

THE **1ST INFANTRY DIVISION POST**

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FORT RILEY, KANSAS

Command team, Fort Riley partners give update during virtual townhall

By Amanda Ravenstein
1st Inf. Div. Post

At the housing townhall March 18, 1st Infantry Division and Fort Riley Garrison leadership talked about multiple topics such as the COVID-19 pandemic, Tenant Bill of Rights, Corvias Solutions Investments updates and more, in addition to answering questions from residents.

The situation concerning the COVID-19 pandemic has been deemed a global public health emergency. Maj. Gen. John S. Kolasheski, 1st Inf. Div. and Fort Riley commanding general, has put procedures in place to help protect Soldiers, airmen, Department of the Army civilians and families; to prevent the spread of the virus; and preserve continued readiness efforts.

Some of the procedures include:

- Limiting large gatherings
- Canceling some on-post events
- Conducting multiple iterations of other events
- Maximizing virtual events
- Temporarily closing select Directorate of Family and Morale, Welfare and Recreation facilities

"That does include the gyms," Kolasheski said. "It does include SpareTime (Interactive Entertainment) and Warrior Zone. That does include the pool and also the library. And what we are doing is we have a frequently asked questions five-page document that we are updating daily, and it gives you all of these changes to different venues and it covers a lot of questions.

Some of the impacts of these procedures are:

- Access Control Point Guards will ask screening questions to help protect our community. While answering questions is not mandatory,



Screen shot

Maj. Gen. John S. Kolasheski, 1st Infantry Division and Fort Riley commanding general, listens as Command Sgt. Maj. Raymond S. Harris, 1st Inf. Div. and Fort Riley senior noncommissioned officer, talks during the housing townhall, March 18, at Riley's Community Center. The primary topic at the townhall was about the COVID-19 pandemic.

failure to do so may preclude entry to Fort Riley.

- The Exchange, commissary, military treatment facilities and pharmacies remain open. All personnel are required to utilize the provided hand washing stations to gain access to the facilities.
- Dental Clinics are open for urgent/emergency treatment only.
- Starting March 22, all religious services will be streamed live from each chapel's Facebook page. Chaplains remain available for religious support and counseling.
- Individual and small unit training will continue in accordance with CDC and DOD guidelines, including physical training.
- Governor Kelly has directed all Kansas Schools to remain closed for the duration of the school year.

Kolasheski also talked about the impacts to the service members.

"I have empowered commanders and directors to authorize teleworking, this is working from home like the garrison commander is doing, as well as if you have a sick family member," he said. "Your place of duty is home. You need to be home supporting that individual that is ill. We also acknowledge with the schools closing, an unplanned closure ... an unplanned long-term closure ... that has probably put some families in a bit of a bind. So, again, I have empowered leaders to go ahead and put their Soldier on a pass so that they can take care of their child."

Other impacts to the service members include:

- Personal leave and passes are restricted. Soldiers and Airmen assigned to Fort Riley must remain in

See VIRTUAL, page 4

Army installation access now eased for Gold Stars



File Photo

Maj. Gen. John S. Kolasheski, 1st Infantry Division and Fort Riley commanding general, speaks with Gold Star family members before the "We Remember Tour" presentation featuring Medal of Honor recipient retired Col. Donald "Doc" Ballard at Marshall Army Airfield Aug. 27, 2018.

IMCOM PUBLIC AFFAIRS

Certain Gold Star and next-of-kin survivors are expected to find it easier to visit Army installations since a new process went into effect in January.

The new survivor's access policy allows qualified survivors to get through gate security more easily and travel on post without an escort to attend events, view memorials, receive services and similar activities using their survivor's access card.

"The Army values people, especially our Gold Star spouses and family members," said Lt. Gen. Douglas Gabram, commanding general, U.S. Army Installation Management Command. "This change allows them to more easily receive the benefits and services to which they are entitled, and helps enable them to remain connected to the Army."

Eligible survivors are those who meet the criteria to receive the Gold Star lapel button or Gold Star Next-of-Kin lapel button, including widow or widower, parent, child, stepchild, child through adoption, brother, half-brother, sister and half-sister.

Eligible survivors may apply for and receive a survivor's access card through the Army's Automated Installation

See ACCESS, page 6

U.S. Army Criminal Investigation Command cautions teleworkers to adhere to best practices

SPECIAL TO THE POST

QUANTICO, Va. — As the Army community continues to encourage teleworking, the U.S. Army Criminal Investigation Command reminds users about cyber adversaries and the importance of keeping all information on the network safe.

As telework increases across the Army, network users play an important role in protecting the Department of Defense Information Network. Users are encouraged by CID to follow department-issued guidance and best practices as well as those developed by DoD. This information will help ensure users maintain secure use of common capabilities and continue to operate effectively during telework status.

The CID officials also remind the Army community

that government-furnished equipment is for official government use only and is to be used only by authorized users. It is important to remind family members the computer is for work only and not to be used for other purposes. Users are encouraged to utilize good practices such as locking and removing your common access card and maintaining the physical security of their GFE.

Additional important reminders for government teleworkers:

- The use of Government Furnished Equipment is always the preferred method for connecting to DOD Resources
- Adhere to organization-specific Telework User Guidance
- Use the organization's official

services while conducting official business, for example, VPN, MobiKEY, Skype for Business, and VidoDesktop etc.; and log off from connection at the end of the workday or during idle times when not directly interacting with network resources.

- While connected to the NIPRNet, use of streaming video/audio and internet access is not authorized except for official business
- Study and follow the Acceptable Use Policy for government systems
- Use organization's approved communication and collaboration methods for official business
- Work offline whenever possible

In addition, the Criminal Investigation Command's Major Cybercrime Unit continues to warn the Army community of ongoing Coronavirus-themed phishing attacks impersonating organizations with the end goal of stealing information and delivering malware.

"Cybercriminals are innovative and will take advantage of current browsing trends to conduct social engineering attacks," said Edward Labarge, Director, Major Cybercrime Unit, USACIDC. "We have already seen this with malware-infected COVID-19 maps and phishing emails related to the pandemic."

Labarge recommends always inspecting the URL and ensuring you know where the link will take you because criminals are disguis-

ing themselves in an effort to steal money and/or sensitive information.

"When conducting research on COVID-19 or any other topic, you want to ensure you use good cybersecurity best practices," he said. "This includes keeping your browser, operating system, and antivirus software up to date. Additionally, you should never click on an unknown link. You can check the link by hovering your mouse over the URL to see where it leads."

Some Trusted Sources available for use:

- * DAF COVID-19 Webpage: <https://www.af.mil/News/Coronavirus-Disease-2019/>
- * Centers for Disease Control and Prevention (CDC) COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

coronavirus/2019-ncov/index.html

- * USAF COVID-19 Information Page: <https://www.af.mil/News/Coronavirus-Disease-2019/>
- * World Health Organization: <https://www.who.int/>

Please continue to exercise proper cyber hygiene while utilizing VPN and government computers as well as personal devices.

For more information about computer security, other computer-related scams, and to review previous cybercrime alert notices and cyber-crime prevention flyers visit the Army CID MCU website at <https://www.cid.army.mil/mcu-advisories.html>.

To report a crime to Army CID, visit www.cid.army.mil.

Soldiers on permanent change of station orders can now request to stay extra year at duty station

By Sean Kimmons
ARMY NEWS SERVICE

WASHINGTON — Soldiers preparing for a permanent change-of-station move can now request to stay at their current duty station for up to a year, as the Army adapts how it moves people during the COVID-19 crisis.

New Army guidance says Soldiers can request to defer an assignment and return to their losing unit if they expect to face hardship as a result of a PCS move.

"People remain our No. 1 priority, our center of gravity in all we do," Lt. Gen. Thomas Seamands, the Army's G-1, said at a press briefing Thursday. "We're

working really hard to take care of our Soldiers, civilians and families around the globe."

On Monday, the Defense Department began to temporarily halt all domestic travel, including PCS and temporary duty travel, for service members, DOD civilians and their families assigned to DOD installations in the U.S. or its territories.

The domestic travel ban lasts until May 11 and follows other restrictions last week that stopped movement for 60 days to overseas locations with a Level 3 travel health notice, such as South Korea and much of Europe, where there have been widespread transmissions of the virus.

STABILIZING FAMILIES

The latest guidance comes after Army Chief of Staff Gen. James McConville suggested last year that Soldiers be allowed to stay put if it increases their quality of life and eases the peak PCS season in the summer.

While the Army plans to liberally approve requests, Seamands said that not all will be granted, particularly for mission-essential personnel.

"Absent any mission-essential nature of their assignment, then they should be allowed to stay in place," he said.

See MOVE, page 6



Stephanie Wade | Army News Service

Movers pack up the household goods of a Soldier June 12. Soldiers preparing for a permanent change-of-station move can now request to stay at their current duty station for up to a year, as the Army adapts how it moves people during the COVID-19 crisis.

VOLUNTEER OPPORTUNITIES

UPDATE

DUE TO CURRENT REQUIREMENTS RELATED TO THE COVID-19 PANDEMIC, VOLUNTEER OPPORTUNITIES ARE LIMITED AT THIS TIME. WE APPRECIATE ALL VOLUNTEERS AND LOOK FORWARD TO WORKING WITH YOU IN THE FUTURE.

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

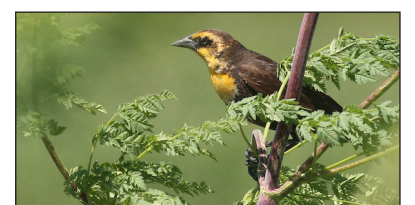
ALSO IN THIS ISSUE



SEVERE WEATHER IS AROUND THE CORNER, KNOW WHAT TO DO DURING A THUNDERSTORM

SEE PAGE 9

ALSO IN THIS ISSUE



SPC. SHELL SPIES ON HIS FEATHERED FRIENDS FROM INSIDE HIS HOME.

