

# THE 1ST INFANTRY DIVISION POST

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★

FORT RILEY, KANSAS

## ALMOST THERE



Spc. Nhi Nguyen, left, and Pfc. Yaliah Rodriguez, sling load team members with the 1st Infantry Division Sustainment Brigade, work together during a sling load mission at Bagram Air Field, Afghanistan, May 3. **INSET:** Members of the 1st Infantry Division Sustainment Brigade take their unit deployment photo at Bagram Air Field, Afghanistan, Sept. 28.

Sgt. Walter Carroll | 1st Inf. Div. Sust. Bde.

## Durable Brigade gears up to return home after rotation

By Sgt. 1st Class Victor Gardner  
SUSTAINMENT BRIGADE PAO

BAGRAM AIRFIELD, Afghanistan — In mid-January, members of the 1st Infantry Division Sustainment Brigade, Ft. Riley, began their transition to Afghanistan in support of Operation Freedom's Sentinel. The brigade reflagged to the Resolute Support Sustain-

ment Brigade once all deploying members arrived in-country. Nine months later, the unit is ready to return home.

There have been several changes to the brigade during the deployment. The brigade command team transitioned to new leadership, as well as the Special Troops Battalion commander moving on to a new assignment. The mis-

sion never changed nor did the expectations of the new command team. As the focus shifted at higher echelons, the RSSB's mission was to sustain America's forces and its allies, regardless of the situation.

Col. Brian Olson, commander of the Resolute Support Sustainment Brigade, Bagram, Afghanistan, believes the effort of

all members of the RSSB played a pivotal role in the success of the 'Durable Brigade' mission.

"Our units, comprised of a National Guard battalion, Army Reserve battalion, active component battalion and permanent party battalion, create a synergy I'd have a hard time believing if I didn't see it daily," Olson said. "As the senior U.S. sustainment

command in Afghanistan, the brigade has been highly effective at providing sustainment to the U.S. Joint Forces, our Coalition partner forces, and multinational Special Operations Forces, while supporting the Afghan National Defense and Security Forces throughout the country."

See SUSTAINMENT, page 7

## TRICARE, federal benefits open enrollment season begins soon

TRICARE.MIL

Open enrollment season is an annual period when people can enroll in or change health plans for the next year. Now is the time to think through potential changes to current health, dental, and vision plan coverage.

TRICARE Open Season and Federal Benefits Open Season run until Dec. 9.

- TRICARE Open Season applies to anyone enrolled in or eligible for TRICARE Prime (including the US Family Health Plan) or TRICARE Select.
- Federal Benefits Open Season is for enrollment in the Federal Employees Dental and Vision Insurance Program.

Enrollment choices made during this period will take effect on Jan. 1.

"Every year your health coverage needs may change," said Mark Ellis, chief of the Policy and Programs Section of the TRICARE Health Plan at the Defense Health Agency. "Open season is your chance to think about the kind of coverage you'll need for the upcoming year and make any changes."

To get ready for open season, Soldiers and family members can use tools on the TRICARE website, like the TRICARE Plan Finder and TRICARE Compare Cost Tool. These resources help them see which plans they are eligible for and help them compare plans and costs.

The FEDVIP enrollment website, provides information on vision and dental coverage. The website also provides tools to help find the right dental and/or vision plans.

### WHAT CAN YOU DO DURING TRICARE OPEN SEASON?

People who are eligible to participate in TRICARE Open Season, have three choices for their 2020 health coverage:

- Do nothing. If they want to stay in your current TRICARE health care plan, there is no action to take. They will continue in their health plan through 2020 or as long as they are eligible.
- Enroll in a plan. People who are eligible for TRICARE Prime or TRICARE Select but not enrolled can enroll in a plan now.
- Change plans. Those who are enrolled in a TRICARE Prime or TRICARE Select plan can switch plans and switch between individual and family enrollment.
- TRICARE Open Season doesn't apply to TRICARE For Life. TheTFL coverage is automatic for people who have Medicare Part A and Medicare Part B. Open season also doesn't apply to TRICARE Retired Reserve, TRICARE Reserve Select, TRICARE Young Adult, Continued Health Care Benefit Program

See ENROLLMENT, page 7

## Post plans for winter weather

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

While it may not be possible to plan for every potential emergency, for people in Kansas it is a safe assumption there will be at least one winter weather warning during the season.

At the first indication that a storm might hit Fort Riley, a plan is put into action to make the situation safe for post residents. In preparation for the 2020 winter weather, the plan was detailed and a scenario practiced during a tabletop exercise Oct. 17.

"It's all about maintaining Fort Riley's viability no matter what conditions get thrown at us," said Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander.

Nearly 70 post directorates, garrison leaders and community partners filled the room at Riley's Community Center to go over in detail what their sections will do as soon as the weather detachment puts out information about a pending storm.

In addition to activating the emergency plans for



Fort Riley and community leaders gathered Oct. 18 at Riley's Community Center to review and discuss a plan of action in the event of a winter storm.

each agency, the directorate chiefs will huddle to make a joint decision on work and school attendance.

"The goal is to make the decision no later than [3 p.m.] a day prior," said Thomas Pendleton, Plans and Protection Chief, DPTMS. "However, we may have to make the decision the morning of if there is uncertainty with timing or intensity of the storm."

If the morning meeting is needed, the directorates and partners will participate in a conference call at 4 a.m. to make three decisions — if

school will be delayed, if the workforce has a delayed start or minimal manning and if physical training will be canceled.

"The decisions must be made by [4:30 a.m.] and the word put out no later than [4:45 a.m.] to prevent people from commuting to the installation," said Pendleton.

After a briefing on how the winter weather plan works and how different agencies are affected, the exercise started. The scenario was set: the 2nd

See WEATHER, page 7

### VOLUNTEER SPOTLIGHT



Spc. Taylor Gregersen has helped with Better Opportunities for Single Soldiers by volunteering at multiple events including Super Hero Saturday, USO No Dough Dinner, USO Fishing Derby, holding flags for the Run for the Wall in Junction City, the Rainbow Run and the Fort Riley Easter egg hunt.

"As a BOSS Representative, he is highly motivated with a drive to succeed and make the program the best it can be," said Sgt. Janette Blunt, BOSS president. "He is invaluable to his unit and to the BOSS program and we are extremely excited to have him as one of our BOSS Representatives."

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

### ALSO IN THIS ISSUE



EFMP HOSTS ANNUAL FALL FEST EVENT FOR FORT RILEY FAMILIES

SEE PAGE 9

### ALSO IN THIS ISSUE



SPC. SHELL FINDS LOCAL HALLOWEEN EVENTS TO CELEBRATE THE HOLIDAY

SEE PAGE 16







# Operation Victory Homefront strives to improve overall on-post resident housing experiences

By Margaret Ziffer  
USAG PUBLIC AFFAIRS

Throughout 2018 and into 2019, military housing was put under the microscope after Reuters published a series of investigative articles replete with allegations of privatized housing company mismanagement. Concerns of military on-post residents were captured in the Military Family Advisory Network's Privatized Military Housing Survey executive summary published in February, showing that an "alarming" rate — more than 55% of residents who responded to the survey had a negative or very negative experience with privatized military housing.

Collectively referred to as the "housing crisis," issues discussed in survey results were often life, health, safety concerns — that is, any condition that, if not corrected, may cause harm or injury to a person. Examples of life, health, safety concerns reported include exposure to black mold, lead paint, faulty wiring, poor water quality, pesticides, and a wide variety of vermin and insects in homes.

In response, military leadership world-wide mobilized to identify and correct their installation's local housing issues. Fort Riley was no exception. Survey results from 2018 show that Fort Riley residents have a relatively high resident satisfaction rating of 85.6%, exceeding the Army's Residential Community Initiatives partner average satisfaction rate of 80.5%. Still, Fort Riley needed to ensure that the Army, Housing Management Office, and Corvias were meeting their obligations to provide safe, high-quality family housing.

Operation Victory Homefront, started in February, became Fort Riley's initiative to ensure safe and quality housing is provided to Soldiers and families. Over the past 8 months, Operation Victory

Homefront has been assessing whether those goals are being met and providing opportunities for the Soldiers and families of Fort Riley to voice issues or concerns that may not have previously been addressed.

Since its inception, Operation Victory Homefront has included nine different initiatives, including the incorporation of maintenance "booties" for Corvias workers to protect the floors of residents' homes during service order calls; the installation of temporary speed bumps to improve the safety of residential neighborhoods; the implementation of a work order tracking system to provide residents with transparency and predictability; the opening of the Corvias Self-Help Kiosk; and the implementation of weekly RCI council meetings focused on reviewing LHS complaints, work order verifications, and quality assurance checks.

The following interview conducted October 10 between the Fort Riley Garrison Public Affairs Office and the Garrison Command Sergeant Major, Andrew Bristow, discusses the remaining four elements of the of Operation Victory Homefront and how Fort Riley leadership and their housing partner, Corvias, are attempting to improve overall quality of life for residents in on-post housing.

**USAG PAO:** Thank you CSM, for talking to me today about Operation Victory Homefront. I was taking a look at the initiatives that are part of that program, discussed by Col. Shrader (Garrison Commander) at our most recent housing town hall, and there are nine major components of the program listed. Obviously, the whole program has command emphasis, but I picked out these four to discuss because they most directly involve garrison leadership. I wanted to hear your thoughts today

about those aspects of Operation Victory Homefront specifically, from your perspective as the garrison senior enlisted leader.

Let's start with the Quarterly Town Halls. We already do regular monthly town halls. Why did Fort Riley want to incorporate a town hall specifically for housing?

**CSM BRISTOW:** We wanted an opportunity to focus exclusively on housing. We stream it live on Facebook and what we've noticed is that we tend to get more participation and interaction through the live stream than we do with a face to face audience. Participation either way — through the livestream or face to face — is good. At the beginning, at the first town halls we did, there were concerns about utilities and carpet and things like that. Some yard concerns. But not as much anymore. That might be a sign that things are running pretty well here at Fort Riley. We're working — and Corvias is working — to improve the predictability of work orders. There is a Corvias App now, so that's helping. And if it's not, these town halls and the quarterly sponsorship meetings are venues to let us know that.

**USAG PAO:** So it sounds like the goal is to give people multiple different forums to make sure that if they have concerns, they have outlets to address them in an effective way.

**CSM BRISTOW:** Right. Absolutely. In addition to the town halls, we have the Army surveys, Corvias surveys. Surveys are so important. That's what's going to help us. It's good to get all kinds of feedback. Let us know what we're doing right, and also what we're doing wrong so that we can try to improve those things.

**USAG PAO:** Let's talk a little bit more about the

Community Sponsorship Program. What is that? How did that idea get going and why did the command see a need for it?

**CSM BRISTOW:** The Community Sponsorship Program is a program sponsored by O6-level commands. It was the garrison commander and the senior commander who wanted to implement this. The idea was to create a forum for residents to discuss issues outside of the town hall in maybe a more comfortable setting, to bring up issues or concerns they had in the community they live in. There are five housing communities and each one is assigned one of our O6-level commands. I think this program does have the capacity to help Fort Riley, however, there's not as much participation in the communities as we would like. But it's there, and it's an available forum to address the needs and concerns of the residents of those communities if they choose to use it.

**USAG PAO:** So through this program, the garrison feels it is giving people a pathway to address their housing problems, and seeing that people maybe aren't taking advantage of that opportunity as much as you expected. If you were to tell residents why they should participate, what would you say?

**CSM BRISTOW:** Well, I look at it this way. Maybe it's a good thing that there's not a lot of participation? That may be a sign that we don't have that many issues here on Fort Riley. I would ask them why they are not coming out. Is it the times, or the locations of the meetings? Is it truly because they don't have any issues? We want to know what we can do to encourage more participation.

