HOME OF THE 1 BIG RED ONE

THE 1ST INFANTRY DIVISION POST

★ home.army.mil/riley FRIDAY, APRIL 12, 2019 Vol. 11, No. 15 ★

FORT RILEY, KANSAS



Cavalry Scouts assigned to 1st Platoon, Company B, 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Divisionuse the Polish terrain to hone their skills while executing area reconnaissance during a recent training exercise in Swietoszow, Poland, April 2 through 4.

On Patrol

'Quarterhorse' navigates new terrain in Poland

Story and photos by Sgt. Kris Wright
358TH PUBLIC AFFAIRS DETACHMENT

SWIETOSZOW, Poland – Cavalry Scouts assigned to 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, tested the Polish terrain and honed their skills during a training exercise April 2 through 4.

The training included mounted and dismounted exercises with specific emphasis on maneuver. The scouts overcame dense forest terrain, with concentrations of pine trees and undergrowth, while they completed their assigned missions.

"It's beneficial to train dismounts in that type of environment," said 1st. Lt. Tyler Zellers, platoon leader from Company B, 1st Sqd., 4th Cav. Regt., 1st ABCT, 1st Inf. Div. "They have the ability to utilize movement techniques that exploit the concealment provided by the dense forest. At Fort Riley, that terrain is a lot harder to come by because the vegetation is more dispersed."

In addition to movement, dense terrain presents visibility challenges.

"Our dismounts overcame some challenges while they were setting up observation posts," Zellers said. "I'm pleased to see them getting repetitions out into some real terrain."

Fundamentals and repetition are key to effectively maneuvering a dismounted formation. The time at the range in Poland has allowed Zellers' platoon to do those repetitions as a team.



Cavalry scouts assigned to 1st Platoon, Company B, 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, use the Polish terrain to conceal themselves while using an observation post to scan the area during a training exercise in Swietoszow, Poland, April 2 through 4.

"On the whole, I'm really glad to have the opportunity to go through an entire movement out here on this range because the Soldiers have grown in the last few days," Zellers said. "They are taking in the concepts that we presented them and incorporated them into their training."

Company B will spend the rest of the week moving into larger tactical exercises, planning and practicing their movement techniques, practicing actions on contact and calling for indirect fire.

Soldier badged as medical expert



Second Lt. Hannah Nehring, battalion medical officer from 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, earned the Expert Field Medical Badge after completing a week of testing April 2.

Story and photo by
Sgt. Jeremiah Woods
358TH PAD

GRAFENWOEHR, Germany — Second Lt. Hannah Nehring, battalion medical officer from 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, earned the Expert Field Medical Badge after completing a rigorous week of testing April 2.

Of the 249 Soldiers who made the attempt, Nehring was one of nine who earned the Army special skill badge.

"It has always been a goal of mine to earn the EFMB, and I can finally say I did it," Nehring said. "I am thankful for the opportunity to compete because now I am in a better position to train and mentor Soldiers who will compete in the future."

See BADGE, page 7

Dancing to heal wounds of combat



Dancers from Diavolo, Kansas State University and the Warrior Transition Battalion, Irwin Army Community Hospital perform the final scene March 29 at McCain Auditorium on the campus of K-State University. The group performed "Save our Souls, Signs of Survival, Strength of Soldiers" during SpringDance '19 March 29 and 30.

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

As the curtain raised at McCain Auditorium the narrator set the scene — World War I, American Soldiers were in the trenches.

Members of Diavolo, a performing arts company from Los Angeles, were on stage to present a contemporary dance performance. With them were Kansas State University students, two veterans and two Soldiers assigned to the Warrior Transition Battalion, Irwin Army Community Hospital.

Spc. Jonathan Edward James Hatch and Spc. Tiara Williams each had their own reasons for signing up for the two-week workshop, but they both agreed it was an experience of a lifetime.

"I needed something different," Hatch said. "I'm in the WTB because I'm getting med-boarded. And the reason for my med-board is because I've been diagnosed with fibromyalgia. One of the things about fibromyalgia … is to be active — and this is as active as it gets."

> "The reason why I wanted to work with veterans is because I am in awe of their sacrifice and dedication," he said. "And I believe that civilians can learn from that."
> **JACQUES HEIM** | FOUNDER

The performance was about 30 minutes, but the team spent hours for two weeks rehearsing the moves, which had them climbing, twisting and turning all over the stage.

He said before he enlisted, performing was something he had always enjoyed and did whenever he had the opportunity. Likewise, Williams jumped at the opportunity to participate when she heard there was dance involved.

See DANCE, page 7

FORT RILEY VOLUNTEER SPOTLIGHT



Beatriz Harth is wife of Sgt. 1st Class John Harth, Headquarters and Headquarters Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade.

Harth, as a volunteer with the American Red Cross, provides volunteer program leadership management and support. She has assisted, recruited and placed volunteers at Irwin Army Commuunity Hospital to meet hospital needs.

"She is always ready to lend a hand where needed," said Mitzy DeAguilera, regional program specialist, American Red Cross. "She has great leadership skills and uses them to help our community."

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



#FITFIRST FAMILIES RUN FOR THEIR LIVES IN THE ZOMBIE FUN RUN.

SEE PAGE 9

ALSO IN THIS ISSUE



SPC. SHELL TAKES A WALK ON THE KONZA PRAIRIE IN THIS WEEK'S TRAVEL AND FUN IN KANSAS.

SEE PAGE 16

DUTY FIRST DOWNRANGE

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."



Sgt. Kris Wright | 358th PAD

Team B of 2nd Platoon, Company C, 3rd Battalion, 66th Armored Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, clears a fortified trench as they advance toward their objective during a practiced tactical movement in the forests south of Karliki, Poland, March 27.



Staff Sgt. Michael Eaddy | 24th TPASE

Col. Patrick Michaelis, commander of the Mission Command Element in Poznan, Poland, speaks on an exercise between the Polish Armed forces and U.S. troops in the Drawsko Pomorskie Training Area in Drawsko Pomorskie, Poland, April 1.



Capt. Christopher L. Sikich | 358th PAD

Spc. Daniel Castille and Spc. Brian Sproul, both assigned to Forward Support Company, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, conduct inventory of ammunition before handing it off to a company ammunition detail during live-fire ranges at Novo Selo Training Area, Bulgaria, April 5.



Capt. Christopher L. Sikich | 358th PAD

Capt. Ian T. Muller assigned to Headquarters, Headquarters Company, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, surveys troops and range operations during mounted machine gun qualification at Novo Selo Training Range, Bulgaria, April 2. The 1st Bn., 16 Inf. Regt. 1st ABCT, 1st Inf. Div. is deployed to Romania and Bulgaria as part of a rotational force in support of the Atlantic Resolve mission.



Sgt. Kris Wright | 358th PAD

Cavalry scouts assigned to 1st Platoon, Company B, 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, use the Polish terrain to hone their skills while executing area reconnaissance during a recent training exercise in Swietoszow, Poland, April 2 through 4.

APRIL IS CHILD ABUSE PREVENTION MONTH



MONTH OF THE MILITARY CHILD 2019

SCAVENGER HUNT BEGINS • MONDAY, 1 APRIL 2019 • BUILDING 6620
Families are invited to participate in the MOMC Selfie Scavenger Hunt! Families use the checklist to take a family selfie at each location. Info: 785-239-9885

POM POM PET PROJECT • THURSDAY, APRIL 4-SATURDAY, APRIL 6 • 4-6PM • THE HOBBY STUDIO (BLDG. 6918)
Ages 3+ with parent present. $2 per child. Info: 785-239-9205

YOUTH SPORTS NIGHT • FRIDAY, APRIL 5 • 8-10PM • YOUTH CENTER (BLDG. 5800)
Open to MST members and their guests in 6th – 12th grades. Free for players or spectators. Info: 785-239-9222

KIDSFEST • SATURDAY, APRIL 6 • 1-4PM • RCC (BLDG. 446)
A day full of free activities to include: static displays, small activity stations, small rides, character performances and free snacks. Info 785-239-9885

MOMC PROCLAMATION SIGNING • FRIDAY, APRIL 10 • 12:30PM • SPARETIME INTERACTIVE ENTERTAINMENT
Colonel Shrader, Garrison Commander, will read and sign the proclamation in honor of MOMC activities. Info: 785-239-9885

FAMILY HANDPRINT PROJECT • THURSDAY, APRIL 11-SATURDAY, APRIL 13 • 4-6PM • THE HOBBY STUDIO (BLDG. 6918)
Ages 3+ with parent present, $2 Info: 785-239-9205

MOMC FAMILY MOVIE DAY* • FRIDAY, APRIL 12 • 6:30PM, DOORS OPEN AT 6PM • BARLOW THEATER (BLDG.7665)
Enjoy a Free, child-friendly movie! Small popcorn and small drinks available at a discount. Advance registration required. Info: 785-239-9885

INTRODUCTORY SKEET CLINIC (16+ WITH VALID DRIVERS LICENSE) • APRIL 13+20 • 9-11:30AM • SKEET & TRAP RANGE
Learn the basics or sharpen your skills in the sport of skeet shooting. $35/person Info: 785-239-2363

FAMILY ROCK CLIMBING (AGES 7+) • APRIL 13 • 10AM-NOON • CRAIG FITNESS CENTER
Join the fun with your family! $5 per person. Registration Required. Info: 785-239-2363

ATV RIDING (16+ WITH VALID DRIVERS LICENSE) • APRIL 13• 10AM-NOON • ATV COURSE
$25 per person. Registration Required by April 11. Info: 785-239-2363

EFMP/AIPSP SPRING FLING • APRIL 13• 10AM-NOON• ARMY COMMUNITY SERVICE
A fun day for EFMP/AIPSP-registered families. Advance registration required. Info: 785-239-9455

PANCAKE FEED • SATURDAY, APRIL13 • 8-10AM • FORSYTH EAST CDC (BLDG. 2420)
CYS is hosting a Pancake Feed for our families! Start your morning off with a FREE breakfast and some family games. Info: 785-239-9885

OPEN ENROLLMENT FOR SUMMER CAMP* • STARTS MONDAY, APRIL 15 • PARENT CENTRAL (BLDG. 6620)
Youth will be able to participate in various field trips around Kansas, swimming, robotics, and other fun-filled activities. Info: 785-239-9885.

BUNNY FINGER PUPPET PROJECT • THURSDAY, APRIL 18-SATURDAY, APRIL 20 • 4-6PM • THE HOBBY STUDIO (BLDG. 6918)
Ages 3+ with parent present, $3 Info: 785-239-9205

MOMC PARADE • FRIDAY, APRIL 19 • 10AM • ARTILLERY PARADE FIELD
CYS children parade from Artillery Parade Field to Cavalry Parade Field. Info: 785-239-9885

KIDS' FISHING DAY • APRIL 20 •1-3PM • MOON LAKE
Free fishing day for all ages. Kids over 16 require a fishing license. Info: 785-239-2363

MOMC SPARETIME INTERACTIVE ENTERTAINMENT FREE WEEKEND • APRIL 19-21 • SPARETIME INTERACTIVE ENTERTAINMENT
Celebrate MOMC with a FREE weekend of all activities at Sparetime Interactive Entertainment!

BUILD A BIRDHOUSE • THURSDAY, APRIL 25-SATURDAY, APRIL 27 • 4-6PM • THE HOBBY STUDIO (BLDG. 6918)
Ages 3+ with parent present, $5 Info: 785-239-9205

OPERATION MEGAPHONE/LOCK-IN* • FRIDAY, APRIL 26 • 7PM – 7AM • YC AND SAC (BLDG. 5810 AND 5800)
Youth stay overnight at their respective programs. Kinders picked up at 11PM. $15 for 1st-12th grade and $5 for kinders. Info: 785-239-9885

SUPER HERO SATURDAY AND FUN RUN • SATURDAY, APRIL 27 • 9AM-NOON • OUTDOOR ADVENTURE AND TRAVEL CENTER
A day of superhero action and FREE fun run! $12 in advance or $15 day of event. Food available at ODR snack bar. Info: 785-239-8990

** Child must be registered with CYS to participate.*

LEARN MORE AT RILEY.ARMYMWR.COM

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Wednesday, April 24th – Noon to 6:00 p.m.
In the Gym at Colyer Forsyth Community Center

Make an Appointment to Donate Blood:
To schedule your life-saving appointment please visit
www.redcrossblood.org

Don't forget to save time by using RapidPass to complete your pre-donation reading and health history online before you come to your appointment. More info: redcrossblood.org/RapidPass

You can hold the power to save lives in the palm of your hand with the FREE Red Cross Blood Donor App!
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Asparagus, Rhubarb, Strawberries
Potatoes, Cole Crops, Onions, Garlic
Crabgrass Preventer
Garden Seed & Supplies
Grow Lights & Heat Mats
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776-5764
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Roudybush goes back to school

By Will Ravenstein
1ST INF. DIV. POST



Directorate of Family and Morale, Welfare and Recreation director
David Roudybush

David Roudybush, Directorate of Family and Morale, Welfare and Recreation director, is in Boston attending the Harvard Senior Executive Fellowship program for the next month.

"About halfway through my career, I saw that it was one of the courses available for you to do," he said. "So, I've been working toward being able to get into this course for seven years. Things finally came together where my leadership chain allow me to go and participate in it."

The Harvard program is recommended for top managers from the U.S. federal government, senior officials from the military, executives from the corporate and nonprofit sector and international participants according to www.hks.harvard.edu/educational-programs/executive-education/senior-executive-fellows/who-should-apply.

"When I first reviewed it, I thought it was a course that the Army or (Department of Defense) worked with Harvard to establish for them," Roudybush said. "It's not. As I got a lot of the pre-work and talking to them, there are people from all over the world that show up to it. There are a lot of non-government organizations, there are a substantial amount of government employees but, it's just a fraction of the people that go and participate in this. So, it's definitely much bigger than what I thought."

The program helps promising top-level managers gain skills needed for practical, effective leadership, according to the website.

The curriculum incorporates the executive core qualifications for senior executive service, focusing on skill development in the areas of negotiation, persuasion, problem resolution and decision making.

