noah "Will" Morris, son of Sfc. Jeremy Morris, 1st Infantry Division Band. "I've been waiting to do this for months."

ter here," she said.

Will, who recently turned 10, visited the Outdoor Adventure Park to start his birthday party

"When we saw a poster at the bowling alley, I wanted to come here," he said.

Will was joined by his mother, Stephanie Morris, sister Adeline Morris, 12, and best friend and classmate, Maseberg Henry Manhattan, Kansas.

This wasn't the first time the Morris family had gone ziplining. Adeline said they went to another course in the state, but the setup was different.

"The other course had platforms you walked to, there wasn't a rope you had to climb to get to the platform," she said.

Outdoor Adventure Park

requires participants to use a climbing net to reach the zipline platform. The net starts at the ground and extends to the top of the 38-foot platform.

"He's been talking about it for six months, at least," said Stephanie.

When it was Will's turn, he eagerly looked on as Henry and his mother started climbing the net. Then it was his turn. Will started climbing, but he froze. Something prevented him from climbing any higher. He started getting emotional and wanted to get off the climbing net.

"It was kinda freaky," he said. "I didn't know where to put my feet. I didn't want to do this because it was really high."

Will was paralyzed and couldn't move. He started panicking because he realized how high he was.

"I didn't expect the climbing net to be so high," he said. "I'm afraid of heights."

Henry was at the The setup at the top of the platform and was urging Will to keep



Will Morris, son of Sfc. Jeremy Morris, 1st Infantry Division Band, flies down the zipline at the Outdoor Adventure Park Oct. 5 during the last organized ziplining event from the Directorate of Family and Morale, Welfare and Recreation.

climbing. Will's mother was also on the platform, and did what she could to comfort him. Onlookers from the ground were shouting words of encouragement. But

nothing was working. Peter Paras, recreation assistant, DFMWR, was watching the scene unfold from the top of the platform.

See ZIPLINE, page 13

WEEKEND WEATHER OUTLOOK

FRIDAY



HI: 50 F

LOW: 36 F

SATURDAY



HI: 64 F

LOW: 34 F

SUNDAY



HI: 64 F

LOW: 39 F

FORT RILEY POST-ITS



Corvias

Fort Riley residents can stop in their neighborhood office and pick up a free pumpkin from 11 a.m. to 5 p.m. Oct. 11 while supplies last.



Open Circle

Fort Riley Open Circle will have a class at 6 p.m. Oct. 16 at Kapaun Chapel on the history of Samhain, how the holiday came to America and morphed into Halloween.

On Oct. 19, people are invited to join the Open Circle for a outing to Britts Farm in Manhattan.

Lets go to the movies @ Barlow Theater

Friday, October 11 - Hustlers (R) 7 p.m. **Saturday, October 12 -** Overcomer(PG) 2 p.m. and It: Chapter Two (R) 7 p.m. **Sunday, October 13** - Hustlers (R) 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.

239-0834



BOSS

Madden players are invited to apply for a spot at the Nov. 8 to 10, 2020 Madden NFL Tournament Finals. Two qualified winners will be selected. For more information visit Better Opportunities for Single Soldiers at Warrior Zone of visit www.armymwr.com/ esports.



Post Library

A free showing of the movie Goosebumps 2: Haunted Halloween will be at 6:30 p.m., Oct. 12, at the post library. Popcorn and juice will be available while supplies last.



Army Community Service

There will be a Basic Money Management Course at Army Community Service Oct. 15 from 9 to 11:30 a.m.



Join the Exceptional Family Member Program and the New Parent Support Program for arts, crafts and family fun at their annual Fall Fest from 10 a.m. to noon Oct. 19, at Army Community Service, 7264 Normandy Dr. Children are encouraged to wear their Halloween costumes. This event is open to families participating in EFMP, Family Advocacy Program, and NPSP.

Reservations are needed by Oct. 16 and can be made at https://einvitations.afit.edu/inv/ index.

cfm?i=469710&k=06674B0E7A57



Education Center

A financial aid workshop will be held at 5:30 p.m. Oct. 16 at 211 Custer Ave. Room 222. The workshop will include information on grants, scholarships, student loans and tuition assistance.

Worship Opportunities

Protestant Services Victory Chapel ChapelneXt Protestant Service Sunday Worship......0900 Children's Church......0910 Morris Hill Chapel Gospel Protestant Service

Main Post Chapel 239-6597 Traditional Protestant Service Sunday Worship..... ...1030 Children's Church......1045-1130

Catholic Services

Victory Chapel Sunday: Confession (and by appoint Sunday Mass Sunday Catechism	1130
Saint Mary's Chapel Sunday Mass Daily Mass – Mon., Wed., & Fri	

IACH Chapel Daily Mass - Tue. & Thur.1200

Pagan/Wiccan Service

Kapaun Chapel 239-4818

Homefront Heroes

Youth class for 5-10yrs

Support Group for spouses of Soldiers going through deployment or reintegration Weekly Wednesday classes from 1830-1930 at Victory

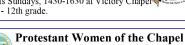
Chapel. Childcare provided for 6mo - 4yrs,

Faith Based Youth Program Grades 6th - 12th, Meets Sundays

Combined MS/HS Youth 1730-1930 at Victory Chapel

AWANA

Meets Sundays, 1430-1630 at Victory Chapel



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

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

Childcare provided.

Catholic Women of the Chapel (CWOC) Weekly Wednesday Meeting 0900-1130 at

St. Mary's Chapel. Childcare provided.