**USAG PAO:** And these meetings don't necessarily have to be focused on discussing problems, correct?

The idea is that it's an opportunity for our housing communities to come together to discuss whatever is important to the community.

**CSM BRISTOW:** Exactly.

**USAG PAO:** The next component of Operation Victory Homefront I wanted to talk about is the quality assurance inspections. Corvias and RCI are doing 100% turnover inspections, and the command team is conducting 5% maintenance order checks, and 100% follow-ups with dissatisfied customers.

**CSM BRISTOW:** Yes. Col. Shrader and I do those 5% maintenance checks every week. We call to make sure the residents are satisfied with the completion of their work order.

**USAG PAO:** Are people surprised to hear from you?

**CSM BRISTOW:** I think they are. But I think it's a good thing that we do that. I think they are a little bit surprised, but it shows that we care. We're checking up. Whatever feedback they give us, we take, whether it be good or bad. I will say that all of the feedback that I've received has been positive feedback regarding the work orders that I called about.

**USAG PAO:** A lot of the issues in those Reuters articles were about those LHS concerns at various installations. But here at Fort Riley, it doesn't seem like most of our problems are in that category.

**CSM BRISTOW:** Fortunately, we've not had any issues like that here.

**USAG PAO:** So if not LHS, what kinds of issues do we tend to see here? What's common?

**CSM BRISTOW:** We've had HVAC maintenance issues, kitchen appliance maintenance issues, that sort of thing.

**USAG PAO:** What has your experience been, being more involved with all of this lately? As the Garrison Command Sgt. Maj., do you feel like it's helping things? Has it been rewarding? Eye-opening?


**CSM BRISTOW:** I enjoy it. I think it shows that we honestly care. If we hear about something, or if we see something posted on social media, or if someone calls, or we have had people come to the garrison headquarters. When we hear about it, Col. Shrader and I will go to those homes that report having issues. We'll look at what the concern is to the resident. We have a great relationship with our partner, Corvias, and we have the resources to fix things that need to be fixed in a timely manner. For me, I feel good about it. And I think that's positive.

**USAG PAO:** How about housing issues in relation to overall readiness?

**CSM BRISTOW:** We want Soldiers to concentrate on their jobs and responsibilities, their training and when they are deployed, we want them to be able to focus on their mission. If they have to worry about their home, it takes away from that.


**USAG PAO:** Do you have any final thoughts on any of these initiatives?


**CSM BRISTOW:** I just want people to know that the command takes all these issues very seriously. We have a very good partnership with Corvias and honestly, we'd just like to see more participation. In the town halls, in the sponsorship meetings, and in the Army's survey. We may not have some of those major LHS issues here, but we can always get better. I think more feedback from our residents can help us get there.



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# Looking Back: Building 372

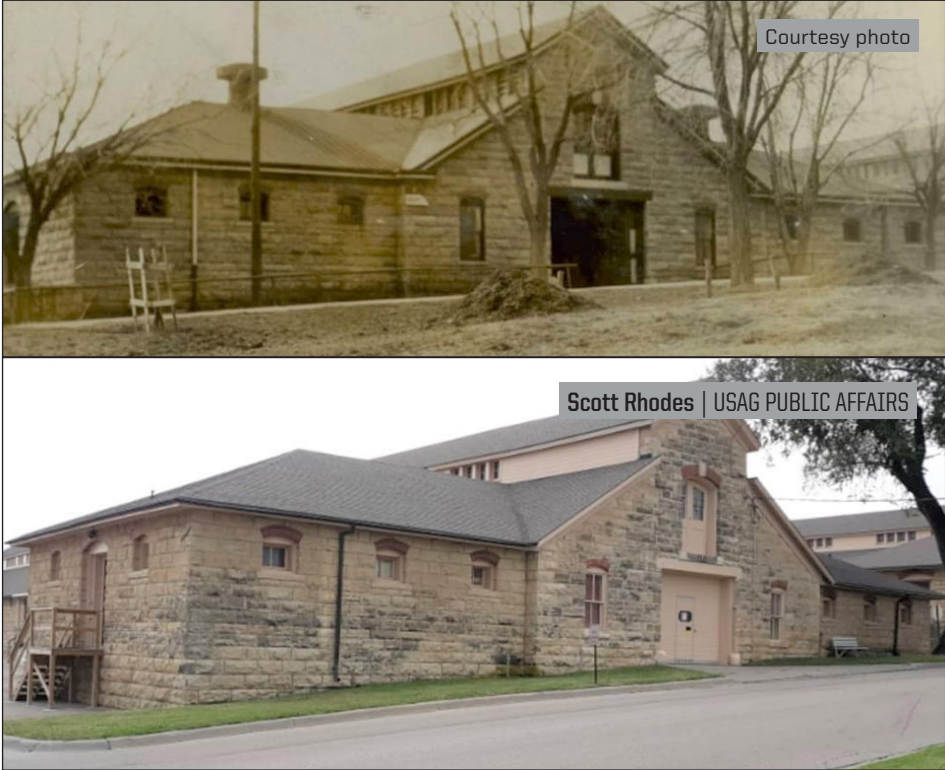
By Scott Rhodes  
USAG PUBLIC AFFAIRS

Building 372 Carter Ave. was built in 1889. It was originally used as an artillery stable. It was made with limestone walls and foundation with a brick floor and a tin roof. It was designed to stable 84 horses.

Like most buildings in this area of post, by 1930 building 372 was redesignated from an artillery facility to a cavalry facility following the closure of the artillery School at Fort Riley after World War I.

Today, 372 Carter Ave. is occupied by the Directorate of Public Works and is part of their Operations Center.

TOP: Building 372 in 1889 and BOTTOM: as it appears today.



# Historic names of Fort Riley: Polk

By Gail Parsons  
1ST INF. DIV. POST

Built in 1908, Polk Hall had its start as an indoor horse training arena and is named after one of the Army's last horse cavalry commanders — General James Hilliard Polk, a four-star general who served as Commander in Chief, United States Army Europe from 1967 to 1971.

Polk was born Dec. 13, 1911, at Camp McGraw in Batangas in the Philippines. His father, Col. Harding Polk graduated from West Point in 1910 — 23 years later, in 1933, the younger Polk would follow suit and be commissioned a second lieutenant in the cavalry.

According to the Military Hall of Honor website, Polk returned to West Point as a tactical officer at the start of World War II. In 1943, he attended a shortened General Staff Course at Fort Leavenworth, KS and joined the 106th Cavalry Group.

In Europe, the 106th fought in the hedgerows of Normandy and the breakout from Saint-Lô.

After World War II, Polk was chief of tactics at the Ground General School here at Fort Riley.

According to an article on Army.Mil when World War II ended, Fort Riley experienced a period of transition.

The Cavalry School ceased operation in November 1946 and the last tactical horse unit inactivated the following March.

Replacing the Cavalry School was the Ground General School, which trained newly commissioned officers in basic military subjects.

An officer's candidate course was conducted along with training officers and enlisted men in intelligence techniques and methods.

In Nov. 1985, People Magazine published an

“Without the Cavalry, battle is a rather inelegant affair.”

General James Hilliard Polk



General James Hilliard Polk

article Polk wrote, which can be found at [www.people.com/archive/charging-into-history-vol-24-no-22/](http://www.people.com/archive/charging-into-history-vol-24-no-22/). In it, he wrote

“Frankly, I felt just terrible when the Cavalry was disbanded during early World War II. You couldn't fight that, of course; it was inevitable. But warfare lost something irreplaceable with the passing of the horse. We used to say the Cavalry lent a touch of class to what would otherwise be a rather ugly and sordid affair.

“The shameful truth about serving in the U.S. Horse Cavalry was that it was a whole lot of fun. We got up early—and stayed up late. We worked hard, but we played hard too. Here we were, young bucks who loved to ride, and we did nothing but ride hard seven days a week. All day long we virtually lived in our saddles. And at day's end? We climbed back into those saddles. For recreation, we went fox hunting, jumped show horses and, mostly, played polo.”

Polk went on to serve in the G-2 Intelligence section

of the Far East Command. He participated in three campaigns during the Korean War and in 1951 attended the National War College. He was later appointed Chief of Staff of the 3rd Armored Division. The remainder of his career included:

- Assistant Chief of Staff for Plans and Operations, Land Forces Central Europe at NATO Headquarters, Fontainebleau, France
- Director of the Policy Planning Staff in the Office of the Assistant Secretary of Defense for International Security Affairs.
- Commanded the 4th Armored Division
- U.S. Commandant in Berlin from 2 January 1963 to 31 August 1964
- Commanding General of V Corps
- Assistant Chief of Staff for Force Development
- Commander-in-Chief, U.S. Army Europe

Polk retired from active duty on April, 1 1971. In his retirement years, he served as Chairman of the Board of the United States Cavalry Association and was also President of the Army Emergency Relief.

In his Charging into History article, he spoke of a U.S. Horse Cavalry Association's annual meeting at Fort Riley.

“It surprised no one when the U.S. Horse Cavalry Association chose Fort Riley for its annual meeting in October,” he wrote. “Nor was it any surprise that things got a bit rowdy at times. Rowdiness is very much in the Cavalry tradition. Though most of the

200 ex-troopers who gathered at the fort were in their 70s or 80s, the bourbon flowed as if they were still young studs. ‘What’s the Cavalryman’s breakfast?’ goes the old joke. ‘A good puke and a cigar.’”

He wrote in length about the fun and games of the Cavalry, but also what made the unit strong.

“... your relationship with your horse was highly personal,” he wrote. “Together you were a team. So you took good care of your partner. When he was tired, you trotted alongside. At a bivouac, first came the horses, then the enlisted men, then the officers.”

The last action seen by the mounted Cavalry was during World War II.

In his writing, Polk stated that he never went into combat on a horse — and he's not sorry for that, but the Army lost something when the mounted Cavalry faded into history.

“Sometimes I feel sorry for the officers of today,” he wrote. “They're well trained, and they work as much as we did. But they don't play nearly as hard. I guess it would be difficult to. Another reason I feel sorry for them is that they'll never know this: Without the Cavalry, battle is a rather inelegant affair.

Polk died Feb. 18, 1992, in El Paso, Texas.

**OTHER NOTABLE POLKS**

Possibly the most well-known is the 11th president of the United States — President James Knox Polk.

General James Hilliard Polk had two brothers who also retired from the military Col. John F. Polk, U.S. Army and Capt. Thomas H. Polk U.S. Navy.

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

## TRAFFIC REPORT

**ACCESS CONTROL POINT HOURS**

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

For more information about Fort Riley access procedures, visit [home.army.mil/riley/index.php/about/visitor-info](http://home.army.mil/riley/index.php/about/visitor-info).

The Fort Riley Visitor's Control Center is open Monday to Friday from 5 a.m. to 9 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. Henry Drive over Henry Bridge will remain one lane through April.

**Estes:**

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

**Ogden:**

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

**12th Street:**

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

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

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

**Grant:**

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

**Custer Avenue Closure:**

The project to repair bridge 204 which closes Custer Avenue from McCormick Road to Beeman Place is due to be open by the end of the year.

