

THE 1ST INFANTRY DIVISION POST

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←←← FORT RILEY, KANSAS →→→



Pfc. Giovaldy GarciaOrtiz with the 2nd Armored Brigade Combat Team, 1st Infantry Division, learns to operate a Stinger missile during FIM-92 Stinger simulator training Feb. 22. The FIM-92 Stinger is a personal and portable infrared, homing, surface-to-air training missile.



Maj. Gen. John S. Kolasheski, 1st Infantry Division and Fort Riley commanding general, speaks to Fort Riley Soldiers and families during the second of two town hall meetings to discuss the housing issues seen throughout the Army. Kolasheski along with Col. Stephen Shrader, U.S. Army Fort Riley garrison commander, Steve Milton, Fort Riley Chief Housing Director, and Angela Martin, Corvias Military Housing, answered direct questions from those present and from viewers on the Fort Riley Facebook live video.

Town hall gives forum to Fort Riley families

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

Fort Riley senior leaders Maj. Gen. John S. Kolasheski, 1st Infantry Division and Fort Riley commanding general, and Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander, along with Angela Watson, Operations Director, Corvias and Steve Milton, Fort Riley Chief, Housing Division, answered questions posed on social media and in person by more than 100 Fort Riley Soldiers and families during open-forum town hall meetings at Riley's Conference Center Feb. 26 and 27.

"We had a great group in here last night that provided spectacular feedback to myself and the senior commander here on the installation and to Corvias and their housing service office," Shrader said during his introduction to the second forum. "That's exactly what we're looking for. That's the purpose of these town hall meetings, to hear from the residents — the Soldiers and families — in the community on the housing that you have."

"That's why we have everybody gathered here today. At the end of the day the Secretary of the Army's focus and the Chief of Staff's focus is on whether we are meeting our obligations to provide safe, quality housing to the residents across the Army," Shrader said.

Fort Riley initiated a plan Feb. 20 called Operation Victory Homefront in which assistance teams traveled to each house in family housing, through March 8, to get face-to-face feedback from the residents on any issues with the homes. Big or small, no matter how insignificant the issue was, residents were encouraged to speak up to get them resolved.

"It is my responsibility to care for the 15,000 Soldiers and Airmen that are assigned to Fort Riley and their families," Kolasheski said. "That is their safety and well-being."

The teams were not conducting a standard of living inspection on the homes; they were there to seek honest feedback to take concerns to the senior leaders.

Two town hall meetings also allowed the family members and Soldiers to have their concerns addressed in person.

After more than two hours on the first day and three hours on the second, some family members felt their questions were answered — while others left still uncertain of resolution.

"I feel like Corvias has taken some responsibility, but they have sidestepped a lot of the issues," said Kristina Vance, wife of

See HOUSING, page 6

Target locked, fire

'Dagger' Brigade Soldiers perfect surface-to-air defense skills

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

Scanning the skies, watching for enemy aircraft to appear in range, the Stinger team chief guides the shooter while he aims through the rear sight reticle. The team worked in unison when the helicopter peered over the horizon. The team chief calls out the location and the shooter locks on to the target and fires. The movement of the aircraft is suddenly halted by the violent explosion from a FIM-92 Stinger missile, destroying it.

The 2nd Armored Brigade Combat Team, 1st Infantry Division, conducted FIM-92 Stinger simulator training Feb. 22 to provide Soldiers hands-on digital simulation experience with the Stinger Troop Proficiency Trainer. It also taught Soldiers how to organize as a Stinger task force and prepared them to engage hostile aircraft.

"The system is straightforward," said Capt. Rob Roberts, the FIM-92 Stinger simulator instructor from 2nd Armored Brigade Combat Team, 1st Infantry Division.

"We accomplished a lot through familiarization training by bringing Soldiers together who have never seen the equipment."

Capt. Rob Roberts | 2nd Armored Brigade Combat Team,
1st Infantry Division, FIM-92 Stinger simulator instructor

"We accomplished a lot through familiarization training by bringing Soldiers together who have never seen the equipment. By the end of the day, we got them to be able to track, engage and destroy our enemy air threats through the simulator."

During the past 15 years, the Army slowly drifted away from the FIM-92 Stinger, which is an infrared-homing, surface-to-air missile that has been around since the late 1970s. Now the weapon system is one of the Army's main focal points, Roberts said.

The military occupational specialty 14 Sierra, an air and missile defense crewmember, specifically uses short-range air defense equipment such as the

surface-to-air Avenger and Stinger missile systems. The "Dagger" brigade class consisted of Soldiers from other military occupation specialties who don't specialize in using the equipment.

"I am an 11B, which is an infantryman," said Spc. James Gray from 1st Battalion, 18th Infantry Regiment, 2nd ABCT, 1st Inf. Div. "When we are out in the field we may not have a 14S with us, so we have to utilize the equipment we have and kill what we can kill to eliminate threats and save lives."

Some of the Soldiers who have received Stinger Troop Proficiency Training

See DAGGER, page 6



Antoinette Williams, the American Red Cross site lead at Camp Mihail Kogalniceanu Air Base, Romania, spends time with Staff Sgt. Adam Martin, a M1 Abrams battle tank mechanic with 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, on Feb. 21. The Red Cross Service to the Armed Forces is mandated by Congress to verify an emergency for a Soldier and provide emergency communications.

Staying resilient in Romania

Soldiers have resources to deal with deployment stress

Story and photo by Staff Sgt. Kris Bonet
24TH THEATER PUBLIC AFFAIRS
SUPPORT ELEMENT

The U.S. Army is committed to the health and welfare of its Soldiers through the programs offered to take care of the mental readiness of the troops. Whether at home or overseas, Soldiers must not only be physically fit, but also must take care of their mental well-being.

Incoming personnel at all Army bases and theaters around the world are briefed on the availability of these resources as soon as they arrive.

The American Red Cross Service to the Armed Forces provides humanitarian support to service members, veterans, Department of Defense civilians and their families. It is also mandated by Congress to verify an emergency for a Soldier and provide emergency communications.

Antoinette Williams is the American Red Cross site lead for Camp Mihail Kogalniceanu Air Base, Romania, and Novo Selo

Training Area, Bulgaria, which is home to some 1st Armored Brigade Combat Team, 1st Infantry Division, troops supporting Atlantic Resolve. She assists service members with emergency communications and provides resiliency opportunities.

"I enjoy most that I can communicate with them without being a supervisor," Williams said. "We talk openly about things that interest them as well as some of the struggles they may encounter during their military service. I am a non-threatening resource."

Williams is a retired Airman who has been in some of the same situations

as the deployed Soldiers that she assists.

"I have been the recipient of emergency messages, and I remember how it felt to have someone assist me during the difficult days that followed," Williams said. "I have no choice but to care about this generation of heroes."

Another asset available to Soldiers deployed to the Black Sea area is the Military and Family Life Counseling Program. This program provides non-medical, short-term, situational problem-solving counseling to Soldiers and their families. Virginia Novak is the MFLC-licensed

See RESILIENT, page 6

FORT RILEY VOLUNTEER SPOTLIGHT



Laure Simental is the wife of Pfc. Martin Simental, 82nd Brigade Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division.

She volunteers with the American Red Cross and took the lead of the new Animal Visitation Program at Fort Riley. She is always willing to support the inpatient ward at Irwin Army Community Hospital Behavioral Health and any community event where therapy dogs or an extra hand are needed, said Mitzy DeAguilera, regional program specialist, American Red Cross.

"She is making a difference with service members and their families struggling with behavioral issues," she said. "She is always ready to help with any community event."

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

ALSO IN THIS ISSUE



FAMILIES CHOW DOWN AT NO DOUGH DINNER

SEE PAGE 9

ALSO IN THIS ISSUE



SPC. SHELL EXPLORES THE GROUNDS OF HISTORIC FORT SCOTT

SEE PAGE 16

DUTY FIRST DOWNRANGE



Sgt. Thomas Mort | 358th PAD
A platoon of Soldiers from the 101st Brigade Support Battalion, 1st Infantry Division, march to their position during a ceremony in support of 61 Polish cadets taking an oath to defend and serve their country Feb. 23 in the town center in Skwierzyna, Poland.



Christina Westover | 24th TPASE
Sgt. Devon Diamond and Spc. Roman Camacho, Soldiers with the Mission Command Element, 1st Infantry Division, deployed to Poland as part of Atlantic Resolve, participate in an indoor soccer tournament against a group of Polish army soldiers Feb. 22 in Poznan, Poland. The soccer tournament involved 10 groups of uniformed services, including U.S. Soldiers, Polish soldiers, the Poznan Police Department and the Poznan Fire Department. This tournament gave the Soldiers an opportunity for a healthy competition with the Polish community, to create camaraderie and to strengthen bonds for future relationships.



Staff Sgt. True Thao | 358th PAD
Spc. Zachery C. Abrams, from Milton, Florida, with Company C, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, adjusts the position of a treadmill during a renovation project Feb. 21 at Mihail Kogalniceanu Air Base, Romania. The Soldiers dedicated their time assisting with a fitness center renovation, which is set to be complete by April.

PHOTOS OF THE 1ST INFANTRY DIVISION SOLDIERS FROM DOWNRANGE AS THEY MAKE THEIR MARK ON EUROPE AND AFGHANISTAN PROVING – “NO MISSION TOO DIFFICULT, NO SACRIFICE TOO GREAT. DUTY FIRST.”



Spc. Yon Trimble | 358th Public Affairs Detachment
Tanks for the 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, arrive at Capu Midia, Romania Feb. 25. With the coordinated efforts of the “Iron Rangers” and other organizations, such as Romanian civilian contractors and the Romanian military police, the tanks were successfully unloaded and delivered to Mihail Kogalniceanu Air Base, Romania. The 1st Bn., 16th Inf. Regt., deployed to Eastern Europe as part of Atlantic Resolve.



Sgt. Thomas Mort | 358th PAD
Polish citizens take photos in U.S. Army vehicles after a Feb. 23 ceremony in which 61 Polish cadets took an oath to defend and serve their country in Skwierzyna, Poland. A platoon of Soldiers from the 101st Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, attended the ceremony.



Spc. Yon Trimble | 358th Public Affairs Detachment
Soldiers from Company C, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, unload tanks Feb. 25 at Capu Midia, Romania. The arrival of vehicles furthers the battalion's ability to accomplish their mission while deployed to Eastern Europe in support of Atlantic Resolve.



Staff Sgt. True Thao | 358th PAD
Soldiers with Company C, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, move fitness equipment during a renovation project Feb. 21 at Mihail Kogalniceanu Air Base, Romania. The Soldiers dedicated their time assisting with a fitness center renovation, which is set to be complete by April.



Christina Westover | 24th TPASE
Capt. William Johnson and Pfc. Te'Verne Phillips, Soldiers with the Mission Command Element, 1st Infantry Division, deployed to Poland as part of Atlantic Resolve, participate in an indoor soccer tournament against a group of Polish soldiers Feb. 22 in Poznan, Poland. The soccer tournament involved 10 groups of uniformed services, including U.S. Soldiers, Polish soldiers, the Poznan Police Department and the Poznan Fire Department. This tournament gave the Soldiers an opportunity for a healthy competition with the Polish community, to create camaraderie and to strengthen bonds for future relationships.

Community leaders discuss potential partnerships

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

The value of partnerships in cost savings and efficiency was center stage at the Feb. 27 Flint Hills, Fort Riley, Army Community Partnership Workshop.

Dozens of community leaders from the Flint Hills region spent several hours at Riley's Conference Center collaborating, brainstorming potential partnerships.

The day started with remarks by Ben Van Becelaere, director, Plans, Analysis and Integration Office and Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander, who welcomed the guests and laid the foundation for the morning's discussions.

"Most of you in the room who been around the Army for a while, you know that sometimes these initiatives, realistically, have a three to five-year window of opportunity," Van Becelaere said. "In three to five years, the focus might not be on that so much and it'll go to something else. So, what we want to do with you, and partnering with you, is take advantage of this window of opportunity we have."

He encouraged the partners to focus on putting as many innovative opportunities in place as possible and get them

operating. That includes looking at ideas that were brought up in the past, if they were still valid ideas — and find ways to implement them.

"Many of you in the room were part of those 2017 partnership workshops — great initiatives, we generated a lot of ideas, and we had some wins," Van Becelaere said. "But there's one aspect there ... that was a partnership blueprint that was produced at the end of those workshops. And I share that with you, just as a reminder that ... we're not starting from scratch."

"New ideas are very welcome," he said. "That's why we're here. But there are also ideas that were generated previously in those workshops that we haven't capitalized on yet."

Shrader echoed some of Van Becelaere's sentiments and added the importance of the partnerships as dollars dwindle both on Fort Riley and in the civilian world.

"The money does not flow the same as it used to," Shrader said.

However, the Army's priorities remain focused on readiness and modernization. To modernize the Soldier on the battlefield requires cutting funds in other areas. To meet the priorities, funds are shifted across the force, he said.

