

THE 1ST INFANTRY DIVISION POST

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FORT RILEY, KANSAS

ACTING SKILLS ENHANCE EXERCISE



Spc. Chris Brown | POST

ABOVE: Lt. Terry Morrand, firefighters Alex Canfield, Chris Abitz, Eric Callahan and assistant fire chief Richard Watson approach the Mission and Installation Contracting Command-Fort Riley after reports of shots fired were called in by several employees during an active shooter exercise, Dec. 5. **RIGHT:** Eric Callahan, Fort Riley firefighter, checks the notes on Anthony Tiroch, MICC deputy director, who was one of the actors playing the role of a victim when Staff Sgt. Anuresh Chand pretended to go on a shooting rampage through the Mission and Installation Contracting Command-Fort Riley during an active shooter exercise Dec. 5. Tiroch's injuries included gunshot wounds to the neck and arm. Following a check of Tiroch's injuries, firefighters wheeled him in his office chair to the elevator and to safety. See page 2 for a story and photos from the exercise.



Real cost of driving impaired could be hidden, unpleasant, expensive

Amanda Ravenstein
1ST INF. DIV. POST

Editor's note: This is the first of a two-part series on the real cost of a driving under the influence charge.

With the holiday season here, more people may attend parties or events where alcohol is present. Making the decision to operate a motor vehicle after drinking could be costly to the driver, fellow Soldiers who participate or innocent victims of auto crashes.

Richard Hearron, U.S. Army Garrison Fort Riley Safety Office director, said even if there isn't damage caused to vehicles or property, a charge of driving under the influence or driving while intoxicated can be expensive. With the fine cost, attorney fees and insurance rate increases, a DUI can cost \$20,000 or more.

"Then you get into the cost of education, towing and storage, license reissue and awareness," he said.

The costs for a Soldier who gets a DUI are much higher. Master Sgt. Charles Davis, Jr., senior military justice operations non-commissioned officer, Staff Judge Advocate office, said the Soldier is now facing promotional issues.

"At a certain level, when you're being looked at for promotion, it is handled at a Department of the Army level," he

said. "Normally, having a DUI filed in your permanent military record is a discriminating factor. That includes just being pulled over, because if you blow over a 0.8, it goes in your file."

Being pulled over off post versus on the installation can bring about different punishments.

POSSIBLE CIVILIAN PUNISHMENTS

According to an article on military-onesource.mil, civilian punishments vary from state to state and are harsh for repeat offenders. They may include any of the following:

- **Criminal law penalties** — If arrested for a DUI or DWI, the person may be subject to jail time, fines and community service.
- **Suspension or revocation of your license** — If blood alcohol content is above the state limit for intoxication or the person refuses to submit to testing, they may have their driver's license suspended or revoked for a period of time. Additionally, the installation commander may suspend or revoke the Soldier's on-installation driving privileges.
- **Mandatory alcohol education and assessment and treatment** — The Soldier may be required to attend a DUI prevention

program and submit to an assessment of potential alcohol dependency problems.

- **Vehicle confiscation** — The state may be able to seize the vehicle, either permanently or for a set time period.
- **Ignition interlock** — The individual arrested for DUI or DWI can be required to install a vehicle ignition interlock breath-testing device that measures the driver's blood alcohol content and will not let them start their vehicle if more than a minimal amount of alcohol is detected.

MILITARY PUNISHMENTS

The article states that punitive actions under the Uniform Code of Military Justice are possible if civilian authorities do not prosecute. Although a Soldier cannot be charged for the same incident on and off the installation, they can still be punished under the code for misconduct and other lesser offenses as a result of the off-installation DUI. Military punitive actions may include:

- **Judicial punishment or court-martial** — If stopped on the installation, or the civilian authorities are not prosecuting,

See CHARGE, page 6

Program helps Soldiers with teambuilding after return from rotation

Amanda Ravenstein
1st Inf. Div. Post

Editor's note: This is the first of a two part series on the Warrior Adventure Quest program available through the Directorate of Family and Morale, Welfare and Recreation.

Warrior Adventure Quest run by the Directorate of Family and Morale, Welfare and Recreation, is dedicated to helping Soldiers re-acclimate to life after a rotation or deployment. The government funded program works with platoon-sized groups and introduces them to high-energy activities like rock climbing, paintball, ropes courses and more.

According to the program page on the DFMWR website, <https://riley.armymwr.com/programs/warrior-adventure-quest>, WAQ is an Army Reset training tool designed to introduce Soldiers to activities that serve as alternatives to high risk behaviors that often result in accidents. It presents healthy outlets to help Soldiers realize their own new level of normal after deployment and to help them move forward with their lives.

"[The program is] highly suggested," said Leigh Ann Slinger, Outdoor Recreation Park supervisory recreation specialist. "There is big push for positive reintegration and trying to prevent risky behaviors."

She said in the five years the program has been active, there has been a 34% reduction in behaviors that result in incidents like DUIs and domestic violence. The program is not the sole reason for the reduction she said, but it is part of it.

"That 34% might not sound like a lot," she said. "But that's 34% of 434,000 Soldiers, which is a lot. Even if this program affects one Soldier positively, that's huge."

See PROGRAM, page 6

VOLUNTEER OPPORTUNITIES

The Auto Skills Center on Fort Riley is in need of volunteers. Shifts available are:

Fridays 5 to 8 p.m.
Saturdays 9 a.m. to 5 p.m.
Sundays 9 a.m. to 5 p.m.

Contact Richard Newlon at the Auto Skills Center by email at richard.l.newlon2.civ@mail.mil or call 785-239-9764. Make sure to leave a message if no one answers.

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

ALSO IN THIS ISSUE



FORT RILEY GETS A VISIT FROM SANTA TO HELP LIGHT THE 'BIG RED ONE' CHRISTMAS TREE.

SEE PAGE 7

ALSO IN THIS ISSUE



SPC. SHELL VISITS AREA HOLIDAY AND LIGHT DISPLAYS IN THIS WEEK'S TRAVEL AND FUN

SEE PAGE 14

ACTING SKILLS ENHANCE EXERCISE

By Gail Parsons
1ST INF. DIV. POST

The Dec. 3 Christmas party for Soldiers and civilians at the Mission and Installation Contracting Command-Fort Riley had an uncomfortable moment when Staff Sgt. Anuresh Chand had a few harsh words with Adam Treen, quality assurance specialist.

But it didn't end at the party. In the following days, the fight escalated and employees heard the two have heated words again. Tensions boiled over Dec. 5 when Chand tracked down Treen in the hallway and started yelling at him.

Two employees later admitted the fight was to the point they were about to go break it up. "Don't walk away from me," they heard Chand yell — then shots rang out and they took cover.

Fortunately, neither the fight nor the shooting were real; all events were staged as part of a training exercise. Chand said he never took acting classes, but he pulled off a performance that had coworkers convinced.

"There was a retired military policeman who thought it was an actual argument," he said. "I think we did pretty good."

He said the idea was to make the exercise realistic. In addition to giving Fort Riley Fire Department personnel training, MICC leadership wanted to see how their employees would react to an emergency situation. Employees had been forewarned to expect some type drill in the near future but no details were released either about what kind or when it would be.

After the fight started, Chand yelled out a code word, which cued Chris Hallenbeck, Fort Riley emergency management coordinator with the Directorate of Plans, Training, Mobilization and Security,

to fire a starter pistol several times. At that point the first call went out to 911. Staff Sgt. Maria Espinosa called and reported "exercise, exercise, exercise." She did this so that when subsequent calls were made, 911 operators knew it was a drill.

Espinosa then took her place on the floor calling out for help as fake blood soaked her clothing. Treen meanwhile, fell to the floor in the break room and lay in a growing pool of fake blood.

A few more shots rang out and Anissa Beasinger became the next victim. Chand then went upstairs to confront Anthony Tiroch, MICC deputy director, who became the next casualty of the simulated gunfire. Tiroch sat in his office calling for help until fire department personnel arrived to wheel him in his office chair to the elevator and to safety.

The building went quiet with the exception of the actors calling for help and an occasional random shot to remind people the scene was not clear.

As the exercise progressed, fire department personnel entered, cleared the building and tended to the wounded.

Employees gathered outside before returning for an after-action report at the conclusion of the exercise.

Lt. Col. Robert Bartruff, MICC commander, said he was pleased with the response.

"It went very well in the sense that folks hid and locked their doors," he said. "We made a lot of 911 calls," he said. "I know that is key — not to presume that other people made the call."

During the exercise, two employees moved out of their secure spots to try and help wounded coworkers.

Tracey Stockert, agency program coordinator for the Government Purchase Card,

pulled Beasinger into her office while Phillip Reuwer, contract specialist, tried to help Espinosa, but when he could not get her to move, and upon hearing additional shots, he took cover back in his office.

Bartruff said it can be a tough call to know what to do in a real situation.

"You may not know who the shooter is," he said. "If you expose yourself, you could end up getting shot as well; now instead of one casualty there's two."

That point was echoed by Hallenbeck who asked why they left their safe locations. Both expressed a need and desire to help their co-workers.

"I heard her whimpering and I couldn't stand it anymore," Stockert said, even though by that time she knew it was an exercise.

Reuwer said when he first left his spot, he had stopped hearing gunfire, but when he got to Espinosa's side, he heard more shots ring out.

"When you make that decision, nobody is going to say it is right or wrong," Hallenbeck said. "But at that point was the building fully clear? It is something to think about — it is your decision."

At the AAR, exercise evaluators also spoke about the importance of knowing details like room numbers and directions. If someone was barricaded in a room, they may need to tell dispatch if they are on the north, east, west or south side of the building.

They discussed other points of safety, such as when it is safe to leave a locked office and how to discern if the pounding on the door is from emergency personnel or the shooter.

When the exercise and after-action ended, the actors were commended by their coworkers for their performances before they headed back to work.



Gail Parsons | Post
Robby Thomas, Directorate of Plans, Training, Mobilization and Security, anti-terrorism officer, applies fake blood to Anissa Beasinger's leg prior to the active shooter exercise at the Mission and Installation Contracting Command-Fort Riley Dec. 5.



Gail Parsons | Post
Adam Treen, quality assurance specialist, left, carries a bag of fake blood to the break room at the Mission and Installation Contracting Command-Fort Riley while Staff Sgt. Anuresh Chand loudly confronts him at the start of an active shooter exercise Dec. 5



Spc. Chris Brown | Post
Emergency personnel gather at the parking lot of the Mission and Installation Contracting Command-Fort Riley during an active shooter exercise Dec. 5.



Gail Parsons | Post
Left: Chris Hallenbeck, Fort Riley emergency management coordinator with the Directorate of Plans, Training, Mobilization and Security, follows Staff Sgt. Anuresh Chand at the Mission and Installation Contracting Command-Fort Riley during an active-shooter exercise Dec. 5. Chand had been initiating verbal altercations with his coworker Adam Treen, quality assurance specialist, for several days leading up to the exercise. After Chand loudly confronted Treen, Hallenbeck fired several rounds from a starter pistol. Below: Lt. Terry Morrard, Fort Riley Fire Department and firefighter Chris Abitz lift Adam Treen, quality assurance specialist, off the break room floor at the Mission and Installation Contracting Command-Fort Riley where he laid pretending to be injured during an active shooter exercise.



Gail Parsons | Post
From left, Fort Riley Fire Department Capt. Dana Herrs, and firefighters Tom Pederson and Brandon Kehoe cleared the Mission and Installation Contracting Command-Fort Riley building during an active shooter exercise Dec. 5



Emergency Relief leaders visit Fort Riley Soldiers, spouses

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

The Fort Riley Army Emergency Relief program received a visit from retired Lt. Gen. Raymond Mason, AER director and retired Command Sgt. Maj. Charles Durr, AER assistance chief Dec. 5. The visit was designed for them to get feedback from leaders, Soldiers, spouses and staff about the effectiveness of AER programs, policies and benefits.

The visit was also to help increase the awareness of initiatives and benefits for Soldiers and families while being able to respond to the ever-changing needs they face.

"We are always looking for where there are gaps in the system, where there are friction points," Mason said. "For example, several years ago, the Department of Defense stopped giving Soldiers dislocation allowance when they departed their current duty station in route to their next duty station. They changed the policy and said 'Okay. You must use your government credit card, and you'll get your dislocation allowance when you submit your travel voucher at the end of all your travel.' Well, that took a delay and some Soldiers didn't have government credit cards, so a lot of Soldiers went into debt."

He said to help the Soldiers, AER expanded the rent and deposit on rent program. The Department of Defense has since recognized the issue and is returning to the old system. The demand for the AER program could go down, he said.

The categories of programs offered by AER has expanded to 30 with new ones being added and others being updated. One of the programs that changed is dependent healthcare.