**Vinton School Road Closure**

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

**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. 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.

ARMY  
EMERGENCY  
RELIEF

EST. 1942



- OCT. 7**
- Spc., Company A, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, improper turning movement
- Spc., unknown unit, following too close
- Spc., 78th Military Police Detachment, following too close
- Spc., unknown unit, following too close
- Sgt. 1st. Class, Headquarters and Headquarters Company, 3rd Battalion, 66th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, improper backing
- Sgt., Company D, 82nd Brigade Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division failure to maintain lane
- OCT. 8**
- Family Member / spouse, assault-simple
- Pfc., 267th Signal Company, 1st Infantry Division Sustainment Brigade, failure to stop at a posted stop sign
- Pfc., 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade

- Combat Team, 1st Infantry Division, failure to stop at a posted stop sign
- OCT. 9**
- Sgt., unknown unit, expired registration
- Pfc., Company D, 82nd Brigade Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, speed 16 to 20 over
- Spc., Company D, 82nd Brigade Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division speed 21 and up
- Pfc., Company C, 1st Combined Arms Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, improper turning movement
- OCT. 10**
- Pfc., 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division expired registration
- Sgt., unknown unit, speed 15-20
- Pfc., Headquarters and Headquarters Company, 1st BEB, 1st Armored Brigade Combat Team, 1st Infantry Division, speed 16 to 20 over

- OCT. 11**
- Pfc., 97 Military Police Battalion, 89 Military Police Brigade, failure to maintain lane
- OCT. 12**
- Unknown rank, Company C., 1st Combined Arms Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, expired registration
- Unknown rank, Company C, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, speed 21 and up
- Staff Sgt., unknown unit, speed 16 to 20 over
- OTHER CITATIONS ISSUED**
- Oct. 7** — Illegal U-turn, no driver's license in possession, expired registration
- Oct. 8** — Theft, shoplifting
- Oct. 9** — Parked in a no parking zone
- Oct. 12** — Failure to maintain lane, three counts of consumption of alcohol by a minor, open container, driving without headlights, contributing to the delinquency of a minor.

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# RILEY ROUNDTABLE

What is the best pet costume you have seen?



"I saw a lady put a sock over her dog's head like it was a hoodie. Not sure if that is considered a costume?"  
**CPL. JOSEPH MCQUIRE**  
**SAN BERNADINO, CALIFORNIA**  
82nd Brigade Engineer Battalion,  
2nd Armored Brigade Combat  
Team, 1st Infantry Division



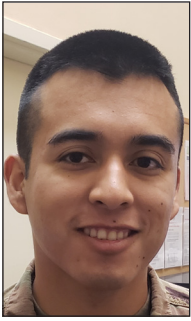
"A dog with a surgical cone on, but they add a stick and some olives to make him look like a martini."  
**JANE BROOKSHIRE**  
**BIRMINGHAM, ALABAMA**  
Installation Volunteer Coordinator  
for Army Community Services



"There was a small dog dressed as a UPS driver. He runs up and has a little package he is delivering."  
**SPC. PABLO BORDA**  
**TAMPA, FLORIDA**  
101st Brigade Support Battalion,  
1st Armored Brigade Combat  
Team, 1st Infantry Division



"The dog was dressed like a human and then there is another head on his back. It looks like two people carrying a six pack of beer."  
**SPC. BRYCE MURPHY**  
**ELKO, NEVADA**  
101st Brigade Support Battalion,  
1st Armored Brigade Combat  
Team, 1st Infantry Division



"Chucky"  
**SPC. JESUS PENALOZA**  
**SAN JOSE, CALIFORNIA**  
Headquarters and Headquarters  
Company, 1st Armored Brigade  
Combat Team, 1st Infantry  
Division

## THE 1ST INFANTRY DIVISION POST

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## SAFETY CORNER

# Stay safe while ghosts, goblins are out

Rod Cruz  
GARRISON SAFETY OFFICE

Team Riley, we all know that anytime a child has an accident, it could dampen your spirit especially if the injury is severe. Having your child get hurt any day of the year would be horrible but the last thing you want is for it to happen on a holiday, like Halloween.

The excitement of children and adults at this time of year can sometimes make them overlook safety as they normally would. Following simple safety tips from the National Safety Council can help prevent injuries and accident during this holiday.

Parents before children start out on their "trick or treat" rounds:

- Make sure an adult or an older responsible youth will be supervising the outing for children under the age of 12.
- Plan and discuss the route trick-or-treaters will follow. Know the names of older children's companions and specify the time to return home.
- Instruct your children to stop only at houses or apartment buildings that are well-lit and never enter a stranger's home.
- Tell your children not to eat any treats until they return home.
- Remove from the porch and front yard anything a child could trip over such as garden hoses, toys, bikes and lawn decorations.
- Check outdoor lights and replace burned-out bulbs.
- Restrain pets so they do not jump on or bite a trick-or-treater.

Children should understand and follow these rules:

- Do not enter homes or apartments without an adult with them.
- Walk — do not run, from house to house.
- Walk on the sidewalk, not in the streets or across yards or lawns.
- Only cross the street as a group in established crosswalks. Never cross between parked cars or out of driveways.
- Carry a cellphone if possible for quick communication.
- Insist that treats be brought home for inspection before anything is eaten.
- Do not eat fruit until you have washed and sliced it into small pieces.

## COSTUME DESIGN

- Recommend that only fire-resistant materials should be used for costumes.
- Costumes should be loose so warm clothes can be worn underneath in case of a cold or chilly night for trick or treating.
- Costumes should not be so long that they are a tripping hazard. Falls are the leading cause of unintentional injuries on Halloween.
- After dark, outfits should have strips of retro-reflective tape to make children visible.
- Masks can obstruct a child's view. Use facial make-up instead.
- Facial make-up should say, made with U.S. approved color additives, laboratory tested; meets federal standards for cosmetics, or non-toxic. Always follow the manufacture's instructions.

- If masks are worn, they should have nose and mouth openings and large eye holes.

## MOTORISTS

Motorists, be especially alert on Halloween:

- Watch for children darting out from between parked cars.
- Watch for children walking on roadways, medians and curbs.
- Enter and exit driveways and alleys carefully.
- At twilight and later in the evening, watch for children in dark clothing.

## ACCESSORIES:

- Knives, swords and other accessories should be made from cardboard or flexible materials. Do not allow children to carry sharp objects.
- Bags or sacks should be light-colored or trimmed with retro-reflective tape.
- Make sure that you provide your child with a flashlight to help them see better and be seen more clearly by motorists.

Knowing some safety tips or rules can help make your Halloween an enjoyable and safe holiday. Remember the Fort Riley hours for Trick or Treating is 6 to 8 p.m.

For more safety information/tips on Halloween Safety visit the National Safety Council at <https://www.nsc.org> or contact the Garrison Safety Office at 785-239-3391.

# Unplucking the decision

Dear Doc Jargon,

I got to sit in on my first planning meeting here at Fort Riley. I'm pretty new to both the brigade and the Army so I felt like this was kind of a cool opportunity to see how leadership makes decisions around here. Sometimes I've heard they just pick stuff out of a hat — but after sitting through this meeting I can see there is a lot more that goes into the military decision-making processes than I've ever given them credit for.

The part I have a question about is near the end of the meeting, the big boss has to choose an option. The sergeant leading the presentation kept saying the word COA 1, COA 2 and COA 3. These were each printed at the top of the slides too.

I understand that the slides contain a plan of execution, I just can't figure out how COA fits in — what does it mean?

Sincerely,  
COA-lating the info

Dear Information seeker,

Your sergeant must see some potential in you to take you along to a planning meeting that includes the "Big boss!" Way to go!

You are right that the term COA has something to do with a choice of how to proceed. The acronym stands for "Course of Action" and the numbers represent the options clearly so that the leadership can look at them and see how all the pros and cons stack up against or for each one. The presentation of COAs allows leaders to evaluate risk over return and chose a course of action when there are several equally good sounding ideas.

A good COA has all the pros and cons listed and give the leader something to base the training on.

I hope that helps and congratulations on taking COA 1 yourself — I am glad to have sharp people serving in today's Army.

Sincerely,  
Doc Jargon.

Mail your military lingo questions to Doctor Jargon at [doctorjargon@gmail.com](mailto:doctorjargon@gmail.com).

# CIVILIAN SPOTLIGHT

**MARK COX**  
**GAME WARDEN**  
**DIRECTORATE OF EMERGENCY SERVICES**

During the late summer months when temperatures were high and daily participation from recreationists was low, Sgt. Mark Cox



maintained his vigilance and dedication to protecting our natural resources by identifying areas where illegal dumping of household waste was occurring.

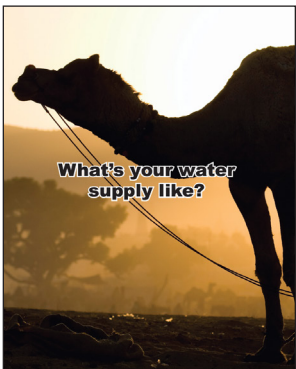
Cox removed many small items and ensured they were properly disposed of or recycled if applicable. He worked with the Department of Public Works Environmental Office to remove and properly dispose of large collections of garbage and heavy individual items, such as furniture.

Cox often donned protective gloves and meticulously searched through the

rubbish in an attempt to find evidence to identify the person(s) responsible for the illegal dumping.

Through his hard work and dedication, Cox was successful in identifying and ticketing three subjects for criminal littering on the installation.


Cox is responsible for improving the overall outdoor experience for our outdoors men and women by supporting the overall mission and providing outstanding law enforcement, security and protection of our natural and cultural resources and facilities.



During an emergency, your water supply could be interrupted or contaminated.

- Make sure you and your family have enough water for at least three days.
- Estimate one gallon of water per person per day.
- Include water for your pets.

It's up to you. Prepare Strong.



# Police bump it up

Oct. 28 to Nov. 3, 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: Ewell St., Jenny Camp, Potomac.

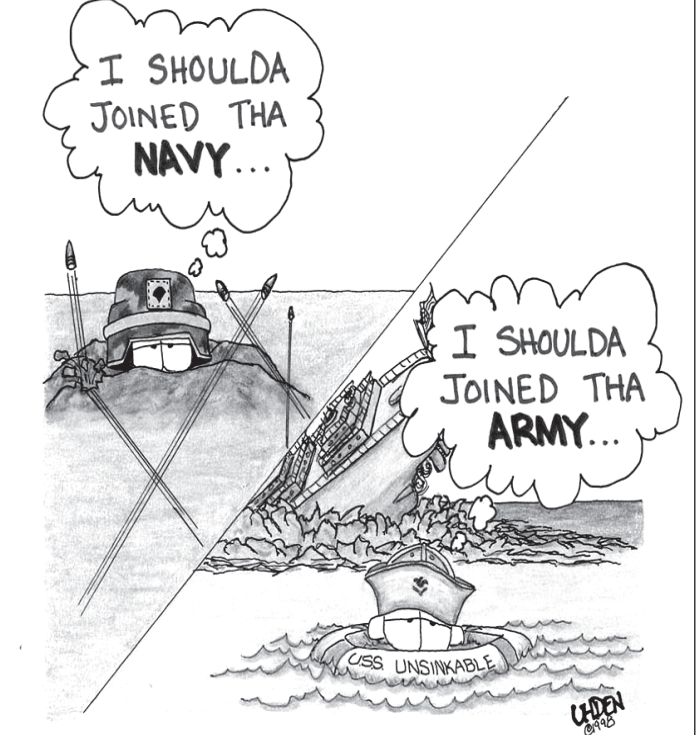
In addition to enforcement via radar, portable speed bumps will be temporarily placed.

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](http://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.

HOME.ARMY.MIL/RILEY

# GRUNT



The next  
USAG  
Resilience  
Day Off is

November

8

HAVE A  
STORY  
IDEA?

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







## ENROLLMENT Continued from page 1

Outside of TRICARE Open Season, people can only enroll in or make changes to your TRICARE Prime or TRICARE Select plan following a Qualifying Life Event. A QLE is a certain change in life, such as marriage, the birth of a child, change of address, or retirement from active duty. Different TRICARE health plans may be available after a QLE.

