HOME OF THE 1 BIG RED ONE

THE 1ST INFANTRY DIVISION POST

★ https://home.army.mil/riley FRIDAY, DECEMBER 7, 2018 Vol. 10, No. 49 ★

FORT RILEY, KANSAS



Prepped to move

Sgt. 1st Class German Isales | 3rd Bn. 66th Armor Regt., 1st ABCT, 1st Inf. Div.

Cpl. Jasmine Parga, Fort Riley Movement Control Team, watches Soldiers from the 1st Armored Brigade Combat Team, 1st Infantry Division, prepare to load wheeled vehicles onto train cars Nov. 26 at the rail yard in Camp Funston. Close to 1,000 rail cars will be loaded by the time the two brigades deploying are finished.

Crews ensure vehicles loaded safely, securely

By Will Ravenstein
1ST INF. DIV. POST

By the time the two deploying brigades from the 1st Infantry Division finish loading their vehicles at the rail yard in Camp Funston close to 1,000 rail cars will be filled. That task comes down to trained Soldiers within the brigades to ensure the vehicles are loaded in a safe manner and secured a specific way.

"Each vehicle, depending on the chain type — whether it's a 3/8th inch chain or a 1/4 inch chain — each vehicle requires a certain amount of chains which was approved by the railroad for crash tests," said Mitch Hogan, 407th Army Field Support Brigade Logistics Readiness Center, transportation management specialist. "So it has to meet that standard otherwise you have to keep adding chains to it."

With 12 spurs situated on the 17 miles of rail track in Camp Funston and 20 rail cars per spur there is a lot to inspect for the members of the LRC.

For Sgt. 1st Class German Isles, Headquarters and Headquarters Company, 3rd Battalion, 66th Armor Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div., the operation is about one thing — safety.

"The biggest thing is just mounting all of the vehicles for the entire brigade onto the rail and making sure they're safely tied down and approved before anybody can go home," he said. "It's just slow and steady wins the race. Get down there, chain your stuff up and sometimes the chains aren't to the contractors liking. So we have to redo it. That's just the nature of the beast. That's the mission we were tasked with and that's just what we have to do."

From the time the first vehicle rolls off the loading dock and onto the rail cars it takes about three hours to fill the spur and tie each vehicle down, Hogan said.

"It takes them about a half hour to get down to where they're going to park — the furthest vehicle," he said. "The ones at the dock, like two minutes. For chaining their vehicle it takes anywhere from five to 10 minutes.

"That's about 20 rail cars every three hours; but we're loading simultaneously four to five spurs at a time," he added.

With that many moving parts happening at one time, each Soldier or LRC employee

See TRAINS, page 7



Will Ravenstein | POST

Soldiers from 1st Armored Brigade Combat Team check train cars for proper amount of chains Dec. 1 prior to having the loads inspected for approval.

Army West Point football uniforms to honor the 'Big Red One'

By Lt. Col. Terence Kelley
1ST INFANTRY DIVISION PAO



Courtesy photo

A collection of images depicts the subtle design elements incorporated into the Army Black Knights uniform for the 2018 Army-Navy Game Dec. 8. The uniforms honor the 1st Infantry Division and the 100th anniversary of the U.S. military's involvement in World War I.

When the Army West Point Football Team takes the field against archrival Navy Dec. 8, they will be paying tribute to the 1st Infantry Division. West Point and Nike collaborated to produce custom uniforms for the team commemorating the "Big Red One." One hundred years ago, the 1st Inf. Div., led the U.S. Army to victory in World War I.

"This truly honors the bravery and tenacity of those who served with the Big Red One," said Maj. Gen. John S. Kolasheski, 1st Inf. Div. and Fort Riley commanding general. "It recognizes the generations who have worn our emblem for a century while supporting American interests at home and abroad. Beyond honoring our past, it's a great way to connect those currently serving to this historic rivalry, to tie the Flint Hills Region to America's Game, and just as we support other Soldiers serving away from home, to help Army complete one more mission. Beat Navy!"

The Army-Navy Game is often called "America's Game" because both teams are composed of active-duty cadets and midshipmen. Cadets on the West Point Football Team will commission as Army second lieutenants upon graduation. While football players are specially recruited for the football team, they must meet the same admission requirements and complete the same education and training as all other cadets.

The game day uniforms are black and gold with red trim, and feature a rampant lion honoring the 1st Inf. Div.'s, historic 28th Infantry Regiment. The regiment won the first American victory of World War I, fighting at Cantigny, France, a region often represented by a black lion. The regiment adopted the symbol, which is still seen today at Fort Riley. Several active Army battalions trace their lineage to the 28th Infantry but are no longer part of the 1st Inf. Div.

The Battle of Cantigny was planned by the division's operations officer, then-Lt. Col. George C. Marshall. Earning a reputation as a planner, Marshall went on to become Chief of Staff of the Army in World War II and attained the five-star rank of General of the Army. Prior to each Army home game, players touch a bronze plaque on the sidelines with his famous quote: "I want an officer for a secret and dangerous mission. I want a West Point football player."

Another uniform feature is "Rags," the official division mascot during World War I. Rags

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WHAT'S IN THIS ISSUE

GERMAN HOLIDAY TRADITION CONTINUES ON FORT RILEY

HOMEMADE CRAFTS AND TRINKETS WERE ON SALE DEC. 1 AT RILEY'S CONFERENCE CENTER DURING THE 10TH ANNUAL CHRISTKINDL MARKET

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FAMILIES DECKED THE HALLS FOR THE ANNUAL FORT RILEY TOUR OF HOMES

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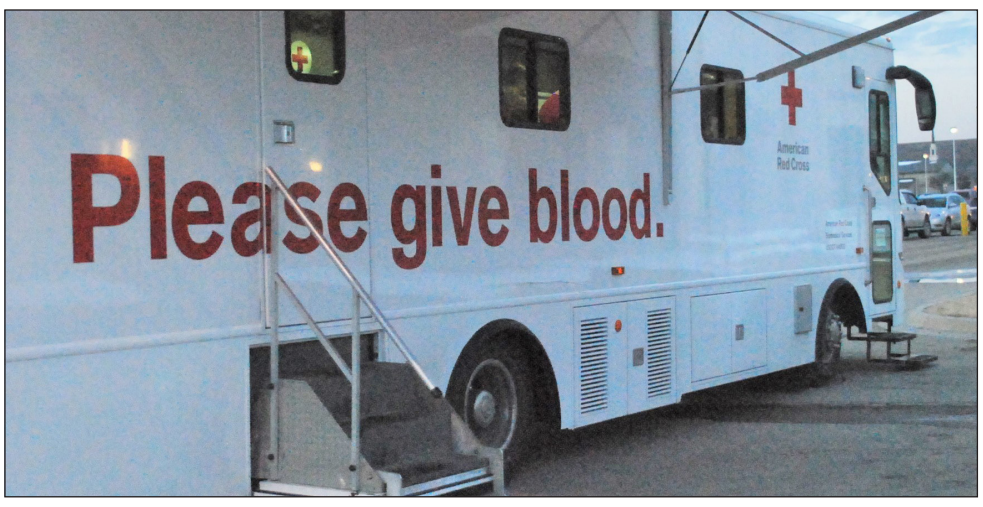
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DIRECTORATE OF FAMILY AND MORALE, WELFARE AND RECREATION ARTS AND CRAFTS CENTER GET A FRESH COAT OF PAINT RAISING ENERGY LEVELS

SEE PAGE 4

Give the gift of life this holiday season



The American Red Cross Bloodmobile sits outside the Exchange Nov. 28 during one of the four scheduled blood drives in November and December.

Red Cross seeks donations through blood drives, awareness

> "Every two seconds somebody in our country needs blood and that need doesn't ever take a holiday."
>
> **Jan Hale** | Communications Manager, American Red Cross

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

The American Red Cross is experiencing a shortage on an extremely important thing everyone needs to live — blood.

"Right now, the Red Cross has a pretty urgent shortage of blood," said Jan Hale, American Red Cross communications manager. "We are really needing blood and platelet donors; but mainly blood donors to give now so that it is available throughout the holiday season for patients in need. Every two seconds somebody in our country needs blood and that need doesn't ever take a holiday."