"It's a very, very intense program," Roudybush said. "So when we show up on Sunday, we actually have our orientation and our first classes the same day. Then we will talk about communication, personal leadership, we talk about negotiation, data analytics, policy development.

"Across the board, if it's something that's going to impact business or policy, we're going to cover it in some way. But, it's a lot of reading too. They just posted the first week's worth of reading and I printed off the first, just the first day, front and back and it's a good inch thick of reading material."

The course also comes at a time that finds Roudybush in transition.

He will be leaving Fort Riley to head to Fort Bragg, North Carolina, to a new position with Installation Management Command where he will be the functional integrator for DFMWR, he said.

"It's interesting that one of my first assignments I have to do is apply a leadership challenge that I'm experiencing," he said. "I used this transition as my challenge. I said, I'm going from here where I have direct influence because I get to look people eye-to-eye every day and help shape the direction Fort Riley is going.

"When I go to my new position, my boss there wants me to expand what it is what we've been able to accomplish at Fort Riley and help influence that at other installations. The problem with that is, none of them work for me," he said. "They are also remote. They are from Washington to Puerto Rico to Fort Drum — it's 20 installations across the United States. And I have to try to influence them with no direct authority."

The class is also a chance for Roudybush to help promote DFMWR, IMCOM and Fort Riley to the world.

"There are going to be some people that have never heard of MWR before, but will be interested in what MWR's mission is," he said. "Because we touch so many lives of Soldiers and families and the people that are going to be in this classroom are going to be similar to me — they want to give back as well and MWR is the way that people can do that. It will be some good connections to be able to do that. I also see myself as an ambassador to people from other countries when they come in, probably never dealt with the U.S. military and I will be one of the few in there that they look at as an example."

At home, his family couldn't be prouder of the opportunity, Roudybush said.

"My wife (Aileen) is definitely jealous, she loves seafood," he said with a laugh. "Boston is full of types, definitely more than you get in Kansas. She is obviously excited for me.

"Our daughter likes to brag about it a little bit, which is good. I like that it motivates both the girls so they see the opportunities and they don't limit themselves either. There are chances for you out there."

Continuing education has been an important lesson he and Aileen have taught Kamisha, 21, a senior at Kansas State University and Alisha, 16, a junior in high school who is interested in becoming a scientist.

"They want to learn, they want to better themselves," Roudybush said. "She wants to go forward and get her doctorates degree. She's a junior in high school and she's talking about getting her doctorates. It's fun seeing that. It's fun seeing that they have their goals, their long-term goals and pushing forward. They're not letting the adversity that they are seeing or that they're experiencing get in their way."He also uses his personal education experiences as motivation.

"I use mine, my first attempt at college, I didn't graduate — I dropped out," he said. "Now, I'm going to Harvard. I may not being going there as a full-time student, I'm going there to a very competitive program and I get to say that I attended Harvard and learned from their professors. In my first attempt at school, I quit — you can accomplish your dreams, you just have to be able to persevere."

Through the process of preparing to leave, Roudybush said he is humbled by his acceptance.

"I find it a little awkward at times," he said. "Last night I was out in the community and they asked me if I was going to go to one of their events. I won't be here. So, they were like, 'Where are you?' And, my first response was I'm going to Boston for a month. They were like, 'What are you going there for?' I'm going to Harvard.

"It's a little bit — it feels like I'm bragging because I get to learn from some of the smartest people in the world about leadership, business and policy development," he said. "So, I have a hard time telling people because it feels like I'm bragging. Because the response I get is always the same — 'Oh, that's so amazing.'"

Fort Riley named 2018 Tree City USA recipient

STAFF REPORT

Fort Riley was named a Tree City USA for 2018 with more than 3,500 other cities across the country. Including this 2018 designation, Fort Riley achieved this honor for 32 years, said Herb Abel, Directorate of Public Works, Environmental Division chief.

According to an Arbor Day Foundation press release Fort Riley achieved the Tree City USA recognition by meeting the program's four requirements:

- A tree board or department
- A tree care ordinance
- An annual community forestry budget of at least $2 per capita
- An Arbor Day observance and a proclamation

"Tree City USA communities see the impact an urban forest has in a community first hand," said Dan Lambe, president of the Arbor Day Foundation. "Additionally, recognition brings residents together and creates a sense of community pride, whether it's through volunteer engagement or public education."

Trees provide multiple benefits to a community when properly planted and maintained, according to the release. They help to improve the visual appeal of a neighborhood, increase property values, reduce home cooling costs, remove air pollutants and provide wildlife habitats, among other benefits.

To learn more about the Tree City USA program, visit www.arborday.org/TreeCityUSA.

Fort Riley Soldiers show limitless potential at Warrior Games Trials

By Gail Parsons
1ST INF. DIV. POST

Three Soldiers from the Warrior Transition Battalion, Irwin Army Community Hospital, participated in the Army Trials at Fort Bliss, Texas, for two weeks in March.

Although they did not earn a spot on Team Army for the 2019 Department of Defense Warrior Games hosted by the United States Special Operations Command, they represented Fort Riley well.

Sgt. 1st Class Andrew Maynard, WTB platoon sergeant, said he, Staff Sgt. Jeffery Keith and Staff Sgt. Rodney Gilmore competed in the games and had a busy two weeks.

"The Warrior Games is for active duty, as well as veterans that have been injured," he said. "The games give them a chance to compete, which ultimately helps them with their recovery."

Although Maynard has returned to duty, a spinal fusion led to his being assigned to the WTB and participation in the Warrior Games.

Fort Bliss was the first time he competed in the games. His events were track, field, air rifle and archery, seated volleyball and wheelchair basketball. He earned bronze medals in the 100-, 200-, 800- and the 1,500-meter wheelchair sprints.

He also earned a spot as an alternate for the games.

He didn't just compete for himself, Maynard said.

"I have a daughter who has a rare disease," he said. "I just wanted to go to show her that, you know, you might be injured, or you might have some limitations but that's not going to stop you from going and competing and doing different events. Just life in general — keep going, you can keep moving forward, even though you have some limitations. It's not going to slow you down."

His daughter, Sienna, has Ollier's Disease, which is a rare bone disease. In her left leg she has tumors above and below the knee.

"She's nine and has a very hard time playing regular nine-year-old sports," he said. "She's getting to that age where she is understanding a little bit more that she's not like everybody else. So, I want to get her into adaptive sports, which is another reason why I went — to network a little bit and see what kind of adaptive sports are out there."

Besides being an inspiration to his daughter, he hopes to show other Soldiers in transition that just because they have had an injury, it doesn't mean they their career is over.

"I would challenge anybody that has any sort of limitation or injury to attempt to compete in the Army Warrior Games," he said. "It's a great opportunity to showcase your talents

See GAMES, page 6

Society of the 1st Infantry Division offers scholarships to high school students

The Society of the 1st Infantry Division

The Society of the 1st Infantry Division is offering $10,000 scholarships to children of current and former "Big Red One" Soldiers.

Named after Lt. Gen. Clarence R. Huebner, the division's World War II commanding general, the society awards the scholarships based on the applicant's scholastic achievements, career objectives and insight gained from an essay and letters of recommendation.

The scholarships provide $2,500 annually to the recipient's school.

"This is a chance to give back to the Big Red One," said retired Col. Thomas Hollis, the society's executive director. "These scholarships allow us to recognize the children and grandchildren of our Big Red One veterans."

High school seniors who are the children, grandchildren or great-grandchildren of 1st Infantry Division Soldiers should visit the website, 1stid.org/foundation/huebner-scholarship/ to apply.

Applications must be received by May 1.

"The scholarship recipients extend the BRO tradition of taking care of our own and commitment to excellence," Hollis said. "The recipients bring honor to their family's military service through these scholarships."

In 1919, Soldiers returning from World War I wanted to preserve the legacy of their wartime service.

Since then, the society has been an organization of Big Red One veterans for Big Red One veterans and Soldiers. In addition to perpetuating the 1st Infantry Division's legacy, the society helps Soldiers in need.

"Since 2016, we've provided $65,000 in grants," Hollis said. "A Soldier needs a plane ticket home for a funeral or loses their household goods in a fire — we step in to help wherever we can."

The society also helps preserve monuments to the Big Red One.

Recently, the society was among groups petitioning to have the 1st Division Monument in Washington, D.C. updated with the names of division Soldiers killed in action since Sept. 11, 2001.

Because the monument belongs to the National Park Service and sits in President's Park on the grounds of the White House, any changes require an act of Congress.

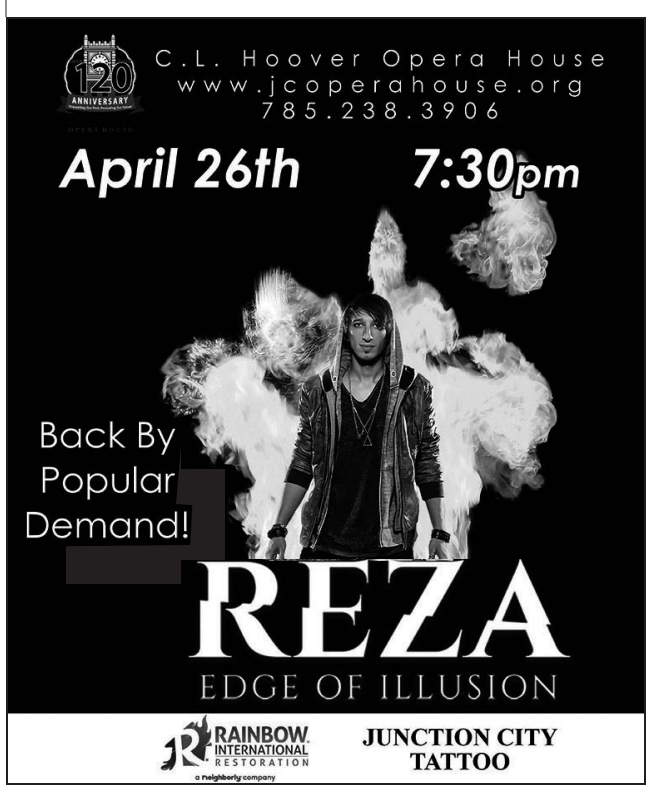
On Feb. 7, U.S. Senators Jerry Moran and Pat Roberts along with U.S. Representative. Roger Marshall, whose district includes Fort Riley, introduced a bill authorizing the addition of names to the 1st Division Monument.

"For over 100 years, Soldiers of the Big Red One have been tasked with the mission and carried the burden that comes with making certain our great nation remains free," Moran said. "There is no group more worthy of being honored than those who have made the ultimate sacrifice in defense of our nation, and I am proud to represent Fort Riley and work with the Society of the First Division on this effort."

For more information, contact Jen Sanford, Society of the 1st Infantry Division at 215-654-1969.

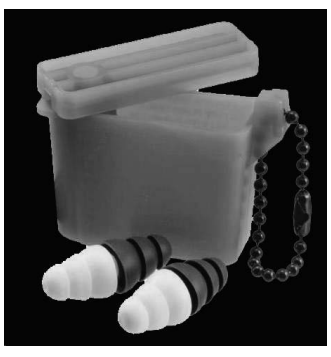


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Soldiers come home after training



Will Ravenstein | Post

A 2nd Armored Brigade Combat Team, 1st Infantry Division, Bradley Fighting Vehicle moves down the road toward Custer Hill after being offloaded from a rail car April 3 in Camp Funston. The "Dagger" brigade completed a month-long training rotation at the National Training Center, Fort Irwin, California.

Looking Back: Summerall Hall, served as hospital, division, garrison headquarters

By Tea Sambuco
1ST INF. DIV. POST



A post card image of Building 500 during the early 1900's. Summerall Hall has served many purposes to include being a hospital and later post headquarters.

A board of officers including Col. James W. Forsyth, according to 'An Army Hospital: From Dragoons to Rough Riders' by George E. Omer Jr., met in February 1888 to decide on the location of a new hospital on Fort Riley. This hospital, north of main post, was to be the post's second permanent hospital.

Construction began soon after due to the increase in garrison population and, according to iach.amedd.army.mil/history.html, the right wing of the hospital was completed later that year. A three-story wing made from limestone was added in 1906.

According to 'An Army Hospital: From Horses to Helicopters' by Omer the south wing was completed in 1909 and Maj. Joseph H. Ford, medical corps, was post surgeon. During this time, the second permanent hospital was turned into 'Section K' and became the surgical services.

It was not long before this, in 1907, that surgeons and hospital stewards "were reduced to a common military denominator and were addressed simply and drably by title of rank."

According to home.army.mil/riley/application/files/8715/0412/1445/DrivingTour.pdf, 1948 saw the end of the second permanent post hospital as it moved to its third location on post. The second permanent hospital was remodeled and turned into post headquarters.

In 1956, the website states, it was renamed Summerall Hall after General Charles P. Summerall. Summerall commanded the 1st Infantry Division from July to October 1918, September 1919 to April 1920 and from July 1920 to July 1921.

CIVILIAN SPOTLIGHT

ADRIANNE WATSON

AMMUNITION MANAGER DIRECTORATE OF PLANS, TRAINING, MOBILIZATIONS AND SECURITY

Adrianne Watson serves as the subject matter expert for ammunition planning and management, training, operational and basic load requirements, authorizations forecast and management and training tenant activities ammunition staff.

On Jan. 23, Watson volunteered to teach a Total Ammunition Management Information System class to 15 temporary duty students during an inclement weather, essential-services-only day on Fort Riley. With most training and installation events canceled due to snow, ice and below freezing temperatures, Watson recognized the need to continue training or risk the TDY students not completing the weeklong course. They would have to make up the training at a later date.



Coordinating with multiple agencies, she ensured the training facility was opened, the parking lot was cleared, students were informed and safely transported.

Her efforts ensured all 15 students finished the course on time, received the required certification, increased mission readiness and avoided additional TDY costs.

