

THE **1**ST INFANTRY DIVISION POST

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FORT RILEY, KANSAS

# More veterans welcomed

## Bill expands Fort Riley services to eligible military veterans

Will Ravenstein  
SPECIAL TO THE POST

On Aug. 13, 2018, President Donald J. Trump signed the John S. McCain National Defense Authorization Act for Fiscal Year 2019 — H.R. 5515. Through the act, access was granted to eligible U.S. veterans who didn't already have access to military installations and some of the facilities within them.

Veterans who were honorably discharged and are Purple Heart recipients, former prisoners of war, those who have a service connected injury or individuals approved and designated as the primary family caregivers of eligible veterans under the Department of Veterans Affairs Program of Comprehensive Assistance for Family Caregivers, are eligible to shop at both the Exchange and Commissary and use most of the facilities operated by the Directorate of Family and Morale, Welfare and Recreation.

This law went into effect Jan. 1.

"I think that they've earned that right, and it's great that we're being able to now transfer that opportunity to them — let them take advantage of all the opportunities on post,"

said DFMWR director Tod Scalf. "So, it's a great opportunity for the post to be supportive of our veterans."

"Feels like a passion realized after working in this business over 20 years," said Commissary director Peter Howell. "Our deserving men and women of another segment finally get what they deserved, a benefit desired."

According to the Purple Heart and Disabled Veteran Equal Access Act of 2018, which was included in H.R. 5515, newly eligible veterans must show a Veteran Health Identification Card that displays "PURPLE HEART", "FORMER POW" or "SERVICE CONNECTED" below the photo on the front of the card.

This card, along with an acceptable credential like a REAL ID compliant driver's license or a U.S. Passport, can be used at Fort Riley's Visitor Control Center, outside Henry Gate off of I70, and the veteran will be issued a one-year pass for access.

"The key thing is that the veteran should already have the Veterans Health ID," said Fort Riley Security Branch chief Mark Domrowski. "If they don't have one, they should go ahead and get with the VA and

get their card and make sure that it's properly annotated that they are a qualifying veteran. At the Visitor Control Center, we'll do a background check on them, and as long as they successfully pass, they'll be issued a one year badge, so that they can have access to MWR, commissary and PX privileges."

Once the pass has been issued to the veteran, they just present it at any of the access points and can use the facilities.

Fort Riley offers many facilities for the Soldiers, family members and retirees. Most of these will be available to veterans — with some exceptions like Warrior Zone, the gyms and the Post Library.

The veterans and caregivers will have access to: SpareTime Interactive Entertainment, The Hobby Studio, Outdoor Adventure Park, Leisure Travel, Animal Shelter, Auto Body Skills Center, both Custer and Eyster Pools and equipment rentals.

"At Camp Funston, we have building 1806 as our equipment check out rentals," Scalf said. "We have all kinds of equipment from tent equipment to kayaks to tent trailers — it's all available for rental. Also, up on the hill we have the



Outdoor Adventure and Travel Center, where you have tickets and travel where you're being able to rent and do courses outside. We have golf driving range, we have paint ball, we have batting cages, we have a ropes course that's extremely unique, which is rental by group only, but it's one of the most unique things you're gonna find to

do, especially as a group activity. They also have a food and beverage operation up there.

"And then you also have our entertainment center called SpareTime," he said. "It's a multi-faceted facility with not only bowling lanes, but then you also have batting cages, you have an interactive climbing wall, you have a golf

simulator — multitude of family opportunities to come and enjoy including a great food and beverage snack bar."

Howell said the newly added veterans and family caregivers will have the same rights as the current customers "they just need to come on in and start saving."

See VETERANS, page 3

## Getting back on road after driving offenses

Amanda Ravenstein  
1ST INF. DIV. POST

After a Soldier gets a ticket for driving under the influence, installation driving privileges are revoked. To reinstate those privileges, the Soldier must go through a period of suspension and eight hours of driver training. The U.S. Army Garrison Fort Riley Safety Office handles the training.

"The Remedial Drivers Training is a sub-element of the Army Traffic Safety Training program," said Richard Hearron, Garrison Safety Office director.

According to the policy signed in November by Maj. Gen. John S. Kolasheski, 1st Infantry Division and Fort Riley commanding general, the training is mandatory for Soldiers meeting one of the following criteria:

- Soldiers who commit a single intoxicated driving offense
- Soldiers cited for any of the following offenses on two different occasions within a one-year period:
  - Speeding more than fifteen miles per hour above the posted speed limit
  - Fault in a vehicle to vehicle traffic accident
  - Reckless driving
  - Driving without a license or with a

canceled, suspended or revoked license

- Operating a vehicle without registration or with an expired registration
- Driving without insurance
- Talking on a cell phone while driving without using a hands-free device

"The policy also allows commanders to command refer Soldiers for reckless driving behaviors that may not have been cited through the [military police]," Hearron said.

The training is scheduled once a month during a day of no scheduled activity, beginning at 7 a.m. and ending at 4 p.m.

"When you take a day off away from a Soldier, its serious business," he said. "So, a Soldier is losing a day of being off because they're going to sit in class for eight hours."

Hearron says the course isn't meant to be a punishment but is more to change the Soldier's behavior.

"The intent of the program is to reinforce positive driving behaviors and the curriculum is an eight-hour road rage course," he said.

The first class of the year is scheduled for Jan. 17. To learn more about the course, contact the Garrison Safety Office at 785-239-8469.

## Spouses invited to join transition program

By Gail Parsons  
1ST INF. DIV. POST

The Soldier for Life Transition Assistance Program helps Soldiers position themselves for civilian employment after separating from the Army. However, when they hang up the green suit — so does their spouse.

The Kansas Employment Exploration Program invites spouses to participate in classes and trips to visit Kansas communities to learn about job availability.

Master Sgt. Sergio Partida, 1st Infantry Division transition liaison, said KEEP formed in 2017, but had little movement until a concerted effort was made this year to increase participation. In August, the program restarted with a trip to Salina, followed by visits to McPherson, Manhattan and Wichita throughout the end of 2019.

"The job opportunities that Kansas actually offers - especially with a lot of the trade jobs - and then all the trade trainings that we have as part of the career skills programs allow (Soldiers and families) to transition very easily into the into the Kansas community," Partida said.

Eric Brown, president and chief executive officer of the Salina Area Chamber of Commerce, said Saline county show 2,219 unique jobs posted in December.

"That ranges across 311 different occupations," Brown said. "It represents 656 employers in Saline County."

A Soldier who is thinking about staying in Kansas after



Courtesy photo

**Soldiers from Fort Riley visited JE Dunn Construction Group during the Kansas Employment Exploration Program trip to Wichita in December. The program introduces Soldiers and spouses to community leaders and employers in cities around Kansas.**

leaving the Army at Fort Riley can sign up to visit Kansas communities to learn what kind of job opportunities are available. Partida said he wants spouses to know they are welcome and encouraged to come along.

"It's a joint (effort)," he said. "When the service member transitions out — the spouse transitions out too."

He said the spouse is often more stressed about the impending transition because the Soldier is out there taking classes and training, but the spouse may be unsure what's in store for their own futures.

"The great thing is that the spouses are allowed to come to all the classes that we offer here," he said. "The spouses are allowed to sit in on the Department of Labor workshops, the financial planning class, the Transition [Military Occupational Specialty]

Crosswalk — all the classes. All those classes that Soldier For Life offers and are mandatory for the Soldier, the spouses are allowed — encouraged really - to come too."

The next city on the KEEP schedule is Topeka. Partida said the plan is for Topeka officials and employers to come to Fort Riley. Then, in February, Soldiers and spouses will follow up with a trip to Topeka.

"The people (from Topeka) that want to hire these transitioning Soldiers are going to come here," he said. "We'll put on a networking event where soldiers are allowed to come talk to talk to them one-on-one — not a formal meet and greet, but just a 'hey this is who I am as a Soldier ... or spouse.'"

After that event, if a person is interested in pursuing employment, they have time to fine tune their resume. In

February, they will travel to Topeka where they can make more formal contact with potential employers.

Aside from learning about job opportunities, visiting the communities allows families to learn what the city has to offer. For example, Brown said Salina has a \$300 million capital investment happening, about half of which is in downtown redevelopment.

"There's a lot of different quality of life aspects that we either have now or will have shortly that we didn't have even two years ago," Brown said. "And we are 17% underneath the national average for cost of living."

Visiting with the community members and not just employers allow families to get a picture of the entire town when making their transition plans, Partida said.

### VOLUNTEER OPPORTUNITIES

#### THE AMERICAN RED CROSS SERVICE TO THE ARMED FORCES IS RECRUITING NEW VOLUNTEERS.

Event Support  
Hero Care Network Regional Case-worker follow-up  
Military Hospital Clinic Volunteer  
Military Hospital Professional Volunteer  
Volunteer Engagement Lead

Contact Katrina Velarde, regional program manager at 785-239-1887 or go to the second floor of Grimes Hall, 510 Huebner Ave.

**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



**NATIONAL CHAMPIONSHIP WATCH PARTY AT WARRIOR ZONE**

SEE PAGE 7

### ALSO IN THIS ISSUE



**SPC. SHELL VISITS WICHITA TO SEE THE MUSEUMS AND HISTORIC FEATURES OF THE LARGEST CITY IN KANSAS.**

SEE PAGE 12



# Scholarship Watch 2020

## Amanda Ravenstein 1st Inf. Div. Post

Each year, millions of dollars are granted to scholarship applicants to help toward post secondary education. Those scholarships can come from anything from private organizations to universities or memorial funds.