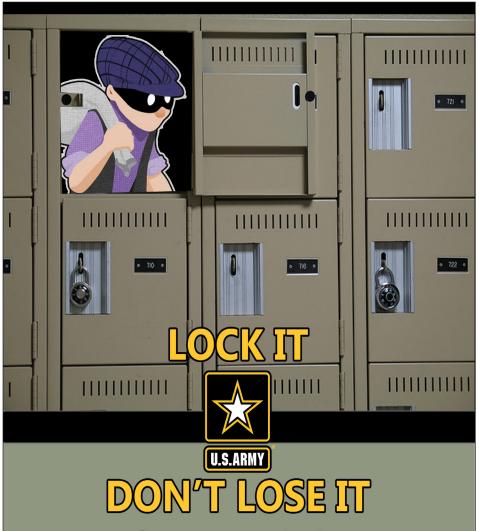
For more information email fortrileycwoc@gmail.com or Facebook "Fort Riley CWOC"

Check for schedule over Training Holiday weekends



National Cybersecurity Awareness Month #BeCyberSmart





Secure your locker at the fitness centers! Make sure your belongings will be there when you return.

Flint Hills Communities to Call Home Communities to Call Home provides new residents information about Flint Hills communities and the many living options within the region. Community comparisons are made easy through snapshots of key information that assist in finding the right Community to Call Home.



Leo Guajardo | 1ST INF. DIV. PAO On Oct. 3 the 1st Infantry Division Country Band performed for Soldiers and families at Artillery Parade Field in their second outdoor concert this year. The band performed a variety of songs while members of USO Kansas Fort Riley Center and the Directorate of Family and Morale, Welfare and Recreation served food and beverages while providing information on their services.

BAND PLAYS ON



Leo Guajardo | 1ST INF. DIV. PAO ABOVE, Soldiers and families listened to the sounds of the 1st Infantry Division Country Band during an outdoor concert Oct. 3 at Artillery Parade Field. The free event featured food and drinks by USO Kansas Fort Riley Center and the Directorate of Family and Morale, Welfare and Recreation. RIGHT, Sgt. Jarrod Willard provided the bass sounds during the 1st Infantry Division Country Band's outdoor concert event Oct. 3 at Artillery Parade Field.



Financial aid workshop to be held Oct. 16



Preparing for college can be overwhelming with all the forms, finding the right financial aid and more. The free Financial Aid Workshop Oct. 16 will contain information about the different monetary help out there and get assistance in filling out the Free Application for Federal Student Aid.

By Pamela Beal 1ST INF. DIV. POST

Fort Riley Education Services will conduct a Financial Aid Workshop on Oct. 16 at 5:30 p.m. at 211 Custer Ave. in room 222. This event is free.

"I will be going through the types of financial aid, the amounts, how it's distributed, eligibility requirements and what to expect when you're on the [Free Application for Federal Student Aid]," said Ray Kruse, coordinator and academic advisor for Trio Educational Opportunity Centers. "We know there is a military aspect that many people aren't familiar with, so we will also discuss My-CAA scholarship, Tuition Assistance and GI benefits."

It is recommended that high school seniors and their parents, recent high school graduates and anyone who is looking to return to school attend a workshop that provides assistance with understanding the process of going back to school.

Kruse will walk participants through the steps of the FAFSA and will be available for questions since the process can be tricky for some.

For a list of the documents you need to complete the FAFSA process, go to fafsa.gov.

Staff at the Fort Riley Education center offers education

counseling, transition counseling, a tutor center, a computer lab and a testing center. They are available to help Department of Defense identification card holders.

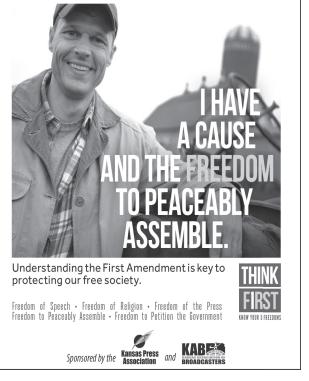




REUNITING FAMILIES WITH SOLDIERS

Go slow

When Soldiers come home there are often happy homecomings — little children rush into their arms. But sometimes a child, especially a toddler or baby may appear standoffish. They may not recognize their parent and need a little time to warm up to them.



TUESDAY TRIVIA CONTEST



The question for the week of Oct. 11 was: Fort Riley will host a Retiree Appreciation Day on Oct. 12. Where can I learn about the services Fort Riley offers to military retirees? Answer: home.army.mil/riley/index.php/my-fort/ all-services/retirement-services or

home.army.mil/riley/index.php/my-fort/retirees This week's trivia winner is Autumn Rowland, spouse of Sgt. 1st Class Bryan Rowland, Headquarters and Headquarters Battalion,

Pictured above is Autumn Rowland.

1st Infantry Division.

CONGRATULATIONS AUTUMN!

HEALTHY EATING



Pumpkin Bread

For the Performance Triad, please use the nutrient and serving size information provided below. Recipe Analysis: (1 serving = 1 slice) Per Serving: 367 calories; 4g protein; 14g fat, 58g carbs (14 carbs: 1 protein)

Recipe = 2.5 servings of vegetables, 0 servings of fruit (0 vegetable per serving, 0 fruit per serving)

*This recipe is from "Operation Live Well: Fall Favorites" cookbook.