Any blood type is accepted but, in particular, types O-positive and O-negative are the most needed, she said.

Jackie Peterson, Irwin Army Community Hospital, Farrelly Health Clinic phlebotomist, said she encourages people to donate if they can.

"I think it's important for those that can, that they do," she said. "Especially out here. We have so many in the military that have been overseas, deployed ... so if you can donate — donate. Because we really are limited on who can."

Hale encourages potential donors to make an appointment for an upcoming blood drive.

The website, www.redcrossblood.org, is a convenient way for people to search for blood drives in their area and also has information on the process of donating.

Another option that current and potential donors have is the Red Cross Blood Donor app. It is a way for donors to sign up for drives, keep track of their donations and see how long it has been since their last donation.

Blood donations can only be made every 56 days unless it is a Power Red Donation which means the donor will have to wait 112 days before another donation can be made.

"(Power Red) is that you actually donate two units," Hale said. "You have to meet certain criteria to be able to donate Power Red; but if you are able to do that and agree to a Power Red donation, you are eligible every 112 days because we actually are taking two pints at one time."

A Power Red donation is similar to a whole blood donation, according to the website. Except a special machine is used to allow a donor to safely donate two units of red blood cells during one donation, while returning the plasma and platelets back into the body.

Hale said the Red Cross is working on streamlining the process of donating.

"What the Red Cross has been trying to do in the last few years is to make the donation process as quick, as easy, as simple and as accessible as we can possibly make it," she said. "Our app was a big part of that. You can do your Rapid Pass, you can track your donation, (it) answers lots of questions, there's even a place where you can send a selfie while you're donating. So, you can urge others in your realm of influence to donate as well."

Rapid Pass is a way for people to do their pre-reading questions ahead of time, Hale said. It gathers information on any traveling that a person has done, medications that the person might be taking and allows them to fill out the health history questions needed before donating.

"The Rapid Pass usually will save you about 15 minutes in the donation process," she said. "So, we would urge people to do [it]. You just need to do it the day of your donation."

Appointments are requested for donating, but walk-ins are accepted at most drives.

"What appointments do is they let us know who's coming at what time and how to best prepare, to make sure we've got enough staff on hand," she said. "It's like making an appointment to go to your doctor or to get your hair cut. It just allows those folks (working) to make sure that your appointment goes as smooth as possible."

With the blood drives scheduled on Fort Riley in the coming weeks, many Soldiers and their families can donate.

Even though there are possible medical restrictions, Hale urges people to not assume they are ineligible, instead to go through with setting up an appointment.

During the health history questions and overall information gathering prior to donating, it may be discovered that what was thought to be a disqualifier, is not.

"If all of that checks out and you've already gone through your questions … you'll actually then go to the donation bed," she said. "That process usually just takes 10 or 15 minutes and after it's over with, you have the knowledge that you have helped save somebody's life — and, you get juice and cookies too."

In addition to the juice and cookies provided after donation, as an extra incentive through Dec. 19 donors will each receive a $5 Amazon gift card. At the blood drive that is scheduled for Dec. 21, all donors will receive a long-sleeved Red Cross T-shirt.

According to the website, if a person is ineligible to donate blood, there are still other ways they can make a difference. If a person were to sponsor a blood drive and have 40 to 50 donors, that drive could save hundreds of lives. Being a volunteer has benefits of its own. According to a graphic on www.redcross.org, Red Cross volunteers respond to more than 64,000 disasters every year. More than 25,000 volunteers support Red Cross blood services.

Whether helping one displaced family or thousands, providing care and comfort to an ill or injured service member or veteran or teaching others how to respond in emergencies, it's through the efforts of ordinary people that we can do extraordinary things, according to the volunteer page.

The Red Cross Blood Donor app is available through both the Google Play store and the Apple app store. For more information about donating or volunteering visit www.redcross.org or contact the Fort Riley American Red Cross at 785-239-1887.

Upcoming Blood Drives for Fort Riley

Dec. 11 – 1st Replacement Company, 208 Custer Ave., 9 a.m. to 3 p.m.

Dec. 12 – Division Headquarters Building, 580 1st Division Rd., 9 a.m. to 3 p.m.

Dec. 21 – Colyer Forsyth Community Center, 22900 Hitching Post Rd., 11 a.m. to 5 p.m.

***** by appointment only *****

ARMY'S TOP ENLISTED VISITS FORT RILEY



Sgt. Jarel Chugg Guerra | 19th Public Affairs Detachment

Soldiers of the 1st Infantry Division and Fort Riley met with Sgt. Maj. of the Army Daniel Dailey on Nov. 30 to get the latest on issues ranging from structured-self development to the new Army physical training test. After spending the day visiting units across post, Dailey spoke to a crowd of noncommissioned officers and conducted a question-and-answer session that focused on career growth and life after the Army.

Active duty, National Guard Soldiers from 1st Infantry Division work together



Soldiers of the Main Command Post Operational Detachment, 1st Infantry Division, listen to a briefing by Maj. Owen Durham, 1st Inf. Div. Headquarters, operations officer from Fort Riley on Nov. 3. Five personnel from headquarters staff traveled to Lincoln, Neb., to train MCPOD Soldiers on planning processes to prepare for upcoming training exercises.

Story and photo by Staff Sgt. Heidi McClintock
MCPOD PUBLIC AFFAIRS

LINCOLN, Neb. — Five personnel from the 1st Infantry Division Headquarters visited the Nebraska National Guard's Main Command Post Operational Detachment during their drill weekend, Nov. 3 through 4.

The purpose of the visit was to integrate the functional competencies of the MCPOD with 1st Inf. Div. staff, while facilitating a shared understanding of requirements for the training exercises throughout the fiscal year.

"I think it's a great opportunity to work with our National Guard partners," said Maj. Owen Durham, 1st Inf. Div., operations officer. "It is something I have never been involved in personally and it's great to see the integration of one team."

During the drill weekend, the MCPOD Soldiers learned from their active duty counterparts in different training sessions. The collaborative training included the military decision-making process, current operations, intelligence training and battle noncommissioned officer and officer tasks overview.

"We are extremely fortunate that the 1st ID sent knowledge personnel to (bolster) our training this month," said, Sgt. Brandon Cook, an infantry Soldier with the MCPOD. "I am personally grateful for those men to take the time out of the weekend to show us some of their expertise."

The MCPOD leaders said the visit was a great opportunity for the junior enlisted; especially so they could see the partnership in full force before working with them during a large-scale training exercise.

"Our goal is to fully embrace with MCPOD in any training opportunity we can to better prepare ourselves for training exercises and any mission in which we will work together," Durham said.

Durham said it was a great opportunity to talk to the Guard Soldiers because they came from a variety of backgrounds in the civilian sector and could offer different things to the 1st Inf. Div. team.

The active-duty and National Guard Soldiers will team up in February at Fort Riley during a training exercise.

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Native American Indian heritage on display

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

In celebration of Native American Indian Heritage Month Chief Billy Friend, chief of the Wyandotte Nation, was invited to speak during a Nov. 27 program.

He opened his presentation talking about – Sovereignty, Trust and Resilience — this year's theme and touched on the history of the Indian nations on the North American continent.

"The United States of America is the greatest country on earth," he said. "We are very unique in the fact that we have 573 sovereign nations within the boundary of our nation – 573 different governments. Every tribe is very distinct, very different. I speak on behalf of one. I speak on behalf of the Wyandotte Nation."

He explained how ownership of land shifted between the French, British and eventually the United States of America. Divisions opened among the nations, including within the Wyandotte.

"You could not own land if you were not a U.S. citizen and you could not vote if you were not a U.S. citizen," he said. "So … our tribe split."

There was the Indian Party comprised of those who wanted to remain Indian, who wanted to keep their culture, wanted to continue to speak the language and wanted do all those things that made them Wyandotte, he said.

