

THE 1ST INFANTRY DIVISION POST

FRIDAY, NOVEMBER 8, 2019

FORT RILEY, KANSAS



Command Sgt. Maj. Michael S. Cordery took responsibility of the 97th Military Police Battalion from retiring Command Sgt. Major Daniel L. Leasor during a ceremony Nov. 29. The change of responsibility ceremony followed the traditional practice as Leasor relinquished his position to 97th MP Battalion Commander Lt. Col. Joshua Campbell, who in turn presented Cordery with the unit colors.

New Guardian 7 takes place at helm

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

The 97th Military Police Battalion conducted a Change of Responsibility ceremony Nov. 29. Command Sgt. Maj.

Daniel L. Leasor turned his responsibility over to Command Sgt. Maj. Michael S. Cordery.

"The change of responsibility is a simple yet traditional event that is rich with symbolism and heritage," said Spc. Derek

Ervin, emcee for the ceremony. "The key to the ceremony is the passing of the colors. The very soul of a military unit is symbolized and the colors under which it fights, but they represent not only the lineage and honors of the unit, but also the loyalty and

unity of its Soldiers. The custodian of the colors is the command sergeant major who is the senior enlisted Soldier in the unit and principal advisor to the commander."

See CORDERY, page 7

US Army Rotational Air Forces transfer authority for Atlantic Resolve mission

Story and photo by Capt. Matthew St. Clair 1ST CAB PAO

STORCK BARRACKS, ILLESHEIM, Germany — After a nine-month rotation, the 1st Combat Aviation Brigade, 1st Infantry Division transferred authority to the 3rd Combat Aviation Brigade, 3rd Infantry Division Nov. 1.

The transfer marked the fifth iteration of the Rotational Air Forces mission for Atlantic Resolve. Since April 2014, U.S. Army Europe has led the Department of Defense's Atlantic Resolve land efforts by bringing units based in the U.S. to Europe for ninemonth rotations. The mission is for Army units to train and integrate with European counterparts across the continent, while deterring adversarial aggression.

Distinguished from across Germany and Eastern Europe were in attendance as the 1st Combat Aviation Brigade lowered its colors. Simultaneously, the 3rd Combat Aviation Brigade raised their unit colors signifying the assumption of the Atlantic Resolve mission.



After a nine month rotation, the 1st Combat Aviation Brigade, 1st Infantry Division, cases their colors officially transferring authority to the 3rd Combat Aviation Brigade, 3rd Infantry Division, during a transfer of authority ceremony Nov. 1. at Storck Barracks, Illesheim, Germany.

Throughout the rotation, the 1st CAB strengthened existing partnerships and built new ones across the continent.

"We participated in nine major exercises across Europe, while supporting 21 different nations," said Col. Bryan Chivers, commander of the 1st Combat Aviation Brigade, 1st Infantry Division. "We flew over 14,000 hours, drove 144,000 miles, and transported 8,000 people on our aircraft, including congressional delegations, senior U.S. military leaders and top level officials from our NATO allies. Although the measurable impacts are

great, the non-quantifiable impacts are even greater... a lasting peace and stability throughout Europe."

Chivers said the 1st CAB Soldiers' hard work and dedication made for a successful mission and contributed to long lasting partnerships between the U.S. and

NATO allies. "I am extremely proud of all they have done for this mission, and all they have done for the United States of America, and the NATO alliance," he said.

In addition to training, the 1st CAB supported the

See AVIATION, page 7

Devil Brigade transfers authority to Black Jack Brigade of 1st Cavalry Division

By Spc. Megan Zander 241ST MOBILE PUBLIC AFFAIRS DETACHMENT

ZAGAN, Poland — The 1st Armored Brigade Combat Team, 1st Infantry Division and the 2nd Armored Brigade Combat Team, 1st Cavalry Division, held a transfer of authority ceremony Oct. 28.

The transfer of authority ceremony marks the start of the 2nd ABCT, 1st Cav. Div., taking over Atlantic Resolve operations. The "Black Jack" Brigade will continue the rigorous, multi-faceted training with the Army's allies and partners to ensure the presence of a ready and lethal force throughout Europe.

"I will fight anywhere at any time with you, and I hope you feel the same about me and the 'Devil' Brigade Combat Team," said outgoing commander, Col. Paul T. Krattiger. It has been an honor and a privilege to work with such a well-trained and disciplined armored force. Duty first, Devils."

Atlantic Resolve operations are completed across Poland with the assistance of Polish military soldiers. The two nations continue working together to enhance and streamline

military operations. "I am really proud to be brothers in arms," said Brig. Gen. Piotr Zurawski, principal advisor to the commander of Polish General Command. "You've spent countless days away from your families, but it is an essential part of a Soldier's duty and life. On one hand, it is truly a sad moment because we have to say goodbye to the 1st Armored Brigade Combat Team, 1st Infantry Division, on the other hand, we are very happy and honored to welcome 2nd Armored Brigade Combat Team, 1st

ALSO IN THIS ISSUE

FORT RILEY SOLDIERS

WELCOMED HOME WITH



The 1st Armored Brigade Combat Team, 1st Infantry Division Command Sgt. Maj. Jeffery R. McCummings and Commander Col. Paul T. Krattiger case the battalion colors during an official transfer of authority, Oct. 28, 2019 in Zagan, Poland. 2nd Armored Brigade Combat Team, 1st Cavalry Division out of Fort Hood, Texas, assumed authority from the 1st ABCT.

Cavalry Division. We are deeply grateful that you have been serving here and worked to strengthen Polish and American military

cooperation." The 1st ABCT, 1st Inf. Div. accomplished its missions by building and strengthening partnerships with allied forces and communities that will serve present and future Soldiers well as they build upon the solid foundation of their predecessors. This transfer of authority signified the start of redeployment of the "Devil" Brigade to Fort Riley.

See TRANSFER, page 7

VOLUNTEER OPPORTUNITY

The USO Kansas, Fort Riley Center is needing volunteers to help with the Nov. 13 Coffee Connections event.

The shifts they need help with are:

Set-up from 8 to 9 a.m., they need four volunteers Event from 9 to 10:30 a.m. they need four volunteers

To volunteer, contact Theresa Guadagno, center operations supervisor at USO

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

Kansas by calling 785-240-5326.

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CELEBRATION



SPC. SHELL VISITS AREA MILITARY MUSEUMS IN THIS WEEK'S TRAVEL AND FUN.

SEE PAGE 16

Federal benefits open enrollment begins soon

By Amanda Ravenstein 1ST INF. DIV. POST

From Nov. 11 to Dec. 9, Federal employees can enroll, change or cancel their choices for health insurance, dental and vision insurance and their flexible spending account.

Kristine Tiroch, Army Benefits Center — Civilian deputy director, said it's important to look at all the options for benefits and to choose the best one, which fits the person's needs.

Federal Employee Health Benefits, or FEHB, is comprehensive medical insurance coverage for employees and their families. According to https://www.opm.gov/healthcare-insurance/ healthcare/, it helps with the coverage of most medical services including specialist visits, prescriptions, maternity care and mental health.

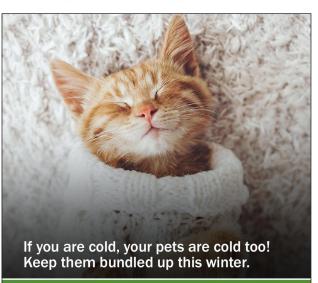
The Federal Employee Dental Vision and Insurance Program, or FEDVIP, is a comprehensive dental and vision insurance that covers routine dental services and vision services including exams, glasses and contacts lenses and discounts on laser eye surgery.

The Federal Flexible Spending Account program, or FSAFEDS, is an account that allows money to be saved for additional expenses that aren't covered by insurance.

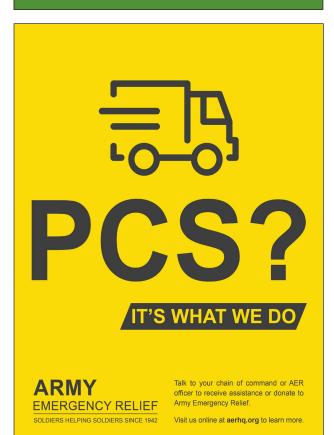
'We recommend employees take a moment this enrollment season to review their current health plan, even if they don't plan on making a change, to ensure it meets their needs and budget," Tiroch said. "After they make a decision on their FEHB plan, they can look to see if they want to enroll in a FEDVIP plan and enroll in a FSAFEDS account."

To enroll in FEHB, specialists at ABC-C are available to discuss options by calling 785-240-2222 or by visiting www. abc.army.mil. For FEDVIPs, enrollment can be completed by visiting www.benefeds.com or calling 877-888-3337. To enroll in FSAFEDS employees go to www.fsafeds.com or call 877-372-3337.

For additional information on any of the programs and how they work together, visit www.opm.gov/insure.



#BeInformed





Oldest known sentinel returns to Tomb of Unknown Soldier

By David Vergun DEFENSE.GOV

WASHINGTON — At 100, Iack Eaton is the oldest living, oldest known sentinel of the Tomb of the Unknown Soldier. Sentinels, all volunteers, are members of the 3rd U.S. Infantry Regiment, also known as "The Old Guard."

Life in the Army for Eaton began when, at age 18, he left coal country in southeastern Pennsylvania to enlist in 1937. Stationed at Fort Belvoir, Virginia, he fired expert with his rifle and was very competitive in military training and other activities, and that got him selected for the job, he said.

Sentinels are also tall and Eaton's height of 6-foot helped.

Eaton spoke during a tour of the Pentagon, where he met with Deputy Defense Secretary David L. Norquist and others.

Earlier in the day, after arriving on an Honor Flight from Burton, Michigan, where he now lives, he visited the Tomb of the Unknown Soldier in Arlington National Cemetery.

Eaton said he was struck by the elaborate, precision movements of the sentinels. He remembers it being similar during his time there, with knife-edge creases on the Soldiers' uniforms. He recalled the snap and pop sounds of doing the manual of arms with his rifle.

One thing that has changed since Eaton's days as a sentinel is the changing of the guard ceremony is now every hour instead of every two hours. The change was made so more visitors could view the ceremony, which is a good thing for the public to see, he said.

Eaton picked up rank quickly and became corporal of the guard, responsible for ensuring the changing of



Army Capt. Harold Earls, right, commander of the Tomb Guard, presents World War II veteran Jack Eaton, 100, with a signed photo and challenge coin from the Tomb Guard. The presentation capped Eaton's visit to the Tomb of the Unknown Soldier at Arlington National Cemetery in Arlington, Virginia, Oct, 23. Eaton, a former Army corporal, served as a sentinel at the Tomb of the Unknown Soldier from 1938 to 1940.

the guard and other activities went smoothly.

Eaton's enlistment expired in 1940, and he went to work for Hudson Motor Car Company. His work there was short-lived; however, because the United States entered World War II after the Dec. 7, 1941, attack on Pearl Harbor, Hawaii.