"Our priorities still remain focused on that readiness and our ability to provide infrastructure and Soldier and family programs," Shrader said. "We just have to do more creatively because I don't have the same dollar bills I used to have."

"We are taking cuts — five percent cuts essentially — (table of distribution and allowances) cuts ... and contract services cuts that have already gone through the garrison and Fort Riley," he said. "That's about \$462,000 that has already been cut out of our contract service capability."

Those cuts are why having the flexibility to do intergovernmental service agreements are important to Fort Riley. At the same time, it opens up opportunity to find efficient ways to solve problems.

"It's not always monetary benefits," Shrader said. "Sometimes it's a structural benefit and that's what we're looking for, we're looking for innovative creative ideas from everybody."

WORKING GROUPS

Following the introduction of the workshop, participants divided into working groups to begin their brainstorming and planning.

Kelley Paskow, PAIO, moved among the groups watching and listening.



Attendees of the Flint Hills, Fort Riley, Army Community Partnership workshop gather in their groups to discuss ideas and brainstorm.

"We're very, very happy with the participation and the energy and how many ideas folks from the community and Fort Riley are having," she said. "I've been kind of wandering between the tables and ... there's been a lot of talk about how we can re-engage on ideas from before that we weren't able to move forward with."

The first ACP was in 2017 and from that workshop Fort Riley and Manhattan successfully initiated a rock salt agreement, which has saved both communities funding. She is excited about the potential for more partnerships.

"There have been some changes at higher echelon

at [Installation Management Command] and the [Department of the Army] level that enables us to really enter into these partnerships more," she said. "It's time to bring all of those working groups back together to take a look at where we are and some of the ideas that we came up with back then and figure out where we can go."

Fort Riley reached out to the subject matter experts in the surrounding communities and invited them to the table to choose one or two projects to work on at a time.

"As opposed to a big laundry list of things, we want to focus in on a handful," she

said. "Everybody's busy, everybody has limited times and resources. Then once you get a win with one of those, or you figure out if you can or not, you can move on to the next one. You can focus your resources elsewhere and keep the program and new ideas going."

Alan Hynek, chief of conservation, Directorate of Public Works, was one of the people at the public works table. He said it was encouraging to see the cooperation between all the communities and has seen a shift in the willingness for all the agencies to get together.

See GROUPS, page 7

Proper mail routing behind need for change in addresses

By Amanda Ravenstein
1ST INF. DIV. POST

For Soldiers living in the barracks, retrieving mail from the unit mailrooms can be a long, drawn-out process. According to Michael Westphal, Administrative Services Division chief, part of the reason is that arriving mail has incomplete address information.

Soldiers are not using the proper address format, Westphal said.

"They're not using the complete addresses to help us find them," he said. "And with the Soldiers on their deployments, the mailrooms are consolidating — so we're having issues."

Westphal said there are only 27 of the 46 unit mailrooms being used because of the consolidation efforts during these deployments.

"When a unit deploys, they consolidate into one mailroom," he said. "So, what happens is the rear [detachment] has all these soldiers from different battalions and the mailrooms are like, 'I don't know who this guy is, because they're in this (other) unit.'"

Another issue is Soldiers assigned to a unit could be liv-

ing in the barracks of another unit.

"What we're seeing is that this (building) might be assigned to [1st Combined Arms Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division]," he said. "But [1st Bn., 63rd Armor Regt., 2nd ABCT, 1st Inf. Div.] might have people over here in this other building, in [2nd Battalion, 70th Armor Regiment, 2nd ABCT, 1st Inf. Div.'s] building."

"So, we're saying to use your unit's address because what happens is if you get mail to the other address," he said. "Well, the [2nd Bn., 70th Armor Regt., 2nd ABCT, 1st Inf. Div.] mail clerk doesn't know you because you're not in their unit ... so, it gets returned to sender."

Westphal said Soldiers also need to in- and out-process through their mailroom to keep their information up-to-date.

"When they are assigned to a unit, one of the first things they need to do is in-process through their mailroom so we know they're there," he said. "They are supposed to because what happens is when they sign in, the

mail clerk will input the Soldier's information in basically a worldwide locator. That is so if we do get a piece of mail that isn't addressed correctly, we can look them up in that locator and say 'oh, he's in the 101st.'

"And when they leave, they should be out-processing so they can input a forwarding address so any further pieces of mail that come in, clerks can look them up on the world-wide locator, and see 'oh, he transferred to Japan,'" Westphal said. "So, we can forward the mail to them."

Westphal said currently, mail clerks tasked with looking up a Soldier's address information or redirecting mail takes a large amount of time.

"Generally, there's four personnel, and they're doing about three to four hours in the afternoon of lookups and redirects — and that's every day," he said. "So, we're trying to reduce those numbers, and I think by putting a unit in there, we can look right on the envelope and see he's in the 101st so that'll save time. Because otherwise, you have to type that guy's name in and wait for the computer to bring him up. So, yeah it

Address format

Address format for barracks Rank, Soldier's full name Company, Unit of assignment 7002 Infantry Drive Fort Riley, KS 66442

Example: SPC Michael J. Snuffy C Co. 1-16 Infantry Regiment 7002 Infantry Drive Fort Riley, KS 66442

takes a lot of man-hours to do the lookup so we're hoping that by putting out a standard format, we can reduce those numbers."

Pvt. Brandon Matthews, 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st Inf. Div., said it is a big hassle with the mail rooms right now.

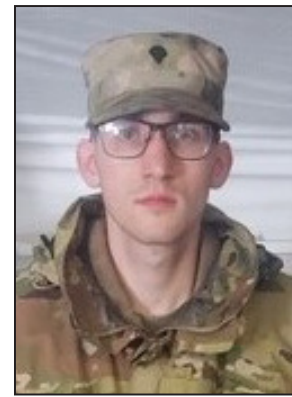
Matthews said there are times when mail is expected but does not come. He said he has resorted to using other people's addresses to get his mail.

"For me, it's a headache because I'm from Puerto Rico and so I'm basically overseas," he said. "Sometimes it comes to the mailroom but then they send it back because they say that it's a wrong address."

BIG RED ONE SPOTLIGHT

SPC. WESLEY AVILA
CULINARY SPECIALIST
HEADQUARTERS AND HEADQUARTERS BATTERY,
1ST INFANTRY DIVISION ARTILLERY

As a culinary specialist assigned to DIVARTY, Spc.



Wesley Avila stood out in the unit's preparation for and support to the division headquarters' command post exercise. Avila assumed responsibility as the orderly room noncommissioned office in charge, providing timely information and administrative data, ensuring daily tasks were complete, ordering food supplies and coordinating life support. His ownership and enhanced responsibility enabled battery leaders to prepare for the exercise.

CIVILIAN SPOTLIGHT

ANGELIQUE DILLON
PARALEGAL SPECIALIST
U.S. ARMY GARRISON STAFF JUDGE ADVOCATE

Angelique Dillon is the glue that holds the SJA's admin/civil law office together. She is the first point of contact for all incoming actions/individuals



who seek legal advice on admin/civil law issues. She works diligently to update and maintain numerous law databases and assists individual attorneys with specific actions. Dillon consistently exceeds the performance requirements of her position and is always reflecting upon and suggesting ways to better the performance of the office. She is a consummate professional and combat multiplier, proactively communicating with serviced clientele to assist them with their legal needs and seeking opportunities to better herself professionally.

Looking Back: From frontier post to Cavalry School

Story by Téa Sambuco
1ST INF. DIV. POST

During the 1880s to the 1940s, Fort Riley served as a Cavalry School.

"In the mid-1880s the General of the Army at that time, Phil Sheridan, was looking to close down (the) frontier post because the frontier had moved further west and Fort Riley was no longer on the edge," said Dr. Robert Smith, Fort Riley Museum director. "They were trying to determine what to do with Fort Riley."

According to Smith, Sheridan visited the post in 1885 and saw the huge expanse that was Fort Riley. It was then that he envisioned the Cavalry School. During this time, Fort Riley also experienced its second large expansion.

"Before that time, we were a frontier post with four sets of officer's quarters on each side of the parade field, barracks and stables," he said. "(During the expansion), most of those officer's quarters along Forsyth and Sheridan and stables (were built) in the 1880s. You had the construction of Quarters 100, you had your Cavalry Parade Field, but there was also Republican Flats out here where they could train."

"This was the location where the Army decided all the [noncommissioned officer's], officers and enlisted would come here (to) do their training," he said. "They

taught all kinds of curriculum here."

Soldiers who came to the Cavalry School learned veterinary science, farriering, blacksmithing, how to shoe horses and the dissection of horses.

"One of the other really interesting things that came out of the Cavalry School was the Army started to look, especially in the aftermath of the Little Big Horn battle, (at) suitable mounts," he said. "They started to do a very scientific study in the 1880s and 1890s on the best type of horse to have in the cavalry."

This study led to the construction of remount stations, where the Army could purchase scientifically suitable mounts, which were a cross between a thoroughbred and a quarter horse.

Other experiments took place at the Cavalry School, Smith said. The Cavalry Equipment Board would send prototypes to be field tested, and in the debate of horses versus mechanization, they conducted an experiment called porteeing.

"They would load horses onto liberty trucks, and they would take them and drive them on hard surface roads and then unload the horses when they got to rough terrain," he said. "It was mechanization versus horses in rough terrain."

While the Cavalry School was a place of learning and experimentation, the Soldiers also had time for Army encouraged fun. Polo and fox hunting were both popular.



Courtesy photo | Fort Riley Cavalry Museum Experiments were conducted at the Cavalry School on Fort Riley, including prototypes of cavalry equipment.

"Polo was encouraged because it also taught you (how to) keep the proper seat (in the saddle)," Smith said. "Each regiment had a polo team. We had polo fields here, a polo bungalow. Each regiment would have a ranking in winning or losing

games and then they would go to a championship where the two-top most teams would play for the Army Cup."

Fox hunting was enjoyed mostly by officers, Smith said.

See SCHOOL, page 7

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PLUMLEE BUFFALO RANCH
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MEAT AND TOURS

TRAFFIC REPORT

ACCESS CONTROL POINT HOURS

Those with a valid military ID card, or who have an access pass or badge, wanting 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 11 p.m., weekends and federal holidays from 8 a.m. to 4 p.m.

The access control point hours are:

Henry/Trooper/Ogden/Estes:

Open 24/7. Commercial traffic at Estes is required to have an access pass or badge prior to trying to access.

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.

Although personally owned vehicles will be allowed access, there is no designated POV lane.

Outbound traffic is not authorized. Drivers of vehicles using this ACP must already have an installation 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.

Custer Avenue Closure:

Custer Avenue will be closed March 4 to April 26 from Huebner Road to Beeman Place to correct current bridge and road configuration safety deficiencies at the bridge by Huebner Road. Safely follow the posted detour.

FUTURE PROJECTS - STAY INFORMED

Estes Road closure at Normandy Road roundabout

From March 14 to 17 Fort Riley's utility services organic construction crew will close Estes Road and one lane of Normandy at the roundabout to ensure the functionality of the wastewater collection system.

Stay up to date on all road construction projects happening on Fort Riley, download the Fort Riley app from the iOS or Google Play store.

Child friendly meals can include veggies

Lisa L Jones RDN LD CSOWM
CLINICAL DIETITIAN, IRWIN ARMY
COMMUNITY HOSPITAL

As parents, we all want our children to eat healthy, but if your child is giving you the "yuck face" and refusing to eat vegetables, what's a parent to do?

I wanted to share a few ways that I have found to help you sneak a few vegetables into your child's meals.

EGG DISHES

Scrambled eggs with a little salsa, a vegetable, in a whole wheat tortilla will seem more like a treat that vegetable torture. Chopping vegetables into tiny pieces and adding them to a ham and cheese

omelet would be equally as appealing. I mean, who doesn't love warm and cheesy food? I also add lots of vegetables into egg salad which my boys love.

QUESADILLAS

Adding vegetables or black beans to lean ground beef and putting it in a quesadilla, burrito or taco will also add some veggies into your child's diet.

PASTA SAUCE

Pureeing, sautéed, roasted or grilled vegetables with lots of tomatoes for a creamy vitamin-rich pasta sauce won't seem like a vegetable to most children. I often use leftover home-

made vegetable soups as my pasta sauce starter.