Opposed to them was the Citizen Party. He described the party as entrepreneurial and made up of Indians who wanted all that U.S citizenship would allow. In 1867 the final treaty was signed between the U.S. and the Wyandotte Nation; the Citizen Party had won out in the end.

"When we talk about trust responsibility and we talk about sovereignty, what those treaties did was created a trust responsibility with the United States," he said.

The United States then had a legal obligation to the Indians.

This part of Friend's program was intriguing to Lt. Col. Karl Beier, 1st Infantry Division Sustainment Brigade. The Michigan native was familiar with some of the regions Friend spoke about but he learned about how the treaties relate to the U.S. Constitution.

"It was interesting to learn how they are a sovereign nation within our nation and how the government is bound to support them," he said. "I didn't know we had sovereign nations within our borders, much less that many."

Also in the audience were Sgt. Dalten Heithoff and Staff Sgt. Bevelyn Kozma, both with 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division. After hearing how Friend had researched his family tree, Kozma approached him after the program to see if he could give her some guidance.

"My great-grandmother was full-blooded Cherokee," she said. "My mother-in-law was researching my ancestry for me and it stopped at my great-grandmother. I am at a standstill, but would like to know more about my heritage."

Friend was able to direct her to the Cherokee Dawes Rolls. She left excited to have a lead. She hopes to have similar luck as Friend had when he started his research.

He had explained when he went to work for the Wyandotte Nations 20 years ago, he knew he was Wyandotte because of a card the government issued him when he was a child. He showed the card to the audience.

"I carry this card with me because this is how we knew we were Indian when we were kids," he said. "It is a CDIB card – a Certificate Degree of Indian Blood. If you are a tribal citizen, you are issued one of these. It tells everyone exactly how much Indian I am by blood. "We are the only race to ever have to carry a card to tell us how much (of our ethnic background we are)."

When he started researching his ancestry, he kept in mind a common Wyandotte mantra.

"What we do, we always think seven generations ahead," he said. "Our people knew that what we do today will impact the next seven generations. I thought the best place for me to look to learn who I am, I have to go back seven generations."

His personal journey of understanding what it meant to be Wyandotte took him to Augusta County, Virginia in 1743.

At that time and place a boy was born by the name of Adam Brown. In 1751 Adam went to school one day and would not return home. That day the Wyandottes and the Delawares raided that village. They killed the school teacher and captured several children including Adam. He was taken to Michigan where he was adopted by the Deer Clan of the tribe and raised as a Wyandotte. He married a Wyandotte woman, and seven generations later, Friend was born.

When he concluded his presentation Chaplain (Capt.) Jameson Williams, 101 Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Inf. Div., closed the program with a Cherokee blessing and guests were invited to taste traditional Native American dishes.



Billy Friend, Chief of the Wyandotte Nation speaks with Sgt. Dalten Heithoff and Staff Sgt. Bevelyn Kozma, both with 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, Nov. 27 at Riley's Conference Center. Kozma was interested in learning where she might turn to find out more information about her Cherokee ancestors.

'Big Red One' Soldier runs historic marathon

By Sgt. Michael West
24TH THEATER PUBLIC AFFAIRS SUPPORT ELEMENT

POZNAN, Poland – *"The ultimate is not to win, but to reach within the depths of your capabilities and to compete against yourself to the greatest extent possible. When you do that, you have dignity. You have the pride. You can walk about with character and pride no matter in what place you happen to finish."* — Billy Mills, former Marine and Olympic gold medalist

Harrison Fletcher, an Army captain stationed at Fort Riley, but currently deployed to Poland, is always ready for any challenge. His most recent challenge was the Athens Authentic Marathon held on Nov. 11 in Athens, Greece.

The historical marathon is a 26.2-mile run that covers the same ground that Pheidippides ran in 490 B.C. when he brought news of victory from the battlefield of Marathon to Athens. This historical event birthed the distance for all marathons that are run today.

"This has been a life-long dream to compete in this marathon," Fletcher said.

Raised in the rural town of Valdese, North Carolina, Fletcher is youngest of four siblings.

"I had a regular small-town southern upbringing," he said. "My father was a school teacher and a high school football coach. And my mother worked as a laboratory technician."

In high school, Fletcher was an athlete but more in the bulky muscular category. He was a lineman on the football team and was coached by his father for three years.

"I was definitely built a lot differently when I played football," said Fletcher.

In 2010, Fletcher graduated high school and enlisted in the Army National Guard.

After completing basic training and advanced individual training, Fletcher returned to North Carolina and enrolled at Appalachian State University in Boone, North Carolina, where he became an Army ROTC cadet at the university.

"It was a complete transformation for me when I joined the Army," said Fletcher. "Running came with being in the Army, then it became a hobby."

As a cadet, Fletcher was given his first opportunity to test his combat ready build by competing in the Mountain Man Memorial March held in Gatlinburg, Tennessee.

"As a cadet, we would start training six months out because the only way to get better at rucking is to do more rucking," Fletcher explained. "We trained up in the mountains close to the university to get used to the weight on our bodies."

In 2013, Fletcher graduated from Appalachian State University and commissioned as an infantry officer.

As a Soldier, he has always tried to push his body to the limit physically and mentally which has always been the goal for himself, he said.

"I really like his motivation and work ethic," said Staff Sgt. Steven Zapata, an infantryman who works closely with Fletcher while deployed in Poland. "He is the model to go after and to copy."

Fletcher completed the Athens Authentic Marathon in just under four hours. The time was slower than his personal goal set for himself, but it was his best time to date.

"It was an honor to run in this Marathon," he said. "My legs are sore, and I can hardly walk — but it was a great experience."

November retirements

Eighteen military members and two civilians were recognized for their service during the monthly Fort Riley Retirement Ceremony Nov. 30.



First Sgt. Cassey Daugherty	20 years of service
First Sgt. Molly McCray	21 years of service
First Sgt. Brenda Beaton	25 years of service
First Sgt. Cary Turner	25 years of service
First Sgt. Joshua Tyler	22 years of service
Sgt. 1st Class Laselies Cuff	23 years of service
Sgt. 1st Class Joseph Talbott	25 years of service
Sgt. 1st Class Gus Turnley	23 years of service
Sgt. 1st Class Thomas Schielper	20 years of service
Sgt. 1st Class Michael Sturman	21 years of service
Staff Sgt. David Charleston	23 years of service
Staff Sgt. Anthony Mancha	20 years of service
Staff Sgt. Stanmore Hinds	20 years of service
Staff Sgt. Fredrick Miller	20 years of service
Staff Sgt. Richard Craig	20 years of service
Staff Sgt. Jorge Fernandez	20 years of service
Staff Sgt. Nickolus Brusco	20 years of service
Staff Sgt. John Gladden	20 years of service
Wanda Diggs	20 years of service
Chong Keys	40 years of service

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

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NEW YEAR, NEW YOU

Quitting tobacco could save Soldiers, families more than $2,000 a year

By Will Ravenstein
1ST INF. DIV. POST

Editor's Note: This is part one of a multipart series aimed at improving Soldier and family lifestyles for the New Year. We will look at healthy options available on Fort Riley and how to become financially healthy for 2019.

With cigarette prices near $6 a pack, the average pack-a-day-smoker can save $2,190 a year if they quit. Almost the same would be saved for the person who uses chewing tobacco for the same time period. November was Smoking Cessation month and the personnel at Fort Riley's Public Health Department are here to help those with the desire to quit using tobacco.

They warn, for a person to be successful they have to want to quit and be fully invested in the process.

"We think it's super important because there's health implications for them now," said Wayne Darsow, nurse practitioner and certified tobacco treatment specialist. "Oral tobacco has its own problems. It dulls the smile of our folks. It has oral health implications; it causes the gums to pull away from the teeth. It causes a thing called oral leukoplakia, which is a white leathery patch in the mouth. Our dentists hate oral tobacco because of what it does. There's a lot of sugar in it, so it causes tooth decay. And certainly that constant irritation of the esophagus can lead to esophageal cancer, and in some cases, pancreatic cancer, which is fatal."

There is no quantitative data that indicates how many service members use tobacco but with regulations on military installations the health professionals agree that the number is trending downward.