Eager to get into the war, he returned to Fort Belvoir. His old unit had disbanded, but his old company commander was still there and remembered him. He got Eaton into welding school in Washington, where he trained daily on the use of oxyacetylene and various forms of electric welding. The training soon paid off,

Eaton was assigned a fulltime mechanic and a truck full of welding gear and mechanical tools and parts. In 1942, Eaton, his mechanic and the truck were shipped off to England, where they went from airfield to airfield repairing heavy equipment such as bulldozers, graders and cranes used to build

It was a lot of work because many new runways were being built, he said. This required heavy equipment, which frequently broke down.

As the war progressed, Eaton, his truck and his partner were transferred to France, and eventually to Germany. By the end of the war, he had attained the rank of technician fourth grade.

Eaton said he's impressed with the service members he meets today. As for advice to give them on how to succeed, he offered, "Accept responsibility, don't shirk your duty, honor your oath, be proud of what you do and try to do better each time."

He also said that healthy competition with other Soldiers will do much toward self-improvement.

As for his secret to living to be 100 and walking around the Pentagon at a fast pace without a wheelchair, Eaton credited the genes of his mother, who lived to be 100. He also quit smoking in his early 30s, drinks moderately or not at all for long periods of time — eats right and gets up every morning to exercise.

Eaton said he's lived a full and happy life and was blessed to have the chance to serve his country and contribute to society afterward.

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Shop our fabulous pieces for entertaining and decorating.

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The Pathfinder – 304 Poyntz Ave.

Please join us for refreshments and browse our selection of outdoor gear and apparel from brands like Patagonia, Smartwool, The North Face, Osprey and Specialized. \$10 off your purchase on Nov. 10th only.

Manhatchet - 316 Poyntz Ave.

10% off all gift cards and Christmas party bookings. Free popcorn and hot chocolate!

The Boutique - 318 Poyntz Ave.

Offering 15% off storewide, and 15% off Michael & Madge. Holiday cookies and cider will be

Pine & Plaid - 320 Poyntz Ave.

Offering 15% off storewide. Holiday cookies and cider will be available.

Brown's Shoe Fit - 311 Poyntz Ave. All Smartwool socks are buy 3, get 1 free.

Gatherings at 3 Thirteen - 313 Poyntz Ave. Shop our holiday décor. Cookies offered from Bourbon & Baker.



Bling - 321 Poyntz Ave.

20% off storewide. Serving Santa's favorite milk

Heartspace Yoga – 321 Poyntz Ave. Suite A You're invited upstairs to visit the studio and enter a drawing for free yoga classes.

Rooted Fair Trade Market - 327 Poyntz Ave. Enter a raffle for free fair trade items and sample

Twin Engine Coffee.

Uncorked Inspiration – 121 S 4th St. Visit the studio and get 25% off future paint & sip

tickets. Sales on gallery artwork.

Project Dance – 121 S 4th St. Suite 211 Shop our vendor tables, meet the owner, sign up for classes, purchase gift cards, dance wear and costumes. 2-4:30pm only.

Linde International Beauty supply and African braiding – 114 S 4th St.

Look your best for the holidays. 25% off all wigs.

Root to Rise Yoga – 403A Poyntz Ave. Visit our upstairs studio. Each person will be gifted a gemstone, invited to draw an affirmation card, and entered to win a gift basket and free class passes.

Strecker Nelson West Gallery - 406 1/2 Poyntz Ave.

Beautiful art in all price ranges for gift giving. Coupon for 20% off one custom framing order (labor not included) valid through December 24. Gallery is located upstairs.

Salon Brands - 409 Poyntz Ave.

Entire store is Buy 1 Get 1 Half Price (excluding liters and appliances). Get a \$50 gift card for \$30. All Holiday Packs 25% off. Receive a Joico tote bag with a \$50 purchase while supplies last.

Confetti & Cashmere - 411 Poyntz Ave.

Warm up with hot beverages and receive 15% off all goods and gifts (excludes balloon orders).

Gaia Salonspa – 421 Poyntz Ave.

15% off all products w/Aveda gift set purchase, double rewards, membership discounts and more! Enjoy complimentary spa treatments, food, beverages, and get entered to win a \$500

Yee Haw Country Outfitters – 431 Poyntz Ave. 10% off storewide.

Flint Hills Discovery Center - 312 S. 3rd St.

Learn. Grow. Explore. Toys. Free gift with \$30 purchase at your hometown museum store.

CBD Sacred Leaf - 227 Blue Earth Pl.

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Always prepared; 'Big Red One' Soldiers head to Dragoon Ready 20

By Sgt. Kyle Larsen 5TH MPAD

With the sun shining over a small military installation in Poznan, Poland, U.S. Soldiers from 1st Infantry Division Forward lined up in formation the morning of Oct. 26 in preparation for their journey to Hohenfels Training Area, Germany. The 1st Inf. Div. Forward is the higher command element for the multinational exercise, Dragoon Ready 20, and will provide invaluable support for the participating countries.

This is the first major exercise 1st Inf. Div. Forward has participated in since officially changing their name. On Oct. 4, the 1st Inf. Div. Mission Command Element held an unveiling ceremony to signify their name change to 1st Inf. Div. Forward to be the first U.S. Army division forward in

The current rotation of Soldiers have participated in large-scale exercises in the past, such as Saber Junction 19, but never as a forward deployed division headquarters, like they are for DR20.

"As the higher command supporting 2nd Cavalry Regiment and 12th Combat Aviation Brigade during Dragoon Ready 20, the objective of 1st Infantry Division Forward is to sustain and build readiness as a mission command node capable of supporting U.S. Army Europe operation plans," said Col. Phil Brooks, 1st Inf. Div. Forward commander. "We are utilizing this exercise as an opportunity to sustain the readiness we built during Warfighter 19-04 and Saber Junction 19."

Much like SJ19, this exercise is designed to demonstrate the ability of U.S. troops stationed throughout Europe to quickly deploy as combat credible forces throughout the European region, demonstrating the commitment of the U.S. Army to provide reinforcement and security to our partners and NATO Allies.

"We will continue to improve our systems, processes and standard operating procedures from this exercise as the 1st Inf. Div. at Fort Riley, Kansas, prepares for their Command Post Exercise 2, WFX 20-05, National Training Center Rotation 20-10 and WFX 21-3, next year," said Brooks, who also serves as the Deputy Commander for Maneuver for the 1st Inf. Div. Forward.

The 1st Inf. Div. Forward is stationed in Poznan as the division headquarters for all of the subordinate units spread throughout 17 different countries in support of Atlantic Resolve. Most of the Soldiers from 1st Inf. Div. Forward are there on a seven- to nine-month rotational deployment, but the 1st Inf. Div. main headquarters at Fort Riley provided support by sending Soldiers to Poland.

'The personnel sent forward from Fort Riley, Kansas, to augment the 1st Inf. Div. Forward headquarters are instrumental in maintaining the momentum gained in Poland over the unit's rotation in support of Atlantic Resolve," said 1st Sgt. Craig Carroll, Headquarters and Headquarters Company, 1st Inf. Div. Forward. "Their presence allows us to continually build and maintain the U.S./Polish relationship and support all of the subordinate units throughout the European Theater."



Master Sgt. Jake Kuhne, the non-commissioned officer in charge of the Civil Affairs section, First Infantry Division Forward, loads a duffle bag under a bus on Oct. 26, Poznan, Poland. The bus will transport Soldiers from 1st Inf. Div. Forward to Hohenfels Training Area, Germany, for Dragoon Ready 20 and will act as the high command for the exercise.

The Soldiers sent from Fort Riley started to display their importance immediately, as they helped the 1st Inf. Div. Forward personnel load their bags for the seven-hour drive to HTA. While the unit is the HICON for DR20, the augment personnel will provide much needed support in the rear, performing tasks such as supply and logistics, engineers,

personnel administration, future plans and military intelligence.

As the last of the bags were loaded, the Soldiers loaded the bus as their names were checked off to ensure 100 percent accountability. The rear element staying in Poznan watched as the buses pulled off carrying the Soldiers of 1st Inf. Div. Forward to their next mission set, as part of DR20.

Virtual assistants can pose security risk at home

By Gail Parsons 1ST INF. DIV. POST

For several years, devices like the Amazon Alexa and Amazon Echo have been at the top of the best-Christmasgifts lists put out by groups like Forbes, Parent and USA Today. This year, they are still

The website, www.today. com/home/31-best-techgifts-t140784 has the Echo at number five on its list of top tech gifts under \$200 and several other items that connect to Alexa also made the list.

While the Alexa app can be integrated with home security measures, it may not be concerned with national

In response to a CNN story about Alexa listening to people's private conversations, Amazon confirmed, for a story printed at www. cnn.com/2019/04/11/tech/ amazon-alexa-listening/index. html, that the company does hire thousands of people in several countries to listen to what Alexa owners are saying.

"But Amazon said it takes 'security and privacy of our customers' personal information seriously,' the article stated. "The company said it only annotates an 'extremely small number of interactions from a random set of customers."

Kelsey Wilson, chief Cyber Security Operations Branch at Fort Riley said there is a potential security concern with Alexa use in the homes of

military members, but there are ways to mitigate the risks.

HOW ALEXA WORKS

Alexa is a voice assistant and smart speaker sold by Amazon. Alexa uses three wake words — computer, Alexa and Echo — to initiate the communication with the

"Bottom line, though, Alexa — it's always listening," Wilson said.

The Alexa speakers themselves do not listen. They don't have computing power, processors or intelligence rather, Alexa transmits every spoken word it captures, to Amazon's cloud service, he

"When it gets to that cloud service, then it's transcribed there into questions, and then the answers are provided back," Wilson said. "But it has to go there first, and then you get the answers. Nothing is processed on the device itself because it didn't have computing power."

INHERENT PROBLEMS WITH ALEXA

The problem is Amazon has hired a team of people around the world to analyze snippets of conversations that it receives, Wilson said. Unless certain features on the device have been disconnected, it is always listening.

'The reason that Amazon has this built in feature to listen all the time is because it's supposed to improve the customers overall experience with the device and software," Wilson said. "Unfortunately, the data is not anonymous. The data that it receives can be traced back to the owner of the speaker. So that's the problem there."

If a Soldier or family member is sitting at their kitchen table talking about the next deployment, that conversation is being recorded.

"If you are home with your spouse, discussing what's going on, I would say that you need to disable your Alexa, or go into a room where it's not located," Wilson said. "Hopefully you're not talking about secret information with your spouse but one thing about data -

it can be aggregated." Several people, at different locations, can have seemingly innocent conversations about unclassified information. But all the pieces of unclassified information can be aggregated into secret information.

"Spouses (and Soldiers) need to be cognizant that smart devices that are connected to the internet out there are actively recording," he said.

Wilson said the people at Google or Amazon are not suspected of being government spies, but there is a concern about hackers who have malicious intent gaining access to snippets of conversation.

"Google ... their stance is they want to protect our

privacy," he said. "And that's what they're trying to do but the Amazon products are in their infancy. Their whole security has taken a backseat to functionality. Amazon and Google they want to protect their data, they want to keep us safe, but they also want to provide a certain experience for customers that are going to purchase the devices"

SOLUTIONS

There are solutions to the security risk, Wilson said. According to Amazon, the eavesdropping setting can be

"If you disable the voice recording setting, that stops it from listening all the time," Wilson said.