INGREDIENTS (8 SERVINGS)

1 2/3 cup all-purpose flour

1/3 cup light brown sugar 10 oz. canned pumpkin puree

1 1/2 cup chopped toasted pecans or walnuts, optional

1 cup granulated sugar

1/2 tsp ground cloves

1 tsp ground cinnamon 1/2 tsp ground nutmeg

1/3 cup canola oil

STEPS

1. Preheat oven to 325°F.

2. Spray one large loaf pan, about 9" x 5", with cooking spray

3. In a large bowl, mix together first seven ingredients

4. In another bowl, blend the remaining

ingredients together 5. Combine all ingredients and stir well until

smooth. It is a thick batter. 6. Spoon into loaf pan and lightly smooth out the

top with a spatula 7. Bake about 1 hour and 15 minutes, until cake

tester comes out dry and clean. 8. Cool thoroughly. It'll seem like the loaf doesn't want to come out. Just give it a few good slaps on the bottom of the pan, and it'll come right

cookpad.com/us/recipes/449040-pumpkin-bread #FitFirst

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OCTOBER 11, 2019 ★

Fort Riley soccer team kicks up some fun

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

At the Frank Anneberg Park soccer field in Manhattan, Kansas, Oct. 6, teams from around the area competed in the matchups for the weekend. One of the teams participating each week is made up of Soldiers from Fort

Team captain, 1st Lt. Mark Koroma, Headquarters and Headquarters Company, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, said the team is open for any Soldier with any level of talent.

'What we do is we practice on a weekly basis on Tuesdays and Thursdays at (6 p.m.) at the Colyer Forsyth field," he said. "We play there, and you showcase your talents. And even if you don't know how to play, because we have a couple of people who don't know how to play, based on the practices, they can blend in."

Koroma said anyone interested in checking out the team can go by the field while they are having practice and meet the other players, join the team's social media groups to keep up to date on matches and information and possibly join in on the practice.

Chief Warrant Officer 2 Andre Mills, 1st Infantry Division Sustainment Brigade, said



Team captain 1st Lt. Mark Koroma, Headquarters and Headquarters Company, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, moves down the field against a defender - drawing a foul in the process - during the Fort Riley soccer team game Oct. 6 in Manhattan, Kansas. The team is recruiting players, regardless of skills, to compete in the remaining games of the season.

the team doesn't turn away anyone who wants to practice and play with the team.

We utilize as many people as we can to practice (so) we can showcase the different

assets of the town we already have," he said. "And maybe we can find some unique talents from the people who show up. That's why we don't turn anybody away."

Mills invites people to check out their Facebook page — Fort Riley Soccer Team — to see score and pictures from previous games.

FORM MATTERS

Wrist form is imperative for injury prevention

By Gail Parsons 1ST INF. DIV. POST

> To prevent injury when lifting weights, people need to pay attention to their form, which includes wrist placement.

Capt. Sara Davis, officer in charge of occupational therapy at Irwin Army Community Hospital, said people tend to focus on lifting techniques as it relates to their lower

"But with their wrist they don't think about finding a better technique in order to prevent injury," she said.

Sgt. Cameron Hall, non-commissioned officer in charge of OT at IACH, said the wrist is usually an afterthought — until there is pain.

"It's a lack of awareness of the basic anatomy and physiology of the body, and how the distributions of tendons originate from the elbow down into the hand," he said. "If you don't have a smooth distribution for them to pull, they're not going to adequately pull and contract and extend as effectively."

Wrist form and grip strength are important factors in a Soldier's performance on the Army Combat Fitness Test. Nearly every exercise in the sixevent test requires strong

"(Even) their daily tasks are affected by the mechanics of their wrist and cause aggravation and injury," Davis said. "People think

they just have to live with it. They don't realize that there's something that they're doing that they can change.'

If pain in the wrist is present, she said it should be tackled from two angles simultaneously — technique and strength.

"Improve your technique," she said. "But usually when you improve your technique you have to modify how much weight you're lifting. You might have to go down in weight a little bit because you're using your muscles differently — it's a combination between technique and strength."

Hall said it's not uncommon for people to sacrifice form so they can lift heavier and it can take time to shift the technique.

"We'll start back at ground zero in terms of weight, then just slowly develop a good technique and a pattern," he said.

One of the exercises Hall and Davis frequently see people using poor wrist form is the bicep curl, which can be done with a machine, a barbell or dumbbells.

"I prefer free weights over a barbell because the barbell forces you to supinate," Davis said speaking of the direction of the hands. "It's better to start with your wrists in a neutral position facing each other. And then you turn as you go into a supinated position."

Hall demonstrated the proper wrist form when executing the bicep curl.

LEAVE IT ALL ON THE FIELD



The Troopers split with Wamego Thursday night. The seventh grade won 48-36 and eighth grade lost 36-0. The teams traveled to Chapman Oct. 10.

"The kids played hard in both games," said Coach Robert Shefelton.

Time together to get reaquainted

By Gail Parsons 1ST INF. DIV. POST

How well do spouses know each other? They might find out during the next Date Night at Morris Hill Chapel.

Chaplain (Capt.) Scott Ingram said slots for the first Date Night in October filled fast, but the second one from 6:30 to 9:30 p.m. Nov. 2 is still open.

The Date Night event is a new program at the chapel. Ingram said the congregation was looking for a way to reach out to the Fort Riley Community and wanted to offer a fun, marriage enrichment event.

With many couples being reunited after the recent rotations, he said this would be a way to bring them together for a child-free night of fun.

"We do Strong Bonds events all the time as chaplains but we wanted to do

faith - something Christian in nature," he said. "We wanted to do something that would be fun that would be helpful."

The chapel is partnering with Child and Youth Services and paying the expenses of the CYS Parents' Night Out. After dropping the children off, the couple can go to the chapel where there will be a catered dinner and a marriage-building activity.