### WHAT CAN YOU DO DURING FEDERAL BENEFITS OPEN SEASON?

The chance to enroll in FEDVIP is during the Federal Benefits Open Season. FEDVIP, managed by the U.S. Office of Personnel Management, offers eligible TRICARE beneficiaries a choice between multiple vision and dental plans and carriers. Some plans offer both high and standard options.

Enrollment will automatically continue in 2020 for people who are already enrolled in a FEDVIP dental or vision plan. Anyone who wishes to make changes to

their existing plan must do so during the open season.

Those eligible for FEDVIP dental coverage include:

- Retired service members and their eligible family members
- Retired National Guard and Reserve members and their eligible family members
- Certain survivors
- Medal of Honor recipients and their immediate family members and survivors

Those who may qualify to purchase FEDVIP vision coverage include:

- Active duty family members
- National Guard and Reserve members and their eligible family members
- Retired service members and their eligible family members
- TRICARE For Life beneficiaries

To enroll in a FEDVIP vision plan, the individual must be enrolled in a TRICARE health plan or have TFL coverage.

## WEATHER Continued from page 1

Weather Detachment's 12:30 a.m. forecast on Feb. 5, 2020 shows the potential for a minor winter storm occurring during the early morning of Feb. 7, 2020. The event will start with freezing rain and transition to a brief period of light snow, with one or two inches expected.

Each member of the huddle reported what their agency was doing to prepare for the storm. They also looked over every posted activity and event that is scheduled for Feb. 5 to 9 to include troop training and chapel services.

On Feb. 6, the huddle is called together. Each member gave their recommendation for what should happen the following day. All but one participant recommended a two-hour delay the following day.

Hearing the word ice prompted David E. Wild, Chief Operations Officer, Geary County Unified School District 475, to speak out in favor of the early morning conference call. The mock forecast called for the icing to occur between midnight and 1 a.m. Feb. 7.

"I don't think I could honor the two-hour delay,"

Wild said. "If there is icing conditions that occur, even the two-hour delay won't help me because there's no melting of conditions outside of the gate."

Shrader said there would be the flexibility for the school district to make a decision early in the morning, should the road conditions warrant it.

Because winter storms can be unpredictable, contingencies are put in place to cover the unexpected. However, having a base plan in place with systems and processes, chaos can be avoided, Shrader said.

## SUSTAINMENT Continued from page 1

Olson attributes the RSSB's mission success to the leaders within the unit.

"Leadership attributes center around positive character, competence in our specialties, and commitment to the profession of arms," Olson said. "Leading in complex missions in austere wartime environment(s) is challenging. Our leaders developed emotional and professional maturity, perseverance, and a good sense of humor. I've been pleased to witness individual Soldiers develop into skilled leaders and experts evolve into a professional team-of-teams."

The Command Sergeant Major, RSSB, Dion Lightner, has a vision for all 'Durable Soldiers' once the unit returns home.

"Being a good steward of the Fort Riley community as Army ambassadors through volunteerism and living the Army values both on duty and off duty is how we will return home," Lightner said. "We are working to kick off a program that will allow our Soldiers the opportunity for self-improvement in both [primary military education] and civilian education. I am looking to create the 'durable college credit program' internally that allows our ordnance, human resources, adjutant general, quartermaster, transporters and other logisticians the opportunity to take college classes during an extended lunch period that will earn them college credits and maintain combat readiness during each duty day. This will require some of our leaders with

degrees already to help invest in our formation that of which has already been given the 'be the example' it's a win for all."

While deployed several sections saw turnover. Maj. Sharleen Morgan arrived to assume the role of officer-in-charge of the human resources section, S1. "Training the subordinate units on the interoperability of HR functions is essential," Morgan said.

Morgan cited the importance of building lasting relationships across multiple echelons and service components.

"My hopes were that the staff would teach me what was working," he said. "I could share my professional expertise and experiences in the areas of productivity, predictability and meeting the commander's intent, ultimately resulting in timely, accurate, and predictive HR services."

Another family member is Sgt. 1st Class Kari Maticic, senior supply sergeant Resolute Support Sustainment Brigade, Bagram, Afghanistan. Maticic joined the unit a week before it deployed but has found her place within the family.

"The most rewarding experience for me this deployment, and all throughout my career, is my job is always the same," Maticic said. "I love supporting all the service members that fall under me no matter what level I am working. It motivates me every single day to support the troops with all the supplies that they need for any mission they have at hand. I know with the supplies and equipment that I

am able to request, receive and issue/transfer ... it is only making our force stronger to be successful with every challenge that comes our way."

Now that it is time to return home, several Soldiers have a message of love or commitment to the community to share.

"The one thing I can't wait to do when I get back is spend time with my kiddos," Maticic said. "We have a bunch of plans already made to add onto all the memories we have already made together that I cherish the most in this world."

The community is also important to the 'Durable Brigade' and Morgan wants to become a part of the unit's partnerships upon returning home.

"Mentoring in any adopt-a-school program; assisting chaplains in programs; involving myself on volunteer activities for young adults to ensure they are better prepared for their future is part of my plan once we arrive back home," Morgan said.

"The Flint Hills community is incredibly supportive of our military and even though I and my family have only lived there a year, it feels like home," Olson said. "The Sustainment Brigade has a special relationship with the K-State Women's Basketball team and our two battalions have a great partnership with eleven different schools in Wabaunsee, Mission Valley, and Manhattan/Ogden school districts. I look forward to assisting our companies in enhancing those relationships while enjoying all that the community has to offer."



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**Multicultural Session Highlighting Korea**

Perfect opportunity for foreign-born Spouses to meet International Spouses and find out important and up-to-date information about Fort Riley. Children are welcome but no childcare is provided.

Join Us!  
October 31<sup>st</sup>  
10:00-11:00 am  
At: ACS Building  
7264 Normandy Drive

**OWN IT. SECURE IT. PROTECT IT.**

**2019 National Cybersecurity Awareness Month**

#BeCyberSmart

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Welcome for  
SPOUSES**

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- Employment readiness and the local job market
- Volunteer opportunities
- Resiliency and "hunting the good stuff"
- Soldier Family Readiness Group Connection

**Information  
& Registration:  
785.239.9435**

**Due to the length of the class, childcare is highly recommended.**

Limited free  
Childcare available for CYS- registered families, with registration 2 weeks prior to briefing date. Childcare is first-come, from first-serve.

**rileyacs**

**FUN & Learning**  
at the Fort Riley Post Library

**Library parties are free and open to all library patrons!**

**Wildlife Day at the Library**  
**September 7 | 1-3pm**  
Join us at the Fort Riley Post Library and celebrate National Wildlife Day! The Milford Nature Center is joining us and doing a Birds of Prey presentation that you won't want to miss! Snacks and drinks available while supplies last!

**Halloween Party**  
**October 26 | 1-3pm**  
Join us at the Fort Riley Post Library in costume for a hauntedly fun time this Halloween! We will have Halloween treat bags, spooky snacks, Goosebumps punch, and hot cocoa available while supplies last.

**Talk Turkey at the Library**  
**November 23 | 1-3pm**  
Join us at the Fort Riley Post Library and let's talk turkey! We will have thanksgiving and turkey themed games and crafts. That's not all though! Gobble on some yummy treats and drinks watching the movie "Free Birds" on the big screen!

**Fort Riley Post Library | 5306 Hood Drive | 785.239.5305**



# Defender exercise to deploy 20,000 Soldiers to project power in Europe

By Sean Kimmons  
ARMY NEWS SERVICE

WASHINGTON — Army leaders in Europe revealed details on Oct. 22 of a massive exercise that will send 20,000 U.S. Soldiers to the continent next spring to conduct force projection and readiness training across 10 countries.

Defender-Europe 20 is slated to be the largest deployment of U.S.-based Soldiers for an exercise to Europe in 25 years.

The milestone Defender actually links several exercises in the region, such as Allied Spirit, Swift Response and a Joint Warfighting Assessment. It is expected to include a total of 37,000 participants and 20,000 pieces of equipment shipped from the U.S., as well as 13,000 pieces drawn from prepositioned stocks.

The exercise begins a new Defender series of exercises, which will be conducted in the Pacific on alternate years, to rehearse large movements to both regions. The exercises aim to operationalize the National Defense Strategy, which asserts Russia and China as near-peer adversaries.

“We are starting it with a bang,” said Lt. Gen. Christopher Cavoli, commander of U.S. Army Europe, during a panel discussion at the Association of the U.S. Army Annual Meeting and Exposition.

After the last U.S. tanks left Germany in 2013 as part of a draw-down, the Army began nine-month rotations of brigade combat teams to bolster its presence and practice rapidly deploying units to Europe. It also built up prepositioned stocks on the continent to equip incoming units.

In March, an emergency deployment readiness exercise sent an armored unit of over 1,500 Soldiers from Fort Hood, Texas, to Europe. In less than two days, the unit was able to fall in on prepositioned stocks and travel to Poland for a live-fire exercise, Cavoli said.

“We’ve been practicing this strategy of power projection for about three to four years now into

Europe,” he said. “Now it’s time to practice it at scale.”

### FIVE PHASES

Defender 20 plans to have U.S. Soldiers from five divisions — 1st Cavalry, 82nd Airborne, 1st Armored, 1st Infantry and 3rd Infantry — as well as 11 National Guard states and seven Army Reserve units.

It will consist of five phases with several key objectives across Europe.

The first phase includes a reception, staging, onward movement and integration, or RSOI, of a division-sized element while many other units, including a National Guard brigade, will draw prepositioned stocks in Belgium and Germany.

In the second phase, an immediate response force from the 82nd Airborne Division will conduct joint forcible entries into the country of Georgia.

The third phase has a division command post exercise that will have units spread out across the continent. It will also involve a Joint Warfighting Assessment to test multi-domain operations as well as capabilities being pursued by Army Futures Command.

Soldiers will then conduct a river crossing in the fourth phase, as well as forward passage of lines and a maritime prepositioned force off-load mission. The fifth phase will consolidate Army forces and redeploy them.

The exercise will cover 4,000 kilometers of convoy routes and rely on 10 European countries to host exercise activities.

Allies and partners will also get the opportunity to train alongside U.S. Soldiers, increasing interoperability within the NATO alliance.

“Defender really helps us enhance relationships,” said Lt. Gen. J.T. Thomson, commander of Allied Land Command, which oversees NATO land forces.

More than half of NATO’s member states, he said, will play a role in the exercise.

“Cohesive multinational forces give us a competitive advantage,



Sgt. Thomas Mort | ANS

**M1A2 Abrams tanks from 1st Infantry Division start to move out as part of an exercise at Johanna Range, Poland, May 20. The U.S. Army leaders in Europe plan to send 20,000 U.S.-based Soldiers to the continent next spring to conduct Defender-Europe 20, one of the largest exercises since the Cold War.**

no doubt about it,” Thomson said during the panel. “When you look at our adversaries, they do not enjoy the advantages we have and the power of synergy that comes from good, trusted friends.”

While there are similarities to the REFORGER exercise, or

Return of Forces to Germany, which practiced deploying Army units into Europe during the Cold War, leaders say that Defender will be more complex.

“We cannot fail prey to nostalgia of REFORGER and think Defender Europe is just a

reincarnation,” Thomson said. “Our security environment has changed significantly in terms of geography and borders [and] in terms of allies and partners.”

Technology and doctrine, he noted, is also different, as well as threats in the region.



# PEDIATRIC URGENT CARE IS NOW OPEN!

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**Check in online with Save My Spot.**  
**Visit [childrensmercy.org/junctioncity](https://childrensmercy.org/junctioncity).**





Fort Riley families created crafts and ate snacks provided by the Exceptional Family Members Program and New Parent Support Program at Fall Fest Oct. 19.