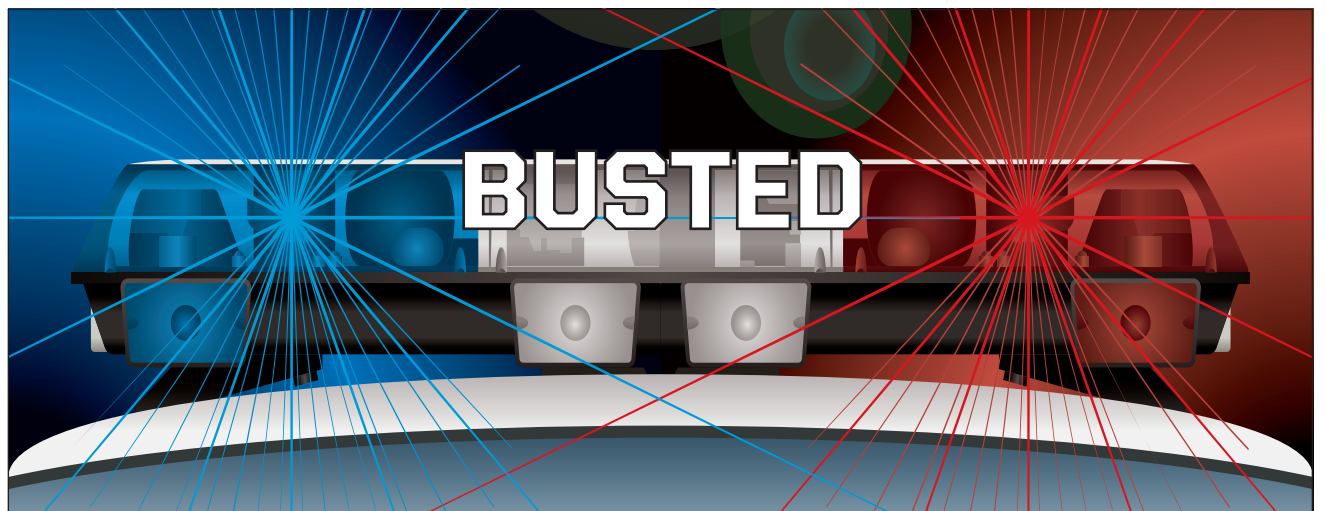
VEGGIE BURGERS, MEATBALLS

Vegetable burgers, even store-bought veggie burgers, and black bean burgers are tasty and a good way to sneak some vegetables in when you are in a hurry. One of my favorite ways to really crank up the veggies in my pasta dishes is to add vegetables to the meatballs when I make them. Finely ground broccoli, mushrooms, onions, peppers and some fresh garlic make delicious homemade veggie packed meatballs.

VEGETABLE SMOOTHIES

This was our go-to on busy mornings before school or for a quick pick me up before a basketball game. My boys got the veggies in without all the fuss. You can make smoothies with lots of different fruits such as frozen mixed berries, pineapple, mangoes or bananas. If you add some spinach or kale, your kids are none the wiser. The sweet taste from the fruit will likely mask the flavor of the veggies.

I hope this helps you get some veggies into your child, so they will be healthier, and you can rest easy knowing that you are providing them the best nutrition.



Feb. 17
Sp., Co. E FSC, 299th BSB, 2nd ABCT, 1st Inf. Div., speed 16 to 20 over
Pfc., 1st Bn., 7th FA Regt., 2nd ABCT, 1st Inf. Div., expired registration

Feb. 18
Pfc., Co. C, 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st Inf. Div., no proof of insurance
Sp., Co. E FSC, 299th BSB, 2nd ABCT, 1st Inf. Div., improper backing
Sp., SIS HHBN, 1st Inf. Div., speed one to 10 over
Pfc., Co. C, 3rd Bn., 66th Armor Regt., 1st ABCT, speed one to 14

Feb. 19
Pvt., HHC, 541st CSSB, 1st Inf. Div. Sust. Bde., speed 21 and up
Sgt., 1st ARB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., following to close
Sgt., Co. B, 82nd BEB, 2nd ABCT, 1st Inf. Div., failure to yield right of way
Sp., HHC, DIVARTY, improper backing

Feb. 20
Capt., unknown unit, failure to obey traffic control device
Sp., HHC, WTB, MEDDAC, failure to stop at a posted stop sign
Sp. HHC, 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st Inf. Div., following too close
Civilian, other than military, improper backing
Sp., 1st Bn., 7th FA Regt., 2nd ABCT, 1st Inf. Div., speed greater than reasonable for road conditions
Sp., Co. C, 1st Bn., 63rd Armor Regt., 2nd ABCT, 1st Inf. Div., speed 15 to 20
Pvt., unknown unit, failure to obey traffic control device
Sp., 1st Sqdn., 4th Cav. Regt., 1st ABCT, 1st Inf. Div., failure to obey traffic control device

Sgt., HHC, DIVARTY, speed 15 to 20
Capt., HHC, 541st CSSB, 1st Inf. Div. Sust. Bde., failure to obey traffic control device

Feb. 21
Sp., 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st Inf. Div., failure to obey traffic control device
Civilian, other than military, following too close

Feb. 22
Staff Sgt., DIVARTY, speed one to 10 over
Staff Sgt., DIVARTY, driving while license is suspended or revoked
Pvt., HHC, 1st Bn., 18th Inf. Regt., 2nd ABCT, 1st Inf. Div., speed 11 to 15 over
Pvt., 24th CTC, 541st CSSB, 1st Inf. Div. Sust. Bde., speed greater than reasonable for road conditions
Sgt., HHC, 101st BSB, 1st ABCT, speed 16 to 20 over
Sp., Co. A, 299th BSB, 2nd ABCT, 1st Inf. Div., expired registration
Sp., 116th MP Co., 97th MP Bn., improper turning movement
Capt., unknown unit, failure to yield right of way
Pfc., Co. A, 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st Inf. Div., speed one to 10 over

Feb. 23
Sgt., HQ, 2nd ABCT, 1st Inf. Div., speed greater than reasonable for road conditions

Other citations issued: Feb. 18: expired registration, speed 16 to 20 over, speed one to 14, speed one to 14, speed one to 14, failure to stop at a posted stop sign, failure to stop at a posted stop sign, improper turning movement, speed one to 10 over, speed one to 10 over; Feb. 19: speed 11 to 15 over; Feb. 20: expired registration; Feb. 21: speed 15 to 20, no proof of insurance, speed 11 to 15 over; Feb. 22: speed one to 10 over; Feb. 23: failure to obey traffic control device.

AMERICA'S ARMY: THE STRENGTH OF THE NATION Allowances & Entitlements Comparison (contingency & non-contingency TDY operations)

Army G-1	Combat Operations (Afghanistan/Iraq) TDY Deployed (Contingency)	Combat Support (Kuwait) TDY Deployed (Contingency)	Rotations of Forces (USAEUR-OAR/IER) TDY Deployed (Non-Contingency)	Rotations of Forces (USARPAC-KRF) TDY Deployed (Non-Contingency)
Basic Allowance Housing (BAH) (1)	YES	YES	YES	YES
Basic Allowance Subsistence (BAS)	YES	YES	YES	YES
Hardship Duty Pay-L (HDP-L)	YES	YES	Depends on the location	YES
Imminent Danger Pay (IDP)	YES	NO	Depends on the location	NO
Family Separation Allowance (FSA)	YES	YES	YES	YES
Per Diem: (lodging+meals+IE)				
Lodging	YES	YES	NO	NO
Meals	Gov't provided	Gov't provided	Essential Unit Messing (2)	Essential Unit Messing (2)
Incidental Expense	YES (\$3.50/day)	YES (\$3.50/day)	NO	NO
POV Storage	YES	YES	NO	NO
Special Storage of HPG (3)	YES	YES	YES	YES
Special Leave Accrual (SLA)	YES	YES	YES	YES
Rest and Recuperation (RR) (95-days deployment required)	YES	NO	NO	NO

(1) Exception: members housed at government type quarters (UPH) at PDS.
(2) Meals consumed at DFAC and meals payroll deduction (BAS)
(3) Limited

Prepared by DAAP-PRC (03181004)



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Lunch – noon to 1:30 p.m.
Dinner – 4 to 5:30 p.m.

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Lunch – 11 a.m. to 2 p.m.
Dinner – 4 to 6 p.m.

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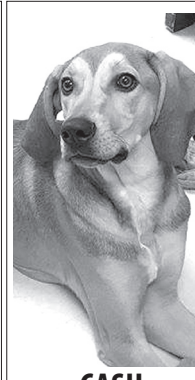
JACK



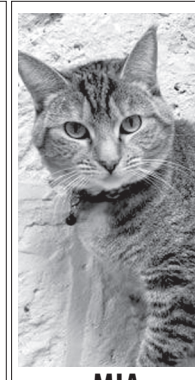
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RILEY ROUNDTABLE

What does the Tooth Fairy do with the teeth?



"It would be cool if he built a castle with them."

SPC. CODY PRUITT
GREENVILLE, SOUTH CAROLINA

287th Military Police Company, 97th Military Police Battalion



"I feel like he uses them as décor in his house."

SPC. WILLIAM HUBER
WILLIAMSPORT, PENNSYLVANIA

1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division



"Probably makes them into trophies."

BAILEY RODARTE
GRAHAM, TEXAS

Fitness Specialist with the Directorate of Family and Morale, Welfare and Recreation



"Just makes a trophy case of teeth."

SAMANTHA HUBLICK
WICHITA, KANSAS

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



"They take and fix them so when their new teeth come in it's like it's their old tooth."

BARBARA WEBB
OKLAHOMA CITY, OKLAHOMA

Wife of Sgt. Charles Webb, 1st Combined Arms Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division

THE 1ST INFANTRY DIVISION POST

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LETTERS TO THE EDITOR

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

SAFETY CORNER

Eye protection safety tips

Ron Clasberry
GARRISON SAFETY OFFICE

Team Riley, as the National Safety Council points out, "all it takes is a tiny sliver of metal, particle of dust or splash of chemical to cause significant and permanent eye damage."

The Occupational Safety and Health Administration's eye and face protection standard requires employers to ensure employees use appropriate eye or face protection when exposed to hazards from flying particles, molten metal, liquid chemicals, acids or caustic liquids, chemical gases or vapors or potentially injurious light radiation.

According to the National Safety Council, more than 700,000 work-related eye injuries occur each year. March is Workplace Eye Wellness Month, which is a good time to refocus

attention on your eye protection program.

Team Riley here are some injury prevention tips I want to share with you:

- Look carefully at your operations, work areas, access routes and equipment. Study injury patterns to see where accidents are occurring.
- Conduct regular vision testing, as uncorrected vision can cause accidents.
- Select protective eyewear based on specific duties or hazards.
- Establish a mandatory eye protection program in all operation areas.
- Have eyewear fitted by a professional as required.
- Establish first-aid procedures for eye injuries and make eyewash stations are available — especially where chemicals are in use.

• Make eye safety is part of your employee training and new hire orientation.

- Make sure managers and executives set an example by wearing protective eyewear wherever it's worn by other employees.
- Regularly review and revise your policies and set a goal of zero eye injuries.
- Display a copy of your policy where employees can see it.

Finally, inattention, lack of situational awareness and being in a hurry create the perfect storm for an eye injury. It's also a good time to remind employees of off-the-job eye hazards like do-it-yourself work on cars and homes, cooking accidents, sports injuries, yard work and chemical splashes from cleaners and fertilizers.

For more information, contact the Garrison Safety Office 785-240-0647.

ASK DR. JARGON

Heads or tails, it's all about the quarters

Dear Doc Jargon,

I keep seeing in the news issues about military housing. I too have an issue but mine is a curiosity about the term quarters when referencing military living accommodations. My 4-year-old heard the term and said he wanted a quarter too — I really didn't know how to tell him what the term meant. Can you tell me how the places military families live got the name quarters?

Sincerely,

Quarter Mom

Dear Quarter Mom,

I was interested in this as well. At first I thought maybe Soldiers shared a house and it referred to the fraction a Soldier got as his private space. But when I did some more research, I found an article that referred to the way the Roman Legions would set up their camps and would section them off in four parts — thus a quarter. Check out the article I saw here www.quora.com/Why-do-they-call-military-housing-quarters.

Each quarter has a leader and that is where the term quartermaster came from — but according to the article

I found — that was a definition used later in history — in the 15th century when a town would be divided and one fourth of it would be where the military lived.

Another use came along in the 17th century when the English Parliament issued an order, the Ordinance of No Quarter, to the Irish. The order prohibited the rent of housing to those of Irish descent — specifically Irish Catholics according to an excerpt of the order found on www.british-history.ac.uk/no-series/acts-or-dinances-interregnum/pp554-555.

So, we call it quarters still and yet the term has continued to morph in meaning. Because of the anti-Irish act, the term no quarter has also come to mean no mercy.

So — I hope this helped with your curiosity. As for your son, give the boy a quarter for his piggy bank and tell him a story about his Soldier.

Sincerely,

Doc Jargon

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

Better living through military innovation: Selfies have deep history with the military

By Collen McGee
USAG PUBLIC AFFAIRS

Many convenient things in use today are the result of federal or military research. Agencies like NASA and the Department of Defense are just two of those responsible for inventing everyday items that make life a little easier. With this column, we will explore a new one each week.



The first digital image made on a computer in 1957 showed researcher Russell Kirsch's baby son, Walden.

Every time you whip out your phone and capture a moment with a digital photo — you've used a piece of military technology.

According to moneymakerphotography.com/history-digital-photography/, the technology in almost every pocket today, started back in 1952 with video. For the first time, images were beginning to be recorded as code on a tape and not on film as a negative.