"I'm drawing specifically from a well-researched curriculum called PREP — Prevention, Relationship Enhancement Program, out of Denver, Colorado,' he said. "We use (PREP) in Strong Bonds. They also have a Christian version of this as well."

According the to PREP Inc. website, the company develops resources for couples, educators, therapists and programs to

something that reflected our support healthy and happy relationships.

The program draws upon proven strategies from cognitive behavioral couples' therapy, practical skills as well as research on commitment and relationship development, the website states. Core themes include communication, conflict management, emotional safety, commitment, expectations, friendship, problem-solving and emotional support.

Bringing one of the PREP curriculums to Morris Hill Chapel helps guide the congregation in what could be a fun-filled bonding night for couples, Ingram said. One of the activities he anticipates the group participating in is a question and answer session to see how well the spouses know their mates.

For the October Date Night, the chapel had a "nice cross section of participants," he said.

Most of them have been married 12 or fewer years. While Ingram said this has started as a monthly event, he is leaving in December so it will be up to the congregation and new chaplain to determine if the program will continue. He said he suspects it is an event that will be continued.

"For us theologically at the heart of this program — it's because we're made in the image of God," he said. "Marriage, we believe, is a creation of God and we want that to flourish. Military life, as good as it is, takes a toll, whether it's the up tempo the Army has or the way military spouses are away from their families to defend the nation to do the nation's business. This is an opportunity within that context, to recognize their sacrifices and to give back and reinvest in them and allow them to invest in their marriage."



TECHNIQUES

- 1. Start with a neutral wrist, palms facing each other. Do not bend the wrist backward or forward.
- 2. "When you initiate going forward, then you start to curl in and supinate your wrist toward you (so the palms are facing you)," she said.
- 3 Keep the wrists in a neutral position throughout the movement, paying attention to the top of the movement, which is where the wrists will more likely start to fatique. If the neutral wrist cannot be maintained, the weight should be lowered.

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





· Respects deadlines Interested applicants can contact Linda Denning at 785-472-5085 **NDEPENDENT**

Upgrades to chiller plant to save post money

By Gail Parsons 1ST INF. DIV. POST

Phase three of Fort Riley's Energy Savings Performance Contract has been awarded and consists primarily of work for the chiller plant on the hill, which serves 27 buildings.

A chiller plant is a centralized system that cools the air for a collection of buildings and provides the air-conditioning portion of HVAC systems, said Daniel McCallister, garrison utility services office.

"It provides the cold water that goes through the piping that is blown through the buildings," McCallister said. "Typically, it's 42-degree water that gets pushed off the plants. And some of the age and condition of the the upgrades we're doing are to make sure that it's efficient, that the chillers are new and efficient."

The executive summary of the ESPC Phase III feasibility study proposal states that the "replacement of all major mechanical and electrical equipment in Building 8073 Chiller Plant will lower the fort's maintenance and emergency repair costs."

It goes on to say that modifications to the buildings connected to the chiller plant on Custer Hill will further improve the efficiency of the

This past summer, Mc-Callister said they lost one of the chillers in the plant and

system necessitates the work.

"It is in dire need," he said. "It's longevity has probably been exceeded."

Once the work is complete, the air conditioning should work better and the efficiency is expected to reduce costs.

Work on the chiller plant is expected to begin in mid-

"Phase three - we had to award that and get the work accomplished before the next cooling season," he said.

In addition to the chiller plant, phase three work will include lighting and heating

"The latest in LED lighting technology will offer significant energy savings, improved indoor and exterior light quality and reduced maintenance," the feasibility summary states. "Installation of new IR heaters will provide considerable gas cost savings and also resolve issues with existing failed units."

Estimates provided in the summary show a first-year savings from phase three to be in excess of \$323,000.

"Over the lifetime of the contract, phase three ... is almost \$7 million," McCallister

The efficiency also lends to resiliency for the Army mission, he said.

We're saving energy dollars, which goes toward training, which goes toward the mission," he said.

Expo helps spouses prepare for redeployment

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

Several Fort Riley agencies were represented at a redeployment expo hosted by Army Community Service staff at the Riley's Community Center Oct. 3. Spouses of deployed Soldiers visited with representatives and learned what they had

Sonya Brown, ACS Outreach Program coordinator, said the battalions each had their own expo but not all the spouses were able to attend.

"This was set up to capture those who didn't have the opportunity go to their battalion redeployment expo," she said. "A lot of people left the area, and then they came back after the battalion had

The expo is to help prepare families to reunite, reconnect and renew, Brown

During this wave of redeployments there are many Soldiers coming home to the spouse they left behind and a new baby in the house.

'We had a lot of babies born during this deployment," she said. "So, we have resources about reuniting with children and new dad information.

Saleen Silva, wife of Spc. Justin Silva and Jayme O'Neal wife of Spc. Codey O'Neal, both with 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, brought their children Jaxson O'Neal, 2, and Noah Silva, 1 1/2, to the expo to learn what they can expect with a redeployment.

This is the first for both of them.

They are both excited to be reunited with their spouses and said they are looking forward to getting back into a normal

"Back into our normal," O'Neal said. At the same time, they know it might not be easy, but there are resources to help them, which is what they learned at the expo. They were familiar with some of the vendors, but learned about Military One-Source, which is a clearinghouse of information for Soldiers and their families.



Jayme O'Neal, wife of Spc. Codey O'Neal, left, and Saleen Silva, wife of Spc. Justin Silva, both with 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, and their children Jaxson O'Neal, 2, and Noah Silva, 1 1/2, listen as Rhonda Howard, benefit counseling and assistance coordinator at Irwin Army Community Hospital, explained to them some of the TRICARE benefits they eligible for during an Oct. 3 redeployment expo.