"The Secretary of Defense in April 2016, came out and said 'raise the level of tobacco prices in the post outlets to the level of civilian community,'" Darsow said. "'(Also) increase shared smoke free military housing and increased tobacco free zones around children.' That's a slow trickle down to the end user. But the units are gradually trying to work on things."

Darsow said there are units that ban smoking while in the field and are working on becoming tobacco free.

"It's a slow process but I think it's gradually moving in the right direction," he said.

Interim administrative officer for Public Health, Ben McKenna echoed that feeling of units doing more to prevent smoking from taking place — as publicly at least.

"A lot of the units still do allow smoking, their smoking sections are — like you're completely taboo," McKenna said. "You are off in a corner somewhere where nobody else can see you so the junior soldiers don't see you."

McKenna, said the support from Col. Stephen Shrader, Fort Riley Garrison commander, has been prudent.

"I was in a meeting (with him), a it's probably been about a month now, where we were talking about making Fort Riley more tobacco free," he said. "And, he said he feels that if we keep pushing the tobacco free environment that tobacco will eventually be like seatbelts were 40 years ago. Nobody wore them, no real enforcement. He said, 'but you know, they just kept on and kept at it.' And now, you see somebody without their seatbelt on, you're like, 'what are you doing,' he said he feels like tobacco can get pushed in that same direction."

WHEN TO QUIT

The professionals at Public Health are here to help those wishing to quit. They emphasized that the willingness and drive to quit smoking has to come from the individual.

They do have medications to help break the need for tobacco, both smoking and dipping; but without the drive or desire it can be difficult.

"The individual has to want to quit," McKenna said. "They have to be committed to making that decision, that change in their life for the better. Especially ones with families and they're raising their kids … that child is growing up seeing that as the norm."

Erica McGinley, registered nurse, said there are different regiments offered to those with the desire to quit.

"It kind of depends on the patient," she said. "Like the quantity of the product they're currently using. We do try to establish a quit date within the first couple weeks of the program. Those who quit, I believe, it's within the first month that they've decided to start a regiment are most successful. But these programs are self-directed and self-driven. So yes, we're there to help facilitate but it's on the patient as well, to kind of determine some of those dates for quitting and how they're going to incrementally decrease use."

There are individual who have switched to vaping or e-cigarette to start the process of quitting. Darsow said this is fine, but there still needs to be an established date to quit completely.

"Even if they're using vaping to get off traditional cigarettes, we encourage them to have a plan to exit off of vaping within three months," he said. "And that tends to go pretty well with the Soldiers."

Along with the smoking cessation products and guidance through Public Health, they have partnered with Behavioral Health incase a tobacco user is smoking or dipping to relieve stress or reduce anxiety.

"We typically put the ball in their corner," Darsow said. "(We) give them the helping tools that we've got available to them. The majority of them will then make the decision that they want to give it a try. And many of them are successful. We seem to be more successful by not pushing them; but simply giving them the options and helping to elicit the reasons they have in their own mind for making this positive change."

TRAFFIC REPORT

ACCESS CONTROL POINT HOURS

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

For more information about Fort Riley access procedures, visit https://home.army.mil/riley.

The Fort Riley Visitor's Control Center is open Monday to Friday from 5 a.m. to 11 p.m., weekends and federal holidays from 8 a.m. to 4 p.m.

The access control point hours are:

Henry/Trooper/Ogden/Estes:

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

12th Street:

Open from 5 a.m. to 7 p.m., Monday to Friday, closed weekends and federal holidays. This gate will have inbound commercial vehicle lanes only. Although personally owned vehicles will be allowed access, there is no designated POV lane.

Outbound traffic is not authorized. Badges and passes may be issued to commercial drivers prior to access at the gate.

Grant:

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

FUTURE PROJECTS - STAY INFORMED

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



Fresh coat of paint, ideas, programs at the Arts and Crafts Center

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



The Arts and Crafts Center has reopened after a short closure to thoroughly clean and reorganize. The center is looking at ways to be more relevant to Soldiers and their families in the programing and events they offer.

The Arts and Crafts Center and the programs offered there are being refreshed and revamped. The intent is to try and pull different demographics and meet changing needs of the patrons.

"We are trying to see what we can do to appeal a little more to the 'now generation,'" said Annabelle Anderson, supervisory recreation specialist. "What we've seen is a decline in patronage over the years."

The function of places like the Arts and Crafts Center has shifted through the years and people tend to look for more assortment in classes offered. Looking at the trends in how people spend their entertainment dollars and time as it relates to creative endeavors, she said there was a need to revamp the offerings.

"I think we're going to be really random," she said. "If we just stick to paint, you're going to get just painters. Whereas if we add in some DIY bath bombs, or candles, or cabinet making we can bring in new people."

One of the concepts about offering the classes is to give people the opportunity to try a new project without having to buy all the equipment. If they try it and like it, they can then go out and buy the supplies they need.

The center, at one time, offered stained-glass classes, but without an instructor all the equipment was stored and collecting dust. Anderson said she would like to get those classes going again.

"It's also safer," she said. "You know somebody is here that's trained and can show you how to properly do it rather than just kind of wing it."

VOLUNTEERS NEEDED

The main challenge the center will work through in the immediate future is staffing. Until there is a better idea of what kind of classes patrons will respond to, she will rely on volunteers to help teach.

"My plan is to just put some feelers out to see what exactly people will sign up for and what they're interested in learning how to do," she said. "From there if there is interest and we've got full, maxed-out classes, we will either pull in a contractor to provide that service on a regular basis or just get staff that are able to teach those classes as well on top of their regular duties."

While adding new classes the center will maintain the work they do making signs and she will start offering framing services.

REFRESHING BUILDING

The new format in services offered required a new organizational tactic for the building. Using the existing footprint, Anderson and the staff reorganized to maximize the available space.

See PAINT, page 7









RILEY ROUNDTABLE

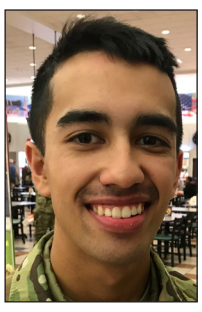
With the holidays coming up, do you prefer real or fake Christmas trees and why?



"Fake, it's more convenient but I love the smell of a real tree."

MARY ANDREWS
KERRVILLE, TEXAS

Wife of Sgt. Jacob Andrews, 1st Infantry Division Sustainment Brigade



"Fake because you don't have to take care of it."

PVT. NICHOLAS BLANDY
LEBANON, PENNSYLVANIA

2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division



"Fake, because I don't like bugs in my house and it's easy to store."

SPC. JAZZMINE EPPS
DALLAS, TEXAS

2nd GSAB, 1st Avn. Regt., 1st CAB, 1st Inf. Div.



"Fake, you buy it once, tear it down and put it back up the next year."

SPC. ROBERT FRYERSON
CHICAGO, ILLINOIS

2nd GSAB, 1st Avn. Regt., 1st CAB, 1st Inf. Div.



"Fake, you get the experience of putting it together with your family."

SPC. KIERRA STATEN
EAST ST. LOUIS, ILLINOIS

2nd GSAB, 1st Avn. Regt., 1st CAB, 1st Inf. Div.

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SAFETY CORNER

Winter weather preparedness: before during, after

By Rodrigo V. Cruz
GARRISON SAFETY OFFICE

Team Riley, winter weather varies across the country, however nearly all Americans, regardless of where we live, are likely to face some type of severe winter weather at some point. Winter storms can range from a moderate snow over a few hours to a blizzard with blinding, wind-driven snow, which lasts for several days. Many winter storms are accompanied by dangerously low temperatures and sometimes by strong winds, icing, sleet and freezing rain.