Police bump it up

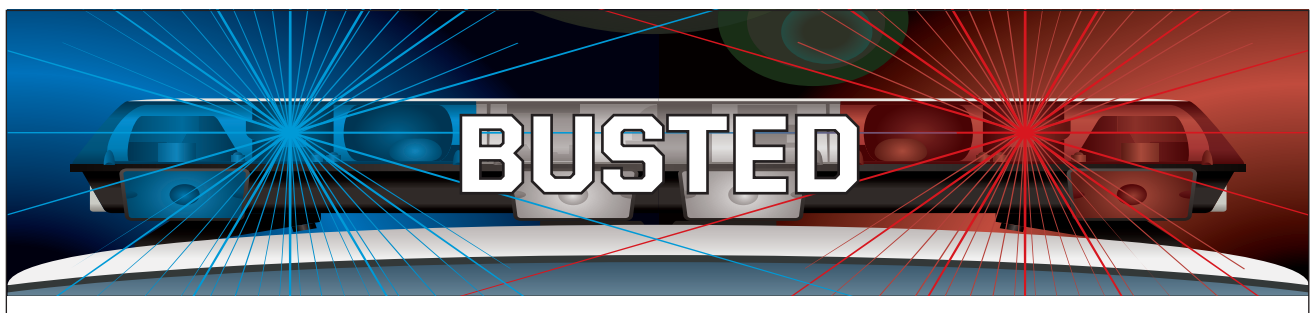
April 15 through April 22, for the safety of families and their children, 97th Military Police Battalion and Fort Riley police will focus enforcement of speed limits in the following communities: Historic Main Post, Schofield Circle; Warner Peterson, Hood Drive; McClellan Place, Lower Hampton Pl.; and Colyer Forsyth, Traveler Rd.

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

Speed bump enforcement will continue in other communities and locations on Fort Riley; that schedule will be published on the Garrison Facebook page.

Driving is a privilege and responsibility at all times and in all locations; we depend on one another to always drive cautiously and observe all traffic laws.

HOME.ARMY.MIL/RILEY



TRAFFIC REPORT

ACCESS CONTROL POINT HOURS

Those with valid military ID cards, 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 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 personally owned vehicle 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:

The project to repair bridge 204 which closes Custer Ave. from McCormick Road to Beeman Place is suspended and road closure and detour routes are extended indefinitely due to eagles nesting in the area.

An Incidental Take Permit has been submitted to the U.S. Fish and Wildlife Service. The take permit is suspected to be issued sometime this spring. Once the permit is issued, the project can resume and completion dates can be determined.

Trooper Drive Repairs

Trooper Drive road repairs between McCormick and the Rifle Range Road round-a-bout have started with work being performed on the side of the road without traffic restrictions during the daytime hours. This will allow a short time period required to close the road for repairs.

From May 1 through the completion of the required road closures, currently 27 June, and during the hours of 7 p.m. to 5:30 a.m., the Trooper Drive Access Control Point will be closed and the Rifle Range Road ACP will be open. Traffic to and from Junction City will detour from Trooper Drive to Rifle Range Road. Residents of Colyer Manor will detour to Henry Gate.

The detour to the commissary and PX will be from Trooper Drive to Rifle Range Road to First Street. The detour will continue on First Street at the intersection of Eagle Pass Road a left turn then right on Bent Spur Road, and left on Hitching Post.

MARCH 24

Spc., 774th EOD, STB, 1st Inf. Div. Sust. Bde., failure to stop at a posted stop sign

MARCH 25

Pfc., 2nd Bn., 34th Armor Regt., 1st ABCT, operating unregistered vehicle

Pfc., 2nd Bn., 34th Armor Regt., 1st ABCT, no proof of insurance

Pfc., 2nd Bn., 34th Armor Regt., 1st ABCT, no drivers license/unlicensed

Family member, wife, improper backing

Family member, parent, speed 21 and up

Capt., unknown unit, speed 16 to 20 over

Staff Sgt., unknown unit, speed 16 to 20 over

MARCH 26

Pvt. 41st Eng., 1st BEB, 1st ABCT, 1st Inf. Div., speed 15 to 20

Civilian, speed 11 to 15 over

Sgt., 41st Eng., 1st BEB, 1st ABCT, 1st. Inf. Div., speed 15 to 20

Spc., HHC, 541st CSSB, 1st Inf. Div. Sust. Bde., speed 15 to 20

Family member, wife, speed 11 to 15 over

Pvt. 1st Sqdn., 6th Cav. Regt., 1st CAB, 1st Inf. Div., reckless driving

Pvt. 1st Sqdn., 6th Cav. Regt., 1st CAB, 1st Inf. Div., driving while in violation of limited driving privileges

Civilian, expired registration

Spc., 9th FMSU, STB, 1st Inf. Div. Sust. Bde., speed 1 to 10 over

MARCH 27

Pfc., HHC, 1st ARB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., improper backing

Spc., 5th Sqdn., 4th Cav. Regt., 2nd ABCT, 1st Inf. Div., parked in designated handicapped parking space

Staff Sgt., SIS, HHBn., 1st Inf. Div., failure to secure equipment

MARCH 28

Civilian, unsafe lane change

Civilian, unsafe movement from a parked position

Pfc. HHBn. 1st Inf. Div., improper turning movement

MARCH 29

Spc., 1st Bn., 7th FA Regt., 2nd ABCT, 1st Inf. Div., speed 16 to 20 over

Spc., unknown unit, speed 1 to 14

Spc., 1st Bn., 18th Inf. Regt., 2nd ABCT, 1st Inf. Div., speed 11 to 15 over

Staff Sgt., HHC, WTB, IACH, MEDDAC, no drivers license in possession

MARCH 30

Spc., Co. C, 1st Bn., 18th Inf. Regt.2nd ABCT, 1st Inf. Div., failure to yield right of way

Sgt., 299th BSB, 2nd ABCT, 1st Inf. Div., failure to stop at a posted stop sign

Sgt., 299th BSB, 2nd ABCT, 1st Inf. Div., no proof of insurance

Pfc., Co. A, 1st Bn., 18th Inf. Regt.2nd ABCT, 1st Inf. Div., speed 15 to 20

First Lt., Co. A, 1st Bn., 63rd Armor Regt., 2nd ABCT, 1st Inf. Div., speed 15 to 20

Spc., Co. A, 1st Bn., 63rd Armor Regt., 2nd ABCT, 1st Inf. Div., speed 21 and up

Capt., unknown unit, unattended vehicle

OTHER CITATIONS ISSUED

March 25, speed through school zone; March 26, speed 1 to 10 over, speed 15 to 20, speed 1 to 14, speed 1 to 14, speed 1 to 14, speed 1 to 14, speed 1 to 14, speed 11 to 15 over, parked in a no parking zone; March 29, expired registration, failure to use seatbelts, expired registration, no drivers license in possession, no proof of insurance, no proof of insurance; March 30, speed 1 to 14, speed 1 to 14



Commentary

RILEY ROUNDTABLE

If you were super hero, what would your super power be?



"I would make world peace and take stress away from people."

SGT. EVELYN HARTZ
CLARKSBURG, MARYLAND
Irwin Army Community Hospital religious affairs specialist, Department of Ministry and Pastoral Care



"Time travel without consequences."

SPC. TIFFANY KECK
MILWAUKEE, WISCONSIN

Medical Department Activity, IACH



"I would be a supervillain. I would bring things back to life."

CAMDEN BALL
DEFIANCE, OHIO
Son of 1st Lt. Derrick Ball, Headquarters and Headquarters Battalion, 2nd ABCT, 1st Infantry Division.



"I would fly so I could go to grandma's house."

DEREK BALL
DEFIANCE, OHIO

Son of 1st Lt. Derrick Ball, Headquarters and Headquarters Battalion, 2nd ABCT, 1st Inf. Div.



"Teleport, because there's people you have never met and never seen and you could go into the past, the future, the present and see different things."

ANASTASIA LERIGHT
ST. LOUIS, MISSOURI
Outdoor Adventure Park Associate

THE 1ST INFANTRY DIVISION POST

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

The next USAG Resilience Day Off is

April 19

HAVE A STORY IDEA?

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

SAFETY CORNER

Boaters need to stay aware, cautious

By Dawn Douglas
GARRISON SAFETY OFFICE

April has been designated by the National Safety Council Distracted Driving Awareness and Prevention Month.

We have provided information about distracted driving and the danger posed to everyone in the driving community. But how about distracted boating?

Most states have laws to combat distracted driving, but there are no white lines to follow on the water.

Other vessels approach from all directions and at all speeds, conditions on water get lumpy, channels narrow, harbors can get overcrowded, calls come in on the VHF radio, fish strike trolling lines and people move around the boat, some sober while others may be intoxicated.

The list of on-the-water attention diverters can go on and on.

Experienced boaters have learned to pay attention around their boats while underway, but how can new boaters get that experience as safely as possible?

And is it possible for experienced boaters to sharpen their situational awareness?

There is a simple protocol called SCAN for keeping a proper lookout: search, concentrate, analyze and negotiate.

SEARCH

Search the area all around your craft. This is a 360-degree examination of everything on the water around your boat.

Distances away will close or open depending on your speed or the speed of the observed boat or object.

The faster you are operating, the farther out you will need to search.

CONCENTRATE

Concentrate on what you are seeing with your eyes and on your electronics. Is it a boat? What type? What is it doing? What is its relative speed? Is it a stationary object? Drifting or anchored?

These are questions you must consider while you look at the various observed boats or objects.

ANALYZE

Analyze what you are watching. Is it closing in on your position or going away from you? Remember, if the object you are observing is at a constant bearing with decreasing range — you are getting closer to it and its relative position to you is not changing — it is on a collision course.

NEGOTIATE

Negotiate, what are you going to do? Slow down, turn away from the boat or object and head in a different direction?

Remember the navigation rules. Know the proper action to take while meeting head-on, crossing or overtaking another boat. Make your adjustments obvious.

Team Riley, let's have a safe incident free spring and summer and be vigilant when it comes to protecting ourselves, our battle buddies, our family and our community.

For more information contact the U.S. Army Garrison Safety Office Fort Riley, 240-0647.

All soup-ed up and nowhere to go

Dear Doc Jargon,

Have you ever had one of those days where nothing went right? Well, our unit just had one. Parts for our equipment repairs were not here when they were supposed to be, PT this morning was a joke and not a one of us feels like we're ready for the Army Combat Fitness Test and chow was late and the chow hall was closed by the time we got there. One of the guys said, "it looks like we were served a soup sandwich."

I know we didn't get chow so that is definitely not what he's referring to. Can you help me explain the term? I get the gist of it, but I could use some better words to explain what it means when I go home.

Sincerely,

Soup-ed Up in 2nd Brigade

Dear Soup-ed

You bet I've had those days. There's no explanation — except that each event launches another and the whole thing turns into a domino-effect of negative impacts on the mission.

We all have those days. You can't get your hands around it to solve the problems and it's exactly like trying to put soup in a sandwich and you get a hot sloppy mess as a result.

The term can be applied to a mission or situation where everything goes wrong. Some use it to describe that one guy in the unit who is always late, untidy or, well, a hot mess.

Rest assured, we all face those kinds of days in our military career, and they come along every now and then to remind us how great it is when everything goes well. I hope the next few days are much smoother for you and the members of your unit.

Sincerely,

Doc Jargon

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

Better living through military innovation: Getting a closer, cheaper, safer shave

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 razors looked a lot like a switchblade with a single sharpened edge. They could serve as a weapon and a personal grooming tool. A safer alternative was needed.

The disposable razor was first invented in 1901. According to www.boston.com/news/local-news/2015/12/03/tbt-when-king-camp-gillette-introduced-the-first-disposable-safety-razor, the inventor, King Camp Gillette, was a savvy businessman and sales of his razor went from about 51 sets and 168 disposable blades in the first year to more than 91,000 razors and 12 million blades by 1903.

The popularity of Gillette's invention made him famous, as his picture was printed on every packet of blades, but it was war that made him a millionaire. Gillette knew how to market to an America at war.

According to the Smithsonian site, americanhistory.si.edu/collections/search/object/nmah_1153449, there were two versions, the khaki set and the metal set.

The Gillette khaki set was issued to the Soldier, but the metal set was available for the purchase price of five dollars from retailers such as Sears, Roebuck and Company.

It was marketed as the gift the Soldier in service would like to have, and many were purchased by family and friends. The metal tin came with a handle, razor head, a pack of blades, and a mirror on the interior of the lid. The exterior of the lid was embossed with U.S. Army and Navy insignia."

By 1918, Gillette's annual sales topped 3.5 million razors and 32 million blades. Gillette's ingenuity was rooted in his perspective. According to the Boston News site, while everyone else was looking for a razor that didn't need sharpening, Gillette found a way to stamp a blade from thin metal at a price point where replacing it was better than trying to sharpen it.

A combination of great marketing and a deal with the Army and Navy are how the American population learned about the safety razor. Gillette's brand remained even after the crash of '29 claimed his fortune, and the product morphed from metal razors to the disposable plastic types seen today.



Courtesy Photo | Smithsonian

SEXUAL ASSAULT AWARENESS



Command Sgt. Major Craig Bishop, 1st Infantry Division command sgt. maj., right, Maj. Gen. Kolasheski, 1st Inf. Div. and Fort Riley commanding general and Barbara Garber, 1st Inf. Div. Sharp Program manager sign a proclamation establishing April as Sexual Assault Awareness and prevention Month.



GAMES Continued from page 3

and just help you with your recovery and move on with life or your career."

Gilmore echoes Maynard's sentiments and learned firsthand how right he is.

He is interning as a Human Resource specialist as he edges closer to being medically discharged from the Army. His transition is because of a reoccurring tumor that presses against the pituitary glands.

When Gilmore transferred to the WTB he discovered archery and began to enjoy the sport. He was a little familiar with archery, but just from what he saw on the hunting channel on television.

"Then my squad leader and my coordinator saw how good I was shooting and asked if I would like to go to the word trials of Hawaii," he said. "I was like, 'sure I'll go, why not?' And then after that, I got invited to the warrior trials at Fort Bliss, Texas."