"They have everything that we might need for now and later on," Silva

The two wives made their way around the tables visiting with the agency representatives. Among them was William Brooks, Armed Forces Bank manager.

"We try to do this (Expo) every year with ACS as a partner to help educate Soldiers, family members, retirees and civilians on all financial and money matters," Brooks said. "We have an interest in helping the military be financially fit. We do this based on requests, or we do it to help the Soldiers and the family members here."

He had brochures and paperwork that covered an array of topics from getting out of debt to disputing errors on a credit report.

"A lot of times we see the family members when they're in need," he said. "I like to be proactive. That's why I'm out to try to help educate people and let them, you know, what we have

Across the room, Rhonda Howard, benefit counseling and assistance coordinator at Irwin Army Community Hospital, spoke to people about benefits and making sure they understand about using TRICARE.

"And to remind the spouses, especially if they are coming back after being gone for a while ... to go ahead and transfer their enrollments from their region to this region," she said.

The spouses and service members need to have their TRICARE transferred. She said that sometimes the transfer will happen automatically, but can take time if it is being done at the unit.

"If the service member needs care prior to that (transfer being complete) we want to ensure that they don't have any obstacles," she said. "We are just reminding the spouses to encourage their service members to make that

ZIPLINE Continued from page 1

"It's pretty common with the newer climbers, trying to get on the ropes course,"he said. "A lot of people are afraid of heights. We understand that so we try to come from a level of safety."

Will eventually made it to the top of the platform and reluctantly went on the zipline. When he walked back to the base of the zipline tower, he exclaimed, "I want to do it again!"

Will and Henry started climbing the rope again. The zipline session was almost over, but they wanted to go one last time. Will started climbing first, and Henry was behind him. As he was about half way up the rope, Will froze again Paras stepped up.

"Need some help again bud?" Paras asked.

Will, who was visibly struggling to hold onto the climbing rope replied,

Paras started climbing down from the platform and said, "Coming for you."

Henry was watching the struggle from the bottom of the rope.

"You got it Will? I'm here if you need help." Henry climbed off the net and stood at the base of the rope, watching his friend. When he saw Paras climb down the rope to help Will, he smiled and said "Good job Will!"

Will made it to the top of the platform, and flew through the air on the zipline.

"The biggest thing for me was trying to show them how the claws work," Paras said. "One of the claws is clipped in at all times. At any time if he 785-239-5412.

were to fall, one of the claws or both of them were to help him."

Paras carries a bag of his own equipment, and shows others how to use their equipment. Helping others learn to climb is

more than a job for Paras. "I do this at K-State as well, and I've done it for Boy Scouts as well, as a leader," he said.

Leigh Ann Slinger also recounted the events of the day and the summer season.

"This is the last ziplining program of the year," she said. "We had ziplining the first Saturday of every month."

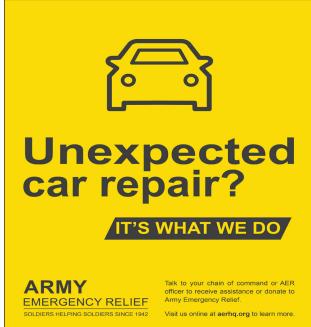
Slinger feels the activities offered at the Outdoor Adventure Park have positive benefits that outweigh the physical challenges.

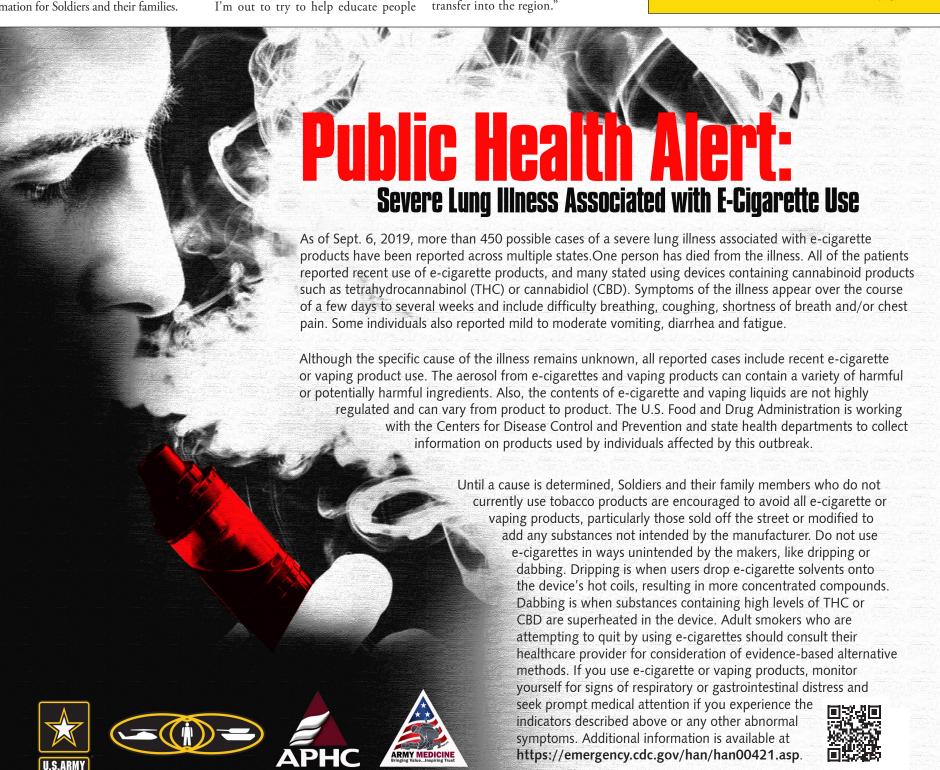
"It's a little bit more of a workout than people anticipate sometimes," she said. "It challenges people in some ways, different than others. It challenges some fears and it encourages people to come together and support each other."