Then, in 1957, Russell Kirsch, a researcher with the National Bureau of Standards, now known as the

National Institute of Standards and Technology, which is a part of the Department of Commerce, found a way to make images available to computers. According to www.nist.gov/news-events/news/2007/05/fiftieth-anniversary-first-digital-image-marked, he scanned the first image — one of his baby son. The photo was grainy and only measured at 176 pixels and was about 2 inches by 2 inches — but it was the pio-

neer image that led to satellite photos, digital photography, streaming movies and the technology that allows images to be scanned and stored on the cloud.

The man who invented the pixel, according to a May 2018 article in the Oregonian, from Portland Oregon, has dementia. Kirsch's son, Walden, is now 62.

But his son and his wife Joan to maintain his routine.

Walden, according to the Oregonian article, is a long-time television news reporter who is now managing editor of an Intel news site. He says the photo languished in obscurity for many years until 2003, when it was featured in Life magazine's book "100 Photographs That Changed the World."

Russell went on to use the technology to analyze paintings and the artistic techniques they were created with. So we may use the pixel in mega quantities to record moments and create artistic photos, the inventor used the pixel to dig into art.

The military used the technology to create real-time images and took that to space. After all — transmitting data is a lot easier than trying to return a roll of film from space.

It would still be decades — 1981 in fact — before the first consumer-level digital camera would hit the markets. According to www.digital-photography-tips.net/history-of-digital-photography-consumer-digital.html, Sony would be the first to bring this technology out of war rooms and into living rooms.

The first camera, according to the website, weighed eight pounds. Compare that to the average weight of 5.5 ounces for the entire smartphone a camera can be housed in today.

The innovation, it's trip to space and through the continuous advancement of the pixel technology is now easy to carry in any pocket of a pair of slacks or that of an Army Combat Uniform.

For more information call: 785-239-2583

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GRUNT

WHO SAVES THA CAVALRY WHEN THEY'RE IN TROUBLE??

GREEN

The next USAG Resilience Day Off is

March

15

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

DAGGER Continued from page 1

include personnel from specialized units such as military police, engineers and brigade support battalions. "It's challenging enough, what we ask of our Soldiers to do every single day," Roberts said. "Giving them an additional responsibility isn't ideal, we would like to have the manpower of a 14S to do the job. However, the United States Soldier is capable of doing anything. For them to come off of their organic equipment and jump into an air battle team too gives the capabilities back to the brigade and is a huge multiplier for us."

RESILIENT Continued from page 1

clinical social worker available to assist Soldiers with their needs at Mihail Kogalniceanu. The MFLC provides counseling to service members so they can develop life skills such as anger management, communication, resolving of relationship issues, parenting, conflict resolution and homesickness. Information provided to a MFLC counselor is kept confidential, except to meet legal obligations or to prevent harm to self or others.

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Tough times never last. Tough people do.

HOUSING Continued from page 1

Staff Sgt. Cody Vance, 1st Combined Arms Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Inf. Div. "I feel like what is really going to be a big game changer is them actually acting on the stuff they sidestepped."

Kolasheski stated several times any issues raised, either at the town hall meetings or after, would be handled without retribution on the Soldier. "For a lot of families, yes that is an honest fear," Vance said.

"I know a lot happens in this industry where a lot of people aren't putting in work orders, and that's not Corvias' fault," Vance said, citing her experience as a property manager off post. "That's our fault as residents and we need to take accountability on that as well."

Sgt. 1st Class Allan Springer, division sponsorship noncommissioned officer in charge, Headquarters and Headquarters Battalion, 1st Inf. Div., was there to voice his concern with the other family members. He walked away from the evening with the knowledge that Milton and his group are advocates for the Soldiers living on and off post.

He said if the Residential Communities Initiative team is there to help, then between Corvias and them as an oversight, "if we could solve it at those two levels then, I think, a lot of things will be better."

Springer said the last thing a Soldier needs when gone is the distraction of home care and maintenance.

"It's the last thing that you need whether you are

DID YOU KNOW?

On Feb. 13 the Secretary of the Army, Mark T. Esper, and Chief of Staff of the Army, Gen. Mark A. Milley, released a joint statement concerning the housing issues. We are deeply troubled by the recent reports highlighting the deficient conditions in some of our family housing. It is unacceptable for our families who sacrifice so much to have to endure these hardships in their own homes. Our most sacred obligation as Army leaders is to take care of our people - our Soldiers and our family members. We are fully committed to providing a safe and secure environment on all of our installations. We have directed an Inspector General inspection and have taken other actions. We will hold our chain of command and private contractors accountable to ensure they are meeting their obligations to provide safe, high quality family housing.

deployed to Afghanistan or you're gone to [the National Training Center, Fort Irwin, California] rotation or just at a place where maybe your communication between (you and) your spouse are affected," he said. "Those problems that you're trying to handle they have to do alone. As long as the support continues, with the leadership and what they are trying to do it will work out in the end. I just think there are some key things that need to be dialed in on."

Both Vance and Springer praised the maintenance crews they have dealt with in their homes. It comes down to communication between the parties involved, they said.

"I think a big thing is a lack of communication," Springer said. "From my standpoint, I think the maintenance has been (good)," he said. "They've always asked, 'is there anything I can do? What else needs to be fixed?' The decisions inside the office to whether they fix something or they don't fix something, that's going to be your big problem."

Other issues raised during the town hall meeting included: fees for pets, carpet life and cleaning issues, changes to the Residential Responsibility Guide and how damages charged to a previous tenant went unfixed.

During the town hall meetings, family members asked their questions and received answers; however, several questions on specific issues that needed more in-depth responses were referred to the command team, Milton or Watson to have them addressed in one-on-one sessions.

During each town hall meeting, the command team informed those present and those watching via the live stream on Facebook that if work orders or other concerns were not handled in a timely manner, residents could escalate the concern using the 24/7 Leader Hot Line at 785-239-2222. Here someone will take the concern and raise it with leadership to have it addressed.

Residents were also encouraged to fill out the Interactive Customer

Evaluation form for Corvias, ice.disa.mil/index.cfm?fa=c&ard&sp=103584&s=17&dep=*DoD. Residents were encouraged to provide contact information so leadership could respond.

Shrader said he sees the log of ICE comments and gets with the directors of each directorate on Fort Riley when there is an issue.

As much as the command team said they would have liked to answer all questions posed during the session, that wasn't possible. However, there is a system in place to address them.

Lt. Col. Terence Kelley, 1st Inf. Div. Public Affairs Officer, posted on the comments using the Danger 6 tag, "We understand the concern that not every issue will be resolved in the room tonight. Remember that all of these issues are being noted by the chain of command, who will be following up on them."

That follow-up is something Vance hopes to see as a result of the town hall meetings and the quarterly ones to be scheduled in the future.

"I feel like there are some productive conversations that came out," she said. "But then again they can talk the talk — but can they walk the walk?"

On March 4 and 5 the Department of the Army Inspector General held three additional town hall meeting sessions to gain the perspective of family housing residents and administered Resident Satisfaction Surveys. Neither Fort Riley leadership nor Corvias representatives were present to allow candid dialogue to occur.

Fort Riley - Central Kansas Chapter



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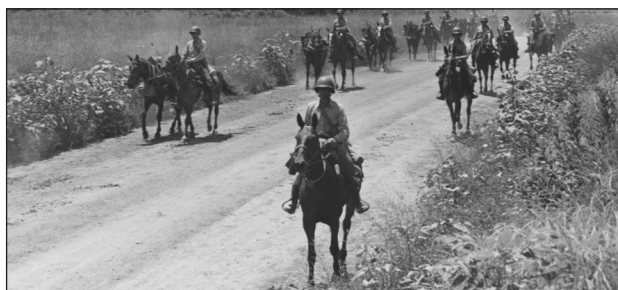
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SCHOOL Continued from page 3



Courtesy photo | Fort Riley Cavalry Museum
Soldiers would train across the whole area, doing forced marches to small surrounding towns and back.

They would drag a fox pelt around, set the dogs loose and follow on horseback over fences and through rivers.

Several esteemed leaders came through the Cavalry School, both to learn and teach. Among them were, Gen. George S. Patton, Gen. James W. Forsyth, Gen. of the Air Force Henry Harley "Hap" Arnold, Gen. Lucian King Truscott Jr. and Maj. Gen. Terry Allen.

The following two decades have been described as the golden age of the cavalry, as stated on home.army.mil/riley/index.php/about/history. Certainly, it was in terms of refining the relationship between horse and rider. Army horsemen and the training they received at the Cavalry School made them among the finest mounted Soldiers in the world, and the school's reputation ranked with the French and Italian cavalry schools. Horse shows, hunts and polo matches — long popular events on Army posts — were a natural outgrowth of cavalry training.

The Cavalry School lasted up to WWII, Smith said. When it was phased out due to the advances in mechanization. Throughout WWI it had been an ongoing argument between leaders about the two, horses or mechanized vehicles. Ultimately, because of the German advances in Europe, the Army became completely mechanized with Cavalry School students slowly melting away from cavalry into mechanization.

"... Fort Riley has always been able to evolve into the Army's mission," Smith said. "From frontier post to school post and in WWI you had a cantonment that is training soldiers for the western front. Today we are a headquarters post for the 1st Infantry Division, we've always evolved into that mission."

GROUPS Continued from page 3

"For a long time, it's always been a little bit of a barrier to get some of these things done," he said. "But, I think everybody in the room can see that there's opportunities to save not only money but manpower to get things done and get it done in a more efficient manner."

Public works in most communities is one of the largest government organizations with a wide variety of responsibilities. Narrowing down the focus was a little difficult.

"There are so many different things that we that we are concerned about," he said. "This time of year, there's snow removal, potholes in the road created from all the snow. So, it's about finding ways that we can work together and really come up with some pretty good solutions that not only work for Fort Riley but work for everybody."

The top three issues his group came up with to work on was recycling, buying commodities and sign shops.

Behind the Public Works table, a group of emergency management professionals addressed some of their pressing needs.

Junction City Fire Chief Terry Johnson said his group's focus was trying to find ways all the agencies can work more efficiently together to provide better services and improve emergency response and maintenance.

"There are several things that we came up with," he said. "One that we've been working on since the first round of 2017 is Junction City providing maintenance for emergency services."

Regardless of what the next step ends up being for his working group, just being able to have everyone come together and start the process was a win, he said.

"When an installation is willing to open its doors and talk and work with communities on the outside, and being a prior veteran myself from the Army watching this process is amazing," Johnson said. "We have some really great people on all sides making this happen. I'm really proud to be a part of it."

SUMMARY

Each of the working groups submitted the projects the participants felt were most important and had the most likelihood of being able to be accomplished. They also set, or tentatively set, their next group meetings to take the day's discussions to the next level. A few of the ideas that were discussed included:

Medical Working Group: When unit deployments result in downtime, Irwin Army Community Hospital could provide healthcare staff to assist community hospitals that are short staffed.



Gail Parsons | POST

Heather Stewart, analyst with Plans, Analysis and Integration Office, U.S. Army Garrison Fort Riley, speaks to regional partners during the Flint Hills Partnership meeting Feb. 27.

Local hospitals can provide IACH Staff with workload/training and certification opportunities.

The hospitals can also develop resource sharing opportunities to provide assistance during disaster/emergency situations.

Recreation Group: This group discussed developing an overall shared campaign, having a combined marketing effort and sharing the use of facilities.

They can also look at sharing services such as landscaping and mowing and field maintenance

Public Works Group: Public works leaders looked at ways to improve recycling, purchase

commodities such as gravel and noxious weed chemicals, work on potholes and share resources when making signs.

Emergency Services Group: Leaders looked at ways to consolidate contracts for shredding services and develop regional training opportunities.

They discussed formalizing a current memorandum of understanding in relation to confinement services and ways to improve computer-aided dispatch among the agencies.