Sandy Johnson, school liaison officer with Child and Youth Services, said if students need help with applying for scholarships or where to look, contact her at CYS Parent Central.

The following is a list of some of the local scholarships available.

### WOMEN'S ARMY CORPS VETERANS' ASSOCIATION SCHOLARSHIP

- Established to recognize relative of Army Service Women. This \$1,500 scholarship is based upon academic achievement and leadership as expressed through co-curricular activities and community involvement.
- Applicants must be graduating high school seniors with a cumulative 3.5 GPA on a 4.0 scale.
- Application deadline is 2 February and requires three letters of recommendation. • For more information, visit: <https://www.armywomen.org/>

### CORVIAS FOUNDATION SCHOLARSHIP FOR MILITARY DEPENDENT CHILDREN

- Be a high school senior, between the ages of 16 and 19 at the time of application.
- Have a minimum 3.0 unweighted cumulative GPA at the time of application.
- Plan to attend a four-year college or university as an undergraduate student for the entire 2020-21 academic year.
- Be a child of an active-duty service member stationed at one of 16 U.S. Military installations at the time of application or application due date: Fort Riley is one of the 16 installations
- APPLICATION DEADLINE FEBRUARY 14, 2020
- <https://corviasfoundation.org/scholarship-faqs-for-military-dependent-children/>

### DAUGHTERS OF THE AMERICAN REVOLUTION

- Multiple scholarships are awarded to students showing dedication to the pursuit of higher education in diverse areas of study including history, economics, law, political science, medicine, nursing, occupational and physical therapy, elementary and secondary education, chemistry, math, science and English.

- Scholarship applications are accepted from 1 August through 15 February.
- For more information, visit: <https://www.dar.org/national-society/scholarships>

### SCHOLARSHIPS FOR MILITARY CHILDREN

- The Defense Commissary Agency and Fisher House Foundation, Inc. have created the Scholarships for Military Children Program. This program awards a \$2,000 scholarship at every commissary location where qualified applications are received.
- Unmarried dependent children under age 23 of active-duty personnel, Reserve/Guard, and retired military members may apply.
- Deadline for application is FEBRUARY 24, 2020
- For more information, visit: [www.militaryscholar.org](http://www.militaryscholar.org).

### COMBINED SCHOLARSHIP FUND OF GREATER FORT RILEY

- Scholarship Categories
  - ◆ High School Senior
  - ◆ Undergraduate College Student
  - ◆ Military Spouse
  - ◆ Graduate Student
- [www.combinedscholarshipfund.org](http://www.combinedscholarshipfund.org)
- Applications and supporting documents must be postmarked by MARCH 6, 2020 P.O. Box 2082, Fort Riley, KS 66442

### ARMY ENGINEER SPOUSES' CLUB SCHOLARSHIP

- Army Engineer Memorial Award is available to qualifying high school seniors planning to continue education at an accredited college, university, technical, or vocational school in all fields of study.
- Geraldine K. Morris Award is available to a graduating high school senior intending to enroll in a program leading to a nursing degree or certification.
- Applications must be post marked in February.
- For more information, visit: [www.armyengineerspouses.com](http://www.armyengineerspouses.com)

### COLLEGE SCHOLARSHIPS FOR DAUGHTERS OF ARMY OFFICERS

- The Daughters of Cincinnati is a non-profit organization whose members are women descended from the officers who served in the Continental Army during the Revolutionary War. These officers were the founding members of the Society of the Cincinnati, an association dedicated to perpetuating friendships, offering mutual aid and providing assistance to the widows and orphans of comrades.

- Scholarship recipients must be high school seniors who are daughters of career commissioned officers in the armed services.
- Application deadline is 15 March.

### SOCIETY OF DAUGHTERS OF UNITED STATES ARMY SCHOLARSHIP PROGRAM

- Applicants must be a daughter or granddaughter of a career warrant or commissioned officer in the U.S. Army who is currently on active duty, retired from active duty after at least 20 years of service, was medically retired before 20 years of active-duty service, died while on active duty, or died after retiring from active duty with 20 or more years of service.
- Maximum award amount is \$1,000. Award may be used for any full-time, undergraduate study at an accredited post-secondary institution.
- Application request deadline is 1 March. Completed applications are due between 15 March-31 March.
- For more information, visit: <https://bigfuture.collegeboard.org/scholarships/society-of-daughters-of-united-states-army-scholarship-program>
- For more information, visit: <http://daughters1984.org/scholarship/>

### SPOUSE EDUCATION ASSISTANCE PROGRAM

- A need-based scholarship established to assist Spouses of Soldiers in obtaining their undergraduate degrees.
- Standard application window is 1 January through 2 April.
- To request more information, applicants can call 866-878-6378 or email [scholarships@aerhq.org](mailto:scholarships@aerhq.org).
- For more information, visit: <https://www.aerhq.org/Apply-for-Scholarships/Spouse-EducationAssistance-Program>

### AIRBORNE SCHOLARSHIP ASSOCIATION MERIT BASED SCHOLARSHIP

- The mission of the Airborne Scholarship Association is to provide merit based undergraduate school scholarships to the dependent family members of veterans, active-duty and Department of the Army civilians from units within the xviii airborne corps.
- To be eligible, the student's sponsor must have served in one of these XVIIIth Airborne Corps units since 11 September 2001. If the unit is not under the XVIIIth Airborne Corps now, it must have been at the time the active-duty member served.

### KATHERN F. GRUBER SCHOLARSHIP AND THOMAS H. MILLER SCHOLARSHIP

- Spouses, dependent children and grandchildren of blinded veterans are eligible for scholarships awarded on the basis of merit.
- Application deadline is typically mid-April.
- For more information, visit: <https://www.bva.org/blinded-veterans-scholarships-awards/>

### SPECIAL FORCES ASSOCIATION EDUCATIONAL ASSISTANCE PROGRAM

- The SFA Scholarship Fund was established and designed to provide one-time scholarship grants to members, dependents and grandchildren of SFA members in good standing.
- Applicants must be accepted by or already attending an accredited college, university, or vocational institution.
- Application deadline is 30 April.
- For more information, visit: <http://www.specialforcesassociation.org/donations/scholarship-fund/>

### AMVETS SCHOLARSHIP

- AMVETS Scholarship, \$4,000 - awarded annually over four years; is specific to children/grandchildren of veterans, active-duty, and Guard/Reserves who are high school seniors. A JROTC Scholarship is also available, \$1,000.
- Applications are typically accepted from January to 30 April.
- For more information, visit: <https://amvets.org/scholarships/>

### ARMY AVIATION ASSOCIATION OF AMERICA SCHOLARSHIP

- The AAAS Scholarship Foundation, Inc. was established to render financial assistance for the college-level education of members of the Army Aviation Association of America, Inc. Applicants may also be spouses, unmarried siblings, children and grandchildren or current and deceased AAAA members.
- Pre-qualifying form opens in January and is due 1 April. Application is due 1 May.
- For more information, visit: <https://www.quad-a.org/scholarship>

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# Looking Back: Building 385

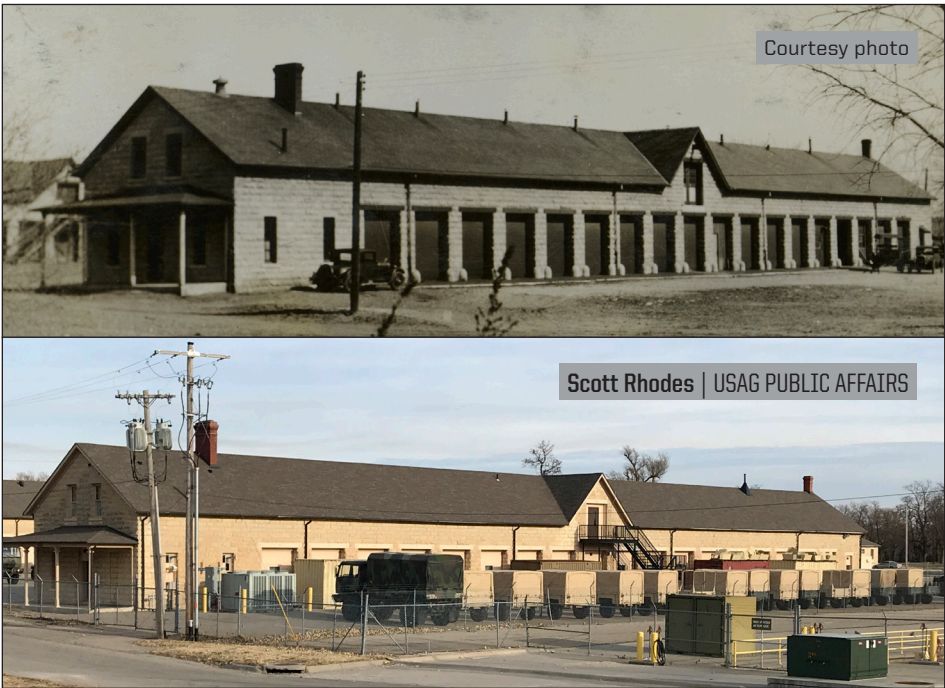
By Scott Rhodes  
USAG PUBLIC AFFAIRS

Building 385 Carr Avenue was built in 1903. It was originally designated as a gun shed. It was made with limestone walls and foundation, a brick floor and a slate roof.