When asked what advice he would give to others who might be facing fears, Will said, "I wanted to quit. I was so scared, but I really wanted to get to the top more. The ropes are high, but it's really fun. Don't be scared."

"You have to keep going, it will be fun," Henry said.

The Outdoor Adventure Park is still open for group reservations, weather permitting. The Outdoor Adventure Park is at 5320 Normandy Ave. Group reservations must be made at least 2 weeks in advance by calling





October promotions offer discounts for Halloween, Oktoberfest, turkeys, more

By Matthew Perry DECA MARKETING AND MASS MEDIA SPECIALIST

FORT LEE, Va. — Falling leaves, falling temperatures and falling prices at the commissary. It must be fall.

"Get ready for the fall celebrations," said Army Command Sgt. Maj. Tomeka N. O'Neal, the Defense Commissary Agency's senior enlisted advisor to the DeCA director. "They'll be here before you know it. The commissary can help you save while you treat the ghosts and ghouls of Halloween and prepare for Thanksgiving without missing a beat."

Throughout October, commissaries will offer discounts beyond everyday savings. Patrons are also advised to check their stores' "end of the aisle" for themed items with extra low pricing. Overseas stores may have substitute events for certain promotional programs. Customers should check with their store for details or visit their store page to verify what's available. Here are a few areas to consider for

commissary savings: • Exclusive savings on select frozen turkeys. Commissaries worldwide will offer limited weekly quantities of frozen turkeys at 48¢ per pound. Plan ahead for your holiday meals and take advantage of these special seasonal savings while supplies last. Weekly available quantities of frozen turkeys are expected to increase closer to Thanksgiving. Check your commissary for brand availability. Promotion runs through Dec. 31

- 'Text-To-Win' gift card. In honor of our veterans MyMilitarySavings.com is sponsoring a "Textto-Win" opportunity for a \$25 Commissary or Exchange gift card. Commissary customers can find details at the commissary. Through this program, a \$2,500 donation will go to the Fisher House Foundation, which builds comfort homes where military and veterans' families can stay free of charge, while a loved one is in the hospital. Contest ends Nov. 3.
- Energy Action Month. The commissary is offering savings on high-efficiency or energy-efficient products. By conserving energy, these products benefit the environment and generate savings in energy costs. Promotion runs to Oct. 31.

• Halloween Costume Contest. "Trick or Treat! Win a Turkey to Eat!" Put on your Halloween costume, take a picture and submit it on one of the DeCA social media channels. Participants must identify their commissary with the submission of their picture. One entry per person. There will be one winner per commissary. Winners will

be awarded a 14 to 16

pound turkey. Check

social media and com-

missaries.com for more

details. Winners will be

announced on or before

Nov. 15. Contest runs

- to Oct. 31. • Oktoberfest. Commissaries worldwide are continuing to offer promotions on German products in honor of Oktoberfest, including chocolates, cookies, sauerkraut, mustard, red cabbage and German coffee.
- Commissary beef and pork savings. The commissary has added to the beef and pork savings package. Check with your meat department to learn more about these sizzling offers:
- Fall Favorites Power Box. Offers a 25% savings to our patrons on select cuts of beef.

- Whole Sub Primal Beef Sold at Cost. customers can save 14% to 26% on sub primal beef. Cut upon request for free.
- Healthy Alternative Power Buy Box. Save 29% on 20 pounds of select cuts of lean beef and pork.
- Economy Power Buy Box. Save 31% on 15 pounds of select cuts of beef and pork.

Commissary Brands.

- Save 45% or more on over 100 commissary brand items — Freedom's Choice, Home-Base and their partner products: Tippy Toes, Top Care, Pure Harmony and Full Circle. Check the shelves for great deals on paper towels, dry dog food, cold and flu medicine, diapers, frozen fruit smoothies, shrimp, frozen and organic fruit, canned beans, tomato sauces, pasta dinners, trash bags, sour cream and frozen vegetables.
- Sale runs to 20. • Fall into Savings Event. General Mills is helping usher in fall by providing high value coupons that can be found on their displays throughout the commissary. Displays run to Oct. 20.

change Cares." Unilever will distribute 200,000 coupon flyers to commissaries for its second annual promotion. The coupons in these flyers were created exclusively

• Unilever "DeCA/Ex-

for commissary and exchange patrons. Unilever will also donate \$1 for each coupon redeemed, up to \$10,000, to the Adopt-A-Soldier Platoon. Select products from Dove, Lipton, Klondike, St. Ives, Hellmann's/Best Foods, TRESemmé, Vaseline, Simple, and Ponds will be on display. Promotion

runs to Oct. 20.