Disabling the setting from the website can be done in three steps:

- 1. Click on the box labeled "manage how data, improves Alexa"
- 2. Turn the "help improve Amazon services and de-
- velop new features" off 3. Confirm your decision by selecting "off."

"Now, Alexa is not helping to improve the software," he said. "It's not recording, but you may lose functionality with this setting turned off, because it's built to be on. But it does stop recording. I think it will still give you some answers, it will still communicate with you, you just won't have the full functionality of the device."

To disable the privacy setting from the app:

- 1. Go to "settings" 2. Select "Alexa privacy"
- 3. Tap on "manage how your data, improves Al-
- exa" 4. Turn "help improve Amazon service and development features" off by tapping the switch
- 5. Confirm your decision

STRENGTHEN SECURITY FROM SMART HOME **DEVICE**

The first step in strengthening security is to be familiar with the device and its security settings and features.

'You want to make sure that if your device requires a password, that you change all the default passwords to strong multicharacter complex passwords," Wilson said. "Most of the

default passwords are the same for every single device. Next you want to always, always, always download the latest firmware and software for the device." A home network router

should also be secured with a complex password. And passwords should be changed frequently.

One of the ways hackers will try to gain access to an Alexa is to have the device issue a request for the password.

"Alexa, Google, none of those companies will ever have a device prompt you for a password," he said. "If it is asking you for password then someone is exploiting you."

Being cognizant of security risks is inherent in military life. Modern technology can raise concerns but taking precautions can mitigate the risks, Wilson said.







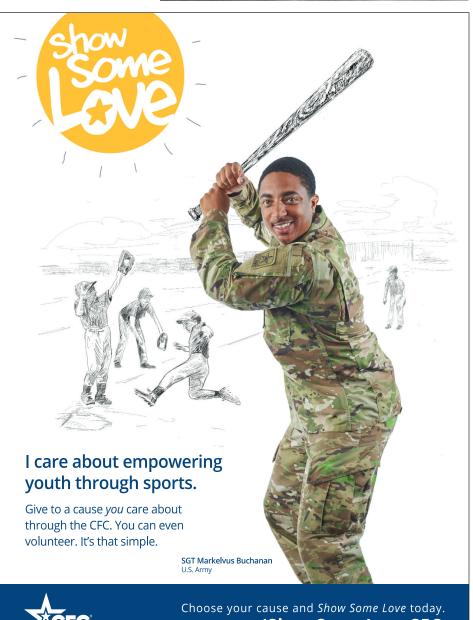


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Looking Back: Building 375

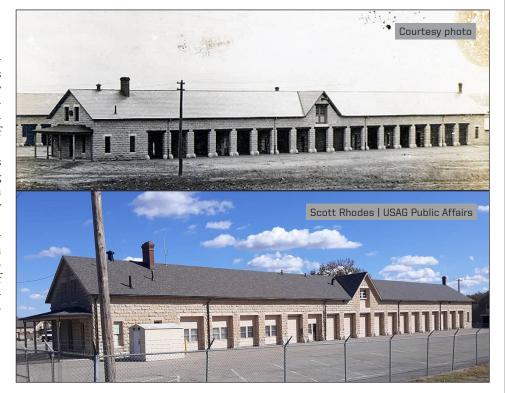
USAG PUBLIC AFFAIRS

Building 375 on Carr Avenue was built in 1903. It was originally used as an artillery gun shed. Its walls and foundation were made of limestone and it had a slate roof and a brick floor.

Like most buildings in this area of post, by 1930 building 375 was redesignated from an artillery facility to a cavalry one following World War I.

Today, building 375 is occupied by the transportation motor pool. The TMP manages and schedules the use of Army owned or leased nontactical vehicles such as passenger cars, vans and trucks.

TOP: Building 375 in 1903 and **BOTTOM**: as it appears today.



Fort Riley historic names: Edward P. King

By Gail Parsons 1ST INF. DIV. POST

Two Kings are remembered on Fort Riley — both reached the rank of Major General, shared the first name of Edward, were involved in world wars and had a military career marked by involvement in the Philippines.

An article about Maj. General Edward L. King, for whom King Field House is named was in the Nov. 1 edition of the 1st Infantry Division Post.

King Avenue is a threeblock road connecting McCormick Road and Booth Avenue. It was named for Maj. Gen. Edward P. King who rose to prominence in World War II.

King was born July 4, 1884; he was the grandson and nephew of Civil War Confederate Soldiers. His father-in-law, according to www.battlefields. org, was Lafayette McLaws, a division commander in Robert E. Lee's Army of Northern Virginia from 1862 to 1863. Robert E. Lee surrendered April 9, 1865 — 77 years later, April 9 would be the day that cemented King's legacy.

King's family wanted him to be a lawyer, states an article www.togetherweserved. com. Despite the family's desire, he received a commission in the Army in 1908. Six years after graduating from the University of Georgia in 1902.

During World War I he fought in the Battle of Cantigny, which was the first major American battle and offensive of World War I. Togetherweserved.com said it was during the Battle of Cantigny that King's actions earned him the Distinguished Service Medal.

After the war, he held assignments as instructor of the Army and Navy War Colleges. In 1940, King was sent to the Philippines where he was promoted to Brigadier General. It was after his arrival that the Japanese attacked Pearl Harbor, Hawaii and the Philippines Dec. 7 and 8, 1941 respectively. Unlike Pearl Harbor, the Japanese landed on the Philippines, the website stated

King was the second highest ranking ground officer in the Philippines, behind Gen. Jonathan Wainwright. He served under Commander of U.S Army forces in the Far East Gen. Douglas MacArthur's second highest ranking



Mai. Gen. Edward P. King

ground officer, after General Jonathan Wainwright.

On 11 March 1942, MacArthur left the Philippines and Wainwright was appointed his successor as General of the Armies of the Philippines. King became the Commanding General of the Philippine-American forces on the Bataan Peninsula.

The website, www.historynet.com recounts the conditions for the American Soldiers on the Bataan Peninsula:

"On March 28, Wainwright told the War Department that food stocks on Bataan would be exhausted by April 15. MacArthur, who received a copy of the message, commented to the department, 'It is of course possible that with my departure the vigor of application of conservation may have been relaxed.' On April 4, MacArthur cabled Wainwright that 'under no conditions' should he surrender. 'If food fails, you will prepare and execute an attack upon the enemy.' Wainwright replied that his troops were 'so weak from malnutrition that they have no power of resistance."

The description went on to state that the Soldiers were fighting on about 1,000 calories a day, malaria and scurvy were taking over and dysentery was widespread.

Togetherweserved.com adds that they were low on ammunition, had virtually no medical equipment, the Soldiers resorted to eating anything they could find and 75 to 80% of the troops had malaria or dysentery.

Wainwright passed on MacArthur's orders to King who knew with the worsening conditions, going on the offensive was not an option.

Not wanting to put Wainwright in a position to choose, King initiated the surrender without notifying his superiors, www.history.net stated.



Maj. Gen. Edward P. King Jr., second from left, discusses surrender terms with Japanese commanders on Bataan, Luzon Island, Philippines.

On the morning of April 9, 1942, in the tropical heat of the Philippines, King, accompanied by his staff, rode to the Japanese frontlines under a flag of truce to arrange the surrender of more than 78,000 U.S. and Philippine troops.

The website's account of the surrender states "MacArthur was furious when he heard of the surrender and demanded an explanation. Wainwright acknowledged that King had not raised the subject of capitulation with him, but described the chaotic situation on Bataan and refused to criticize King. He cabled President Roosevelt, 'I have done all that could have been done to hold Bataan, but starved men without air and with inadequate field artillery support cannot endure the terrific aerial and artillery bombardment that my troops were subjected to."

Togetherweserved.com addressed the ethical dilemma King faced. A surrender could give his men a chance to survive the war — he could not know what was ahead. When asked to ensure his men were given fair treatment, Colonel Motoo Nakayama (who he surrendered to) assured him they would, stating "The Imperial Japanese Army are not barbarians."

According to the website, King said of the surrender, "If I do not surrender to the Japanese, Bataan will be known as the greatest slaughter in history.

What would follow was 55 miles of what became known as the "Bataan Death March." At least 600 Americans and 5,000 Filipinos died. Survivors were taken to prisoner of war camps were another 16,000 Filipinos and at least 1,000 Americans perished.

Salina Toy Show Largest Toy Show in Kansas! Saturday, November 16th

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spent three and half years as a captive of the Japanese and was often mistreated by them because of his rank, according to www.togetherweserved.

After the war, MacArthur Wainwright, surrendered to the Japanese a month after King did, received promotions and the Medal of Honor for their actions in the Philippines.

The website, togetherweserved.com has a reprint of a letter from one of the Soldiers under King's command:

"In the opinion of most, if not all Bataan veterans, Major General Edward P. King is long overdue and overlooked for the Medal of Honor that he so richly deserves. Remember, under the leadership of General King, the forces on Bataan far exceeded what was expected and what they were capable of, and doing so under conditions no other American force has ever come close to having to endure. Historians are just recently beginning to realize what King accomplished on Bataan, stalling the Japanese on Bataan, long enough to save Australia and completely disrupting Japan's time table for conquering the southwest Pacific. Yes, Edward King deserves the Medal of Honor."

Tillman J. Rutledge Bataan Survivor Company F, United States 31st Infantry Commander of Battling Bastards of Bataan Veterans

According to several sources about Kings life, after the war, he retired to his home in Georgia where he died in 1958.

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

Admission: \$4 per person

Children 12 and under

free with paid adult

Questions

TRAFFIC REPORT

ACCESS CONTROL POINT HOURS

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

For more information about Fort Riley access procedures, visit home.army.mil/riley/index.php/about/ visitor-info.

The Fort Riley Visitor's Control Center is open Monday to Friday from 5 a.m. to 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.

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

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

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

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

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

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

Custer Avenue Closure:

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

CLOSURES AND REPAIRS

Holbrook Avenue Repairs

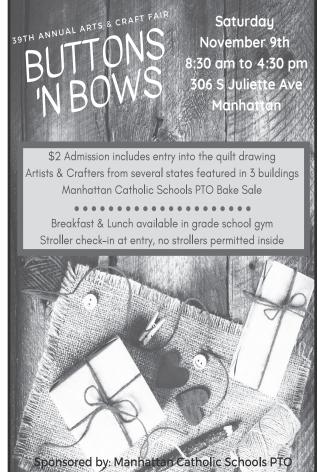
This is the first of three phases of the Holbrook Avenue road repair project from Huebner Road to Morris Avenue. This first phase will close Holbrook Avenue from the Morris Avenue intersection to and including the intersection with Godfrey Avenue through Nov. 30. The intersection of Holbrook Avenue and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

Jackson Street

Work will begin Nov. 12 to finalize the mill and overlay of Jackson from near Bragg to Longstreet and Longstreet from Jackson to Ashby. Traffic will be one lone through the construction process, which is expected to lake three or four









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RILEY ROUNDTABLE

Is there a veteran you look up to?



"My big brother, Taurice."