SEE PAGE 12

Army working to develop COVID-19 vaccines as force preps its response

By Devon Suits
ARMY NEWS SERVICE

WASHINGTON — The U.S. Army Medical Research and Development Command and U.S. Army Medical Research Institute of Infectious Diseases are aiding in the development of five separate COVID-19 vaccines, Secretary of the Army Ryan D. McCarthy announced Thursday.

In support of the federal government's plan to combat the virus, the Army received an additional \$900 million in funding to help prevent, detect, and treat the disease, McCarthy said.

"We got to spend a few hours with extraordinary Americans who are at the forefront of this fight. We are giving them all the resources that they can try ... to help knock down any roadblocks in their path," McCarthy said about his visit to Fort Detrick, Maryland.

The Army is doing all it can to assist the global medical community as they work together to defeat COVID-19, Army Chief of Staff Gen. James McConville said. The force is also monitoring several dozen vaccine candidates that are currently under development by the public and private sectors.

"The heroes are in this fight. These scientists are working to find a vaccination ... working to find the drugs for treatment ... and are aggressively increasing the capacity of our testing capabilities," McConville said.

During their visit to USAMRDC and USAMRIID, the Army's top leaders wit-

nessed the force's ongoing effort to fight against the disease, McCarthy said. Army leaders also received an update on the first Soldier to come down with the virus in South Korea.

While McCarthy did not share the information about the Soldier's current condition, he did indicate that the virus has put him and his family under a lot of stress.

PREPARING TO FIGHT

Currently, the National Guard is assisting the states as the active-duty force aligns its personnel and resources for when it is called upon to support, McConville said.

The Army is prepared to provide Army medical support to civilian communities, McConville said.

Deployable Army medical units "were designed for combat-type operations ... not designed for infectious diseases," McConville said. Expeditionary military medical capabilities can help take some of the load off, "allowing the civilian hospitals to focus on the issue."

Army leaders are also working to mitigate risk, McConville said. The majority of the Guard and Army Reserve's medical personnel are already working in their communities to combat COVID-19.

"If we call them up, the Reserves, we may be taking them out of the very communities that we're trying to help," McConville said.

Along with the Army's effort to support the medical field, the U.S. Army Corps of Engineers is



Sgt. James Harvey | Army News Service
Lt. Col. Kurt E. Schaecher briefs Secretary of the Army Ryan D. McCarthy at a Walter Reed National Military Medical Center facility on Fort Belvoir, Va., about health care measures implemented to handle COVID-19 March 20.

currently working with four state governors, including the governor of New York, to develop alternative hospital facilities.

"We are offering these governors options," McConville said. "We think the fastest way is to take hotels and dormitories that are available and re-scope them" into medical facilities.

Altering a pre-existing facility to support the Army's mission is not uncommon, McConville said. During World War II, for example, the Army used the Greenbrier Hotel in White

Sulphur Springs, West Virginia, as a Soldier surgery and rehabilitation center.

"Large open tents are not the best place to put people with infectious diseases," Mc-

Conville said. "We are giving (the governors) some options that they can work with."

CID LOOKOUT

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Quarantined Soldiers can apply for \$\$ help

By Gail Parsons
1ST INF. DIV. POST

Should a Soldier who needs financial assistance from Army Emergency Relief find themselves quarantined because of Covid-19, they can bypass an in-office meeting to fill out paperwork.

An AER bulletin dated March 13, outlines the steps AER offices are to take to help people whose movements have been restricted. It also defines the process to ensure Soldiers who are in quarantine can still have access to emergency funds if needed.

Army Emergency Relief remains steadfast in its longstanding commitment to meet the needs of the 21st century Soldier and family during a crisis, the memo states.

"The focus is on those service members who are in quarantine," said Paul W. Depusoir, personal finance manager, Army Community Service. "If for any reason that service member, whether they're married or single,

has to apply for AER assistance and cannot come in like they would normally do, the first thing they will have to do is to give someone special power of attorney."

If they are single that can be a friend or a squad leader. A married Soldier can give it to his or her spouse and provided the spouse is not also under quarantine, they can use the power of attorney to initiate the AER process on behalf of the Soldier.

"The money is then sent electronically," Depusoir said.

Active duty or retired Soldiers who need to initiate AER assistance can start by finding the applications and forms to fill out at <https://share.aerhq.org>. They can also call Depusoir at 785-239-9435.

The online accommodations are for anyone who has been affected by COVID-19, he said.

"If you are affected and you have to be quarantined you cannot actually meet face-to-face with someone, then this is the process," he said.

Recruits may get pay before basic combat training, in-person recruiting halts amid coronavirus fears

By Thomas Brading
ARMY NEWS SERVICE

FORT KNOX, Ky. — Some recruits will receive active-duty pay ahead of initial training, said top Army leaders, as recruiters move to a 100% virtual platform in the wake of the COVID-19 pandemic.

While the deadly virus continues sweeping the globe, Army leaders are discussing ways to pay future Soldiers sealed off in coronavirus hotbeds and forced to self-isolate at home, instead of leaving on their scheduled Basic Combat Training ship date.

"Parents are sending us their sons and daughters, and we have an obligation to take care of them," said Army Chief of Staff Gen. James C. McConville, to Pentagon reporters Friday. "Many of these young men and women were expecting to go to work. So they've quit their jobs to go ahead and serve — we're very cognizant of that."

Paying them is "the right thing to do," said Maj. Gen. Frank Muth, commanding general of U.S. Army Recruiting Command. This comes as officials announce more than 1,400 recruiting stations will shift to exclusively virtual operations to stop the spread of COVID-19.

However, the Army's recruiting force is still in business. Instead of in-person communicating, recruiters will use virtual tools like social media, text messaging, video chats, and even online gaming, Muth said.

He added that he is confident in the Army's ability to operate in a virtual space, especially as virtual communication has already become a primary method of talking with potential Soldiers.

"We are going to virtual recruiting; much of that is done on social media and that allows us to protect our soldiers and also protect the new recruits," McConville said.



Samuel King, Jr. | Army News Service

Future Soldiers raise their right hand and recite the enlistment oath Feb. 26 at Eglin Air Force Base, Florida. The new recruits were administered the oath via video link by Col. Andrew Morgan, an astronaut and Soldier, aboard the International Space Station more than 250 miles above the Earth.

"While face-to-face discussions are valuable when discussing options to serve in the U.S. Army, we are able to work around that — if necessary," Muth said. "Right now, I think that is necessary for the health and safety of our force and those around them."

"Force health protection is our highest priority," he added. "The [USAREC] is taking precautions to protect the health of the force and minimize exposure to coronavirus disease while remaining dedicated to meeting mission requirements."

Recruiters are now focused on the virtual space, and will continue to connect with individuals interested in serving. This modeling system, according to Muth, will analyze the potential impacts on leads. But at this point, he said it's too early to know what impact it will make.

The Army was already ahead of its recruiting goal before the COVID-19 outbreak, Secretary of the Army Ryan D. McCarthy explained. With the spread of the virus impacting parts of the country more than others, he said the force is con-

tinuously learning and adapting to meet its recruiting mission.

Many young men and women want to stay home to be with their families, McCarthy said. Army leaders are looking to defer enlistment bonuses to give future Soldiers a chance to weather this difficult time before shipping off to basic military training.

The USAREC is also implementing improved screening processes to ensure the safety of all personnel, McConville said. The Army has started screening recruits for COVID-19 at all military entrance processing stations.

To meet the Army's end-strength goals, future Soldiers will continue to push forward to Basic Combat Training. However, procedures are in place to evaluate and monitor them before they can enter, McConville said.

As a precautionary measure, recruiters are pre-screening all future Soldiers who are within 15 days of shipping to BCT, officials said. Recruits with increased risk factors or showing symptoms are directed to

contact a medical provider and be evaluated, and they must be cleared by Military Entrance Processing Station professionals before shipping.

This could result in a delay in shipping to the training base, officials said. The length of the delay will depend on how long it takes the individual to be free of any symptoms to ensure the future Soldier does not have COVID-19. It will also depend on training seat availability.

Recruits who are not at increased risk and are symptom-free will ship to basic training as scheduled. Once these recruits arrive at their training installation, they will receive another round of screening.

After recruits graduate BCT, they will continue to their advanced individual training, or AIT, locations based on guidance from their chains of command.

To date, Army officials have identified six recruits with coronavirus symptoms, but none have confirmed cases. Sixty-seven service members have tested positive for the invisible virus, including 21 Soldiers.

ARMY EMERGENCY RELIEF

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Campaign goal is to reach every Soldier on Fort Riley

By Gail Parsons
1ST INF. DIV. POST

Fort Riley Army Emergency Relief paid out \$1.4 million in financial aid to Fort Riley Soldiers in 2019, yet only about \$87,000 was contributed during the year. That is equivalent to \$1 raised for every \$15.28 given in assistance.

The 2020 AER Campaign started March 1 and will go through May 15 — in that time Paul W. Depusoir, personal finance manager, Army Community Service, said he hopes more Soldiers and their families will step up and make contributions.

"It's not so much the amount the person gives as it is the volume," he said. "Only 7% of uninformed Soldiers contribute."

If each Soldier on Fort Riley gave a one-time contribution of \$5 or had a payroll deduction of \$1 a month, they could close the gap between dollars in and dollars out. It won't break the bank, but it will make a big difference, he said.

Depusoir said he is reaching out to meet with a representative with each unit who is tasked to bring the information back to their Soldiers. This year the theme of the campaign is "100% Informed." The goal is to ensure every Soldier knows the benefits of AER and the programs available to them.

NEW INITIATIVES

In addition to long-standing AER programs, Depusoir said there are a few new initiatives he wants Soldiers to know about.