- Kraft Heinz Big Game Fan Feast. The Kraft Heinz Company is offering \$3 to \$5 coupons on many of their top brands to commissaries worldwide. Customers can find more information on these offers and recipes featured through in-store displays. Participating brands and products include Heinz ketchup, mustard and pickles; Grey Poupon mustard; A1 and Heinz 57 steak sauces; Bagel Bites; Delimex; TGI Friday's frozen entrees; Kraft natural cheese, grated parmesan, singles, din-
- ners, Kraft Mayo, Miracle Whip, Taco Bell products, Philadelphia cream cheese; Oscar Mayer cold cuts, hot dogs and bacon; Lunchables lunch combos; Velveeta loafs and slices; Maxwell House coffee and Planters nuts. Displays run Oct. 7 to 20.
- 23rd Annual Italian and American Festival of Savings. Commissary customers will find savings on products from food brands, including Hellmann's/Best Foods, Tazo, Lipton, Knorr, Magnum, Talenti and Breyers and personal care brands, including Vaseline, Q-tips, TRESemmé and Seventh Generation, as part of Unilever's 23rd annual Italian and American Festival of Savings. Promotion runs
- Oct. 7 to 20. Kellogg's Cheez-It® 2019 Bowl. Text to win sweepstakes. Enter to win a trip to the 2019 Cheez-It® Bowl in Phoenix, Arizona. One grand prize winner and three guests will win airfare, hotel accommodations for three nights and tickets to the bowl game. Look for in-store displays for details on how to enter and win. Sweepstakes run Oct. 21 to Nov. 3.





AWARENESS Continued from page 9

"I have a best friend from when I grew up who had breast cancer," she said. "She had both breasts removed, and now she's 30 years in remission."

Spencer, a certified Zumba instructor, was eager to participate in the Zumba class.

"Everyone should come to Zumba, it's fabulous and June (Ranum, certified Zumba instructor) is a great instructor," she said.

Spencer said she enjoys participating in the no-cost special fitness events offered every year.

'When I think about the events like this, they're good to bring people into the gym," she said.

FURBABY Continued from page 9

customers vote for their favorites in the four categories — best costume, owner pet look alike, cutest pet and most unusual pet.

'We're going to take everybody's picture today," she said. "Then we'll post everybody's photos for the next week so people can stop by and vote on the best." Rebecca Prater, wife of Spc. Michael Prater, 101st Brigade

Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, was among the family members checking out the event to possibly bring home a new furbaby.

"It's relatively convenient," she said. "Especially if you're wanting to bring children — it's more interactive, a bigger space, not as cramped as it would be at the shelter."

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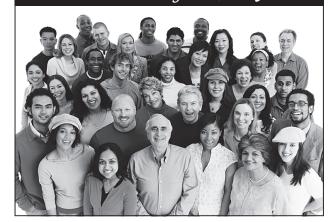
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su do ku

			<u>'</u>					
6				5			1	2
8						5	7	
8 3 5					6			
5				4			6	
		9			2			8
				7	3	1	8	
	4		8					
	1						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:

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- 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

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

EMPLOYMENT

Help Wanted

The Junction City Union is currently looking for a District Manager in the Circulation Department. Duties include working with carriers of all ages, delivering routes as needed, increasing circulation through sales and promotions, and assisting customers. Must be able to work independently and have strong people and communication skills. Reliable transportation required. Afternoon, Evening and Sunday hours.

This is a full-time salaried position with a competitive benefits package.

Applications accepted at: 222 W 6th St Junction City



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Help Wanted

The Junction City Union is looking for an independent contractor for newspaper delivery in the Chapman area. Reliable transportation, valid driver's license and insurance, and a phone number are required. Contact Bonnie at (785) 776-8808, ext 260 for more information.

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Public Notice

Army Seeks Public Input on Proposed Plan for Munitions Response Site FRTI-003-R-01

The Army, in consultation with the U.S. Environmental Protection Agency (USEPA) and Kansas Department of Health and Environment (KDHE), announces the public comment period for the Proposed Plan for Camp Forsyth Landfill Area 2 (CFLFA2) Munitions Response Site (MRS) (FRTI-003-R-01), at Fort Riley, Kansas. The Proposed Plan and historical documentation can be reviewed here:

Dorothy Bramlage Public Library 230 West Seventh Street Junction City, Kansas

Manhattan Public Library 629 Poyntz Avenue Manhattan, Kansas

BACKGROUND:

The CFLFA2 MRS lies along the lower southwestern boundary of Fort Riley and extends into the Republican River, the Republican Flats floodplain, and Breakneck Creek, and between US 77 and Trooper Dr, along the Junction City River Trail. The Army conducted historical training maneuvers on and around the CFLFA2 MRS from the 1930s through the 1970s. Munitions and explosives of concern (MEC) were encountered adjacent to or in the Republican River at depths up to 2 feet. Concentrated areas of munitions debris were encountered in sediments and sandbars within the Republican River. The Army is proposing to remove MEC from the affected area and implement a public education and awareness program along with land use restrictions, where applicable.

SUMMARY:

Fort Riley, the USEPA, and the KDHE provide information regarding the ongoing activities at the MRS to the public through the information repositories, announcements published in the local newspapers, and public meetings. Before finalizing the Proposed Plan, Fort Riley, the USEPA, and the KDHE encourage the public to gain a more complete understanding of the MRS, the activities that have been conducted to date, and an evaluation of the proposed cleanup activities as we move forward.

THE 30-DAY PUBLIC COMMENT PERIOD IS FROM OCT. 7 TO NOV. 7, 2019

Fort Riley invites public comment on the Proposed Plan for the MRS. Before finalizing the Proposed Plan, Fort Riley will consider all oral and written comments received during the 30-day public comment period. Comment letters must be postmarked by Nov. 7, 2019, and should be submitted to:

> David Jones **Environmental Division Public Works Building 407 Pershing Court** Fort Riley, KS 66442 david.p.jones124.civ@mail.mil

PUBLIC MEETING OCT. 23, 2019, AT 7:00 P.M.