Directorate of Public Works maintenance documents show that by 1930 building 385 was still designated as a gun shed.

Today, 385 Carr Ave. is home to the 2218th, 2219th and 2220th Mobilization and Support Battalions of the U.S. Army Reserve.

**TOP:** Building 385 as it appeared in 1930 and, **BOTTOM:** as it appears today.



# Leaders, representatives discuss path forward during Army Housing Summit

By Kari Hawkins  
ARMY MATERIEL COMMAND

REDSTONE ARSENAL, Ala. – Nearly a year after assuming responsibility for all Army housing, Army Materiel Command hosted a comprehensive review of the sweeping reforms and improvements made across the enterprise to ensure Soldiers and families have access to high quality on-post housing.

During the Housing Summit Jan. 14 to 16 at AMC Headquarters at Redstone Arsenal, representatives of the Army's seven privatized housing companies and Army leaders from 34 installations reviewed strategies and programs to provide the best options for Soldiers, civilians and their families.

"We are absolutely committed to providing safe and secure housing on every installation, and making every installation an installation of choice for our Soldiers and families" said Gen. Gus Perna, commander of Army Materiel Command. "The summit is another step in our commitment to hold ourselves and privatized housing companies accountable, to provide a high-quality standard of living and to earn back the trust of our housing residents."

Since March 2019, the Army and AMC have set conditions for improvements, beginning with visits to 100% of housing units, the establishment of 24/7 housing hotlines at every installation, and quarterly town halls hosted by installation leadership. In July 2019, more than 25,000 residents provided input through the Resident Satisfaction Survey that gave the Army insight into housing experiences and further pinpointed issues that needed to be addressed. In addition, an Army Inspector General report yielded feedback to improve housing.

"The steps we took in the spring and summer of 2019 improved our visibility of the housing landscape and allowed us to lay out a way ahead for course correction," Perna said.

Other significant initiatives in 2019 included:

- Hiring more than 100 additional staff at installation housing offices to provide quality assurance and control checks on work being done in homes, with the goal to have 100% of homes between occupancies, 100% of Life, Health and Safety work orders and 5% of all work orders checked.
  - Revising the incentive fee structure with the housing companies to better account for resident and installation leadership feedback.
  - Providing full access for garrison commanders to housing work orders so they can execute the quality control measures needed to ensure issues are properly fixed the first time.
  - Creating mobile apps as an additional method for residents to submit and track work orders.
  - Establishing a Housing Environmental Health Response Registry through the Army Medical Command to address housing health or safety concerns.
  - Senior Army leaders meeting regularly with Residential Communities Initiative company executives to review housing properties and provide oversight.
- The Army also joined the Air Force and Navy to develop a Resident Bill of Rights, expected to be signed later this month that will empower service members and their families to hold housing providers accountable.
- While these initiatives have yielded progress and improvements, Perna said it will take time to rebuild relationships with housing residents and develop a strategy to ensure quality reinvestment.
- The Housing Summit will provide a forum for Army leaders and RCI companies to work together on determining the best way to re-invest more than \$500 million in funds from the companies and for the Army to develop a holistic investment strategy for Army-owned housing and barracks that



Patrick A. Albright | Maneuver Center of Excellence, Workers installing new windows at one of Fort Benning's many historic homes Oct. 1, part of a broader effort underway since about a year ago to curb lead-based paint hazards in the historic homes, those built before a 1978 federal law that bans use of lead-based paint. Replacing windows with exposed lead is only one part of Fort Benning's overall effort at lead-based paint remediation and improvement of overall housing service. It also includes extensive renovation to many of the historic homes. In addition, officials have in the past year introduced stringent new repair and inspection practices and hired more housing staff, and senior leadership is keeping strong emphasis on making housing service efficient, transparent and responsive to residents.

will prioritize resources across installations.

During the summit, Army leaders will review the current status of housing with representatives of RCI companies: Balfour Beatty Communities, Hunt, Michaels, LendLease, Corvias, Lincoln and Clark. The seven companies have all signed 50-year agreements to maintain, manage and lease more than 87,000 houses at 44 U.S. and overseas installations, and re-invest in those properties to maintain safety and quality.

"We still have much work to do, and rest assured, this is a continuing priority with Army senior leaders," Perna said. "We are in this for the long haul. We remain steadfast in holding ourselves and privatized housing companies accountable to provide safe and secure housing on our installations. We are invest-

ing in long-term planning for future oversight, and enacting a set of policies and programs that will improve residents' quality of life. At the end of the 50-year contracts, our expectation is that our housing units are in significantly better condition than they were at the beginning of the contracts, and better than they are today."

## TRAFFIC REPORT

**ACCESS CONTROL POINT HOURS**

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

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

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

The access control point hours are:

**Henry and Trooper**

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

**Estes:**

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

**Ogden:**

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

**12th Street:**

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

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

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

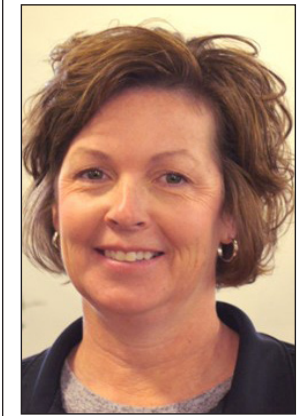
**Grant:**

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

## CIVILIAN SPOTLIGHT

**CHRISTINE GOODMILLER**  
**GRAPHICS DESIGNER**  
**DIRECTORATE OF FAMILY AND MORALE,**  
**WELFARE AND RECREATION**

Christine Goodmiller comes to work every day with a smile on her face, ready to help with any situation and works to get a positive result regardless of the complexity of the task. Not a day passes without a comment on how hard she works to accomplish a task, or how easy she is to work with due to her positive, 'can-do' attitude. Her products are of the highest quality and she delivers them with a smile.



Most recently, the work she provided to promote the Commanding General's Concert in the Park series resulted in doubling the attendance from the previous event held last spring. Her most recent accomplishments include redesigning Army Community Service literature for the Military Family Month program as well as the Fort Riley Hiring and Education Fair program. Through her hard work and expertise, she accomplished an exemplary level of marketing expertise while at the same time, providing outstanding customer service.

She consistently comes through, creating new items and completing new projects across the directorate day in and day out, and her hard work and dedication to duty has a positive reflection on the Garrison and our directorate.

## VETERANS Continued from page 1

Julie Mitchell, chief of Public Relations for Army & Air Force Exchange Service, said eligible veterans have access to all the same services as retired military personnel.

"There are no purchase restrictions," she said. "Disabled Veterans, Purple Heart recipients and eligible caregivers can buy the same products that military retirees may purchase. The Services have approved Exchange Military Clothing stores to sell to this new patron group under the same policies.

"Shopping with the Exchange is tax-free," she said. "When authorized customers shop their Exchange, they are making life better for those who wear the uniform today. 100% of Exchange earnings are returned to the military community through a dividend to Quality-of-Life programs and improving the shopping experience. In

2018, shopping at the Exchange generated \$1.3 million for Fort Riley Quality-of-Life programs."

Veterans and caregivers will have access to the movie theater on post with weekly movies list found on page 10 of the weekly "1st Infantry Division Post" newspaper.

More information and a list of the top questions can be found online: <https://publicaffairs-sme.com/Community/wp-content/uploads/2019/11/Expanding-Access-Fact-Sheet-11.12.20192.pdf>, or at [www.militaryonesource.mil/expanding-access](http://www.militaryonesource.mil/expanding-access).

Caregivers can call the Caregiver Support Line at 1-855-260-3274.

"Welcome home to a valuable benefit you earned," Howell said. "Stop by and ask for me, Peter Howell, as I would like to say thank you in person. We are eager to see you and help save you money on your shopping needs."

# BUSTED

<b>DEC. 29</b> Pvt., 24th CTC, 541st CSSB, 1st Inf. Div. Sust. Bde., failure to stop at post-stop sign Sgt., Co. D, 1st ARB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., speed 16 to 20 over Sgt., HSC, HHBn, 1st Inf. Div., speed 16 to 20 over	Bde., improper turning movement	<b>JAN 3</b> Spec., HHB, DIVARTY, 1st Inf. Div., driving while license is suspended or revoked Spec., HHB, DIVARTY, 1st Inf. Div., defective equipment
<b>DEC 30</b> Pfc., Co. H, FSC, 299th BSB, 2nd ABCT, 1st Inf. Div., speed 16 to 20 over Pfc., Co. A, 1st Eng. Bn., 1st ABCT, 1st Inf. Div., speed 21 and up Spec., 526th CSC, 541st CSSB, 1st Inf. Div. Sust. Bde., speed 11 to 15 over Pfc., 287th MP Co., 97th MP Bn., 89th MP	<b>JAN 1</b> Pvt., Btry. B, 1st Bn., 7th FA Regt., 2nd ABCT, 1st Inf. Div., expired registration Spec., HHC, 1st ABCT, 1st Inf. Div., speed 1 to 10 over Pvt., Btry. B, 1st Bn., 7th FA Regt., 2nd ABCT, 1st Inf. Div., expired registration Warrant Officer, HHC, 1st ABCT, 1st Inf. Div., expired registration Pfc., Co. F, 1st ARB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., expired registration	<b>JAN 4</b> Pfc., Co. C, 601st ASB, 1st CAB, 1st Inf. Div., speed 16 to 20 over
<b>JAN 2</b> Pfc., HHB, DIVARTY, 1st Inf. Div., failure to maintain lane		<b>OTHER CITATIONS ISSUED</b> <b>Dec. 29</b> — speed 21 and up <b>Dec. 30</b> — speed 16 to 20 over <b>Dec. 31</b> — failure to maintain lane <b>Jan. 1</b> — speed 1 to 14

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<b>Catering Available 785.762.5567</b> Monday thru Thursday Lunch Specials from 11 am till it's gone - \$5.99						

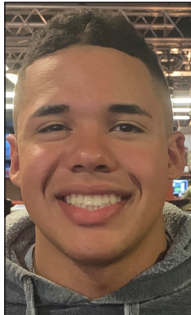






RILEY ROUNDTABLE

What is your favorite day or type of day?