One of the primary concerns is the winter weather's ability to knock out heat, power and communications services to our home or office, sometimes for days at a time. Heavy snowfall and extreme cold can immobilize an entire region. The National Weather Service refers to winter storms as the "deceptive killers" because, while some deaths are directly related to the storm, we also know people die in traffic accidents on icy roads, from cold weather injuries, from prolonged exposure to cold or accidental inhalation of carbon monoxide. It is important to be prepared for winter weather before it strikes by preparing ourselves with a checklist:

HAVE A PREPAREDNESS CHECKLIST

Add the following supplies to your emergency kit:

- Rock salt or more environmentally safe products to melt ice on walkways
- Sand to improve traction.
- Snow shovels and other snow removal equipment.
- Sufficient heating fuel, like dry, seasoned wood for your fireplace or wood-burning stove.
- Adequate clothing and blankets to keep you warm.
- Make a family emergency plan — Your family may not be together when disaster strikes, so it is important to know how you will contact one another, how you will get back together and what you will do in case of an emergency.
- Minimize travel, but keep a disaster supply kit in your vehicle.
- Bring pets or companion animals inside during winter weather.
- Move other animals or livestock to sheltered areas with non-frozen drinking water.

DURING THE WINTER STORM

- Stay indoors during the storm.
- Walk carefully on snowy, icy walkways.
- Avoid overexertion when shoveling snow; overexertion can bring on a heart attack — a major cause of death in the winter.
- Keep dry and change wet clothing frequently to prevent a loss of body heat — wet clothing loses all of its insulating value and transmits heat rapidly.
- Watch for signs of cold weather injuries — loss of feeling and white or pale appearance in extremities such as fingers, toes, ear lobes and the tip of the nose. If symptoms are detected, get medical help immediately.
- Drive only if it is absolutely necessary. If you must drive: travel in the day, don't travel alone, keep others informed of your schedule, stay on main roads and avoid back road shortcuts.
- Let someone know your destination, your route and when you expect to arrive. If your car gets stuck along the way, help can be sent along your predetermined route.
- If you will be going away during cold weather, leave the heat on in your home, set to a temperature no lower than 55 degrees.

CARBON MONOXIDE SAFETY

- Install carbon monoxide alarms in central locations on every level of your home and outside sleeping areas to provide early warning of accumulating carbon monoxide.
- If the carbon monoxide alarm sounds, move quickly to a fresh-air location outdoors or by an open window or door.
- Call for help from the fresh air location and remain there until emergency personnel arrive to assist you.
- Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area. Locate unit away from doors, windows and vents that could allow carbon monoxide to come indoors.
- The primary hazards to avoid when using alternate sources for electricity, heating or cooking are carbon monoxide poisoning, electric shock and fire.

DRIVING PREPAREDNESS

- Make sure to prepare your vehicle before the winter season begins.
- Make appointment with a professional mechanic to check your vehicle to ensure all mechanical parts of your vehicle are functioning the right way.
- Before beginning your trip, check the current road conditions and weather forecast. For statewide highway information 24 hours a day checkout your state's Department of Transportation.
- Keep your car's windows, mirrors and lights clear of snow and ice
- Buckle up
- Allow yourself plenty of time to make it to your destination.
- Be aware of sleet and freezing rain
- Brake early and slowly and avoid slamming on the brakes.
- Keep a safe distance of at least five seconds behind other vehicles and trucks which are plowing the road.
- When driving on ice and snow, do not use cruise control and avoid abrupt steering maneuvers.
- Keep an emergency winter driving kit in your car.
- Maintain at least a half tank of gas during the winter season. This is good for emergency preparedness and it keeps the fuel line from freezing.
- Most importantly, drive smart!

We can't stop winter from coming — but, if we prepared ourselves before it approaches — we can be sure that we and our families will be safe during a winter storm. For more information, contact the Garrison Safety Office, 785-240-0647.

Marijuana, Cannabidiol use in the military

By Capt. Jesse Burnett
STAFF JUDGE ADVOCATE OFFICE

As of 2018, 10 states and the District of Columbia have passed laws legalizing marijuana for recreational use and 30 states have passed laws allowing the use of cannabis for medical purposes. Yet even with states legalizing marijuana, the possession and sale of cannabis remains illegal in the United States under the federal Controlled Substance Act of 1970, which classifies it as a Schedule I controlled substance. Soldiers who are not careful and informed may land in trouble with the Uniform Code of Military Justice, federal laws and state laws.

RECREATIONAL AND MEDICAL MARIJUANA USE

Since 2012, when Colorado and Washington became the first two states to legalize recreational marijuana, the use of cannabis by Soldiers has been a hotbed issue. Soldiers may incorrectly believe if they visit, or are stationed in a state that has legalized cannabis use, they are authorized to use it.

What Soldiers need to remember is that as members of the military, they are subject to the UCMJ and Army policies anywhere in the world. These rules and policies will apply even when on temporary duty or leave.

Department of Defense Instruction 1010.01, outlines marijuana and synthetic cannabinoids as controlled substances whose use may be punished in disciplinary actions under the UCMJ and in administrative actions. Army regulations further clarify DODI 1010.01 by articulating that marijuana use is specifically illicit under Article 112a of the UCMJ.

Article 112a, forbids the unlawful use of marijuana and any substance listed as a Schedule I through V of the federal Controlled Substance Act of 1970. A violation of Article 112a carries a punishment of up to five years confinement, a dishonorable discharge and total forfeiture of pay.

The Army Substance Abuse Program does not differentiate between recreational use of cannabis and medical use of cannabis. A Soldier who is prescribed marijuana for medical use is still in direct violation of article 112a. Soldiers must remain aware that any of use of marijuana, recreationally or medicinally, puts them at risk for action under the UCMJ and possible separation from the Army.

CBD AND HEMP PRODUCTS

While hemp and marijuana are both varieties of the cannabis plant they have one big difference. Hemp contains only minimal traces of Tetrahydrocannabinol, or THC, the intoxicating substance in marijuana used to get high. Marijuana can contain up to 30 percent THC, while hemp contains less than 0.3 percent. Hemp has been grown for centuries and used in creating clothes, paper, rope, food, and even as an industrial building block. Recently Cannabidiol, more commonly known as CBD oil, has seen a surge in popularity. Cannabidiol is one of many chemicals found in the cannabis plant. It is extracted from hemp and mixed with oil, then typically either vaped or applied topically. Its use has grown dramatically over the past year because of the link between CBD and pain relief.

While Kansas has a strict prohibition on marijuana, in 2018, Gov. Jeff Colyer exempted CBD oil from the definition of marijuana. Since the state bill was signed, Fort Riley has seen an increase in Soldiers using CBD products. The problem is AR 600-85 para. 4(2)(p) states, "this regulation prohibits Soldiers from using hemp or products containing hemp oil." Just like recreational marijuana and medicinal marijuana, Army policy specifically prohibits Soldiers from using CBD oil or products containing hemp oil. Soldiers who are caught using it may be subject to disciplinary action under the UCMJ as well as administrative action, such as separation. Furthermore, any violation of an Army Regulation can be a violation of Article 92 under the UCMJ for failing to follow a lawful general order or regulation.

INVESTING IN THE MARIJUANA BUSINESS

With the boom of the marijuana business, people are scrambling to find ways to invest in what they feel is a gold mine. Soldiers may also be tempted to invest their extra cash in grow factories and dispensaries. But they need to understand the unique risks which come with investing in a company that may be criminally prosecuted.

Marijuana businesses have typically been taking the form of Limited Liability Companies. The benefit of an LLC is investors are normally protected from the liability of the business. They are only at a risk of losing the money that they invested, creditors of the business cannot come after investors for the debts of the company. However, because marijuana remains illegal in the eyes of the federal government, marijuana businesses may not be afforded the protections of limited liability.

Courts agree limited liability is not to be used to protect investors in businesses whose purpose is to conduct fraudulent or illegal operations. Without limited liability, when the business dissolves, investors would be on the hook for any unpaid liabilities of the business including debts and any fines that may result from prosecution under the Controlled Substance Act.

Even if a business is afforded limited liability protection, the federal Controlled Substances Act allows for the forfeiture of "any proceeds the person obtained, directly or indirectly, as the result of a violation." This would include any dividends cut to the investors. Lastly, Soldiers who help manage the day-to-day operation of a marijuana business, beyond simply investing, may be subject to prosecution under article 112a for distribution, manufacture, or importation/exportation of a controlled substance.

