

THE 1ST INFANTRY DIVISION POST

★ home.army.mil/riley FRIDAY, MARCH 13, 2020 Vol. 12, No. 10 ★

◀◀ FORT RILEY, KANSAS ▶▶

'Dagger' Brigade takes charge in Republic of Korea



Staff Sgt. Simon McTizic | 2nd Armored Brigade Combat Team Public Affairs
ABOVE: The 2nd Armored Brigade Combat Team, "Dagger" 1st Infantry Division and the 3rd Armored Brigade Combat Team, "Greywolf" 1st Cavalry Division conduct a transfer of authority ceremony at Camp Humphreys, Republic of Korea, March 4. The ceremony marked the official assumption of the rotational mission in the Republic of Korea for the Dagger Brigade from Fort Riley, Kansas, and the completion of mission for the Greywolf Brigade as they return home to Fort Hood, Texas. **RIGHT:** Col. Thomas Murtha, commander, 2nd Armored Brigade Combat Team, and Command Sgt. Maj. Stephen LaRocque uncasing the 2nd Armored Brigade Combat Team, 1st Infantry Division unit colors during the transfer of authority ceremony, Camp Humphreys, Republic of Korea, March 4.



By Maj. Bryce Gatrell
 2ND ABCT PUBLIC AFFAIRS

CAMP HUMPHREYS, Republic of Korea — The 2nd Armored Brigade Combat Team, "Dagger" 1st Infantry Division and the 3rd Armored Brigade Combat Team, "Greywolf" 1st Cavalry Division conducted a transfer of authority ceremony March 4.

The ceremony marked the official assumption of the rotational mission in the Republic of Korea for the Dagger Brigade from Fort Riley, and the completion of mission for the Greywolf Brigade as they return home to Fort Hood, Texas.

"We are honored to lead the most lethal armored brigade combat team in our Army,"

said Col. Thomas Murtha, commander of the 2nd ABCT, 1st Inf. Div. "We are proud to join the incredible 2nd Infantry Division team."

The 2nd ABCT, 1st Inf. Div. replaced the 3rd ABCT, 1st Cav. Div., as part of a regular rotation of forces to support the United States' commitment to Southeast Asia partners and allies.

Dagger Brigade's relief in place with Greywolf Brigade is a routine, heel-to-toe rotation of an ABCT to Korea. These rotational forces ensure Korea

maintains the capabilities of a combat-ready ABCT on the peninsula.

In preparation for their rotational deployment,

Dagger Soldiers underwent months of readiness exercises, which included

See TRANSFER, page 6

'Dagger' Brigade Soldiers train on bridging equipment

Story and photos by Staff Sgt. Simon McTizic
 2ND ABCT PUBLIC AFFAIRS

CAMP HOVEY, REPUBLIC OF KOREA — Soldiers from the 82nd Brigade Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, trained on the M60 Armored Vehicle-Launched Bridge system Feb. 28.

"Being a 12 Bravo, a combat engineer, is fun," said Spc. John Koutsoyanopoulos, combat engineer from the 82nd BEB, 2nd ABCT, 1st Inf. Div. "You get to do a whole lot of different things — like shooting, blowing things up, breaching and learning about all types of vehicles such as the M60 [Armored Vehicle Launched Bridge]."

The M60 AVLB is based on the M60 Patton main battle tank hull and is used for the launching and retrieval of a 60-foot, scissor-type bridge. The bridge weighs 15 of the vehicle's 70 tons and can support all vehicles fielded by the U.S. Army.

The crew operates five hydraulic valves in front of the driver's seat to lay out different portions of the bridge simultaneously. Turning the valves to extend the bridge was a new experience for a few of the Soldiers, including Sgt. Angel Sarmiento, combat engineer, also with the 82nd BEB, 2nd ABCT, 1st Inf. Div.

"I came from a light infantry unit, airborne, and this is all new to me,"



Spc. John Koutsoyanopoulos, a Combat Engineer from the 82nd Brigade Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division trains Soldiers on the operation of the M60 Armored Vehicle-Launched Bridge system Feb. 28. The M60 AVLB is based on the M60 Patton main battle tank hull and is used for the launching and retrieval of a 60-foot, scissor-type bridge.

Sarmiento said. "This training was actually really helpful for me because I learned what the equipment is, what it can do and how it can be implemented. I'll probably be a squad leader in my platoon and I have to know the capabilities of my vehicles to be able to implement them in the battlefield."

Practicing the deployment and utilization of this type of bridge is an essen-

tial part of the readiness mission of the 82nd BEB and the "Dagger" brigade.

"This vehicle is vital to the mission," Koutsoyanopoulos said. "If we needed to cross a large area and tanks weren't able to drive over it — such as a large crater, deep ditches or water crossing — this bridge would be extremely important to get all those vehicles either out of the breach or into it."

Training team teaches new fitness evaluators



Sgt. 1st Class Richard Aguilar, Co. C, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, takes off during the Sprint-Drag-Carry event of the Army Combat Fitness Test March 5 at Long Fitness Center's field.

By Ann Olamiju
 1ST INF. DIV. PAO

A Mobile Training Team from the U.S. Army Physical Fitness School came to Long Gym March 3 to 5, to train Soldiers on how to fill the roles of noncommissioned officers in charge and officers in charge for the new Army Combat Fitness Test and how to administer the test.

U.S. Army Physical Fitness School Instructor, Capt. Ambyr Palmer was one of several who administered the training. She said Soldiers are open and ready for the change and training.

"What we focus on in the training is making sure Soldiers understand the events,

understand the grading and what their responsibilities are as NCOICs and OICs," Palmer said.

"The thing we like to focus on really is grading standards, things that as a Soldier individually you would want someone to grade you properly and grade you to standard, and we enforce those things as they go through the course."

During the three-day course, Soldiers learned how to administer the six-event ACFT within the designated 90-minutes and focused on grading to standard. They then took the test to get a better understanding and feel for it. Sgt. 1st Class Richard

See TRAINING, page 6

Military tenants' bill of rights signed

By Joshua Ford
 ARMY NEWS SERVICE

One year after the Army's Inspector General was directed to inspect privatized Army housing under the Residential Communities Initiative, Secretary of Defense Dr. Mark T. Esper, Secretary of the Army Ryan D. McCarthy, Acting Secretary of

the Navy Thomas B. Modly and Secretary of the Air Force Barbara M. Barrett signed the Military Housing Privatization Initiative Tenant Bill of Rights Feb. 25.

The Bill of Rights commits the Department of Defense to ensuring tenants receive quality housing and fair treatment from the Military Housing Privatization Initiative project owners who operate and maintain privatized housing.

"People are the Army's number one priority," said Lt. Gen. Douglas Gabram, commanding general, U.S. Army Installation Management Command. "As Army leaders, we have an enduring obligation to take care of our people. The health, safety

and welfare of our Soldiers, civilians and families is our primary responsibility." The newly signed Tenant Bill of Rights contains 18 items, with 15 of those available to military residents by May 1.

Since military spouses raised concerns testifying

and welfare of our Soldiers, civilians and families is our primary responsibility." The newly signed Tenant Bill of Rights contains 18 items, with 15 of those available to military residents by May 1.

Since military spouses raised concerns testifying

See HOUSING, page 6

VOLUNTEER OPPORTUNITIES

VOLUNTEERS ARE NEEDED FOR THE COMBINED EASTER EGG HUNT APRIL 4. ANYONE INTERESTED IN VOLUNTEERING CAN CONTACT JANE BROOKSHIRE AT ARMY COMMUNITY SERVICE AT 785-239-9974.

THE MAIN POST LIBRARY NEEDS A VOLUNTEER TO BE THE EASTER BUNNY FROM 1 TO 3 P.M. APRIL 11. IF ANYONE IS INTERESTED IN VOLUNTEERING, CONTACT REBECCA AT THE LIBRARY AT 785-239-9582.

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



CELEBRATING WOMEN'S HISTORY MONTH AT THE EXCHANGE

SEE PAGE 7

ALSO IN THIS ISSUE



SPC. SHELL EXPLORES FOUR OF THE EIGHT WONDERS OF KANSAS

SEE PAGE 12

Corvias doing good: Travis Pittenger

Story and photo by
Thomas Ruest
USAG PUBLIC AFFAIRS

"I like showing up and doing what's right," said Travis Pittenger, Corvias service team member assigned to the Fort Riley military community.

He was recently recognized for his excellent service by a community member using the Interactive Customer Evaluation program.

Pittenger helps his team of 43 maintenance technicians service the 3,827 family housing units on Fort Riley.

Pittenger said he likes the work on post.

"I've been here long enough that the residents are also like ... family," he said. "I enjoy being able to help them out and especially when it's a tough situation."

Corvias maintenance manager, Preston Buckland, said he believes that type of attitude helps foster the community connection his service providers need to make their mission happen.

"Travis is an exceptional technician," he said. "He is always courteous and patient when it comes to our residents needs and strives to complete the work right the first time and to Corvias and resident expectations."

On a recent service call, Pittenger replaced an appliance and kept up friendly



Travis Pittenger, Corvias service team member, takes a moment from preparing to install a dishwasher in a residents house to talk to the homeowner's cat.

banter with his client until it was time to leave the job site. After cleaning up the excess materials and trash, and taking them to his service truck for proper disposal, he said this kind of attention to detail and focus on customer service are an important part of the work he does.

"Treating (the customer) well makes the job better for

me," he said. "We also have a great team with a lot of skills."

Buckland agreed saying, "Each and every one of our team members from the leasing staff, neighborhood staff, maintenance staff, inventory staff, accounting staff, construction staff and program office staff are all great assets and play a vital role to the success of Fort Riley."