"If the Soldiers ... recognize all the things that AER can do it will have a much deeper meaning for them with regards to making contributions," he said.

Emergency leave: Anyone who goes on emergency leave immediately half of the cost given as a grant. The funds can go toward expenses associated with the emergency such as transportation, lodging and funeral expenses.

Bridge loan increase: If a family member dies the service member has to wait 30 to 45 days for the Servicemembers' Group Life Insurance death benefit insurance is paid. But meanwhile there are expenses. The cap on a loan for funeral expenses has been raised from \$10,000 to \$15,000.

Cranial helmet: Requests for cranial helmets are now funded at 100% and paid as a grant.

Dependent dental care: Requests to help with dental insurance starts at a minimum of 50% and is paid out as a grant.

"Servicemembers are covered for dental care but a dependent, they have to have dental insurance and that expense is pretty high," Depusoir said.

He said he recently helped a Fort Riley family who had a \$13,000 dental bill. Insurance paid \$7,000 but they were struggling to find the \$6,000 they owed.

Passport, immigration and visa fees: A 100% grant is available to Soldiers who are working to bring a foreign-born spouse to the United States.

Special needs assistance: This 100% funded grant is intended for out-of-pocket expenses associated with special needs equipment.

Army Emergency Relief is there for the Soldiers, their families, retirees and widows. The campaign provides an opportunity for active duty and retired Soldiers to contribute to the welfare of their fellow Soldiers, Depusoir said.

With the recent shut down of most activity due to Covid-19, Depusoir said he would encourage people to go to <https://www.armyemergencyrelief.org/> where they can make their contribution online.

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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Fort Riley historic names: Hiram Tuttle

Gail Parsons
1ST INF. DIV. POST

Tuttle Avenue connects Longstreet Drive and 1st Division Road; there is also a Tuttle Park. These are named in memory of Col. Hiram Tuttle who left his mark more on the equestrian world than he did on the Army and Fort Riley.

Born Dec. 22, 1882 in Dexter, Maine, Tuttle trained as a lawyer before joining the Army in 1917 as the military was building its numbers to respond to The Great War.

In 1930 he was assigned as an Army quartermaster to the Cavalry School at Fort Riley. According to a historic marker placed at the intersection of Morris and Godfrey avenues, Tuttle trained many famous dressage horses with the Fort Riley Equestrian Team.

Dressage is a riding technique in which the rider guides his mount through a set of maneuvers without visible use of the hands, reins or legs.

Two years after arriving at Fort Riley Tuttle competed in the Olympics held in Los Angeles in 1932. He became the first and only U.S. rider to win an individual medal in an Olympic dressage event bringing home the bronze. He did so

on a horse named Olympic. In the 1932 Olympics he was also part of the Dressage team, which also earned a bronze. Six more American teams, since that time, have medaled in the Olympics.

According to an article in the 2015 online edition of USDF Connection, a publication of the United States Dressage Federation, Tuttle didn't quite fit the cavalry mold and never would rise to the top of the officer corps. Partly because he was about 10 years older than most of his counterparts, who had little use for dressage's discipline, formality and lack of excitement.

Tuttle had developed a passion for dressage at a time when people in the country were not familiar with it. He taught himself the fine points of classical horsemanship and went on to become this country's foremost dressage rider, the articles states.

"Tuttle did so much with so little and was so little appreciated," the article quotes retired Lt. Col. Louis A. DiMarco, author of War Horse: A History of the Military Horse and Rider. "He was the only officer to focus strictly on dressage. Everybody else in the Army world — which in those days meant in America — who did dressage learned what to do and how to do it from him."



Courtesy photo

Col. Hiram Tuttle was the first U.S. equestrian rider to medal in the Olympics, which he did in 1932.

Tuttle retired in 1944 at Fort Riley and stayed in the area until his death in 1956. He is buried at the Fort Riley Cemetery. According to the USDF article Fort Riley is also the final resting place for Tuttle's horses Vast, St. Murray and Olympic — which was the horse he rode in the Olympics.

In 2002, Tuttle was inducted into the Roemer Foundation/USDF Hall of Fame.

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

CIVILIAN SPOTLIGHT

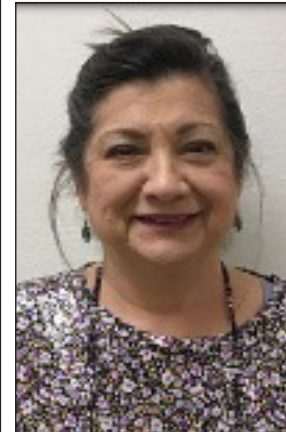
MARTA OLIVERAS
ADMINISTRATIVE SUPPORT SPECIALIST
DIRECTORATE OF HUMAN RESOURCES

Marta Oliveras is commended for her outstanding performance of duties as the Administrative Support Facility Manager for Education Services, Directorate of Human Resources. On Feb. 7 due to a reported health hazard in Building 215, Oliveras relentlessly assisted in ensuring that an unexpected relocation of students, faculty and two other agency personnel were carried out successfully and without degradation of services.

Within a few hours of the reported incident, Oliveras quickly accessed the situation and contacted all of the key people who could assist. In addition, Oliveras was instrumental in relocating per-

sonnel within the On-Post Housing and Transportation Office, as well as relocating several college classes with more than 75 students attending. Oliveras provided her expertise in all facets of her Facility Management duties bringing resolution quickly and without incident and because of her efforts, phone service was re-established within two days after the incident for the Housing Office relocated within Education Services. The Transportation Operations offices were relocated to Building 407 and all classes were relocated between several Education Services buildings. Even though classes were relocated, all classes were able to commence as scheduled with all 75 students in attendance.

Oliveras' institutional knowledge of Fort Riley and the assistance she provided without hesitation or delay during this incident demonstrated her commitment to the mission and going beyond the call of duty, for both internal and external customers. The problem-solving skills she utilized for resolution are traits to be emulated by all.



VIRTUAL Continued from page 1

the local area, defined as a 70-mile radius around Fort Riley. Commuting to and from a primary residence if outside of the 70-mile radius is authorized. Soldiers who are on leave, you are authorized to return to Fort Riley.

- The commanding general is the approval authority for Soldiers to take emergency leave.
- Soldiers on separation leave (ETS/UQR/RET) are not subject to the domestic travel ban and associated restrictions.
- Temporary Duty — The commanding general is the approval authority for all new TDY. Individuals who are on TDY, and whose TDY ends during the stop move March 16 to May 11, are authorized to return to Fort Riley.
- Travel by patients and medical providers, for the purpose of medical treat-

ment for DOD personnel and their family Members, is authorized.

- contiguous United States PCS Moves — All PCS moves are suspended with the exception of those who have already signed out of Fort Riley and begun a stateside PCS. Those who have shipped their household goods, and/or terminated your lease but have not left Fort Riley, are on hold.
- Outside contiguous United States PCS Moves — People who have signed out of Fort Riley and not departed the United States for an overseas PCS move, will be directed to return back to Fort Riley.

Col. Theodore Brown, Irwin Army Community Hospital commander, answered questions and reiterated the guidance from the Centers for Disease Control and Prevention on what to look for as far as symptoms of the virus and

how to prevent contracting or spreading it.

"One of the mantras that has been thrust to the forefront is 'stop the spread, call ahead,'" he said. "This is one way that all of us in the community can help to prevent transmission not just of COVID-19, but any other infectious disease especially upper respiratory infections that are very easily transmitted from person to person. And what 'stop the spread, call ahead' means is that if you have upper respiratory infections, flu-like symptoms, you think it might be COVID or just an ordinary cold, please call ahead first. Don't just come to the emergency room, unless you have life, limb or eyesight problem or an immediate need and they need to get there. Call the ER, ahead of time. Hopefully you don't have to, but if you have to call 911 for any reason, please let those first responders know that you have upper respiratory symptoms because they need to take appropriate precautions as well, to protect

themselves and to protect you as well."

Angela Watson, Corvias operations director, said to help combat the spread of the virus, all non-essential work orders have been postponed and technicians will only be addressing emergent work orders that have a detrimental effect on the housing or the facility.

"We have canceled all resident, community and team events and we have also closed all of the community centers and amenities," she said. "At this time, the team is still in the building. They are still working and answering the phones and working via emails. This is just preventing the ability to walk through the door. The great thing is we have great technology that allows us to continue (to do) business. So, we will still work for you, we still want you to call us, we still are here to help."

To watch the entire town hall meeting the videos can be found on the Fort Riley Facebook page.

Preparing Army Communities Today for the Hazards of Tomorrow

BE INFORMED ▶ MAKE A PLAN ▶ BUILD A KIT ▶ GET INVOLVED

COVID-19

CORONAVIRUS DISEASE

Army COVID-19 Information Hotline
1-800-984-8523
Overseas DSN 312-421-3700
Stateside DSN 421-3700

VIRTUAL CAREER FAIR

April 7, 2020 | 11:00am - 3:00pm (CST)
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* CURRENT FEATURED COMPANIES *
DAY, Airstreams Renewables, First Command Financial Services, Federal Aviation Administration (FAA), HEA, Lockheed Martin Corporation, Walgreens...and many more!

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JOB OFFERS
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- Bring a current resume if one is available

Register
Now!

Pre-register to view a complete live list of exhibitors and to ensure receipt of event updates.
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RecruitMilitary.com/CentralIVE
PRE-REGISTRATION NOT NECESSARY, BUT ENCOURAGED.
NO FEDERAL OR DOD ENDORSEMENT IMPLIED.