He went to Hawaii in November 2018. There, and in Texas, he said he learned a lot from the coaches about competitive archery and track and field.

"I learned a lot about different sports, which was good," he said.

When invited to the games in Texas, he liked the idea of having the experience again where he got to meet new people and see how he stacked up competitively.

When he came home, he brought with him the reinforcement of the concepts of teamwork and consistency; but also, individual responsibility.

"… to take what the coaches taught me and come back here and do it on my own," he said. "Be more accountable for my own training and build a wider networking system with other people, other Soldiers that's in my shoes right now."

He came home with more than just lessons learned. To his surprise, he also came home with a silver medal in the discus throw and a bronze medal in shot put.

"I didn't believe my squad leader at time when he said 'hey, you gotta come to the ceremony,'" he said. "When I got there and they called my name. I was surprised. I was like 'whoa, how did I get this?"

In hindsight, he saw it as an example of what he is capable of once he puts forth effort.

"When I was going through the event the coach was like, 'Hey, I noticed all you guys are not putting in your full effort,'" Gilmore said. "He said 'once you do that, you'll throw a little bit further than you think you will.' So, once I did that I was like 'oh, I did (throw better).' The lesson there is to always put in 100 percent."

The message he wants to get to other Soldiers, especially those in the WTB is the same as Maynard's.

"For any Soldier that ends up in the WTB I say to ask about the events," he said. "Go to your coordinator — take everything that they give you information wise, use it to your advantage before you transition out of the military, or if you return back to duty."

Fort Riley - Central Kansas Chapter

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DANCE Continued from page 1

But the dance turned out to be a little different than what she is accustomed to.

"I wanted to get back into the groove," she said. "I actually thought it was like the legit dance thing. But it was different than what I was used to, because back home, I do Latin dance. When they said that we will be paired with K-State people and the Diavolo people I thought I was going to learn different techniques."

Although it was not what Williams expected, she said she is glad it wasn't because it gave her a new perspective of dance.

"It's not just about turns and spins, being in straight lines and pliés," she said. "There are different aspects to dance."

The Diavolo performance was a contemporary dance, which told a story. With no words spoken, beyond opening and closing narration, it was up to the audience to interpret the story. Each person may have come up with their own interpretation based on how they related their life experiences to what they were watching on stage.

Jacques Heim, founder and artistic director, had consistently referred to the group of dancers as a tribe, he frequently reminded them of the importance of every member looking after the others.

For Williams, the story behind the dance started with a tribe affirmation as they prepared to go into the world.

Each object brought out on stage as a prop was a representation of a theme.

"The gurney was turned into a wall, we had to get over the wall," she said. "The cage represented us being in captivity and then getting free out of it. There's so many different aspects to this. It was very beautiful."

At the end of the show, all but one of the dancers were lowered down into the band pit, their hands reaching out to the one member of their tribe who was left behind.

"There could be many different takes on it," Williams said. "My take on it was, that the group that was in the pit going down, it's like we were trying to get to one but we couldn't get to him in time. But it could have been the other way around — that he was the one who made it free."

Regardless of how the dance is interpreted, one theme that connected different generations to the performance is the effects of war and the importance of being able to count on each other.

"I feel like it brings back all the camaraderie that is supposed to be there," she said. "It's still here but I feel like it's not as intact — like it used to be — how we all have to work together to get things accomplished. Now, I feel like things are more like 'I have to do this for me so that I can get up through the ranks and everything like that.' But that piece showed that it takes a team — you have to work together. If you don't work together, the whole thing is going to fail."

The story was about a tribe. Williams said it was, at times, stressful. Heim was tough, in his deep French accent he would bark out orders and corrections, often using colorful language — but she liked that.

"He had a vision," she said. "He wanted to tell what he thought the story was, and he didn't want us to look bad, as well as himself."

Heim had been working on developing the show for more than two years he said. The inspiration was two-fold.

A native of France, Heim's troupe has been on "America's Got Talent" and he choreographed KÀ for Cirque du Soleil at the MGM Grand, Las Vegas. By invitation from retired Lt. Col. Art DeGroat, executive director of Military and Veterans Affairs at Kansas State University he visited the campus and Fort Riley.

It was at Fort Riley where he got the inspiration for the show. But his appreciation and admiration of the American Soldier inspired him many years ago to start working with veterans in California.

"The reason why I wanted to work with veterans is because I am in awe of their sacrifice and dedication," he said. "And I believe that civilians can learn from that."

He also recognized the parallel between the way he pushes his dancers beyond their own physical, emotional, mental



Spc. Tiara Williams is on the screen as dancers from Diavolo, Kansas State University and the Warrior Transition Battalion, Irwin Army Community Hospital perform a scene March 29 at McCain Auditorium on the campus of K-State University.

limits and the way the Soldiers are pushed. Using that parallel he saw how the dance could help restore a veteran's physical, mental, emotional and spiritual ability, he said.

"Every single woman, every single man that go to war … they come back somehow, all of them come back whether mentally and emotionally damaged somewhere," Heim said. "War just damages. Let's face it, there's no one coming back from war saying 'wow that was awesome. The one that look like you and I, we look like we're totally normal. You have two arms, two legs, you have a head, eyes, nose, ears, okay. But no, inside we're hurt, damaged. Our emotional is off balance, our mental is off balance, something is happening inside."

As he met the veterans and learned how they suffer inside, he wanted to do more than simply say 'thank you for your service.' With his dance company, he could reach out and help those whom he has the utmost respect for.

He created workshops and began touring to give veterans across the country a tool they can use in their recovery so they "can see that they are powerful, they are beautiful, they still are strong, they still are mentally strong," he said.

The message resonated with Hatch who is coming to terms with his diagnosis as well as a couple of emotionally challenging situations including survivor's guilt.

What he learned over the course of the Diavolo workshop was the importance for him to physically and mentally stay in the game.

"I'm going to start training again in my martial arts," he said. "I want to go back to the tournaments. But also, it's given me some more ideas to interact with my son, because he's an active two-year-old. And doing this program, it's actually loosened up a lot of things in my a lot of joints and things in my muscles and in my body to where I can start playing with him again."

It's this type of physical activity that also helps him clear his mind of situations that weigh heavily.

For Williams, she walks away from the experience with a reminder of how everyone has something going on in their lives and the power everyone if they simply listen.

"Civilian or military, everybody needs help, everybody needs somebody to be there to listen to their story," she said. "So just being a more compassionate to different walks of life — everybody at the end of the day is a human being and they want to tell their story."

BADGE Continued from page 1

The 96 percent attrition rate on the course was due to the physical and mental arduous nature of the events coupled with the evaluation standards. The events included a physical fitness test, written exam of Army medical doctrine, three combat testing lanes, land navigation and a 12-mile ruck march.

"The most challenging part was the night land navigation," Nehring said. "I was in some very dense undergrowth and began to doubt if I could finish, but I thought of the people who supported me during my training and kept going."

Among those who supported Nehring was Sgt. Maj. Abraham Burke, operations sergeant major from 1st Bn. 16th Inf. Regt.

"The earning of the EFMB requires total dedication and relentless pursuit," Burke said. "Second Lt. Nehring is a dedicated leader who continuously challenges herself and her subordinates personally and professionally. Her commitment to training that led up to EFMB testing far surpassed that of her peers."

Burke went on to describe the importance of committed junior leaders in the profession of arms.

"The Army prides itself on the development of leaders, 2nd. Lt. Nehring is no exception," he said. "The competence and dedication that she displays on a daily basis embraces the fact that she is a steward of the profession."

Nehring is stationed in Europe for nine months in support of the 1st ABCT, 1st Inf. Div., mission to assure U.S. allies and ensure allied forces are ready to respond to any threat.

She first considered joining the Army after eavesdropping on her brother's conversation with a recruiter. Two years later, she commissioned as a medical services officer after graduating from Iowa State University.

Nehring will spend the remainder of her rotation training and providing medical support to her unit. When asked what she looks forward to upon returning home she said, "I am looking forward to my wedding." Nehring gets married in the spring of 2020.





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Stacy's Restaurant Stacy's 118 W Flint Hills Blvd JUNCTION CITY (785) 238-3039	• Roast Beef • Chicken Fried Chicken • Meatloaf Reg. $9.00 Sr. Size $8.00 Inc Tax	Baked Chicken Reg. $7.29 Sr. Size $6.38 Plus Tax	Beef & Noodles Reg. $7.29 Sr. Size $6.38 Plus Tax	Hamburger Steak Reg. $7.29 Sr. Size $6.38 Plus Tax	Fried Chicken Reg. $7.29 Sr. Size $6.38 Plus Tax	• Roast Beef • Liver & Onions Reg. $7.29 Sr. Size $6.38 Plus Tax	Cook's Choice Reg. $7.29 Sr. Size $6.38 Plus Tax
TymeOut TYME OUT STEAKHOUSE 101 Continental Dr JUNCTION CITY (785) 238-7638	*Proud supporters of* LIVEWELL Geary County CLOSED	CLOSED	Homemade Schnitzel ALL DAY $10.99 10:30am-8:30pm German Beer $1.00 OFF	OPEN ALL DAY 10:30am-9:00pm Tyme Out Burger $8.99 *Price Reflects $1 Discount*	OPEN ALL DAY 10:30am-9:00pm 6 oz. Steak $8.99	OPEN ALL DAY 10:30am-10:00pm Come See Us!	OPEN 2:30pm-9:30pm Come See Us!
The Cove at Acorns Resort THE COVE Acorns Resort Lakeside Bar+Grill Milford Lake, Kansas 3710 Farnum Creek Rd. MILFORD (785) 463-4000	Happy Hour All Day Open 11:00am-8:00pm	1/2 Price Appetizers Open 4:00pm-9:00pm	$2.00 OFF All Tacos Open 4:00pm-9:00pm	Kids Eat Free w/ Purchase of Adult Meal Open 4:00pm-9:00pm	Fajita Night Chicken $12 Steak $15 Long Island Ice Tea $5 Open 4:00pm-9:00pm	Crab Legs $22 Open 11:00am-10:00pm	Prime Rib Special $20 for 10-oz cut $25 for 14-oz cut Open 11:00am-10:00pm
Cracker Barrel Cracker Barrel OLD COUNTRY STORE 115 N East St JUNCTION CITY (785) 762-5567	Home Style Fried Chicken All Day $9.99	Chicken & Dressing Starts at 11:00am Grilled Country Porkchops Served after 4:00pm	Homemade Meatloaf Starts at 11:00am Lemon Pepper Grilled Rainbow Trout Served after 4:00pm	Chicken Pot Pie Starts at 11:00am Broccoli Cheddar Chicken Served after 4:00pm	Lunch & Dinner Turkey & Dressing	Fried Fish All Day $9.99	Southern Fried Chicken $9.99 **Catering Available 785.762.5567** Monday thru Thursday Lunch Specials from 11 am till it's gone - $5.99
Munson's Prime MUNSON'S PRIME 426 Goldenbelt JUNCTION CITY (785) 238-1135	Sunday Brunch $15.00 per person Kids under 6 eat FREE 11AM TO 2PM *EASTER BUFFET* April 21	Steak Chili $8.00	TexMex Tuesday $8.00	Wings Wednesdays 50¢	Lasagna $8.00	Chef Special $8.00	Lunch Special: Smoked Brisket Prime Rib 5pm - Close

COME CHECK OUT NEW MENU ITEMS

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

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2008 Subaru Forester 2.5X
$5,995

Aspen White,
4D Sport Utility, AWD
156,541 Miles
VIN#JF1SG63668H708893

2007 Cadillac DTS Performance
$5,998

Crimson Pearl, 4D Sedan,
FWD, Leather Interior
86,146 Miles
VIN#1G6KD57927U127093

2007 Chrysler Aspen Limited
$5,999

Brilliant Black Crystal Pearl,
4D Sport Utility, 4WD
160,962 Miles
VIN#1A8HW58N27F535328

2008 Hyundai Santa Fe Gls 2.7l V6
$6,499

Ebony Black,
4D Sport Utility, FWD,
115,616 Miles
VIN#5NMSG13D08H160173

2013 Ford Focus
$8,499

Black, 4D Sedan, FWD,
6-Speed Automatic
61,349 Miles
VIN#1FADP3E22DL276912

2005 Ford Explorer Sport Trac XLT
$8,999

Red, 4D Sport Utility,
4WD
122,623 Miles
VIN#1FMZU77K35UB65371

2008 Cadillac CTS Base 1SB
$8,999

Black Raven, 4D Sedan,
AWD, 6-Speed Automatic
111,613 Miles
VIN#1G6DT57V580192585

2009 GMC Acadia SLT
$9,599

White Diamond Clearcoat,
4D Sport Utility, AWD
175,922 Miles
VIN#1GKEV33D59J202285

2015 Ford Fiesta SE
$9,999

White, 4D Sedan, FWD,
6-Speed Automatic
21,481 Miles
VIN#3FADP4BJ8FM224705

2014 Dodge Dart SXT
$10,499

Granite Crystal Metallic,
4D Sedan, FWD
43,793 Miles
VIN#1C3CDFBB7ED747148

2016 Ford Focus SE
$11,998

Red, 4D Hatchback, FWD,
6-Speed Auto
43,213 Miles
VIN#1FADP3K2XGL245769

2015 Ford C-Max Hybrid SE
$11,998

Gray, 4D Hatchback, FWD,
CVT
94,409 Miles
VIN#1FADP5AU2FL107494

2014 Chevrolet Impala Limited
$11,999

Crystal Red Tint, 4D Sedan,
FWD, Leather Interior, LTZ
75,525 Miles
VIN#2G1WC5E32E1131128

2006 Chrysler 300C SRT8
$12,999

Silver Steel Metallic, RWD,
4D Sedan, 5-Speed Auto
63,355 Miles
VIN#2C3LA73W46H497405

2014 Toyota Camry SE Sport
$13,931

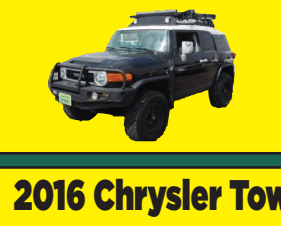
White, 4D Sedan, FWD,
6-Speed Automatic
75,317 Miles
VIN#4T1BF1FK2EU778821