STAFF SGT. JOSH MCMILLAN **WASHINGTON. DC**

172nd Chemical Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade



"My husband, Jacob, and my dad, David Randolph."

AMANDA SAARLOOS ARLINGTON, WASHINGTON

Spouse of Jacob Saarloos, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division



"My little brother, Jacob. I joined because he did, so we could go through things together."

PFC. EDWARD HARRINGTON **COLLINSVILLE, ILLINOIS**

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



"One of my uncles was a marine in Vietnam."

SGT. TYLER DUMONT ROCHESTER, NEW HAMPSHIRE

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



"My father, John"

CPL. TERRELL KENNERLY FAYETTEVILLE, NORTH CAROLINA

1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division

THE 1ST INFANTRY DIVISION POST

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LETTERS TO THE EDITOR

The Post welcomes letters to the editor. Letters should not contain any libelous statements or personal accusations. Letters

accepted for publication must include the writer's full name and phone number. Letters may be edited for space, but never for content. Send an e-mail usarmv.rilev.imcom. mbx.post-newspaper@mail.mil.

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SAFETY CORNER

Take care of hearing to avoid damage

Walter L. Hill GARRISON SAFETY OFFICE

Team Riley, noise and sound is all around us — at school, at home and all the places in between. It's everywhere we go. But being around too much loud noise, like at concerts or fireworks shows, can make you lose your hearing and once it's gone, you can't get it back.

According to the Centers for Disease Control and Prevention, most people don't feel any warning signs, like pain or ringing in the ears until their hearing is already damaged. If you think your ears can just get used to the noise, think again. If loud noises don't bother you as much as they used to that means you've already lost some of your hearing.

Did you know that the Occupational Safety and Health Administration has an occupational noise standard? Guidelines to protect employees from noise exposure are found in 29 CFR 1910.95. The OSHA Occupational noise exposure standard must be posted in the workplace. If an employee is exposed to noise for an eight-hour time-weighted average of 85 decibels, employers are required to administer a continuing, effective hearing conservation program. This program must include monitoring, employee notification, observation, audiometric testing, hearing protection, training and record keeping.

Occupational safety and health professionals use the hierarchy of control to determine how to implement feasible and effective controls. In most cases, the preferred approach is to eliminate the source of hazardous noise. When elimination is not possible, substitution of the loud equipment for quieter equipment may be the next best alternative to protect workers from hazardous noise. If the hazardous noise cannot be controlled through elimination of the source or substitution of quieter equipment, engineering controls may be installed to reduce noise to safer levels or remove noise at the source.

Personal protective equipment, such as ear plugs or other hearing protection devices, is the last option in the hierarchy of control. Personal protective equipment is generally less effective than elimination, substitution and engineering controls because they rely on human actions to reduce noise. Used in combination with other levels of control, such as administrative controls, PPE may provide worker protection when engineering controls do not adequately remove the noise hazard.

Consider these solutions when creating your hearing loss prevention program:

- Buy quiet select and purchase low-noise tools and machinery • Maintain tools and equipment
 - routinely, such as lubricate gears
 - Reduce vibration where possible
- · Isolate the noise source in an insulated room or enclosure
- Place a barrier between the noise source and the employee
- Isolate the employee from the source in a room or booth, such as sound wall or windows
- Always wear the approximate hearing protection around loud noises

Team Riley, let's make sure we protect our hearing. The Garrison Safety Office can provide general information concerning occupational safety and health standards for hearing conservation and mitigating noise exposure hazards in the workplace. The Fort Riley Army Hearing Program supports the installation with all the tools necessary to protect and prevent hearing loss from noise exposure.

For more information, contact the Garrison Safety Office at 785-240-0647 or the Fort Riley Hearing Program 785-239-7042 or 785-239-7323 for more information.

What's the brief on a brevet promotion?

Dear Doc Jargon,

Just after our family got to Fort Riley, my wife deployed. We don't have kids yet and I'm in school so I had some time to learn a bit of history about Fort Riley. I have one question that pertains to George Custer's real rank. What was it? I mean sometimes I see general and sometimes I see lieutenant colonel and frankly, I don't know what brevet means. I think it was temporary but I'm not sure.

Can you shed some insight on the term of a brevet promotion and what the correct rank was for Custer when he was here?

Sincerely, **Short and Curious**

Dear Short and Curious,

First, a brevet promotion is considered an honorary one. It carries no raise in pay or privileges and is temporary in nature. The Army does not employ this method of promotion today. Custer actually was given a total of six brevet promotions during the Civil War and at the age of 25, was a brevet brigadier general in the Union Army. He climbed from there to major general – again a brevet promotion. Each promotion allowed him to serve in command roles at a time when the Army needed leaders. The brevity of each step of Custer's career ladder is extraordinary. In fact, he held the rank of brevet colonel for exactly one month. Once the civil war ended, Custer returned to the rank of captain and was mustered out of the Army. However, he didn't stay out for long.

By the time he came to Kansas, Custer was a lieutenant colonel and in command of the 7th Cavalry. That would be the final rank of his career and the one he held the longest. He held that rank for 10 years. I hope that helps you follow the rise, fall and rise of the ranks of George Custer.

Sincerely, Doc Jargon.

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

CIVILIAN SPOTLIGHT

CHIEF OF GUARDS DIRECTORATE OF EMERGENCY SERVICES

Lt. Darrell Sparks serves as the chief of guards, supervising and managing the Fort Riley Department of the Army Security Guards. From July 15 to present, Sparks volunteers at great personal sacrifice to switch shifts and



assume the additional work load of a coworker who was recovering from a motorcycle accident. This action occurred at a critical time for the Directorate of Emergency Services and the installation because access control point manning was transitioning to Department of the Army Security Guards and Military Police.

At the same time, new access control procedures were being implemented and an increase in guard training requirements.

Additionally, Sparks assisted in 32 new guard recruiting actions which included seven hiring panels and the onboarding of two new guards at this time.

During this challenging time, Sparks worked with the 97th Military Police Battalion to mitigate manning shortfalls and help maintain the mission readiness for the battalion and the Directorate while taking care of the needs of the Soldiers and civilians under his charge.

Sparks devoted his personal time in the evenings and on weekends to ensure the success of special events, distinguished visitor access and redeployments. He committed himself to maintaining the security of Fort Riley and the productivity of not only his position, but that of his counterpart which directly resulted in no degradation of service.

bump it up

Oct. 11 to 17, 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

Forsyth Avenue, Godfrey Avenue, Dakota and Buckskin.

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

Speed enforcement will continue in other communities and locations on Fort Riley; that schedule will be published on the Garrison Facebook page and website home page www. home.army.mil/riley.

Driving is a privilege and responsibility at all times and in all locations; we depend on one another to always drive cautiously and observe all traffic laws.



Pvt., Co. B, 82nd BEB, 2nd ABCT, 1st Inf. Div., speed greater than reasonable for road conditions

Pfc., unknown unit, speed 21 and up Sgt., Co. B, 299th

BSB, 2nd ABCT, 1st Inf. Div., speed 1 to 14

NOV. 21

Staff Sgt., Co. B, 299th BSB, 2nd ABCT, 1st Inf. Div., improper backing

Family member, spouse, unknown unit, improper turning movement Pfc., 116th MP C.,

97th MP Bn., 89th MP Bde., improper turning movement Spc., HHBn., 1st Inf.

Div., expired registration

Spc., unknown unit, Failure to stop at a posted stop sign

Pfc., unknown unit, speed 1 to 10 over

Spc., HHC, 1st Bn., 18th Inf. Regt., 2nd ABCT, 1st Inf. Div., speed 16 to 20

Spc., DIVARTY, expired registration

Spc., unknown unit, speed 16 to 20 over

Spc., unknown unit, driving while license is suspended or revoked

NOV. 23

Unknown rank, 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st Inf. Div., expired registration

Spc., unknown unit, no registration in possession

no registration in possession Pvt., unknown unit, no drivers license in possession Spc., unknown unit, ex-

Spc., HHC, 1st Inf. Div. Sust. Bde., improper backing

NOV. 24

pired registration

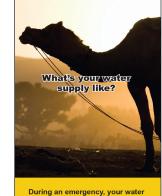
Spc., unknown unit, speed 16 to 20 over

OTHER CITATIONS

Nov. 22 - speed 11 to 15 over, expired registration

Nov. 23 — two counts of no drivers license in possession, illegal use of cellphone, speed 21 and up, assault-simple, expired registration

Nov. 24 — assault-domestic, improper backing



- Make sure you and your family have enough water for at least three days.
- · Include water for your pets



6 | NOVEMBER 8, 2019 Thome of 1



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CORDERY Continued from page 1

The change of responsibility started with Sgt. Maj. Adam Lashley, the non-commissioned officer in charge passing the colors to Leasor who in passed them to the 97th MP Battalion Commander Lt. Col. Joshua Campbell. This action symbolized Leasor's relinquishment of responsibility and authority.

With the colors in hand, Campbell turned and handed them to Cordery.

"In accordance with [Army Regulation] 614 dash 200 paragraph seven dash five, Command Sgt. Maj. Michael S. Cordery is hereby appointed as the Command Sergeant Major of the 97th Military Police Battalion," the emcee said.

The brief ceremony was followed by words from Campbell. He first addressed the Soldiers in formation, commending them and recognizing the many who could not be there because of responsibilities on post and around the world.

"Guardians, as always, you look great out there this morning," he said. "Really proud of all the accomplishments of the battalion."

He then turned his attention to Leasor, reflecting on their long history together which culminated in the two serving on the same leadership

"We've been around each other for the last 16 years," Campbell said. "You were one of the first non-commissioned officers I interacted with when I arrived as a brand-new lieutenant. I've learned from you

my entire career. We've crossed paths multiple times, to part ways again as a command team is tough."

He commended Leasor for the work he accomplished at the battalion and Fort Riley.

"As much as I would like to call you my command sergeant major, your hard work and commitment to service reminded me that you truly belong to the unit," he said. "You were there countless times as an advisor to the commander, the first sergeant, staff Soldiers and spouses. Your legacy lives on through the great accomplishments of the Soldiers and the missions a carry out, both past and present."

He told the audience that under Leasor's mentorship and leadership, Soldiers gained a better understanding of how the NCO creed is a way of life — not just a board question.

And he spoke about how Leasor provided guidance to the new Soldiers who will carry the torch forward.

"Your example bled through the battalion to create an organization of teams, leaders and those wanting to take the torch for the next generation," he said. "The esprit de corps through the battalion and the victories over your tenure are a hallmark of a cohesive unit ready to conduct their wartime mission. And whenever challenged in any arena, we're ready to win and we came out on top multiple times."

In saying farewell to Leasor, Campbell looked to the

future under the guidance of Cordery.

"As with all army units, we must continue to grow," he said. "We have just the right CSM taking the helm. Command Sgt. Maj. Cordery and (wife) Amanda, welcome to the Guardian familie."

Following Campbell's address, Leasor stepped to the podium to address the Guardians. He recognized them for the many deployments and responsibilities they took on around the globe while maintaining law and security at Fort Riley and Fort Leonard Wood.