## Families treated to festival fun

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

Fall fun is in full swing. On Oct. 19 the Exceptional Family Members Program and the New Parent Support Program members hosted their annual Fall Fest.

“This is a great networking event for these families,” said Toiane Taylor, Family Advocacy program manager. “The parents come to meet others who are in similar circumstances and it gives the kids a chance to play. They make friends and continue those friendships away from here, and that keeps them from isolating.”

The EFMP and NPSP invited service members and their families that use the two services to attend the event, and those families were able to do crafts, eat snacks, pick a pumpkin and take photos.

“We came last year and enjoyed it,” said Brittany Norris, wife of Pfc. Zachary Norris, 526th Quartermaster Composite Supply Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade. “We decided to come again this year, but luckily my husband is home for this one.”

Taylor also reminded participants to sign up for Operation North Pole which will be Dec. 14. The EFMP and



Crafts, including super hero characters, were available for families to paint Oct. 19 at the Exceptional Family Members Program and New Parent Support Group Fall Fest.

NPSP will team up with other post organizations and the American Legion to provide a Christmas party for Fort Riley families.

## Breast awareness, exams vital for cancer detection



Courtesy photo

A mammogram is the main tool used to screen for breast cancer. While it is an important tool, it is a procedure that can be uncomfortable, said Kyanna Kuntz, advanced practice registered nurse and certified nurse midwife at Irwin Army Community Hospital.

By Gail Parsons  
1ST INF. DIV. POST

Although October is Breast Cancer Awareness Month, women should be alert to the potential of breast cancer year-round.

The awareness starts with a woman knowing their body and having regular checkups, said Kyanna Kuntz, advanced practice registered nurse and certified nurse midwife at Irwin Army Community Hospital.

“All women need well-woman exams,” she said. “We recommend every one to three years for a well woman exam. Nurse midwives, nurse practitioners, family physicians, OB-GYN — we’re kind of the first line to getting in to having your yearly well-woman exam to discuss breast cancer risk and screening.”

During that appointment the woman will receive a clinical breast exam to check for anything out of the ordinary — lumps, bumps or masses, which could be a sign of cancer.

“If we did find something concerning, we would order a mammogram,” she said. “Sometimes we’ll do an ultrasound. And then if there is something concerning the radiology department, the radiologist can do an ultrasound guided biopsy.”

If cancer or a mass that might need to be removed is identified the woman would be referred to the general surgery department where they can learn about treatment options.

But it all starts with self-awareness and the clinical breast exam. The American College of Obstetricians and Gynecologists recommends a clinical breast exam every one to three years for women ages 25 to 39 and every year for women 40 and older.

While cancer can be detected during the clinical exams, the ACOG reports that about half of all breast cancer cases in women aged 50 and older and 70% in those younger than 50 were discovered by the woman.

See SCREENING, page 12

## Program brings feeling of home to Fort Riley Soldiers

By Ashlee Shill  
1ST INF. DIV. POST

The Home Away From Home Program is an all volunteer program, which matches host families with Soldiers who are new to the Army and Fort Riley.

Host families serve as mentors, friends and advisors to the new Soldiers. It was formed in 2017 when Phyllis Fitzgerald was serving as mayor of Junction City.

“I was newly appointed as chair of the Military Affairs Council at that time as well,” she said. “I did a little research to see what we might be able to do for the Soldiers in the community.”

Helping soldiers isn’t merely lipservice for Fitzgerald — it’s her passion.

Fitzgerald has worn many hats in her lifetime, including a military cap. A retired Army Chief Warrant Officer 3, Fitzgerald knows what it is like to live the army life. She is the mother of two children, a wife, an elected official, a member of various boards, a volunteer and the driving force behind many local community programs. But she doesn’t want any of this to be about her.

“There is no “I” in this, this is about teamwork,” she said. “We all have to work as a team.”

With all that she does, “helping take care of Soldiers,”

she said is closest to her heart.

As program coordinator for the Home Away From Home program, Fitzgerald works closely with the Fort Riley garrison to put the opportunity into the hands of those who it most benefits. Every week at the in-processing Victory Welcome, the program is briefly explained, and Soldiers receive an application. Participation is voluntary for both the Soldiers and the host families.

Pfc. Nicholas Fisher, 526th Quartermaster Composite Supply Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade, took the initiative to join the program.

“I was shipped out to somewhere I didn’t know,” he said. “It was kind of cool having someone to talk to about it and having a family opening their arms to let me in.”

Fisher is matched with Michael and Carolyn Devlin. The Devlin family have been hosts for almost two years and have hosted 14 Soldiers. Fisher said the program has helped him during his time at Fort Riley. He is fond of the Devlin family and enjoys their company.

“They invite me to holidays and invite me to

See HOME, page 14

## Something for everyone at the Hobby Studio

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

Around the corner from the entrance to USO Kansas Fort Riley Center, 6918 Trooper Dr. is The Hobby Studio, an unassuming place where participants are encouraged to let their creativity flow. The Hobby Studio is just one of many programs operated by the Directorate of Family and Morale, Welfare and Recreation at Fort Riley.

According to their brochure, it is an adult- and child-friendly place for individuals and families to take a variety of instructor led classes ranging from woodworking to painting. The studio has paint supplies, a framing studio, ceramics, pottery wheels and even a kiln on site. Crafters can visit the studio during open hours. The fees are minimal.

A full woodworking shop is also onsite. Participants interested in woodworking are required to take a one-time woodshop safety class.

Sgt. 1st Class Allen Chase, 977th Military Police Battalion, 97th Military Police Brigade, is one of two volunteer instructors who leads the safety class. He likes to share his expertise to help others find a creative outlet.

“I’ve been doing woodworking for a lot of years,” he said. “As a kid I grew up always cutting wood with axes, whittling with knives — this is my therapy. I’m trying to encourage my Soldiers who are video game players to get out of the barracks.”

Chase said those with little to no experience, but an interest in woodworking, should stop in.

“Come out,” he said. “I’ll teach you how to do it and I’ll work with you on your project.”

The last woodshop safety classes of 2019 will be held Oct. 26, Nov. 9 and Nov. 23, from 11 a.m. to 1 p.m.

The class has a \$10 fee, payable at the studio. Registrants must be at least



Holiday themed art is the flavor of the time at The Hobby Studio, 6918 Trooper Dr. Nov. 16 visitors will be able to paint a festive turkey centerpiece during Cookies and Canvas from 5 p.m. to 6 p.m.

18 years of age. Advanced registration is encouraged by contacting the Hobby Studio during business hours of 11 a.m. to 6 p.m. Thursdays through Saturdays.

Craft classes are held weekly, with a new craft each week. If participants miss a class, they can still go to the studio and work on that particular project.

“We have all the materials here,” said Brandi Tomlinson, manager of the Hobby Studio. “If they miss a class, they can

still come in any time and work on it as long as we have the supplies.”

### UPCOMING CLASSES

Fall wine glass art — \$20 Nov. 9 p.m.  
Intro to stained glass class — \$30, Nov. 16.

Thanksgiving Centerpieces — \$30 Nov. 14 to 16.

Christmas Wreath — \$30 Nov. 28 to 30.

## WEEKEND WEATHER OUTLOOK

### FRIDAY



HI: 55 F

LOW: 31 F

### SATURDAY



HI: 61 F

LOW: 34 F

### SUNDAY



HI: 54 F

LOW: 38 F



FORT RILEY POST-ITS



Army Community Service

Fort Riley Child Youth Services, Army Community Service and The Exchange are teaming together to provide a free movie in recognition of Military Family Month. The movie Abominable will be shown at 6:30 p.m. at Barlow Theater. The movie is free and a small popcorn and small soda is \$2.50



BOSS

People are invited to participate in the Better Opportunities for Single Soldiers Trunk or Treat from 5:30 to 8 p.m. Oct. 31 at the commissary. Call 785-239-2677 to register your car. Participants are encouraged to come in costume. A costume contest will be held at 7 p.m.

Lets go to the movies @ Barlow Theater

Friday, October 25 - Abominable (PG) 7 p.m.  
Saturday, October 26 - Abominable (PG) 2 p.m. and Ad Astra (PG-13) 7 p.m.  
Sunday, October 27 - Hustlers (R) 5 p.m.

Theater opens 30 minutes before first showing. For more information, call 785-239-9574. Children 5 and younger are admitted free. Regular Showing: Adult \$6.50, children \$3.75. 3D Showing: Adult \$8.50, Children \$5.75. Regular first run: Adults \$8, children \$5.75; 3D first run: Adult \$10, children \$7.75.



Corvias

The Corvias Fallapalooza is 3 to 8 p.m. Nov. 1 at the Colyer Forsyth Community Center. Enjoy games, food, inflatables, face painting, crafts, prizes and more. Festival activities will wrap up at 6:00 p.m. but will be followed by a free movie, "Toy Story 4."



HASFR

The Historical and Archaeological Society of Fort Riley Ghost Tours are Oct. 26. The walking tour will start at 4 p.m. from the west end of Cavalry Parade Field. Every 20 minutes, until 9 p.m. a tour group will depart. The tour is more than a mile long with nine to 10 stops along the way. The tour is free but attendees can purchase a fast pass for \$5.



Open Circle

Join members of the Fort Riley Open Circle for a Samhain celebration and potluck at 6 p.m. Nov. 2 for location and more information visit the Open Circle Facebook page.



PWOC

Fort Riley Protestant Women of the Chapel will host a visit to Little Munchkins Pumpkin Patch in Alma, Kansas from 9 a.m. to 1 p.m. Oct. 30. Children under the age of two are free; all other participants are \$10 each



MWR

Paint and Sip is back, grab your friends and head to the Hobby Studio at 6 p.m. Nov. 2. All skill levels are welcome. Wine will be provided for \$1 per ounce with a six ounce limit; no outside alcohol will be allowed. Seating is limited, so purchase your ticket soon. For more information, call Hobby Studio at 785-239-9205.



ACS

Army Community Service's multicultural session will highlight Korea at 10 a.m. Oct. 31 at ACS, 7264 Normandy Dr. Children are welcome, but childcare is not provided. The multicultural sessions are an opportunity for international spouses to meet each other and learn about Fort Riley.

Where do I get a flu vaccine?

Posted: Oct. 3, 2019

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

WALMART  
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.

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.

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

Fort Riley Flu Hotline  
785-240-4FLU (4358)

Roundup? Cancer?

Diagnosed with Non-Hodgkin's Lymphoma?  
Regular user of Roundup?

Give us a click or call - we can help you get compensation

CLASSACTIONCLAIMCENTER.COM



PATTERSON DAHLBERG 507-424-3000  
INJURY LAWYERS

Got Drugs?

Drop off your unused medications for safe disposal.

National Drug Take-Back Day

Saturday, October 26  
10 a.m. – 2 p.m.

Visit [www.ag.ks.gov](http://www.ag.ks.gov)  
to find a location near you.



Kansas Attorney General  
Derek Schmidt

Not paid for at taxpayers' expense.

FIRE SAFETY



Amanda Ravenstein | POST

Kathy Deutsch, fire inspector with the Fort Riley Fire Department, answers questions from fourth graders at Ware Elementary School about fire safety Oct. 18. Firefighters talked to students from all the grades about what to do in case of a fire and how to make an emergency drill for their home to make sure the family reunites if they evacuate. After the presentation the students received a bag with fire safety information to take home to look at with their parents.