"We review our categories of assistance on an annual basis," Durr said. "Dependent healthcare we've had since 2011 but we changed the guidelines this year to a 50-50 baseline based on feedback we received from the field."

The 50-50 baseline for the program is 50% grant — 50% loan with the ability to be 100% grant depending on the need.

"We're constantly reviewing them in the current categories to see how we need to tweak



Retired Lt. Gen. Raymond Mason, Army Emergency Relief director and retired Command Sgt. Maj. Charles Durr, AER assistance chief, visited Fort Riley Dec. 5 to talk with command, Soldiers, spouses and staff about the effectiveness of the programs, policies and benefits available. Over the course of the day, focus group sessions were held where they received feedback from junior enlisted Soldiers, noncommissioned officers and commanders and relayed information they could take back to their units.

them to better meet the need of the Soldiers and their families," he said.

Soldiers' spouses are people who AER is trying to get a better connection with so they can know where to go if they need help. To accomplish this, AER has a spouse ambassador, Krista Anderson, who is a gold star spouse. Having gone through the tragedy of losing her first husband, when she speaks to survivors about the challenges they face, she has the knowledge needed on the subject.

"She has incredible passion," Mason said. "She's been there, done that. She has amazing energy and is so positive and we want her to expand our connection to spouses. Soldiers hear information in formation and in other

ways but a lot of times the Soldier doesn't take (the information) home. So, we're getting the spouses energized."

Mason said he would like to get more participation in the AER program so other Soldiers who have an emergency, know where they can turn for help. Informing Soldiers and their families of the programs that are available through AER is necessary.

"So, we run a campaign every year, from 1 March to 15 May, and the purpose of that campaign every year is to heighten the awareness," Mason said. "We should be there all year long and we do have a lot of things we're doing all year long to inform people about AER. But that's a two-month period where you're focusing on awareness about

AER. The primary purpose of the campaign is information.

"It's about a Soldier being armed with the information to make a wise decision," he said. "Either to go get help, or make the decision that they want to donate, they want to give up their own money to AER to help another Soldier or maybe help them in the future, because they're kind of paying it forward right they may need it someday."

He said the most important thing he wants people to know about the AER program is it is available.

"Come to AER," Mason said. "We can't possibly think of all the categories that could possibly happen. Come to AER, we turn away less than 1% of the people that come through the door. We are going to help you."

Fixed-wing medical evacuation partnership

By Gail Parsons
1ST INF. DIV. POST

A new partnership between Fort Riley and Geary Community Hospital has the potential to save lives.

When a patient has medical needs more than what GCH is equipped to handle, they may need a medical evacuation in a fixed-wing aircraft. Previously, those evacuations were coordinated through Manhattan Regional Airport, which is 15 miles away. The partnership allows the medevac planes to use Marshall Army Airfield, which is seven miles from GCH.

"It cuts down a lot of travel time for the crew members to get to the hospital and for the crew members and patient to get back to the aircraft," said William Hadley, assistant chief of operations. "There is that golden hour for medical care. Even though they're getting medical care at Geary Community Hospital, this is advanced medical care that they're going to get at what ever advanced medical facility that they're going to."

Before the partnership, a Junction City ambulance would drive to Manhattan, pick up the crew from the airport, transport them to GCH where they would load up the patient and return to the airport.

Coming onto Fort Riley can save precious moments.

"It's time you're saving," said Steven Crusinberry, Directorate of Plans, Mobilization, Training and Security director. "An hour of patient transfer time — when you're in that critical care window (it can save a life)."

Fixed wing medical evacuations have been conducted at Marshall Army Airfield for patients from Irwin Army Community Hospital, so the process wasn't unfamiliar to Fort Riley officials Crusinberry said.

"Children's Mercy has flown out here and landed on our airfield at all times of the night taking sick children and expectant mothers up to Children's Mercy in Kansas City," he said.

The only hurdle with putting the partnership in place concerned the vetting process of people coming on post. However, emergency personnel from Junction City are vetted. The ambulance drivers can permit their patients to enter Fort Riley through the Trusted Traveler program, Crusinberry said.

"These types of movements on and off post with emergency response vehicles is common," he said. "And patient transfers between hospitals is common ... we trust that the (ambulance) driver is a vetted person and

he's not going to bring somebody on the installation that doesn't need to be here."

On Nov. 15, civilian and military organizations and personnel who would be involved in the transportation of the patients conducted a dry run of the process.

"We flew the fixed wing out here — we got everybody together and we talked through the problem set," Crusinberry said. "We developed a battle drill."

When medevac is needed, the hospital notifies Junction City Fire Department, Geary County dispatch will notify Fort Riley dispatch, who, in turn, notifies the fire department, Hadley said.

"It's just an alert to let us know this aircraft coming in," he said. "Its high value because of the personnel on board — there's not a lot of fixed wing aircraft that land here."

Firefighters will respond to the airfield to help if any issues arise with the civilian crews gaining access, with the plane or personnel.

Crusinberry said GCH averages one fixed-wing medevac a month.

"This is a good service for those Geary county critical care patients," he said. "This is a win, win, win for everybody — I'm personally glad that I was able to be involved."

TRICARE pharmacy copayments to increase starting in January

TRICARE.COM

On Jan. 1, some copayments for prescription drugs will increase. People who get prescriptions through the TRICARE Pharmacy Home Delivery or at a retail network pharmacy, will pay \$2 to \$7 more starting Jan. 1. Congress made this change in the National Defense Authorization Act for Fiscal Year 2018.

There's no cost to fill prescriptions at military pharmacies. These cost changes don't apply to active-duty service members who will pay nothing for their covered drugs at military and network pharmacies.

"Military pharmacies remain to be your lowest cost option," said U.S. Air Force Lt. Col. Melissa Pammer with the Pharmacy Operations Division at the Defense Health Agency. "Your next lowest cost is if you use the TRICARE Pharmacy Home Delivery."

PRESCRIPTION DRUG CATEGORIES

Prescription copayments vary based on pharmacy type and on the drug category. TRICARE groups prescription drugs into one of four categories. This grouping is based on the medical and cost effectiveness of a drug compared to other drugs of the same type.

As outlined in the TRICARE Pharmacy Program Handbook, the drug categories are:

- Generic formulary drugs: These drugs are widely available and have the

lowest out-of-pocket costs for these drugs.

- Brand-name formulary drugs: These drugs are generally available and offer the second lowest copayment.
- Non-formulary drugs: These drugs may have limited availability. There is a higher copayment for these drugs. There is an alternative formulary drug available, which is often more cost effective and equally or clinically effective.
- Non-covered drugs: TRICARE doesn't cover these drugs. If a person chooses to purchase a non-covered drug, they will pay 100% of the drug's cost. These drugs are either not clinically effective, or as cost effective as other drugs offered. They may also pose a significant safety risk that may outweigh any potential clinical benefit.

To learn more, you can download the TRICARE Pharmacy Program Handbook from the publications page.

TRICARE PHARMACY HOME DELIVERY

Copayments for home delivery for up to a 90-day supply of generic formulary drugs will increase from \$7 to \$10. For brand-name formulary drugs, copayments will increase from \$24 to \$29. Copayments for non-formulary drugs with no medical necessity will increase from \$53 to \$60.

TRICARE RETAIL NETWORK PHARMACIES

At a retail network pharmacy, copayments for up to a 30-day supply of generic formulary drugs will increase from \$11 to \$13. For brand-name formulary drugs, the increase is from \$28 to \$33. Non-formulary drugs will increase from \$53 to \$60.

NON-NETWORK PHARMACIES

At a non-network pharmacy, people must pay the full price of the drug. After meeting their annual deductible, they may submit a claim for partial reimbursement. Non-network pharmacy costs remain the same if you use TRICARE Prime. With TRICARE Prime, there's a 50% cost-share after meeting the point-of-service deductible for covered drugs.

For all other health plans, non-network pharmacy costs are as follows:

- Generic formulary drugs and brand-name formulary drugs will cost \$33, up from \$28, or 20% of the total cost, whichever is more, after the annual deductible is met.
- Non-formulary drugs will cost \$60, up from \$53, or 20% of the total cost, whichever is more, after the annual deductible is met.

Copayments for survivors of active duty and medically retired service members and their families are the same as the 2017 rates.

COMPLIANCE CHECKS



Ashlee Shill | POST

Soldiers from the 97th Military Police Battalion conduct a Commanding General Compliance Check at the Exchange parking lot Dec. 6. Compliance stops are performed to check for current drivers licenses, insurance and registration, as well as compliance with other laws such as seat belt usage.



Poinsettias
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10 or more — 10% off

Christmas & Winter Decor
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Outdoor Winter Pots

Cyclamen, Christmas Cactus
African Violets, Orchids

Winter Water Garden Supplies & Pond Heaters
Glazed Pottery, Houseplants, Bird Feed

Check us out on Facebook & our web site hortservinc.com

Horticultural Services 2 mi. E. of Manhattan on Hwy. 24
Est. 1970
M-Sat. 9-6 Sun. 11-5
Garden Center 776-5764
hortservinc.com

Looking Back: Building 380

By Scott Rhodes
USAG PUBLIC AFFAIRS

Building 303 on Marshall Avenue is constructed of native limestone and opened its doors in 1905 as a Subsistence Storehouse. The area of Main Post, between and to the south of the former Cavalry and Artillery Posts, is referred to in historic terms by the Army Corps of Engineers as the Quartermaster Supply Service District. The buildings in this area served their respective functions in support of both posts.

From 1905 to 1958, building 303 served as the post commissary. That activity then moved to building 222.

Today, building 303 is part of the Civilian Human Resources Agency campus of buildings between Marshall and Holbrook avenues.

TOP: Building 303 as it appeared in 1930. **BOTTOM:** as it looks today.



Fort Riley historic names: Joseph Dickman

By Gail Parsons
1ST INF. DIV. POST

Dickman Avenue, off Huebner Road, provides a straight stretch to Henry Drive, which it turns into just past Marshall Avenue. Dickman Circle is a short road connecting Dickman and Holbrook avenues. These roads were named for Joseph Theodore Dickman who battled the Apache in America's Wild West and the Germans in World War I.

Born Oct. 6, 1857, in Dayton, Ohio, Dickman was commissioned in the 3rd Cavalry upon graduation from West Point in 1881, according to the Arlington Cemetery website. He served in the Geronimo campaign, which was part of the Apache Wars and on the Mexican border patrol in operations against the Garza revolutionists.

The Texas State Historical Society described the Garza Revolution as an armed conflict fought between 1891 and 1893. It started when Catarino Garza launched a campaign into Mexico from Texas to start an uprising against Porfirio Diaz. Because of this violation of neutrality, the United States Army became involved and assisted the Mexican Army.

Following the Garza Revolution, Dickman was stationed at Fort Riley from 1893 to 1894 where he served as an instructor at the Cavalry and Light Artillery School.

According to records of his military career, he spent several years participating in various campaigns. In the Spanish-American War he served in the Santiago campaign as a captain. In 1899 and 1900, he saw action during the

Philippine Insurrection on the Island of Panay.

He served as chief of staff to Gen. Adna R. Chaffee during the Peking Relief Expedition after the Boxer Uprising in China in 1900.

In 1902, he was named to the first general staff, a group of officers who assist the commander of a division or larger unit, and graduated from the Army War College in 1905.

He rose through the ranks and was promoted to brigadier general in May 1917. Three months later, he became a temporary major general in command of the 85th Infantry Division, Camp Custer, Michigan, the website stated.

He was given command of the 3rd Infantry Division in November 1917, at the onset of World War I, according to <https://militaryhallof Honor.com>.

On March 4, 1918 he joined the Soldiers of the 3rd Division on the USS Leviathan as they headed to France.

"The final push of the German 'Peace Offensives' threatened Paris, leading to the emergency commitment of the division to the lines under French command," said an article at https://home.army.mil/stewart/application/files/1015/0635/2104/Marne_Standard_Dec_2016.pdf. "The 7th Machine Gun Battalion rushed to the town of Chateau-Thierry amid retreating French and held the Germans back at the Marne River. While surrounding units retreated, the 3rd Infantry Division, under the command of Maj. Gen. Joseph T. Dickman, remained rock solid and earned its reputation as the 'Rock of



Library of Congress photo
Major generals Joseph Theodore Dickman, left, and Robert Lee Howze when they served in the Third Army of Occupation, standing on the bank of the Rhine River, Andernach on the Rhine, Germany, Dec. 25, 1918, after World War I.

the Marne." General "Black Jack" Pershing said the division's performance was one of the most brilliant in United States history."

Dickman retired Oct. 6, 1921, but was recalled in 1922 to serve as president of the board charged with the removal of officers from active duty in conjunction with legislation enacted to downsize the force.

Maj. Gen. Dickman died in Washington, D.C., Oct. 23, 1927, at age 70.