ROUNDTABLE TALKS CORONAVIRUS PREVENTION



Thomas Ruest | USAG Public Affairs

TOP, BOTTOM: The 1st Infantry Division and Fort Riley Garrison Command partnered with state and regional leaders to conduct a table-top exercise focused on COVID-19 March 4 at Riley's Community Center. The group focused on installation and regional response to a possible pandemic incident in preparation for a full-scale exercise in the upcoming month. Nearly 100 attendees discussed best practices for communication channels between regional partners, medical screening operations and containment procedures pertaining to COVID-19. Specific topics included the handling of Soldiers redeploying from South Korea and Italy. Organizers said the event was a success in preparing, testing and validating installation and regional procedures for pandemic operations.

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Program designed to help Soldiers earn credentials

By Gail Parsons
1ST INF. DIV. POST

A program to help Soldiers earn professional and technical credentials was piloted at Fort Hood, Texas, and Fort Campbell, Kentucky, before going Army-wide.

Adolfo Blanco, credentialing assistance counselor support, and Shannon Pierre, guidance counselor, at the Fort Riley Education Center said Soldiers can earn credentials while on active duty and use their tuition assistance to pay for it.

Credentials are the licenses or certificates used to confirm a per-

son is competent and qualified to work in a field. Many of these fields align with Military Occupational Specialties; however, the Army does not give credentials. A Soldier might work for 20 years in their field and be fully skilled but without the credentials to prove it, they may not be able to continue working in the specialty on the civilian side.

"The program creates new opportunities for Soldiers to enhance their skills and professionalism while serving and increasing their employability upon transitioning from the Army," Blanco said.

They said the Army Credentialing Assistance program helps provide an option for Soldiers who are not interested in going to college.

"A lot of Soldiers are not able to do the long-term degree, especially with deployments," Pierre said.

Soldiers can choose from more than 1,600 credentials, such as private pilot or certified personal trainer. A complete list can be found at <https://www.cool.osd.mil/army/index.htm>.

Pierre said people can go online and see if their MOS or something

they may have done in relation to an academic degree, has a credential listed.

While the credentialing can help when a Soldier transitions out of the Army, she encourages people to take advantage of the program any time in their career.

"You don't have to be six months from getting out to use credentialing assistance," she said. "You can use it from the time you graduate [Advance Individualized Training] to the time you get out."

Credentialing is considered professional development and can enhance promotion potential, they said.

In the CA program, the cost associated with earning the credential is paid out of the same pot of money the \$4,000 annual tuition assistance a Soldier is eligible for. However, unlike tuition assistance, which only pays tuition, the CA covers classes and materials up to \$4,000 in a fiscal year.

To learn more about the credentialing program, Soldiers can attend a briefing at 9 a.m. on the second Thursday of each month or at 1 p.m. on the fourth Thursday at the Education Center, Building 211.

Military Post Offices implementing changes for international mail

By Keith Jones
OPERATIONS DIVISION CHIEF,
MILITARY POSTAL SERVICE
AGENCY

Beginning March 13, the United States Postal Service and military post offices will stop accepting handwritten customs forms on packages destined for international addresses.

Customers mailing packages from military post offices to international addresses must use either their Click-n-Ship account or the USPS Customs Form Online tool to create electronic customs forms. Both options require customers to enter the

weight and dimensions of their packages and select a mail class. The customer will require access to a printer to print the advanced electronic data generated customs form.

Click-N-Ship will calculate the postage amount, accept payment and generate a combined customs/postage label for customers to attach to a package. The Customs Form Online tool only creates customs forms and does not accept payment for postage. Both options require customers to take packages and the printed customs form to the retail

counter at their local post office.

Military post offices will adhere to the new USPS requirements for standard international addresses immediately. Packages bound for APO/FPO/DPO addresses will transition effective Aug. 13.

To access the new customs form, visit: <https://www.usps.com/international/customs-forms.htm>

To set up a 'Click-N-Ship' account, visit: https://reg.usps.com/entreg/LoginAction_input.

Contact your local Military post office for additional questions.




Courtesy photo

Beginning March 13, the United States Postal Service and military post offices will stop accepting handwritten customs forms on packages destined for international addresses.

Fort Riley February retirements

Five military members were recognized for their service during the monthly Fort Riley Retirement Ceremony Feb. 28.



Chief Warrant Officer 3 Joseph Manning	23 years of service
1st Sgt. Lester Gerlt	26 years of service
Sgt. 1st Class Martin Santoro	20 years of service
Sgt. 1st Class Marciano Takasi	20 years of service
Staff Sgt. Jason Williams	20 years of service

From the men and women of Fort Riley — thank you for your service.

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Would you be ready if you had to shelter-in-place?

For some emergencies, the safest course of action is to stay where you are and shelter-in-place.

- Bring your family and pets inside.
- Close windows and air vents.
- Be familiar with the emergency notification system.
- Listen to the radio or TV for instructions.

It's up to you. Prepare Strong.



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WOMEN'S HISTORY MONTH



March 18, 2020
2-3 p.m.
Barlow Theater



Networking & Personal Branding Workshop

EMPLOYMENT

EVENT DETAILS

TUESDAY
MARCH 17th

11:30AM - 1:00PM
212 Custer Ave. - Room 218
Fort Riley, KS 66442

This workshop will cover:

- Networking and recruitment
- Crafting a personal identity
- Writing an effective elevator pitch
- Follow ups, voicemails, and other professional communication

This is an event for transitioning service members, veterans, and military spouses. FREE lunch will be provided, please be sure to RSVP at the event registration link.

EVENT REGISTRATION: <http://evite.me/Gxa8uGGhg1>


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Looking Back: 403 Holbrook Ave.

Scott Rhodes
USAG PUBLIC AFFAIRS

Custer Hall, building 403 Holbrook Ave., was named for George Armstrong Custer. It opened in 1889 and originally served as the artillery post administration building.

It was constructed with limestone walls and foundation, a slate roof and wooden floors. An expansion west of the original building, at an unknown date, nearly doubled the size of the facility.

Custer Hall is one of the most unique buildings on Fort Riley. Its distinguishing feature is the parapet, described as a protective wall along the edge of a roof or other place of concealment for troops, located on its east side overlooking Artillery Parade Field.

Custer Hall was renovated in the early 2000's. It now serves as the home of the 78th Military Police Detachment Criminal Investigations Division.



TOP LEFT: North side of Custer Hall, 1892 and TOP RIGHT: today from approximately the same location; BOTTOM LEFT: west side of Custer Hall, 1930 and BOTTOM RIGHT: today.

Fort Riley historic names: Sgt. Donald Russell Long

Gail Parsons
1ST INF. DIV. POST

Many of the streets and buildings on Fort Riley are named for people who cemented their place in American military history through long careers in the Army. Such is not the case for Long Fitness Center's namesake.

Donald Russell Long was born Aug. 27, 1939 in Blackfork, Lawrence County, Ohio. He entered the military in 1963 and reached the rank of sergeant. According to the Honor States website, www.honorstates.org, he was an armor intelligence specialist and served with Troop C., 1st Squadron, 4th Cavalry Regiment, 1st Infantry Division.

Long was two months shy of his 27th birthday when he gave his life so other Soldiers could live on June 30, 1966.

The Vietnam Veteran's Memorial Fund website said on that day, the 1st Inf. Div., was conducting an operation to secure its forward base at Quan Loi and the Hon Quan airfield. It was part of an operation dubbed El Paso II.

Bravo Troop of the 1st Sqdn., 4th Cav., was escorting engineers to repair a bridge at Cam Le when on the morning of June 30, 1966, they were ambushed and within the first 30 minutes of battle all four of their M48 Patton tanks were disabled, according to the VVMF website.

Armored personnel carriers from C Troop arrived and came under attack.

"The armored cavalrymen put up a protective shield around the besieged B Troop," the website states. "Heavy fire support was quick on the scene. Bravo and D batteries of the 8th Battalion, 6th Artillery, based at Hon Quan, fired 825

rounds over the course of combat. Airplanes, UH-1B Huey helicopters and CH-47 Chinooks ... from the 11th Aviation Battalion, provided an aerial arsenal. All told, the aircraft launched 88 close tactical air strikes. By noon, the remainder of A Company was flown in by helicopter. Charlie Company also joined the fray. Bravo Company arrived about the time the [Vietcong] were leaving the battlefield. By 3:30 p.m., the VC had mostly broken off contact."

Troops B and C were evacuating the wounded and suppressing enemy fire. Long carried wounded to the helicopters and provided supplies under intense fire repelling the Vietcong as they attempted to mount his vehicle.

His final action that day would save several lives and posthumously earn him the Medal of Honor.

Long's citation reads:

"For conspicuous gallantry and intrepidity in action at the risk of his life above and beyond the call of duty. Troops B and C, while conducting a reconnaissance mission along a road were suddenly attacked by a Viet Cong regiment, supported by mortars, recoilless rifles and machine guns, from concealed positions astride the road. Sgt. Long abandoned the relative safety of his armored personnel carrier and braved a withering hail of enemy fire to carry wounded men to evacuation helicopters. As the platoon fought its way forward to resupply advanced elements, Sgt. Long repeatedly exposed himself to enemy fire at point blank range to provide the needed supplies.



Courtesy photo

Long Fitness Center was named after Sgt. Donald R. Long.

While assaulting the Viet Cong position, Sgt. Long inspired his comrades by fearlessly standing unprotected to repel the enemy with rifle fire and grenades as they attempted to mount his carrier. When the enemy threatened to overrun a disabled carrier nearby, Sgt. Long again disregarded his own safety to help the severely wounded crew to safety. As he was handing arms to the less seriously wounded and reorganizing them to press the attack, an enemy grenade was hurled onto the carrier deck. Immediately recognizing the imminent danger, he instinctively shouted a warning to the crew and pushed to safety one man who had not

heard his warning over the roar of battle. Realizing that these actions would not fully protect the exposed crewmen from the deadly explosion, he threw himself over the grenade to absorb the blast and thereby saved the lives of 8 of his comrades at the expense of his life. Throughout the battle, Sgt. Long's extraordinary heroism, courage and supreme devotion to his men were in the finest tradition of the military service, and reflect great credit upon himself and the U.S. Army."