He also commended the unit for being the family from which several individual Soldiers rose to prominence with various accolades they received.

There were many people he thanked for making the battalion what it is today before giving his final parting words.

"It has been an honor to be Guardian 7," he said. "This battalion will always remain near and dear to my heart. And truly the guardians of the "Big Red One." So, thank you, duty first, proven in battle, take charge."

Before the ceremony ended, the new Guardian 7 said a few words to introduce himself to the battalion.

"Like the Guardians that have served and fought since 1945," he said. "I've been to the dark corners of the world where the bad things live, where the bad things fight, in cities, on mountains, in the desert and in the jungle. And like the Guardians that have come before us all, you exceptional Soldiers standing before me today are a continuation of that legacy. You were well led, trained and ready for any fight that may lie ahead. It is a privilege to take my place in the ranks of this incredible military police battalion and I look forward to serving with you."



Gail Parsons | Post

Command Sgt. Maj. Michael S. Cordery speaks to guests and members of the 97th Military Police Battalion after assuming responsibility from Command Sgt. Major Daniel L. Leasor during a ceremony Nov. 29.

AVIATION Continued from page 1

historic D-Day 75 events in France. Chivers called it a "truly humbling experience," as soldiers from the brigade participated in ceremonies and interacted with World War II veterans.

With 1st CAB's list of distinguished European accomplishments, 3rd CAB arrives ready to carry on the historic mission.

"3rd Combat Aviation Brigade has trained hard and long in preparation for this operation," said Col. Michael McFadden, commander of the 3rd CAB, 3rd Inf. Div. "The Marne Air team stands ready to assure our allies, deter aggression, build allied and partnered interoperability and continue to build readiness of the 3rd CAB."

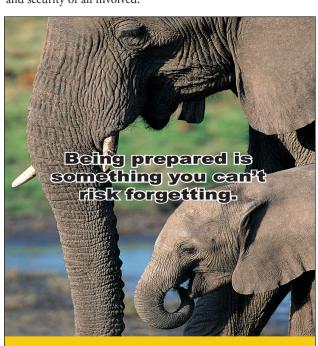
TRANSFER Continued from page 1

The "Devil" Brigade operated in seven countries, and conducted six international training events in conjunction with our allied partners to ensure stability and deter our enemies from any aggression.

Moving forward, the 2nd ABCT, 1st Cav. Div., will continue ongoing European operations.

"We follow several legendary brigades in this effort, and it's not lost on us that we have some very large shoes to fill," said incoming commander, Col. Jeremy S. Wilson. "Devil Six, thanks for the great transition. To our partners, this is the most lethal brigade combat team in the Army today. The leaders of the Soldiers that reside in the formations represented here are prepared to continue the mission. It's time to get to work, see you on the high ground."

A U.S. Army rotational presence ensures interoperability and enables European allies and partners to globally deploy their forces alongside the American military for the common good and security of all involved.



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Soldiers and families met and pet the horses of the Commanding General's Mounted Color Guard during the 1 ID Welcome Home celebration hosted by members of the Junction City Chamber of Commerce Military Affairs Council Nov. 2 at Fifth Street Playground Park in Junction City.

Junction City throws welcome home party in park for 'Big Red One' Soldiers

Story and photos by Amanda Ravenstein

Junction City's Fifth Street Playground Park was alive with activity Nov. 2 when the Junction City Area Chamber of Commerce Military Affairs Council members hosted a 1st Infantry Division Welcome Home event.

Craig Bender, Military Affairs Council director, said being able to do an event like this for the Soldiers and their families was great.

'They sacrificed so much for us," he said. "Between families staying back here holding it down and Soldiers going forward and putting themselves in harm's way. It's nice to give back a little bit and just say thanks for everything that they've done throughout the year."

Staff Sgt. Michael Sunkins, Company A, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, attended the event with his wife Nina and their sons, Gabriel, 6 and Raphael, 8. He said he enjoyed it because it got them out in the community.

"It also gives us something to do for a family thing," he said. "It helps with bonding and the entertainment is awesome as well."

Raphael said he liked playing the ring toss game at one of the booths because he won. Gabriel said his favorite thing about the event was the horses from the Commanding General's Mounted Color Guard.

Capt. Patrick Neky, commander of the CGMCG, said being invited to perform at the event was an honor for him and the other troopers.

"This is awesome," he said. "Mostly because the 1st ID Soldiers have put in a lot of hard



Soldiers and families were treated to a steak dinner during the 1 ID Welcome home celebration hosted by members of the Junction City Chamber of Commerce Military Affairs Council Nov. 2 at Fifth Street Playground Park in Junction City.

work overseas. Being able to welcome them back along with the Junction City Community is always, you know, a great reward for us. I mean these are our Soldiers, part of 1st ID, that we want to make sure we welcome home."

Kansas State Senator Jerry Moran attended and welcomed the Sol-

"On behalf of all Kansans, welcome home," he said. "... and most importantly, please know that we care for you. We respect you and we love you."

Gowns galore gifted at event

By Amanda Ravenstein 1ST INF. DIV. POST

More than 120 people visited Army Community Service Nov. 2 for the Gift the Gown event. Theresa Guadagno, USO Kansas, Fort Riley Center operations supervisor said the event helps to make it possible for more Soldiers and their spouses to attend formal military

"We do this to support our military spouses who might not be able to afford to go out and buy a \$300 dress for one event," she said. "And so, we really want to see an up click in attendance of these military balls, and we don't want that to be one of the aspects that deters them from going."

Jane Brookshire, ACS installation volunteer coordinator, agreed saying it gave spouses one less hurdle as to why they couldn't attend.

"Maybe they had enough money to buy a gown, but not anything else," she said. "Well now they have the option of doing this. And while they are here, they can ask questions and they start feeling more comfortable about the ball. They can learn more about it."

Guadagno said it was also a great place for meeting people.

"This is a really good way to do it," she said. "Because it's fun, they're eating, they're trying on dresses. They're socializing, there's music playing. It's just such a festive sort of fun atmosphere and it does help them make friends."

Katie Durgin, wife of Sgt. Maj. Donald Durgin, 1st Infantry Division Artillery, said this was her first time and she had fun trying on the dresses.

"I wasn't really sure what to expect, but I had a lot of fun," she said. "Everybody was helpful. And there was a lot to choose from. And even the way they set up the little dressing rooms was made it felt nice, girly and pretty."

She said she hadn't gone dress shopping in a while, so she enjoyed herself. She said she tried on about 20 dresses and found the one she wanted to take

"I did," she said. "And I don't have to get it altered so it's perfect. And it's red for the Saint Barbara's Ball."

Guadagno said if there is anyone who was not able to attend the event, to contact her at the USO or Brookshire at ACS and they can schedule a time when the person could visit and look through the dresses.

Breastfeeding can save lives in future

1ST INF. DIV. POST

There are several good reasons for women to consider breastfeeding their babies. At Irwin Army Community Hospital, nurses are teaching that the extent of the health benefits includes reducing the risk of cancer for mother and

"Breastfeeding isn't just about nutrition," said Sondra Redvay, registered nurse and lactation consultant at IACH.

Although formula will provide nutrition, the health benefits of breastmilk cannot be manufactured in a factory, she said. Those benefits can be lifesaving for mom and baby.

"For every year mom breastfeeds, her risk for breast cancer is reduced 4.3%," Redvay said. "That's each year — it accumulates. When she breastfeeds her daughter, she reduces her daughter's risk in her future as an adult by 25%."

Kyanna Kuntz, certified nurse midwife at IACH, said when Redvay started telling her about the research she was amazed at the numbers and she makes sure to talk to expectant mothers about it.

are hesitant or they're not sure about breastfeeding and we talk about some of those benefits beyond just nutrition, it really does change their attitude and they see what wonderful benefits it has beyond just feeding," Kuntz said.

Women who have a female relative who developed breast, ovarian or uterine cancer before age 50 have an increased risk of contracting it themselves. But breastfeeding can counter that risk for some

"If you've got a strong family history of a genetic cancer ... a family history of it, definitely breastfeeding would help decrease your risk of developing breast cancer," Kuntz said.

The decreased risk is because the woman is ovulating less and has a decreased estrogen level, Redvay said.

"Just being pregnant, you decrease your risk of breast cancer at 7%," she said. "Then for each year that you breastfeed you add an additional 4.3% for decreased estrogen and then

See AWARENESS, page 13

Cold Halloween does not deter families from gathering candy

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

More than 2,000 people flocked to the Commissary parking lot for the annual Better Opportunities for Single Soldiers Trunk or Treat event

"We had more than 300 people in line at 5 p.m.," said Sgt. Janette Blunt, BOSS president.

The event had almost 40 decorated trunks from organizations on and off post.

"It's really cool," she said. "The amount was actually twice as much as we expected. So, it's kind of surprising yet it's not but it's an awesome experience."

Pfc. Jack Coyle, 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team 1st Infantry Division, and his wife Jill, dressed as Jack and Sally from the 'The Nightmare Before Christmas' handed out candy to the families.

"It's incredible," he said. "We love seeing all the costumes and everyone's reactions. It's amazing."

Jill said she was surprised by how big the event was.

"It's a lot bigger than I thought it was going to be," she said.

Sgt. Thadious Pringle, 511th Quartermaster Field Feeding Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade, and his wife, Jessica, and their daughters were dressed as Ninja Turtles when they made their way through the line at

the event. "We wanted to pick something all of us could wear," he

Jessica said other than it being cold, they enjoyed themselves.

"We came out last year," she said. "It was good last year so we decided to try it again this year and it was just as good."

Blunt said the seeing the community involvement was

"I love that there's all these people coming out here to, you know, mingle with the community to get them out of their homes, get



Pfc. Jack Coyle, 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team 1st Infantry Division, and his wife Jill, dressed as Jack and Sally from the "The Nightmare Before Christmas," handed out candy to the families.

them out to the barracks and a moment of fun," she said. bringing them together for

"It's awesome."

WEEKEND WEATHER OUTLOOK

FRIDAY



HI: 50 F

LOW: 21 F

SATURDAY



HI: 66 F

LOW: 34 F

SUNDAY



HI: 55 F

LOW: 36 F

FORT RILEY POST-ITS



BOSS

Soldiers can sign up with Better Opportunities for Single Soldiers for two events being held Nov. 16. The meeting place for both events is Warrior Zone. At 9 a.m., interested Soldiers can help with the Fort Riley Cleanup. At 2:30 p.m., Boss is leaving for Legends Outlet Mall in Kansas City.



Fort Riley MWR

An introduction to how to make stained glass will be 4 to 6 p.m. Nov. 16 at The Hobby Studio. Cost is \$35 Pre-registration is required — call 785-239-9205

Lets go to the movies @ Barlow Theater

Friday, November 8 - Joker (R) 7 p.m. **Saturday, November 9 -** The Addams Family (PG) 2 p.m. and Gemini Man (PG-13) 7 p.m. **Sunday, November 10** - Gemini Man (PG-13) 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.

Family Month

Military Family Month activities include a Family Art Extravaganza from 1 to 3:30 p.m. Nov. 16 at Riley's Community Center. Make art and memories at this free event. Take part in instructor-led painting, freeform painting or crafts. Open to the first 150 military family members registered. Advance registration is required and can me made through Army Community Service. For information call 785-239-9435.