MEDALS AND AWARDS

- Distinguished Service Medal

- Croix de Guerre — France
- Order of Leopold — Belgium
- Grand Officer of the Order of the Crown of Italy
- Commander of the Legion of Honour — France
- Honorary Knight of the Order of the Bath — United Kingdom
- La Solidaridad — Panama

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

TRAFFIC REPORT

ACCESS CONTROL POINT HOURS

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

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

The Fort Riley Visitor's Control Center is open Mondays to Fridays from 5 a.m. to 9 p.m., weekends and federal holidays from 8 a.m. to 4 p.m.

The access control point hours are:

Henry and Trooper

Open 24/7. Expect delays at Henry ACP through February. Due to construction, lanes will be reduced. Henry drive over Henry Bridge will remain one lane through April.

Estes:

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

Ogden:

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

12th Street:

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

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

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

Grant:

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

CLOSURES AND REPAIRS

Forsythe Place West

Forsythe Place West from Sheridan Place to Pleasonton Avenue will be closed to all traffic from Dec. 9 to 13 for point repair and manhole installation for the sanitary sewer.

CIVILIAN SPOTLIGHT

LYLE SALDAVIA
CUSTODIAL WORKER
DIRECTORATE OF FAMILY AND MORALE,
WELFARE AND RECREATION

In addition to executing his assigned tasks on a daily basis, Lyle Saldavia is a valued member of the 1st Division Child Development Center team for his efforts to ensure all aspects of the facility run smooth. Saldavia makes a difference for the CDC family. He completes his assigned tasks and checklists and seeks other work to help the CDC run seamlessly.

Saldavia focused on center beautification. He planted and maintains the flower beds, which are the first impression families see of the center. He has assisted the maintenance team on repainting classrooms, which were in need of brightening. He has also assisted other centers and programs with a smile and a light heart when they were in need of assistance, including the temporary closure and storage of items at Warren CDC.

He has been recognized through the Interactive Customer Evaluation system for his customer service and his child engagement skills. Saldavia makes a daily effort to help parents carry items into the center if he realizes their hands are full, always greets parents and children and works to make all staff smile daily.

Saldavia is an asset to the 1st Division CDC team as well as Child and Youth Services.



BUSTED

OCT 24

Sgt. 1st Class, 1st Bn., 18th Inf. Regt., 2nd ABCT, 1st Inf. Div., speed 1 to 14

NOV 24

Pfc., Co. C, 1st Bn., 63rd Armor Regt., 2 ABCT, 1st Inf. Div., expired registration

Sgt., 1st ARB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., light out

Pfc., Co. C, 1st Bn., 63rd Armor Regt., 2 ABCT, 1st Inf. Div., speed 11 to 15 over

Sgt., 1st ARB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., light out

Staff Sgt., 601st ASB, 1st CAB, 1st Inf. Div., willfully covering reg. plate

NOV 25

Sp., Co. B, 82 BEB, 2nd ABCT, 1st Inf. Div., improper turning movement

Sp., Co. D, 1st Sqdn., 4th Cav. Regt., 1st ABCT, 1st Inf. Div., unsafe turn

NOV 26

Pfc., Co. B, 601 ASB, 1st CAB, 1st Inf. Div., improper backing

Pfc., HHC, 1st Bn., 18th Inf. Regt., 2nd ABCT, 1st Inf. Div., expired registration

Unknown rank, 5th Sqdn., 4th Cav. Regt., 2nd ABCT, 1st Inf. Div., failure to use seatbelts

Sgt., HHC, 1st Bn., 5th FA Regt., 1st ABCT, 1st Inf. Div., expired registration

Sp., 5th Sqdn., 4th Cav. Regt., 2nd ABCT, 1st Inf. Div., failure to use seatbelts

Sp., 1st Bn., 18th Inf. Regt., 2nd ABCT, 1st Inf. Div., failure to stop at a posted stop sign

Sgt., 526th CSC, 541st CSSB, 1st Inf. Div. Sust. Bde., speed 11 to 15 over

Sp., A Co, 101st BSB, 1st ABCT, 1st Inf. Div.,

speed greater than reasonable for road conditions

Pfc., unknown unit, speed 15 to 20

NOV 27

Sp., Co. A, 2nd Bn., 34th Armor Regt., 1st ABCT, 1st Inf. Div., driving while license is suspended or revoked

Sp., Co. A, 2nd Bn., 34th Armor Regt., 1st ABCT, 1st Inf. Div., expired registration

Sgt., HSC, 601st ASB, 1st CAB, 1st Inf. Div., use of cell phone while driving

Sp., 5th Sqdn., 4th Cav. Regt., 2nd ABCT, 1st Inf. Div., expired registration

Sgt., Co. E, 2nd GSAB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., unsafe backing

NOV 28

Family member, spouse, unsafe movement-forward

NOV 29

Staff Sgt., 3rd Bn., 66th Armor Regt., 1st ABCT, 1st Inf. Div., transport loaded firearm

NOV 30

Sp., HHC, 541st CSSB, 1st Inf. Div. Sust. Bde., failure to stop at a posted stop sign

OTHER CITATIONS ISSUED

Nov. 5 — speed 1 to 10 over

Nov. 24 — failure to maintain lane, no drivers license/unlicensed

Nov. 26 — driving while license is suspended or revoked, speed 21 and up, failure to maintain lane

Nov. 27 — improper turning movement

Nov. 28 — failure to stop at a posted stop sign

Nov. 30 — failure to stop at a posted stop sign

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"Fake – Because they last longer and you don't have to buy one every year."

**MADELYN KING
DALLAS, TEXAS**

Wife of Spc. Collin King, 24th Composite Truck Company, 1st Infantry Division Sustainment Brigade



"Fake – so we can keep it."

**MIA GALIT
KILLEEN, TEXAS**

Wife of Staff Sgt. Paul Galit, 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division



"Fake – I've never had a real tree but I think the pine needles would get everywhere and it's harder to hang ornaments on them."

**DANIELLA OKORIE
NIGERIA**

Daughter of Elizabeth Korie, Warren Child Development Center



"Fake – because they don't make a mess."

**ALEJANDRO MELENDEZ
PUERTO RICO**

Son of Cesar Melendez-Ortiz, Dental Activity.

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LETTERS TO THE EDITOR

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

SAFETY CORNER

Think safety when choosing toys

Tom Anderson
GARRISON SAFETY OFFICE

Team Riley, as we all know the holiday season is upon us and it is important to make safety a priority when making our holiday toy purchases. Toys and games are tons of fun for children and adults. Whether your children are working on a puzzle, playing with building blocks or inventing their own games, here are a few things to think about to help them stay safe and have a blast.

According to the Safe Kids Worldwide, in 2016, 174,100 children under the age of 15 years were seen in emergency departments for toy-related injuries. Think about it, that's 477 kids every day. Almost half of those injured were children 5 and younger.

As we consider gifts for our children and grandchildren, Safe Kids recommends:

- We should find an age appropriate toy that fits where the child or grandchild is in their development. Small pieces can be swallowed causing a choking hazard. Additionally, the child may have difficulty in handling the pieces.
- Use a container to store the toys after play, but be careful of containers with hinges and ensure toys cannot fall through holes in the container.
- If we buy a riding toy, we also need to include a helmet and other recommended personal protective equipment.
- Sign up to receive and check the recall list to make sure the toy functions as advertised and does not present a hazard. This list can be found at www.recalls.gov.

The United States Consumer Product Safety Commission require labels to be on all toys marketed for children from three to six years old if they pose a choking hazard to children under age three. These labels tell consumers two critical things: that a toy is not safe for younger children and why it is not safe. Before CPSC issued these labeling requirements, it was more difficult for consumers to know that certain toys they bought for older children could be a danger to younger kids.

Parents and gift-givers can help prevent toy-related injuries and deaths by always reading labels and being safety conscious. The following tips will help you choose appropriate toys this holiday season and all year round:

- Warning labels — Make sure that you read and follow all warnings associated with the toys you purchase. Warning labels tell if a toy poses choking hazards for young children, typically under the age of 3, due to small parts. Electric toys also have warning labels.
- Chargers and adapters — Charging batteries should be supervised by adults. Chargers and adapters can pose thermal burn hazards to children.
- Check for sharp edges and points — Check all toys for sharp and pointed edges. This is especially important for younger children since they have a tendency to put things into their mouths or into their eyes. There is always a danger of falling on top of the toy while playing, which also may cause injury.
- Projectile toys — Projectile toys such as air rockets, darts and sling shots are for older children. Improper use of these toys can result in serious eye injuries.
- Check if the toy has cords or strings attached — There is always a danger of the cord getting entangled into a loop which may pose strangulation hazards to a child.
- Avoid toys with small parts — Never buy a toy which has small or loose parts that can become unattached for younger children below the ages of three. Younger children have a tendency to swallow things, which can pose a choking hazard.
- Make sure the toy is sturdy and strong — It is important to check to see if the toy you are buying is sturdy and built of strong, shatter-proof material. In case of any falls or accidents, the toy should not break into pieces with sharp edges.
- Riding toys — Riding toys, skateboards and in-line skates go fast and falls could be deadly. Helmets and safety gear should be sized to fit.

- Check if the toy is too loud — Check if the noise levels are tolerable and the toy has volume control. Toys that are too loud can damage the sensitive hearing of children.
- Make sure the toy is non-toxic — If you are buying toys like crayons, art supplies or any liquid containing toys, make sure that the toys do not contain toxic chemicals. You can check the labels to make sure they are safe in case of accidental ingestion.

Finally, babies and toddlers have additional safety concerns because they like to put all toys in their mouths. In addition to choking hazards, many common household toys, especially those made with plastic, can contain hazardous chemicals. Soft, flexible plastics often contain phthalates and the harder plastics can contain Bisphenol-A or BPA, both of which have been linked by some researchers to cancer, hormone disruption and developmental problems in children. Also, toys that are painted or have a sealant can include lead and other heavy metals which can cause serious impairments in babies and children's developing brains. Other toxic chemicals found in some toys include cadmium, chloride, PVC, mercury, arsenic, antimony, chromium, tin and bromine.

Team Riley, the best defense against unsafe toys is staying informed. There are several databases that you can check prior to purchasing Christmas toys that will help you verify if the toy is safe for your children:

- Recalls — Consumer Product Safety Commission <http://www.cpsc.gov/> and Recalls.gov at <http://www.recalls.gov/>
- Consumer Protection — <http://www.saferproducts.gov>
- Lead and heavy metals — <http://www.HealthToys.org>
- Product safety — <http://www.kidsindanger.org>

Team Riley, let's keep our kids safe by making sure we give them safe toys. For more information, contact the Garrison Safety Office, 785-239-2245.

OPSTEMPO, PERSTEMPO am I keeping the beat?

Dear Doc Jargon,

I'm having a hard time keeping up with the whole tempo discussion. What are the differences and similarities between OPSTEMPO and PERSTEMPO and how can I keep up with that? I know they have an impact on each other and I know they all matter when it comes to mission readiness, but how do I factor them and understand how they fit into the equation for mission capability?

Sincerely,
Off-Tempo

Dear Off-Tempo,

You are asking a pretty big question and, you are right, the answers matter when it comes to readiness. First, OPSTEMPO refers to operational tempo — or level of military activity. Second, PERSTEMPO stands for personnel tempo and has its meaning in the number of available people to perform the operations. I also did some digging and found a Library of Congress, Congressional Research Service Report to Congress that helps a bit. It defines the terms as units of measurement

and helps in understanding how they fit together in a bigger picture.

"The measures are OPSTEMPO for the rate of unit activity, and PERSTEMPO for the sum of all individual absences and activity. Tempos are too high or low if they are causing forces to lose their capacity to sustain operations and meet crises. Tempos affect the dynamic relationship of budget, readiness and force structure decisions and bear attention in these areas: readiness, quality of life, modernization, personnel and retention."

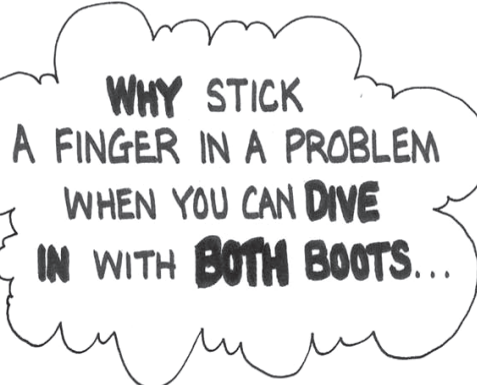
So, though they are considered units of measure, exact numbers can't really be assigned to either and readiness levels will change based on the level of each. For example, your unit might have enough people to do the mission today, but if the mission grows, you won't be able to do it without more people.

That's sort of a simplistic look, but maybe it will help you get in tempo.