"That going from summer into fall time, sweatshirt weather."

PVT. JAYLEN KNAPP  
SOUTH BEND, INDIANA

5th Squadron, 4th Cavalry  
Regiment, 2nd Armored Brigade  
Combat Team, 1st Inf. Div.



"A Friday because its the start of the weekend."

SPC. CHRISTOPHER COULSON  
KINGSTON, JAMAICA

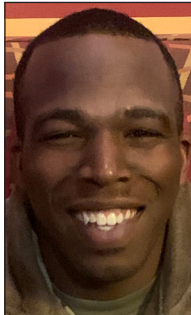
526th Quartermaster Composite  
Supply Company, 541st Combat  
Sustainment Support Battalion,  
1st Infantry Division  
Sustainment Brigade



"Wednesday because its HUMPDAY and we're almost done for the week."

SPC. BRANDON ZENO  
TAMPA, FLORIDA

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



"A Friday, 77 degrees, the wind is blowing, the sun is perfect and its a payday."

SPC. JAWUAN WESLEY  
FORT GAINS, GEORGIA

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



"'Thriday.' It's the Thursday before a garrison resiliency day off and typically in conjunction with a three or four day weekend."

LISA JONAS  
BAILEYS HARBOR, WISCONSIN

Budget Officer, Fort Riley Garrison  
Resource Management Office

THE 1ST INFANTRY DIVISION POST

This civilian enterprise newspaper is an authorized publication for members of the Department of Defense. Contents of The 1st Infantry Division Post are not necessarily the official views of, or endorsed by, the U.S. Government, or the Department of the Army. The editorial content of this publication is the responsibility of the 1st Infantry Division and Fort Riley PA Officer and printed by Seaton Publications, LLC, a private firm in no way connected with the U.S. Government under exclusive written contract with Fort Riley.

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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

Winter Preparedness Safety Tips

Walter L. Hill  
GARRISON SAFETY OFFICE

Team Riley, winter is here, and with that comes several hazards. Whether indoors or outside, exposure to cold weather can cause some serious or life-threatening situations. Some people are caught unaware and unprepared for the winter season. However, if prepared, the more likely you will stay safe and healthy during the changing temperatures. According to the National Safety Council, below are some winter safety tips that can help prevent incidents and injuries.

Winterize your home:

- Install weather stripping, insulation and storm windows.
- Insulate water lines that run along exterior walls.
- Clean out gutters and repair roof leaks.

Keep your home safe:

- Have your heating system serviced professionally to make sure that it is clean, working properly and ventilated to the outside.
- Inspect and clean fireplaces, chimneys and flues.
- Install a smoke detector, test them monthly, and replace the batteries twice a year.
- Have a safe alternate heating source and alternate fuels available.
- Prevent carbon monoxide emergencies.
  - Install a carbon monoxide detector to alert you of the presence of the deadly, odorless, colorless gas.
  - Check batteries regularly.
  - Learn symptoms of carbon monoxide poisoning: headaches, nausea and disorientation.
  - Leave your home immediately if the carbon monoxide detector sounds, and call 911.
  - Keep grills, camp stoves, and generators out of the house, basement and garage.
  - Locate generators at least 20 feet from the house.

**Don't forget to prepare your car** - Make sure your car is ready for this cold weather by ensuring the following:

- Service the radiator and maintain anti-freeze level; check tire tread or, if necessary, replace tires with all-weather or snow tires.
- Keep gas tank full to avoid ice in the tank and fuel lines.
- Use a wintertime formula in your windshield washer.
- Prepare a winter emergency kit to keep in your car in case you become stranded, which includes:
  - Blankets; food and water.
  - Booster cables, flares, tire pump, and a bag of sand or cat litter for traction.
  - Compass and maps.
  - Flashlight, battery-powered radio, and extra batteries.
  - First-aid kit; and plastic bags for sanitation.

**Be prepared for weather-related emergencies, including power outages:**

- Stock food that needs no cooking or refrigeration and water stored in clean containers.
- Ensure that your cell phone is fully charged.
- When planning travel, be aware of current and forecast weather conditions.
- Keep an up-to-date emergency kit, including:
  - Battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration Weather Radio, and lamps
  - Extra batteries, first-aid kit and extra medicine
  - Baby items, and cat litter or sand for icy walkways

TAKE THESE PRECAUTIONS OUTDOORS

Many people spend time outdoors in the winter working, traveling or enjoying winter sports. Outdoor activities can expose you to several safety hazards, but

you can take these steps to prepare for them:

- Wear appropriate outdoor clothing: layers of light, warm clothing, mittens, hats, scarves and waterproof boots.
- Sprinkle cat litter or sand on icy patches.
- Learn safety precautions to follow when outdoors.
  - Be aware of the wind chill factor.
  - Work slowly when doing outside chores.
  - Take a buddy and an emergency kit when you are participating in outdoor recreation.
  - Carry a cell phone.

**When planning travel, be aware of current and forecast weather conditions:**

- Avoid traveling when the weather service has issued advisories.
- If you must travel, inform a friend or relative of your proposed route and expected time of arrival.
- Follow these safety rules if you become stranded in your car.
  - Stay with your car unless safety is no more than 100 yards away
  - Continue to move arms and legs.
  - Stay visible by putting bright cloth on the antenna, turning on the inside overhead light, when engine is running, and raising the hood when snow stops falling.
  - Run the engine and heater only 10 minutes every hour.
  - Keep a downwind window open.
  - Make sure the tailpipe is not blocked.

Team Riley, be prepared for the hazards of severe winter weather. Do not forget to ensure you have all the tools you need to take care of the outside of your home such as shovels, snowblowers, sidewalk salt and other winter clean up items. Review your winter safety checklists, perform proper equipment maintenance and make sure you have updated alert rosters and policy letters. For more information, contact the Garrison Safety Office, 785-240-0647.

History gets distress signals straight

Dear Doc Jargon,

I was checking out a military museum over the long holiday break and saw a display about radio operators and Morse code. I remember hearing that S-O-S is the universal distress call. I always wondered what it stood for and that display didn't say.

Can you tell me what it means and why it became the universal cry for help?

Sincerely,  
Without Distress

Dear Without Distress,

Actually, this was a pretty interesting story when I researched it. The distress signal didn't start out as three letters. It was originally intended to be one signal. So, it was supposed to be three dots, three dashes and three more dots without a break between them.

But, we all know how we love our acronyms and since the letters S and O are ... and --- respectively, the signal started being called SOS. It actually doesn't stand for anything. It also wasn't the only type of distress call and it wasn't the U.S. military who mandated SOS as the signal.

Originally, the signal was used on ships. The U.S. Navy used the codes for "NC" which matched the flag signals from the International Code of Signals which are still in use today. However, the adoption of Morse code meant some-

thing simple had to be adopted that could be communicated quickly and wouldn't be confused with any other signal. So, the competition between nations was on.

The equipment on maritime vessels back then came with operators from the Marconi Company. Marconi invented the wireless telegraphy technology that made ship to ship and ship to shore communications possible. Marconi's operators used the code for "CQD" - this didn't stand for anything either.

It was the German operators who proposed the SOS code we know today. In 1905, "...---..." or SOS, became the international distress code.

The fun part is that both CQD and SOS have what are called "backronyms." Backronyms are assigned to act as tools to help remember something - sort of like I used all through college to remember formulas.

So, SOS was assigned the words "save our ships", or "save our souls" and CQD was often referred to as "come quick, drowning" or "come quick, distress".

So, I hope I gave you enough information about where the SOS signal comes from and more than enough info to impress a friend or two during game night.

Sincerely,  
Doc Jargon.

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



The next  
USAG  
Resilience  
Day Off is

JANUARY

31

HAVE A  
STORY  
IDEA?

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



BOINGO

2020

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MWR

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Information: 785-239-4684 | [riley.armymwr.com](mailto:riley.armymwr.com)



JAN. 18

11AM-4PM

HERITAGE

SHADOW BOXES

JAN. 25

11AM-6PM

Home is Where the Army Sends Us

FEB. 1

6-9PM

SIP-N-SEE

candle making

Join Hobby Studio and learn to make your own Home Decor Sign!

Preserve your memories in your own homemade shadow box.

\$45 per person

Includes (1) 8"x10" piece and (3) 2"x6" pieces. Each additional 2"x6" piece is \$2.