Fort Riley MWR

Tired of throwing away those empty wine bottles? Decorate your wine bottles with The Hobby Studio staff and create a unique handmade centerpiece. The come-and-go art project is from 11 a.m. to 6 p.m. Nov. 9

Participants must bring their own wine bottles and there is a limit of

Those younger than 15 must have a parent or guardian present. The cost it \$15 per person. For information, call 785-239-9205



Child and Youth Services

Staff of Child Youth Services will host Run With Your Hero for families at 9 a.m. Nov. 16 at the Outdoor Adventure and Travel Center. On-site registration starts at 8 a.m. The run is free and open to all ages. Nametags will be provided for participants to write their hero's name on. They may also bring pictures of their hero to run with.



Fort Riley

Learn what events and activities Fort Riley organizations are planning during the monthly Town Hall meeting at 12:30 p.m. Nov. 13 at Riley's Community Center, 446 Seitz Ave. People who can't make it can watch it live at https://www. facebook.com/FortRiley or find the slide deck at www .home.army.mil/riley/index. php/my-fort/all-services/armycommunity-service.



Better Opportunities for Single Soldiers volunteers will visit a retirement and assisted living home to visit with residents, at 9 a.m. Nov. 9. Call 785-239-2677 for information.

COMMUNITY CORNER

This Veterans Day I honor your service

By Col. Stephen Shrader FORT RILEY GARRISON COMMANDER

ajor hostilities in World War I were formally ended on the 11th hour of the 11th day of the 11th month of 1918 when the Armistice with Germany went into effect. Each November we set aside the 11th as a day to honor our veterans, regardless of the military branch they served Army, Navy, Air Force Marines or Coast Guard whether active duty, Reserve or National Guard.

At its conclusion, World War I was said to be the war to end all wars, but that was not to be. By the 1950s, American men and women who had served in World War II and the conflict in Korea believed the term Armistice Day was outdated and should be updated to include their service.

Kansans played a role in changing the day to Veterans Day and making it inclusive



Colonel Shrader

of all veterans. A shoe salesman in Emporia, Kansas named Alvin King agreed that the term was not inclusive of those who served in additional wars and conflicts. He lost a nephew in World War II and felt all veterans should be honored, not just those of World War I. In 1953, he formed a committee and celebrated the first inclusive Veterans Day in Emporia.

U.S. Representative Ed Rees, Kansas Fourth District, presented legislation in Washington and President Dwight D. Eisenhower, another Kansan, supported. On June 1, 1954, Eisenhower formally changed November 11 to Veterans Day and invited some Emporia residents to be there when he signed the bill.

'On that day let us solemnly remember the sacrifices of all those who fought so valiantly, on the seas, in the air, and on foreign shores, to preserve our heritage of freedom, and let us reconsecrate ourselves to the task of promoting an enduring peace so that their efforts shall not have been in vain," said Eisenhower.

I believe all Americans should reflect on the importance of our nation's military and its veterans each day of the year and not just one day in November, but I know that even one day of reflection is important to all veterans. We must remember what these individuals have contributed and sacrificed in defense of our great nation and how much we owe all veterans for protecting the many freedoms we enjoy today. They have

given a part of their lives, spent time away from home, family and loved ones and thus our nation owes them the responsibility to ensure their service and sacrifices are not forgotten.

When you choose to serve, you don't often get to choose where you will be assigned, whether or where you might deploy and in some cases what harm may come your way. We are pleased that many of our deployed members have already and are still returning home during this season, but there are still many of our brothers and sisters still holding the vigilance around the

On behalf of myself as well as the garrison leaders and staff, thank all of you for your service, patriotism and sacrifices. I am proud to have served and continue to serve with so many men and women who make this nation the most powerful force in the

CORRECTION

The Mighty Mutt Challenge was held Oct. 19. The event had two categories race and tricks. The winner in the small race division was a mini labradoodle "Tango' owned by Kara Wunker.

The winner of the large division was "Izzy" owned by the Emery family. Izzy, pictured here also won the Trick contest and was overall

An older Pomeranian, named Dog, took fourth place in the trick category. She is also owned by the Emery family.



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Worship Opportunities

Protestant Services Victory Chapel ChapelneXt Protestant Service Sunday Worship..... 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 **Catholic Services** Victory Chapel

IACH Chapel Daily Mass - Tue. & Thur.

Saint Mary's Chapel

Sunday Catechism.....

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

For more tips visit www.ready.gov/car

going through deployment or

Weekly Wednesday classes from 1830-1930 at Victory Chapel. Childcare provided for 6mo - 4yrs, Youth class for 5-10yrs

D AN EMERGENCY CAR KIT

Club 1:9

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

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

Childcare provided.

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



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

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

Catholic Women of the Chapel (CWOC) Weekly Wednesday Meeting 0900-1130 at St. Mary's Chapel.

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

Check for schedule over Training Holiday weekends

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CORVIAS FALLAPOOLZA



Corvias Military Community members celebrated the changing season with Fallapalooza Fall Festival Nov. 1 at the Colyer Forsyth community center. This year's theme was "Toy Story 4" but due to weather, the movie portion of the event was cancelled. Characters, such as Buzz and Woody, made their way around the festival, taking pictures with residents. Corvias employees handed out caramel apples, popcorn, drinks and more, while other employees helped children make Forky crafts, based on a character in the movie, and handed out balloons. Younger residents played in bounce houses, had their faces painted and played games. Some tried to find the Golden Toy Soldier hidden in the festival area to win prizes.





Club 1:9 encourages youth to trust God

By Gail Parsons 1ST INF. DIV. POST

When the leaders of the Christian youth group Club Beyond moved away from Fort Riley, there was a desire to keep the club alive. However, Club Beyond is sanctioned through an organization called Young Life. Without a Young Life employee to manage the program, it could not continue.

Club Beyond was a nonfederal entity on post, said Chaplain (Maj.) Scott Ingram, 82nd Brigade Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division.

It could be as much as six months before another director can assume the position on. Losing the Club Beyond affiliation in September was not enough to stop the program.

The youth here need it," said Tina Burriss, wife of Chaplain (Capt.) Darrell Burriss, Headquarters and Headquarters Battalion, 1st Infantry Division. "There's not any other Christian youth program on post. I have teenagers and it's important to me that they have a safe place to meet people and to learn and to fellowship."

Until a new Club Beyond director is hired, Burriss is helping fill in. But they cannot use the Club Beyond name.

"We didn't want to lose momentum with the club," Ingram said.

With the idea that they might go back to Club Beyond at some point, Ingram said he wanted to keep the word club in the new name. Thus, was born Club 1:9.

Joshsua 1:9 in The New International Version of the Bible reads: "Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

"Military families could relate to Joshua 1:9," Ingram



Ashlee Shill | POST

Fort Riley youth gather at Victory Chapel for the weekly Club 1:9 meeting Sunday Nov. 3. Club 1:9 is named for the Bible verse Joshua 1:9 and serves as a reminder to the youth that they always have help in the time of trouble.

In the passage, God is speaking to Joshua after Moses died, and Joshua was the new leader of Israel. God speaks to him several times, telling him to be strong and

courageous, Ingram said. "It's an encouragement to the kids as they familiarize themselves with that passage, as we build on that passage in the context of the military," he said. "No matter where they find themselves, on which post, in circumstances that are changing, especially in that time of life from middle school and high school —they have the Lord."

The name serves as a reminder to the youth that they always have help in the time of trouble.

The name resonates with Grace Kelley, 16, daughter of Lt. Col. Matt Kelley, First Replacement Company, who said she is glad a friend in-

vited her. "If I miss it, I feel as if I am missing a major part of

my week," she said. "If you're

new to Fort Riley, it is a great

way to make new friends. It

is also a great Christian outlet and it is a lot of fun."

The club meets from 5:30 to 7:30 p.m. Sundays at Victory Chapel, 2560 Trooper Dr. Ingram said they average 40 to 60 youth.

"We welcome them in with a lot of high energy," he said. "Almost like coming out on the football field. They'll come in with the music blaring."

After announcements they launch into activities, icebreaker games giveaways.

"We call it a fabulous prize but usually it's just candy," he said.

Afterward they gather for praise and worship music before a club talk. Then they split into four groups by age and gender for group discussions.

Although the name has changed, the format has not and Burriss and some of the teens encourage others to go and try it out.

"It's a good opportunity for teens to come and meet people and learn about God at the same time alongside

kids who are going through the same thing," said Megan Esterline, 17, daughter of 1st Sgt. Curtis Esterline 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division.

Her brother Briar, 15, agreed that it's a great place to hang out "with other kids who want to learn about God, without feeling like an outsider."

TUESDAY TRIVIA CONTEST



The question for the week of Nov. 8 was: November is Military Family Month. What Army Community Service program offers Family Team Building classes?

Answer: home.army.mil/riley/index.php/about/ dir-staff/dfmwr/acs/family-team-building

Kari Sieps, the spouse of Lt. Col. John Sieps, commander of the 10th Air Support Operations Squadron at Fort Riley answered correctly.

Pictured above is Kari Sieps

CONGRATULATIONS KARI!

HEALTHY EATING



Corn and Jalapeno Slaw

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

Recipe Analysis: (1 serving = 1/2 cup)

Per Serving: 165 calories; 23g protein; 13g fat, 10g carbs (4 carbs: 1 protein)

Recipe = 8.5 servings of vegetables, 0 servings of fruit (1 vegetable per serving, 0 fruit per serving)

*This recipe is from Destination Delish (destinationdelish.com).

INGREDIENTS (10 SERVINGS)

6 cups shredded red cabbage

1 1/2 cups corn 3 green onions, chopped

3 jalapeno peppers, deseeded with ribs removed and chopped

1/4 cup chopped fresh cilantro 1/3 cup crumbled feta cheese Juice of 1 lime Juice of 1 orange

STEPS

1. Combine the cabbage, corn, green onions, jalapeno peppers, cilantro, and feta in a large bowl. Squeeze the lime and orange juices over the mixture and toss until combined.

cookpad.com/us/recipes/618971-corn-and-jalapenoslaw #FitFirst





Visit us online at aerhq.org to learn more

eterans Day Celebration

"75th Anniversary of the Battle of the Bulge and D-Day" Monday, November 11, 2019

7:00-9:00 a.m. Veterans Day Breakfast sponsored by Briggs Motors

Cost is \$5.00 Veterans and Active Duty Personnel Free American Legion Post 17, 114 McCall Road, Manhattan, Kansas

9:30 a.m. Veterans Day Honor Parade

Manhattan Town Center to Manhattan City Park

Includes soldiers from the 1st Infantry Division, the 1st Infantry Division Band, the Kansas State University Band, the Manhattan High Band and many other area school bands There will be a static display of an M-1 tank at the end of the parade route from Fort Riley. There will be about 2,000 children from area schools, and many other units. Grand Marshals—World War II Vets including those who have served

in the Battle of the Bulge and D-Day 11:00 a.m. Commemorative Program-Peace Memorial Auditorium, Manhattan City Hall Keynote Speaker— Dr. Mark Parillo, Professor of History, Kansas State University 6:00 p.m. Veterans Day Recognition Banquet

All Veterans Welcome
American Legion Post 17, 114 McCall Road, Manhattan, Kansas
Program presented by Timeless A Capella.
\$12.00 per person, Reservations Appreciated, 785-776-4556
Guest of honor and Keynote Speaker—CSM Daniel Leasor of the 97th MP BN

Flint Hills Veterans Coalition, Inc., www.flinthillsveteransday.org



Preparing Army Communities Today for the Hazards of Tomorrow

FORM MATTERS

Core work is important for full body health

By Gail Parsons 1ST INF. DIV. POST

When people think of the core the first thought for many is the abdominal muscles.