Education Group: This group focused on life skills learning, performing a needs assessment and finding ways to exchange services and resources.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Stacy's Restaurant 118 W Flint Hills Blvd JUNCTION CITY (785) 238-3039</p>	<p>March 10th • Roast Beef • Chicken Fried Chicken • Meatloaf Reg. \$9.00 Sr. Size \$8.00 Inc Tax</p>	<p>March 11th BBQ Chicken Reg. \$7.29 Sr. Size \$6.38 Plus Tax</p>	<p>March 12th Pork Outlet Reg. \$7.29 Sr. Size \$6.38 Plus Tax</p>	<p>March 13th Salisbury Steak Reg. \$7.29 Sr. Size \$6.38 Plus Tax</p>	<p>March 14th Fried Chicken Reg. \$7.29 Sr. Size \$6.38 Plus Tax</p>	<p>March 15th Baked Steak Reg. \$7.29 Sr. Size \$6.38 Plus Tax</p>	<p>March 16th Cook's Choice Reg. \$7.29 Sr. Size \$6.38 Plus Tax</p>
<p>Tyme Out 101 Continental Dr JUNCTION CITY (785) 238-7638</p>	<p>Proud supporters of LIVE WELL Happy County</p> <p>CLOSED</p>	<p>Tyme Out 4 PERSON SCRAMBLE Sun, Apr. 7th 785-238-4303 for details</p> <p>CLOSED</p>	<p>Homemade Schnitzel ALL DAY \$10.99 10:30am-8:30pm Also Serving German Beer</p>	<p>OPEN ALL DAY 10:30am-9:00pm Country Fried Steak \$9.99</p>	<p>OPEN ALL DAY 10:30am-9:00pm 6 oz. Steak \$8.99</p>	<p>OPEN ALL DAY 10:30am-10:00pm Come See Us!</p>	<p>OPEN 2:30pm-9:30pm Come See Us!</p>
<p>The Cove at Acorns Resort 3710 Farnum Creek Rd. MILFORD (785) 463-4000</p>	<p>Bloody Mary & Mimosa Bar 12pm-4pm Open 11:00am-8:00pm</p>	<p>1/2 Price Appetizers Open 4:00pm-9:00pm</p>	<p>\$2.00 OFF All Tacos Open 4:00pm-9:00pm</p>	<p>Kids Eat Free w/ Purchase of Adult Meal Open 4:00pm-9:00pm</p>	<p>Fajita Night Chicken \$12 Steak \$15 Trivia Night Long Island Ice Tea \$5 Open 4:00pm-9:00pm</p>	<p>Crab Legs \$22 Open 11:00am-10:00pm</p>	<p>Prime Rib Special \$20 for 10-oz cut \$25 for 14-oz cut Open 11:00am-10:00pm</p>
<p>Cracker Barrel 115 N East St JUNCTION CITY (785) 762-5567</p>	<p>Home Style Fried Chicken All Day \$9.99</p>	<p>Chicken & Dressing Starts at 11:00am Grilled Country Porkchops Served after 4:00pm</p>	<p>Homemade Meatloaf Starts at 11:00am Lemon Pepper Grilled Rainbow Trout Served after 4:00pm</p>	<p>Chicken Pot Pie Starts at 11:00am Broccoli Cheddar Chicken Served after 4:00pm</p>	<p>Lunch & Dinner Turkey & Dressing</p>	<p>Fried Fish All Day \$9.99</p>	<p>Chicken & Rice All Day \$9.99</p>
<p>Munson's Prime 426 Goldenbelt JUNCTION CITY (785) 238-1135</p>	<p>Sunday Brunch \$15.00 per person Kids under 6 eat FREE 11AM TO 2PM</p>	<p>Steak Chili \$8.00</p>	<p>TexMex Tuesday \$8.00</p>	<p>Wings Wednesdays 50¢</p>	<p>Lasagna \$8.00</p>	<p>Chef Special \$8.00</p>	<p>Lunch Special: Smoked Brisket Prime Rib 5pm - Close</p>

Contact Tim Bailey to book private events. 785-238-1135

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Spc. De'Robert Maybell | 1st Inf. Div.

Maj. Gen. John S. Kolasheski, center, the 1st Infantry Division and Fort Riley commanding general, briefs Brig. Mark Pullan, commander of the 1st (United Kingdom) Artillery Brigade; Maj. Gen. James Swift, the 3rd (U.K.) Division commanding general; and Brig. Gen. Matthew Van Wagenen, 3rd (U.K.) Div. Deputy commander, on the inner workings of the "Big Red One's" joint operations center Feb. 28. Leaders from the two divisions met during the 1st Inf. Div.'s recent command post exercise as they prepare for Warfighter 19-04. Warfighter is the divisions culminating exercise that validates the training of its staff, ensuring it is prepared and ready to respond to any mission across the world. The U.S. and U.K. headquarters will team up for this iteration of Warfighter, and, as in the CPX, will be joined by the 1st Infantry Division Artillery, Fort Riley's 10th Air Support Operations Squadron and observer/coach/trainers from various installations.

PLANNING TOGETHER



Spc. De'Robert Maybell | 1st Inf. Div.

Col. Curtis Taylor, 1st Infantry Division chief of staff, briefs Maj. Gen. James Swift, 3rd (United Kingdom) Division commanding general, on the inner workings of the "Big Red One's" joint operations center Feb. 28. Leaders from the two divisions met during the 1st Inf. Div.'s recent command post exercise as they prepare for Warfighter 19-04. Warfighter is the division's culminating exercise that validates the training of its staff, ensuring it is prepared and ready to respond to any mission across the world. The U.S. and U.K. headquarters will team up for this iteration of Warfighter, and as in the CPX, will be joined by the 1st Infantry Division Artillery, Fort Riley's 10th Air Support Operations Squadron and observer/coach/trainers from various installations.



Soldiers of the 300th Military Police Co., 97th Military Police Battalion, load their gear into a trailer Feb. 28 as they prepare to move toward the Fort Riley Deployment Center in Camp Funston. Soldiers of the 300th MP Co., 97th MP Bn., deployed to Europe for a law enforcement mission in support of Atlantic Resolve.



UNTIL THEY RETURN

Photos by Will Ravenstein | POST

LEFT: Marleigh, the 3-year-old daughter of Sgt. Cody McMeans, 300th Military Police Company, 97th Military Police Battalion, prepares to give her dad a hug prior to leaving him Feb. 28 at the company area. Soldiers of the 300th MP Co., 97th MP Bn., deployed to Europe for a law enforcement mission in support of Atlantic Resolve.



Brig. Gen. Todd Wasmund, 1st Infantry Division deputy commanding general for support, speaks to Soldiers of the 300th Military Police Company, 97th Military Police Battalion Feb. 28 at the Fort Riley Deployment Center. Wasmund passed along a personal message and relayed well wishes from Maj. Gen. John S. Kolasheski, 1st Inf. Div. and Fort Riley commanding general, and Command. Sgt. Maj. Craig Bishop, 1st Inf. Div. senior noncommissioned officer.

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“We try to do a no dough dinner at least every other month. That’s our goal. It’s just to thank our Soldiers, thank our families ... and try to take the stress (away).”

MARK CLAUSSEN | USO FORT RILEY CENTER DIRECTOR



USO Fort Riley staff and volunteers served a pasta bar during their monthly No Dough Dinner Feb. 26. Families gathered in the Marshall Army Air Field Dining Facility to eat and make friends at the free event.

YES TO NO DOUGHS

USO Fort Riley plates pasta bar for latest dinner

Story and photos by Tea Sambuco
1ST INF. DIV. POST

USO Fort Riley staff and volunteers served a pasta bar during the monthly No Dough Dinner Feb. 26. Families gathered in the Marshall Army Air Field Dining Facility to eat and make friends at the free event.

“We’re trying to provide a meal for Soldiers and their families, and just have a way for them to connect, gather and have a good time (without worrying) about anything,” said Mark Claussen, USO Fort Riley center director.

The pasta bar contained various types of pasta and sauces, such as spaghetti and Alfredo, as well as meatballs, sausage and ham for toppings. A salad bar was also available, and to drink they had lemonade and water.

Charlotte Murray, 9-month-old daughter of Sgt. John Murray, 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, enjoyed Alfredo with her mother, Emily.

Emily said they had attended one other No Dough Dinner, and that it’s nice to “get out.”

“We try to do a No Dough Dinner at least every other month,” said Claussen. “That’s our goal. It’s just to thank our Soldiers, thank our

See NO DOUGH, page 14



The No Dough Dinner on Feb. 26 was made possible by the number of volunteers who stepped in to help.



The pasta bar No Dough Dinner included various types of pasta and sauces, such as spaghetti and Alfredo, as well as meatballs, sausage and ham for toppings. A salad bar was also available.



Capt. Trenton Adams shows Julie Schoeman’s second-grade class at Morris Hill Elementary School the proper way to brush their teeth using Rex as a prop.

Kids learn the basics for dental health

Professionals visit elementary schools, child centers on post

“Depending on the age of the children, the doctor (either read) a book or just talked to them about dental health.”

SPC. CRYSTAL BONCZEK
DENTAL ACTIVITY TRAINING
NONCOMMISSIONED OFFICER

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

More than 1,700 children were visited by the tooth fairy and members of the dental services team on Fort Riley last week.

Spc. Crystal Bonczek, Dental Activity training noncommissioned officer, said in recognition of Children’s Dental Health Month dentists and their assistants visited the child development centers and elementary schools on post.

“Depending on the age of the children, the doctor (either read) a book or just talked to them about dental health,” she said. “A lot of the older kids in the elementary schools like to ask questions.”

At Morris Hill Elementary School, Capt. Trenton Adams and Spc. Kadra Pheal took questions from Julie Schoeman’s second-grade class. The questions ranged from “when your last baby tooth comes out do you keep it or do you have to give it to the tooth fairy?” to “what if your teeth get all floppy?”

Many children in the second grade are beginning to experience losing their baby teeth and having their permanent ones come in. They had plenty of concerns about the changes they were seeing in their teeth.

Adams patiently answered questions the children had. One child wanted to know about the bumps that were on the adult teeth coming in.

Adams explained to him that the bumps were called mamelons, were perfectly normal and would eventually go away.

See DENTAL, page 10

Parent’s Night offers a Saturday without kids

Event provides safe haven for kids while parents relax

By Amanda Ravenstein
1ST INF. DIV. POST

Child and Youth Services staff host Parent’s Night one Saturday every month so parents on Fort Riley can get out and have a

“The kids get that socialization they need.”

KIRA FIDLER | ASSISTANT DIRECTOR,
CUSTER HILL SCHOOL AGED CENTER

break while letting their children hang out and socialize with other children their age.

“This is so they can have some time for themselves, while we care for the kids,” said Diana

Garcia, Whitside Child Development Center assistant director. “Sometimes it’s hard to find a babysitter to stay with them at home and this provides a different type of care for the parents.”

Kira Fidler, Custer Hill School Aged Center assistant director, says she enjoys doing Parent’s Night Out.

“The kids get that socialization they need,” she said.

Warren East CDC, 6981 Warren Road, is the location for the younger children, ages 6 weeks to 5 years, while the Custer Hill School Aged Center, 5810 Thomas Ave., takes care of

children in kindergarten to fifth grade.

Parents must register at Parent Central, 6620 Normandy Dr., the Wednesday prior to the care night. The cost is \$25 per child or Soldiers can use their deployment hours. Soldiers deployed to certain areas are given 16 hours of childcare a month.

The next Parent’s Night Out event is April 6.

WEEKEND WEATHER OUTLOOK

FRIDAY



HI: 45 F

LOW: 25 F

SATURDAY



HI: 52 F

LOW: 32 F

SUNDAY



HI: 43 F

LOW: 28 F

FORT RILEY POST-ITS

Army Community Service

Moms Together meets every Wednesday at 10 a.m. at Army Community Service. Meet other new moms during this informal social get-together presented by the New Parent Support Program.

Fort Riley MWR

Outdoor Adventure and Travel Center staff is hosting a Night Climbing event on March 13 at 5 p.m. at Craig Fitness Center. Registration is \$5 per person. Visit OATC to register.

Army Community Service

The next Basic Money Management class is March 12 at 9 a.m. at Army Community Service. Take this course to learn how to better manage your money. Advanced registration is required and can be done by calling 785-239-9435.

Fort Riley MWR

The next Library Movie Night is March 9 at 6:30 p.m. The movie for March is "Christopher Robin." Admission is free and popcorn is included.

Like - Comment - Share 189 73 115

Fort Riley MWR

Get your running shoes on. The Get Lucky Brew Run is March 15 at 5 p.m. at Riley's Conference Center. Advance registration is \$15. Onsite is \$20. This run is free to participants under the age of 17 however; they will not receive a beer mug. Beer tasting is only available to ages 21 and older so be sure to bring your ID. This is a 2 mile loop. Onsite registration starts at 3 p.m. Strollers and pets are welcome. Registration can be done on the Facebook event page. For more information, call 785-239-5888.

Lets go to the movies @ Barlow Theater

Friday, March 8. — The Lego Movie 2: The Second Part (PG) 7 p.m.
Saturday, March 9 — The Lego Movie 2: The Second Part (PG) 2 p.m. and What Men Want (R) 7 p.m.
Sunday, March 10 — The Upside (PG-13) 5 p.m. Theater opens 30 minutes before first showing. For more information, call 785-239-9574. Regular Showing: \$6, children are \$3.50, children 5 and under are admitted free. 3D Showing: \$8 First Run: \$8.25, 3D; First Run: \$10.25.

Like - Comment - Share 16 13 5

Lily Liver March 8

Does anyone know when the ghost hunters are coming back to reveal their findings from last year?

115 3 Comments

Like Comment Share

Spc. Shell Of course. Old School Paranormal will be at Riley's Conference Center March 9 at 1 p.m. for a question and answer session from their visit. 43

Lily Liver Oh cool! Does it cost anything to attend?

Spc. Shell This event is free to attend plus there will be hors d'oeuvres from Riley's. It's going to be a fun time.

Spring savings at Fort Riley Exchange

New Military STAR accounts will provide 15 percent discount

By Shakira Faison
AAFFS PUBLIC AFFAIRS

Fort Riley Soldiers and their families can save an extra 15 percent by opening a new Military STAR card account from March 7 to 21.