Worship Opportunities

Protestant Services

Victory Chapel 239-0834  
ChapelneXt Protestant Service  
Sunday Worship.....0900  
Children's Church.....0910

Morris Hill Chapel 239-2799  
Gospel Protestant Service  
Sunday School.....0900  
Sunday Worship.....1100

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

Catholic Services

Victory Chapel 239-0834  
Sunday: Confession (and by appointment).1100  
Sunday Mass.....1130  
Sunday Catechism.....1030

Saint Mary's Chapel 239-6597  
Sunday Mass.....0900  
Daily Mass – Mon., Wed., & Fri.....1200

IACH Chapel 239-7872  
Daily Mass – Tue. & Thur. ....1200

Pagan/Wiccan Service

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

Homefront Heroes

Support Group for spouses of Soldiers going through deployment or reintegration

Weekly Wednesday classes from 1830-1930 at Victory Chapel.

Childcare provided for 6mo - 4yrs,  
Youth class for 5-10yrs



Club 1:9  
Faith Based Youth Program

Grades 6th - 12th, Meets Sundays

Combined MS/HS Youth 1730-1930 at Victory Chapel  
785-239-0834

AWANA

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



Protestant Women of the Chapel (PWOC)

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

Childcare provided.

For more information email [rileypwoc@gmail.com](mailto:rileypwoc@gmail.com) or Facebook "Fort Riley PWOC"



Catholic Women of the Chapel (CWOC)

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

Childcare provided.

For more information email [fortrileycwoc@gmail.com](mailto:fortrileycwoc@gmail.com) or Facebook "Fort Riley CWOC"

\*\*Check for schedule over Training Holiday weekends\*\*



# SCOUTING CYBERSPACE



Pamela Beal | POST

Scouts from Fort Riley's packs 260 and 660, as well as Troop 60, gathered to join in on Jamboree on the Internet. Local scouts chatted with their peers around the world.

## HOME.ARMY.MIL/ FORTRILEY

### OPERATION SANTA CLAUS

Nov. 7 to Dec. 20

#### Ribbon Cutting Ceremony

Nov. 6 at 4:30 p.m.  
BLDG 1828, CAMP FUNSTON

Toy Issue Hours: **Wednesday and Friday 8 a.m. to 4 p.m.**  
Thanksgiving week: **Monday and Wednesday 8 a.m. to 4 p.m.**  
Closed Veterans Day/Thanksgiving 4-Day

Phone: 785-239-2771

EMAIL: [usarmy.riley.usag.mbx.operation-santa@mail.mil](mailto:usarmy.riley.usag.mbx.operation-santa@mail.mil)

Facebook: <https://www.facebook.com/Opsantafortrileyks>



### TUESDAY TRIVIA CONTEST



The question for the week of Oct. 25 was:  
Where do I go to find continuing education opportunities at Fort Riley?  
Answer: [home.army.mil/riley/index.php/about/dir-staff/dhr/ed-SVCS](http://home.army.mil/riley/index.php/about/dir-staff/dhr/ed-SVCS)

This week's trivia winner is Briana Fuller, spouse of Cpl. Scott Fuller, 101st Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division.

Pictured above is Briana Fuller, with her daughter Emmi.

**CONGRATULATIONS BRIANA!**

**CHECK OUT TUESDAY TRIVIA EACH WEEK AT [FACEBOOK.COM/FORTRILEY](https://www.facebook.com/FORTRILEY)**

### HEALTHY EATING



COURTESY PHOTO

### Cornbread Breaded Chicken Fingers

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

Recipe Analysis: (1 serving = 1/4 recipe)

Per Serving: 584 calories; 38g protein; 16g fat, 71g carbs (2 carbs: 1 protein)

Recipe = 0 servings of vegetables, 0.25 servings of fruit (0 vegetable per serving, 0 fruit per serving)

*\*This recipe is from Simple Roots*

#### INGREDIENTS (4 SERVINGS)

- 1 lb. chicken tenders (chicken breasts cut into strips)
- 2 cups cornbread crumbs
- 1/4 cup Parmesan cheese
- 1/2 cup tapioca flour
- 2 eggs
- 2 tablespoons Dijon mustard
- 1/4 cup honey
- 2 tablespoons melted butter
- 1/2 teaspoons apple cider vinegar
- 1/4 cup fresh cranberries

#### STEPS

1. Preheat oven to 450 degrees.
2. In a bowl combine the cornbread crumbs and Parmesan cheese.
3. In another bowl add tapioca flour and in third bowl whisk the eggs.
4. Take one chicken tender dip in tapioca flour, then egg and dredge in cornbread crumbs.
5. Place on a baking sheet line with parchment paper.
6. Repeat until all chicken tenders are covered.
7. Bake for 10-15 minutes or until chicken juice runs clear and there is no pink when cut open.
8. While the chicken is baking prepare the cranberry honey mustard.
9. In a food processor add Dijon mustard, honey mustard, honey, apple cider vinegar and cranberries.
10. Puree until smooth.
11. Add to a saucepan with butter and cook until just beginning to simmer.
12. Remove from heat and use as dipping sauce.
13. Enjoy!

[cookpad.com/us/recipes/618517-cornbread-breaded-chicken-fingers](https://cookpad.com/us/recipes/618517-cornbread-breaded-chicken-fingers)  
#FitFirst



# OCTOBER IS ENERGY ACTION MONTH

## ENERGY RESILIENCE ENABLES ARMY READINESS

#PowerToWin

Built Stronger. Looks Better. Lasts Longer.



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Debbie Clark, museum specialist for Fort Riley Museums, conducted a tour of the Custer House Oct. 21 to train new docents. Pamela Beal | POST.

# HAUNTED HISTORY



Ghostess Tricia Vershage, Historical and Archaeological Society of Fort Riley, trained Ghost Tour volunteers by taking them around the route Oct. 21 in preparation for the upcoming event. Docents help the Fort Riley museum staff by giving tours when visitors stop by or make an appointment. Ghost Tour volunteers will lead visitors on the tour while volunteers will tell the story of the hauntings at each stop. Tours are available Oct. 26 beginning at 4 p.m. at Cavalry Parade Field. Tours are free but a fast pass is available for \$5 which moves the visitor to the front of the line. Pamela Beal | POST



# Dog wins Mighty Mutt competition



Courtesy photo  
Dog, a fluffy black chihuahua owned by Cynthia Emery and Capt. Travis Emery, 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, was the overall winner of the Mighty Mutt Challenge event hosted by the Fort Riley Animal Shelter Oct. 18 at Forsyth Dog Park.

By Ashlee Shill  
1ST INF. DIV. POST

The Fort Riley Animal Shelter, under the Directorate of Family and Morale, Welfare and Recreation, held their Mighty Mutt Challenge Oct. 18 at the Forsyth dog park. Canines joined their humans at the event, where they vied for top-dog honors and prizes in various competitive events. The Fort Riley Animal Shelter's website described the event as a dog-friendly competition that will test each dog's knowledge, speed, agility, and endurance. The dogs were divided by weight class and then faced off in a 25- and 50-meter race, followed by an agility competition. A special "trick" category was included, where the animals tried to outperform one another by following commands. The commands this year were sit, sit pretty, shake, roll over, play dead, high five, turn left, turn right, place, catch and a secret trick picked for them by their human. Shelter manager Nicole Storm, lead animal caretaker, organized the event. "The Mighty Mutt Challenge is a dog race where we try to add some trick dogging and see who can pass both," she said. "It's a fun event." The overall winner was a dog named Dog, winning five event medals and a gift basket of treats and toys.

## SCREENING Continued from page 9

"There used to be a huge push in having women do their own self breast exams every month," Kuntz said. "The health agencies have gone away from doing a set self-breast exam every month to just more breast awareness ... just to know what it looks like, what it feels like and being able to identify [if there is something wrong]."

### BREAST CANCER FACTS AND FIGURES FROM THE ACOG

Breast cancer is the most commonly diagnosed cancer in women in the United States. A woman's lifetime risk of developing breast cancer is about 12%. The five-year survival rate is 90% – up from 75% in 1975. About 3.5 million women are living with breast cancer in the United States. The main risk factor for breast cancer is being female – more than 99% of breast cancer cases occur in women.

### MAMMOGRAM: WHAT TO EXPECT

A mammogram is the main tool used to screen for breast cancer. While it is an important tool, it is a procedure that can be uncomfortable, Kuntz said. "I think there's discomfort for all women just because — no one goes in wanting their boobs to be squished by a stranger," she said. The procedure starts with the woman undressing from the waist up. A small adhesive bandage is placed over the nipples so their location can be pinpointed in the image. "Then they have these ... Plexiglas plastic plates that will compress your breasts at one angle, like horizontal and then again, vertical," she said. "There is some discomfort associated with it. But I think it's important just to talk with the technician doing the

mammogram and make sure that you're as comfortable as possible. I feel like our technicians are great at being sensitive to that type of an exam." When a woman goes to her appointment, she cannot have on powders, lotions or deodorant because those substances can show up on the x-ray and make the mammogram difficult to interpret. Although they may be uncomfortable, mammograms and well-women checks can make the difference between women being diagnosed with cancer in time to save her life.

# DFAC CHANGES COMING SOON!



<b>DEVILS DEN</b> 1ABCT	<b>DEMONS DINER</b> 511 <sup>th</sup> FFC	<b>CANTIGNY</b> 2ABCT
 <b>Opens</b> <i>Monday</i> <b>October 07</b> 7011 Seibert Street 785-239-1697	 <b>Opens</b> <i>Monday</i> <b>October 21</b> Bring your Appetite and Enjoy! 694 Pawnee Bluff Road 785-239-4998	 <b>Closes</b> <i>Friday</i> <b>December 20</b> 7673 Estes Road 785-239-5535

NOTICE: Dining Facilities Opening Soon

## Public Health Alert:

### Severe Lung Illness Associated with E-Cigarette Use

As of Sept. 6, 2019, more than 450 possible cases of a severe lung illness associated with e-cigarette products have been reported across multiple states. One person has died from the illness. All of the patients reported recent use of e-cigarette products, and many stated using devices containing cannabinoid products such as tetrahydrocannabinol (THC) or cannabidiol (CBD). Symptoms of the illness appear over the course of a few days to several weeks and include difficulty breathing, coughing, shortness of breath and/or chest pain. Some individuals also reported mild to moderate vomiting, diarrhea and fatigue.

Although the specific cause of the illness remains unknown, all reported cases include recent e-cigarette or vaping product use. The aerosol from e-cigarettes and vaping products can contain a variety of harmful or potentially harmful ingredients. Also, the contents of e-cigarette and vaping liquids are not highly regulated and can vary from product to product. The U.S. Food and Drug Administration is working with the Centers for Disease Control and Prevention and state health departments to collect information on products used by individuals affected by this outbreak.

Until a cause is determined, Soldiers and their family members who do not currently use tobacco products are encouraged to avoid all e-cigarette or vaping products, particularly those sold off the street or modified to add any substances not intended by the manufacturer. Do not use e-cigarettes in ways unintended by the makers, like dripping or dabbing. Dripping is when users drop e-cigarette solvents onto the device's hot coils, resulting in more concentrated compounds. Dabbing is when substances containing high levels of THC or CBD are superheated in the device. Adult smokers who are attempting to quit by using e-cigarettes should consult their healthcare provider for consideration of evidence-based alternative methods. If you use e-cigarette or vaping products, monitor yourself for signs of respiratory or gastrointestinal distress and seek prompt medical attention if you experience the indicators described above or any other abnormal symptoms. Additional information is available at <https://emergency.cdc.gov/han/han00421.asp>.