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

CIVILIAN SPOTLIGHT

SHED MAYBERRY
MAINTENANCE WORKER
DIRECTORATE OF FAMILY AND MORALE,
WELFARE AND RECREATION

The Custer Hill Youth Center has been without a maintenance worker for a few months. In the past month, Shad Mayberry, the maintenance worker for Forsyth East School Age Center, has gone above and beyond in helping with maintenance requests at the youth center. He comes in early to ensure completion of any tasks requested, before arrival of youth and has also initiated and completed additional tasks he saw were needed throughout the facility. Mayberry has picked up youth at a moments' notice and also dropped them off

when needed. On Jan. 14, the youth center van got a flat tire on the way to pick up youth from the high school. Mayberry stopped what he was doing to pick up the youth from the school. He was able to arrive on time and bring the youth safely to the center. He also stayed beyond his normal duty hours to ensure the flat tire was changed on the van and helped get it back to the facility. Mayberry was patient and willing to assist in whatever way he could — without complaint.

Mayberry also assists other facilities in DFMWR without any complaints. Due to his outstanding abilities, numerous times he has assisted in putting items together, saving DFMWR money by not hiring contractors. He also goes back a few weeks later to make sure the items are in good working condition.

When a new maintenance worker came on board, Mayberry offered to train him on the job and show him the ropes around the facility. Mayberry is a true example of a team player who takes pride in his work.



BUSTED

FEB 22

Pfc., Co. B, 1st Eng. Bn., 1st ABCT, 1st Inf. Div., improper turning movement

FEB 23

Pfc., HHT, 1st Sqdn., 6th Cav. Regt., 1st CAB, 1st Inf. Div., speed 11 to 15 over Staff Sgt., HHC, 1st ABCT, 1st Inf. Div., improper backing

FEB 24

Pvt., 1st Bn., 18th Inf. Regt., 2nd ABCT, 1st Inf. Div., excessive speed
Sp., 24th CTC, 541st CSSB, 1st Inf. Div. Sust. Bde., failure to stop at a posted stop sign
Sp., 24th CTC, 541st CSSB, 1st Inf. Div. Sust. Bde., expired registration
Sp., HHC, 1st Eng. Bn., 1st ABCT, 1st Inf. Div., unsafe movement to forward

Sp., Co. F, 2nd GSAB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., following too close
Pfc., 2nd Bn., 34th Armor Regt., 1st ABCT, 1st Inf. Div., failure to obey traffic control device

Pfc., 2nd Bn., 34th Armor Regt., 1st ABCT, 1st Inf. Div., failure to obey traffic control device

Pvt., STB, 1st Inf. Div. Sust. Bde., failure to obey traffic control device

Pfc., 2nd Bn., 34th Armor Regt., 1st ABCT, 1st Inf. Div., failure to obey traffic control device

Sgt. 1st Class, HHBn, 1st Inf. Div., failure to obey traffic control device

FEB 25

Sp., Co. B, 3rd Bn., 66th Armor Regt., 1st ABCT, 1st Inf. Div., no proof of insurance

Sp., Co. B, 3rd Bn., 66th Armor Regt., 1st ABCT, 1st Inf. Div., no proof of insurance

Sp., HHC, 1st ABCT, 1st Inf. Div., driving on the wrong side of the road

Pfc., 511th QFFC, 541st CSSB, 1st Inf. Div. Sust. Bde., speed 16 to 20 over

Sp., HSC, 601st ASB, 1st CAB, 1st Inf. Div., failure to stop at a posted stop sign

Sp., E. CO, 3rd AHB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., failure to stop at a posted stop sign

Sp., 299th BSB, 2nd ABCT, 1st Inf. Div., failure to obey traffic control device

Capt., 101st BSB, 1st ABCT, 1st Inf. Div., failure to obey traffic control device

Sgt., HHC, WTB, MEDDAC, failure to obey traffic control device

Pvt., 101st BSB, 1st ABCT, 1st Inf. Div., failure to obey traffic control device

Staff Sgt., 1st Sqdn., 4th Cav. Regt., 1st ABCT, 1st Inf. Div., failure to obey traffic control device

FEB 26

Sp., 541st CSSB, 1st Inf. Div. Sust. Bde., expired registration

Pvt., 3rd AHB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., operating unregistered vehicle

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

Cpl., 3rd Bn., 66th Armor Regt., 1st ABCT, 1st Inf. Div., speed 15 to 20

Pfc., 1st Sqdn., 6th Cav. Regt., 1st CAB, 1st Inf. Div., speed 15 to 20

Pvt., 3rd Bn., 66th Armor Regt., 1st ABCT, 1st Inf. Div., speed 16 to 20 over

Sp., 101st BSB, 1st ABCT, 1st Inf. Div., speed 16 to 20 over

Pvt., 101st BSB, 1st ABCT, 1st Inf. Div., speed 21 and up

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

Sp., 601st ASB, 1st CAB, 1st Inf. Div., expired registration

Sp., 116th MP Co., 97TH MP Bn., 89TH MP Bde., unsafe movement to forward

FEB 27

Sgt., HHC, 1st ARB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., speed 11 to 15 over

Sgt., HHC, 1st ARB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., expired registration

Pfc., Co. C, 1st Bn., 16th Inf. Regt., 1st ABCT, 1st Inf. Div., failure to stop at a posted stop sign

Pfc., Co. C, 1st Bn., 16th Inf. Regt., 1st ABCT, 1st inf. div., failure to use seatbelts

sp., 300th mp co., 97th mp bn., 89th mp bde., expired registration

FEB 28

Sp., 101st BSB, 1st ABCT, 1st Inf. Div., speed 16 to 20 over

Sp., HHC, 1st Bn., 16th Inf. Regt., 1st ABCT, 1st Inf. Div., improper backing

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

Pvt., A CO, 101st BSB, 1st ABCT, 1st Inf. Div., following too close

Pvt., 41st Eng. Co., 1st Inf. Div. Sust. Bde., failure to stop at a posted stop sign

OTHER CITATIONS ISSUED

Feb. 23 — expired registration

Feb. 24 — parked in a no parking zone, speed 15 to 20

Feb. 25 — speed 16 to 20 over

Feb. 26 — failure to yield right of way, speed 15 to 20

Feb. 28 — two instances of speed 16 to 20 over

Easter Sunrise Service
Come, Celebrate with us!

7:00 A.M. 12 April 2020
Outdoor Chapel

Located across from Division Headquarter on 1st Division Road
Inclement weather location is Victory Chapel

For more information call the RSO at 239-0834/8088 or usarmy.riley.usag.mbx.chaplains-office@mail.mil

#SpiritOfVictory
"Victory begins in the Soul"

RILEY ROUNDTABLE

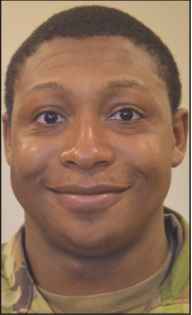
If you had one year, free of any financial responsibility, in which you could devote to studying one subject, what would it be?



"Criminal Justice."

SPC. BRIANNA NETHON GUAM

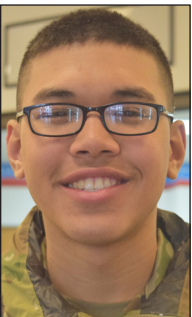
526th Quartermaster Composite Supply Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade



"Psychology. As a leader I would like to learn about different people and how to interact with them."

SGT. KIYLEIFA TERRY DAWSON, GEORGIA

2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division



"U. S. History."

PVT. ANOUSON WOODWARD LOUISVILLE, KENTUCKY

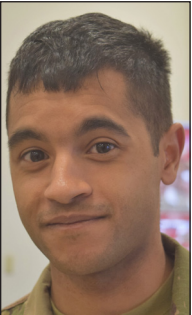
299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division



"Nursing - I have first aid, but would like to go more in-depth."

PFC. DANIEL RAMOS FAYETTEVILLE, NORTH CAROLINA

299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division



"Civil War history."

SGT. DARREN KING YORK, PENNSYLVANIA

2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division

THE 1ST INFANTRY DIVISION POST

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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.
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SAFETY CORNER

Motorcycle riding season safety tips

"Safety" Rod Cruz
GARRISON SAFETY OFFICE

Team Riley, after the cold winter, spring weather will soon be in the air and is often welcomed with open arms. When you think of spring, you are thinking that motorcycle riding season is about to start and probably imagining an enjoyable ride through your favorite scenic area. Unfortunately, weather isn't always predictable or pleasant. Spring, summer, fall and winter each provide unique challenges for motorcyclist. When weather changes unexpectedly, riders must adapt to situations, which may affect the road conditions or impact the ability to safely operate a motorcycle.

So, before you ride that mighty steed that's been sitting in your garage during the winter, take time and give it a good look over to ensure it is still in good operating condition.

BEFORE YOU RIDE

- Read your owner's manual, it will give many specifics, which you will find helpful in understanding and maintaining your bike. Always have your owner's manual with the bike. It can tell you what to do in emergency situations.
- Check the tires — the tires are the most important parts of your bike. Check the surface for cuts, foreign objects and tire pressure with a good gauge.
- Check the controls — cables are strong and rarely break, but check for kinks or stiffness.
- Check your lights, turn signals, horn and mirrors.
- Check the oil, fuel and if your bike is liquid-cooled, the coolant levels.
- If your motorcycle has a chain-drive to the rear wheel, make sure the chain is properly tensioned and in good shape.
- Make sure the side-stand and center-stand fold up and stay up.
- Check your brakes as you roll off. Make sure they work.