During that time, new cardholders will save 15 percent on their first day's purchases instead of the 10 percent discount regularly offered. The discount will appear as a credit on the first monthly billing statement.

Shoppers who open a Military STAR account will also earn rewards points. Cardholders receive two points for every dollar spent with Military STAR and automatically earn a \$20 rewards card every 2,000 points.

In 2018, shoppers earned \$34.6 million in Military STAR rewards cards.

"When shoppers use Military STAR, they're making their own community stronger."

JOSEPH ESCOBAR
FORT RILEY EXCHANGE
MAIN STORE MANAGER

"The additional savings offered on top of Military STAR's fair and flexible terms make this a great time to sign up," said Fort Riley Exchange Main Store Manager Joseph Escobar.

New Military STAR account holders can also receive the discount at ShopMyExchange.com and the commissary. New account holders who stay at an Armed Forces Recreation Center resort during the promotional dates and pay with their Military STAR card during those dates can take advantage of the 15-percent discount on their

CARD IS A VALUE

- The **Military STAR** program generated \$471 million in value for cardholders in 2018 through savings, discounts, financing offers and cardholder-friendly terms and conditions.

resort stay. AFRC locations include Shades of Green in Lake Buena Vista, Fla.; Hale Koa Hotel in Honolulu, Hawaii; Dragon Hill Lodge in Seoul, South Korea and Edelweiss Lodge and Resort in southern Germany.

Other benefits of the Military STAR card include:

- The lowest flat-rate APR, 12.49 percent among store cards — the rate is offered to all cardholders upon account approval.
- No annual, late or over-limit fees.
- Reduced-interest deployment plan with no payments required for eligible customers.

The Military STAR program generated \$471 mil-

lion in value for cardholders in 2018 through savings, discounts, financing offers and cardholder-friendly terms and conditions. Additionally, all Military STAR purchases help support the readiness and resiliency of Soldiers and their families through contributions to critical Quality-of-Life programs on installations.

"When shoppers use Military STAR, they're making their own community stronger," Escobar said.

The Military STAR card is administered by the Army and Air Force Exchange Service and is accepted at all military exchanges and commissaries. For more information, visit MyECP.com.

DENTAL Continued from page 9

Schoeman's class also listened as Pheal, dressed in a pink tooth fairy dress over her uniform, read "The Candy Conundrum." One of three books the dental team read to children. It was chosen based on age appropriateness.

After hearing the story, the children agreed that if they get a toothache, their best bet is to first go to a parent — even if they are worried about losing their candy because of it.

Before the session was over Adams demonstrated, using an oversized toothbrush and a dinosaur hand puppet, the proper way to clean teeth.

Before leaving, he asked what some of the children had learned. One little girl had learned "if you floss, sugar

germs will zip line out of your mouth."

Other children indicated they knew a little more about how plaque forms, what was happening to their own teeth and how to perform proper dental care. It's a topic Schoeman said is important and she liked the way the dental professionals presented the information on a second-grade level.

"We oftentimes think that this is common knowledge that the kids come to school knowing and we learn more and more that it's not," she said. "It's great that we have the opportunity to have experts come in and show these kids in an engaging way how to take care of themselves."

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Worship Opportunities

Protestant Services

Victory Chapel 239-0834
ChaplineXt Protestant Service
Sunday Worship.....1100
Children's Church.....1105-1200

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

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

Catholic Services

Victory Chapel 239-0834
Sunday Mass.....0845
Sunday Catechism.....0950

Saint Mary's Chapel 239-6597
Sunday: Confession (or by appointment)..1100
Sunday Mass.....1130
Daily Mass – Mon., Wed., & Fri.....1200

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

Jewish Service

For worship and holiday observance information please contact the Senior Chaplain at 240-6268/910-273-0767.

Pagan/Wiccan Service

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

Homefront Heroes
Support Group for deployed spouses of Soldiers
Weekly Wednesday classes from 1830-1930 at Victory Chapel. 785-239-0875.
Childcare provided for birth-4yrs.

Club Beyond - Faith Based Youth Program

Grades 6th - 12th, Meets Sundays

Combined MS/HS Youth 1830-2015 at Victory Chapel
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Club Beyond is a Non-Federal Entity and is not part of the DoD or any of it's components and it has no government status.

AWANA

Meets Sundays, 1400-1600 at Victory Chapel
785-239-0875.

Protestant Women of the Chapel (PWOC)

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

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

Catholic Women of the Chapel (CWOC)

Weekly Wednesday Meeting 0900-1130 at St. Mary's Chapel.
Childcare provided.

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

Check for schedule over Training Holiday weekends



Carisa Huntwork leads a workout class Jan. 5 at Whitside Fitness Center. She has developed a Core and Strength class based on her experiences and enjoys helping others meet their fitness goals. #FitFirst

Trainer helps based on personal experience

Weight-loss journey shapes Huntwork's shared training class

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

When people think about going to the gym and losing weight, it can be easy to get self-conscious, especially if there is a lot of weight to be lost.

Carisa Huntwork knows all too well how that feels. Her Core and Strength class is different than others offered at Whitside Fitness Center because she developed and produced it based on her personal experiences.

Huntwork was inspired to create the program after her fitness journey where she lost 133 pounds.

"Through this weight loss came a lot of education and knowledge about health and fitness," she said.

When the 32-year-old looks back on her life, she sees a start that was far from a picture of health. She had poor eating habits and wasn't active, which led to her being obese for most of her life.

"When I was 18, I was on blood pressure medicine, I was on cholesterol medicine, I was on baby aspirin — all this at 18," she said.

When she was 23, she got pregnant with her second child and knew additional weight gain could be dangerous.



Huntwork was inspired to create the Core and Strength program after her fitness journey in which she lost 133 pounds.

"I was afraid I was going to stroke out," she said.

The fear was enough to wake her up. She started exercising and only gained eight pounds during the pregnancy. But after the baby was born, she found herself in the position many young Army wives do — home alone while their husband was deployed raising small children. Getting to the gym was the last thing on her mind.

"About four years ago, I decided enough was enough," she said. "I was I tired of the different fad diets. They weren't working. I just decided to dive on in (and) get serious."

She started researching and learning. The more she learned, the more interested

"Core and Strength is floor work that is done at any fitness level. We focus on total body."

CARISA HUNTWORK | TRAINER
AT WHITSIDE FITNESS CENTER

she got. She also discovered that there are so many different types of fitness classes and activities; there is bound to be something nearly everyone will enjoy.

"I did dance fitness, that was my passion — and it still is," she said.

In the years since she made the commitment to a healthier life, Huntwork shed more than 100 pounds and went from 62 percent body fat to 15 percent — and best of all, she's maintained that success.

She is in the process of obtaining her second bachelor's degree in a health and wellness field, and has the credentials to be a personal trainer but prefers the group fitness format. She teaches Mixed Fit, but also created her own program.

Originally she developed Body by Rissa but has recently changed it to Core and Strength.

"Core and Strength is floor work that is done at any fitness level," she said. "We focus on total body."

Bailey Rodarte, fitness specialist, said the class is unique as its focus is on stretching, which should be incorporated

into any successful workout program.

"You need to stretch just to have your muscles not become so wound up or tight," Rodarte said. "There's people who will go and go and go, and body build or run and then three days later, because they didn't stretch, they can't even run down the road. It's just one of those things that we have to do to maintain our body."

The exercise component is only a piece of what Huntwork teaches. She didn't get to where she is today by exercise alone.

"I eat very clean now," she said. "I'm very conscious about ingredients. I know a lot about nutrition. And it is a huge passion of mine — a passion I like to share with people."

Huntwork has the experience to relate to others who are ready to give up the fad diets and talk and start getting fit. She has been where they are.

"I just want to put an emphasis on that even if someone has never come to the gym before (Core and Strength) is something they will be able to do," she said. "It is definitely something anyone can do."

TUESDAY TRIVIA CONTEST



The question for the week of March 5 was: It's Severe Weather Awareness Week in Kansas. Where can I find information about being prepared, where emergency shelters are located, how to sign up for alerts and learn more about Ready Army?

Answer: home.army.mil/riley/index.php/about/directorates-staff/DPTMS-1/ready-army

This week's winner is April Stoby, wife of Sgt. Jonathan Stoby, 1st Infantry Division Band.

Pictured above is April

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BRO Kids Swim Safe Camp is a week-long camp in which participants, ages 6-11, are introduced to important water safety topics geared towards keeping children safe in, on, and around the water. Participants will engage in daily swimming lessons and will conclude each day with a fun game or activity.

Please call Parent Central at 785-239-9885 to register. All participants must have an active registration with CYS. Camp enrollment closes on March 7th.

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Fort Riley CYS offers instructional classes for children and youth by instructors who are experienced in their fields.

GET LUCKY BREW RUN

Friday, March 15 | 5pm | Riley's Conference Center

Register in advance at Leisure Travel Services, or <https://riley.armymwr.com/programs/event-ticket-sales>.

On-site registration begins at 3pm

Free participants will not receive a beer mug.

Participants participating in the beer tasting will need to provide proper ID at registration.

Strollers and pets welcome

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Bending IRON

Craig Fitness Center personnel host first powerlifting contest

Story and photos by Will Ravenstein
1ST INF. DIV. POST

“Push, push, push — yeah, great job,” was yelled by on-lookers and competitors as Soldiers and civilians alike lifted weights during the first powerlifting competition held on Fort Riley March 2 at Craig Fitness Center.

The individual competition put muscle and mass to the test while divided into specific weight classes to make it fair for all.

Mark Bacon, Craig Fitness Center supervisor, Directorate of Family and Morale, Welfare and Recreation, said he was pleased with the turnout for the event.

“I felt like, potentially, we could have had more turn out but with the deployments and [National Training Center] happening — some Soldiers just left,” he said. “But overall, I’m really pleased with 21 competitors for our first-time event. Especially with an event like this, it is kind of a niche event where it’s powerlifting. It takes a certain person to do that.”

The competitors were judged by the amount of weight they could lift in their weight class and how much total weight they lifted based on their body weight with a Wilks score.

“It’s based on a formula with your body weight and weight lifted,” he said.

Bacon said he was impressed by several of the competitors he saw.

“There were a couple of competitors that I saw personally, I don’t remember their names, but I could tell by looking at their stature they were pretty strong,” he said. “I think when we do the Wilks score, which is based on body weight and total weight lifted, the overall men’s lifter will be a surprise to see.”

Both men and women competed in the competition.

Warrant Officer 1 Benjamin Meyer, 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, was pleased to see DFMWR put on an event like this to allow people to come together to share their passion for weightlifting.

“I think a competition like this is an excellent opportunity for people to develop their competitiveness and see where they are strength wise and really come together in a common theme,” he said. “Powerlifting is something a lot of people do. It’s an opportunity for us to celebrate each other and the strength we have — especially the Soldiers. I think this is an awesome thing.”

As the competition started, those waiting in the wings for



Sgt. Clayton Ryan, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, pulls the weighted bar up during the powerlift portion of the Army Strong Powerlifting Competition at Craig Fitness Center March 2.



Sgt. Sarah Ray, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, does squats with her son Tommy, 5, on her back between events at the Army Strong Powerlifting Competition at Craig Fitness Center March 2.

their turn showed support for the active lifter, especially during their second and third lifts, as they pushed toward personal records and beyond.

“It’s incredibly motivating,” Meyer said. “There’s opportunity, in my own experience, where I’ve had times where mentally I couldn’t perform something. But with a sport of powerlifting with support and my fellow Soldiers cheering me on I was able to push through.”

For Sgt. Clayton Ryan, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div., he said he appreciated the cheering but said he couldn’t necessarily hear them.

“For the most part I kind of don’t hear it because I’m focusing on the lift,” he said. “But just hearing the volume around you shakes you a little bit. You’re like, yeah I can feel the pressure; but it motivates you to do well. I don’t really hear

what they are saying — but I feel it.”

Ryan said he did exactly what he expected himself to do, but was pleased that he was able to get an official weight verified while bench lifting.

“Bench has always been my weakest lift,” he said. “I’ve hit 255 (pounds) before — it was always iffy. So to be able to do it in a competition and have it be official is awesome.”

Cody McMurrery, the son of two retired Navy parents, was also in attendance. He was one to watch during the event as he entered the squat and deadlift with a higher amount of weight on the bar to start. He said the competition, while fun, was more about being mentally prepared.

“I’d say probably 75 percent of it is physical and 25 percent is definitely mental,” he said. “If you don’t have the right mindset you are not going to go in there and make your lifts — every

time. If you don’t think you can do it, you’re not going to do it.”

McMurrery had personal goals he was hoping to attain while lifting.

“I’m hoping to get two (personal records) today, one in my deadlift and one in my bench,” he said. “I did have an injury for squats over a year ago and I’m not quite back to where I was on that. So, at least two PRs and a total PR for total weight. I’m trying to get close to 570 (pounds) on my deadlift. I want to get 330 on my bench. I haven’t done a competition type lift for my bench yet — and it would be a PR for me.”