BUSTED

MARCH 8

- Sp., 101st BSB, 1st ABCT, 1st Inf. Div., speed 11 to 15 over
- Pfc., 511th QFFC, 541st CSSB, 1st Inf. Div. Sust. Bde., no proof of insurance
- Sgt., Co. G, FSC, 3rd Bn., 66th Armor Regt., 1st ABCT, 1st Inf. Div., speed 16 to 20 over
- Sgt., 116th MP Co., 97th MP Bn., 89th MP Bde., speed 11 to 15 over
- Sgt., 116th MP Co., 97th MP Bn., 89th MP Bde., no proof of insurance
- Pfc., 511th QFFC, 541st CSSB, 1st Inf. Div. Sust. Bde., failure to stop at a posted stop sign
- Pfc., 511th QFFC, 541st CSSB, 1st Inf. Div. Sust. Bde., expired registration

MARCH 9

- Sp., HHC, STB, 1st Inf. Div. Sust. Bde., speed 11 to 15 over
- Sp., Co. A, 101st BSB, 1st ABCT, 1st Inf. Div., speed 21 and up
- Sp., HHC, 3rd Bn., 66th Armor Regt., 1st ABCT, 1st Inf. Div., failure to maintain lane
- Sp., HHC, 3rd Bn., 66th Armor Regt., 1st ABCT, 1st Inf. Div., failure to stop at a posted stop sign
- Sp., Co. B, 601st ASB, 1st CAB, 1st Inf. Div., following too close

MARCH 10

- Sp., 300th MP Co., 97th MP Bn., 89th MP Bde., Failure to set parking brake
- Pfc., HHC, 2nd Bn., 34th Armor Regt., 1st ABCT, 1st Inf. Div., expired registration
- Pfc., HHC, 2nd Bn., 34th Armor Regt., 1st ABCT, 1st Inf. Div., no proof of insurance
- Sp., 300th MP Co., 97th MP Bn., 89th MP Bde., failure to use seatbelts

- Pvt., 1st Bn., 63rd Armor Regt., 2nd ABCT, 1st Inf. Div., no drivers license/unlicensed
- Pvt., Co. A, 601st ASB, 1st CAB, 1st Inf. Div., failure to use seatbelts
- Pvt., HHD, 97th MP Bn., 89th MP Bde., no proof of insurance
- Pvt., HHD, 97th MP Bn., 89th MP Bde., no drivers license/unlicensed
- 1st Lt., HSC, HHBn, 1st Inf. Div., speed 16 to 20 over
- 1st Lt., HSC, HHBn, 1st Inf. Div., expired registration
- Sp., Co. B, 601st ASB, 1st CAB, 1st Inf. Div., parked in designated handicapped parking space
- Pfc., Co. C, 601st ASB, 1st CAB, 1st Inf. Div., parked in designated handicapped parking space
- Sgt., 24th CTC, 541st CSSB, 1st Inf. Div. Sust. Bde., failure to use seatbelts
- Sgt., 300th MP Co., 97th MP Bn., 89th MP Bde., failure to use seatbelts
- Sp., 1st Sqdn., 4th Cav. Regt., 1st ABCT, 1st Inf. Div., no proof of insurance
- Pfc., 300th MP Co., 97th MP Bn., 89th MP Bde., no proof of insurance
- Sgt., Co. B, 601st ASB, 1st CAB, 1st Inf. Div., expired registration

MARCH 11

- Sgt., Co. F, FSC, 1st Bn., 5th FA Regt., 1st ABCT, 1st Inf. Div., speed 16 to 20 over
- Sgt., 24th CTC, 541st CSSB, 1st Inf. Div. Sust. Bde., failure to yield right of way
- Sgt., Co. B, 1st BEB, 1st ABCT, 1st Inf. Div., following too close
- Warrant Officer, HHC, 1st ARB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., failure to stop at a posted stop sign
- Pfc., Co. D, 3rd AHB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., speed 16 to 20 over

- Pfc., Co. D, 3rd AHB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., expired drivers license

MARCH 12

- Sp., Co. E, 2nd GSAB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., improper display of license plate
- Sp., HSSB, 3RD BCT, speed 16 to 20 over
- Sp., Co. B, 601st ASB, 1st CAB, 1st Inf. Div., following too close
- Sp., 601st ASB, 1st CAB, 1st Inf. Div., illegal parking
- Sp., Co. B, 1st Bn., 16th Inf. Regt., 1st ABCT, 1st Inf. Div., speed 16 to 20 over
- Sp., Co. E, 2nd GSAB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., failure to stop at a posted stop sign
- Sgt., 2nd GSAB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., parked in a no parking zone
- Pfc., Co. A, 3rd AHB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., speed 16 to 20 over
- Capt., HHC, 1st ARB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., speed 11 to 15 over
- Sgt., Co. C, 82nd BEB, 2nd ABCT, 1st Inf. Div., no proof of insurance
- Pfc., 300th MP Co., 97th MP Bn., 89th MP Bde., failure to use seatbelts

MARCH 13

- Pfc., HHT, 1st Sqdn., 6th Cav. Regt., 1st CAB, 1st Inf. Div., failure to stop at a posted stop sign
- Pfc., Co. D, 1st ARB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., no license plates
- Pfc., Co. D, 1st ARB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., no proof of insurance
- Lt. Col., 8TH LEGAL OPS DET/RESERVE, speed 16 to 20 over
- Pfc., Co. E, 2nd GSAB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., improper display of license plate

MARCH 14

- Pvt., 24th CTC, 541st CSSB, 1st Inf. Div. Sust. Bde., failure to stop at a posted stop sign
- Sp., 3rd Bn., 66th Armor Regt., 1st ABCT, 1st Inf. Div., expired registration
- Sgt., 3rd AHB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., failure to obey traffic control device
- Sp., HSC, HHBn, 1st Inf. Div., improper backing
- Sp., Co. C, 601st ASB, 1st CAB, 1st Inf. Div., speed 11 to 15 over
- Sp., Co. B, 1st Bn., 18th Inf. Regt., 2nd ABCT, 1st Inf. Div., parked in a no parking zone
- Sgt., HHC, 1st BEB, 1st ABCT, 1st Inf. Div., parked in a no parking zone
- Pvt., Co. D, 3rd AHB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., speed 16 to 20 over
- Pvt., Co. D, 3rd AHB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., no proof of insurance
- Pfc., Co. B, 1st Eng. Bn., speed 16 to 20 over

OTHER CITATIONS ISSUED

- March 11** — two instances of speed 21 and up, two instances of speed 11 to 15 over, parked in designated handicapped parking space, no proof of insurance, entering/exiting roadway
- March 12** — failure to display proper registration, speed 16 to 20 over, illegal parking
- March 13** — two instances of speed 11 to 15 over
- March 14** — speed 11 to 15 over, two instances of parked in a no parking zone, improper display of license plate, no driver's license in possession

RILEY ROUNDTABLE

If you could hire someone to do one thing for you – one task or chore, what would it be?



"Clean my roommate's room. That's one thing I don't have control of and it bugs me."

PVT. BRAXTON CARR
WOODS CROSS, UTAH

601st Aviation Support Battalion,
1st Combat Aviation Brigade, 1st
Infantry Division



"My email. I spend too much time looking at email, answering email, deleting email."

SGT. 1ST CLASS SHENEIDA HARVEY
VIRGIN ISLANDS

101st Brigade Support Battalion,
1st Armored Brigade Combat
Team, 1st Infantry Division



"Handle all the Army bureaucracy – all the paperwork."

STAFF SGT. BRYAN LAHTI
DANVILLE, VIRGINIA

1st Heavy Attack Reconnaissance
Squadron, 6th Cavalry Regiment,
1st Combat Aviation Brigade, 1st
Infantry Division



Take care of my pets – werewolf cats, a tortoise and a bird."

DOMINIC BARNES
MANHATTAN, KANSAS

Kansas State University military
student services coordinator



"To take my place – be my doppelganger."

SGT. JOY DERRIT
STREETSBORO, OHIO

300th Military Police Company,
97th Military Police Battalion, 89th
Military Police Brigade

THE 1ST INFANTRY DIVISION POST

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LETTERS TO THE EDITOR

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

SAFETY CORNER

Preventing eye injuries with proper protection

Walter L. Hill
GARRISON SAFETY OFFICE

Team Riley, March is Workplace Eye Wellness Month. The human eye is often taken for granted. While people are accustomed to eating healthy foods and receiving the proper amount of exercise, many rarely consider their vision health. When it comes to our eyes, it is most important to protect the eyesight we have been given. It can be easy to operate in the mindset that "bad things won't happen to me on the job."

In fact, according to the Centers for Disease Control and Prevention every day, 2,000 workplace eye injuries occur that require medical attention? Beyond the human cost, eye injuries result in more than \$300 million in lost time, medical expenses, and workers' compensation. Also the Prevent Blindness America Organization estimates that 90 percent of workplace eye injuries could be avoided with proper eye protection. "All it takes is a tiny sliver of metal, particle of dust, or splash of hazardous chemical to cause a significant and permanent eye damage."

The USAG Safety Office wants you to increase your knowledge and awareness on how to prevent eye injuries and protect one of your most valuable assets, your vision! The Bureau of Labor Statistics reports that almost three out of five workplace eye injuries are due to not wearing appropriate eye protection.

Whether it is goggles, helmets, face shields, or just safety glasses, simply wearing them will protect and in many cases save eyesight. Health care workers especially require proper eye protection. Infectious diseases can be transferred through the mucous membrane of the eye.

10 Tips to help prevent eye injuries in the workplace:

- **Assess** — Conduct a job hazard analysis in your workplace. Identify what hazards workers are exposed to, such as flying objects, molten metal, liquid chemicals, acids or caustic liquids, chemical gases or vapors, potentially injurious light radiation or looking at a monitor for a long period.
- **Protect** — Select protective eyewear based on the specific duties or hazards. Safety eyewear must have "ANSI Z87" clearly marked on all glasses or goggles and should be worn at all times whenever eye hazards are present.
- **Participate** — For maximum protection against eye injuries, establish a 100% mandatory program that requires eye protection in all operational areas of your worksite.
- **Fit** — Workers cannot be expected to use their protective eyewear unless it fits well and is comfortable.
- **Plan for an emergency** — Establish first-aid procedures for eye injuries. Make eyewash stations accessible,


especially where hazardous chemicals are used.