Max participants is 10. Participants must be 14+. Pre-registration is required at [riley.armymwr.com](mailto:riley.armymwr.com) or Hobby Studio.

\$30 per person

Includes (1) 8"x10" piece and (3) 2"x6" pieces. Each additional 2"x6" piece is \$2.

Max participants is 10. Participants must be 14+. Pre-registration is required at [riley.armymwr.com](mailto:riley.armymwr.com) or Hobby Studio.

\$30 for class.

Wine & Non-Alcoholic drinks will be provided and distributed by a bartender. Max is 2 glasses per glass. Must be 21+. No outside alcohol allowed. Max participants is 15.



**HOBBY STUDIO**

6918 Warren Road | 785.239.9205



ASH

WEDNESDAY



26 February 2020

Protestant Service

1200 at Victory Chapel

1800 at Main Post Chapel

Catholic Service

1200 at Saint Mary's Chapel

Fort Riley Religious Support Office

2560 Trooper Drive, Fort Riley, KS 66442

785-239-3359/0834

<https://home.army.mil/riley/index.php/about/directorates-staff/chaplain>

#SpiritOfVictory



The 2020 application is now available on the website.

[www.combinedscholarshipfund.org](http://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](mailto: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\*

For updates and to see what is going on at Fort Riley visit [home.army.mil/riley](http://home.army.mil/riley).

PEDIATRIC

URGENT CARE

IS NOW OPEN!





**Children's Mercy**  
JUNCTION CITY

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Junction City, KS 66441

Hours: Noon - 6 p.m.

Saturdays and Sundays

Children's Mercy Junction City Urgent Care is open. Our Urgent Care Center is designed for pediatric patients up to their 18th birthday and specializes in illnesses and injuries that are not life threatening. We treat conditions such as earaches, fever, flu, skin rashes, stomach aches, sprains and minor cuts and burns.

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





Amanda Ravenstein | POST

Soldiers from the 1st Infantry Division and Fort Riley watch as Clemson quarterback Trevor Lawrence receives the play call from the sideline Jan. 13 at the Warrior Zone. Lawrence and the Clemson University Tigers fell to the Louisiana State University Tigers 42-25 in the College Football Playoffs championship game televised on ESPN.



Amanda Ravenstein | POST

The College Football Champions Trophy sits on the sideline Jan. 13 during the televised College Football Playoffs championship game at Warrior Zone. Soldiers of the 1st Infantry Division and Fort Riley cheered on the Louisiana State University Tigers as they defeated the Clemson University Tigers for the 2019 CFP Championship.

Watch party features best of college football

1ST INF. DIV. POST STAFF REPORT

Soldiers of the 1st Infantry Division and Fort Riley gathered in groups around the Warrior Zone Jan. 13 to cheer on Louisiana State University and Clemson University during the championship game of the College Football Playoffs. The LSU Tigers defeated the Clemson Tigers 42-25, in the Super Dome in Louisiana. Both teams were undefeated entering the contest with

Clemson, the defending champion, suffering their first loss in two seasons. Fort Riley's Warrior Zone boasts a collection of more than 45 televisions and often hosts watch parties for major sporting events in the NFL, College Football Series, UFC and more. Visit the Fort Riley MWR Facebook page, [www.facebook.com/rileymwr/](https://www.facebook.com/rileymwr/), for events or download the Fort Riley app from Google Play Store or the Apple App Store to keep updated on future events.



Amanda Ravenstein | POST

Soldiers from the 1st Infantry Division and Fort Riley react to a touchdown during the second quarter of the College Football Playoffs championship game featuring the Clemson University Tigers and the Louisiana State University Tigers. LSU defeated Clemson 42-25 for the title on the backs of Heisman Trophy winner and quarterback Joe Burrows. Burrows set a CFP record for post season touchdowns during the game, breaking a record set in the 1970s.

New Year financial fitness: How to fix poor credit history



By Gail Parsons  
1ST INF. DIV. POST

*Editor's note: This is the second in an eight-part series addressing financial issues — how to avoid and repair credit and debt problems. Check out next week's edition of the 1st Inf. Div. Post for information on debt collection laws.*

A few missed payments, a few delinquent accounts and a person's credit history can be in trouble —and there are no quick fixes. Paul W. Depusoir, personal finance manager, Army Community Service, said it's not uncommon for young people to join the Army and think they have enough money to go out and buy fancy clothes, expensive vehicles, sound equipment and more — or at least they thought they had enough money. "A lot of service members who made mistakes starting out early in their career — those mistakes stick around for a while," he said.



File photo

Fixing the mistakes on a credit report can be time-consuming. The only way to do it is to satisfy the debt by paying it off, reaching a settlement with the creditor or waiting seven years for the debt to be removed from the credit report. Depusoir said people should be aware that there is a difference between having a debt settled and removed from the credit history. "Often, an individual will think there is a magic way to get it fixed but fixing your credit takes time," he said. "Your credit score

regenerates on its own over time. So, if you paid the debt, if you paid the delinquent account, the information on your credit profile is going to be corrected. It's going to be updated to say the account was paid to collection." Fixing the credit doesn't translate into an immediate improvement of a credit score. A brochure printed by The Federal Trade Commission says a credit report tells if a person pays their bills on time, what loans and credit cards a person has and if they have ever been sued, arrested or filed for bankruptcy. Paying off debt is a step in the right direction, but will not yield immediate improvement in a credit score, Depusoir said. "What you do is fix the information in your credit profile and that, in turn, will cause the credit score to go up over time," he said. For help fixing poor credit, people can make an appointment to visit with Depusoir by calling 785-239-9435.

'How do you really feel?'

Updated survey allows customers to use their own words when describing commissary shopping experience


By Keith Desbois,  
DECA PUBLIC AFFAIRS SPECIALIST

FORT LEE, Va. — Commissary shoppers worldwide can now describe their own shopping experience when they fill out the Defense Commissary Agency's updated "ForeSee" customer experience survey. "Open-ended questions give customers an opportunity to provide feedback using their own words, and this often provides key information we may not have considered before," said Karl Crosson, the agency's statistician. The three new questions were added a month ago and appear at the end of the survey. They ask customers to tell DeCA what they liked most about their recent shopping experience, share what improvements they would like to see in their store and, if they select "once every few months or less often," explain why they don't shop more frequently.

"We want to hear about the customer's whole experience," said Mary Michael, chief of the agency's business analytics team. "Not just what they liked, but what they would like us to do better." On July 21, DeCA rolled out ForeSee replacing the SurveyMonkey receipt survey previously used at all commissaries. Through ForeSee, the agency accesses more frequent customer feedback and promptly identifies areas to improve the shopping experience. The survey tool is also used by the Navy Exchange and many other commercial retailers to gain real time customer feedback. Customers can access the purchaser receipt survey using the link, <https://mydeca.me/receipt>, printed at the bottom of their receipt. They have seven days from their purchase date to log on and complete it.

See SURVEY, page 9

WEEKEND WEATHER OUTLOOK

FRIDAY	SATURDAY	SUNDAY
		
HI: 37 F LOW: 23 F	HI: 37 F LOW: 27 F	HI: 30 F LOW: 9 F

LOCAL WEATHER OUTLOOK PROVIDED BY DETACHMENT 2, 3RD WEATHER SQUADRON, 3RD AIR SUPPORT OPERATIONS GROUP, FORT RILEY.



# FORT RILEY POST-ITS

Equal Opportunity Program

The next EO observance is Jan. 22 from 2 to 3 p.m. at Riley’s Community Center.

All observances are free and open to all Soldeirs, family members and civilians from Fort Riley and the surrounding communities.

MWR DFMWR

Visit the Post Library every Wednesday at 1:30 p.m. or Saturday at 10 a.m. for Story Time at the Library. Guests will listen to a story read by staff before doing a craft and having a snack and drink. The event is free.

MWR DFMWR

Learn how to make a shadow box for those memories you want to preserve, 11 a.m. Jan. 18. Shadow boxes will be 16 by 20 inches size. Supplies are included but limited. The cost is \$45 per person and participation is limited to 10 people and they must be at least 14 years old. Pre-registration required, call 785-239-9205.

Lets go to the movies @ Barlow Theater

**Friday, January 17 - Star Wars: The Rise of Skywalker** (PG-13) 7 p.m.  
**Saturday, January 18 - Cats** (PG) 2 p.m. and **Queen & Slim** (R) 7 p.m.  
**Sunday, January 19 - Jumanji: The Next Level** (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.

MWR DFMWR

The Iron Viking Challenge is a competition where competitors traverse a set route of obstacles on the Alpha Warrior Battle Rig.

Open to active duty, family Department of Defanse civilians, ages 18 and older

The competition begins at 8 a.m. Jan. 18 at Robinson Fitnes Center, Building 7832 — doors open at 7:30 a.m.

Pre-registration is \$20 and can be completed at at [www.riley.armymwr.com](http://www.riley.armymwr.com) or in person at Whitside Fitness Center by 8 p.m. Jan. 17.

For more information, call 785-239-4480.

The event will be limited to the first 40 paid participants.

Fort Riley Tax Center

The Fort Riley Tax Center will open Jan. 21 to assist Soldiers and their families with their tax preparation. The center will be open 9 a.m. to 6 p.m Mondays through Fridays at Building 7034 Bullard. For information, calll 785-239-1040.