Sincerely,
Doc Jargon.

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

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Police bump it up

Dec. 16 to 22, for the safety of families and their children, 97th Military Police Battalion and Fort Riley police will focus enforcement of speed limits in the following communities: Hampton Place, Ashby and Pickett.

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

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

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CHARGE Continued from page 1

Soldiers can receive a court-martial under Article 111 of the Uniform Code of Military Justice. Punishments can include loss of pay, reduction in grade, confinement and dismissal from the military.

- Nonjudicial punishment — Commanding officers can levy nonjudicial punishment for minor disciplinary offenses under Article 15 of the Uniform Code of Military Justice. Under nonjudicial punishment, commanding officers can punish the Soldier through an official reprimand, extra duty, restriction to limits, forfeiture of pay and reduction of grade.

Regardless of whether the Soldier is being charged by civilian authorities or receiving Uniform Code of Military Justice action, their commanding officer can take administrative actions against

them including any of the following:

- Letter of reprimand — A letter of reprimand is a formal document that details the wrongful actions and the punishment that can be expected. Although less severe than a court-martial, it can be career-ending, as the letter remains in the Soldier's record.
• Revocation of pass privileges — The commander can revoke the Soldier's ability to go on leave.
• Mandatory referral to a substance abuse treatment program — The commander can mandate that the Soldier enrolls in and completes a substance abuse treatment program.
• Corrective training — The commander may require corrective training if he or she believes the Soldier would benefit from additional instruction.

- Administrative reduction in grade — Depending on the Soldier's situation and rank, the commander can reduce the Soldier's grade.
• Bar to re-enlistment — A bar to re-enlistment is a procedure that commanders may use to deny the Soldier the opportunity to re-enlist.

For Fort Riley, the commanding general has signed a new policy requiring all Soldiers who have been charged with a DUI to go through a remedial drivers training program before their on-post driving privileges will be reinstated.

"The program is conducted over a four-day weekend," Hearron said. "It takes time away from the Soldier. When you take a day off away from a Soldier, that is serious business. The policy was just signed last week and the first class is scheduled for 17 January."

PROGRAM Continued from page 1

There is no cost to the unit to participate and benefits include reintegration, increased morale, heightened resiliency and a team-building atmosphere.

The program is divided into five phases:

- Phase 1, Leader Training, is for all staff sergeant and above participants. It teaches them how to facilitate a leader-led, after-action debrief or L-LAAD, in response to a significant event in an operational environment.
• Phase 2, teaches these unit leaders how to use the same L-LAAD technique when facilitation surrounds an outdoor adventure activity.
• Phase 3, Soldier Training, instructs all program Soldier participants on concepts like personal readiness and resilience and

Combat Operational Stress Control, and how they relate to the Warrior Adventure Quest program.

- Phase 4, is the outdoor adventure activity — paddling, riding, climbing, etc. — where team building is combined with challenging activity skills.
• Phase 5, is the actual facilitation of the L-LAAD by the unit leaders with their unit members to realize connections between the activity they have just experienced and the challenges they may be experiencing in their daily lives.

To coordinate training and activities, contact Slinger at leigh.a.slinger.naf@mail.mil or 785-239-2364.

FRIENDLY COMPETITION



Patti Geistfeld | USAG Public Affairs
Directorate of Human Resources employees pause for a photo behind their winning entry in the Holiday Lawn Card Competition during the judging Dec. 4 in front of U.S. Army Garrison Fort Riley Headquarters.



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Pren State's Clearinghouse for Military Family Readiness and the Department of Defense's (DoD) Office of Military Community and Family Policy have partnered to develop the THRIVE initiative, a continuum of parenting programs for parents of children from birth to 18 years of age.

Presenters
Terri Rudy, MPA
Research and Evaluation Associate at the Clearinghouse for Military Family Readiness at Pren State
Project Manager for the Resource Center for Injured Family Health Believers

Ryan Chesnut, PhD
Assistant Research Professor at the Clearinghouse for Military Family Readiness at Pren State

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This series is hosted by the Family Development and Early Intervention concentration areas of the Military Families Learning Network.

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Winter eagles returning to area

Story and photos by Gail Parsons
1st Inf. Div. Post

In coming weeks, as the mercury drops in areas to the north, bald eagles will move into this area in search of food.

Mike Houck, threatened endangered species biologist with Fort Riley Directorate of Public Works, was out Dec. 6 counting how many of the raptors were in areas on post where they are known to congregate. That morning he counted 14 at the main post winter communal roost, east of the Grant Avenue bridge on the Kansas River.

In the afternoon, he counted nine more in the trees along the Republican River off Kansas Highway 77.

"This survey that I'm doing right now, we call it a diurnal survey," he said. "It's a daytime ... foraging-area survey. We see where the birds are and how many birds are along the river and along the lake."

As the month progresses, Houck said he expects to see an influx of eagles.

"When everything freezes up north, that pushes those eagles down south and we'll have a lot of birds," he said. "During December, it's usually fairly slow until the end. Get closer to Christmas time and numbers start picking up."

According to a DPW Environmental Division Conservation Branch fact sheet, Fort Riley Conservation Branch personnel began conducting annual surveys in 1993 to chart the daytime habitat use of the eagles on post.

"We started monitoring the winter roost sites because the eagle populations had started increasing throughout the United States," Houck said. "We started seeing more and more eagles, especially in the lower 48 states."

The Environmental Protection Agency reported the number of bald eagle pairs had dropped to about 400 in 1963. The bird was put on the endangered species list and rules were instituted to save the bald eagle from extinction.

The bald eagle is no longer considered threatened or endangered but it is a protected species and requires monitoring and laws regulate what can and cannot happen near a nest.

"We're getting a lot more nesting eagles in the area," he said. "We need to monitor all the nesting in the area so that we don't have any issues."

For example, he said a nest was built near the cemetery, which resulted in adjustments to activities — such as gun salutes and the firing of the cannon at ceremonies.

"If we had some big construction project or some training exercise that would disturb that area, then we have a heads up on what we need to do," he said.

Eagles prefer to nest near a river and food source. Although it is not common for them to nest in Fort Riley training areas, it has been known to happen. The surveys allow Houck to see where the birds are and keep tabs on their movement.

"They tell me the movements of the birds," he said. "We know a bunch of them roost down on the Kansas River. So, that's kind of an area that we manage. We protect those locations."

When the nests are built in areas where post activity could be impacted, Houck said there are special permits they can apply for to mitigate interruptions or they can make arrangements with the organization involved.

"The first eagle nest that we had on Fort Riley was up in the Madison Creek area," he said. "They've been here since 2004 — when that nest is active, we put in a notice to the airmen that there's a 1,000-foot buffer around that nest for helicopters."

Through the winter, Houck will monitor the eagles with weekly surveys. By watching the thermometer, he can know what to expect.

"Say next week we have a big cold front come in — an arctic blast, we might have 100 Eagles show up," he said.

The highest number of eagles he has seen was in the Madison Creek winter roosting area, about 10 years ago, when they counted 388. Last year, they hit 311 on the Kansas River.

While this year's migration has just started, what it ends up looking like will be dependent on the weather and won't be known until it's over.



ABOVE: Several bald eagles were spotted high in the trees along the Republican River during a recent survey to gauge the progress of the winter migration. **BELOW:** Mike Houck, threatened endangered species biologist with Fort Riley Directorate of Public Works, scans the trees along the shoreline of the Republican River for roosting eagles Dec. 6.



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Soldiers train to teach pregnant women to exercise

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

When a Soldier is pregnant her physical training regimen needs adjustment.

Sgt. 1st Class Jonathan Settle, non-commissioned officer of Health Promotion and Wellness with the Army Public Health Center, Aberdeen Proving Ground, Maryland, was at Fort Riley Dec. 2 to 6, to instruct future trainers for the Army's Pregnancy and Postpartum Physical Training.

The P3T program provides modified physical readiness training for pregnant Soldiers.

"The program is designed as a maintenance program for Soldiers who are already at a physical fitness level two that are already passing the PT test in its current form," Settle said.

It is important for Soldiers to maintain some level of fitness and muscle movement and memory while pregnant for several reasons.

"Research has shown that maintaining a healthy lifestyle as well as an active lifestyle during pregnancy will make for an easier birth and an easier recovery afterwards," he said.

However, a woman cannot be expected to perform to the same physical standards that she did before pregnancy. Weight gain, muscle deconditioning, and loss of mobility and flexibility are some of the issues they contend with.

"The purpose of the program is to just maintain some of those movements," he said. "It's not a 'you are going to be fit after this program or during this program.' It is just a maintenance program. You're already fit as

a Soldier. This is designed to maintain a certain level of fitness while you are pregnant."

After pregnancy, a Soldier has 180 days before her next physical training test. After the baby is delivered the Soldier will move to the next phase of the P3T program — to return her to peak physical condition, he said.

Kendra Seat, director of the Fort Riley Army Wellness Center, attended the instruction because the Army is transitioning the program to fall under the AWC.

"The Army Wellness Center is going to supplement the teaching portion of the instructor trainer course at different installations so that we can save the Army money," she said. "Here at Fort Riley, we will have people trained to be able to teach the course."

During the training, future instructors learned how to modify common exercises to accommodate the woman's changing body.

Spc. Megan Hataway and Sgt. Christopher Langbehn, both from Irwin Army Community Hospital were taking the training.

Hataway was already familiar with much of it as she had been a participant in a portion of P3T last year.

"Personal training, physical training is something pretty close to my heart," she said. "I really wanted to come back and learn the all-encompassing program. I only had experience from 20 weeks to about 36 weeks. I had no experience in group one and I had no experience postpartum."

Her goal is to use the information to help Soldiers move forward with their pregnancy in a safe and produc-

ive manner. Her personal goal, while pregnant, was to take a PT test for the record earlier than her profile allowed.

"Staying fit the entire time allowed me to do that," she said. "It was still difficult, but it was significantly easier than what I imagined it would have been had I just kind of teetered off."

Langbehn, whose youngest child is eight months old, attended to learn more about the effect of exercise on a pregnancy.

"Definitely (for women) to keep up with fitness throughout your pregnancy it's going to help you immensely throughout your pregnancy, during birth and recovery," he said.

Another component to the exercise program is pool PT. Settle said the benefits of exercising in the pool is that it allows the Soldier more mobility and movement.

"During pool PT we incorporate more fun exercises, as well as different exercises that don't have as much modification as they would if they were on land," he said. "It just adds another dimension to the entire program."

The common challenges he experiences when encouraging pool PT are Soldiers who don't swim, are not strong swimmers or have a fear of the water.

"We have some mitigation for that," he said. "We use the shallow end of the pool. We do the majority of our exercises and water that is no deeper than four- to four-and-a-half feet. So, we are able to incorporate our exercises in that shallow water but still add that resistance from the water and still add that buoyancy from the water, to perform the exercises efficiently and safely."



Gail Parsons | Post

Sgt. 1st Class Jonathan Settle, non-commissioned officer of Health Promotion and Wellness with the Army Public Health Center, Aberdeen Proving Ground, Maryland, instructs a group of Soldiers who will teach the Army's Pregnancy and Postpartum Physical Training on pool PT Dec. 5. Also in the class were several Soldiers who are pregnant and maintaining their fitness program.

When he instructed the pool PT to the future instructors and a small group of pregnant Soldiers, he had some challenges, which he expected. However, most attendees were interested in trying.

Sgt. Cecelia Richardson-Williams, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, was 28 weeks into her pregnancy Dec. 5 when she attended Pool PT.

She said she was out of her comfort zone because she does not know how to swim. Before showing up, she wasn't sure what to expect but in the end was glad she went and tried it.

"It helped me," she said. "If you don't want to work out — I don't work out usually — being in the water actually did help. I think I might come here again to do it."

Whether the Soldier is working out with a modified PT or going into the pool to exercise, as long as she is keeping with the program the benefits will pay off and Soldiers need to keep moving forward, Settle said.

"Pregnancy isn't a disease," he said. "It's not a debilitating factor. It's just a, another condition that now the Soldier is facing."

Elves seek donations for Operation Santa Claus

Amber Kelly
SPECIAL TO THE POST

After graduating basic training, Pvt. Jonah Jerrett found himself immersed in a new role in the Army. A new role as an elf. Elf Jerrett is volunteering with Operation Santa Claus, an effort that brings Christmas joy to service members in need of help for the holidays.

Operation Santa Claus is in its 35th year serving the families of Fort Riley. Unlike other toy donation organizations, Operation Santa Claus serves the local community.

"Every once in a while, you get a letter saying, 'This is the greatest thing I've ever seen in any installation,'" said Phil Mattox, director of Operation Santa Claus.

Operation Santa Claus is a private organization tied to the Manhattan community. Mattox said the organization relies on monetary and toy donations.