FACEBOOK.COM/FORTRILEY

Junction City Little Theater Presents

*RODGERS & HAMMERSTEIN'S*

# Oklahoma!

Showing in the C.L. Hoover Opera House  
135 W 7th St Junction City

Friday, Nov. 1 at 7:30pm  
Saturday, Nov. 2 at 7:30pm  
Sunday, Nov. 3 at 2:00pm

Friday, Nov. 8 at 7:30pm  
Saturday, Nov. 9 at 7:30pm  
Sunday, Nov. 10 at 2:00pm

Sponsored by: John & Elaine Rucker,  
Central National Bank, Kaw Valley  
Engineering, Central Charities Foundation

Orchestra Sponsors: Butler Family,  
Anonymous Donors

Tickets:  
785.238.3906 · [jclittletheater.org](http://jclittletheater.org)



FORM MATTERS

Fix cause of wrist pain before problems occur

By Gail Parsons  
1ST INF. DIV. POST

As the muscles fatigue and a weightlifter wants to push out those last few repetitions, that is when it becomes more difficult to maintain proper form in the wrists.

Once pain becomes evident, the damage has been done. It is not irreversible and should be addressed before it becomes a larger problem.

"I'd recommend if they are having some discomfort or a little bit of pain when they're lifting — to stop, take a look at what their wrist looks like," said Capt. Sara Davis, officer in charge of Occupational Therapy at Irwin Army Community Hospital. "If they are doing a bicep curl can then reposition that neutral wrist? If it is still painful, decrease weight and see if that helps."

If decreasing the weight and keeping a neutral wrist does not alleviate the pain, they should make an appointment with occupational therapy. They should also make that appointment if they are having consistent pain with everyday activities.

"We can work on their form and technique and get them back into the gym and be able to lift heavy again," she said.

If the injuries are not mended, the person will often find themselves having to decrease

weight and not have the performance in the gym they are going after. The chronic pain throughout the day can affect them on the job as well.

Over time it may be trickier to treat, but even if the pain has been consistent for a long time, they have had success in getting people pain free and back into the gym, Davis said.

"Even if it's been a little while, come in and we can try to work on things," she said.

Sgt. Cameron Hall, non-commissioned officer in charge of OT at IACH, said pushing through the pain can have long-term consequences.

"Trying to push through the pain develops bad habits," he said. "You start to get comfortable with that pain and then there's no telling what kind of damage you're actually doing in the long term. When you're younger, you have the ability to bounce back and tolerate things a little better. But over time, your tissues are going to be impacted in a negative way — it's going to cause issues for you going forward."

One exercise people frequently bend their wrist on is the deadlift. When using a hex bar, which is used in the Army Combat Fitness Test, Hall said it is easier to maintain proper form. However, it is more difficult to keep the wrist neutral with the straight bar.

1



2





CORRECT



WRONG

TECHNIQUES

Hall demonstrates the proper form for the deadlift.

1. Feet are shoulder width apart, keep the hips higher than the knees as opposed to going into a squat position. The wrist should be stacked under the arms. It's only a five- to 10-degree difference in the wrist between proper and improper form.
2. Pull straight keeping the head in line with the spine. This is where people will rotate the bar toward the rear and the wrists flex.
3. Drop slowly back down, keeping the head in line with the spine dropping the hips until they are right above the knees, drop the weight down nice and slow.

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

MURDER MYSTERY MAYHEM



Pamela Beal | POST

Fort Riley Spouses Club held their '80s themed murder mystery luncheon Oct. 17. Some guests were asked to act as suspects while the others worked to solve the crime. Participants had to search the room, interrogate each other to find out who killed the victim – and why. In the end, the butler confessed to the crime and justice was served.

# Kansas State choirs present Concert Choir and 2019 Homecoming Choir

K-STATE NEWS AND COMMUNICATION SERVICE

The Kansas State Concert Choir will have its first performance of the year on Oct. 27. This will be a celebratory send-off concert in preparation for the choir's upcoming appearance Nov. 9 at the National Collegiate Choral Organization national conference in College Park, Maryland. The K-State Concert Choir is one of

nine selected choirs chosen by a rigorous peer-reviewed audition process.

The performance will feature music by internationally celebrated and prize-winning composer, Owain Park, whose music has been regularly broadcast on the BBC and Classic FM and performed by ensembles such as the Tallis Scholars and the BBC Singers.

Joining Concert Choir is the 2019 Homecoming Choir, which will consist of

alumni, current students, faculty and members from the local community. The concert will be from 2 to 3:30 p.m. at All Faiths Chapel. Tickets are \$5 and can be purchased at [ksu.universitytickets.com](https://ksu.universitytickets.com).

The School of Music, Theatre, and Dance is a part of the College of Arts and Sciences. Visit its website to learn more about music, theatre and dance at K-State.

Change in Operational Hours  
Automotive Skills Center

Effective May 22 2019

Monday - Thursday:  
Closed

Friday:  
12 - 8PM

Saturday - Sunday:  
9AM - 5PM





Automotive Skills Center, BLDG 7753  
785-239-9764

TRICK OR TREAT

OCT 31ST

4:30—5:30

EXCHANGE MALL



OCTOBER 26 • 12-3PM • FREE

HOWLO-WEEN




DOG COSTUME CONTEST  
& TRUNK OR TREAT

224 Custer Ave • Fort Riley, KS

[riley.armymwr.com](https://riley.armymwr.com) • 785-239-6183





Hiring & Education Fair

Riley's Community Center

446 Seitz Drive, Ft. Riley, KS 66442

Thursday  
Nov. 7, 2019  
10 am - 2 pm



"OPPORTUNITIES FOR ALL"

Schools from around the United States, Regional employers, Child and Youth Services, Veterans Affairs, KansasWorks, Education Counselors, Financial Aid Advisors, Transition for life counselors and many more will be on site.

Open to ALL! - Soldiers, Family Members, DOD Cardholders, Veterans, Retirees, and Community Members



For More Information Contact  
Education Services  
(785) 239-6481  
ACS Employment Readiness Program  
(785) 239-9435



ARMY VETERINARY SERVICES  
SECOND ANNUAL

one health week

NOVEMBER 2-9, 2019

Promoting awareness of the connection between human, animal, & environmental health



FREE Canine  
Tickborne Disease  
Screening Test  
Available during  
One Health Week



Stop by your local participating Veterinary Treatment Facility (VTF) to take part in the  
Global Veterinary Medical Practice (GVMP) One Health Week Event

Location: Fort Riley Veterinary Treatment Facility: 226 Custer Ave.  
To schedule an appointment please call: 785-239-3886

Date: November 4-8 2019 Time: 0800-1340, M-F



BOSS

TRUNK OR TREAT

OCTOBER 31, 5.30-8PM

FORT RILEY COMMISSARY

Decorate your trunk, fill it with candy and join us for a fun, family-friendly Halloween celebration  
Costumes encouraged | Costume contest at 7pm  
Prizes for the best costumes and best-decorated trunks


Space is limited. Register your car by calling BOSS at (785) 239-2677  
Participants responsible for decorating trunks and providing candy for trunk-or-treaters





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OWN • SECURE • PROTECT



2019 National Cybersecurity Awareness Month





# Commissary holding online Halloween costume contest

DECA NEWS RELEASE

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 (Facebook, Instagram, or Twitter). One lucky patron per commissary could win a 14 to 16 pound turkey.

### RULES AND ELIGIBILITY

Eligibility is limited to authorized commissary patrons and their dependents. One entry per authorized patron/dependent. Employees of the Defense Commissary Agency including members of their immediate family — i.e., spouse, mother, father, in-laws, grandmother, grandfather, brother, sister, children and grandchildren — or those living in the same

household are not eligible to participate in the contest. Social media entry only through one of the following:

- Facebook
- Instagram
- Twitter

Participants must identify their commissary with the submission of their picture. Submissions without a commissary are automatically disqualified. One winner per commissary. Prize — One, 14 to 16 pound turkey. Winners will be announced on or before Nov. 15 through social media. No purchase necessary to enter or win. By entering, you are granting the Defense Commissary Agency and its partners full rights to use all materials and information. All entries become

the property of the Defense Commissary Agency and will not be acknowledged or returned. Potential winner is subject to verification by the Defense Commissary Agency, whose decisions are final and binding in all matters related to this contest. An entrant is not a winner of any prize unless and until entrant's eligibility has been verified and entrant has been notified that verification is complete. All inquiries regarding this contest should be sent to [marketing@deca.mil](mailto:marketing@deca.mil)



### REUNITING FAMILIES WITH SOLDIERS Take one day at a time

There are phases people go through — starting with the honeymoon phase and ending with getting back to normal. Not everyone experiences the same phases or for the same length of time. Soldiers should remember that their families will go back to their daily routines.



## HOME Continued from page 9

come over for the weekend," he said. Fitzgerald updates the program's social media page frequently, and loves sharing the stories. "This one here, they became like family," she said while looking at some of the photos online. "The host family's little girl just fell in love with him — and he adored her. They were so close. "This picture is the host family, they went to his

wedding," she said of one matched Soldier and family. "It's a program of sharing, a partnership of caring." Fort Riley holds a place in the heart of not only Fitzgerald, but also her husband, Keith. Both are retired military, and both served in Operation Desert Storm. Keith is a captain with the patrol division of the Junction City Police Department, serving the community in a second capacity.

"This is my community," she said. "Fort Riley and Junction City is our Army home. We went to war with this division and had to leave our little baby and kindergartner when we were gone — with hope that we would make it back. Which we did." When it was time to retire, they chose to come back to the Fort Riley area. Fitzgerald said he has no plans of resting yet and will continue to serve the

community and Soldiers of Fort Riley. "I love everything that I do," she said. "And I just hope to share some of the greatness and some of the ways to get involved." The Home Away From Home program is always seeking host families and Soldiers. For information, or to volunteer visit [www.junctioncitychamber.org/home-away-from-home-program.html](http://www.junctioncitychamber.org/home-away-from-home-program.html) and fill out an application.



## JUST FOR YOU

### Monthly Mingle

**NOVEMBER 6 | Wednesday**  
**11:30am - 1:00pm | USO Center**  
**LUNCH SERVED | Please Register**

**Focusing on Personal Wellness for Military Spouses**

Take a fun break - **Just For You** - Meet other spouses

**NOVEMBER PROGRAM**  
*Don't Shop Till You Drop For The Holidays*  
Presented by James Wade, AER

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

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





## YARDS OF THE MONTH



Courtesy photo

Congratulations to the Corvias Halloween Yard of the Month winners. Thanks to everyone who participated by decorating and submitting their photos, and to those who helped choose the winners by voting online. Each winning entry received a gift card and a sign to put up in their yard. Follow the "Residents at Fort Riley" Corvias Facebook page for more information coming soon about the Holiday Yard of the Month competition taking place in December. Top 5 entries were: 207 likes – Sgt. Trey Ripley and Staff Sgt. Chaz Gill; 163 likes – Capt. Jacob Casconi, – house is pictured; 73 likes – Chief Warrent Officer 2 Morgan McCarty; 66 likes– SGT Christian Reyes and 62 likes – Staff Sgt. Shawn Brown.

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THE JUNCTION CITY UNION

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EMPLOYMENT

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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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A history of our community.

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**FARM TOYS (APPROXIMATELY 150)**  
**Brands:** John Deere, Case, International, Oliver, Kubota & Ford (mostly 1/16 scale, but small amounts of 1/64, 1/32 & 1/64); including Precisions, Prestige Collection, Toy Farmer, Demonstrators, Dealer Models and other special editions.  
**John Deere items:** Buckles; lighters; signs; tins; serving trays; license plates; watches; banks; salt/pepper shakers; artwork; clocks; wind chime; lunchbox; radiator frame shelf (custom).  
**GI Joes:** 12" figurines (30+); Phantom x-19 (2); Cobra Condor, accessory sets (10+); VINTAGE accessories of all kinds (see website for pics); GI Joe Headquarters; trading cards.  
**Other figurines & accessories:** Ultimate Soldiers; Small Soldier; Soldiers of the World  
**Starwars (mostly in packages):** Figurines Millennium Falcon, Imperial AT, battle packs, poster and other related items.