WHILE ON THE ROAD

- Scan around for potential hazards like pot holes, wet road or sandy surfaces.

- Evaluate any possible hazards, such as railroad tracks, turning cars, etc.
- Make sure you can see others and they can see you, as much as possible. Riders are encourage to wear Personal Protective Equipment, which incorporates fluorescent colors and retro-reflective material especially during limited visibility.
- Intersections are particularly dangerous. Always check for traffic coming from the side and from behind. Make sure no one is about to run up your tailpipe.

CARRYING A PASSENGER ON YOUR MOTORCYCLE

- Review the motorcycle owner's manual for tips on preparing for riding with a passenger.
- Make sure the motorcycle is designed to carry a passenger.
- If you decide to carry a child, make sure the child is mature enough to handle the responsibilities, can reach the footrests, wears a helmet and other protective gear and holds onto you or the passenger hand-holds.
- Instruct your passenger to keep his or her legs away from all moving parts and the muffler to avoid burns. Instruct your passenger to limit movement and talking.
- Remember that the extra weight from carrying a passenger can affect braking procedures, starting from a stop and riding through a corner.
- Do not exceed the weight limitations specified in the manual.

Remember the Commanding General's Policy Letter #12 states, "Anyone who operates a motorcycle on an Army installation, to include Government-owned motorcycle, shall successfully complete an approved Motorcycle Safety Foundation course." It also states that all individuals operating a motorcycle or All Terrain Vehicle on Fort Riley must wear personal protective equipment IAW AR 385-10, paragraphs 11-9d both on and off Fort Riley.

- Helmet: Personnel riding motorcycle and ATVs on Fort Riley, their

helmets shall be certified to meet Department of Transportation Federal Motor Vehicle Safety Standard No.218. All helmets shall be properly fastened under the chin.

- Eye Protection: Designed to meet or exceed ANSI Z87.1, reference (z) for impact and shatter resistance includes goggles, wraparound glasses, or a full-face shield, properly attached to a helmet. Amber or clear lens are encourage for night riding.
- Foot Protection: Includes sturdy over-the-ankle footwear that affords protection for the feet and ankles, durable leather or ballistic-type cloth athletic shoes that cover the ankles may be worn.
- Protective Clothing: Includes long-sleeved shirt or jacket, long trousers, and full-fingered gloves or mittens made from leather or other abrasion-resistant material. Motorcycle jackets and pants constructed of abrasion-resistant materials such as leather and containing impact-absorbing padding are strongly encouraged. Riders are encouraged to select PPE that incorporates fluorescent colors and retro-reflective material. Riders will wear a vest, jacket or upper outer garment that is both fluorescent and reflective during day and night operation.

Did you know? In Kansas, successful completion of an approved motorcycle rider's education course allows cyclist to waive the skills test when applying for a class "M" endorsement addition to a driver's license.

The Fort Riley Garrison Safety Office offers a Basic Riders Course, Experienced Rider Course and Military Sport Bike Rider Course to active duty, National Guard and reservists free of charge. To register for the courses visit <https://imc.army.mil/airs/default.aspx>. Under "Region" select "West", under "Garrison" select "Fort Riley", and then select applicable course. For more information about registering into the courses, contact 785-239-3391.

Soldier's BOSS is great

Dear Doc Jargon,

My son called home from Fort Riley and said the boss was doing some cool things and taking Soldiers on trips to attractions in the local area. Please tell his boss that this mom is so glad he's involved in the lives of the Soldiers under his command.

Sincerely,
Mom in Middle America

Dear Mom,

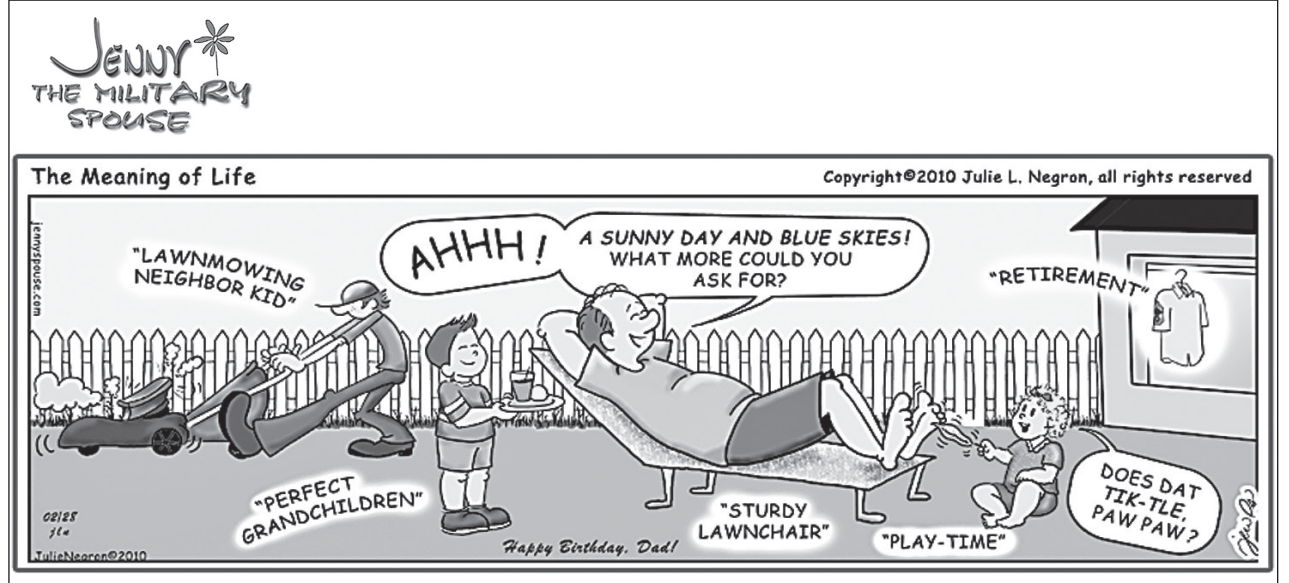
Although you son's boss might be a great leader, I think he might have meant BOSS as in Better Opportunities for

Single Soldiers. We have this program that provides ways for Soldiers who live in the barracks to get out and about, visit local attractions and gain some volunteer hours, which helps them earn points toward promotion.

Glad to hear that your Soldier is part of the BOSS crew. They really do some great things like helping with the Ronald McDonald House, volunteering at a local senior community and building homes with Habitat for Humanity. You should be very proud of your son for getting involved.

Sincerely,
Doc Jargon

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



TRAFFIC REPORT

ACCESS CONTROL POINT HOURS

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

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

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

The access control point hours are:

Henry and Trooper:

Open 24/7. Expect delays at Henry ACP due to construction. Henry Drive from the south end of the river bridge to the Ray Road roundabout will be reduced to one-lane, two-way traffic controlled by alternating traffic signals. Expect major delays while the road and shoulder replacement takes place.

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.

CONSTRUCTION NOTICE

Ogden Residents: There will be road construction at the intersection of Riley Avenue And Walnut Street starting March 16 and ending approximately May 26. At that time will Riley Avenue be completely closed, but there may be restricted lanes slowing commute time to the installation.

The next
USAG
Resilience
Day Off is

March

27

HAVE A
STORY
IDEA?

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

WWW.FACEBOOK.COM/FORTRILEY

HOUSING Continued from page 1

before lawmakers last year, the Army took steps to identify problems in housing and insist that privatized housing companies fix those problems.

Some of the immediate steps included Army leaders at all levels visiting family housing units to assess conditions in person, the Army working closely with housing companies to make needed repairs, commanders maintaining visibility over privatized company work order tracking systems, and conducting town halls and surveys to receive feedback and gauge satisfaction.

"These are some of the steps we took to get to where we are today," Gabram said. "Commanders and private companies are being held accountable for meeting their obligation to provide safe, clean and healthy homes to our people. Just like with everything we do, we'll continue to learn how to improve our existing processes and oversight to ensure all Army tenants receive safe housing. We are working hard to regain their trust."

The Department committed to providing the full benefit of the following 15 rights by May 1.

1. The right to reside in a housing unit and a community that meets applicable health

and environmental standards.

2. The right to reside in a housing unit that has working fixtures, appliances and utilities and to reside in a community with well-maintained common areas and amenity spaces.
3. The right to a written lease with clearly defined rental terms to establish tenancy in a housing unit, including any addendums and other regulations imposed by the landlord regarding occupancy of the housing unit and use of common areas.
4. The right to a plain-language briefing, before signing a lease and 30 days after move-in, by the installation housing office on all rights and responsibilities associated with the tenancy of the housing unit, including information regarding the existence of any additional fees authorized by the lease, any utilities payments, the procedures for submitting and tracking work orders, the identity of the military tenant advocate and the dispute resolution process.

5. The right to have sufficient time and opportunity to prepare and be present for move-in and move-out inspections, including an opportunity to obtain and complete necessary paperwork.
6. The right to report inadequate housing standards or deficits in habitability of the housing unit to the landlord, the chain of command and housing management office without fear of reprisal or retaliation, including reprisal or retaliation in the following forms: (A) unlawful recovery of, or attempt to recover, possession of the housing unit; (B) unlawfully increasing the rent, decreasing services, or increasing the obligations of a tenant; (C) interference with a tenant's right to privacy; (D) harassment of a tenant; (E) refusal to honor the terms of the lease; or (F) interference with the career of a tenant.
7. The right of access to a Military Tenant Advocate or a military legal assistance attorney, through the housing management office of the installation at which the

housing unit is located to assist in the preparation of requests to initiate dispute resolution.