Each of the three events; squat, bench and power lifts, gave the competitors three attempts to get the highest weight they could lift. McMurrery said it is a calculated risk but a fair way to do the competition.

“You get your opener in there to make sure you got a for sure lift to go on your total,” he said. “Then you got an attempt at what you say you can do for a max. Then if you get that and you think you can get some more (with) one more lift. I don’t think if you had a fourth lift, most people wouldn’t get that one because you make too big of a jump each time.”

Bacon hopes the competitors walked away with a positive experience while he looks at a new possibility for Fort Riley lifters.

“I’m kind of working an idea in my head where we make this a club and do this bi-annually,” he said. “If you meet certain criteria in each area then you become a member of the Fort Riley Powerlifting Club or something like that. It would be based on, say you’re a male and you lift twice your body weight — that would qualify you for that. That’s just something I have brewing in my head.”

#FitFirst

FORM MATTERS

Hardcore Four – part two

By Gail Parsons
1ST INF. DIV. POST

The Hardcore Four is a set of three exercises, one which is repeated on either side of the body, which targets the core.

The circuit starts with the side plank. Variations of the side plank were demonstrated in the March 1 edition of the 1st Infantry Division Post. After either completing the repetitions or a static hold with the side plank on one side, it is time to move on to a front plank.

Capt. Chris Boyer, physical therapist with the 97th Military Police Battalion, and Capt. Grant Smith, 2nd Armored Brigade Combat Team, 1st Infantry Division, physical therapist said this circuit hits spine health and strengthening and works hip stability.

The front plank has easy, medium and hard versions to challenge the core muscles. However, Boyer said it is important that Soldiers only execute the one they can do while maintaining proper form.

“The back is generally straight,” he said while describing the move as Smith executed the front

plank. “He’s not sinking in, and his lower back at that belt line isn’t driving toward the table. He’s keeping everything nice and tight in the core and his hips are nice and level.”

Some people who have an arch in the back may have a little more difficulty with planks.

“What they’re going to want to do to make sure that they engage their abdominals is (to) squeeze their glutes and crunch their abs at the same time,” Smith said.

Squeezing the glutes and crunching the abs maximizes the amount of contraction in those muscles.

“These are the muscles that we want to have a good amount of endurance,” Boyer said. “We want to be able to do an isometric contraction, meaning that the muscle’s contracting, but no movement is occurring.”

By squeezing the glutes and abdominal muscles while doing the plank, the isometric contraction is maximized.

“When you maximize that tension, you’re going to maximize the potential for strength development,” Boyer said.

#FitFirst



HARDCORE FOUR – PART 2

1. The easy version is to hold a straight line with the elbows and knees on the surface. The knees are bent, and the feet are off the ground.
2. The medium version “That everybody knows and loves,” Smith said, is the regular plank. The elbows are on the surface, and the hips rise.
- 2a. To up the difficulty level of the medium version, lift one leg up — either hold it or do repetitions. Repeat with the other leg.
3. The hardest version of the plank is the same as the medium, but with the arm raised, repeat with the other arm.

In the March 15 edition of the 1st Infantry Division Post he will demonstrate variations of the bridge exercise.

For all of the exercises, the appropriate time to terminate the set is when hips start to drop, and proper form can no longer be maintained.

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

Exchange program rewards students

Academic excellence of military children can lead to rewards

By Shakira Faison
AAFES PUBLIC AFFAIRS

DALLAS — According to the Department of Defense Education Activity, the average military child will move six to nine times during a school career — three times more often than children whose parents do not serve in the military. The Army and Air Force Exchange Service is commending the achievements of young scholars at Fort Riley with its You Made the Grade program.

First through 12th-graders, including homeschooled students, who maintain a “B” average or higher are eligible for a \$5 Exchange gift card every grading period during the 2018-19 school year. To receive their gift card, students must present a valid military ID and proof of qualifying grades during any grading period at the Fort Riley Exchange customer service area.



“The Exchange is honored to reward the academic achievements of military children,” said Fort Riley Exchange main store manager Joseph Escobar.

“Military students work hard to succeed in the classroom. The You Made the Grade program proves their diligence and resiliency pay off.”

SENDING ENTRIES

- Sweepstakes entry forms are found on the back of the You Made the Grade gift card sleeve. Students can send completed forms to:

You Made the Grade
P.O. Box 227398
Dallas, TX 75222-7398

Students who make the grade can enter the worldwide sweepstakes to win a \$2,000, \$1,500 or \$500 Exchange gift card. Since February 2000, the Exchange’s You Made the Grade program, has rewarded nearly 200 military students for their academic achievements through prizes worth nearly \$550,000.

Students can submit one sweepstakes entry for each grading period. The first drawing of the 2018-19 school year took place in December 2018, with presentations made at Fort Campbell and Vandenberg and Seymour Johnson Air Force Bases. The next drawing will be held in June.



Photos by Téa Sambuco | POST

The Blue Lightning (blue jerseys) and Bloody Warriors (red jerseys) met to play futsal March 2 at the Child and Youth Services Teen Center.

COURTSIDE!



1



2



3

1. Matua Ishmael, of the Spicy Mountain Dew Pickles Futsal team, kicks the ball up the court attempting to make a goal. 2. Briiar Lujan goes up for a lay up to score a point for his team, the Lakers, during a basketball game March 2. 3. The Spicy Mountain Dew Pickles Futsal team played against Milford at the Child and Youth Services Teen Center. 4. The Lakers (yellow jerseys) faced off with the Colts (black jerseys) during a basketball game March 2. #FitFirst



4

JCHS JROTC ACHIEVES AT MEET



PHOTO COURTESY OF USD 475

The Junction City High School Army JROTC Drill Team competed at the Lee's Summit North High School Drill Meet Feb. 23 and returned home with several honors. The team competed against 14 schools and won trophies in the following categories;

- 1st Place - First Year Cadet Team
- 1st Place - Armed Regulation
- 2nd Place - In-Ranks Inspection
- 3rd Place - Armed Color Guard
- 4th Place - Unarmed Exhibition

This Junction City High School program remains a point of pride for Geary County Schools, JCHS, and the Junction City community. JROTC provides leadership, teamwork and philanthropic experience to area youth through the year and allows students to become accustomed to life in a military-rich atmosphere.

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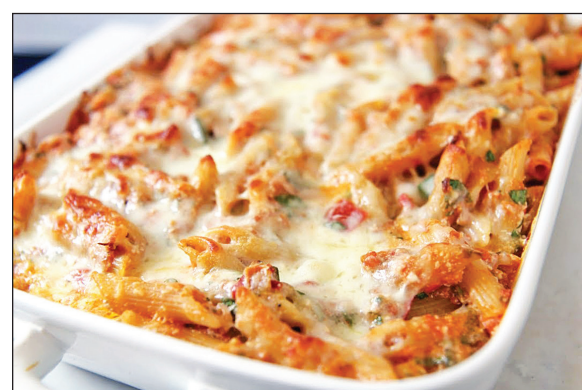
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HEALTHY EATING



CONTRIBUTED PHOTO

Baked Ziti with Spinach, Zucchini and Mushrooms

This recipe was provided by Lisa L Jones RDN LD CSOWM, clinical dietitian, Irwin Army Community Hospital

Per Serving: Calories: 160 Saturated Fat: 3g Cholesterol: 41mg Sodium: 554mg Carbohydrates: 7g Fiber: 1g Sugar: 3g Protein: 18g

INGREDIENTS

- 1 box, 1 lb. ziti
- 2 24 oz. jars pasta sauce
- 1 lb. ground turkey
- 1 medium zucchini
- 2 cups spinach
- 4 oz. mushrooms
- 3 tbsp parsley, 1 for garnish
- 8 oz. part skim ricotta cheese
- 2 cups part skim mozzarella shredded mozzarella cheese
- ½ cup shredded Parmesan
- 2 tsp dried oregano
- 2 tsp dried basil
- 3 cloves garlic

STEPS

1. Preheat oven to 350°.
2. Cook ziti according to package.
3. Chop zucchini, spinach, mushrooms and parsley.
4. Set parsley aside.
5. Sauté zucchini in olive oil for three minutes. Add spinach and mushrooms and sauté for two additional minutes.
6. Cook ground turkey and pour into large bowl.
7. Add sauteed mixture, parsley, oregano, basil, garlic and pasta sauce. Stir.
8. Cover the bottom of a 9x13 glass pan (or casserole dish) with the meat and veggie mixture.
9. Add ½ of the cooked ziti.
10. Next, add ½ of the remaining meat and veggie mixture.
11. Add ½ of the ricotta.
12. Add ½ of the mozzarella.
13. Repeat.
14. Top with Parmesan cheese.
15. Bake at 350° for 20 minutes.
16. Garnish with extra parsley.

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Newman University - Wichita, KS

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Come see the Bee and stay for the Fair!
Over 20 area colleges in attendance!

NO DOUGH Continued from page 9

families ... and try to take the stress (away). The USO wants to support and make the Soldiers feel at home, make them feel comfortable at the duty stations they're at."

Katy McMillan, wife of Staff Sgt. Christopher McMillan, 3rd Battalion, 66th Armor Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div., is new to Fort Riley, having just arrived Jan. 10. The Houston, Texas native said this type of event has helped her and her children meet friends and more.

"I think it helps alleviate stress for families, especially when the husbands are deployed or on rotation," she said. "There's extra costs when they leave, so it helps ... that budget."

Supporting so many families is only made possible with the number of volunteers that assist in the preparations and planning, Claussen said.

"We've got the [Better Opportunity for Single Soldiers] program here, the AmeriCorps group here and then we have our regular USO volunteers," he said. "It's nice that we can get all these little volunteer groups

"I think it (No Dough Dinners) helps alleviate stress for families, especially when the husbands are deployed or on rotation. There's extra costs when they leave, so it helps ... that budget."

KATY McMILLAN | MILITARY SPOUSE

to help us do things. We (anticipated) upwards of 500 here. If we're relying on our three employees and five or eight volunteer members, we wouldn't get it done. So, it's nice to have extra groups help us out."

Aside from volunteers, USO Fort Riley also sought help from outside businesses when planning it. Claussen said it is his job to go out and find those who would like to help support events like these.

"We'll ask them if there's things they want to do to help support and then we will provide them different opportunities," Claussen said. "One event may be the No Dough Dinners, something else may be the single

Soldiers welcoming kit when they come on base. There's 18 to 25 programs that we can work on."

Claussen said he tries to incorporate businesses into the programs they're trying to run. Some businesses want to help and don't care about notoriety, while some help and say "yes I helped, please talk about it."

"I'm new, I've only been here five weeks or so, and some of the stuff was already planned," he said. "(But) it's all about coordinating the need of the donor with the need of the program."

"I have done events like this," he said. "But this is the first time I've done this (particular) event. It's eye-opening, it's exciting and it's fun."

PROCLAIMING NATIONAL NUTRITION MONTH



PHOTO COURTESY OF IACH

Two medical senior leaders proclaim March as National Nutrition Month at Irwin Army Community Hospital. Col. Theodore Brown, hospital commander; and Col. Stephanie Meyer, Nutrition Consultant to The Surgeon General and Army Nutrition Program manager, signed a proclamation Feb. 27 to launch an effort that encourages everyone to become concerned about their nutrition to achieve optimum health for both today and tomorrow.

Arts & Crafts
and American Red Cross Youth Reconnection Workshops
Saturday, March 23 • 1-3:30pm • Riley's Conference Center

A fun, free family workshop where families of deployed Soldiers can spend time together, network with other families, and share common experiences!

Family Crafting
Create your own deployment send-off or welcome home banner, sign and button!

American Red Cross Youth Reconnection Workshops
Interactive workshops designed to help youth ages 8-18 with communication in the family, with peers, and with school after a Soldier returns home from deployment.

Open to Families of deployed Soldiers and Blue Star Card Families
Advance registration required by March 15
RSVP to ACS Outreach at 785.239.9435 or by email at usarmy.riley.jm.com.mbx.acs@mail.mil. Include your name, email address and phone number; your sponsor's name and unit; and the number of children attending (if any) and their ages.

INFO: ACS Outreach 785.239.9435

Logos for Riley's, American Red Cross, MWR, ACS, and Blue Star are included.

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What to bring:
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News

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Help Wanted

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Manhattan ResCare is seeking a qualified individual to fill the position of Program Manager in our Manhattan office. The Program Manager oversees delivery of consumer support services for our Operation. Job duties also include supervising personnel to achieve service, clinical, and financial objectives within general resources and reimbursement models, while ensuring compliance with regulatory requirements through quality assurance activities. Qualifications include BNBS in Business, Health Care Administration or a Social Science or High School Diploma/GED and a minimum of 7 years' experience in Human Services or related field. Must have a minimum of 2 years' experience in ID/DD field. Exceptions to educational requirements must comply with state law. Exceptions must have written approval of the Regional Vice President. Four Years of supervisory experience required. The ability to communicate verbally and in writing along with experience in managing systems, processes and people is a must. Working knowledge of Federal, State and Local regulations concerning services to individuals with mental retardation and/or other developmental disabilities. Demonstrated computer proficiency with working knowledge of Excel, Word, etc. desired. Good organizational skills and attention to detail. Valid driver's license. If interested, apply online at www.rescare.com then select careers.