Misc. Collectibles & Toys: Budweiser lighters; baseball cards; Looney Tunes; StarTrek; X-Men; Toy Story; Lord of the Rings, Texaco bank, Tru Value Bank.  
Furniture: Solid wood hutch; book shelves; bar stools; wall clock; corner shelf; roll top desk.

See our website for full list of Farm Toys & GI Joe Figurines! Check us out on Facebook & Online for more info [www.kscrossroads.com](http://www.kscrossroads.com) [www.facebook.com/KScrossroadsauctions](http://www.facebook.com/KScrossroadsauctions)



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su | do | ku

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

Level: Advanced

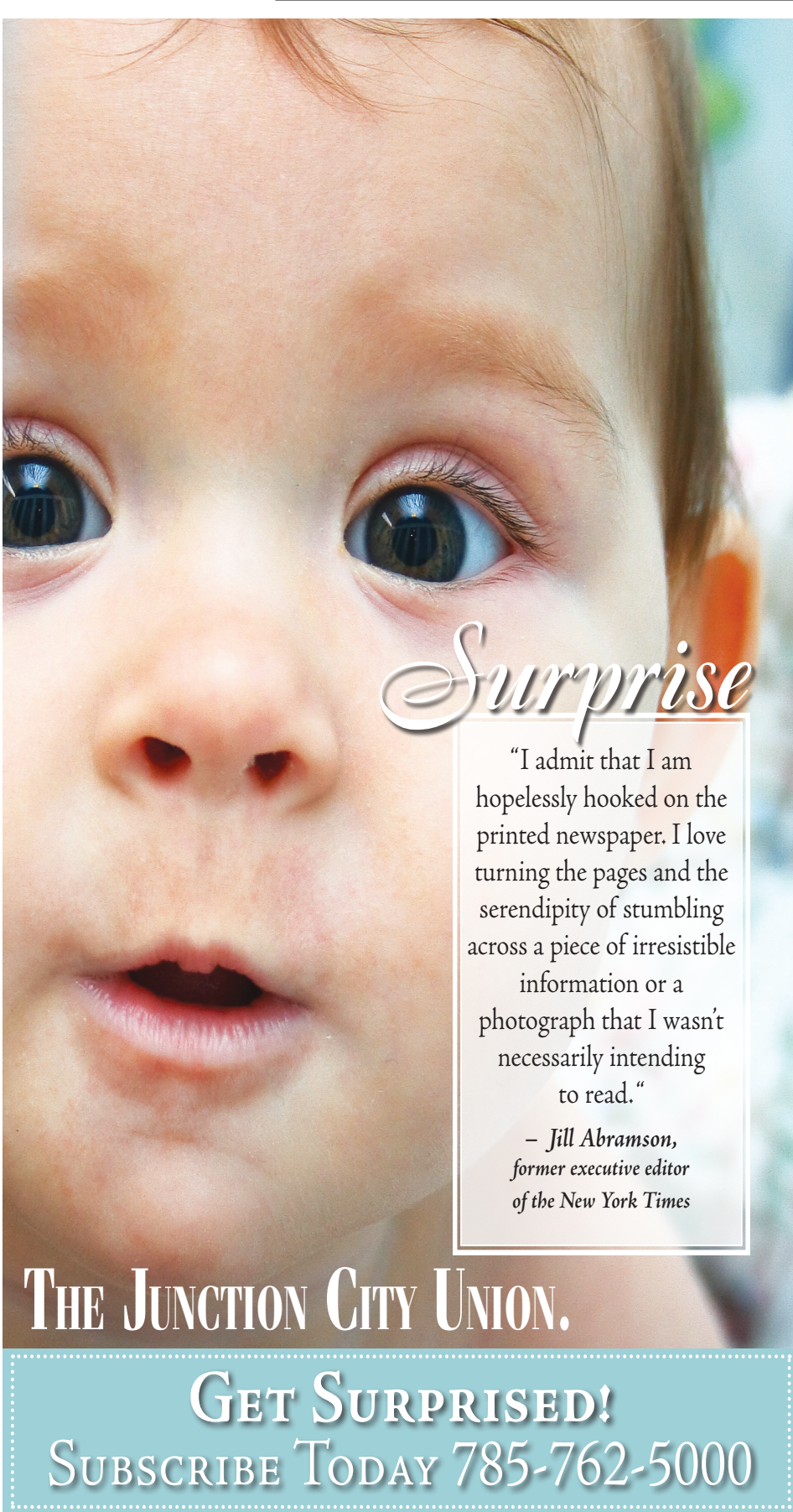
What Is su | do | ku?

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

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

Last Sudoku's Answers

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



Surprise

"I admit that I am hopelessly hooked on the printed newspaper. I love turning the pages and the serendipity of stumbling across a piece of irresistible information or a photograph that I wasn't necessarily intending to read."

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

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# Travel & Fun in Kansas

## Halloween Fun Guide

By Ashlee Shill  
1ST INF. DIV. POST

October is a time of year filled with parties, parades, costumes and of course old fashioned candy collecting.

Fort Riley and the surrounding communities have planned events this year leading up to Halloween, with a little something for all ages.

The off-post activities listed in this Halloween fun guide were found by checking local community calendars.

Diligent effort has been made to include accurate information about the events in the area, however changes may have been made after publishing. Check with the establishments for additional information.



The Fort Riley Library Halloween Party gives children a pre-Halloween option with games and food in a safe environment.

### PRE-HALLOWEEN FUN

**Oct. 25**  
Trick or Treat the Ville  
Aggieville  
Manhattan  
3 to 5 p.m.

**October 25**  
Kids Halloween Day  
Midwest Car Collection  
3007 Anderson Ave.  
Manhattan  
10 a.m. to 7 p.m.

**Oct. 26**  
Fort Riley Ghost Tours  
Tours start at 4 p.m.  
Cost: Free or buy a \$5 fast pass to move to the front of the line.

**October 26**  
Hy-Vee Halloween Party  
601 N 3rd Place  
Manhattan  
Enjoy sugar cookie decorating, pumpkin decorating, trick-or-treating and more.  
1 to 3 p.m.

**Oct. 26-27**  
SPOOKtacular at the Zoo  
Sunset Zoo  
Manhattan  
Cost: \$5 each trick-or-treating child, 2 adults free per paying child.  
Note: Tickets are sold at the door, but advanced purchase is recommended. Please visit [www.sunsetzoo.com/262/SPOOKtacular](http://www.sunsetzoo.com/262/SPOOKtacular) for more information and membership discounts.



The Better Opportunities for Single Soldiers Trunk or Treat event at the Commissary is a two-hour event where families can get treats and show off their costumes.

### HALLOWEEN DAY

**FORT RILEY**  
Neighborhood Trick-or-Treat  
6 to 8 p.m.  
Corvias Neighborhoods Emergency Alert Sirens will sound at the beginning and end of the event.

**BOSS Trunk-or-Treat**  
5:30 to 8 p.m.  
Fort Riley Commissary Parking Lot  
2310 Trooper Drive

**Main Exchange Halloween Boo Bash**  
4 to 7 p.m.  
Fort Riley Main Exchange  
2210 Trooper Drive  
Face painting, costume contest, music, photo booth and more.

**JUNCTION CITY**  
Junction City Trick-or-Treat  
6 to 8 p.m.  
Trick-or-treaters in Junction City are free to roam the neighborhoods, but they must beware of the "witching wail." According to Kirt Nichols, interim chief of police at the Junction City Police Department, the festivities will begin at 6 p.m. and continue until the "witching wail" sounds at 8 p.m.



**MANHATTAN**  
Bewitching in Westloop  
4 to 6 p.m.  
Westloop Shopping Center  
2700 Anderson Ave.

**Boo Party**  
5:30 to 7:30 p.m.  
Manhattan Town Center  
100 Manhattan Town Center

**All Treats Day**  
4 to 6 p.m.  
Poyntz Street  
Downtown Manhattan

**WAMEGO**  
Downtown Trick-or-Treat  
5 to 7 p.m.  
Lincoln Street  
Downtown Wamego



Dogs can join the festivities with events like Howl-O-Ween hosted by the Fort Riley Animal Shelter.

### SPECIAL EVENTS

**Oct. 26**  
Special Communities Halloween Dance  
From [Manhattancvb.org](http://Manhattancvb.org): It's time for the annual Special Communities Halloween Dance. Enjoy a night of music, treats, costumes and more! Ages 15+ can register online.  
7 p.m.

**Oct. 26**  
Howl-O-Ween  
Fort Riley Animal Shelter  
Howl-O-Ween is pup-or-treat for doggos. In addition to plenty of treats for the four legged friend, Howl-O-Ween will also feature a Costume Contest!  
noon to 3 p.m.



File photos

**Next week, Spc. Shell is traveling to area live theaters to see the shows.**

**Oct. 29**  
Trick or Treat for the Autism Community  
Campus Creek Complex  
The Kansas State Speech-Language-Hearing Association Autism Committee will host a Trick or Treat. It is a safe environment for children and families with autism to trick or treat for Halloween. There will be games, snacks, trick or treat rooms, and a sensory room.  
6 to 9 p.m.

**Oct. 30**  
No Stone Unturned  
Halloween Party  
Join No Stone Unturned for a spooky-free Halloween party for children with special needs and their families. Enjoy inside door-to-door trick or treating, crafts, snacks and activities.  
6 to 7:30 p.m.



### GROWN UP FUN

**Oct. 25**  
Zombie Toxin Haunted House  
Junction City  
7:30 to 11:30 p.m.

**Oct. 25**  
Adult Only Costume Party  
A&H Farms  
Manhattan  
7 to 11 p.m.

**Oct. 25**  
Axepocalypse Halloween and Costume Party  
Axe to Grind  
Manhattan  
8 to 11:30 p.m.

**Oct. 26**  
Stone Cold Foxes Derby  
Halloween Mashup

Spin City Roller Rink  
Junction City  
7 to 10 p.m.

**Oct. 26**  
Halloween Bash  
Queens and Kings  
Ogden  
8 p.m. to 2 a.m.

**Oct. 26**  
Finn's Annual Halloween Bash  
Finn's Bar  
Manhattan  
8 p.m. to 2 a.m.

**Oct. 31**  
Brews and BOOze  
Tallgrass Taphouse  
Manhattan  
7 to 11 p.m.

### Halloween Health and Safety Tips

<b>S</b>	Swords, knives, and similar costume accessories should be short, soft, and flexible.
<b>A</b>	Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
<b>F</b>	Fasten reflective tape to costumes and bags to help drivers see you.
<b>E</b>	Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.
<b>H</b>	Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.
<b>A</b>	Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.
<b>L</b>	Look both ways before crossing the street. Use established crosswalks wherever possible.
<b>L</b>	Lower your risk for serious eye injury by not wearing decorative contact lenses.
<b>O</b>	Only walk on sidewalks whenever possible or on the far edge of the road facing traffic to stay safe.
<b>W</b>	Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.
<b>E</b>	Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.
<b>E</b>	Enter homes only if you're with a trusted adult. Only visit well-lit houses. Don't stop at dark houses. Never accept rides from strangers.
<b>N</b>	Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

For more information about these tips, visit: [www.cdc.gov/family/halloween](http://www.cdc.gov/family/halloween)  
Office of Women's Health • 770-488-8190 (phone) • [owh@cdc.gov](mailto:owh@cdc.gov) (e-mail)

U. S. Department of Health and Human Services  
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