8. The right to receive property management services provided by a landlord that meet or exceed industry standards and that are performed by professionally and appropriately trained, responsive and courteous customer service and maintenance staff.
9. The right to have multiple, convenient methods to communicate directly with the landlord maintenance staff, and to receive consistently honest, accurate, straightforward and responsive communications.
10. The right to have access to an electronic work order system through which a tenant may request maintenance or repairs of a housing unit and track the progress of the work.
11. With respect to maintenance and repairs to a housing unit, the right to the following: (A) prompt and professional maintenance and repair; (B) to be informed of the required time frame for maintenance or repairs when a maintenance request is submitted; and (C) in the case of maintenance or repairs necessary to ensure habitability of a housing unit, to prompt relocation into suitable lodging or other housing at no cost to the tenant until the maintenance or repairs are completed.

12. The right to receive advice from military legal assistance on procedures involving mechanisms for resolving disputes with the property management company or property manager to include mediation, arbitration and filing claims against a landlord.
13. The right to have reasonable, advance notice of any entrance by a landlord, installation housing staff or chain of command into the housing unit, except in

the case of an emergency or abandonment of the housing unit.

14. The right to not pay non-refundable fees or have the application of rent credits arbitrarily held.
15. The right to expect common documents, forms and processes for housing units will be the same for all installations of the department, to the maximum extent applicable without violating local, state and federal regulations.

TRAINING Continued from page 1

Aguilar, Co. C, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, a student in the course, took the ACFT for the first time.

"I actually like the test and like the way the Army is moving in this direction," Aguilar said. "I'm a firm believer in the strength and conditioning aspect of stuff. I've had combat experience where you need that strength and you need that conditioning whereas the [Army Physical Fitness Test] doesn't translate to that."

Sgt. 1st Class Sean Sweeney, an instructor with the Leader Training Brigade, U.S. Army Physical Fitness School, trains Soldiers all over the Army for the new ACFT and said the Fort Riley Soldiers he's trained are highly motivated.

"The desire to want to have a new Fitness test implemented inside the Army is 100% desirable by each one of the Soldiers," Sweeney said. "I think with that passion and with that desire to be more physically fit it is going to make them successful. I've seen a lot of Soldiers a little nervous or a little apprehensive, but that sprint-drag-carry, you'll see some people get real humbled, breathing a little heavy, heart pounding, but then you see those smiles start coming on. I don't know what it is with the culture of the Army but the tougher something is and after they've conquered it they feel good about themselves."

According to <https://www.army.mil/acft/> the Army Combat Fitness Test will be the Army fitness test of record no later than October 2020.

TRANSFER Continued from page 1

numerous home-station gunneries and a rigorous rotation to the National Training Center at Fort Irwin, California.

Soldiers from the Dagger Brigade began arriving in Korea in late January to begin their rotation. The brigade will spend the next nine months training with their Korean allies

and will continue to build relationships with the citizens of the Republic of Korea.

The brigade deployed about 3,500 Soldiers and more than 200 tracked vehicles to include Abrams Tanks, Bradley Fighting Vehicles and Paladin Self-Propelled Howitzers. Their arrival marks the eighth

rotational unit to the Republic of Korea.

"Dagger Brigade Soldiers are well-trained and ready to support any mission our nation asks of them," Murtha said. "We are excited about our rotation to the Republic of Korea and look forward to strengthening our long-standing partnership with our allies."

HOME.ARMY.MIL/RILEY

Fort Riley Combined Graduation student speaker nominations

Are you a 2020 graduate with a 3.0 or higher GPA, have an unusual story or significant achievement while getting your degree?

Then consider being a speaker at the Combined Graduation Ceremony May 20, 2020.



For more information, contact your on post college or university.

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, 16 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.

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 of 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 areas 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 reviewed, including any personnel who are subject to a criminal investigation.

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.

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.

FORT RILEY MASS WARNING AND NOTIFICATION SYSTEM

ALERT!

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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33%

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For more information on how to obtain an ID visit <https://www.va.gov>

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Women continue to blaze trails for others



Phyllis Fitzgerald, Junction City commissioner and president of the Society of the 1st Infantry Division, speaks to attendees about her time in the U.S. Army during the Celebrating Women's History Month event at the Exchange March 6. The event had speakers from the USO Kansas, American Red Cross and other who talked about trailblazing women in America's history.

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

Shoppers and employees of the Fort Riley Main Exchange gathered to listen to several speakers talk about the role women have played in military-related fields March 6. They also addressed how the work of women who came before them has benefited them today.

Retired 1st Sgt. Ruby Robinson spoke about the team of female African-American mathematicians who served in the National Aeronautics and Space Administration during the early years of the U.S. space program.

The movie *Hidden Figures* told the story of Katherine Johnson, a mathematician who calculated flight trajectories for Project

Mercury; Dorothy Vaughan, NASA supervisor and mathematician; and NASA engineer Mary Jackson.

The women overcame incredible odds, not only as women working in a male-dominated field but also as black women, Robinson said.

One of the lessons she said Vaughan had for women was how important it is for them to build each other up.

"When you see someone trying to climb up the ladder ... we want to encourage them to do the very best," she said. "Let us be role models and mentors for those young people."

The NASA women were pioneers. They are legends and trailblazers, she said. The trail they blazed is one that women today can travel. However, just as Vaughn, Johnson and Jackson

worked together, women today need to do the same regardless of the path they take in life.

"We have the responsibility — we are held accountable from God above to do what's right and repeat it each and every day," Robinson said. "It doesn't matter where they come from or the color of your skin,

See WOMEN, page 10

Army recruiter is contestant on 'The Voice'

Story and photo by Lara Poirrier
USAREC

FORT KNOX, Ky. — For Sgt. 1st Class Samuel Woodberry, music has always been a part of his life.

His talent was seen by the nation March 2, when he appeared as a contestant on NBC's "The Voice" under his stage name, Sam Wilco, and was selected to move onto the next round as part of Nick Jonas' team.

Singing since as long as he can remember, Woodberry, an Army Recruiting and Retention College instructor, has worked his way through the Army with some twists and turns, just as in his music career.

The oldest of seven siblings, all of his younger brothers and sisters sing as well as his parents and extended family members. Music and military service both run in his family, with all three of Woodberry's brothers also serving.

Woodberry joined the Army in September 1998 as a way to pay for college. He wanted to pursue a degree in art and once his recruiter told him that he could get \$40,000 toward his education goals, he enlisted as an administrative specialist. After his first reenlistment, he switched his job to a computer analyst. He said he "really enjoyed the job and the challenges with fixing computers."

While serving in that position, he was selected for a three-year tour as an Army recruiter. Discovering that he loved helping people more than working with machines, he chose to

finish his career as a permanent recruiter with U.S. Army Recruiting Command. He has been teaching other recruiters his craft at the RRC for the last three years and will retire from the Army in February 2021.

His desire to sing led to participating in competitions in the Army. In 1999, when he was new to the Army, he competed and won best male vocalist for an Army-wide talent competition held by the Better Opportunities for Single Soldiers program. In 2006, Woodberry participated in the "Military Idol" and took second place in Fort Lewis, Washington. After encouragement from his wife, family and friends, he decided to audition for "The Voice" and was selected for the 2020 season.

"Being in the Army has really enhanced my love for music. I don't think I would love music as much as I do today if I hadn't joined the Army," Woodberry said. "With all of the encouragement of my fellow Soldiers, my drill sergeants and my superiors, the opportunities that were given through BOSS, it's been a great time in the Army to do music."

The Army even had an impact on his stage name, Sam Wilco. He chose the name because of an Army acronym "WILCO." It is short for "will comply." Woodberry said he feels like God is giving him the gift to sing and is calling him to use it for something greater.

"So, if He's calling me," he said, "my name is my answer, 'Samuel Will Comply.'"



Sgt. 1st Class Samuel Woodberry, instructor at the U.S. Army Recruiting and Retention College, practices singing at his local church in Elizabethtown, Kentucky.

Woodberry said the Army has given him the time to pursue his dreams, and his fellow Soldiers have always been supportive of him.

"From people encouraging me to fellow Soldiers that help record music with me, they play instruments, they do videography for me ... they're really for you becoming the best that you can be, and I really love that," he said.

He said his family really keeps him motivated to serve.

"Family is one of the most important things for me," Woodberry said. "And one of the things I love the most about the Army is that it has helped me to provide for my family in a way that has been secure and kept us together. I could never be more thankful for all the opportunities I've been given."

The avoidable risks of unauthorized child care

Amanda Ravenstein
1ST INF. DIV. POST

On Jan. 10, a military spouse in Norfolk, Virginia, was convicted of second-degree murder and sentenced to 28 years in prison for the 2018 death of a toddler she had been babysitting, according to a story published by the Military Times. The spouse was not an authorized or licensed child care provider.

Unauthorized child care providers are not allowed to care for children for more than 10 hours a week, said Tara Hill, Child and Youth Services, Family Child Care director.

"Basically, 10 childcare hours means one child for 10 hours per week or two children for five hours per week, not to exceed the 10 hours," she said. "Anything over the 10 hours, you have to be certified with our family childcare program."

Hill said she gets multiple reports of unauthorized child care locations each month, which requires her to investigate. When she does an investigation, if there are no children in care at the home, she will give the provider a warning.

"I do give them an invitation to the family childcare briefings that we have every Thursday at 1:30 p.m.," she said. "But if I go to a home and there are

children in care, then it is reportable."

She said she will still give the provider the briefing invitation but there is also paperwork involved with the reportable offence. And if the person continues to give unauthorized care, they run the risk of losing their on-post housing.

"And they don't want to lose their quarters," she said. "Because not only will they lose their quarters here at Fort Riley, when they go to another installation, they will lose those quarters as well."