Mattox uses the monetary donations to shop for toys, usually at Walmart. The donations amount to about 10 to 15 grocery carts full of toys on each shopping trip.

Toys are needed for children of all ages, up to 18 years old. Mattox said they need "basketballs or barbie dolls or anywhere in between."

Donation boxes for toys are set up at Walmart in Manhattan and Junction City. Monetary donations can be sent to Operation Santa Claus, P.O. Box 2437, Fort Riley, KS 66442. While Operation Santa Claus needs toys for kids of all ages, Mattox said toys are

most needed for kids under 8 years old. Donated toys should be limited to around \$10 each.

Toys are distributed to junior enlisted service members through a need-based system. Mattox said need is determined by commanders and validated by financial status and number of kids.

Donated toys are displayed on a shelf in a warehouse at Fort Riley decorated as a Santa's workshop. Once families have been approved for assistance, they can choose which toys their children will receive. Each child is allowed two toys, stocking stuffers and families are allowed one game.

Once the families have chosen the toys, volunteers wrap the gifts on site.

"It's all free, Mattox said. "Everything is free."

In addition to donated toys, children could receive a handmade stocking or teddy bear this year. A group from Manhattan has sewn 200 stockings, which will be given out on a first-come-first-serve basis. The same group delivered a large bag of handmade teddy bears.

Last year, about 300 families were helped, serving 500 kids. Mattox said the dispersion of gifts started earlier this year to serve the brigades that have returned from deployments.

Jerrett, one of seven elves, said he would recommend volunteering with Operation Santa Claus to other service members.

"Seeing the smiles on the kids' faces, that's what it's all about," said Jerrett.

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Toy Soldier figurines, books donated to Fort Riley Museum



This Soldier mounted on his horse is one of many toys on display inside the 1st Infantry Division Museum during the Toy Soldier Christmas exhibit.

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

The Fort Riley Museum's Toy Soldier Christmas exhibits opens to the public Dec. 14 at 247 Cameron Ave. and at the Manhattan Town Center.

The bulk of the exhibits are miniature figurines ranging from 6 to 90 mm, made of pewter or lead, many of which were hand painted. They represent a small portion of about 3,000 that were donated to the museum, said Robert Smith, supervisory curator and director of the Fort Riley museum complex.

In addition to the figurines, the family of Jim Markham of Osborne, Kansas, donated his collection of books about military uniforms through the centuries.

Markham's daughter, Marcie Covey, said her father took care to make sure each piece was painted to reflect authenticity.

"He did a lot of research on the uniforms and whatnot," she said. "He purchased a lot of books that are strictly on uniforms — they didn't have anything to do with ... history, just the uniforms."

Smith said he is excited to have the books as part of the museum collection because they represent a niche that was not as thoroughly covered.

"It is around 300 volumes," Smith said. "And ... some of them are very, very hard to find uniform books. We really were very pleased to incorporate that into our collection because those will help us. We're always asked questions by researchers, by the division, by the garrison and by the general public, on certain things related to the uniform."

Covey said her father passed away in 2011. He had worked on his collection for four to five decades. The hobby started

See TOYS, page 14



Pamela Beal | POST

Capt. Rodney DesVoignes, troop commander for Troop C, 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, his wife Holly and daughters Ava, 2 1/2, and Adelyn, 8 months, visit with Santa after hundreds of Fort Riley and 1st Infantry Division family members witnessed the annual lighting of the Christmas tree in front of the U.S. Army Garrison Fort Riley headquarters building Dec. 5. Santa missed his ride on a Directorate of Emergency Services fire truck so he rolled up in a "Big Red One" golf cart.

Christmas tree lighting at U.S. Army Garrison Fort Riley headquarters features special guest

By Gail Parsons
1ST INF. DIV. POST

Soon after the sun set Dec. 5, a crowd of adults and children gathered on Ware Parade Field for the lighting of Fort Riley's Christmas tree. USO Kansas, Fort Riley Center served up sugar cookies and hot chocolate as the minutes ticked closer to the start of the event.

Right on schedule Chap. (Lt. Col.) David Meyer, U.S. Army Garrison Fort Riley deputy chaplain, welcomed guests and opened the evening's festivities with a short prayer before turning the microphone over to Col. Kevin Lambert, chief of staff, 1st Infantry Division.

"This is an incredible event," he said. "I had the privilege of coming to a tree light-

ing here on Fort Riley several years ago and I will tell you that we have upped our game here at Fort Riley and 1st Infantry Division — this is amazing."

He reflected for a moment on the generosity of the communities around Fort Riley and on the Christmas spirit that becomes evident to him on the installation. Wreaths Across America, Operation North Pole, Trees for Troops

and Operation Santa Claus are a few of the programs the community gets behind to make the holidays great, he said.

Lambert then led a countdown— 5, 4, 3, 2, 1 — followed by a chorus of oohs and ahs as the multicolored lights lit up the Christmas tree. As the audience's applause slowed, Lambert introduced

See LIGHTS, page 12

Christkindl market fuses holiday traditions with vendors, music

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

At the annual Christkindl Market at Riley's Community Center Dec. 7, about 40 vendors had their wares on sale while the sounds of children's choirs rang through the building.

"We had three local choirs come sing ... for a half hour each," said Taylor Ferrarin, Directorate of Family and Morale, Welfare and Recreation special events coordinator.

She said there were fewer vendors this year due to less space.

"When we opened the rec center downstairs, both rooms are now occupied," she said. "So, the activities that we had downstairs (last year) are now in our main room so that limited room for vendors. But we did max out on the numbers that we could have up here."

Kimberly Salazar and her husband Chief Warrant Officer 2 Abel Salazar, 1st Combat Aviation Brigade,

were among the shoppers at the market. She said they visited the event because their daughter wanted to see Santa and the Grinch.

"This was the first year we came so it's nice," she said. "They had a lot to do and other activities. The vendors had some really nice stuff."

Ferrarin said she was happy the Commanding General's Mounted Color Guard was back again this year to do wagon rides for the families.



Vendors and shoppers converge inside Riley's Community Center Dec. 7 at the annual Christkindl market.

Recycling Center, Household Hazardous Waste Facility here to help Fort Riley families

By Amanda Ravenstein
1ST INF. DIV. POST

In Camp Funston there are two important buildings for Fort Riley. The Household Hazardous Waste Facility and the Recycling Center, operated by the Directorate of Public Works, play a role in keeping the installation clean.

Berto Gonzalez, laborer and motor vehicle operator for the facilities, said most of the small items they receive at the hazardous waste facility come from families who are having a permanent change of station.

"When families are PCSing like to Germany or places like that overseas, they can't take this stuff with them so they will bring it over here, rather than throw it in the dumpster," he said. "We don't have that many people PCSing overseas, but we still get some stuff."

The facility can take items like paint, cleaners and pesticides. When the items are brought in, they are

Accepted at Recycle Center

Paper Products							
Aluminum Plastic, Glass & Foil / Tin							
Miscellaneous					In addition, the EWMC (Bldg 1945) accepts Scrap Metal, C-Wire, Household Hazardous Waste, Used POL, Yard Waste, Grass Clippings, and Junk Appliances		

cataloged and stored in one of two temperature-controlled rooms.

The items are stored so if anyone — residents, Soldiers, civilians and contractors — needs something — like paint — they can go to the facility,

look through the rooms and see if it might be there.

"They can come out and get it for free," Gonzalez said.

Down the road, a large Quonset hut is the home of the Fort Riley Recycling Center. Walk into the main

work area and visitors see the automated sorting machine. The facility separates aluminum cans, cardboard, plastics, glass, steel and paper.

Vic Czarnecki, CDL truck driver, said he has been working at the facility off and on

since it opened in the current location in 1993.

"We were in a motor pool behind where the (Exchange) is," he said. "But then this came available. It used to be a gymnasium and bowling alley."

He said the machine they used to have was labor intensive and there were people stationed along a belt to pull the recyclables to their designated areas. However, more than a year ago they received the automated sorter that is there now, and they can sort through a higher volume of recycled materials, he said.

He said many things get mixed in with the recycling materials and they have to catch it before it gets into the machine and, in the case of rope or garden hoses, gets tangled up in the many drums and rollers.

"In order to get it out of there, we have to shut the whole machine down and lock it out," he said. "Somebody has to get in there with a pocketknife and try to cut it loose and clean it up."

He said he understands when parents get the children to take the trash out, sometimes the child will put the bag into the wrong bin.

"It happens," he said. "But that is where the majority of the (non-recyclables) come from. Other times people put things in the bin that they think can be recycled but it really can't."

He said anyone on post can be part of the recycling program. Units get an incentive to be part of the program by keeping track of everything they turn in to the facility.

"Every quarter, if they are in the recycle program, they could have money go into their unit fund," he said.

Residents in the housing areas can get a recycling bin from Corvias and be added to the pick up list each week if they would like to be involved in the program.

For more information about recycling on Fort Riley or even to schedule a tour of the facility, call Chris Otto, DPW recycle and solid waste coordinator, 785-239-2385.

WEEKEND WEATHER OUTLOOK

FRIDAY



HI: 49 F

LOW: 34 F

SATURDAY



HI: 37 F

LOW: 27 F

SUNDAY



HI: 32 F

LOW: 19 F

FORT RILEY POST-ITS

BOSS

The BOSS holiday party for single Soldiers is scheduled for 6 p.m. Dec. 18 at Warrior Zone. The party will include a white elephant gift exchange, maximum of \$20 for a gift; and an ugly sweater competition. For more information, call 785-239-2677.

Fort Riley Animal Shelter

Santa Paws will be at the Fort Riley Animal Shelter and Adoption Center, 224 Custer Ave. from 10 a.m. to 3 p.m. Dec. 14. There will also be reduced adoption fees that day for people who want a new pet before Christmas.

Command Group Caroling

Members of the 1st Infantry Division and U.S. Army Garrison Fort Riley command groups will be doing Christmas caroling around Main Post Dec. 15 at 5:30 p.m. Some carolers will be riding horses while others will be riding with the 1st Inf. Div. Band in a horse-drawn wagon from the Commanding General's Mounted Color Guard.

Lets go to the movies @ Barlow Theater

Friday, December 13 - The Good Liar (R) 7 p.m.
Saturday, December 14 - Charlie's Angels (PG-13) 2 p.m. and Countdown (PG-13) 7 p.m.
Sunday, December 15 - Ford V Ferrari (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.

Trees for Troops

Free fresh Christmas trees are available for active-duty Soldiers and their families, on a first-come, first-served basis from 8 a.m. to noon Dec. 14 at the Outdoor Recreation Equipment Checkout Center. Remaining trees can be picked up starting on Dec. 16 from 10 a.m. to 5 p.m.

Wreaths across America

A Wreaths Across America ceremony is scheduled for 11 a.m. Dec. 14 at the post cemetery. Wreaths will be placed for each of the armed forces, Merchant Marines, Gold Star families and POWs/MIAs by Fort Riley representatives, Fourth District, State of Kansas, Veterans of Foreign Wars and VFW Auxiliary. Afterward, wreaths will be placed on individual military graves. The Fort Riley ceremony is made possible through donations and volunteers. Visit <http://www.wreathscrossamerica.org> for more information.

Child and Youth Services

The quarterly Family Advisory board meeting will be 7 to 8:30 p.m. Dec. 19 at the Custer Hill School Youth Center. Activities will include: cooking club judging, photo booth and a chance to win extra parent participation points.

The Hobby Studio

The Hobby Studio, 6918 Trooper Rd., will have its first Day with Santa Dec. 14 from 11 a.m. to 6 p.m. Santa will be available for pictures and people can decorate cookies and make food for Santa's reindeer. The cost is \$10 per child. For more information, call 785-239-9205.

1st Infantry Division Band

Come enjoy a Junction City and Fort Riley tradition with the 1st Infantry Division Band's annual Holiday Concert, Dec. 13 and 14 at 7 p.m. and Dec. 15 at 2 p.m. at C. L. Hoover Opera House. This concert is offered as a free gift to the public. Before the evening shows from 6 to 7 p.m. there will be time for free pictures with Santa.

Tour of Homes

Come see a selection of homes and buildings in Historic Main Post decorated for the holidays during the annual Tour of Homes Dec. 14 from 4 to 8 p.m. Check in is at the Custer House and the homes can be visited in any order. Children 10 and up welcome. Tickets can be purchased for \$10 in advance at <http://squareup.com/store/HASFR> or for \$12 at the door.

MOUNTED COLOR GUARD IN MANHATTAN PARADE



Pamela Beal | POST

The Commanding General's Mounted Color Guard was spotted in Manhattan this weekend. The group lead the Mayor's lighted parade as the Color Guard, and won the Mayor's Cup for favorite float.