2015 Scion tC Base
$13,989

Blizzard Pearl, 2D Coupe,
FWD, 6-Speed Automatic
58,583 Miles
VIN#JTKJF5C75F3092859

2009 Ford F-250 SD XLT
$15,490

Red, 4D Crew Cab, 4WD,
4x4 Crew Cab HD
154,675 Miles
VIN#1FTSW21Y39EA96228

2007 Toyota FJ Cruiser Base
$15,989

Blue, 4D Sport Utility,
4WD, 5-Speed Automatic
128,592 Miles
VIN#JTEBU11F370037555

2016 Jeep Compass High Altitude
$16,994

Deep Cherry Red Crystal,
4D Sport Utility, 4WD
46,600 Miles
VIN#1C4NJDEB0GD795249

2013 Mercedes-Benz C 250
$16,999

Diamond White, 4D Sedan,
C-Class C250
55,968 Miles
VIN#WDDGF4HBXDR294119

2016 Chrysler Town & County Touring
$17,999

Bright White Clearcoat,
4D Passenger Van, FWD
61,514 Miles
VIN#2C4RC1BG9GR247418

2015 Ford Focus ST
$17,999

Gray, 4D Hatchback,
FWD, 6-Speed Manual
35,433 Miles
VIN#1FADP3L98FL287416

2016 Ford Mustang V6 Copnvertible
$18,999

Avalanche Gray,
2D Convertible, RWD
41,865 Miles
VIN#1FATP8EM8G5247014

2009 Ford F-250 SD XLT
$21,500

Sterling Gray, 4D Crew Cab,
4WD, Diesel Lifted 4x4
177,977 Miles
VIN#1FTSW21R09EA85793

2014 Chevrolet Silverado 1500 LT
$22,998

Black, 4D Double Cab,
4WD, 6-Speed Auto, Lifted
111,381 Miles
VIN#1GCVKREC6EZ110075

2008 Chevrolet Silverado 2500HD LT
$22,999

Desert Brown Metallic,
4WD, Diesel 4x4
139,131 Miles
VIN#1GCHK23658F124590

2014 Mercedes-Benz E-Class
$23,999

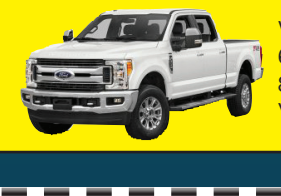
Diamond White Metallic, 4D
Sedan, RWD, E 350 Base
51,135 Miles
VIN#WDDHF5KB9EA800218

2014 CHEVY SILVERADO 1500 LT
$24,999

Brownstone Metallic, 4WD,
6-Speed Automatic
31,209 Miles
VIN#1GCVKREC2EZ289134

2018 RAM 2500 4X4 DIESEL
$48,994

Bright White Clearcoat,
4WD, 6-Speed Automatic
15,517 Miles
VIN#3C6UR5DL0JG242641

2018 FORD F-250 4X4 DIESEL
$49,999

White, 4WD, TorqShift
6-Speed Automatic
8,893 Miles
VIN#1FT7W2BT4JEB85786

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"I just really appreciate what CYS does for our children. Just to give them that extra love that they need."

DAYNI PADILLA | MILITARY SPOUSE



The Fort Riley Fire Department makes a splash with water activities at the April 6 Kidfest, which was hosted by Child and Youth Services at Riley's Conference Center.

Celebrating Kids

Kidfest celebration kicks off Month of the Military Child

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

Military children experience more goodbyes than most. Their lives are constantly changing as they move from place to place, always making new friends and new memories. Month of the Military Child serves as a reminder of what these young people do on a daily basis. To start the month, Child and Youth Services hosted Kidsfest, a two-hour long celebration at Riley's Conference Center in honor of military children.

"Month of a military child is where we honor military children, or really the sacrifices that they make to contribute to the military family," said Cheryl Greathouse, CYS programs operations specialist. "Kidsfest is one of our biggest events in the month of April ... and we usually see about 1,500 children come through."

See KIDFEST, page 14



The Kidfest superhero training obstacle course challenged kids and gave them opportunities to train as their favorite superheroes.



Students line up to see inside the ambulance from Irwin Army Community Hospital during the Careers on Wheels event at Seitz Elementary April 5.

Careers on Wheels pays visit to students

Seitz Elementary kids learn link between studies, professions

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

The morning of April 5 saw representatives from area career fields set up on the soccer field at Seitz Elementary for the annual Careers on Wheels event.

Haley Ramirez, Seitz Elementary school counselor, said she was pleased with the community engagement and everyone that was able to attend the event.

"We had a few that had to cancel last minute or couldn't make the rain date," she said. "But we are really happy."

Leading up to the event, students learned about different careers during classroom counseling lessons, she said, and in March they chose which careers they wanted to see.

"One of our main goals at the elementary level is to help kids make the connection between what they are learning now, and they can maybe do later in life," she said. "So, that's one of the things we asked our participants to talk about is how do you use math skills or how do you use reading skills for work. So, helping kids connect the dots and show them different careers that they could potentially do later in life."

Sgt. Michael Lowe, Fort Riley Police Department, said he enjoys talking to the children.

See CAREERS, page 14

Soldiers, families to get taste of sweet life

USO Fort Riley receives 1,600 cases of Girl Scout cookies

By Will Ravenstein
1ST INF. DIV. POST

On March 3, 1,600 cases of Girl Scout cookies were delivered to USO Fort Riley thanks to the efforts of troops in northeast Kansas and northwest Missouri.

"This is all from all of our council … all of our troops, all of our Girl Scouts from the area whether they be from Topeka, Kansas City, Overland Park, Fort Riley and Junction City," said Troop 1641 leader Cathy Stage, wife of Sgt. 1st Class James Stage, 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division. "A lot of our local people bought these cookies to support our troops."

Girl Scouts, while out in the winter air selling door-to-door and at select locations, asked if customers would like to buy a box for Soldiers. This is part of a nation-wide program with the Girl Scouts.

"… it's really cold and it's hard to see what you're working toward because all you're focused on is the coldness," Stage said. "Maybe some times are slower, but then you come and look and this is what the

See COOKIES, page 14

Running with dead raises heart rates

Outdoor activities come back to life with Zombie Fun Run

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

"Throughout the different challenges, we had zombies stationed throughout the course at random places to keep my runners on their feet."

LEIGH-ANN SLINGER
OUTDOOR RECREATION PROGRAMMER

Runners battled the undead on their way to the finish line April 6 during the Zombie Fun Run hosted by Directorate of Family, Morale, Welfare and Recreation at the Outdoor Adventure Park.

"It was the first one that we've done at the Outdoor Adventure Park and (it was) a great family event for kids and families as a whole to get out and to have a good time with zombies, even outside zombie season," said Leigh-Ann Slinger, outdoor recreation programmer. "It was just a good way to get kids and families active in … a fun way. Running doesn't always just have to be boring, it can be a fun way that you can still get a good workout while supporting (a healthier) community."

Slinger said among zombie attacks, runners also had to endure four challenging obstacles. There was a wall, mud pits and a tornado shelter they had to run through.

"Throughout the different challenges, we had zombies stationed throughout the course at random places to keep my runners on their feet," she said. "I guess you could say so to raise their heart rates in a different way than running would."

Anastasia Leright, an associate at Outdoor Adventure Park and a volunteer zombie, said keeping their red tag was the challenge runners faced when they came across a zombie.

"When they pass, we're supposed to scare them and pull

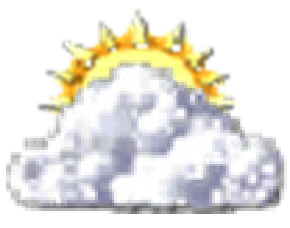
See ZOMBIE, page 14



Runners battle the undead on their way to the finish line April 6 during the Zombie Fun Run hosted by Directorate of Family, Morale, Welfare and Recreation at the Outdoor Adventure Park. Keeping their red tag was the challenge runners faced when they came across a zombie.

WEEKEND WEATHER OUTLOOK

FRIDAY



HI: 46 F

LOW: 27 F

SATURDAY



HI: 50 F

LOW: 30 F

SUNDAY



HI: 59 F

LOW: 36 F

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

FORT RILEY POST-ITS

Child and Youth Services

Sparetime Interactive Entertainment, 7485 Normandy Dr. is having a free weekend. Children and families can check out the newly renovated 35,000-square foot amusement complex that features dining, golf, bowling, a climbing wall, golf simulators, batting cages, a multi-sport simulator, karaoke, darts, billiards and more April 19 through 21.

USO Fort Riley

USO Fort Riley will host a Pathfinder Employment Workshop from 9 a.m. to 1 p.m. April 19 at the Warrior Transition Battalion, 671 Warrior Road.
The workshop is for transitioning Soldiers and their families.
Registration is required and can be made by calling 785-240-0831.

Child and Youth Services

Child and Youth Services continues to celebrate Month of the Military Child. On April 12, families are invited to a free showing of Wonder Park at Barlow Theater. Call 785-239-9885 to save a spot.
Start the day April 13 with a free pancake breakfast at Forsyth East Child Development Center.
After eating families and friends can play an assortment of games and do some Earth Day activities.

Fort Riley MWR

Holistic Performance Training — Building strength together.
6:30 a.m. April 17 at King Field House.

Like – Comment – Share 189 73 115

Lets go to the movies @ Barlow Theater

Friday, April 12 — Wonder Park (PG) 7 p.m.
Saturday, April 13 — Wonder Park (PG) 2 p.m. and Captive State (PG-13) 7 p.m.
Sunday, April 14 — Captain Marvel (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

Fort Riley MWR

Are you tough enough? Prove it April 13 at Custer's Challenge at the Outdoor Adventure and Travel Center. Registration starts at 7:30 a.m. and costs $25 the day of the event. Register in advance online at riley.armymwr.com for $20.
The event will test speed, strength, agility and endurance as you run through several obstacles. Prizes will be awarded.
Tough times never last — tough people do.
For more information about Custer's Challenge, call the center at 785-239-2363.



SCHOOL SCIENCE NIGHT



Amanda Ravenstein | POST

Christine Walker, wife of Capt. James Walker, 1st Heavy Attack Reconnaissance Squadron, 6th Cavalry Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, watches as their daughter Hazel, 7, attempts to pick up candy fish with chopsticks during the Fort Riley Elementary Science Night April 2. Science Night is a partnership between the school and Kansas State University's Elementary Education program in which students from the program work with elementary-aged children on activities from the science, technology, engineering, arts and mathematics curriculum.

'Military Kids Can!' enter contest

Annual art, essay contest runs through end of April

By Susan A. Merkner
U.S. ARMY INSTALLATION MANAGEMENT COMMAND

JOINT BASE SAN ANTONIO, FORT SAM HOUSTON, TEXAS — Entries may be submitted now through April 30 for the 2019 Young Lives, BIG Stories contest sponsored by U.S. Army Installation Management Command G9 Family and Morale, Welfare and Recreation.

The essay and artwork contest is open to active-duty Army, Army National Guard, Army Reserve, Army spouse or U.S. Army retiree children in preschool through grade 12.

The annual contest coincides with the April observance of Month of the Military Child. This year's contest theme is, "Military Kids Can!"

Children are encouraged to answer the question: What does it mean to you to be a military child?

Drawings may be submitted by children age 3 through third grade. Written submissions may be entered by children in grades four through 12.



CONTRIBUTED ART

The above artwork was by Margaret Gacutan, U.S. Army Garrison Bavaria Grafenwoehr. Gacutan's piece was among the winners in the 2018 Young Lives, BIG Stories contest.

Entries are judged for content, form, presentation of the main idea and creativity. Prizes are given to the winners of each age category and one overall winner.

The Month of the Military Child is observed to recognize and honor military children for their contributions and support to Soldiers and the Army mission. The observance reiterates the Army's commitment to Soldier and family readiness and resilience, to excellence in Child and Youth Services, and to a supportive environment where children can thrive. The observance of MOMC was established in 1986.

Submissions, which must be accompanied by an entry form completed and signed by a parent, legal guardian or sponsor, will be accepted online and by mail from April 1 to 30.

Find guidelines and more information at www.armymwr.com/programs-and-services/family-assist/month-military-child/young-lives-big-stories/ylbs-faq.

MORE ONLINE

- For more information about the **2019 Young Lives, BIG Stories contest**, visit www.armymwr.com/programs-and-services/family-assist/month-military-child/young-lives-big-stories/ylbs-faq.

READY ARMY
Fort Riley Mass Warning and Notification System Smartphone App

The Fort Riley Mass Warning and Notification system now includes a mobile notification smartphone application.



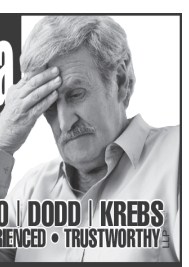
The AtHoc Notifier is a smartphone app which displays as a purple globe on your main mobile phone screen. It is available for iOS and Android smartphones.

The app is not currently approved for government mobile devices.

Be Army ready - Stay informed

For more information and installation instructions visit www.riley.army.mil/Community/Ready-Army/

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Roundup®, a common weed and grass killer, may be linked to the development of **Non-Hodgkin's Lymphoma** in farm workers and employees in garden centers, nurseries, and landscapers. If you or someone you care about has been diagnosed with **Non-Hodgkin's Lymphoma**, contact us today as time may be limited.

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Lent & Passover

Catholic Services

Ash Wednesday Masses
Wed. 6 March
1200 at St. Mary's Chapel
(Distribution of ashes after Mass)

Stations of the Cross Devotions
Fridays, 8, 15 & 29 March and 5 & 12 April
1730 at St. Mary's Chapel
(Followed by Soup Supper)

Holy Thursday
Mass of the Lord's Supper
Thur. 18 April
1830 at St. Mary's Chapel.