To become an authorized Family Child Care provider, the person must complete a background check; agree to have inspections conducted by the Fire, Safety and Preventive Medicine offices; and attend a minimum of 38 hours of training. The training includes child abuse identification and prevention, first aid and Cardio-Pulmonary Resuscitation training.

Certified providers receive free training and support, free referrals, free materials and equipment and qualify for child care subsidies.

Family Child Care briefings are every Thursday at 1:30 p.m. at CYS Parent Central, 6620 Normandy Dr. For more information, call 785-239-9892.

WEEKEND WEATHER OUTLOOK

FRIDAY



HI: 49 F

LOW: 39 F

SATURDAY



HI: 39 F

LOW: 36 F

SUNDAY



HI: 43 F

LOW: 35 F

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

FORT RILEY POST-ITS

DFMWR

Fort Riley Aquatics is now offering a Floating Fitness Class every Sunday from noon to 1 p.m. at Long Fitness Center swimming pool. This workout is great for core strength and balance conditioning with a little cardio mixed in. Class size is limited to 20 participants. Cost is \$4 per class or \$35 for 10 classes. For more information, call 785-239-4684.

Warrior Zone

The next Paint and Sip at Warrior Zone is at 6 p.m. March 21. The cost is \$25. Seating is limited. Tickets can be purchased at The Hobby Studio.

Let's go to the movies @ Barlow Theater

Friday, March 13 - Bloodshot (PG-13) 7 p.m.
Saturday, March 14 - Bloodshot (PG-13) 2 p.m. and Bloodshot (PG-13) 7 p.m.
Sunday, March 15 - Bloodshot (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.

Post Library

The next Story Time at the Library is at 10 a.m. March 14. and at 1:30 p.m. March 18 at 5306 Hood Dr. In addition to listening to a story children can do a craft, have a snack and drink. On Saturdays, the library will only be open for story time patrons at 10 a.m. and will open to all patrons at 11 a.m.

DFMWR

Grab your friends and hit the muddy trails on All Terrain Vehicles with Directorate of Family and Morale, Welfare and Recreation staff at 1 p.m. March 21. This is a beginner friendly event — people with no experience are welcome. All participants must wear long sleeves, full length pants, heavy duty boots and eye protection. Open to ages 16 and older with a valid driver's license. Cost is \$45 per person. Advance registration is required no less than 48 hours prior to the event. For more information, call 785-239-5412.

Post Library

The next Post Library party is at 1 p.m. March 14. Wear your green so you don't get pinched at the St. Patrick's Day themed event. St. Patty's Day drink, snacks and crafts will be available while supplies last. For information call 785-239-5305.

BOSS

Soldiers can join Better Opportunities for Single Soldiers and help clean up Fort Riley at 9 a.m. March 21. Transportation from the Warrior Zone to each clean up site will be provided by BOSS. This is an opportunity for Soldiers to get volunteer hours. For more information, call 785-239-2677.

Hobby Studio

Let your creativity soar at the Hobby Studio. Each week from 11 a.m. to 6 p.m. Thursdays through Saturdays, a different child and adult-friendly craft will be offered. All supplies are included. Cost varies based on the craft of the week. For more information, call 785-239-9205.

Severe weather: Turn around – don't drown

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

Floods kill more people in the United States each year than any other thunderstorm related hazard, according to the National Weather Service.

In the past decade, there were more deaths in Kansas from flooding than tornadoes and lightning combined, said Chad Omitt, warning coordination meteorologist with the National Weather Service in Topeka.

"In the last 10 years — 10 fatalities in Kansas from flooding, three from tornadoes and three from lightning," he said.

The Centers for Disease Control and Prevention report that most of the flood-related drownings occur when a person drives into floodwater. The next highest percentage is from people walking into or near floodwaters.

"People underestimate the force and power of water," the NWS website states. "Many of these drownings are preventable. Never drive around the barriers blocking a flooded road."

It takes only six inches of rushing floodwater to knock an adult down; 12 inches can carry away a car and two feet can move a truck, according to the NWS.

Through the spring and summer, it is common to have flash flood watches and warnings. A flash flood generally develops within six hours of heavy rain. This can also occur when slow-moving or multiple thunderstorms move over the same area. These

sudden downpours can rapidly change the water levels in a stream or creek and turn small waterways into violent, raging rivers. Urban areas are especially prone to flash floods because of the large amounts of concrete and asphalt surfaces which do not allow water to penetrate into the soil easily.

Last year, this part of Kansas saw heavy flooding from different sources including snowmelt from the north and more rain than normal.

"The eastern two-thirds of the state had the wettest May ever, going back to the late 1800s," Omitt said. "It was pretty incredible. A lot of areas had 12 to 24 inches of rain just in the month of May alone."

As flooding occurred around Milford Lake, there were several roads that were closed. Barriers go up when emergency services personnel are aware of dangers in an area where floodwaters are dangerous. Those dangers can include a road being washed out and covered with water.

Besides being dangerous, driving around a road closed barrier is a traffic infraction. According to Kansas State Statute 8-1507 "The driver of any vehicle shall obey the instructions of any official traffic control device applicable thereto, placed in accordance with the provisions of this act unless otherwise directed by a police officer, subject to the exceptions granted the driver of an authorized emergency vehicle in this act."

Official traffic control devices can be traffic cones or barrels, barricades and road closed signs. The state fine for going around a barricade is \$75 and court costs are \$108.



It takes only six inches of rushing flood water to knock an adult down; 12 inches can carry away a car and two feet can move a truck.



Before an emergency occurs, remember to...

- Get an emergency kit with enough supplies for at least three days.
- Make an emergency plan with your family.
- Be informed about what might happen.

It's up to you. Prepare Strong.



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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

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FORM MATTERS

Gliding disc arm crawl

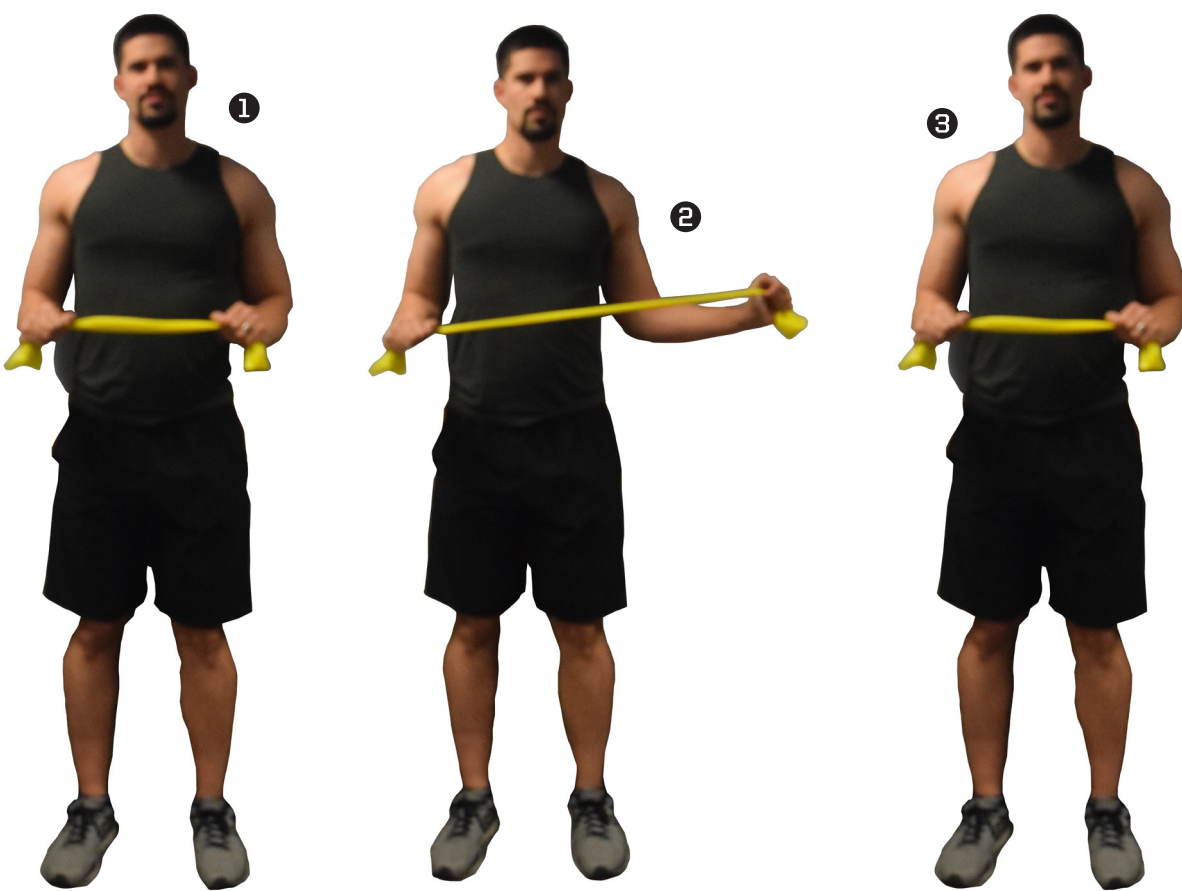
By Gail Parsons
1ST INF. DIV. POST

The shoulder is a ball and socket joint with a large range of motion, making it an easy target for injury.

"You want to make sure you are strengthening it on its own," said Brett Mills, Fort Riley Army Wellness Center health educator.

He recommends the use of exercise bands for building muscle and post-rehab following an injury.

One exercise is an external rotation. When executing this movement, Mills said people need to use caution to ensure they are not using the shoulder to initiate the movement — it is important to keep the elbow pinned to the side.



TECHNIQUES

People can start by either tying a knot in one end of the band and closing it in a door or holding one end in the hand that is not being exercised.