MWR DFMWR

The next Cookies and Canvas event at The Hobby Studio is Jan. 18 from 5 to 6 p.m.

Participants must be 6 years of age or older. The fee is \$10 per person.



# CLICK IT OR TICKET



## FORT RILEY ACCESS TRUSTED TRAVELER PILOT PROGRAM

Effective Nov. 4, 2019 for a six-month pilot, Fort Riley will modify its Trusted Traveler program to eliminate the requirement for each passenger in a vehicle who is 16 years old and older to present a photo ID when escorted by a Trusted Traveler.



### WHAT'S NEW

- Only the Trusted Traveler will need to present a valid DOD photo ID during the hours of 5 a.m. to 9 p.m. During overnight hours all individuals will need a valid DOD ID or sign-in at Henry Gate ACP.
- A vehicle driver or occupant, 18 years or older, who qualifies as a Trusted Traveler can present a valid DOD identification card and vouch for up to seven occupants entering the installation at the same time.
- Eliminates the requirement for each passenger to present a photo ID; all vehicle occupants 16 years of age or older must be in possession of a valid government-issued photo identification card that can be presented if needed.

### WHO CAN BE A TRUSTED TRAVELER

- Any uniformed service member or government employee with a valid DOD Common Access Card (CAC).
- Any military retiree with a valid DoD Identification Card.
- Any military family member 18 years of age or older with a valid DOD ID Card.


*The DOD cardholder can be either the driver or occupant.*




### ADDITIONAL INFORMATION

- Night-time Operations: The Trusted Traveler Program has been suspended between 9 p.m. to 5 a.m. During overnight hours, all individuals will present valid DOD identification at access control points or sign-in at Henry Gate ACP.
- Persons identified as trusted travelers, are responsible for the actions of all occupants for whom they sponsor and for meeting all requirements for escort.
- Trusted Travelers cannot vouch for persons with foreign passports or foreign identification cards.
- The trusted Traveler Program is not authorized north of Vinton School Road and applies only to accessing the post, not to facilities or ares inside the installation.
- DOD contractors in possession of a CAC are not authorized Trusted Traveler privileges.
- The Trusted Traveler status of any ID cardholder engaged in conduct detrimental to good order and discipline on the installation will be revoked, including any personnel who are subject to a criminal investigation.

For additional information on accessing Fort Riley visit <https://home.army.mil/riley/index.php/about/visitor-info> or call DES Security Branch at 785-240-2849.

## FINANCIAL PREPAREDNESS

Ready. 



For more tips visit [www.ready.gov](http://www.ready.gov)



## SATURDAY, JANUARY 18 5:00-6:30PM

Come join us for a good old fashioned fish fry! The fish will be caught locally and prepared by a member of the military. We will have plenty of delicious sides as well. While you’re here, take a look around our community and see all Homestead has to offer in senior living!

**Homestead of Manhattan**  
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## HOMESTEAD

ASSISTED LIVING

 A Member of the Midwest Health Family



# New Year, New You: Stay healthy with TRICARE in 2020

TRICARE

Did you make a long list of resolutions this January? Consider one in 2020: taking better care of your health.

“Staying on top of preventive health care helps protect you from disease and illness,” said Dr. James Black, medical director of the Clinical Support Division at Defense Health Agency. “Your provider can help you identify and address health issues before they worsen. Taking better care of your health also means making better food choices and exercise part of your life.”

TRICARE covers many preventive health care services with no out-of-pocket costs to you. However, the rules for how and where you get preventive care depends on your sponsor’s status, where you live and your TRICARE plan.

**ROUTINE CHECK-UPS AND HEALTH EXAMS**

Start by scheduling necessary visits to your provider. Do the same for your family members. TRICARE covers preventive health exams for all beneficiaries, with tailored exams for women and for children.

Important preventive health screening tests are covered when provided during a covered Health Promotion and Disease Prevention exam. This includes blood pressure and cholesterol screenings and more.

For women under age 65, TRICARE covers well-woman exams. They include breast exams, pelvic exams, and Pap tests to include HPV DNA testing. TRICARE now covers either 2-D mammograms or 3-D mammograms annually for eligible women.

Routine checkups should be a part of your child’s life from an early age. This includes health exams starting at birth. TRICARE covers well-child exams for children from birth through age 5. There are no out-of-pocket costs when care is provided by a TRICARE network provider. TRICARE covers physicals when required for school enrollment. This doesn’t include sports physicals.

**IMMUNIZATIONS**

According to the Centers for Disease Control and Prevention, vaccines are one of the best ways to protect you from potentially deadly diseases. TRICARE covers age-appropriate vaccines and immunizations as recommended by the CDC. You can schedule covered vaccines from any TRICARE-authorized provider at no cost. An authorized provider is any individual, institution/organization, or supplier that is licensed by a state, accredited by national organization or meets other standards of the medical community and is certified to provide benefits under TRICARE. There are two types of TRICARE-authorized providers: Network and Non-Network. However, you may have to pay copayments or cost-shares for the office visit or for other services received during the same visit. You can get some covered vaccines at TRICARE retail network pharmacies.

**TAKE SMALL LIFE-STYLE STEPS**

In addition to routine visits with your health care provider, making a commitment to good nutrition and regular exercise will help you stay healthy in 2020. Eating a balanced diet improves your overall health while maintaining a healthy weight. Make an effort to eat more fruits and vegetables, drink more water and limit processed foods.

“Being active lowers your risk of developing chronic conditions,” said Dr. Black. “These include obesity, high blood pressure, diabetes and high cholesterol.”

Check out recommended guidelines to maintain or improve your health through regular physical activity.

Become more focused on your health. Learn more about TRICARE preventive health care benefits to help you and your family take command of your health this year.

## TUESDAY TRIVIA CONTEST



The question for the week of Jan. 14 was: Where can I find suggestions for an emergency winter car kit and more winter weather information?

Answers: <https://home.army.mil/riley/index.php/about/dir-staff/DPTMS/ready-army> or [https://home.army.mil/riley/application/files/7215/7229/0091/General\\_Winter\\_Weather\\_Awareness\\_Slide\\_Show\\_v2019.pdf](https://home.army.mil/riley/application/files/7215/7229/0091/General_Winter_Weather_Awareness_Slide_Show_v2019.pdf)

This weeks winner is Roxanne Beck, an Army veteran who works for the Directorate of Public Works.

Pictured above is Roxanne Beck.

CONGRATULATIONS ROXANNE!

# What You Need to Know if You're New to TRICARE

TRICARE

If you're newly enrolled in TRICARE health or dental coverage, you're in good company. You now have access to a global network of military and civilian providers. Learning about your health care coverage now will help you maximize your benefit and take command of your health in 2020.

**FIRST THINGS FIRST: ELIGIBILITY**

You must keep your information updated in the Defense Enrollment Eligibility Reporting System or DEERS. If you don't, you may miss important information and enrollment deadlines. This could mean you or your family lose access to care. You have several options for updating your information in DEERS — online, phone, mail and fax. Remember to update DEERS anytime you experience a change or qualifying life event.

**TRICARE PLAN OPTIONS**

Your eligibility for certain TRICARE plans depends on factors like your sponsor's status, your relationship to your sponsor and where you live. Different family members may be eligible for different plans.

Visit the TRICARE Plan Finder to see which plan best meets your needs. You can also use the Compare Plans Tool to compare the key features of health plans side-by-side. This includes information on how to enroll, get care, file claims and more.

It's important to understand the basics of your TRICARE plan options. The TRICARE Plans Overview also provides information on available TRICARE plans, including TRICARE Prime, TRICARE Select and premium-based plans. Premium-based plans include:

- TRICARE Retired Reserve
- TRICARE Reserve Select
- TRICARE Young Adult

- Continued Health Care Benefit Program

As described in the TRICARE Plans Overview, you can purchase premium-based plans anytime.

When comparing plans, you should also compare costs. You can view, download or print the TRICARE Costs and Fees Sheet from the TRICARE publications page. Depending on who you are and the plan you enroll in, you may have out-of-pocket costs for certain covered services. Another helpful resource is the TRICARE Compare Cost Tool. Use it to view comprehensive costs for your plan and compare them with those of other plans.

**CHOOSING OR CHANGING TRICARE PLANS**

Now that you're covered by TRICARE, you may be wondering how you and your family members can choose or change plans in the future. For TRICARE Prime — including the US Family Health Plan — and TRICARE Select, you may only choose or change your enrollment:

- Following when you or a family member experiences a qualifying life event
- During the annual TRICARE Open Season

Other TRICARE plans offer continuous open enrollment

**GETTING CARE**

- **Finding a provider.** With some plans, you may be assigned to a military hospital or clinic, as well as a primary care manager. If not, begin by locating a provider. You can do this with the TRICARE Find a Doctor Tool. If you already know the type of provider you're looking for, view the provider directories for your TRICARE region.
- **Understanding what's covered.** Explore what's covered prior to getting care. TRICARE covers clinical preventive services. For TRICARE Prime plans TRICARE Prime plans include: TRICARE Prime, TRICARE Prime Remote, TRICARE Prime Overseas, TRICARE Prime Remote Overseas and TRICARE Young Adult-Prime, you get your preventive care from your primary care manager or any network provider. Referrals or pre-authorizations aren't required, and you pay nothing out of pocket. If you use any other TRICARE plan, you can visit any TRICARE-authorized provider. An authorized provider is any individual, institution/organization or supplier that is licensed by a state, accredited by national organization or meets other standards of the medical community, and is certified to provide benefits under TRICARE. There are two types of TRICARE-authorized providers: Network and Non-Network. The cost will depend on whom you see.
- **Types of care.** The types of care you need fall into five categories: routine, preventive, specialty, urgent and emergency. How you seek non-emergency care may differ by plan. However, if you reasonably think you have an emergency, always go to the nearest emergency room. The hospital department that provides emergency services to patients who need immediate medical attention, or call 911.