Good Friday Service of the Cross
Fri. 19 April
1500 at St. Mary's Chapel

Holy Saturday (Easter Vigil)
Sat. 20 April
2000 at St. Mary's Chapel

Easter
Sun. 21 April
1000 at Saint Mary's Chapel

Protestant Services

Ash Wednesday Service
Wed. 6 March
1200 at Victory Chapel
&
1800 at Main Post Chapel
(Distribution of ashes)

Maundy Thursday Service
Thur. 18 April
1900 at Main Post Chapel

Good Friday: Service of Darkness
Fri. 19 April
1900 at Main Post Chapel

Easter Sunrise Service
Sun. 21 April
0700 at the Outdoor Chapel
1st Division Rd
Alt. Weather Location: Victory Chapel

Normal Sunday Worship Services as scheduled.

Jewish Services

Passover begins Sundown on Friday, 19 April and ends Sundown on Saturday, 27 April

Passover Seder
Fri. 19 April
2000 at Fort Riley Culinary Lab
251 Cameron Avenue.

Please RSVP to the Rabbi at 910-273-0767 or the Religious Support Office at 785-239-3359

Manhattan Jewish Congregation
785-539-8462
4509 Wreath Ave
manhattanjewishcong.org

Temple Beth Sholom
785-272-6040
4200 SW Munson Ave.
Topeka, KS 66604
Templebethsholomtopeka.org

For more information: 785-239-3359

Worship Opportunities

Protestant Services

Victory Chapel 239-0834
ChapelneXt 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 spouses of Soldiers going through deployment or reintegration
Weekly Wednesday classes from 1830-1930 at Victory Chapel. 785-239-0875.
Childcare provided for 6mo - 4yrs
Youth class for 5-10yrs

Club Beyond - Faith Based Youth Program
Grades 6th - 12th, Meets Sundays
Combined MS/HS Youth 1730-1930 at Victory Chapel
785-370-5542
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. 3yrs - 12th grade

Protestant Women of the Chapel (PWOC)
Weekly Tuesday Meeting 0900-1130 & Evenings at 1830-2000 at Victory Chapel.
Childcare provided.
For more information email rileypwoc@gmail.com or Facebook "Fort Riley PWOC"

Catholic Women of the Chapel (CWOC)
Weekly Wednesday Meeting 0900-1130 at St. Mary's Chapel.
Childcare provided.
For more information email fortrileycwoc@gmail.com or Facebook "Fort Riley CWOC"

Scouts crossover to new troops

Highest award Cub Scouts can earn goes to two in Troop 660

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





TOP: Walter Moeller, scoutmaster for Troop 264, puts rank on Grace Martin's uniform signaling her advancement from Cub Scouts to Scouts BSA during a ceremony April 6 at the Fort Riley Scout Hut. ABOVE: Members of Troop 41 change the uniform of Liam Schuld after his advancement from Cub Scouts to Scouts BSA in a ceremony April 6 at the Fort Riley Scout Hut.

At a ceremony for members of Cub Scout Troop 660, two achieved the highest award a Cub Scout can get, the Arrow of Light. This award is earned when the Scout is a Webelo just before they advance to Scouts BSA. The two Scouts are 10 year olds, Grace Martin and Liam Schuld.

Grace, daughter of Stephanie and 1st Lt. David Martin, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, started her Cub Scouting adventure in 2018 when girls were welcomed into the BSA organization's Cub and Scout programs, according to the ceremony program. She is looking forward to joining her troop and continuing to grow with the program.

Grace's ceremony consisted of her crossing the Arrow of Light bridge and receiving her new rank from Walter Moeller, Scoutmaster for Troop 264, Junction City, the first all-girl and newest troop in the Coronado Area Council.

"Grace is the eighth Scout we have had join our troop," he said. "And the third Arrow of Light recipient."

Amanda Porter, Cub Scout master for Pack 660, said Grace was the first female to receive the Arrow of Light award and crossover from their pack.

Liam joined Cub Scouts in 2015 as a Tiger Cub Scout in DuPont, Washington, according to the program but transferred to Pack 660 when his father Chief Warrant Officer 4 Matthew Schuld, Headquarters and Headquarters Company, 1st Armored Brigade Combat Team, 1st Inf. Div., was stationed at Fort Riley. Liam is ready to continue pursuing his path of Scouting with Troop 41, Junction City.

"Liam is an overachiever," Porter said. "Because he accomplished everything so quickly, Scouts is definitely where he needs to be. He loves the Scouts."

Liam's mother, Sherry said she was both excited and emotional to see him crossover into Scouts BSA.

"This has been a big deal," she said. "He joined in first grade when he was allowed to, because kindergarten wasn't an option, but he's been going ever since. He made a goal to try and get everything he could, and he's worked hard to do it."

HIGHEST HONOR

- **Grace Martin** and **Liam Schuld**, two members of Cub Scout Troop 660, achieved the highest award a Cub Scout can get, the Arrow of Light.

TUESDAY TRIVIA CONTEST



The question for the week of April 9 was: Where can I find information about the Family Advocacy Program?

Answer: home.army.mil/riley/index.php/about/directorates-staff/dfmwr/acs/family-advocacy-program

This week's winner is Andrea Bortner, spouse of Capt. Jerry Bortner, HHC 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division.

CONGRATULATIONS ANDREA!

Celebrate Month of the Military Child

By Gail Parsons
1ST INF. DIV. POST

As April starts to wind down, there is no shortage of activities planned to honor the children of military families.

April is designated by the Department of Defense as Month of the Military Child.

Amelia Knapp, outreach services director for Child and Youth Services, said it gives an opportunity to honor and recognize military children and youth. Her organization, and others, have several more activities planned this month.

"I love the yearly themes," she said. "This year's theme is Military Kids Can, which just emphasizes the strength our children and youth provide to our Soldiers and families. Because of that, several of our events will be superhero themed."

SCAVENGER HUNT

New this year is the Scavenger Hunt. Although it is already underway, families still have time to participate.

According to information from CYS, people can pick up a checklist of places on post to visit. When they get to each place, they take a selfie at the location and then submit all the photos to the CYS mailbox, usarmy.riley.imcom-central.mbx.dfmwr-cyss@mail.mil, for a chance to win a prize. All submissions are due by April 30.

"The Family Scavenger Hunt is new this year and a great way for families to have fun together while visiting (Directorate of Family and Morale, Welfare and Recreation) locations," Knapp said.

MOVIE DAY

Seating is limited to 400 at the CYS Family Movie Day. Families who are registered with CYS can attend a free showing of Wonder Park at 6:30 p.m. April 12 at Barlow Theater. Because of the limited seating, preregistration is required and can be made by calling 785-239-9885 or sign up on WebTrac.

PANCAKE FEED

"This year, we have brought back the pancake feed which is always a fun time for our families," Knapp said.

The free breakfast is from 8 to 10 a.m. April 13, at the Forsyth East Child Development Center, building 2420. Families can play games before or after eating.

"We plan to have some fun, low key games for families to include board games, trivia and Earth Day-related activities," she said.

MOMC PARADE

Children will begin their parade at 10 a.m. April 19 at the south end of Artillery Parade Field on Godfrey Avenue and then proceed to Forsyth. The parade then continues on Forsyth to the Cavalry Parade Field and concludes at Old Trooper Statue.

Mascots Riley Bear and Scarlett Bear, the Fort Riley Fire Department, and the Commanding General's Mounted Color Guard will be on hand to visit with the children.

SPARETIME INTERACTIVE ENTERTAINMENT FREE WEEKEND

Children and families can check out the newly renovated Sparetime Interactive Entertainment Center April 19 through 21 for free.

KIDS' FISHING DAY

Also, on April 20, DFMWR will host a Kid's Fishing Day event at Moon Lake from noon to 4 p.m. The event is free to all children, but those over the age of 16 are required to have a Kansas fishing license.

OP MEGAPHONE/LOCK-IN

Operation Megaphone/Lock-in is an overnight event for school-age children. The event starts at 7 p.m. April 26 and continues to 7 a.m. April 27 at buildings 5810 and 5800.

Kindergarten children are invited to stay until 11 p.m. April 26.

The cost is $15 for first through 12th grade students and $5 for kindergarteners. Contact CYS Parent Central to register and complete permission slip 785-239-9885.

SUPERHERO EVENTS

The Outdoor Adventure and Travel Center is the location for the April 27 Superhero Saturday and Fun Run.

The Fun Run begins at 9 a.m. and is followed by superhero and comic-character themed activities and obstacle course. Participating in the fun run is free, but registration cost for the superhero run and open access activities is $12 in advance or $15 on the day of the event. Register online at riley.armymwr.com or call 785-239-2807 for more information.

SUMMER CAMP ENROLLMENT

Spring may have just started, but CYS is making plans for summer. Open enrollment for summer camp, starts April 15 at Parent Central, building 6620.

Youth will be able to participate in various field trips around Kansas, swimming, robotics and other activities. Contact CYS Parent Central to register by calling 785-239-9885.

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FORM MATTERS

Running – Part 1

By Gail Parsons
1ST INF. DIV. POST

One event on the Army Combat Fitness Test that is the same as the Army Physical Fitness Test is the two-mile run.

However, the run for the new ACFT comes at the end of a grueling six-event test. By the time Soldiers have finished the previous five events, their muscles are fatigued.

Training to be ready to finish out the test strong is important, even for natural runners, said Dr. Heather Hovey, physical therapist at Irwin Army Community Hospital.

"People … can train all day and they can work really hard, but they still have to condition the right muscles," she said.

Stretching the stabilization of their hips is paramount to effective running and preventing injury.

"You still got to make sure that you're supplementing the right things by getting your hips strong and stretching when you need to," she said. "People should make sure they're strengthening their hamstrings, whether that be through the machines at the gyms or dead lifting with free weights. They should be strengthening their hamstrings, strengthening your glutes, you got to strengthen your hips."

One exercise she recommends is the glute bridge. This exercise helps strengthen the hamstrings and the gluteus maximus. This exercise is important because people tend to over use their hip flexors and quadriceps – the muscles in the front, she said.

The glute bridge focuses on the muscles in the back of the legs – the posterior chain.

"It is important to use both the front and the back, because they're both very large muscle groups," she said.

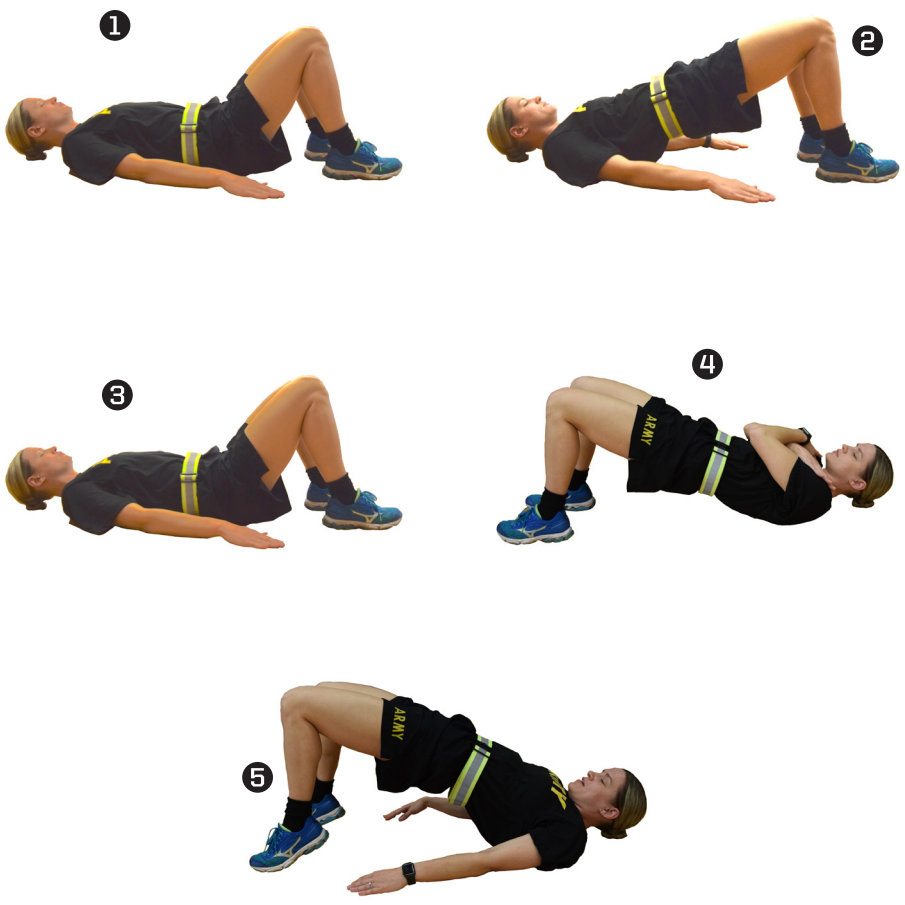
The common mistake people make when executing this exercise is letting their knees buckle inward.

"The knees should always be over the ankles, maybe a little bit wider than their feet," she said. "(Another) mistake is that they drive more through their toes than through their heels. So, focusing more on the heels helps you accentuate your glutes and your hamstring usage."

People also need to use care to not hyperextend their back, which can result in back pain.

"This shouldn't be painful when they do it," Hovey said. "You should feel it mostly in your hamstrings and glutes and in the back of your legs."

Hovey explains, while 1st Lt. Alexandra Scozzafava, physical therapist, demonstrates two levels of the glute bridge:



RUNNING – PART 1

1. Starting position is lying flat on the back, knees bent and out, feet flat on the floor a little wider than the hips about six to eight inches from the glute.
2. The easier variation is to keep the arms on the floor. Push the weight in the heel so that the toes slightly come up. "This helps to accentuate the use of the posterior chain the back of your legs," Hovey said. "Once you're here in this position, then you push through your heels, lift your hips up." Pinching your butt cheeks together and hold this position for a few seconds
3. Slowly lower back down. "I always tell patients to imagine there's an egg, very gently touch that egg and come back up."
4. To make this exercise more challenging, cross the arms over the body.
5. An example of what not to do.