1. Hold the band with the hand on top, the arm at a 90-degree angle and the elbow pinned to the side.
2. While maintaining the elbow position, pull the band to the outside of the body to a 180-degree angle.
3. Return to starting position, repeat for the desired number of reps. Repeat on the opposite side.

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

Maple Glazed Salmon with Cooked Spinach

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

Recipe Analysis: (1 serving = 1 fillet)

Per Serving: 429 calories; 35g protein; 22g fat, 25g carbs (0.5 carbs: 1 protein)

Recipe = 4 servings of vegetables, 1 servings of fruit (1 vegetable per serving, 0 fruit per serving)

**This recipe is from APHC Cooking Guide for Soldiers.*

INGREDIENTS 4 SERVINGS

1/2 cup orange juice
2 teaspoons minced ginger, jar variety
1 teaspoon crushed garlic, jar variety
1/3 cup pure maple syrup
4 4-6 ounce salmon fillets, without skin
1 package frozen, chopped spinach

STEPS

1. Preheat oven to 400°F.
2. Line a baking pan with parchment paper and coat paper with cooking spray.
3. Place orange juice, syrup, ginger and garlic in a small pan over medium heat and bring to a boil. Reduce the heat to medium-low and simmer for 8 minutes or until slightly reduced and syrupy.
4. Place salmon on prepared tray. Reserve half the maple glaze. Pour remaining glaze over salmon fillets.
5. Bake for 12 to 18 minutes. Salmon should flake easily with a fork. Thermometer inserted into center of salmon should read at least 145°F. Drizzle reserved glaze over salmon and serve with spinach. Serves 4.
6. Spinach Directions: Meanwhile prepare frozen spinach in microwave-safe covered dish according to package directions. Keep covered until salmon is ready to be served
7. Store and Save for later.
8. Refrigerate within 30 minutes of cooking. Store in an air-tight glass/Pyrex container for up to 4 days.
9. Freeze: Store in an air-tight glass/Pyrex container for up to 2 to 3 months. Thaw overnight in refrigerator.

<https://cookpad.com/us/recipes/460034-maple-glazed-salmon-with-cooked-spinach> #FitFirst

Severe weather safety class given

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

From coast to coast, America has diverse weather patterns. At Fort Riley, where people from all over the country live — many have never experienced the kind of weather that Kansas is known for.

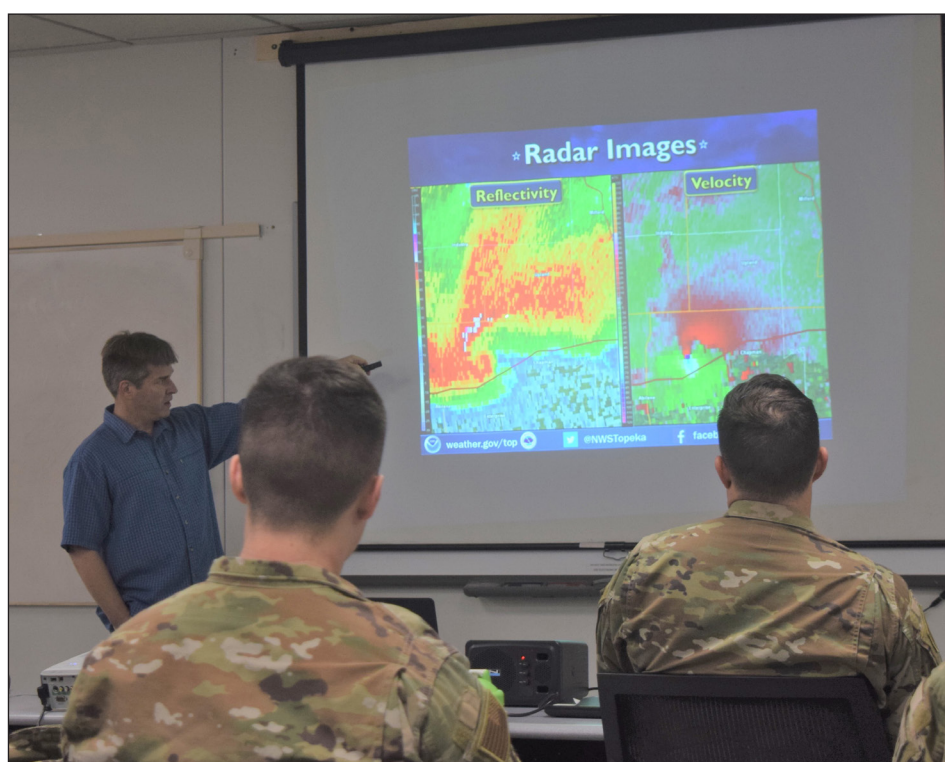
The first week of March was Severe Weather Awareness Week. Meteorologists traveled the state giving safety and information presentations to help people prepare for this year's severe weather season.

Chad Omitt, warning coordination meteorologist with the National Weather Service in Topeka, gave a class called the Severe Storm Safety and Information Show at Fort Riley on March 3.

The 90-minute presentation included storm spotter and safety material. Through the use of photos and videos, he showed different cloud formations and the danger of being in the wrong place at the wrong time.

Although severe storms can occur any time of the year, mid-April to mid-July are the most common months for tornadoes, damaging winds, large hail and flash flooding in Kansas. With all the storm hazards, tornadoes often get the most attention because of the extent of damage they do when hitting a populated area.

About 12 hours before Omitt gave his Fort Riley presentation, two tornadoes



Chad Omitt, warning coordination meteorologist with the National Weather Service in Topeka, gave the Severe Storm Safety and Information Show at Fort Riley on March 3.

left a path of destruction across four Tennessee counties resulting in at least 24 deaths.

"The bottom line is, when you get a violent tornado moving through a big city or highly-populated area, you're going to lose some people," he said. "Our job is to try to minimize the losses the best we can."

In Kansas, while there have been large, destructive tornadoes in the past several years, there hasn't been a death since 2012. One of the points Omitt was trying to make is that, although they are destructive, tornadoes are not the only concern people should

have when it comes to severe storms.

"In the last 10 years — 10 fatalities in Kansas from flooding, three from tornadoes and three from lightning," he said.

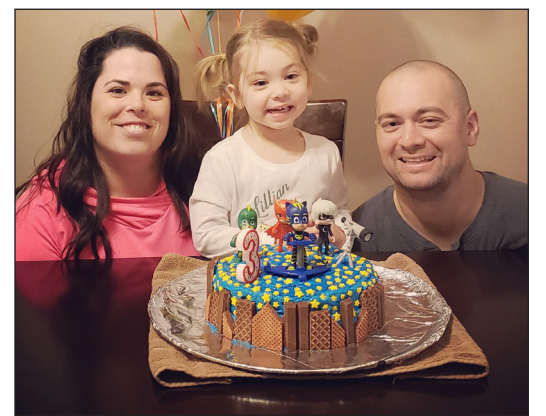
Capt. Joshua Swedberg, 1st Infantry Division Artillery additional duty safety officer, attended the class so he could learn what information he needed to bring back to his unit.

"I came for the severe storm training as well as the spotter training," he said. "Also to get a different perspective for the upcoming severe weather season to inform Soldiers and their families what they can expect and

what to do if they should encounter severe weather."

Having grown up in Virginia, Swedberg said he is familiar with severe weather, but not tornadoes. The class helped him understand what has occurred and what to be on the lookout for.

TUESDAY TRIVIA CONTEST



The question for the week of March 10 was: With spring on the way and the potential for severe weather, how do I sign up to receive ALERT! messages?

Answer: <https://home.army.mil/riley/index.php/about/dir-staff/DPTMS/ready-army>

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

Pictured above is Julie and Sgt. Gormel, with daughter, Lillian.

CONGRATULATIONS JULIE!

Pets of the Week

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
March 15th	March 16th	March 17th	March 18th	March 19th	March 20th	March 21st
Home Style Fried Chicken All Day \$9.99	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 Catering Available 785.762.5567 Monday thru Thursday Lunch Specials from 11 am till it's gone - \$5.99	Fried Fish All Day \$9.99	Southern Fried Chicken \$9.99

WOMEN Continued from page 7

we're in this all together, all for one and one for all."

Following the theme of women trailblazers, Katrina Velarde, with the American Red Cross, spoke of her organization's founder Clara Barton.

Barton's actions helped change the perception men had of women during the 1860s.

"While the Battle of Antietam raged around them, Clara and her volunteers brought relief and hope to the Soldiers on the battlefield," Velarde said. "Clara became known as the Angel of the Battlefield and her presence changed the minds of men who had thought women were too docile and frail to be allowed on or near the battlefield."

Women like Barton who defied precedence and refused to settle for the way things are always done helped pave the way for women of today. It is today's women who have been handed the responsibility to continue defying precedence, she said.

"I go for anything new that might improve on the past," she said.

Just as Barton found a way to contribute to the war effort during the Civil War, women tending the home front in World War II found a way to help as well.

Traci Taylor, center operations and programs manager at USO Kansas, Fort Riley Center, brought the audience back to 1941, when the USO was formed by Mary Ingram. Taylor painted the picture of young female volunteers having a soda, taking a whirl on the dance floor or playing a game of ping pong with Soldiers who were miles from home.

"They might have thought her a bit flirtatious but really she was just doing her job as a USO hostess during World War II," Taylor said. "Their mission was to make the young service members feel at home and

it seems the most important qualifications for the job were charm and a friendly nature."

While dancing and entertaining may not seem important the military learned during World War I that young servicemen required additional support when they were off duty, she said.

"Mary Ingram in 1941, in response to a request from then-President Roosevelt, was requested to provide morale and recreational services ... to military personnel to keep them out of trouble," she said. "No one in 1941 could have envisioned the impact of the USO on Soldier morale nor the impact of the USO on American society. The USO was seen as the most important civilian organization dedicated to uplifting the morale of troops."