In addition, the Army will hold a public meeting on this Proposed Plan on Oct. 23, 2019, at 7:00 p.m. at Fort Riley's Community Center, Fort Riley, Kansas. A brief description of the proposed cleanup activities will be explained to the public at this time. Additionally, this meeting will provide an opportunity for the public to comment on the preferred cleanup activities. Comments made at the meeting will be documented and a copy of the meeting minutes will be added A4720 Oct. 4 and 11, 2019 to the Fort Riley Administrative Record and information repositories.





Pumpkins, fall fun await at area farms

Story and photos by Pamela Beal 1ST INF. DIV. POST

Fall temperatures have arrived and Halloween is around the corner. When checking off the fall bucket list, many flock to pumpkin patches to find their perfect gourd to carve or paint. Local pumpkin patches have activities to entice people of all ages.

NELSON'S FAMILY FARM 17705 Shannon Creek Rd., Olsburg 785-458-9134

Nelson's Family Farm in Olsburg is a pumpkin patch Fort Riley families can take a day trip to. For \$7 per person, people can take a trip through the corn maze and meet Spookley the square pumpkin.

Other activities are horsedrawn wagon rides, duck races, the corn slingshot, a zip line, pedal tractor maze, farm animal petting zoo, calf roping and more. Visitors can explore the field to find their favorite pumpkin.

Nelson's is open Oct. 7, 14, 21, and 28 from 12 a.m. to 5:30 p.m. Visit their Facebook page https://www.facebook. com/Nelsons-Family-Farm-Venue-263945420290036/ or website at www.nelsonsfamilyfarm.com/fall-activities for more information.





BRITT'S GARDEN ACRES 1000 Scenic Drive

Manhattan 785-539-1901

Britt's Farm is tucked off Interstate 70 on Scenic Drive in Manhattan. Admission is \$11, people who want access to the jumping pillows will pay \$13. Ages 3 and younger are free with a paid admission. Ages 3 and under are free with a paid admission.

Visitors can check out two corn mazes, a potato cannon, three jumping pillows, hayrack rides, a petting zoo and more. Families will also find photo opportunities for the best fall pictures. Included in admission cost is one pie pumpkin, which people can pick out.

"Every year we try to improve," said owner Richard Britt. "This year we added a third pillow for the kids to jump on since it seems to big a big attraction, and we added the new 24-foot slide, which we finished putting up the day before we opened for the season. We try to make it appealing for people to come back and see us."

Britt's pumpkin patch is open seven days a week until Halloween.

Special events coming up include high school night on Oct. 12 and the scary corn maze on Oct. 19 and 26. Check www.brittsfarm.com for hours and more information on those events.

BELOW, Britt's Garden Acres in Manhattan has an assortment of gourds for picking and purchase. From the small decorative ones to pumpkins for

baking pies or making jack-o'-lanterns people can

choose from a large assortment. They can also

enjoy several other fall-related activities.

A & H PUMPKIN PATCH 1374 Collins Lane Manhattan

785-341-7794

Slightly further into Manhattan is A & H Farm. A & H has package deals to choose from. The base package, called the Kitty Cat, allows patrons to enjoy the giant slide, corn maze, petting zoo, human foosball and much more for \$10. The Wildcat package includes all the Kitty Cat activities plus the zipline and battle zone for \$15. Upgrading to \$20 gets visitors the Kitty Cat and Wildcat, plus their choice of a jack-o'-lantern pumpkin from the patch. Children 2 and under are free.

'We are in our ninth season," said Andrea DeJesus, owner of A & H, "We are geared towards little kids, big kids and adults. We have something for everyone. As our own kids grew older we realized we needed to have activities that they would be interested in, and that is why we added the zipline and Battle Zone. Of course we still have the One More Time Slide and the petting zoo that is a huge hit for the little kids. We also have things like the hook ring that will entertain parents while their kids run around."

A & H pumpkin patch is open on weekends through Halloween.

Future events to check out at A & H are Princess Day on Oct. 20 and an adult only costume party on Oct. 25. Check out their Facebook page www.facebook.com/A-H-Farm-109687059109023/ for more info on these events. For a full list of activities, visit www.aandhfarm.com.



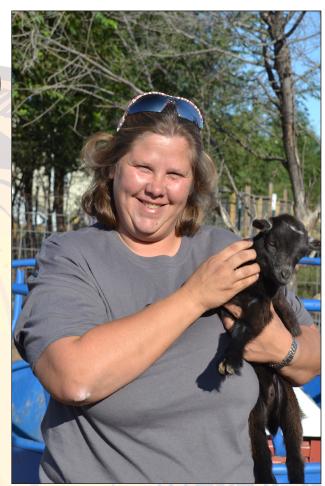


LITTLE MUNCHKINS **PUMPKIN PATCH** 29583 Low Water North Rd., Alma 785-765-3451

About 35 miles from Fort Riley, in Alma, is Little Munchkins. Pricing for Little Munchkins is \$10 for ages 2 to 16. Adults and children younger than 2 are free.

Activities included with a paid admission include train rides, ziplines, petting zoo and tube slide. There are picnic areas on site as well as a food truck. This year they have also included a corn maze. For an extra charge, there is a paint ball shooting gallery.

Little Munchkins patch is open Friday through Sunday until the end of October. Check out www.littlemunchkinspumpkinpatch.com for more information.



Andrea DeJesus, owner of A & H, shows off Melon, one of her baby goats at the farm. Peuple can visit A & H farm to pick a pumpkin and enjoy other fallrelated activities.



Britt's Garden Acres in Manhattan is one of several places people can pick their own pumpkin or purchase one from the farm. In addition to a pumpkin patch Britt's Garden Acres provides several fall activities and events.







Families visiting Britt's Garden Acres can have several activities to choose from including the giant slide and rolling tubes.