- **Educate** — Continue to conduct ongoing educational/training programs to establish, maintain and reinforce the need for protective eyewear. Add eye safety to your regular employee education/training programs and include it as a part of new employee orientation.
- **Support** — Management support is key to having a successful eye safety program. Management should set an example by wearing protective eyewear whenever and wherever needed.
- **Review** — Continually review and, when needed, revise your accident prevention policies. The goal should be to have no eye injuries or incidents!
- **Put it in writing** — When all parts of your safety program have been created, put them in writing. Display a copy on your bulletin board in the work area.


Team Riley, Let's make sure we do everything we can to protect our vision. Remind workers and family members of off the job eye hazards like do it yourself work on cars and homes, cooking accidents, sports injuries and chemical splashes from cleaners and fertilizers. If you would like more tips on how to prevent eye injuries in your home or workplace, please contact the Garrison Safety Office, 785-239-0517.

READY, GOUGH! SNEEZE!


Use a tissue. Wash with soap.



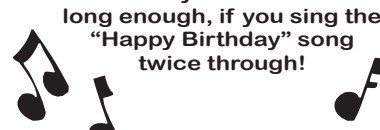
Remember to cough and sneeze, into a tissue!



Toss used tissues into the trash; right away wash your hands with warm soapy water.



You know you have washed long enough, if you sing the "Happy Birthday" song twice through!



ACROSS

3. Stopping health problems before they start.

4. The part of your face that you use to breathe and smell. It has two small openings called nostrils.

6. You blow your nose with a _____.

9. A pain or throbbing in one's head is a _____.

12. This is what you use to talk with.

13. These are so small they can only be seen only through a microscope, some might make you sick.

DOWN

1. A rise in temperature of the body above 98.6 degrees.

2. A group of organisms within a species that differ in trivial ways from similar groups.

5. If you take good care of your body by exercising and eating right, you are _____.

7. When you get a tickle in your nose you sometimes blow air out through it suddenly. We call this a _____.

8. You _____ your hands with soap and water.

10. You may have a runny nose, sneezing and sore throat when you have a _____.

11. An explosive and sudden release of air through the mouth.

Answers: ACROSS 3. Prevention 4. Nose 6. Tissue 9. Headache 12. Mouth 13. Germs
DOWN 1. Fever 2. Strain 5. Healthy 7. Sneeze 8. Wash 9. Headache 12. Mouth 13. Germs

www.ready.army.mil



DH Calls His Mom



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.

The next
USAG
Resilience
Day Off is

April

10

HAVE A STORY IDEA?

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

MOVE Continued from page 1

Soldiers assigned to Patriot missile units, for instance, may not qualify for the delayed movement since they have a high operational tempo and can only go to certain places.

For most Soldiers, Seamands said they should have a say in the decision, especially if they choose to reenlist in order to stabilize or go someplace else.

"We'll stabilize the family likely for a year and then see what the inventory and the readiness demands are across the force at that point," he said.

The Army also plans to address possible shortages in units caused by the moves, or the lack of them.

"We are constantly balancing readiness and looking at the numbers across the board to make sure we have the right Soldier with the right skill in the right place," he said. "But there would potentially be a second-order effect and that's our job to mitigate that and to be able to maintain readiness across our Army."

HOUSEHOLD GOODS

Shipment of household goods, including personal vehicles, for those scheduled

to move will also be delayed until at least May 15, unless there is an approved exception to policy.

In a nutshell, if a household goods shipment has been awarded to a moving company but no physical action has been taken, then the items will not move until the DOD stop-movement order changes, said Lt. Gen. Duane Gamble, the Army's G-4.

But "if a Soldier is permitted to continue with their PCS move, then their household goods will be moved accordingly," Gamble said at the briefing.

Exceptions may only be granted for compelling cases deemed mission essential, necessary for humanitarian reasons or warranted due to extreme hardship.

U.S. Transportation Command continues to have daily calls with moving companies to share information on travel restrictions and any movements.

"Like any sector, this is hitting them really hard and they're anxious to know when traffic will resume," said Rick Marsh, director of

the Defense Personal Property Program.

Soldiers who decide to stay in place for a significant amount of time will get their orders amended so their household goods and POV are returned to them, if they haven't been shipped yet, Gamble said.

The Army Human Resources Command has set up an emergency hotline to assist Soldiers and families with PCS or TDY questions at 1-800-582-5552.

Soldiers can also contact the telephone number on their orders, or reach back to their old unit or arriving unit for additional guidance.

The DOD has even created new allowances up to \$100 per day — not to exceed \$1,500 per month — to cover additional lodging expenses if a Soldier who is not on TDY or PCS is ordered to self-isolate due to the virus outbreak.

"We're completely committed to our people," Seamands said. "There is a whole lot of uncertainty out there and we're working really hard to reduce it."

ACCESS Continued from page 1

Entry system at their local garrison. Installations without AIE will use DA Form 1602 for survivor's access.

Among the services available to Gold Star spouses and next-of-kin family members is the Army Survivor Outreach Services program, which provides dedicated and comprehensive support through a network of civilians serving as advocates for survivors. Survivor Outreach Services staff can assist survivors to access benefits available to them at their local installation, such as career and financial counseling.

To track survivors' feedback on the new process, the Interactive Customer Evaluation survey added new questions to help determine customer satisfaction with outreach efforts.

"The Army honors our surviving family members by ensuring their access to our installations and Army-led joint bases," said Installa-

tion Management Command Provost Marshal Col. Kevin A. Comfort.

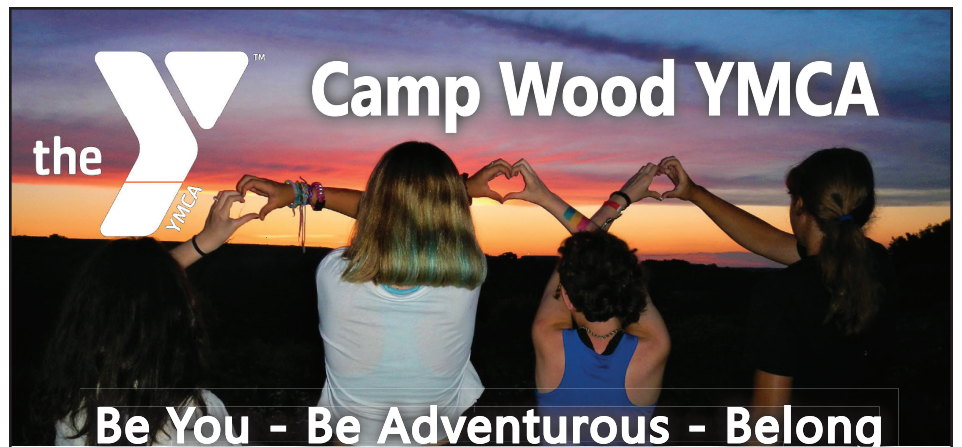
IMCOM is directing policy compliance and training for its 75 garrisons and installations.

The new process resulted from Section 626 of Public Law 115-232, the John S. McCain National Defense Authorization Act for Fiscal Year 2019. The law recognizes survivors as having a valid requirement for long-term, unescorted access to Army installations.

Survivor's access cards will be consistent across the Army and will be valid for three years. Department of Defense leaders are determining policy to provide reciprocity for survivor's cards across all services.

For more information on Survivor Outreach Services, visit

<https://www.armymwr.com/programs-and-services/personal-assistance/survivor-outreach>.

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Whatever your camper's interests from horses to skateboarding, we have a camp for them.

Session 1 - June 7 - 13

Session 2 - June 14 - 20

Session 3 - June 21 - 27

Session 4 - June 28 - July 4

Session 5 - July 5 - 11

Session 6 - July 12 - 18

Session 7 - July 19 - 25

Session 8 - July 26 - Aug. 1

Session 9 - Aug. 2 - 8

**Youth and Family Camps**

Mar 13-15 Spring Break Camp

Mar 29 -Apr 1 Homeschool Family Camp

April 17 -19 Earth Day Family Camp

May 22-24 Mem. Day Family Camp

Sept 4 -7 Labor Day Family Camp

Oct 11-14 Homeschool Family Camp

Oct 23 -25 Halloween Camp

Dec 4-6 Winter Camp

To find out more information please go to:

www.campwood.org

620-273-8641

**HOME.ARMY.MIL/RILEY****PEDIATRIC URGENT CARE IS NOW OPEN!****Children's Mercy**
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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.



File photo

During severe weather, lightning can cause serious damage. According to the National Weather Service, Topeka website, lightning strikes the United States about 25 million times a year. About 300 people are struck by lightning in the country annually.

Gail Parsons
1ST INF. DIV. POST

Lightning is hotter than the sun and can reach a temperature of 50,000 degrees Fahrenheit.

According to the National Weather Service, Topeka website, lightning strikes the United States about 25 million times a year. About 300 people struck by lightning in the country annually. Of those struck, about 30 are killed while others are seriously injured.

The NWS said only about 10% of lightning victims die, but survivors often suffer for the rest of their lives with intense pain, neurological disabilities and other health problems.

The National Severe Storms Laboratory describes lightning as “a giant spark of electricity in the atmosphere between clouds, the air, or the ground.”

When lightning begins to develop the air acts as an insulator between the positive and negative charges in the cloud and between the cloud and the ground. When the opposite charges build up the insulating capacity of the air breaks down and there is a rapid discharge of electricity — resulting in lightning, the NSSL website said.

Lightning can occur anytime of the year. Lightning has occurred in snowstorms, volcanic eruptions, intense forest fires and hurricanes but is most commonly associated with spring and summer thunderstorms. All thunderstorms will have lightning, making them dangerous.