HOME.ARMY.MIL/RILEY

6 STEPS TO PREVENT FROZEN PIPES

When water freezes, it expands. The expanding ice can cause pipes to break and later flood water into your home. Following these simple steps can help prevent frozen or broken pipes and extensive property damage to your home.

1. REMOVE HOSES

Hoses connected to exterior spigots in the winter allow ice to form and increases pressure in the water pipes which leads to frozen or broken pipes. Simply remove hoses from exterior faucets to help prevent considerable damage to your home and belongings.



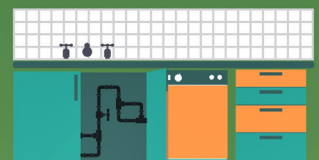
2. KEEP YOUR HEAT ON

Warm, circulating air helps prevent pipes in exterior walls from freezing. Keep your heat set to between 60-65 degrees when away from home. This temperature helps to save energy, while preventing pipe freezing and bursts.



3. OPEN CABINET DOORS

In extremely cold conditions, opening cabinet doors around plumbing allows warm air to circulate around faucets and pipes. Please move any hazardous cleaning supplies out of the reach of children and pets.



4. DRIP WATER FROM INTERIOR FAUCETS

Setting both hot and cold faucets to a low trickle or drip allows water to continuously flow through the pipes. If water is moving, it cannot freeze.



5. CLOSE THE GARAGE DOOR

Keep the garage door closed as much as possible to help keep heat in and prevent water supply lines in the garage from freezing.



6. CONTACT US

Please contact your Community Office immediately if you are experiencing issues with your water lines. Frozen and/or broken pipes is a maintenance emergency. Also, let us know if you will be traveling away from home for an extended period of time, so that we can check on your home while you are away.



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DININ' DEALS		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		December 15th	December 16th	December 17th	December 18th	December 19th	December 20th	December 21st
 The Cove at Acorns Resort 3710 Farnum Creek Rd. MILFORD (785) 463-4000	Bloody Mary Bar Open 11:00am-9:00pm	1/2 Price Appetizers Open 4 to 9pm	\$2.00 OFF All Tacos Open 4 to 9pm	Kids Eat Free w/ Purchase of Adult Meal Open 4 to 9pm	Fajita Night Chicken \$12 Steak \$15 Trivia Night Open 4 to 9pm	Crab Legs \$22 Open 11:00am-10:00pm	Prime Rib Special \$20 for 10-oz cut \$25 for 14-oz cut Open 11:00am-10:00pm	
	 Cracker Barrel 115 N East St JUNCTION CITY (785) 762-5567	Home Style Fried Chicken All Day \$9.99 Open 11:00am-9:00pm	Chicken & Dressing Starts at 11:00am Grilled Country Porkchops Served after 4:00pm	Homemade Meatloaf Starts at 11:00am Lemon Pepper Grilled Rainbow Trout Served after 4:00pm	Chicken Pot Pie Starts at 11:00am Broccoli Cheddar Chicken Served after 4:00pm	Lunch & Dinner Turkey & Dressing Fried Fish All Day \$9.99 Southern Fried Chicken \$9.99	Catering Available 785.762.5567 Monday thru Thursday Lunch Specials from 11 am till it's gone - \$5.99	

Program unites Soldier with retirement home residents

“It’s like having a house full of grandparents, that you can hang out with.”

Sgt. Janette Blunt | BOSS president

By Gail Parsons
1ST INF. DIV. POST

What started with a phone call turned into a plan for monthly visits by single Soldiers from Fort Riley with residents of Home of the Flint Hills, a retirement and assisted living facility in St. George, Kansas.

Sgt. Janette Blunt, Better Opportunities for Single Soldiers president, said Home of the Flint Hills reached out to her about bringing Soldiers to the home to spend time with the elderly doing activities, playing games and just hanging out.

“They’re looking for people who play music or can sing — play piano or any instrument,” Blunt said. “They’re looking for different types of events.”

For the Soldiers, it’s an opportunity to pick up volunteer hours but also spend time with some interesting people.

“We got to talk with a retired veteran there about his family and his time while he was in the service,” she said. “We just have conversations about anything and everything — about life.”



Courtesy photo

Members of Better Opportunities for Single Soldiers visited with residents of Home of the Flint Hills, St. George, Kansas, recently. While there they played games, chatted and hung out with the residents while learning about the residents. BOSS plans on returning several times in 2020.

For her it was an opportunity to pick up some words of wisdom. She said there was one quiet gentleman there who gave her this piece of sage advice “it is better to be thought a fool, than open one’s mouth and remove all doubt.”

“There’s a couple there — they’re just the sweetest,” she said. “You see them holding hands and they’re just laughing and giggling together and they just look so happy #relationship goals.”

She said BOSS will take a monthly trip out there and she encourages Soldiers to join them.

“It’s like having a house full of grandparents, that you can hang out with,” she said.

“We got to watch football with them, there’s a man cave there and there’s food.”

Blunt said it is a great opportunity for Soldiers but Kristi Jones, Home of the Flint Hills house coordinator, said it’s wonderful for the residents as well.

“Home of the Flint Hills strives to provide our residents with a home like atmosphere that gives every resident the opportunity to continue to feel they hold a purpose,” Jones said. “The BOSS program is so important to us because they are helping us reach this goal by improving quality of life in our residents through the volunteered community service they provide.”

Residents receive a sense of home by having guests other than the staff come into their home to play cards, participate in activities or visit over a cup of coffee.

“We are so appreciative of the time the Boss program is dedicating to our community and the relationships they are building that truly make a difference here at Home of the Flint Hills,” she said.

BOSS plans to visit Home of the Flint Hills in 2020 on:

- Jan. 11
- Feb. 8
- March 7
- April 25
- May 30
- July 11
- Aug. 15
- Sept. 19

Clubbers show love to community

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

Each year the children who attend Fort Riley’s Awana program participate in a project to give back during the Christmas season. In previous years, they participated in Operation Christmas Child, a program in which shoeboxes are filled and sent to an organization that disperses them to children around the world. This year the Awana crew wanted to do something different. They chose to help an organization that is local to the area, St. Francis Ministries.

“One of the chaplains asked me ‘why don’t we do something more local,’” said Joanna Pruitt, wife of Spc. William Pruitt of 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division. “I knew that on post there is an adoption support group called Side-by-Side, and one of the social workers from St. Francis attends. She gave me a number for another lady at the organization who gave me some basic info for the kids.”

Choosing to help St. Francis was good she said because it not only helped the organization but it motivated the members of Awana.



Kaimotu Joel, son of Sgt. 1st Class Paulus Joel, 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, Dean Rowland, son of Sgt. 1st Class Bryan Rowland, Headquarters Support Company, Headquarters and Headquarters Battalion, 1st Inf. Div., and Reagan Perry, daughter of Maj. Joseph Perry, 1st Inf. Div., were a few of the Awana Clubbers who brought in gifts for St. Francis Foster Care kids Dec. 8.

“I think it’s great because St. Francis was not expecting anything, and we didn’t realize that our Clubbers would be so excited about it,” Pruitt said. “We posted the list of kids, who range in age from 1 month to 16 years old, on Nov. 17 at club, and everyone of them were sponsored by the end of the night.”

The deadline for turning in gifts was Dec. 8 and Clubbers brought in more than the 25 gifts asked for.

“We bought gifts for people that need it more than we do,” said Dean

Rowland, son of Staff Sgt. Bryan Rowland of Headquarters Support Company, Headquarters and Headquarters Battalion. “It ties into Thanksgiving, that was a few weeks ago.”

Awana is a faith-based organization that serves youth from preschool to high school. Awana meets most Sundays at Victory Chapel from 2:30 p.m. to 4:30 p.m. For more information about chapel programs, visit home.army.mil/riley/index.php/about/dir-staff/chaplain.

TUESDAY TRIVIA CONTEST



The question for the week of Nov. 22 was: Where can I find information about Army Community Service programs for family readiness and deployment support?

Answer: home.army.mil/riley/index.php/about/dir-staff/dfmwr/facs/family-readiness-deployment-support

This weeks winner is Julie Gormel, spouse of Sgt. Kyle Gormel, 1st Infantry Division Sustainment Brigade.

Pictured above is Julie Gormel

CONGRATULATIONS JULIE!



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TREES FOR TROOPS

www.treesfortroops.org

DECEMBER 14 • 8AM-NOON
1806 Buffalo Soldier Road

Free fresh Christmas trees available for active-duty Soldiers and their families, on a first-come, first-served basis.

Remaining trees can be picked up starting on December 16 from 10am-5pm.

For more information, call 785.239.2363



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Worship Opportunities

Protestant Services

Victory Chapel 239-0834
ChapelXt Protestant Service
Sunday Worship.....0900
Children’s Church.....0910

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

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

Catholic Services

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

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

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

Pagan/Wiccan Service

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

Homefront Heroes

Support Group for spouses of Soldiers going through deployment or reintegration
Weekly Wednesday classes from 1830-1930 at Victory Chapel.
Childcare provided for 6mo - 4yrs,
Youth class for 5-10yrs

Club 1:9 Faith Based Youth Program

Grades 6th - 12th, Meets Sundays
Combined MS/HS Youth 1730-1930 at Victory Chapel
785-239-0834

AWANA

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

Protestant Women of the Chapel (PWOC)

Weekly Tuesday Meeting 0900-1130 & Evenings at 1830-2000 at Victory Chapel.
Childcare provided.
For more information email rileypwoc@gmail.com or Facebook “Fort Riley PWOC”

Catholic Women of the Chapel (CWOC)

Weekly Wednesday Meeting 0900-1130 at St. Mary’s Chapel.
Childcare provided.
For more information email fortrileycwoc@gmail.com or Facebook “Fort Riley CWOC”

Check for schedule over Training Holiday weekends



Our 2020 application will be live on our website January 6, 2020!
www.combinedscholarshipfund.org

SCHOLARSHIP CATEGORIES:

- High School Senior
- Undergraduate College Student
- Military Spouse
- Graduate Student

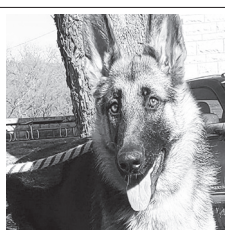
Have an application question?
Please feel free to send a message to:
fortrileycsfapplication@gmail.com

Applications and supporting documents must be postmarked by Friday, March 6, 2020
P.O. Box 2082, Fort Riley, KS 66442

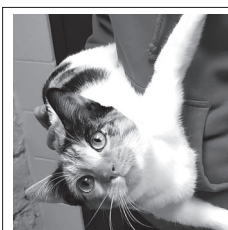
Must be the dependent of an active duty, retired or deceased Fort Riley Soldier

Pets of the Week

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



GYPHY
One year old German Shepherd with lots of energy and love to give. She will still need some basic training but would fit into just about any family.



LOUISE
If you’re looking for a more abstract kind of cat, Louise prefers to sit on your shoulder, head, arm or just hand from your sweatshirt. She is 1 year old, spayed & neutered.

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

FORT RILEY ANIMAL SHELTER

224 Custer | Fort Riley, Kansas 66442 | (785) 239-6183

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785-762-5631

FORM MATTERS

Dumbbell Lunge with Rotation

By Gail Parsons
1ST INF. DIV. POST

Total-body exercises have the bonus of being able to hit more muscles in less time than targeting a specific set of muscles.

Jason Anderson, health promotion technician at the Army Wellness Center, said one of his favorite total body exercises is the dumbbell lunge with rotation. It primarily targets the quads and to a lesser degree the abs, glutes, hamstrings and obliques.

"It works one side of body at a time," he said. "It forces you to challenge your balance. It's more functional, as opposed to a leg press machine or a seated leg extension where you're not challenging your balance that much."

The balance piece of the exercise puzzle is often overlooked but if it is not challenged it can diminish over time leading to falls and injuries Anderson said.

Improving balance will help with one's agility and everyday movements.

"If you get tripped up on the curb or in a pothole, you want to have good balance to catch yourself," he said. "If you're not actively working on that from time to time with exercises, you're going to go down — you're ... going to injure yourself. Whereas, if you say you've been working on the lunge with rotation, or some type of exercise for your balance, your body has the muscle memory to react if you trip."