Learn more about TRICARE benefits by exploring the online resources at [www.TRICARE.mil](http://www.TRICARE.mil). Stay informed by signing up to get updates from TRICARE via email. And welcome to the TRICARE family.

## SURVEY Continued from page 7

The advantages of using the ForeSee survey platform include real-time viewing of survey results and the delivery of automated reports that help the agency identify key drivers of customer satisfaction. “Foresee converts our customers’ ‘voice’ into actionable insights to improve customer satisfaction,” Michael said.

Crosson added: “Another benefit is that it allows us to compare the performance between commissaries and the commercial grocers that use ForeSee.”

The new customer experience purchaser survey is the first of a trio of patron feedback instruments that DeCA plans to roll out. In the future, the ForeSee platform will also provide the capability to roll out targeted surveys on social media as well as commissaries.com.



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### Worship Opportunities

#### Protestant Services

<b>Victory Chapel</b> ChapelneXt Protestant Service Sunday Worship..... Children's Church.....	239-0834 .....0900 .....0910
<b>Morris Hill Chapel</b> Gospel Protestant Service Sunday School..... Sunday Worship.....	239-2799 .....0900 .....1100
<b>Main Post Chapel</b> Traditional Protestant Service Sunday Worship..... Children's Church.....	239-6597 .....1030 .....1045-1130

#### Catholic Services

<b>Victory Chapel</b> Sunday: Confession (and by appointment). Sunday Mass..... Sunday Catechism.....	239-0834 1100 1130 1030
<b>Saint Mary's Chapel</b> Sunday Mass..... Daily Mass - Mon., Wed., & Fri.....	239-6597 0900 1200
<b>IACH Chapel</b> Daily Mass - Tue. & Thur. ....	239-7872 1200

#### Jewish Services

<b>Kapaun Chapel</b> Jewish Practices Class Wednesdays.....	239-4818 .....1130
---	-----------------------

#### Pagan/Wiccan Services

<b>Kapaun Chapel</b> Fort Riley Open Circle- SWC 1st & 3rd Wednesday monthly.....	239-4818 .....1800
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#### Homefront Heroes

Support Group for spouses of deployed Soldiers

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  
Sundays from 1730-1930 at Victory Chapel

#### AWANA

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

#### Protestant Women of the Chapel (PWOC)

Tuesday Meeting 0900-1130 & Evenings at 1830-2000 at Victory Chapel.  
Childcare provided.  
For more information email [rileypwoc@gmail.com](mailto:rileypwoc@gmail.com) or Facebook "Fort Riley PWOC"

#### Catholic Women of the Chapel (CWOC)

Wednesday Meeting 0900-1130 at St. Mary's Chapel.  
Childcare provided.  
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\*\*Check for schedule over Training Holiday weekends\*\*

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FORM MATTERS

Side lunge with dumbbells

By Gail Parsons  
1ST INF. DIV. POST

When a Soldier is pregnant her exercise routine needs modification.

Every woman needs to understand her limitations, but also not abandon a fitness program. She should find the balance between doing too much and not enough, said Spc. Megan Hataway, Irwin Army Community Hospital.

Hataway has a one-year-old child and went through two trimesters with the Pregnancy and Postpartum Physical Training program. Before pregnancy, she was involved in weightlifting and gymnastics, which helped her body adjust.

The front squat is one exercise that pregnant women can do but they need to ensure they have proper form and not go too heavy with the weight, she said

“Your core is going to be your main stabilizer,” she said. “As soon as you go to lift that weight, you want to make sure that you’re bracing ... so everything is pulled in nice and tight and that belly button is pulled toward the spine; that way, you are in control of your body — it’s not a loose movement.”

The core can be worked, but when pregnant, a concern is Diastasis Recti or abdominal separation.

“For our pregnant women, we want to take that into consideration and make sure they know how to brace; make sure that they are working those abs to protect themselves, their bodies, later on,” she said.

When she was pregnant, she switched from the back to the front squat because her center of gravity had changed. Having the weight in front gave her stability and protected her from potential injury, she said.

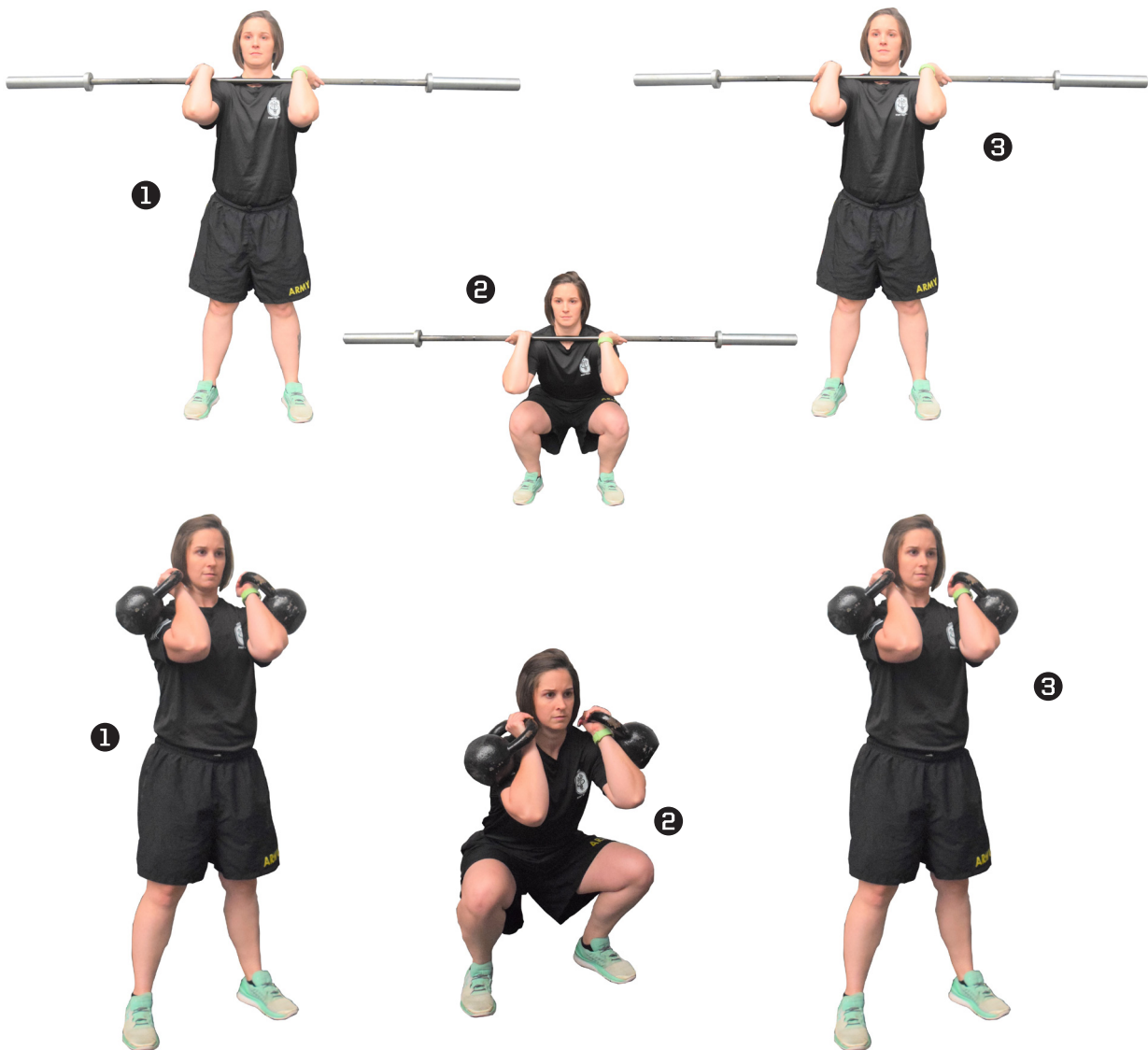
“If I decided I needed to drop that weight I was able to do that toward the front of me versus like having to back out and potentially fall with all that weight already moving forward from that pregnant belly,” she said.

The front squat is a strengthening exercise, which targets the quads and glutes and engages the core more than a back squat, Hataway said.

Modifications include using a bar with no weight, dumbbells, kettlebells or a piece of PVC pipe.

She recommends for pregnant Soldiers to perform this exercise from a rack, rather than lifting the bar from the floor.

“If they’re doing it from the floor, they’re probably doing a clean and jerk motion with it, which in pregnancy we want to avoid,” she said. “We don’t want any kind of placental abruption. So, no jerking movements past the second trimester.”



TECHNIQUES

Hataway demonstrates the movement using a bar and kettlebells.

- 1. Place hands shoulder width apart on bar and pull it to the chest. Lift elbows to the ceiling. People who have wrist pain can cross their arms for less bend.
  - 2. Brace the core, bend the knees and lower the body. Breathe in during this motion.
  - 3. Breathe out while tightening the glutes and push back up through the heels.
- Modification  
A modification is to use kettlebells, the steps remain the same.