LIGHTNING SAFETY

There is no place outside that is safe when a thunderstorm is in the area,

according to the NWS. Lightning victims often report being caught outside where they couldn't get to safety. Others waited too long before seeking shelter.

If thunder can be heard, the lightning is close enough to strike. People should go inside a building or vehicle when they hear thunder. The NWS say to:

- Avoid open areas. Don't be the tallest object in the area.
- Stay away from isolated tall trees, towers or utility poles. Lightning tends to strike the taller objects in an area.
- Stay away from metal conductors such as wires or fences. Metal does not attract lightning, but lightning can travel long distances through it.
- If you are with a group of people, spread out. While this actually

increases the chance that someone might get struck, it tends to prevent multiple casualties, and increases the chances that someone could help if a person is struck.

- Stay inside a safe building or vehicle for at least 30 minutes after you hear the last thunder. While 30 minutes may seem like a long time, it is necessary to be safe.
- Keep away from electrical equipment and plumbing. Lightning will travel through the wiring and plumbing if a building is struck. Don't take a bath or shower or wash dishes during a thunderstorm.

For more information about lightning safety and dangers, visit <https://www.weather.gov/lightning>.

Military children highlighted in April

Gail Parsons
1ST INF. DIV. POST

Editors note: Because of COVID-19, all scheduled activities and events are subject to change. Please check the Fort Riley Facebook page and website for the latest information.

COVID-19 has dropped a blanket of uncertainty over the planned Month of the Military Child activities on Fort Riley throughout April.

Cheryl Greathouse, operations specialist at Child and Youth Services, said regardless of whether or not events are cancelled, the reason for the month of celebrations remain.

“It is all about recognizing those military children and their contribution to the service member and the family,” she said. “They face a lot of unique situations. And because they are the child of a service member, in some cases we have dual military families so both parents are service members, and there are a lot of unique aspects to that lifestyle.”

The plan was to have a month of special events. This year was to be a little different because it was in conjunction with the 40th birthday of CYS. One of the events planned for April 11 is a Pancake Party Breakfast. They have had the pancake breakfast in the past but after hearing one child last year refer to it as a pancake party they decided to roll with that idea.

“Our intent is that we're going to serve pancakes but we'll have a few extra trimmings that will give it that party atmosphere,” Greathouse said. “We might have some sprinkles for the pancakes, just like

you would like a birthday cake or cupcake.”

The first event of the month is scheduled for April 4 and is the annual Kids Fest. Riley's Community Center will be the spot for a day of activities starting with the signing of a proclamation for MOMC and ending with a concert presented by the 1st Infantry Division Band.

In between there are games, face painting and USO Kansas will have their monthly No-Dough dinner at lunchtime.

Organizations from around post will have tables set up with activities and information. Garrison Safety Office personnel and the Fire Department will be there as well.

“It's just a fun filled afternoon” she said. “It's free, we don't charge anything.”

Among those who plan to be there, provided the event is not cancelled, is Carolyn Tolliver-Lee, a Family Advocacy Program specialist at Army Community Service.

“Family Advocacy promotes Child Abuse Prevention Month during the month of April,” Tolliver-Lee said. “We've always been in partnership with CYS.”

They will promote their parenting and relationship programs. Keeping with the theme of fun, they'll have a cornhole game and a spin-the-wheel where children can win prizes.

“This is an opportunity that we promote the blue pinwheels, ... which are the national symbol for Child Abuse Prevention Month,” she said.

On April 6, the plan is to partner with the Armed Forces YMCA in Junction City for a Moms, Muffins and Mugs program.

“We're offering a morning out for moms,” Tolliver-Lee said. “We will give moms a quick parenting workshop. The title of the workshop will be Raising Responsible Kids.”

Other events that Greathouse hopes will not be cancelled is the annual kids parade April 10, a movie night on the 18th and a Month of the Military Child Birthday Bash Fun Run.

The run will take participants around to stations where they will pick up party favors and then at the finish line will be the birthday party. Later that evening the month's activities will end with a family bingo night.

COVID-19 is threatening to force some cancellations or modifications to the planned events.

“There's a couple of things that have come up ... if circumstances dictate that we're not able to hold all of our events,” she said. “There are other things that we can do to recognize military children. And if we need to do something remotely that is one of the possibilities. Maybe doing a Facebook campaign where we can give ideas to families to do something to recognize their military child.”

The focus for the month will remain on the children of the military member. Whether they can gather for a celebration or it becomes a small family activity, Greathouse said she hopes the military members will talk to their children about their roles.

“Talk to them about how special they are and about what it means to be a military child,” she said. “And if nothing else, you know, as a community, it's just time for us to stop and think about the children and what part they play in the military family.”

Despite deployments, college degree possible

Gail Parsons
1ST INF. DIV. POST

With work, family, deployments — finding time to earn a college degree may seem impossible. It might take longer than it would for someone who goes to school full time but if one never starts, they will never finish.

“I tell them to just take one class,” said Viola Raschke, guidance counselor. “If they say they don't have time — we have Central Texas and we have Upper Iowa who do self-paced classes. So, you have X amount of time to finish the class if you go to the field.”

She and the other guidance counselors at the Fort Riley Education Center, Fradon Martin, Jemalin Hall and Shannon Pierre, help Soldiers figure out how to squeeze in the hours it takes to get a degree.

At Fort Riley finding time is the main roadblock Raschke said.

“It's the amount of time ... they spend out in the field — the amount of time and the frequency that they're out there,” she said. “They have a pretty high tempo here.”

However, it is not impossible and many schools are military friendly Pierre said.

“They do understand that there are field exercises and sudden deployments, and they're willing to work with you,” Pierre said. “They're willing to push back and extend your time that you are in the class.”

Making the decision to start, the counselors said Soldiers can come in and speak to them about their goals and roadblocks to reaching the goal. They can help the Soldier find the right program and right school.

Several schools offer online and self-paced classes, which allow the student to complete their school work around their other responsibilities.

“A self-paced program is really beneficial for those soldiers who often go to the field or they're in their rotations or they have gunnery,” Hall said.

See DEGREE, page 10

WEEKEND WEATHER OUTLOOK

FRIDAY



HI: 63 F

LOW: 50 F

SATURDAY



HI: 64 F

LOW: 46 F

SUNDAY



HI: 63 F

LOW: 34 F

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

FORM MATTERS

Suspension trainer tricep extension

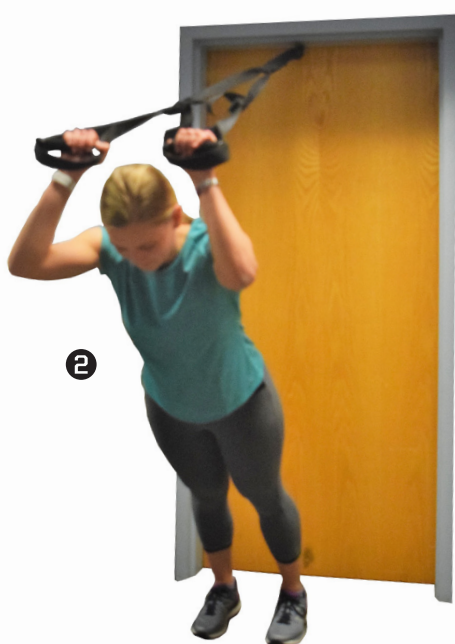
Gail Parsons
1ST INF. DIV. POST

A suspension trainer is a nylon strap with handles. The strap can be anchored on a door and provide the base for many different exercises.

Suspension training uses bodyweight to develop strength, balance, flexibility and core stability simultaneously.

Christine Cunningham, health educator at the Fort Riley Army Wellness Center said there are several upper body exercises, which use a lightweight and portable suspension trainer.

One exercise is a tricep extension. The key to maintaining proper form with this exercise is to keep the elbows in front of the face, she said.



TECHNIQUES

1. Secure the band in the top of a door. Face away from the door and grip the handles. Position arms to the front and overhead. Walk the feet back to where there is tension on the arms
2. Hold body in a neutral position and lower the body forward by bending the arms.
3. Return to the start position, squeezing the triceps at the top of the movement.

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

Nectarine Shortcake

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

Recipe Analysis: (1 serving = 1 shortcake)
Per Serving: 421 calories; 7g protein; 17g fat, 61g carbs (9 carbs: 1 protein)

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

*This recipe is from *Operation Live Well: Eat Well to Live Well* cookbook.

INGREDIENTS (6 SERVINGS)

- 4 nectarines
- 1/4 cup sugar, plus 2 Tbsp. sugar, divided
- 1/2 teaspoon vanilla extract
- 2-1/2 cups reduced-calorie biscuit mix
- 1/2 cup milk
- 3 tablespoon unsalted butter, melted
- 2 cups whipped topping

STEPS

1. Heat oven to 425°F.
2. Pit and slice 3 of the nectarines and toss together with 1/4 cup of the sugar and the vanilla. Set aside.
3. Peel, pit and dice the remaining nectarines.
4. In a large bowl, combine biscuit mix, remaining 2 Tbsp. sugar, milk and butter.
5. Stir in diced nectarine.
6. Drop 1/2 cup mounds onto a heavy-duty nonstick baking sheet.
7. Bake at 425°F for 12 minutes.
8. Cool biscuits on a wire rack.
9. Split 1 in half horizontally and place bottom on a plate.
10. Top with 1/2 cup of the sliced nectarines and 1/4 cup whipped topping.
11. Place the top half of biscuit on whipped topping and dollop with 1 Tbsp. additional topping.
12. Repeat with remaining biscuits, nectarines and whipped topping; serve immediately.

<https://cookpad.com/us/recipes/482111-nectarine-shortcake> #FitFirst

Fort Riley Exchange Reduces Store Hours

Shakira Faison
ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

To assist Fort Riley command with enforcement of social distancing and allow for extra cleaning daily during the COVID-19 pandemic, the Fort Riley Exchange Main Store will now be open from 0900-1800 Monday- Saturday and 1000-1800 Sunday.