MILITARY DEPENDENTS' USE OF MARIJUANA

While Soldiers are prohibited from using marijuana, dependents and non-service members are not. This can create issues when friends or family members attempt to bring marijuana on post or into a state that prohibits its possession. While recreational and medicinal use may be allowed in states like Colorado, it is still prohibited in Kansas. Possession of even a small amount of marijuana in Kansas may result in a misdemeanor with one year confinement and $2,500 fine.

Soldiers who reside in on-post housing, even in Fort Carson, Colorado, must remember that military bases are federal installations. Controlled substances are illegal on federal property, even for non-service members. A dependent or friend who is caught at the gate with a controlled substance, even if they hold a valid prescription, may be subject to federal prosecution. Additional administrative actions may be taken as well such as being barred from post. Soldiers are encouraged to ensure friends and family members do not attempt to transport marijuana or bring it on post.

Soldiers and their family members who have questions about marijuana and CBD products may contact the Fort Riley Legal Assistance Office at 785-239-3117. If you believe that you or a family member has a substance abuse issue, please contact the Fort Riley Army Substance Abuse Program at 785-239-7311.

ASK DR. JARGON

The most famous piece of cold weather gear

Dear Doc Jargon,

Last week you talked about snivel gear but you didn't mention the "woobie." I think that's the best piece of snivel gear to ever be developed by the military. I know it's not really called a woobie, but was designed as a poncho liner. I'd really like to know a little more about the development of that piece of gear and evolution of the term. What info do you have on it?

Signed,

Military gear guy

Dear Gear Guy,

I love digging into the tales and rumors about military stuff! Thanks for your question. Here is some of what I was able to dig up.

Originally, the poncho and liner were made for Soldiers and Marines who were engaged in jungle fighting during the Vietnam War. The liner was a garment filled with nylon fiberfill, sandwiched between two pieces of surplus parachute fabric left over from World War II. It was then quilted diagonally across to give it some durability.

Interestingly enough, the woobie, as the liner would be called, was a camo patterned item in an era when the troops were all in solid green fatigues.

As for the term, there are a couple of stories as to where it came from. Some think it was a pop-culture reference to a 1983 Michael Keaton movie, "Mr. Mom," in which the child calls his security blanket his woobie.

Another theory suggests it's sort of a contraction of, the words "would be" – as in you would be cold without it.

What I did find is that the term didn't become popular until after that movie. Often pop-culture pulls from military and sometimes it's the other way around. But, since we are at the home of the 1st Infantry Division, I'm going to choose to believe that it was a military term first and I know I would be cold without it.

Thank you for your question,

Doc

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



Amanda Kim Stairrett/1st Inf. Div.

Pvt. Cole Evans, Sgt. Michael Lewallen and Pvt. Michael Pascual of 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, participate in a technical rehearsal Nov. 29 at as part of the Fires Orientation Course for field artillery leaders from across the 1st Inf. Div. The course, led by Col. Rory Crooks, 1st Inf. Div. Artillery commander, gave leaders the opportunity to share best practices during training center rotations and deployments and prepare for upcoming missions.

Scholarships for military children application period begins Dec. 14

By Mike Perron,
DECA PUBLIC AFFAIRS SPECIALIST

FORT LEE, Va. — The Scholarships for Military Children Program for school year 2019–20 begins Dec. 14, and will continue to accept applications through Feb. 15.

This marks the first time the entry process will happen entirely online according to Jim Weiskopf, Fisher House vice president.

"It will be simple to create an account, save your work and submit your application when finalized," he said. "The online process will make it easier for military children to reach their education goals."

The program, entering its 19th year, recognizes the contributions of military families to the readiness of the fighting force and celebrates the commissary's role in enhancing military quality of life. It's administered by Fisher House Foundation, a nonprofit organization, which helps service members and their families. The program has awarded more than $18 million to 10,814 students since its inception in 1991.

Selection qualifications are straightforward. Requirements include completing the application, submission of the student's official transcript indicating a minimum cumulative GPA of 3.0 or above on a 4.0 scale for high school applicants, or college transcript indicating a cumulative minimum GPA of 2.5 or above on a 4.0 scale for students already enrolled in college and an essay of 500 words or less, no longer than two pages.

Eligibility for the program is determined using the Defense Enrollment Eligibility Reporting System database. Applicants should ensure they, as well as their sponsor, are enrolled in the DEERS database and have a current military dependent ID card. The applicant must also be planning to attend or already be attending an accredited college or university, full time, in the fall of 2019 or be enrolled in a program of studies designed to transfer directly into a four-year program.

Applicants who are awarded a full scholarship to attend a college or university or receive an appointment to one of the military academies or affiliated preparatory schools are not eligible to receive funds from this program. A full scholarship is usually defined as one that provides for payment of tuition, books, lab fees and other expenses.

For scholarship year 2019-20, Fisher House Foundation will award 500 scholarship grants of $2,000 each. The selection process will begin immediately following receipt of all applications in February.

"It will be exciting to see the increase in the applications with the new online submission," said Marye Dobson, the Defense Commissary Agency's scholarships program liaison. "I believe online submissions will attract more potential recipients as this method is right in line with the way many students attend classes, complete school work and live their everyday lives."

All rules and requirements for the program, as well as links to frequently asked questions are available at the Scholarships for Military Children website (https://www.militaryscholar.org/).

Fisher House also recently added an additional custom scholarship search engine to the site, tailored to military families, called "Scholarships for Service." It's free, easy to use, and available on mobile devices or computers at militaryscholar.org.

Fort Riley - Central Kansas Chapter

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PAINT Continued from page 4

"Structurally, nothing changed," she said. "We just kind of cleaned house — just made it a little bit more inviting and open."

The wood shop was one place in need of a good cleaning because of years of built up dust. Walls were washed and a new coat of paint has freshened up the space, which makes it inviting.

The goal is to get the staff trained so the wood shop can be opened during regular business hours so it is convenient for people to use.

"We want to re-energize people," she said. "We want to bring families in and give them a place where they can come in sit down and just create something together. When they are done, they can see that product they made and be proud of what they accomplished."

The vision for the arts center is to be a place people can go and just unwind. Maybe sign up for a class or just drop in and do a project.

But there's much more to the center than a place to paint or make something. Extensive research into the benefits of the arts supports Anderson's vision, especially for those in high stress jobs such as the Army.

The Americans for the Arts and the National Endowment for the Arts are two organizations behind much of the research.

"For thousands of veterans and servicemembers access to healing arts programs make the difference," states AFTA on their website. "Whether it's recovery from physical or psychological wounds of war or the opportunity to express themselves and share their story, the arts deliver powerful healing."

Being able to have an outlet for expression can be a powerful means to reducing stress for Soldiers and family members.

"If people want to come in and paint, then we've got everything set up so they can or bring their kids in and do a little project, make a birdhouse," Anderson said. "Arts and crafts is a great means of stress relief. And it's a chance to get back in touch with your hands-on things rather than the digital age stuff."



Gail Parsons | POST

The remodeled working area in the Arts and Craft Center sits prepared for guests to work on projects or take part in the many classes offered by staff. The "Arts and crafts is a great means of stress relief," Annabelle Anderson, supervisory recreation specialist said.

TRAINS Continued from page 1

has to wear protective gear in the form of a reflective vest and hard hat or their Army Combat Helmet. Along with the tactical vehicles moving about the yards special connex loading vehicles are also moving about to ensure all equipment arrives at the same time, and at the same location.

Once the LRC inspectors conduct a walk through of the spur the representatives from Union Pacific inspect the cars.

"Once we get Union Pacific to bless off on it, then we take it out to our siding where we have this transfer yard between us and Union Pacific," Hogan said. "We store it there so they can build the train and then we bring back empties and start loading again."

Isles said the help and guidance from the LRC employees has made his role easier to fill.

"They have been great at providing guidance and what right looks like," he said. "I mean, I'm a mortarman, I'm not a rail guy. So what they say kind of goes. I just make sure that I enforce what they say. They've been very quick with their corrections that would allow us to fix them expeditiously."