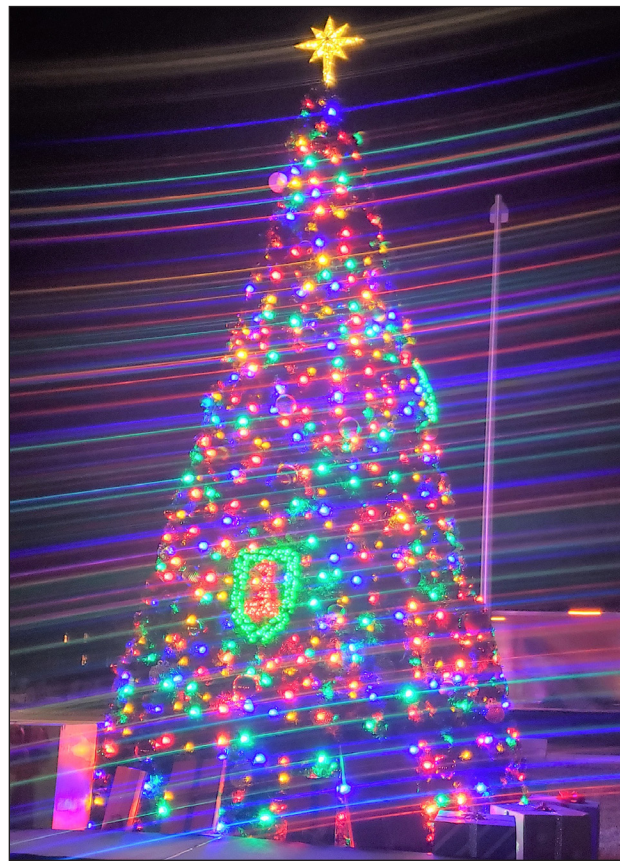


TECHNIQUES

- To perform the dumbbell lunge with rotation:
1. Hold dumbbell in front with both arms bent at a 90-degree angle
 2. Step back with one leg. If it is easier, step forward into the lunge
 3. Lower into a lunge, keeping the back straight with feet pointed forward. The thigh should be parallel to the ground at the lowest point of the lunge
 4. Rotate the torso keeping the dumbbell in front while twisting toward the inside of the front leg
 5. Rotate back to the front and stand out of the lunge lifting the knee to the front. Repeat for desired number of repetitions, repeat on opposite leg.

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

LIGHTS Continued from page 9



Pamela Beal | POST

The 26 foot Christmas Tree in front of Garrison Headquarters was lit Dec. 10 during a celebration that included a visit from Santa Claus and cookies and hot chocolate from USO Kansas, Fort Riley Center.

the music portion of the evening.

"In the famous words of Buddy the Elf, 'the best way to spread Christmas cheer is to sing loud for all to hear,'" he said.

Children from the Youth and School Age Center sang 'Jingle Bells' and 'Frosty the Snowman' before the audience was invited to join in song as the 1st Infantry Division Band played 'Santa Claus is Coming to Town.'

Right on cue Santa showed up.

As families began to file indoors to line up for their turn to have their pictures taken with Santa, there was one more announcement to be made — the winner of the third annual garrison lawn card competition.

Several Fort Riley organizations decorated lawn cards, which are visible in front of Building 500, and competed for top honors. This year, the Directorate of Human Resources took the win with their shadow boxes depicting the '12 Days of Christmas.'

The families that had filed indoors lined up in the main hallway on the first floor of Building 500. Children made up games to play with each other while parents tried to keep them in line.

Spc. Collin King, 24th Composite Truck Company, 1st Infantry Division Sustainment Brigade, and

his wife Elizabeth brought their two-year-old daughter Madelyn out to see the Christmas tree and Santa. They were skeptical that she would ask Santa for anything specific.

"Whenever we ask her, she just says 'toys,'" they said. "We can't get anything else out of her."

A little father down the line, John Galit, son of Staff Sgt. Paul Galit, 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, was waiting to see Santa and he knew exactly what he was going to ask for.

"Books," he said. "Any kind of books."

At the very end of the line was Elizabeth Korie, who works at Warren Child Development Center, and her children Joseph, 10, and 7-year-olds Joy and Samuel, who were waiting patiently to speak with Santa.

"I'm waiting to take a picture with Santa Claus," Joy said.

She planned on talking to him about getting presents — she is hoping for Pokémon.

Samuel also planned on talking about getting presents, but had to look to his mom to find out what he should say if Santa was to ask him if he had been a good boy this year.

She nodded her head assuring him he deserved presents.

HEALTHY EATING



COURTESY PHOTO

Vegan Carrot Cake

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

Recipe Analysis: (1 serving = 1 piece)
Per Serving: 367 calories; 4g protein; 18g fat, 47g carbs (12 carbs: 1 protein)

Recipe = 2 servings of vegetables, 1 servings of fruit (0 vegetable per serving, 0 fruit per serving)

*This recipe is from 'Love and Lemons.'

INGREDIENTS (12 SERVINGS)

- Cake:
- 2 1/4 cups flour, half spelt, half all-purpose flour
 - 3 tsp baking powder
 - 1 tsp baking soda
 - 3 tsp cinnamon
 - 1/2 tsp nutmeg
 - 1 tsp salt
 - 1/2 cup applesauce
 - 1 cup almond milk
 - 2 tsp vanilla
 - 1 cup cane sugar
 - 1/2 cup melted coconut or canola oil
 - 2 cups grated carrots, medium-packed

- Frosting:
- 1/2 cup raw macadamia nuts, soaked, drained, and rinsed
 - 1/2 cup raw cashews, soaked, drained, and rinsed
 - 1/4 cup almond milk
 - 1/4 cup maple syrup
 - 2 tbsp coconut oil
 - 1 tsp vanilla
 - 2 tsp fresh lemon juice
 - 1/2 tsp salt

STEPS

1. Preheat the oven to 350 degrees F. Grease a 9 x 13 inch baking pan.
2. In a large bowl, whisk together the flour, baking powder, baking soda, cinnamon, nutmeg and salt.
3. In a separate bowl, whisk together the applesauce, almond milk, vanilla, sugar and oil.
4. Mix the dry ingredients into the bowl with the wet ingredients.
5. Fold in the carrots and stir until just combined.
6. Bake for 30 to 40 minutes until a toothpick comes out clean. Let cake cool completely before frosting.
7. Make the frosting: combine all frosting ingredients into a high speed blender. Blend until very smooth for 1 to 2 minutes or more, scraping down the sides occasionally. You can add an extra tablespoon of milk if necessary to get your blade moving.
8. Chill frosting for at least 30 minutes before spreading on the cake.
9. Store frosted cake in the fridge.

<https://cookpad.com/us/recipes/641250-vegan-carrot-cake-frosting>
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Sports & Recreation

Troopers host next to last meet, finish seventh

By Will Ravenstein
SPECIAL TO THE POST

The Fort Riley Troopers hosted the Don Stevens Wrestling Invitational Friday afternoon and evening Dec. 6 at the Fort Riley Middle School, taking seventh place in the process.

The team combined, varsity and sub-varsity, for two first-place, one second-place, one third-place and four fourth-place medals.

"I'm just proud of the team," said coach Robert Shefelton.

For many of the wrestlers, this was their first season participating in the sport.

"We're wrestling kids that have been wrestling for three to four more years," Shefelton said. "And our kids, most of them, this was the first year that they've wrestled. So it makes a difference."

Shefelton said the home meet meant more for the athletes and it was evident in how they performed.

"The kids seem to be more excited this week than they have at the other tournaments, because it's here in front of their friends, their family and their classmates," he said. "I think it's going well."

After earning a first round bye in the 100-pound weight division, Lane Chivers dominated Chapman's Skiler Kitchen with a 16-0 technical fall victory. Chivers earned two points in the first period via takedown, before earning eight points in the second

period, six points from two three-point near-falls. Chivers closed out with six points in the third period with a reversal and two, two-point near-falls to move to the championship match.

Chivers rolled Emporia's McKenna Crosby into a pin 24-seconds into the second period after starting from the bottom position and earning a quick reversal for the win.

Payton Reynolds, sub-varsity 127B, earned a first place medal after rolling three of his four opponents into pins, two in under a minute. Reynolds opened the day with a 40-second pin on Manhattan-Anthony's Jairo Palacios before earning the 7-2 decision over Darian Adams, Manhattan-Anthony.

Reynolds earned two points from a takedown 32 seconds into the first period before maneuvering into a three-point near-fall before time expired. Neither wrestler scored in the second period after starting from the neutral, standing position. The final period found Reynolds starting from the bottom position where he earned one point from an escape 19 seconds in. The two grappled for position before Adams earned his two points with a takedown late. Five seconds later, with 7 seconds remaining, Reynolds added the final point with his second escape of the match.

After getting a bye in the third round of the round robin bracket, Reynolds de-



Fort Riley Middle School was the host of the Don Stevens Wrestling Invitational Dec. 6. Daveon Stevens, 120-pound weight class, works to pin Conor Tucker of Emporia during their bout early in the tournament.

Amanda Ravenstein | POST

feated Emporia's Iris Renteria via pinfall in 27 seconds and closed out the day with a pin 45 seconds into the second period over Wamego's Aj Mumford for the title.

Jace Howard took a first round bye in the 165-pound class to a second-place medal. Howard opened the day in the second round with an 8-3 victory over Keiondre Wilcox, Junction City.

Howard controlled the first period earning a takedown and three point near-fall to take the 5-0 lead. Wilcox was awarded one point in the second for Howard stalling.

The two started the final period from the neutral position where Wilcox scored again on a takedown.

Howard earned his final three points via escape and takedown to win the match.

In the championship bout, Howard struggled to build momentum against Clayton Frehn, Manhattan-Anthony.

Frehn earned two points with a takedown in the second period allowing Howard to escape for his lone point in the match.

Howard started the final period from the bottom position allowing Frehn to

maneuver him into a near-fall where Frehn earned the final two points as time expired.

Korbin Ortiz, 110-pounds, grabbed a first round 8-2 decision win before falling 3-2 Carter Trimble, Marysville.

In the consolation round, Ortiz defeated Cade Hanney, Chapman, via pin 46-seconds into the second period to move to the third place match.

Ortiz earned a quick two points with a takedown on Billy Dee, Junction City, to take the 2-0 lead in the opening period of the bout. Dee responded in the second period with an escape, the only points scored in the period.

In the final period, Ortiz earned a quick escape once the whistle blew and worked a takedown with less than 30-seconds remaining in the

match. Dee was able to escape with 5 seconds left but the score remained in Ortiz's favor as time ran out.

Daveon Stevens, 120-pounds, Alex Roberts, 180-pounds, Brock Angell, sub-varsity 100-pounds and Ethan Griffith, sub-varsity 110-pounds, all earned fourth-place medals for the team and the final spot on the podium at the end of the day.

Nineteen athletes competed for the Troopers and will prepare for the final meet of the season Dec. 13 in Clay Center.

TEAM RESULTS: 1. Junction City, 196.5; 2. Marysville, 196; 3. Manhattan-Anthony, 194; 4. Emporia, 161; 5. Wamego, 125; 6. Chapman, 113; 7. Fort Riley, 80.5; 8. Manhattan-Eisenhower, 80.



During the Don Stevens Wrestling Invitational at Fort Riley Middle School Dec. 11, FRMS wrestler Richard Baker, 127-pound weight class, waits for the final count during his bout against Malachi Brady-Teater of Chapman.

Amanda Ravenstein | POST

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TOYS Continued from page 9



ABOVE: Toy Soldiers are on display inside the temporary 1st Infantry Division Museum for the Toy Soldier Christmas exhibit. **RIGHT:** Capt. William Coghlan, right, Headquarters and Headquarters Battalion, 1st Infantry Division, museum volunteer and Robert Smith, supervisory curator and director of the Fort Riley museum complex, put the finishing touches on one of the displays for the new Toy Soldier Christmas exhibit.



in the early 1950s when he purchased a few pieces. Purchasing evolved into painting the blank molds.

"They were a little cheaper if you could buy them unpainted and then paint them yourself," she said. "That's kind of how he got started in the painting."

On close examination of some of the pieces, it is evident the brushes he used were small. She recalled her mother telling her that some of them had only four or five bristles, which would be necessary for the fine detail and sharp lines.

Markham was a veteran but also owned a Chevrolet dealership, from which he retired in 1981. After that, he devoted a lot of time to painting, Covey said.

"It kept him busy," she said. "He would go down in the basement and spend the morning or the afternoon, just painting and ... listening to jazz music."

After he passed, the family was left wondering what to do with his expansive collection. Covey said she kept a few pieces for herself, but it was more than what she could handle.

"We honestly had no idea what to do with it," she said. "I certainly didn't want to pull up a dumpster ... and throw it all away."

An auctioneer suggested she reach out to museums — an idea she liked. Upon receiving her correspondence, Smith responded.

"The book collection is really very important to us," Smith said. "He did a lot of re-

search on uniforms and a lot of his subjects were U.S. military. I know a number of museums have figurine collections. We thought it would be a great idea to have the collection in the museum."

The collection came in time to set it up for Christmas and follow the toy soldier theme, although it does cover more than just U.S. military. There are figurines depicting soldiers from ancient and western history as well as political figures.