Exchange restaurants will be open for to-go and drive-thru orders only.

Additionally, the following facilities have altered their normal operating hours:

- Big Red One 24hr Express hours will be from 5 a.m. to 11 p.m.
- All Main Store Food Court facilities will close at 6 p.m.

Shoppers can contact the Fort Riley Exchange at 785-784-2026 for more information or visit the Fort Riley Exchange Facebook page at facebook.com/RileyExchange.

Education survey checks learning needs

Gail Parsons
1ST INF. DIV. POST

The last time staff at the Fort Riley Education Center sought input through a survey the results led to new programs for Soldiers.

They are again asking Soldiers and their families to take a moment to fill out the 2020 survey so they can accurately gauge what educational opportunities are being sought after.

“By regulation, we have to do a needs assessment every three years — we’re due now,” said Marian Moore supervisory education services specialist. “We’re trying to determine the needs of the Soldiers, veterans, family members and civilians on (and) around Fort Riley.”

The goal is to learn what kind of programs and degrees people are looking for, what they think of the education services offered and areas for improvement.

To make the survey convenient it is offered online and takes less than five minutes, Moore said.

The 2017 survey netted 2,000 responses, which she said was enough to confirm the validity of the responses. If there are not enough survey results, the responses may not accurately reflect what people as a community are looking for.

After the results were tallied last time the Education Services staff consulted with schools in their consortium to find ways to provide what people were looking for.

“There were a few programs that we were able to introduce,” she said. “One is a master’s in business through University of Mary.”

Southwestern College now offers a security management program and in the fall Kansas State University will begin a web technology course.

When they look at the programs people are seeking, Moore said there is a lot to consider.

“Whatever they need or want, it has to be a sustainable program for the university or college to put it on and pay the instructor,” she said. “We have to have the interest, and the ability to take the courses. We look at cost also and make sure it’s something that the Soldier or family member.

The survey is at <https://www.surveymonkey.com/r/G9C55DR>. Active duty, veterans, family members and civilians are all asked to take a moment and fill it out.

“Education Services is interested in offering programs and services that best meet the needs of our customers,” the opening page of the survey states. “In order to make this possible, we need your input to ensure the right programs and services are being offered at Fort Riley. Please remember that in order to introduce a new program, this survey must indicate enough interest to make the new program a success. Please encourage your coworkers and adult family members to fill out a survey. Thank you for your feedback.”

Fort Riley Exchange: Buy Online, Pick up in Store

Shakira Faison
ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

For Fort Riley Soldiers and families, contending with the social distancing challenges of COVID-19, leveraging their Exchange benefit is made easier with the Army & Air Force Exchange Service’s Buy Online, Pick Up in Store service.

Military shoppers can go to ShopMyExchange.com, click on what they need and select the “Pick Up in Store” option. The Fort Riley Exchange will contact shoppers when their order is ready to be picked up at the customer service desk.

“Buy Online, Pick Up in Store adds convenience and saves shoppers time

at no extra cost,” said Fort Riley Exchange Sales and Merchandise Manager Justin McIntyre. “While some products may be subject to rationing or temporarily unavailable during the COVID-19 pandemic, the ability to order online and pick up at the store helps reduce time spent shopping to better protect the community.”

ShopMyExchange.com offers more than 2 million items and military-exclusive pricing — tax free and 100% of Exchange earnings, including those from online purchases, support Warfighters and their families through military Quality-of-Life programs and improving the customer shopping experience.

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Financial literacy is time to review finances, future

Gail Parsons
1ST INF. DIV. POST

April is Financial Literacy Month, which is designated to bring attention to the importance of understanding personal finances.

Kristine Tiroch, HR specialist at the Army Benefit Center, said the Army Benefit Center — Civilian website at <https://abc.chra.army.mil> and the new Government Retirement and Benefits Platform, which is accessed from ABC-C website has resources and have tools to help people.

“The GRB Platform has a lot of great information,” Tiroch said. “Employees can make their benefit elections, utilize the retirement and [Thrift Savings Plan] calculators and watch informative videos.”

Employees can also get personalized information on retirement and survivorship. There is a Total Compensation Statement they can view, which gives a complete overview of employees’ benefits and retirement projections.

The GRB Platform replaced the Employer Benefit Information System.

The ABC-C website also has a section titled, “Financial

Literacy,” which gives recommendations of what employees should do at certain points in their career, whether they are starting out or have retirement in their sights.

“Financial Literacy gives employees an opportunity to learn more about our benefits,” she said. “It is never too late to improve our future and prepare for retirement. Employees should start planning their future as soon as they begin their federal career.”

To help federal employees navigate their personal finances Tiroch has a different focus for each week in April. She will write a newsletter on each topic and encourages people to see how each theme fits into their needs.

April 1 through 11: What is Financial Literacy? The first topic is to explain what is meant by financial literacy. According to the website financial literacy is the set of skills and knowledge that allows an individual to make informed and effective decisions with all of their financial resources.

Civilian employees can call them at 785-240-2222 and speak with someone who can help walk them through the benefits and ensure they are taking full advantage of what is available.

As they go through their career in Civil Service, it is important that they routinely review their benefits, she said. Family situations change and sometimes those will also change long-term financial needs.

“Every time someone calls, we’ll look at their record just to see if there’s any financial information of tidbits we can offer them,” she said.

April 12 through 18: How to manage your Thrift Savings Plan — An integral part of a civilian employee’s financial plan is the TSP. During this week Tiroch will put out information about the different contributions a person can make, how to manage the TSP account, the difference between a contribution allocation and an interfund transfer and more.

“Your TSP is a critical element in your retirement plan,” she said.

April 19 through 25: Avoiding common TSP Pitfalls — Once people are up to speed on TSP, she will tell them some of the common mistakes people make.

“Such as not contributing or taking loans,”

she said. “People put money into TSP, but use it like a savings account or bank loan and they take money out. You need to leave your money in your retirement account so it grows and compounds.”

April 26 to 30: Military and civilian deposits/redeposits — during this week, people will learn how outstanding deposits/redeposits can affect their retirement annuity.

“Most of the cases we run into — an employee had been in the military for four years and got out and became a civilian employee,” she said. “They think that military retirement counts towards retirement, it does not none unless you pay a deposit on that amount into your retirement fund.”

It counts toward Service Computation Date Leave, which is used to determine the rate at which an employee accrues annual leave but not retirement.

“They find out when they go to retire that they had to make a deposit on their military service,”

she said. “By the time they go to retire they have 20 years of interest, and it can be \$40,000-plus, and people don’t have that amount of money to pay it when they’re getting ready to retire. It’s a horrible thing to find out at the end of their career.”

There are ways to avoid that near-retirement surprise and by checking in with the ABC-C, employees can find out what they need to do. Although for some, retirement may seem a long way off, it is never too early to start planning for it she said.

“The day they start as an employee they need to start thinking about retirement,” she said. “People need to plan for this. They say ‘I’ll worry about that when I’m five years before retirement.’ No — the sooner you start planning, contributing to TSP, making your deposit/redeposits and taking advantage of other benefits. You’ll be better set every time. A lot of people when they retire they think they live can live on Social Security — no, you cannot.”

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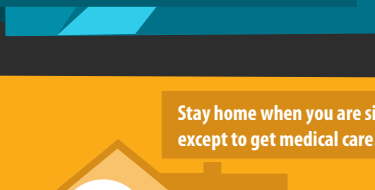
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- KCLY-FM / 100.9
- KQLA-FM / 103.5
- KXKB-FM / 104.7
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DEGREE Continued from page 7

Other classes may need to be done while the Soldier is in the field. If that is the case, Martin said the Soldier needs to find out things like, if they will have connectivity to the internet while in the field, and if they will have time to work on their assignments.

“Soldiers, they go through a lot of challenges,” Martin said. “If something doesn’t work out when you’re taking a course, we have to look at other options for what else can they do. Maybe can they take another course at a later date. Or can you talk to the professor and let them know about what challenges they’re having with training or deployments are made. Maybe they need to look at different school that will fit more of their needs.”

While a lot can be said for choosing the school and program carefully, Hall said it is also up to the Soldier to have the initiative.

“If they are working towards a goal, whether it be promotion points, or they’re trying to add something to their records so it looks good for promotion later on, or they know they’re getting ready to transition out, they tend to be very resilient,” Hall said.

They need to come up with a schedule and have a commitment to working on their class assignments. She spoke of one student she worked with recently who went to gunnery and took his textbooks with him and studied for a test.

“He needed a certain amount of credit hours so he could get into contracting acquisitions,” she said. “He got that, he got accepted because that was his goal.”

Other Soldiers find ways to do some of their classwork on their phones, Raschke said. Depending on their job, they might have access to a computer in the field. She said she can communicate with their leadership about the potential of using the computer.

Communication is key, that includes communicating with leadership and the instructors.

“Let them know ‘I’m in the Army, here’s my schedule; can I do a little bit more in advance, can I have some leeway,’” she said.

Another roadblock Martin said he has seen with one demographic of Soldier is in the diversity of cultural backgrounds that the Army encompasses.

“We have some soldiers from other countries,” he said. “They have to face language barriers, taking English as a second language, taking beginner courses before they start their core courses. We have Soldiers that overcome those obstacles on top of deployments and training.”

No matter what the challenges and roadblock are, a degree is possible and is in reach, the guidance counselors said.

Sitting behind a desk at the Kansas State University office at the Education Center is proof of that.

“It took me 20 years it took me to finish my bachelor’s degree,” said Dominic Barnes, military student services coordinator “That goes from 1989 to 2009. In 2009 I was in Korea for a year and I finished my last class and I graduated.”