However, the core constitutes more than just the abs, said Amber Scharbo, health educator at the Army Wellness Center.

"It is also the muscles in the back and then can include the glute muscles, as well as some of the hip stabilizers," she said. "A lot of times we think about upper-body work and lower-body work, but we don't always find time to add in the core."

The website, www. breakingmusclesdown. com explains that the role of the core is to stabilize the spine. As such, the

core involves every part of the body.

"There's that very important middle part of the body that needs to be strong," Scharbo said.

Common exercises that attack the abdominal muscles are crunches and situps, but there are several options that will address the abs as well as the entire core.

One of them is the superman, which works the lats, glutes and hamstrings. Scharbo said people who have a hyperextension injury to the back should not do this exercise. Hyperextension injuries include bulging and herniated discs.

When executing the superman people should take care not to bend too far back and not do the exercise too fast, she said.

Students celebrate Red Ribbon Week in style



Students at Seitz Elementary School dressed in costumes and paraded in front of parents, family and other classes Oct. 28 as part of their celebration of Red Ribbon Week. Red Ribbon Week is an awareness week to help youth stay away from drugs and alcohol.

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

Every year, during the last week in October, schools across the country take part in Red Ribbon Week, Fort Riley schools are no exception.

People wear red ribbons or participate in themed days while lessons are taught about making wise choices. The campaign, however, has roots that reach back to 1985.

According to www.redribbon.org, in 1985 Enrique "Kiki" Camarena, a Drug Enforcement Administrative agent, was working undercover in Mexico collecting intel on drug traffickers. When he was found out, he was tortured and killed. Camarena's mother had tried to talk him out of being a DEA agent when he told her that was his career goal.

"I'm only one person, but I want to make a difference," Redribbon.org said he told her.

According to the website, after Camarena's death, his friends, neighbors and coworkers began to wear red badges of satin to

honor him, and coalitions of students, parents and teachers started popping up in schools to continue the work he started. The belief was that each action was a small step to making the big difference that Camarena envisioned.

In 1988, the National Family Partnership, coordinated the first National Red Ribbon Week with the help of Nancy and President Ronald Reagan serving as honorary chairpersons. From there the campaign has grown to reach communities across the nation, and the wearing of red ribbons represent a pledge to live drug free lives, the website

This year, Fort Riley schools had mismatch days, costume parades, nerd days, etc.

When parents went to Fort Riley Middle School to pick their children up Oct. 28, members of Students Against Destructive Decisions asked them if they would mind having a red ribbon placed on their car. For those who agreed, the children tied the ribbons on.

"We are excited to get the kids engaged with the parents, and raising awareness,"

Fort Riley Middle School Students Against Destructive Decisions promoted Red Ribbon Week Oct. 28 by asking parents to put red ribbons on their car. Students were given ribbons and a script, and sent out to talk to parents who were in line to pick up their students.

said Allie Henry, FRMS tor, as she watched the kids teacher and SADD instruc-

run go car to car.

TECHNIQUES

- 1. Start in a prone position lying face down on the floor.
- 2. Lift the head first. Scharbo said it is important to lift the head and chest first, because the steers the rest of the movement.
- 3. Lift the arms and legs and hold at the top for two or three seconds.
- 4. Return to the start position.

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

Spouses glad to wear plaid

By Pamela Beal 1ST INF. DIV. POST

The Fort Riley Spouses Club would like to invite everyone to their Mad for Plaid Lumberjack Bash from 6 to 9 p.m. Nov. 16 at Riley's Community Center.

"Mad for Plaid is one of the two annual fundraisers that we do for the spouses club," said Chrissie Angell, president of the Fort Riley Spouses Club. "We collect donations of trees, wreaths and silent auction items from community organizations. Most auction items are holi-

day themed, but some are fall themed, and we will have live auctions, silent auctions, and opportunity drawings."

In prior years this event has been a gala where attendees dressed in cocktail attire.

This year, Angell said her committee wanted to appeal to a broad range of people by changing the dress code and making the event more casual. Plaid attire is a must, but people can choose to dress up or dress down.

"Whatever your comfort level (is), Angell said. "We just want people to come out and have fun.'

'Last year the FRSC collected and gave out \$32,000 in scholarships and grants to community organizations on Fort Riley and those that support Fort Riley," said Mary Fitter, second vice president for FRSC, and committee chair for the fundraising committee. "This year we have set a higher goal to raise \$40,000, and Mad for Plaid is our first event to reach that goal. Come dressed in your plaid, whether that is Scottish Highlander gear or whatever, as long as it's plaid. Come, have fun and help us raise money for the

community."

Mad for Plaid will also serve as a drop off for Operation Santa Claus. Attendees can bring unwrapped toys or other gifts, wrapping paper and monetary donations to the event. Those who donate will receive a ticket for the opportunity drawings. Operation Santa Claus will be the charity of the month for November.

Early bird tickets for Mad for Plaid will be on sale through Nov 9. Tickets can be purchased at https://www. fortrileyspousesclub.com/ event-details/mad-for-plaidlumberjack-bash-2.

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.operationsanta@mail.mil

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

Learn about weight loss with surgical assistance in this free seminar.

For military dependents or retired military members only.

Friday, November 15, 3:00 pm

Riley Community Center • 446 Seitz Dr., Fort Riley





Space is limited. RSVP: 785-889-4657 ext. 4398 or joanhenry@chcsks.org Community



Ft. Riley, start your weight loss journey!

November promotions honor veterans, recognize military families, prep for holidays

Matthew Perry, DECA MARKETING AND MASS MEDIA SPECIALIST

FORT LEE, Va. — On Nov. 3 daylight saving time ended, but the savings continue as commissary promotions and events honor veterans and provide more than enough for the gatherings of family and friends at Thanksgiving.

"November is the time we remember and honor our veterans, recognize the sacrifices of the military family, wish the Marine Corps a happy birthday and gather for Thanksgiving feasts," said Army Command Sgt. Maj. Tomeka N. O'Neal, the Defense Commissary Agency's senior enlisted advisor to the DeCA director. "And in all our hustle and bustle, everyone enjoys the extra money in their wallets that

OLD COUNTRY STORE

comes with shopping their commissary."

Patrons are reminded to check the ends of aisles in their store for themed items with extra low pricing. Customers should check with their store for details or visit their store page to verify what's available. Here are a few areas to consider for commissary savings:

• Exclusive savings on select frozen turkeys. Commissaries worldwide will offer limited weekly quantities of frozen turkeys at 48 cents per pound. Plan ahead for holiday meals and take advantage of these special seasonal savings while supplies last. Available quantities of frozen turkeys are expected to increase closer to Thanksgiving. Check your commissary for

brand availability. Promotion runs through Dec. 31.

 Second Annual Operation Gratitude by Colgate. Operation Gratitude is a nonprofit organization that assembles and ships care packages to service members deployed overseas. Colgate will provide shelf coupons exclusive to the military community that read, "Buy 2, Save \$0.50, Colgate Gives 1." For every coupon that scans through the register through Nov. Colgate will donate one matching product to Operation Gratitude. Colgate employees and their families will also include hand-written letters that are sent deployed service members along with the donated product. Products include toothpaste, liquid hand soap and dish liquid.

• Unilever 2nd Annual Veterans Commemoration. Unilever is taking care of our veterans through Fisher Houses during their second annual Veterans Day commemoration event. This event features Suave Shampoo and Conditioner, Suave Body Wash, Suave Hand and Body Lotion and Suave Deodorant. Look for product demonstrations and high-value coupons in commissaries. Unilever will also donate \$1 million to Fisher House Foundation. Promotion ends Nov. 17.

• Kellogg's "Frozen II." "Frozen II" is coming to theaters Nov. 22, and Kellogg's is partnering with tattoo inserts inside specially marked cereal packages, free movie ticket offers and hot prices available on the following products: Kellogg Frosted Flakes, Froot Loops, Apple Jacks, Corn Pops, Cheez-It, Town House, Pringles, NutriGrain, Rice Krispies Treats, Zesta and Eggo waffles. Promotion

ends Nov. 17. • Commissary beef and pork savings. The commissary has added to the beef and pork savings package. Check with your meat department to learn more about

these sizzling offers: • Fall Favorites Power Box - Offers a 25%

shedding of those cells

The lower estrogen levels are

"The longer you breastfeed

also why women decrease their

risk of ovarian cancer by 24% just by being pregnant.

you continue to reduce those

estrogen levels," she said. "You

can reduce your risk of ovarian

cancer, which is the silent killer

because you don't realize that

during breastfeeding."

AWARENESS Continued from page 1

savings to our patrons on select cuts of beef

• Whole Sub Primal Beef Sold at Cost customers can save 14% to 26% on sub primal beef. Cut upon request for free

 Healthy tive Power Buy Box - Save 29% on 20 pounds of select cuts of lean beef and pork

• Economy Power Buy Box - Save 31% on 15 pounds of select cuts of beef and pork

"We have much to be grateful for this Thanksgiving, and the men and women of the Defense Commissary Agency are thankful for the faithful service of our nation's military. We are proud to provide their commissary benefit," O'Neal said.











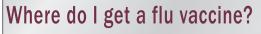
Having the conversation with mothers about breastfeeding has taken on a new dimension for Redvay and Kuntz, as they talk about the depth of the benefits.

When an expectant mother is contemplating breastfeeding the idea of their baby developing cancer isn't usually a primary thought.

"You're thinking about bringing them into this world and into a healthy loving environment," Kuntz said. "You're thinking about being able to nourish them, whether that's breastfeeding or by bottle. You're thinking about getting sleep and keeping them happy so they don't cry. And you're thinking about all of those baby stages and milestones and the toddler years — you're not thinking about preventing them from getting breast cancer. But women are helping their baby girls and not even knowing it."







Due to limited availability, the influenza vaccine is currently only being administered to Active WALGREENS Duty Soldiers. Since our priority is the health of our community, family members and retirees

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

are encouraged to get vaccinated early in the

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

Ages 8 and above DILLONS 618 W 6th St.