"I know that my dad would be pleased that we were able to donate it to someone who truly was thankful to get it and so that other people could come in and take a look at his collection — he was quite passionate about it," Covey said

Historical society to host annual Tour of Homes

By Pamela Beal
1st Inf. Div. Post

The Historical and Archaeological Society of Fort Riley annual Tour of Homes is Dec. 14 from 4 p.m. to 8 p.m.

"Tour of Homes is a wonderful opportunity available for people in the area to tour the historic homes of Fort Riley," said Darlene Stamm, President of HASFR and wife of Chief Warrant Officer 4 Heath Stamm, Senior Warrant of 1st Division. "The tenants graciously open their homes to the public for viewing while decorated with each family's personal style in holiday décor."

Tour of Homes is a yearly event run by HASFR, in December. The tour showcases homes from Historic main post, and the houses featured change yearly. Attendees can visit houses in any order and at their own pace, during the hours of the tour. Visitors will see the architecture of the home, the way residents made it their own, and the Christmas decorations.

"I will say that what I think is special about the Tour of Homes is that we have a rare opportunity to step back in time," said Sandi Scott, HASFR Tour of Homes co-chair and wife of Lt. Col. Jeffrey Scott, battalion commander of 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division. "To step into the historic walls that hold so much history of families, Army, and sacrifice," said "I always think 'if these walls could talk'. We get to see the amazing ways that our tenants have decorated their spaces, but we also think about those families that came before us, that lived the lives we live, and we can appreciate the architectural marvels we are surrounded by."

Tours cover many different styles of homes on Historic Main Post. Attendees will begin at the Custer House, located at 24A Sheridan Ave. on Fort Riley, to purchase tickets and receive information on which homes and buildings they will be visiting. Children 10 and up are welcome to attend the event. For more information, visit <http://www.fortriley-historicalsociety.org/tour-of-homes.html>.

FORT RILEY MASS WARNING AND NOTIFICATION SYSTEM

The Fort Riley Mass Warning and Notification system has changed from ATHoc to ALERT.

WHAT YOU NEED TO KNOW

- All DOD military, civilian and contract support personnel whose normal place of duty is on Fort Riley are required to have an ALERT account.
- CAC holders with an ATHoc account were automatically converted.
- Family members were not automatically converted and can only be signed up by their sponsor.
- All CAC holders that have been converted to an ALERT account should follow the instructions on the Fort Riley Ready Army webpage to verify their information — two methods of contact are now required including after-duty hours contact information.
- Employees on Fort Riley without a CAC can sign up for alerts — contact the Emergency Management Office at 785-240-0400 for assistance.

For more information and instructions on setting up ALERT accounts — visit <https://home.army.mil/riley/index.php/about/dir-staff/DPTMS/ready-army>

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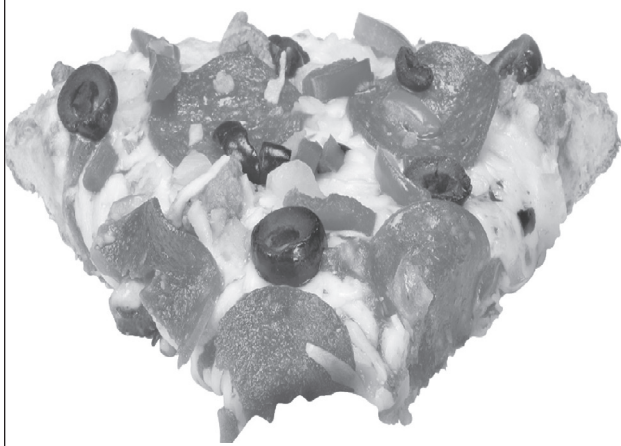
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7				4	5	3	6
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8							
3	9	5			1		8

Level: Advanced

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- Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9

Last Sudoku's Answers

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

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 Earl Warren,
 Chief Justice of the U.S. Supreme Court
 (1953-1969)

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L I G H T S A N D H O L I D A Y D I S P L A Y S

★ DECEMBER 13, 2019

HOME OF THE BIG RED ONE

PAGE 16 ★



Ashlee Shill | POST

Wamego park and recreation department employees have spent several years creating the elements and pieces seen in the holiday display in City Park. Every year the department adds new pieces to the display. The lighted displays were recently retrofitted with LED bulbs, which conserve energy and also have a longer lifespan than traditional incandescent bulbs.

By Ashlee Shill
1ST INF. DIV. POST

Every year, the Clark Griswolds of the world grab their ladders, lights and extension cords to create a holiday display for others to see.

Many communities and families in Kansas take part in this holiday tradition. From light shows to a holiday collection to celebrate the past, the displays are a celebration of holidays and community.

**HOLIDAY LIGHTS
HERITAGE PARK
6TH & WASHINGTON STREETS
JUNCTION CITY**

Heritage Park is the hub of entertainment and activities in Junction City. Each year numerous festivals and events are held at the park, and Ed Lazear of the Junction City parks department said the holiday light display is a community project they are very proud of.

Each year Lazear said the parks and rec department decorates the park with thousands of lights and decorations to transform the park to a holiday wonderland. Visitors are invited to walk through the lighted tunnels that wind through the park, which is filled with various lighted holiday displays ranging from Santa to a Nativity scene.

**FESTIVAL OF LIGHTS
BLUE EARTH PLAZA
300 COLORADO ST.
MANHATTAN**

For the past seven years, Blue Earth Plaza has been the holiday center of Manhattan. The Festival of Lights was created by four local businessmen, who wanted to start a free holiday tradition in the new Blue Earth Plaza development. They joined forces and became Whoville, Inc., the organization that sponsors the annual event.

Every year a new feature is added, said Joey Athon, development director for Whoville. The tree was upgraded to a pixel system tree, capable of producing more than 12,000 light combinations. Athon said the tree is the largest pixel system tree in the United States, measuring 65 feet tall.

Athon said thousands of visitors come to the Festival of Lights each year, and they are proud to be a part of Manhattan's holiday tradition.

"We work hard to make sure this is a free event, accessible to everyone," said Athon. "We want families to be able to come and enjoy a free evening together, without an added expense."

On weekends, visitors can take carriage rides through the area. Visitors can watch the display from their car, and set their radio to 88.1 FM to listen to the music that was coordinated to the light display. 3D glasses are available near the tree for visitors to use.

The Festival of Lights runs through Jan. 1. For more information, visit <http://www.mhkfestivaloflights.com>.

**HOLIDAY LIGHTS
CITY PARK
ODGEN**

Just outside Odgen gate is the holiday light display in Odgen's City Park. Odgen city clerk David Ward said the light display in the city park is a holiday tradition. Local businesses and citizens donated materials and their time to create a little corner of holiday joy in their town, Ward said.

Visitors can take a walk through the park which is lit with colorful lights. The walking paths wind through the park, which has several holiday themed displays. Ward said the display will be open through the end of December.

**SEASON OF LIGHTS
WAMEGO CITY PARKS
599 6TH ST.
WAMEGO**

The city of Wamego takes holiday decorating seriously, and the holiday light displays in the parks of Wamego is a testament to the town's love of the community and the holidays, said Shad Hufnagel, parks supervisor in Wamego.

Hufnagel said Wamego is known for its community involvement and volunteerism and the quality display shows the effort put forth by the dedicated employees of the parks department, who over the years built the features and elements of the display in-house.

**13TH ANNUAL SYLVESTER FAMILY LIGHT SHOW
38913 HWY K-99
WAMEGO
LATITUDE 39.1584
LONGITUDE -96.3048**

The Sylvester Family Light Show is another Wamego tradition. It was started Wamego High School teachers Allen and Debbie Sylvester.

For the past 13 years, the Sylvester family has decorated their yard with more than 25,000 lights and decorations, and created a theatrical light show set to music. According to the Sylvester Family Light Show Facebook page, the family plans the event all year and it has become a local holiday tradition.

The light show runs through Jan. 1. Because weather can affect the show, check the family's Facebook page, <http://www.facebook.com/SylvesterXmasLights> before heading there. The Sylvester family provided the latitude and longitude to the location of the light show, as they have found some GPS systems do not bring visitors to the correct location when using the physical address.



Ashlee Shill | POST

The Festival of Lights is held annually at Blue Earth Plaza in Manhattan.



Ashlee Shill | POST

More than 200 holiday trees are on display for the annual tree festival at the Territorial Museum in Lecompton.



Ashlee Shill | POST

The community of Odgen came together to turn the city park into a holiday wonderland.



Ashlee Shill | POST

Illuminations holiday display at Botanica in Wichita.

**LECOMPTON'S CHRISTMAS TREE DISPLAY
TERRITORIAL MUSEUM
640 E. WOODSON AVE.
LECOMPTON**

Historical sites and museums dot the small town of Lecompton, but it's a unique turn of the century collection that brings out thousands of visitors during the holidays. Paul Bahnmaier, president of the Lecompton Historical Society, said the Territorial Museum is hosting its 16th Annual Christmas Tree Display, which boasts more than 200 trees decorated with Victorian era ornaments.

It takes more than 30 volunteers two weeks to decorate the 200 trees, which includes a 13 foot live native cedar tree. Bahnmaier said the display of antique ornaments and decor began more than 15 years ago when a gentleman called the museum and asked if they would like to have a collection of ornaments that belonged to his grandparents. The collection has grown over time, Bahnmaier said, as people continue to donate items. He said they feel the museum is where they want their treasured antiques to live on.

"It's important to live a Christmas past," Bahnmaier said. "We are preserving the history of the older generations for the new generation."

For museum hours and special events, visit the event website at <http://www.lecomptonkansas.com/16th-annual-christmas-tree-display>, or call the Territorial Museum at 785-887-6148.

**TARC'S WINTER WONDERLAND
CAMP SHAWNEE CAMPGROUND
3435 SE EAST EDGE RD.
TOPEKA**

Now in its 22nd year, Winter Wonderland has been bringing joy to thousands of families who experience the drive-through light display during the holiday season. Sherry Lundry, director of development at TARC, said the Winter Wonderland is the annual fundraiser for the non-profit organization whose mission is to provide service, support and advocacy for over 2,500 children, families and adults with developmental, intellectual and related disabilities and delays in the greater Topeka area.

Lundry said the event would not be possible without the 600 volunteers and the assistance from Topeka's parks and recreation department who set up the event and hang more than one million lights in the scenic Camp Shawnee campground.

The two-mile drive through light display is open every night from 6 to 10 p.m. starting Thanksgiving night, and running through Dec. 31. Tickets can be purchased for \$10. Visit <http://www.winterwonderlandtopeka.com> for more information.

**ILLUMINATIONS
BOTANICA
701 AMIDON ST.
WICHITA**

Botanica, The Wichita Gardens is a 17-acre garden oasis in the heart of Wichita. In the summer, hundreds of volunteers start the preparations that transform the gardens into a walk through holiday experience called Illuminations.

Luminaries light the paths as an estimated 80,000 annual visitors stroll through the individually decorated gardens. Fire pits are found throughout the gardens, and visitors are encouraged to stop and roast a marshmallow. Two million lights glow throughout the gardens, creating a photo opportunity around every corner. If visitors want more than a marshmallow, they can visit the various food vendors located around the garden grounds.

A special piece of Wichita history was unveiled this year during the opening week of Illuminations, said Marty Miller, director of Botanica. The 1949 Carousel from the now shuttered Joyland amusement park was donated to Botanica in 2014 by the former park's owner. After a \$2.4 million renovation, the carousel is now housed in a glass pavilion. For \$3, visitors can ride one of the 36 carousel horses, which have been meticulously restored.

Illuminations is open through Jan. 4, but will be closed Christmas Eve and Christmas Day. Hours are Sunday through Thursday, 5:30 to 8:30 p.m., and Friday through Saturday from 5:30 to 9:30 p.m. Illuminations offers a military discount and tickets can be purchased online at <http://www.botanica.org/illuminations> or at the gate for an additional \$1 fee.

**THE ARC'S LIGHTS
THE ARC OF SEDGWICK COUNTY
DOUGLAS AVENUE AT ST. PAUL STREET
WICHITA**

The Arc's Lights is a drive through holiday display fundraiser for the Arc of Sedgwick County, a non-profit organization which provides support and services to individuals with intellectual and developmental disabilities.

The display features more than one million lights and handmade features and displays. The display features over one million lights with handmade features and displays.

The display is open through Dec. 28, but will be closed on Dec. 25. The display is open Sunday through Thursday from 5:30 to 9 p.m., and Friday through Saturday from 5:30 to 10 p.m. On Dec. 24, the display will be open until 11 p.m. Tickets can be purchased for \$10 per vehicle at the gate. Discounted tickets can be purchased at any Wichita area QuikTrips, or through the Arc's website for \$8 per vehicle. For more information, visit <http://www.arc-sedgwickcounty.org/index.php/events/the-arc-lights/> or call 316-943-1191.



Sp. Shell is scouting for activities for families to do over the Christmas Break