Being a full-time Soldier with a family did not leave time for much more than a few credit hours a year.

“It’s a part-time student experience,” he said. “One or two classes at a time throughout the year, if you can do it. But then deployments and field training and babies and PCS moves — they disrupt that flow.

Tours to Bosnia and Iraq helped disrupt his flow but his motivation was learning. He likes being in class and described himself as a life-long learner. Since 2009, he finished his master’s and is working on his doctorate.

When he speaks with potential Soldier students, he can understand their concerns but can impart first-hand knowledge of what it takes to get that degree.

“My philosophy is, there’s always a way to say yes, it just may not be what you expect,” he said. “You have to be flexible. When you’re looking at completing a degree — don’t think about it as something I’m doing in four years, it has to be a long term strategic educational plan.”

If it gets finished quicker, great, but it would be better to slow down and get a higher grade point average, than try to fly through it, he said.

“You have to understand it’s going to take longer,” he said.

In May, hundreds of new Soldier graduates will receive their degrees. For some it took a few years, for others it took more than a decade. But, perseverance and dedication to their goal paid off.

“It is possible to get that degree,” Martin said. “Don’t give up on what you’re trying to do, it is possible. Others have done it — so can you.”

If you are experiencing flu-like symptoms, call the MHS Nurse Advice Line at 1-800-TRICARE 24/7.



Or visit mhsnurseadvice.com to call, chat or video chat with a nurse.

Religious Support office

All Religious Services are being conducted via Facebook Live

Chapel Next 0900

<https://www.facebook.com/fortrileychapelnext/>

Catholic 0930

<https://www.facebook.com/Fort-Riley-Religious-Support-2332674223669555/>

Main Post Chapel Traditional Service 1030

<https://www.facebook.com/MainPostChapelFortRiley/>

Morris Hill Gospel Service 1100

<https://www.facebook.com/MHGSFRKS/>

For Mid-Week programming please check social media for those programs or contact the Religious Support Office at 785-239-2694

More information to follow as it develops

THE PRESIDENT’S CORONAVIRUS GUIDELINES FOR AMERICA

DO YOUR PART TO SLOW THE SPREAD OF THE CORONAVIRUS

Even if you are young, or otherwise healthy, you are at risk and your activities can increase the risk for others. It is critical that you do your part to slow the spread of the coronavirus.

Work or engage in schooling **FROM HOME** whenever possible.

IF YOU WORK IN A CRITICAL INFRASTRUCTURE INDUSTRY, as defined by the Department of Homeland Security, such as healthcare services and pharmaceutical and food supply, you have a special responsibility to maintain your normal work schedule. You and your employers should follow CDC guidance to protect your health at work.

AVOID SOCIAL GATHERINGS in groups of more than 10 people.

Avoid eating or drinking at bars, restaurants, and food courts — **USE DRIVE-THRU, PICKUP, OR DELIVERY OPTIONS.**

AVOID DISCRETIONARY TRAVEL, shopping trips, and social visits.

DO NOT VISIT nursing homes or retirement or long-term care facilities unless to provide critical assistance.

PRACTICE GOOD HYGIENE:

- Wash your hands, especially after touching any frequently used item or surface.
- Avoid touching your face.
- Sneeze or cough into a tissue, or the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.

CORONAVIRUS.GOV

School operations can accelerate the spread of the coronavirus. Governors of states with evidence of community transmission should close schools in affected and surrounding areas. Governors should close schools in communities that are near areas of community transmission, even if those areas are in neighboring states. In addition, state and local officials should close schools where coronavirus has been identified in the population associated with the school. States and localities that close schools need to address childcare needs of critical responders, as well as the nutritional needs of children.

Older people are particularly at risk from the coronavirus. All states should follow Federal guidance and halt social visits to nursing homes and retirement and long-term care facilities.

In states with evidence of community transmission, bars, restaurants, food courts, gyms, and other indoor and outdoor venues where groups of people congregate should be closed.

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su | do | ku

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

Level: Advanced

What Is su | do | ku?

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

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

Last Sudoku's Answers

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

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Travel & Fun in Kansas

Bird Watching



Next week Spc. Shell is obeying the stay in place order but he is still going to travel all over the world, online.

Bringing color, fun to your backyard



Courtesy photo

GAIL PARSONS
1ST INF. DIV. POST

While COVID-19 has people hunkering down, social distancing and not traveling, there are still ways to enjoy what Kansas has to offer. Rather than going to it, people can invite it to their home.

More than 450 types of birds have been documented in Kansas making the state third in the nation for species diversity, according to the National Audubon Society.

Several of these species can be found in a backyard and encouraged to fly in by offering the right food and plants.

Nancy Moore, The Hobby Studio manager and a horticulturist said there are easy ways people can attract birds to their yards beginning with filling their birdfeeders.

In Kansas the most popular is the black oil sunflower seed, she said. It attracts the broadest range of birds, has the least amount of mess and is the healthiest for birds.

With black oil sunflower seeds, people can expect to see such species as finches, cardinals, chickadees, titmouse, juncos and blue jays.



Courtesy photo

Moore said some thought needs to be put into setting up the birdfeeders.

“You need to get a feeder that has a big enough hole for the birds to get the seed out,” she said. “They need to place it about 10 feet away from the windows because you don’t want the birds smacking into the windows and killing themselves. And you want to put them about four to five feet off the ground — that’s generally about where most birds feed.”

To bring a larger diversity of species to the yard, Moore said to put out suet feeders.

As the weather warms up, putting in berry-producing plants will provide a natural source of food.

Moore recommends plants like holly and viburnum or small fruits like blackberries and raspberries.

KEEPING A LIFE LIST

As the birds start showing up people can start a life list. Mark McKellar, co-owner of The Backyard Bird Center in Kansas City says on the <https://backyardbirdcenter.com> website that a life list is a record of birds that people have seen or heard before. The list can be as simple or complex as one wants it to be.

“I didn’t start keeping a life list when I first got hooked on birding but I sure wish I had,” he said in an article on the website. “Like many people, I started by placing a simple checkmark beside the picture in my field guide. Soon I realized I should probably write in the date and place.”

As people explore birdwatching options, they can purchase seed and other supplies from the Backyard Bird Center so they don’t have to venture out.

For military families, the list can be started here and continued as they move around the world.

PROJECTS FOR KIDS

Moore said in addition to purchasing birdfeeder supplies, people can make their own.

Toilet paper roll bird feeder: Take a toilet paper roll and roll it in peanut butter, then bird seed. Poke holes in one end, string yarn through it and hang it in a tree.

Plastic bottle bird feeder: Poke holes in the same spot on either side of a plastic bottle. The holes should be large enough to push a stick

or wooden spoon through. Poke additional holes above them so the birds can get the seeds while perched on the sticks. Attach twine or yarn to the cap, fill with seed, close it and hang it up.

Mesh bag: For a simple option, tie the bottom of a piece of mesh to create a bag. The holes in the mesh should be large enough for birds to get the seed, but not so big it all falls out. Fill the bag, tie up the top and hang it in a tree.

For more ideas visit <https://happyhooligans.ca/32-homemade-bird-feeders>

RESOURCES FOR KANSAS BIRDWATCHING

To learn more about bird watching in Kansas, these websites can be helpful.

Backyard Bird Center: (816) 746-1113, <https://backyardbirdcenter.com>

Kansas Wildlife, Parks and Tourism: <https://ksoutdoors.com/Wildlife-Habitats/Wildlife-Watching/Birding>

Audubon of Kansas: <https://www.audubonofkansas.org/>

AFTER COVID-19

The Kansas Wildlife, Parks and Tourism TravelKS web site at <https://www.travelks.com/things-to-do/parks-and-nature/bird-watching> has a list of the 10 best places to go bird watching in Kansas

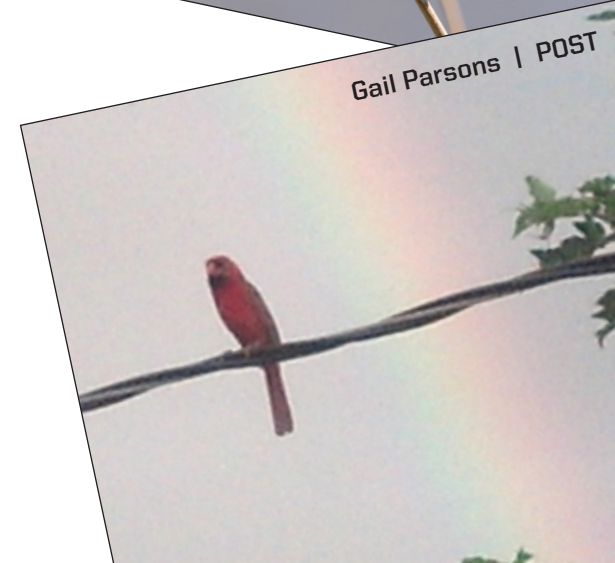
When travel restrictions are lifted, people can go see why the state is listed as one of the best places to go birdwatching, and maybe add a few more species to their life list.

TOP 10 KANSAS BIRDING LOCATIONS

1. Cheyenne Bottoms Wildlife Area
2. Quivira National Wildlife Refuge
3. Cimarron National Grassland
4. Baker Wetlands Research and Natural Area
5. Gypsum Hills Scenic Byway
6. Historic Lake Scott State Park and Wildlife Area
7. Marais des Cygnes Wildlife Area
8. Konza Prairie Biological Station
9. Toronto Reservoir, Cross Timbers State Park and Toronto Wildlife Area
10. Wilson Reservoir, State Park and Wildlife Area



Courtesy photo



Gail Parsons | POST



Courtesy photo

More than 450 types of birds have been documented in Kansas making the state third in the nation for species diversity.



Courtesy photo

ABOVE: Quivira National Wildlife Refuge is one of the top 10 Kansas Birding locations where enthusiasts can see more than 300 bird types.