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

Running on volunteer power

Fort Riley programs run on the principle of volunteerism

By Amanda Ravenstein
1ST INF. DIV. POST

From things like helping to serve meals to picking up junk on the side of the road and teaching classes at the Hobby Studio, volunteers are an important part of Fort Riley.

"Without volunteers, we wouldn't be able to have the events or the programs that we have," said Jane Brookshire, Army Community Service, volunteer outreach coordinator. "Basically, any big event we have here is manned by volunteers."

Signing up to be a volunteer is easy, she said. All a person needs to do is contact her by calling 785-239-9974 or 785-239-9435. They can also email ACS at usarmy.riley.imcom.mbx.acs@mail.mil.

The next step is to sign up through the volunteer management information system. The system is at the Army OneSource website at www.myarmyonesource.com

"It's a two-part registration system," Brookshire said. "You have to register through the website. Once you do that, you're actually just registered on Army OneSource. The second step would be that you actually have to go into the volunteer tools in that website and then apply to be a volunteer of where you want to volunteer and then they're going to accept you as a volunteer then you can start entering your volunteer hours into that system."

The American Red Cross has many opportunities for volunteers on Fort Riley, said Mitzy DeAguilera, regional program specialist, American Red Cross, Service to the Armed Forces.

"The first one will be what we call general volunteer, or outreach volunteer," she said. "Those kind of volunteers that go and support family community events, those volunteers actually always provide information on our services and resources, the main thing being our bread and butter the emergency communication message … and then with that goes providing information about the app."

Other opportunities include volunteering at Irwin Army Community Hospital through the outreach program and caseworkers with the emergency communication messages.

"Those are the ones behind the scenes," she said. "So, the people, when they are going to place an emergency communication message, they call the 1-800 number that has been there forever, or they go to our app. And when the emergency has been granted and the service member returns back to deployment or their assignment, we call. We ask how everything went or if they need any thing else from us. So we need volunteers to do that."

Theresa Guadagno, center operations supervisor, USO Fort Riley, said volunteering is a good thing for spouses of deployed Soldiers.

"Volunteerism is a really good way for them to make contact with people, make friends and have some time to just enjoy themselves," she said. "But also find out about community resources (and) have that support that they need while their spouse is deployed. So, I think that's a really good thing."

The USO volunteers help with events like the No Dough Dinner and Gift the Gown.

For more information on volunteering on Fort Riley or to become a volunteer, contact ACS at 785-239-9435.

USO volunteer meeting on tap

Orientation events opportunity to grow resources, have fun

By Amanda Ravenstein
1ST INF. DIV. POST

Fort Riley USO staff have started hosting monthly volunteer orientations in the hopes of building their list of volunteers.

"I loved the last interview orientation that we had because the group got to get together and have a good time," said Theresa Guadagno, USO Fort Riley, center operations supervisor. "And that's what brings you in. That's what makes you want to volunteer, if you have a good time with your fellow volunteers."

When attending an orientation, people will receive a folder filled with information on the events the center holds and other information they might need. After a group discussion, she said she will take them to the computers so they can sign up and watch the videos for training. Guadagno said she also helps them get their food handlers card.

Guadagno said she plans to announce each orientation on Facebook, so people need only follow the USO Fort Riley page.

The next volunteer orientation is April 24 from 10 to 11 a.m. at the USO Fort Riley, 6918 Trooper Drive. To register, call Theresa Guadagno at 785-473-3133 or email usofortriley@uso.org.

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Running more than left, right, repeat

Technique key in getting most benefits out of activity

By Gail Parsons
1ST INF. DIV. POST

Put one foot in front of the other — repeat. If a person does that fast, they are running.

It seems simple enough, but there is a lot more to running than simply moving. Dr. Heather Hovey, physical therapist at Irwin Army Community Hospital, teaches people how to make the most of their time running and how to run with good form.

In May, the Physical Therapy Clinic will start a running technique class for patients who have difficulty because of pain.

"It's not necessarily conditioning, but rather the technique of running," she said.

To enroll in the class, a person needs to have been evaluated by one of the physical therapists. That process can be accomplished by having a referral from a primary care manager, or a Soldier can walk into the clinic and request to be seen concerning running.

The class is intended to help people run without or with less pain.

"That's my number one goal — let's just make this less painful for you to do," Hovey said. "That doesn't mean no pain whatsoever. I think it's a hard thing to understand. Sometimes you will have discomfort when you're doing this, but less pain is always much better."

> "People need to know that they can train all day and they can work really hard, but they still have to condition the right muscles. You can run all day long, but you still got to make sure that you're supplementing the right things by getting your hips strong and stretching when you need to."
>
> **HEATHER HOVEY** | PHYSICAL THERAPIST, IRWIN ARMY COMMUNITY HOSPITAL

CAUSE OF RUNNING PAIN

The knees are where many people feel pain when running. Hovey said it is often because they are running improperly.

"You would think it's just left, right, repeat," she said. "But running is a skill just like golfing or pitching or ballet — these are all sports and techniques that you have to practice. It's a skill that you can become better at. So yes, it is left, right, repeat. But if you want to become better and proficient and have less pain, it's a skill that you can practice and learn."

A common mistake people make is that they don't stretch enough before taking off on a run.

"They're like, 'hey, I haven't run in a month and I'm going to go run 3, 4 miles,'" she said. "And they don't stretch, they don't warm up and they don't cool down when they're done."

RUNNING TECHNIQUES

Hovey said one of the specifics she will address in the class as it pertains to techniques is the way a person's foot comes into contact with the ground and how not to activate their hip flexors when running and hopefully activate the hamstrings more.

"We'll talk about how to initiate contact when the foot first hits the ground," she said.

Statistically, she said most runners who get injured are heel strikers. Ideally, when a person runs, they should be putting the ball of their foot, or the forefoot, down first.

"If I can get someone who's a heel striker to land more flat-footed, I'm happy," she said. "I think trying to change your running form … is going to be very difficult for me to transition them from a heel strike to a forefoot."

As opposed to walking, when a person is running there is a period of float, she said.

"Float is when there's no right or left (foot) touching the ground," she said. "When we're in that period of float, it's easy to transition to (striking with) more of the front of the foot."

The type of shoe a person wears when running can affect whether they land on the heel or ball of the foot.

She recommends wearing a low-drop shoe, which is measured by the drop from the heel to the front of the foot. If the heel is high and it drops toward the forefoot — that is a high-drop shoe.

"When you've got such a large cushion on your heel, then you're going to do a heel strike," she said. That's the only reason why we heel strike … if you take the shoes off people, most of the time, they don't do a heel strike.

Proper breathing technique is another component Hovey said people need to think about.

DID YOU KNOW?

- **Cross training** and **stretching** will help runners before and after their run.

It's important to relax when running. When they're not, they are breathing heavy and there's an exaggeration in the neck musculature.

"Their shoulders will come up and the elbows will curl in," she said. "We'll tell them to relax; drop your shoulders, bring your elbows down and relax your forearms."

RUNNING SURFACES

Treadmills are great for a cardio workout but are not the most effective way to train for a run.

"The ground is moving for you on a treadmill," she said. "So, it's kind of it's doing a lot of the work (for you) … when you go outside, you're getting the resistance from the ground. So, the ground is working against you rather than for you."

She doesn't dismiss the benefits of a treadmill altogether because it can provide a good cardio workout, but it won't do much for the leg musculature, she said.

TRAINING

Like any other skill, running takes practice. While some people may be natural runners, Hovey said a training program could help Soldiers and other runners maximize their efforts and minimize injury.

First Lt. Alexandra Scozzafava, physical therapist, has been training with Hovey and said in the past month and a half she has decreased her 2-mile run time by a minute and a half.

"She's been getting me to lean forward with my hips and use more of those poster chain muscles," Scozzafava said. "So, using my hamstrings and glutes, rather than my quads and my hip flexors, which is actually improving my running time."

One of the lessons she learned was to adjust her cadence while running. She had been taking long strides but has been shortening them, which increased her pace.

To train for the Army Physical Fitness Test or Army Combat Fitness Test, Soldiers should work on distance running and sprinting, she said.

"For the average Soldier (they should train) three days a week," Hovey said.

That doesn't mean it has to be three days a week pounding the pavement. Other types of exercise to improve running skills can include using the rowing machine or the elliptical bike. Those should be intermingled with distance running and sprinting.

Cross training and stretching will help runners before and after their run. In her class, she will talk a lot about doing dynamic warm-ups and static cool downs and stretches that will help.

"People need to know that they can train all day and they can work really hard, but they still have to condition the right muscles," Hovey said. "You can run all day long, but you still got to make sure that you're supplementing the right things by getting your hips strong and stretching when you need to."

Beyond the physical details, Scozzafava said the key for her was the psychological approach to running.

"One of the biggest challenges that I faced while working with Dr. Hovey is that this running game — yes the form is really important, but also there's a huge mental component associated with it," she said. "She's been working with me in regard to kind of facing that, tackling that head-on and thinking, 'you know what, you can actually do this. It's just the mental game that you're playing in your head, you have the physical strength and we're working on that technique to get you where you need to be.'"

Hovey backed up Scozzafava's assessment and said she is a fast runner.

"She is really fast," Hovey said. "I was telling her 'I don't know why you think you can't do this. Every single time, she beat the times. "She's doing really good … yes, it's the training and getting acclimated to running distance but also knowing that 'I can do it. I've been training for this. I have the ability, I just need to put forth the effort and I'm positively thinking I got this.'"

#FitFirst

HEALTHY EATING



COURTESY PHOTO

Super Chocolate Green Smoothie

This recipe was provided by the Performance Triad.

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

Recipe Analysis: (1 serving = 1 smoothie)

Per Serving: 436 calories; 24g protein; 3g fat, 84g carbs (4 carbs: 1 protein)

Recipe = 1 servings of vegetables, 3 servings of fruit (1 vegetable per serving, 3 fruit per serving)

INGREDIENTS — 1 SERVING

- 1 large banana
- 1 medjool date, pitted
- 8 oz. low-fat chocolate milk
- 2 cups baby spinach, raw
- ½ scoop unflavored egg white protein powder
- 1 TBSP unsweetened cocoa powder
- Ice

STEPS

1. Place all ingredients except ice in a high-powered blender and blend until smooth. Add ice and blend to desired consistency.
2. Enjoy within 30-60 minutes of strenuous exercise.

cookpad.com/us/recipes/669797-super-chocolate-green-smoothie **#FitFirst**

HOME.ARMY.MIL/RILEY



NATIONAL PET DAY





Photos by Will Ravenstein | POST

TOP: Jasmine, a 3-year-old boxer, belonging to Jade and Pfc. Timothy Grow, 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, runs around the Fort Riley Dog Park on Huebner Avenue April 3. April 11 was National Pet Day and Fort Riley residents celebrated their fur babies accordingly. **ABOVE:** Remi, a 1 ½-year-old Rhodesian Ridgeback mix belonging to Anna and Capt. Miles Riggs, 82nd Brigade Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, checks out a tennis ball April 3 at the Fort Riley Dog Park.

Pets of the Week

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KIDFEST Continued from page 9

"It supports military kids," said Kira Fidler, wife of Sgt. 1st Class Jerry Fidler, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division. "It's a free event for all the kids to come and hang out and be superheroes."

Greathouse said CYS is driven to give these children a "fantastic experience." Kidsfest was filled with activities for children, resources to programs that support them like Red Cross and Army Community Service and demonstrations of activities they can join, such as gymnastics.

"I think we have a little bit of everything for everybody this year," Greathouse said. "We have face painting. We have a whole sensory experience where they get to play in sand and water and foam. We have some crafts, some collage making (and) mask making, because the theme this year is superheroes."

Children immersed themselves in the superhero world at Kidsfest with a training course, which provided physical obstacles and photo opportunities with Captain America and Spiderman.

"I did superhero training and I did virtual reality," said Yzabell Padilla, daughter of 1st Sgt. Jose Padilla Guzman, 2nd Battalion, 70th Armored Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division. "(Then) we went downstairs and took photos."

Her mother, Dayni Padilla, said this was their second year attending Kidsfest.

"I just really appreciate what CYS does for our children," she said. "Just to give them that extra love that they need. Seeing the community and the staff come together and have a great activity event for our children, I appreciate it."

The event's superhero theme piggybacked off of the theme for the Month of the Military Child, which is Military Kids Can.

"It's really emphasizing everything that our military kids can do," Greathouse said. "They just (have to) set their minds to it. (It is also) about how resilient they are and just that unlimited potential, unlimited opportunities. We're here to support that and help them to be everything they can be."

She explained how military children have to be resilient. They endure their parent's absence due to deployment and constant table-turning changes.

"Change is constant in the life of a military family and kids are right there," Greathouse said. "They're supporting their Soldier, parents, just the constant change. They really tend to just kind of roll with the changes, and (we're) just honoring that and recognizing that … it's not always easy."

Throughout the rest of the month, Greathouse said there are more opportunities to honor these children at events such as family movie night, April 12; the pancake feed, April 13; the parade, April 19; and the Superhero Saturday Flash and Dash Run, April 27.

COOKIES Continued from page 9

community did. They bought every one of these boxes specifically for the USO. Just to see how many community members stepped up to support not only Girls Scouts, but USO also."

The amount of cookies stunned USO Fort Riley director Mark Claussen.

"It's impressive — it's so impressive," he said. "One, it's a neat thing because everybody loves Girl Scout cookies and two, the fact they are able to provide that to Soldiers and the families and make them a little bit happy. Everybody is happy to get cookies. It's just amazing."

The USO Fort Riley staff will have cookies available in the center for patrons and at events while supplies last, said Traci Taylor, USO Fort Riley center operations and program manager. But the facility is not a distribution hub for people to just come and pick them up.

"Because they are such a hot commodity, we'd like to make sure they're getting in the hands of who they were intended for," she said. "So, we want to have our families enjoy this bountiful donation from the Girl Scouts, but we are going to be respectful of their intent.

"They are available if you come and are a patron of the center and come to the center and engage in some way," she said. "If you come in for an event, come in for lunch, come in and use the computers — the cookies are intended for service members and their families. We are not distributing cookies as if we were distributing tickets for an event. Oftentimes we get donations of those kinds and then it's first-come, first-served, get them out the door."