Volunteering was considered a patriotic, civic duty. But as women stepped forward, they were also shaping the future. The duties women had at the USO went beyond serving meals to club visitors, Taylor said.

"The entertainers, the USO women and the nurses and the Red Cross women were closer than any other women to the battlefield and front lines," Taylor said. "The work of building morale, helping Soldiers with the emotional aspects of war can seem like soft, sentimental work but people found that it is a lot harder and a lot deeper than many people originally signed up for. Those women included entertainers who were told by the nurses, the most important thing was not to break down. That was the last thing that the service members needed to see."

The women trailblazers all contributed to paving the way for women to find their path like Phyllis Fitzgerald, president of the Society of the 1st Infantry Division, and Christine Denny, president of the Fort

Riley Central Kansas Chapter of the Association of the United State Army.

Fitzgerald is a retired Chief Warrant Officer 3 and joined the Army at a time when women were being accepted in more occupational specialties. She said she came from a home of poverty and abuse and the Army provided a way out.

"I was 17 when I left home on a Greyhound bus to Fort McClellan, Alabama for Army Basic Training and I never looked back on the past only on the future," she said. "When I went in it was the end of the Women's Army Corps. We did wear the WAC brass, which we're proud to have worn. My basic training class was the last class of all women. The next class was the integrated class of both men and women."

During her years in the Army, she saw opportunities continue to open up for women, both in the military and civilian world.

It's these opportunities that Denny said she is thankful for. She is a recent widow. Having spent her life as a military spouse, she now finds herself rebuilding her life.

"I am standing here as a 54-year-old woman with a total blank space in front of me," she said. "It's been wonderful to listen to all these women talk about history. Because right now, at 54 years old, I can do whatever I want. I'm still young enough that I can do something. Because of all the things that happened in our history, in our community, in our world, I'm able to totally start all over and start this new life. I miss my husband immensely. But I believe that God has given me this opportunity to step into a different role. And so, with the support of my family and my community, I'm able to do that."

STEEL WILL



Amanda Ravenstein | POST

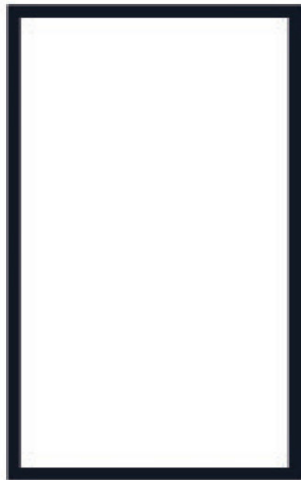
ABOVE: Shannon Riley, a lifter with a group from Performance Nutrition, pushes to lift her weight of 225 pounds during the Army Strong Power Meet March 7 at Craig Fitness Center. **BELOW:** Pfc. Devin Jerido, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, powers through lifting 295 pounds during the Army Strong Power Meet March 7 at Craig Fitness Center.



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su | do | ku

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

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

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

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Travel and Fun in Kansas



Join Spc. Shell next week as he explores the land of "The Wizard of Oz" in Wamego.

Take a roadtrip to explore Wonders of Kansas

Through public polling, the Kansas Sampler Foundation compiled a list of the 8 Wonders of Kansas. In the March 6 edition of the 1st Infantry Division Post, four of those places were listed. The remaining four are a mix of indoor and outdoor areas with the nearest one being 30 miles west on Interstate 70 in Abilene.

By Gail Parsons
1ST INF. DIV. POST



Courtesy photo

The Dwight D. Eisenhower Presidential Library, Museum and Boyhood Home is one of the 8 wonders of Kansas and is a short drive from Fort Riley.

**DWIGHT D. EISENHOWER
PRESIDENTIAL LIBRARY,
MUSEUM AND BOYHOOD HOME
200 SE 4TH STREET, ABILENE
HTTPS://WWW.
EISENHOWERLIBRARY.GOV/**

The Dwight D. Eisenhower Presidential Library, Museum and Boyhood Home is one of 14 Presidential Libraries operated by the National Archives and Records Administration. According to the Kansas Sampler website, it is on the list for the way it tells Eisenhower's story. A native of Abilene, Eisenhower was a five-star general and the 34th president of the United States.

Near the end of March, a temporary exhibit will open in the museum's special exhibits gallery to celebrate the 100th anniversary of women gaining the right to vote. "19 & '52: Women Unite for Ike" shows the connection between President

Eisenhower, the 19th Amendment and women's contribution to the 1952 presidential campaign.

Throughout the year, the center offers special events and historic talks. For researchers, the library contains 26 million pages of historical records and papers, 335,000 photographs, 768,000 feet of original motion picture film and 70,000 artifacts, according to their website.

The museum was dedicated on Veterans Day in 1954 and reopened after an extensive renovation, which included the development of new exhibits.

Visitors can also tour the nineteenth-century wood-frame house, on its original site, where the Eisenhower's lived from 1898 until the death of the president's mother Ida in 1946.

The Place of Meditation is the final resting place of the President, his wife Mamie, and their first-born son, Doud Dwight.

**ST. FIDELIS CATHOLIC
CHURCH – CATHEDRAL
OF THE PLAINS
900 CATHEDRAL,
VICTORIA
WEBSITE: WWW.
STFIDELISCHURCH.
COM**

Making its way onto the list for its architectural grandeur and the impressive craftsmanship achieved by the Volga German pioneers is the St. Fidelis Church. The Kansas State Historical Society has designated this church as one of the religious treasures of the state.

"If you're anywhere near Victoria, you can't miss the twin bell towers of St. Fidelis rising majestically above the plains," says the Kansas Sampler website. When construction was completed in 1911, it was the largest church west of the Mississippi with a seating capacity of 1,100. It was coined the Cathedral of the Plains by William Jennings Byran, a presidential candidate who visited the region in 1912.

Although not a cathedral by definition as it is not a bishop's church, it was, in 1914, declared a minor basilica. As a basilica, the church displays a tintinnabulum—a bell and an ombrellino—an umbrella—in the sanctuary as symbols of the basilica's link to the pope. St. Fidelis is the first basilica in Kansas and the 78th in the



Courtesy photo

Nearly 120 years ago the St. Fidelis Catholic Church was built and looms over the Kansas prairie.

United States, according to the church website. Built of native limestone, the original structure had uncolored glass. The Munich Art Glass Company of Chicago was commissioned to design and install stained glass windows. Most of this company's artists came from the Franz Meyer

Studio in Munich, Germany. The price of the windows was \$3,700, according to the website. Regular mass is held at the church, the service schedule is listed on their website. Visitors can also take independent audio tours or arrange in advance for a guided tour for large groups.

**CHEYENNE BOTTOMS,
QUIVIRA NATIONAL
WILDLIFE REFUGE
BARTON AND
STAFFORD COUNTIES
WEBSITE: WWW.FWS.
GOV/QUIVIRA/**

As a duo entry, the Kansas Wetlands Complex of Cheyenne Bottoms and Quivira National Wildlife Refuge are one of The 8 Wonders of Kansas because of their vital and international importance as a migratory stop for North American shorebirds, states the Kansas Sampler website.

Covering 41,000 acres, Cheyenne Bottoms is a lowland basin and the largest freshwater marsh in the interior of the United States. It was designated a Wetland of International Importance in 1988 by the Ramsar Convention on Wetlands. The area is considered the most important shorebird migration point in the western hemisphere. Approximately 45% of the North American shorebird population stops at the Bottoms during spring



Courtesy photos

Cheyenne Bottoms and Quivira National Wildlife Refuge are 20 miles from each other and covers more than 60,000 acres.

migration, according to <http://naturalkansas.org/cheyenne.htm>.

Less than 20 miles from Cheyenne Bottoms is Quivira National Wildlife Refuge. The 22,135-acre refuge provides a habitat for migratory waterfowl in the Central Flyway. The land features a unique combination of rare inland salt marsh and sand prairie, according to the U.S. Fish and

Wildlife Service, which operates the land.

Travelks.com suggests one way to see both places is to drive the Wetlands and Wildlife National Scenic Byway. It curves around Cheyenne Bottoms and Quivira National Wildlife Refuge for 76 miles. A good beginning point is K-4 and U.S. 281 near Hoisington. Go to ksbyways.org for more information and directions.



Courtesy photos

ABOVE and BELOW: Monument Rocks and Castle Rock are unique rock formations on the Kansas Plains, which formed over millions of years where there was once an inland sea. Their geological significance landed them a spot on the 8 Wonders of Kansas list.

**MONUMENT ROCKS
AND CASTLE ROCK
GOVE COUNTY**

Take Interstate 70 to U.S. Highway 83 at Oakley, go south 20 miles. Turn east onto a gravel road at the sign for monument rocks, go four miles, then 2 miles south from the "T" intersection.

Castle Rock and Monument Rocks are rock formations in Gove County. They make the list of 8 Wonders of Kansas because of their scientific and geological significance.

Erosion has carved chalk pyramids from what was once the floor of a vast inland sea, existing some 80 million years ago. The sea dried up over time and the rock was carved by elements of nature to create these formations, which now stretch up to 70 feet in height, according to <https://washburn.edu/cas/art/cyoho/archive/KStravel/bigrocks/pyramids.html>.

The Monument Rocks site is the first natural landmark chosen by the U.S. Department of the Interior as a National Natural

Landmark. It is on private property, but according to the Washburn website, the owners share this site with the public.

The Kansas Department of Travel and Tourism describes Castle Rock as "a lofty calcareous limestone bluff that has the appearance of an old English castle." The chalk bluffs are a fossil hunter's delight. However, advocates warn against it to help preserve the formations, the website states. The nearby Keystone Gallery includes a fossil museum with many area artifacts on display.