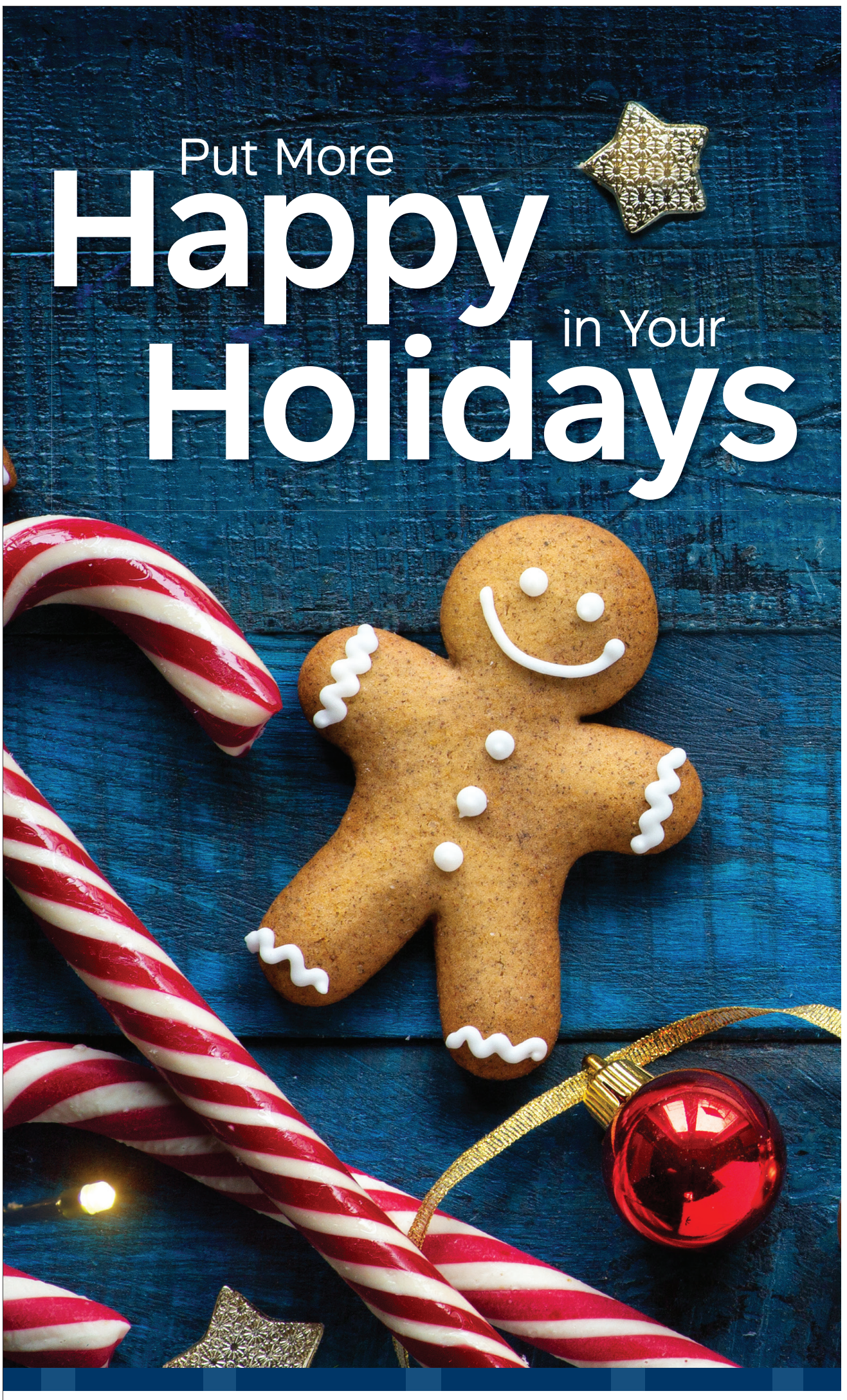


Neighborhood crime prevention tips

- Be alert and aware of your surroundings.
- Vary routines to be less of a target.
- Lock home and cars.
- Keep packages and valuables out of sight in cars.
- Don't put expensive gift packages — such as new electronics — at curbside for trash pickup.
- Report any suspicious activities.

If you see suspicious activity call 911.
Stay safe, let security personnel investigate.







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Keeping a safe environment for families, pets during the holidays

By Téa Sambuco
1ST INF. DIV. POST

December has descended on Fort Riley, and with it the holiday season has begun. Homes are adorned with decorations, trees are erected and dressed in ornaments and scents of gingerbread and peppermint waft from the kitchen.

With this merriment, however, it is important to upkeep safety in the home.

The website, www.parents.com/holiday/christmas/safety/6-holiday-safety-hazards/, addresses concerns regarding safety for families during the holidays.

CHRISTMAS TREES

The tree is a staple in the Christmas tradition. Many families buy artificial ones or purchase real trees from farms — see Travel and Fun in Kansas to explore local tree farms. The National Fire Protection Association website, nfpa.org, stated that Christmas trees could be potentially dangerous. An average of one in four home fires begin with electrical fires.

When choosing a real tree, pick one with no brown needles. It is the dried-out trees that are especially flammable.

HOLIDAY LIGHTS

Christmas trees are not the only fire hazard when it comes to decorating. Holiday lights are another source for home fires.

Follow directions for the lights carefully. Indoor lights are only to be used indoors and outdoor lights are only to be used outdoors.

The website said to "check lights for broken, cracked, bare wires or loose bulb connections and immediately replace any damaged light sets."

The instructions should also be read to know how many strands can be connected safely.

HOLIDAY COOKING

Many families celebrate the holidays in the kitchen. Christmas treats and extravagant dinners are a big part of the holidays. It is important to not leave stoves, ovens or any other kitchen equipment unattended while in use.

Flammable objects should be kept away from the person cooking. Long sleeved clothing and aprons included.

According to the website, utilizing the back burners will reduce spills landing on the person cooking, or anyone else in the room. Children should also be kept out of the kitchen for this reason. A three foot area should be blocked off with baby gates while cooking.

THE FIREPLACE

The legend of Santa Claus coming down the fireplace to deliver his goodies is one Fort Riley families may know. Many of the historic houses on Fort Riley have fireplaces.

With the colder weather approaching, fireplaces are being used more. Chimneys require upkeep for them to remain safe.

Families should have their chimneys inspected and swept annually. Afterward, they can be enjoyed with a metal fireplace screen in front of the flame.

"Make sure there are no greens, paper, or other decor near or inside the fireplace and always make sure that the flue is open," the website said. "Salts are also warned against, as they contain heavy metals that can cause medical problems.

HOLIDAY PET CARE

The website, www.aspca.org, provides information on keeping homes pet friendly during the holidays.

Anchoring a Christmas tree is important to keep pets safe. This is so trees cannot tip over and fall on pets, and tree water, which may contain fertilizer cannot spill.

According to the website, mistletoe and holly are dangerous to pets if ingested. Pets can suffer from nausea, diarrhea and vomiting. Artificial is best when pets are concerned.

Pets are not to indulge in sweets, such as chocolate.

Fatty and spicy foods, and bones should be kept away from pets.

There are many treats that are safe for pets to eat and can also be placed in a pet's stockings for added fun.

Chew toys, such as Kongs, are nearly indestructible and can be stuffed with healthy treats. Kittens can safely play with a ball that is too big to swallow and catnip stuffed toys.

UNIFORM Continued from page 1



Courtesy photo

A U.S. Military Academy West Point cadet showcases the 2018 Black Knights uniform for the 2018 Army-Navy Game Dec. 8.

was a mixed-breed terrier found and adopted by a Pvt. Jimmy Donovan. Rags accompanied Donovan throughout the war, helping him find broken telephone lines to repair and alerting troops to incoming artillery. After the war, Rags remained a celebrity, featured in New York Times articles and lived until 1936.

The tribute also commemorates the division's current international partnerships. World War I was the U.S.'s first large scale military alliance with other nations. The Big Red One continues to support our NATO allies through Atlantic Resolve. This effort builds readiness and enhances the bonds of our militaries through multinational training events in Bulgaria, Estonia, Hungary, Latvia, Lithuania, Poland, and Romania. The 1st Infantry Division will send the 1st Infantry Armored Brigade Combat Team and 1st Combat Aviation Brigade to Europe to support Atlantic Resolve in 2019.