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

HEALTHY EATING



COURTESY PHOTO

Pumpkin Barley Pilaf with Mushrooms and Spinach

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

Recipe Analysis: (1 serving = 3/4 cup)

Per Serving: 94 calories; 2 g protein; 4 g fat, 12 g carbs (8 carbs: 1 protein)

Recipe = 4 servings of vegetables, 0 servings of fruit (0.5 vegetable per serving, 0 fruit per serving)

*\*This recipe is from Operation Live Well: Favorite Fall and Holiday Recipes.*

INGREDIENTS (8 SERVINGS)

- 2 Tbsps. olive oil
- 1 cup medium pearl barley
- 1 cup medium pearl barley
- 3 tsps. chicken-flavored base
- 1/3 cup minced onions
- 1 ½ tsp. garlic powder
- 2 tsps. rubbed sage
- 1 tsp thyme leaves
- 1 large bay leaf
- 2 cup canned pumpkin
- 8 oz sliced cremini mushrooms
- 1 ½ cup dry white wine
- 3 oz baby spinach leaves
- 1 tbsp trans-fat free tub margarine
- 1 ½ tsp. sea salt from
- 1/8 tsp., or to taste, freshly ground black pepper

STEPS

- 1. In a large saucepan, heat the olive oil over medium-high heat. Add the barley and stir to coat thoroughly with oil. Continuing to stir frequently, cook the barley in the oil for 3 to 4 minutes, or until it begins to give off a mild toasted smell.
- 2. Add the boiling water and chicken base, stir to dissolve the base. Add all of the dried seasonings, the canned pumpkin and sliced mushrooms. Stir to incorporate all of the ingredients. Cover and let mixture come to a boil, then reduce heat to low. Simmer for 30 minutes, stirring once at about 15 minutes.
- 3. After 30 minutes of simmering time, add the white wine and stir. Cover and continue to cook for about 15 minutes or until barley has a slightly chewy texture.
- 4. Add the baby spinach, margarine, salt and pepper. Stir to blend ingredients and to wilt the spinach.
- 5. Serve and enjoy!

<https://cookpad.com/us/recipes/469253-pumpkin-barley-pilaf-with-mushrooms-and-spinach>

#FitFirst

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Applications are available from Clerk of the District Court, Geary County Courthouse, 138 E. 8th St., Junction City, KS OR may be obtained off of the internet by going to <http://www.kscourts.org/Court-Administration/Job-Opportunities/default.asp> and clicking on the "Application for Employment" link under Human Resources.

**Deadline:** January 31, 2020 by 4:00 pm

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

Level: Advanced

What Is  
su | do | ku?

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

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

Last Sudoku's Answers

1	7	5	6	2	4	9	8	3
3	6	9	1	8	5	7	4	2
8	4	2	3	9	7	1	5	6
9	8	6	2	3	1	5	7	4
5	1	4	8	7	6	3	2	9
2	3	7	5	4	9	8	6	1
7	9	1	4	5	2	6	3	8
6	2	8	7	1	3	4	9	5
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# Travel & Fun in Kansas

# Welcome to Wichita



Next week, Spc. Shell is taking a look at history in celebration of Kansas Day.



The Keeper of the Plains statue, by Wichita artist, Kiowa-Comanche Blackbear Bosin, was created as a celebration of Native American culture and history in America.

★ JANUARY 17, 2020

HOME OF THE BIG RED ONE

PAGE 12 ★

## Wander around Wichita for collections of art, history

Carisa Huntwork  
1ST INF. DIV. POST

A day trip full of art and color is the perfect cure to the post-holiday doldrums. Wichita, about 100 miles away, is a bustling city with museums full of history and art displays that can help take away the winter blues.

### KEEPER OF THE PLAINS

650 N. Seneca St.  
Wichita

The Keeper of the Plains is an iconic statue at the meeting point of the Arkansas River and the Little Arkansas River. The steel statue was created by the Wichita artist Kiowa-Comanche Blackbear Bosin. The statue is a celebration of Native American culture and history and much symbolism was put into the details. The location of this statue is viewed as a sacred site to Native Americans and symbolizes the four elements of life: Earth, air, fire and water. Parking is near the crossing bridge to walk over to the statue. The grounds surrounding the statue include walking paths and gardens. The view from the statue is a popular photography spot for visitors. In the evening, there is a Ring of Fire ceremony and times vary depending on the time of year — for more information and a schedule, visit <https://www.kansastravel.org/keeperoftheplains.htm>.

### WICHITA ART MUSEUM

1400 Museum Blvd., Wichita  
10 a.m. to 5 p.m. Tuesday through Saturday;  
12-5 p.m. Sunday. Closed Monday.  
Admission: Free on Saturday; \$10 Tuesday through Friday.

Down the street from the Keeper of the Plains is the Wichita Art Museum. The museum grounds boast a sculpture garden. Inside are unique art pieces such as the hand-blown glass Chihuly chandelier. The art galleries are on par with larger, world-famous museums, filled with works from around the globe.

Local and regional artists can be found in the visitor's gallery holding book signings and displaying their newest works. Famed local photographer Larry Schwarm and published author Sondra Langel are two local artists who recently held a book signing in the museum.

Langel is a philanthropist, author and art lover. For her most recent book, "Wichita Artists in their Studios," Langel partnered up with Schwarm to

highlight 50 local artists, their work and the studios where they create. In the book, Schwarm's photography brings to life the stories Langel tells about the artists.

"I really enjoy the people inside this museum and what they do," Langel said.

Langel said some of her favorite pieces in the museum are the Chihuly chandelier and the Chihuly bridge. She said the museum is always adding and rotating their exhibits, and soon it will get another update to create a more welcoming feel for visitors and change the reputation of museums being stuffy, quiet places.

"We want to bring people in and have them feel comfortable here," said Langel. "They could spend time drinking a cup of coffee or a coke and talk with their friends. We want it to be a warm and friendly place."

For information on programs and events visit [https://www.wichitaartmuseum.org/programs\\_events/calendar](https://www.wichitaartmuseum.org/programs_events/calendar)

### ULRICH ART MUSEUM

1845 Fairmont St., Wichita  
11 a.m. to 5 p.m. Tuesday through Friday;  
1 to 5 p.m. Saturday through Sunday. Closed Monday.

For those looking for a more unique and non-traditional collection of art, look no further than the Ulrich Art Museum at Wichita State University. Some of the features include a collection designed for the visually impaired.

"Anyone who comes through Wichita should at least come take a look at the enormous mosaic mural in front of the Ulrich Museum," Langel said.

Displays are not the only thing to experience at the museum.

"We have all sorts of free events that we encourage people to bring their families to," said Catherine Smalling, gallery guard. "We do have kid events occasionally, and then, in the summer, they are aimed toward adults."

For more information on Ulrich Museum Programs and events visit, <https://www.wichita.edu/museums/ulrich/NewsandEvents/ProgramsEvents.php>

### BOTANICA, THE WICHITA GARDENS

701 Amidon St., Wichita  
Monday through Saturday 9 a.m. to 5 p.m.,  
Closed Sunday  
Admission: \$8 military discount; Carousel tokens are \$3 per ride.



Carisa Huntwork | POST

ABOVE: A hand-blown Chihuly chandelier on display at the Wichita Art Museum is a mix of bright colors. BELOW: The mural, 'Personnages Oiseaux' painted by Joan Miró of Spain in 1978, is one of the first works of art visitors to the Ulrich Art Museum on the Wichita State University Campus see.



For nature and art lovers, Botanica offers many different exhibits at their botanical gardens. With more than 17.6 acres of scenery, there is something for everyone. A

piece of Wichita history was recently added to the site with the addition of the former Joyland carousel, donated by the Kitch family.

Originally built in 1949, the carousel was a fixture at Joyland, the former amusement park that operated in Wichita for 55 years until it closed its doors in 2004. The park fell into disrepair, and in an effort to save the carousel, the owners of Joyland donated it to Botanica in 2014.

After five years and \$2.5 million in restoration work, the carousel reopened at the end of 2019. Housed in a glass pavilion, the carousel is open to visitors for a \$3 admission fee.

"The carousel here is definitely a Wichita piece of art," said Tim Smith, Botanica volunteer.

A Navy veteran, Smith said he formed a non-profit group of character actors to volunteer at local hospitals and sites like Botanica. He said his group of characters adds to the atmosphere of the places they volunteer to make the experience more magical for everyone.

At Botanica, Smith is dressed as the Showman and said he likes to see the joy as people see the carousel from their youth.

Smith said magic happens when people ride the carousel. As the music plays, the carousel makes rounds and Smith waves to the people, and they wave back. Smith said it is the magic of the carousel. He said people don't wave to each other on the street, but the magic of a carousel brings the best out of people.

Smith said the reason he volunteers is to recreate the magic for others in the community.

For more information about Botanica Wichita visit <https://botanica.org/gardens>.



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Built in 1949, this carousel was commissioned for use at the former Joyland Amusement Park until the park closed its doors in 2004. After falling into disrepair, the carousel was donated to Botanica, the Wichita Gardens in 2014 where it underwent a 5-year, \$2.5 million restoration before being ready for use again at the end of 2019.