Will Ravenstein | POST

Pvt. Sinjin Eurbin hands Sgt. Bobby Pinkerton, both Better Opportunities for Single Soldiers representative, one of the 1,600 cases of Girl Scout cookies delivered April 4 to the storage area for USO Fort Riley. The cookies were donated by community members in northeast Kansas and northwest Missouri this winter.

Taylor said she wanted to clear up any confusion caused last year.

"Last year we did have an overabundance, because we did get more, plus we did have a lot of the same variety that were harder to distribute," she said. "At the end of the distribution period last year, we were just trying to get them out before their expiration date. That's where the confusion is. They will be available at events. We do have a No Dough dinner coming up in April; we will be distributing some cookies there. We like to save some back for Victory Week because that's a big, important event for us."

For Stage, seeing the cookies at different events on Fort Riley gives extra meaning to the work done by the troops.

"I think I have sort of an advantage because I'm a military spouse, but I get to see when we're at a No Dough or a USO event, they are over here handing them out to our service members and then they get to enjoy it," she said. "Whereas a nonmilitary town elsewhere, they don't get to actually see this come full circle."

ZOMBIE Continued from page 9

their red flag off," she said. "They just keep running, but we have their flag."

Slinger said all of the zombies were volunteers like Leright. While many were DFMWR staff, some zombies were also Soldiers, family members and there was a group from Manhattan High School.

"We do it mainly for morale and just to kind of get families and even friends hanging out together to have a good time," Slinger said. "But really to provide a fun and friendly atmosphere for families to have a good time and be active."

First Lt. Derrick Ball, Headquarters and Headquarters Battalion, 2nd Armored Brigade Combat Team, and his two sons, Camden, 8, and Derek, 4, ran the zombie fun run as a family.

"We were here for (another run) and I've been able to bring my kids here, relatively inexpensively, and get really a lot of quality time with them," Ball said.

Camden and Derek agreed that while the run was scary, it was also fun.

"It's, I think, good clean fun," Slinger said. "It also gives folks something to look forward to, especially if a family member is deployed, it's extremely easy for families to still participate in a family-friendly event such as this one." **#FitFirst**



Téa Sambuco | POST

The Zombie Fun Run was held at the Outdoor Adventure Park April 6.

Spring-related classes coming to Hobby Studio

Studio to offer three April courses for children and adults

By Gail Parsons
1ST INF. DIV. POST

As warm weather starts to return, it's time to put winter behind and welcome the spring. Fort Riley's Hobby Studio, 6918 Trooper Drive, is doing their part by offering three classes for children and adults to make spring- and Easter-related crafts.

Beginning with a wreath making class from 11 a.m. to 1 p.m. April 18 to 20. In this class, which will cost $20, adults and teens ages 16 and older will get the materials and instructions to make a spring wreath.

"They're going to get a 10-inch wreath and they will be able to cut up strips of fabric and tie it onto the wreath and make their own designs," said Brandi Tomlinson, acting manager.

From 4 to 6 p.m. those same days, children can come in and for $3 per child can make a bunny finger puppet, Thomlinson said. The puppet is made from felt and suitable for children ages 2 and older.

The third spring project is for the birds — literally.

STOP BY

- Fort Riley's **Hobby Studio** is located at 6918 Trooper Drive.

From 4 to 6 p.m. April 25 to 27, children will have one of two bird projects to work on depending on their age. These projects cost $5 per child.

Those younger than 14 will have recycled materials to turn into a birdfeeder. They will have assistance in cutting out parts of milk or water jugs to make the openings for the seed. The children can then decorate them any way they want.

The older children will be given wooden birdhouse pieces to assemble and decorate.

"Everything will be precut out so that they don't need the workshop safety class or anything like that," she said. "We'll help them get them all put together and if they want to paint them, they can or if they just want to leave them as woods. That's perfectly fine as well."

Tomlinson said parents are asked to stay with their children who are younger than 16 years old during the youth classes.

"It's a fun way for kids and parents come in and work on crafts together," she said.

CAREERS Continued from page 9

"I enjoy helping the children," he said. "I don't want the kids to be afraid of the police or law enforcement so coming out to these events gives the kids a chance to interact with us and have a good time and not be afraid of us."

Jodi Testa, Seitz Elementary principal, said she enjoyed having a career stop at the event because the children could learn more about what her job entails.

"What I'm showing them is that some days they will see me and then other days they are not going to see me," she said. "So I'm trying to help them understand that my job is not just kids and not just classrooms and not just teachers but its broken toilets and it's making sure that we have our grass mowed and its working with moms and dads and grandmas and grandpas so I think that's been the most eye-opening for them first for them to think that I am a human beyond school."

She also talked to the children about herself during the event because she wanted to let them know that she is more than just their principal.

"You know I'll see them in town shopping and stuff like that and they will look at me and I'll be like 'hey Dragon,'" she said. "And they are just like, 'You shop at Walmart?' You know, they just don't understand, but it's pretty cool. And that yeah, I'm a mom, I'm a grandma, I'm a citizen of the community and not life-long, but I've been here a long time, so they don't get that. "They think I'm just the principal and they think I live here, which sometimes I do, but it's fun, it so good, it's good for kids."

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su|do|ku

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

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

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Public Notices 310

Fort Riley Seeking Interest in Establishing a Restoration Advisory Board (RAB)

Fort Riley is seeking civic-minded individuals who may be interested in serving on a Restoration Advisory Board (RAB). Purpose of a RAB is to provide input concerning its Installation Restoration Program (IRP) at Fort Riley. Fort Riley's IRP works to identify, assess, and cleanup soil and groundwater contamination from hazardous chemicals and fuels.A Restoration Advisory Board is a forum comprised of representatives from the Department of Defense (DOD), the U.S. Environmental Protection Agency (USEPA), Kansas Department of Health and Environment, other state and local governments, tribal governments, and surrounding communities. Fort Riley's Installation Restoration Program staff will report on the status of the environmental restoration projects. RAB members are provided the opportunity to participate in the cleanup process, monitor the progress, and make their community views known. Local community members interested in creating a RAB should be willing to establish and jointly chair the RAB and attend all RAB meetings (which could last between two to four hours each) and be willing to devote ample time to review Fort Riley environmental documents within prescribed time frames. Meetings starting at 7 p.m are held annually or as needed at 407 Pershing Court, Main Post, Fort Riley. If the RAB is established, the Army will not provide financial support to the public members for their services nor will members be compensated for work hours lost or time invested.For more information or to express your interest in participating in a RAB, please contact the Fort Riley IRP Program Coordinator at 785-239-3194 between May 1 and May 31, 2019. If enough interest is generated, Fort Riley will form a RAB and provide information on membership and responsibilities.

A4483
April 18, 19, 21, 2019

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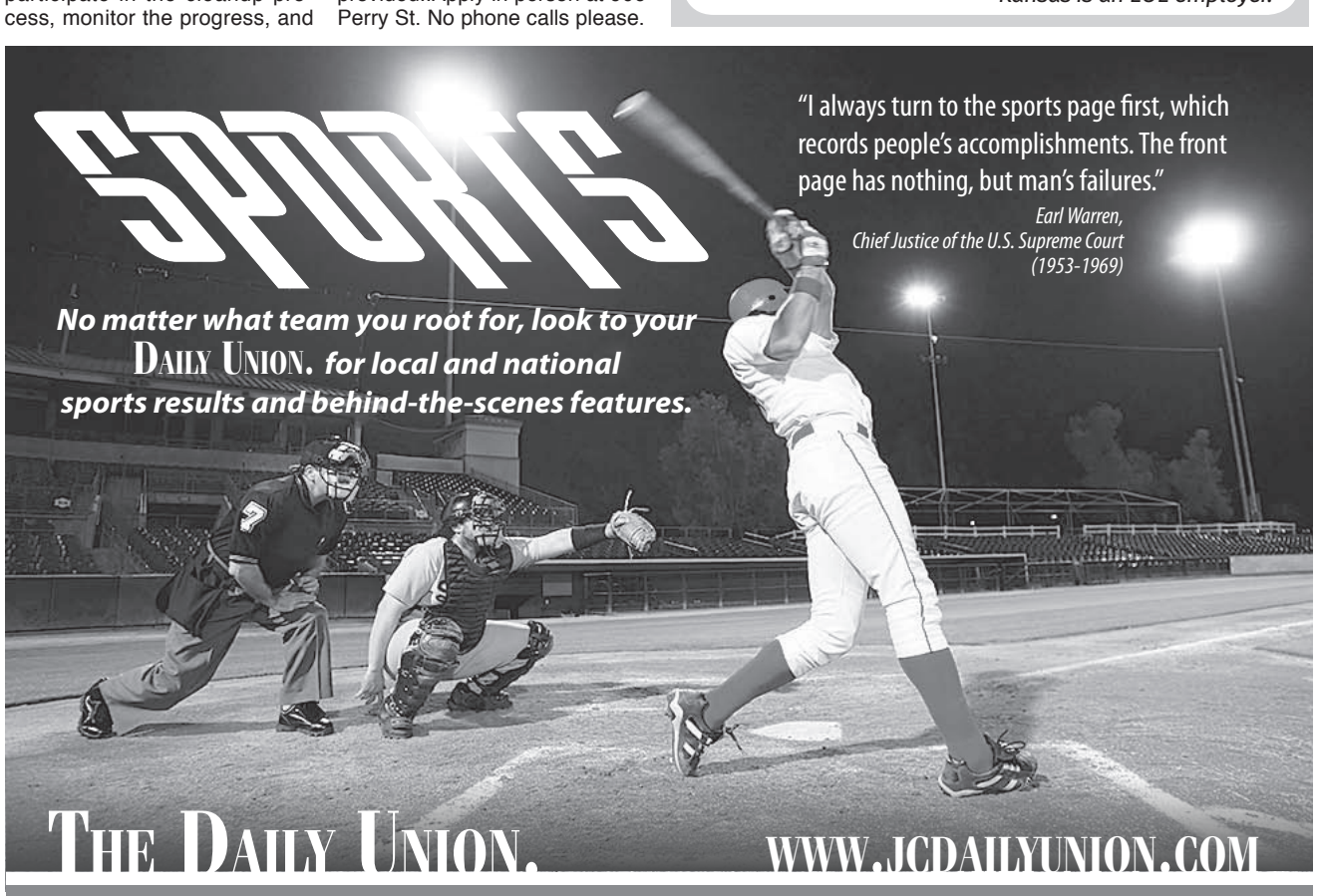
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Explore the tallgrass prairie at Konza Research Station

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

The Konza Prairie is a biological research station dedicated to studying the tallgrass prairie, in the Flint Hills. A portion of it is open to the public for recreational and educational use.

"It was a cattle ranch in a previous life and was purchased in 1979 at the behest of Dr. Lloyd Hulbert of Kansas State University, who recognized the need for a tallgrass biological research site," said Jill F. Haukos, director of education at the Konza Prairie Biological Station. "Over 95 percent of the original tallgrass prairie has been converted into agricultural fields so the fact that there was prairie still left in the Flint Hills and was close to KSU was remarkable. The site is managed with a three-part mission to conduct long-term research, provide educational opportunities and to conserve the tallgrass prairie."

The KPBS, according to kpbs.konza.k-state.edu/, is an outdoor laboratory where students and scientists can study the tallgrass prairie and its ecosystems.

"There is a section of Konza Prairie that is open to the general public — the nature trails," Haukos said. "These are three loops that have a common entrance onto the prairie but allow for (people) to choose where to turn giving them an option of a 2.6-mile loop, a 4.5-mile loop, or a 6.2-mile loop. All of these loops allow for a wonderful experience to view and photograph the prairie during a visit."

The trails, according to kpbs.konza.k-state.edu/trails.html, are open from dawn to dusk, but there are specific rules the public must follow. No dogs, horses or other pets are permitted on the trails. They are only used for hiking, so no biking or camping is allowed. Smoking is not allowed and all rocks, flowers, etc. must remain on the reservation. A full list is available on the website.

"The 2.6-mile Nature Trail loop is gravel with interspersed limestone blocks that serve as erosion barriers, but many people see them as steps," Haukos said. "The surface and the presence of the blocks both serve to make the trail unsuitable to strollers or wheelchairs, but easy to hike.

"Visitors to the trail will be taken from a gallery forest along Kings Creek at the bottom of the hill and as they ascend the hill, they'll see the landscape change, shrubs will become more common until, at a certain point, the shrubs disappear and the high prairie opens up," she continued. "The prairie is continually changing as the seasons progress. In the spring, the golden grasses left over from the previous autumn are just waiting to be burned. In March and April, those old grasses are burned and the hills become black with the new green grass just waiting for rain to pop up. In mid to late April, the new grass comes on strong and the Flint Hills become vibrant green. The prairie is constantly changing and a hike along the Nature Trail will be different every time someone visits."

On this trail, according to keep.konza.k-state.edu/visit/index.html, Bison are sometimes viewable. Their area, however, is not open to the public.

The two other trails are the Kings Creek Loop and the Godwin Hill Loop, according to Haukos.

"The Kings Creek loop is the 4.5-mile loop of the trail," she said. "(Hikers) will have a longer view of the high prairie if they hike this loop. As (they descend) the hill, they will have a lovely shaded walk along the gallery forest before reaching the end of the trail. The Godwin Hill Loop is 6.2 miles long and affords the best view of a virgin, untilled prairie without interruption. It is a rare sight and worthy of the hike."

Those who are interested in being active in the preservation of the prairie can help by joining the Friends of the Konza Prairie.

"Funds from memberships are used to support the educational program at Konza Prairie and FOKP members are invited to members-only events that are offered annually," she said, "prairie-chicken viewing, bison tours, wildflower walks and a walk with researchers."



The Konza Prairie, in the Flint Hills, is a biological research station dedicated to studying the tallgrass prairie. It includes trails and footbridges. The trails are open from dusk to dawn.

Join Spc. Shell as he checks out zoos and an aquarium next week.