Direct Support Professional

Manhattan ResCare is seeking qualified individuals to fill the position of direct support staff. This position will provide services for assigned consumers in Manhattan. High school diploma or GED and a valid Driver's License are required. If interested, apply online at www.rescare.com then select careers, External Applicants, enter 67846 and then choose Manhattan ResCare.

Registered Nurse

Manhattan ResCare is seeking a qualified individual to fill the Full-time position of RN at our Manhattan office. This position is responsible to provide nursing care to individuals as prescribed by the physician and in accordance with standards of nursing practices and regulations. Perform assessments of individuals in service and monitor medication administration. Must have completed post secondary education coursework to facilitate licensure as a Registered Nurse (RN) Must have a current license in good standing. Must have a valid driver's license. Ability to read, write and follow oral and written directions at a level necessary to accomplish the job. Must be able to relate positively and favorably to individual/consumer and families and work cooperatively with other associates. Must be knowledgeable of individual service Plans including understanding of clients rights, health needs and program implementation activities. Must be able to bend, stoop, push, pull, sit and walk for periods of time. Must be able to utilize proper body mechanics while lifting up to 70 pounds.

If interested, apply online at WWW.RESCARE.COM then select careers.



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Help Wanted

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REPORTER NEEDED



The Junction City Daily Union has an immediate opening for a reporter who can build sources and dive into local issues. Duties include general assignment, feature writing, coverage of local government boards and copy editing.

The successful candidate will have sharp reporting instincts, outstanding news judgment, an ability to report and write quickly in a fast-moving atmosphere. A curiosity about the community and its people is vital.

This person must have the ability to work productively in a team setting.

The person must be aggressive and adept at setting priorities and reordering them as needed, particularly under deadline pressure or as circumstances change. The person should have strong writing and editing skills, and experience with Multimedia journalism is a must. We use video and social media to tell our stories.

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The Junction City Daily Union is currently looking for a District Manager in the Circulation Department. Duties include working with carriers of all ages, delivering routes as needed, increasing circulation through sales and promotions, and assisting customers. Must be able to work independently and have strong people and communication skills. Reliable transportation required. Afternoon, Evening and Sunday hours.

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

Applications accepted at:
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su | do | ku

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

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

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

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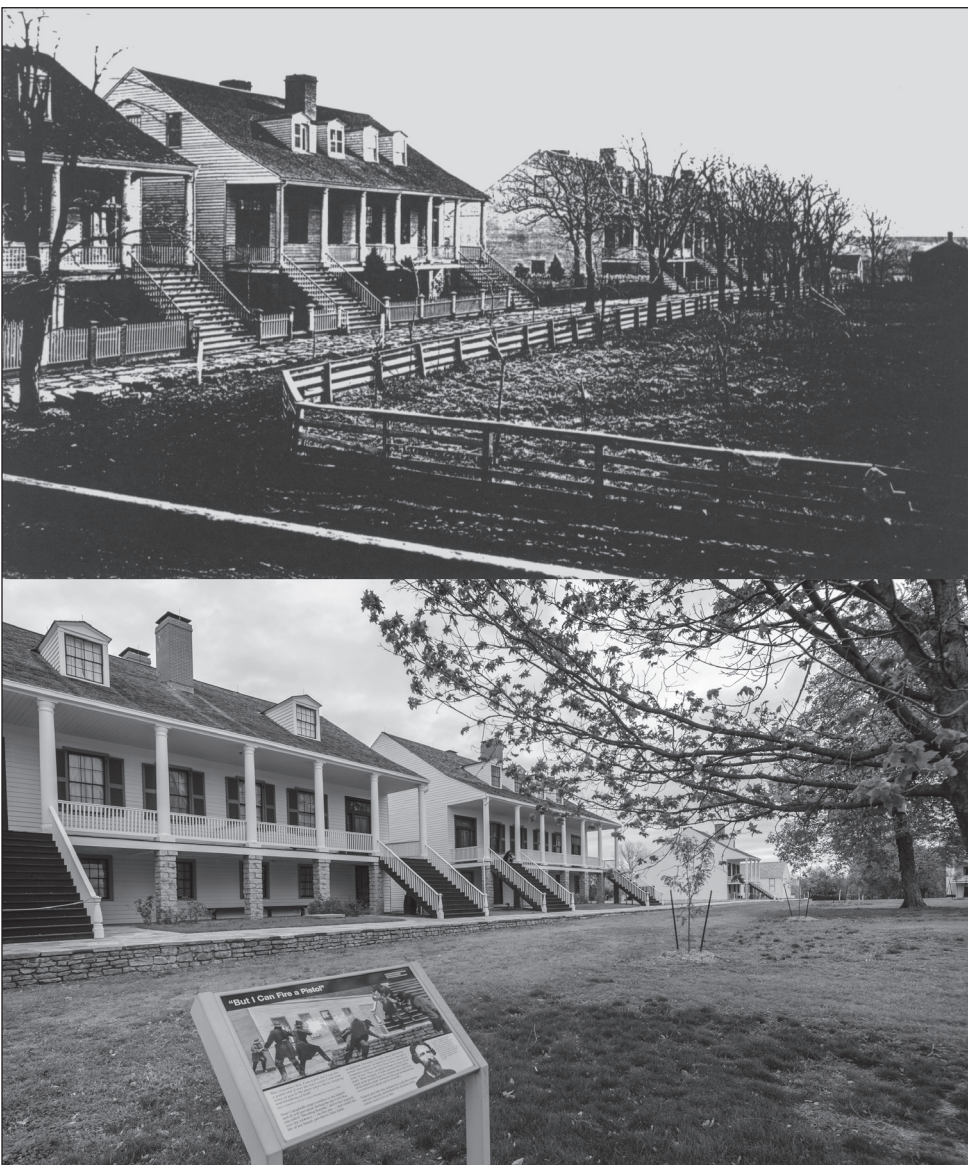
Reenactors march across the field at Fort Scott

★ MARCH 8, 2019

HOME OF THE BIG RED ONE

PAGE 16 ★

Fort Scott provides history buffs with look at America's past



Courtesy photos | nps.gov

Two photos showing a historic and modern view of Officers Row at Fort Scott. The top photo was taken in 1873; the bottom one is a modern view from a similar vantage point.



Courtesy photos | nps.gov

Far right: During the Civil War, Kansas was the first to recruit and train African American soldiers **Above:** An artist depiction of Dragoon soldiers escorting a wagon train on the Oregon Trail by Hugh Brown.

By Amanda Ravenstein
1ST INF. DIV. POST

The story of Fort Scott is the story of America growing up, according to the National Park Service website for the historic post. Events that were happening in the country, in 1842 when the fort was established, helped cement the Army outpost's place in history.

WESTWARD EXPANSION AND PROMISES BROKEN

As part of a permanent Indian frontier, an area of land promised to the tribes where white settlement would be forbidden.

Fort Scott was one of a line of forts that stretched from Minnesota to Louisiana, which would enforce that promise. Soldiers also served to keep the peace between white settlers, native tribes and relocated eastern tribes, according to the website.

Fort Scott was named for Gen. Winfield Scott, commander during the War of 1812 and the Mexican-American War, according to the Kansas State Historical Society website, www.kshs.org. The fort filled a gap between Fort Leavenworth and Fort Gibson, 150 miles south in Oklahoma. It was home to infantry Soldiers and an elite unit of Soldiers called Dragoons who were trained to fight both on horseback and on foot.

As westward expansion continued with the Santa Fe and Oregon Trails, Dragoon soldiers were called upon to escort the travelers and the promise to the tribes was forgotten. The fort was abandoned in 1853 but further events in the region, including the issue of slavery, would eventually bring Soldiers back, according to the NPS.

BLEEDING KANSAS

In 1854 under the Kansas-Nebraska Act, Congress created the Kansas and Nebraska territories opening the land for settlement. Congress gave residents the chance to vote for their state to be a free or slave state.

The military was drawn into the conflict when groups on either side of the slavery debate took up residence in the newly created town of Fort Scott.

Soldiers periodically returned to Fort Scott to restore law and order, according to the website. However, every time the units would leave, the conflict resumed and eventually spread across the nation.

CIVIL WAR

During the Civil War, Fort Scott served as a major supply depot for Union armies in the west as well as a hospital and a place of refuge. Because of this, Confederate Gen. Sterling Price attempted twice to take Fort Scott, but failed both times, according to the KSHS website.

Most of the refugees who joined the Union Army were war-displaced Indians and escaped slaves, according to the NPS website. With diversity in the ranks, American Indian and African American regiments were formed. The 1st Kansas Colored Infantry was sworn in on the grounds of

Fort Scott and was the first African American regiment to engage the Confederate Army in combat.

RAILROAD EXPANSION

After the war ended, the nation began to heal and with that healing came unity, according to the website. Railroads built across the continent played a role in that unity by tying the country together.

In 1869, the first railroad reached Fort Scott and leaders saw this as a way to build prosperity. As tracks were laid, Soldiers returned to the region to protect the workers from squatters who opposed the railroad.

MODERN-DAY FORT SCOTT

The Fort Scott National Historic site sees approximately 26,000 visitors each year according to the website.

With free admission and open daily for self-guided tours through the buildings, guests can receive information in the visitor's center including safety information and a park brochure. After a 23-minute movie on the history of the site, visitors can walk through a series of exhibits to help guide them through and tell the stories of Fort Scott.

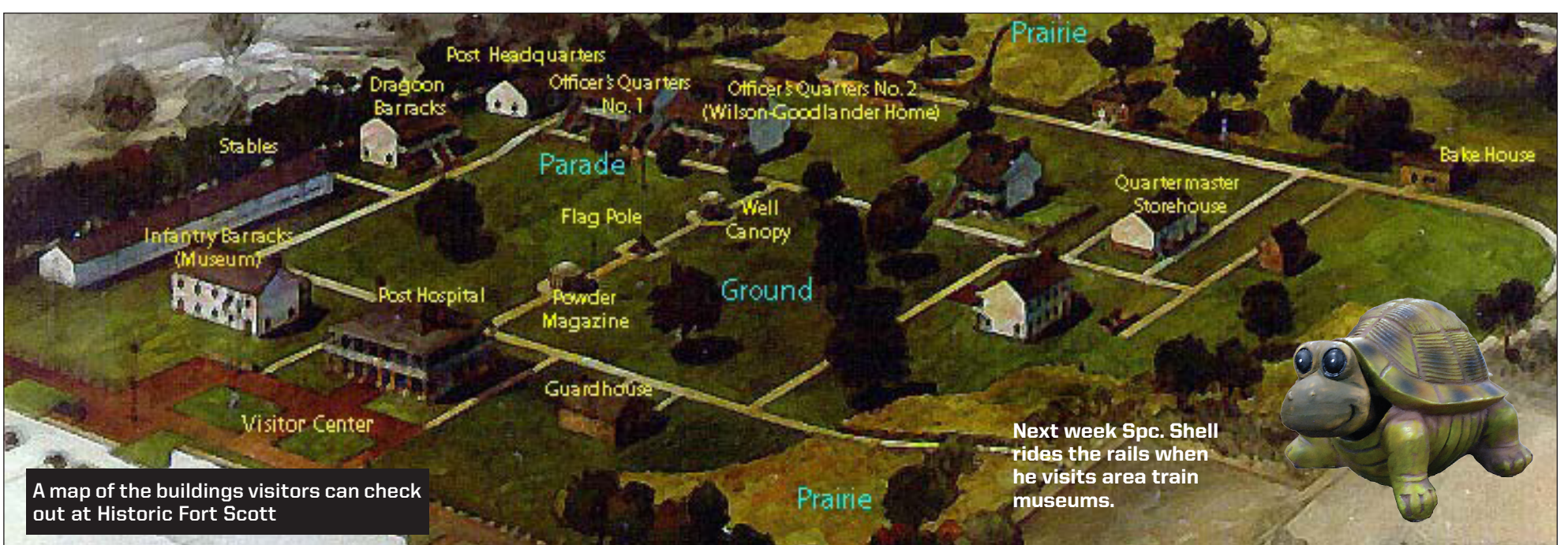
Special events throughout the year include the annual Civil War reenactment in April and the Candlelight Tour in December.

For an updated list of activities and events happening, follow their Facebook page, Fort Scott National Historic Site, National Park Service.

For additional information on Fort Scott, visit www.nps.gov/fosc or call 620-223-0310.

ONLINE SOURCES

Kansas Historical Society www.kshs.org/kansapedia/fort-scott/17808
National Parks Service www.nps.gov/fosc



A map of the buildings visitors can check out at Historic Fort Scott

Next week Spc. Shell rides the rails when he visits area train museums.