Junction City, KS 66441

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Posted: Oct. 3, 2019

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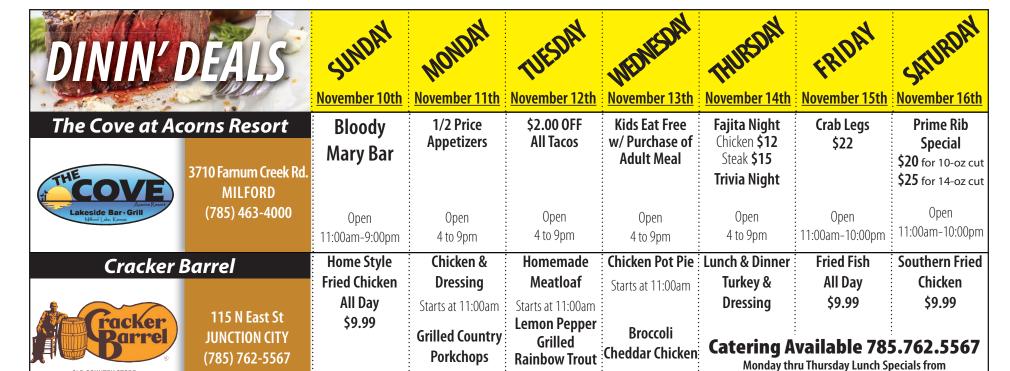
DILLONS 1101 West Loop Plaza Manhattan, KS Phone: 785-5396-9454 Ages 6 and above

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



Served after 4:00pm: Served after 4:00pm: Served after 4:00pm

Halloween activities at Fort Riley





Trick-or-treating on Fort Riley was held in many areas including the Main Post Exchange and in the neighborhoods. 1. Fort Riley Scout families were treated to games and candy. 2. Witches, Soldiers, unicorns and more were seen in Forsyth Community visiting houses. 3. Families visited the Main Post Exchange to go trick-or-treat at the different stores. 4. On Historic Main Post people dressed as Minions, dinosaurs and Bacon were out trick-or-treating on Halloween night. 5. Scouts and their families visited the Scout Hut for Halloween candy and games.











Neighborhood crime prevention tips

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

If you see suspicious activity call 911. Stay safe, let security personnel investigate.



For emergency work orders, please call 844-533-0456

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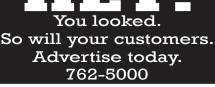
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This is a full-time salaried position with a competitive benefits package.

Applications accepted at: 222 W 6th St Junction City

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

THE JUNCTION CITY UNION your ticket to a new job j

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						5		4
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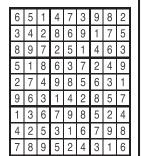
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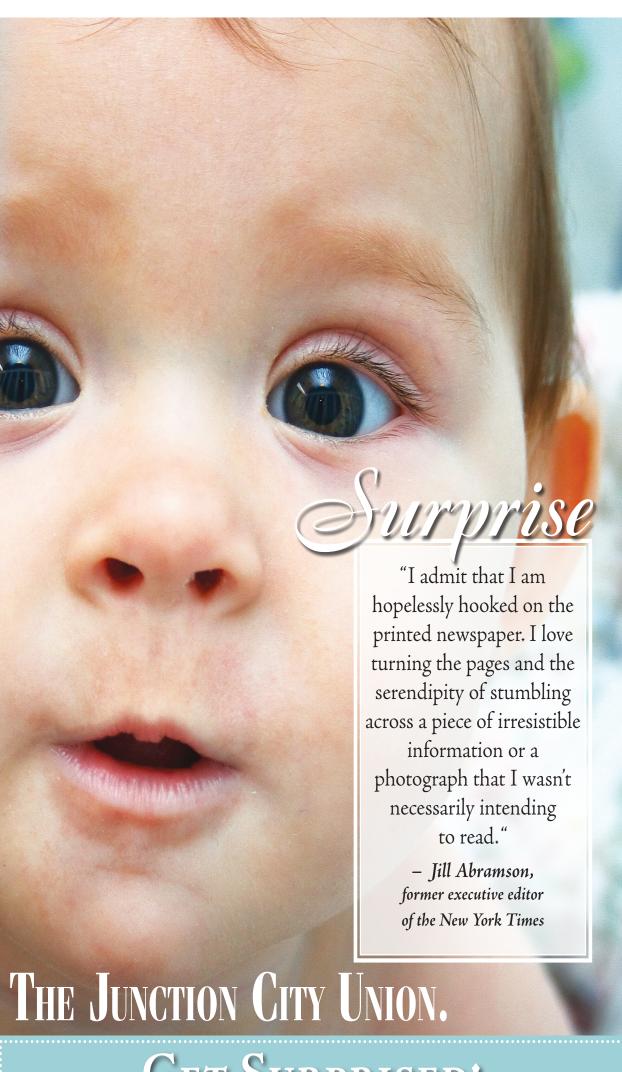
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Last Sudoku's Answers





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Museums honor veterans while telling military story

By Gail Parsons 1ST INF. DIV. POST

On Nov. 11, the nation will observe Veteran's Day. Although the purpose of the day has morphed to recognize veterans of all wars, the day originated to observe Armistice Day. At the 11th hour on the 11th day of the 11th month, hostilities ceased, bringing an end to World War I.

One hundred and one years later, that day is remembered with displays and activities across Kansas.

Throughout the year, the work and history of America's military can be found at military museums, including several in Kansas. Veterans Day activities are planned at some of them.

WORLD WAR I MUSEUM 100 W. 26th St., Kansas City, Missouri

www.theworldwar.org
The National World War

The National World War I Museum and Memorial in Kansas City has special events all weekend. On Nov. 11, members of the First Infantry Division Color Guard from Fort Riley will participate at the Veteran's Day ceremony, which will begin at 10 a.m.

Throughout the weekend, admission is free for veterans and active-duty military and half price for general admission.

Among the Museums exhibits is The Vietnam War 1945 to 1975, which will open Nov. 8 and run through May 31. The World War I Museum is the only organization west of the Mississippi to host the exhibit, which was curated by the New York Historical Society. It is also the last place it will be shown, said Mike Vietti, director of marketing, communications and guest services.

The exhibit highlights both those in uniform and out, as well as those on the home front.

"It's a very moving and impactful exhibition," Vietti said. "We are also able to put a little bit of an addition to the exhibition from our perspective, which is making the connections between World War I and the Vietnam War, of which there are many."

Veitti cites the example of Soldiers who were active in both WWI and then went on to serve in Vietnam. One of those Soldiers was Gen. George S. Patton.

In addition to the Vietnam exhibition opening, Veterans Day weekend activities include: World War I research station, a Vietnam Era Bell UH-1 Iroquois "Huey" helicopter display, WW1USA Amateur Radio Station, Hands-on History, Veterans Day ceremony and a Walk of Honor dedication ceremony. For information on dates and times check the website.

ALL VETERANS MEMORIAL PARK 933 S. Commercial St. www.allveteransday.org

Although it's not a museum, Emporia is home to the All Veterans Memorial Park. The city has a special connection to Veterans Day because it was there that the idea of changing Armistice Day originated.

According to several accounts, a shoe repairman living in Emporia, Alvin J. King, wanted to honor his nephew and all the young men who were killed in World War II and all veterans who served during war and peacetime. His quest gained support in Emporia where Veterans Day was first celebrated in 1953.

Representative Ed Rees of Emporia presented a bill where it passed and was signed by President Dwight D. Eisenhower, paving the way for the first nation-wide Veterans Day to be celebrated in 1954

in 1954.

To honor all Veterans,
Emporia is the site for several
events in the week preceding

Veterans Day.
Susan Rathke, director of the Emporia Convention and Visitors Bureau, said the park has several military artifacts and memorial plaques to honor members of all five military branches.

"We have a Sherman Army tank, we have Vietnam era helicopter, we have an anchor from the Oliver Hazard Perry ship and a bell from the William Allen White Ship", Rathke said. "It is a beautiful park. It's right down by the Cottonwood River, which has a historic rainbow arch walking bridge over the river that people can walk out onto."

The park is across the street from a small, city-owned zoo that is free to visit.

There are several events planned for Veterans Day. Check the website for days and times.



MUSEUM AND BOYHOOD HOME 200 SE Fourth St., Abilene https://www.eisenhowerlibrary.gov/

PRESIDENTIAL LIBRARY,

The Eisenhower Presidential Library was dedicated on the day the nation celebrated its first Veterans Day — Nov. 11, 1954. It was Dwight D. Eisenhower, the only fivestar general to become president, who signed into law the change from Armistice Day to Veterans Day.

There is free admission to the museum and Eisenhower's boyhood home Nov. 11. Other onsite attractions will also be open.

Library — According to the website, the library, contains 26 million pages of historical records and papers, 335,000 photographs, 768,000 feet of original motion picture film and 70,000 artifacts.

Museum — The museum reopened in July after a year-long renovation. The 25,000-square-foot museum features modernized exhibits including videos and digital interactive stations.

Visitors Center — The Visitors Center has a gift shop and auditorium where a film about Eisenhower is shown throughout the day.

Boyhood Home — This 19th century home was occupied by the Eisenhower family from 1898 until 1946.

Place of Meditation —

The Place of Meditation is the final resting place of the president, first lady and their first-born son, Doud.

COMBAT AIR MUSEUM 6998 SE Forbes Ave., Topeka

combatairmuseum.org
Volunteers with the Com-

bat Air Museum will participate in several Veterans Day

activities in Kansas. There isn't a special event at the museum, but they will be open regular hours from 9 a.m. to 4:30 p.m.

"We've got 42 historic aircraft and we've got nine replicas of World War I planes," said. Dave Murray, deputy chairman of the board. "In fact, we have the largest collection of replica World War I planes in the Midwest. You have to go to the east coast to find a better or a more numerous display of replica World War I planes."

The museum was recently gifted a C-Model Chinook from the 158th Aviation Regiment out of New Century Airport in Gardner, Kansas. They hope to start reassembling it soon, with the help of volunteers.

Recently, a guest to the museum discovered the Chinook and was able to give them some information about that specific aircraft. Murray said the former pilot was living in Houston when Hurricane Harvey hit and she was flooded out. She has a niece in Topeka,

The Combat Air Museumin Topeka was given

ownership of this MiG-17. The museum houses a large collection of military planes and replicas

who she went to stay with.

"She came out to the museum and found that we were getting a Chinook, she went back to look at their records and found she had flown and she was the crew chief and door gunner on this particular Chinook," he said. "We have appointed to her flight engineer and crew chief on the res."

toration of this particular one."
Visitors who go to the museum during cooler weather will want to bring a jacket.
The complex is outdoors and in two unheated hangars.

VETERAN'S DAY EVENTS

Manhattan — Veteran's Day activities on Nov. 11

include a 7 a.m. breakfast at the American Legion Pearce-Keller Post 17, McCall Road. The cost is free for veterans and \$5 for all others.

Courtesy photo

A parade will begin at 9:30 a.m. will start at Third Street and Poyntz Avenue and go to Manhattan City Park.

At 11 a.m. there will be a Commemorative Program at Peace Memorial Auditorium, which is in City Hall 1101 Poyntz Ave.

The day will end with a Recognition Banquet at 6:30 p.m. at the American Legion Post 17. Dinner is \$12. Call 785-776-4556 for reservations.

Junction City — The Junction City Veterans Day ceremony will be at 10 a.m. at the C.L. Hoover Opera House, Seventh and Jefferson streets.