The Big Red One also is preparing the 1st Inf. Div. Sustainment Brigade for deployment to Afghanistan to provide logistical support.

You can see more, including historical footage of the 1st Infantry Division, at https://www.bigredone.football/.

View a short film about the Big Red One and the Army Football uniforms: https://youtu.be/vZtukr7tCdc





Program provides trees to Soldiers

Trees for Troops event a success despite cold temperatures, rain

By Amanda Ravenstein
1ST INF. DIV. POST

The Directorate of Family and Morale, Welfare and Recreation's annual Trees for Troops event Nov. 1 at Riley's Conference Center had a good turnout despite the rain and cold temperatures.

FedEx supplied 150 trees for Fort Riley Soldiers and their families with one special tree for a Blue Star family who organizers knew would be in attendance.

"We just wanted to make sure that we got them taken care of," said Travis Engle, DFMWR supervisory recreation specialist.

The other 149 trees went quickly after the event started early due to the rainy weather.

"Once we're set and ready, we pretty much start the line because there's already a line forming," he said. "So yeah, we might as well get them out of here. Especially when its wet, cold, miserable and windy. We don't like to be miserable (any) more than they do."

Engle said all the trees were claimed within 45 to 50 minutes and the slowest part of the process was trimming the trunks.

See TREES, page 12



Quarters 17a Forsyth Avenue, occupied by Col. and Mrs. Dunlap, was open to the Tour of Homes.



Will Ravenstein | POST
Dakota Holliday, 4, daughter of Sgt. Donald Holliday, Army Reserves, gets her face painted during the Christkindl Holiday Craft Market Dec. 1 at Riley's Conference Center.

Annual Christkindl Market draws crowd

Homemade craft items, foods showcase German festival

By Amanda Ravenstein
1ST INF. DIV. POST

The Directorate of Family and Morale, Welfare and Recreation's 10th annual Christkindl Holiday Craft Market Dec. 1 at Riley's Conference Center brought out more then 40 vendors showcasing homemade craft items as well as direct sales products giving shoppers lots to choose from for their holiday shopping.

In addition to the shopping, Riley's Conference Center had a table set up selling a selection of German foods to go with the German festival .

"We try to do a German theme here," said Taylor Ferrarin, DFMWR special events coordinator. "So that's why Riley's Conference Center does the German food, and they sell the Glühwein (a hot mulled wine) and everything like that.

See MARKET, page 13

HOLIDAYS HIT HOME



LEFT: A Christmas tree is seen in Quarters 15a Forsyth Avenue, occupied by Lt. Col. Daniel and Mrs. Heeley. MIDDLE: The Main Post Chapel also was a part of the annual Tour of Homes. RIGHT: The home of Lt. Col. Brian and Mrs. Angell, Quarters 9a Forsyth Avenue, had its holiday decorations on display.

Society's 35th annual Tour of Homes sheds light on holiday decorations

Story and photos by Téa Sambuco
1ST INFANTRY DIVISION POST

The Historical and Archaeological Society of Fort Riley members held their 35th annual Tour of Homes on Dec. 1. Visitors arrived at Custer House to purchase and receive their tickets, then headed out to see the many historical homes that were included on the tour.

Volunteer Rachel Olson said tickets were $15 each, and visitors completed the Tour at their own pace.

Olson said she thinks many people drive past the historic housing and are curious to the inside design. Homeowners work to keep the integrity of the homes and people can experience much of the history of Fort Riley.

"I think it's a great way to celebrate the history of Fort Riley, and give everyone an opportunity to really immerse themselves in what the quarters were like living here 100 years ago," she said

The Tour of Homes, Olson said, also integrates Christmas into the nostalgic feel of the old homes

See HOME, page 13

"I think it's a great way to celebrate the history of Fort Riley, and give everyone an opportunity to really immerse themselves in what the quarters were like living here 100 years ago."

RACHEL OLSON
VOLUNTEER, HISTORICAL AND ARCHAEOLOGICAL SOCIETY OF FORT RILEY

"Disney is pretty much our hot ticket. It's very much family based for families with younger kids — that's really appealing to them."

ANNABELLE ANDERSON
LEISURE TRAVEL CENTER SUPERVISORY RECREATION SPECIALIST

Leisure Travel Center knows no limits

Opportunities wait for those seeking travel, adventures

By Gail Parsons
1ST INF. DIV. POST

A quick daytrip, weekend getaway or a week-long vacation may be just what is needed to shake the winter blues.

When trying to figure out what to do, Annabelle Anderson, Leisure Travel Center supervisory recreation specialist said the first stop should be at the Leisure Travel Center. There are dozens of guides and brochures for entertainment and travel to fit all kinds of interests.

"That's a really good spot to stop and get some ideas if you're not familiar with this area," she said. "It's easy to get into that thought pattern that there is nothing to do here because we're in Kansas."

People who grew up in the city or spent time at military installations near larger metropolitan areas might be apprehensive about what a rural state can offer. While it is true people need to drive a little farther, there's a wealth of interesting places to visit for a day trip or a weekend getaway.

"The smaller towns in the area, they might surprise you," she said. "Be open to some new ideas, check out the museums around here for sure. You might think, 'my kids are going to be super bored with this museum' but they will most likely surprise you. They are actually very interesting and history or nature can be really entertaining for kids. As long as you are open to it and are willing to broaden your experiences, the kids will have fun."

The services at the Leisure Travel Center are for Soldiers and their families and retirees. However, Anderson said there are many offerings for civilian employees and some for contractors as well. It is up to the vendor to decide who can take advantage of their discounts.

WEEKEND GETAWAYS

Within a two-hour drive of Fort Riley are Kansas City; Wichita, Kansas; and Omaha, Nebraska

"That's three major cities you have," she said. "They all have the big-city stuff — theme parks, water parks, big theaters, shopping — you know standard bigger-city offerings."

The Leisure Travel Center often gets tickets for events and attractions in Kansas City.

Anderson said she can hook Soldiers and their families up with discounted reservations at Great Wolf Lodge and Coco Keys, both are hotel and waterparks in Kansas City.

"Then we can get them cheap football tickets," she said. "I have the Kansas City Zoo at a discount and we do a lot of Sprint Center events. There's Sesame Street Live and Disney on Ice."

Both Omaha and Wichita are near Air Force bases. Tickets and reservations go through

See TRAVEL, page 13

FORT RILEY POST-ITS

USO Fort Riley

USO Gift Wrapping, Dec. 1 through 23 at USO Fort Riley during operating hours. There are self-serve do-it-yourself wrapping stations equipped with all of the holiday wrapping paper, bows, tape and gift tags that anyone might need. Share the fun of wrapping presents.

Main Post Chapel Fort Riley

Children's Christmas Cantata, Dec. 9 at 10:30 a.m. at Main Post Chapel Fort Riley.
The children will be singing a collection of Christmas carols and songs during their Cantata. Please join and celebrate these amazing children. Childcare provided and a light reception will follow the service.

USO Fort Riley

Coffee Connection, Dec. 12 from 9 to 10:30 a.m. at USO Fort Riley.
Join other military spouses and meet new friends or connect with old ones over coffee and pastries. There will also be a free gift and a USO coffee mug waiting for everyone. Register at bit.ly/FortRileyDec2018.

Let's go to the movies @Barlow Theater

December 7

Friday - The Grinch (PG) 7 p.m., sponsored by ASAP.
Saturday - The Grinch (PG) 2 p.m. and Nobody's Fool (R) 7 p.m.
Sunday -Overlord (R) 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

USO Fort Riley

No Dough Dinner Dec. 11 from 5 to 6:30 p.m. at the Marshall Army Air Field dining facility building 813. This month's menu is a chili bar and corn bread. Please register at www.facebook.com/USOFortRiley to get tickets.

Like – Comment – Share 189 73 115

Red Cross

Fort Riley Blood Drives

Tuesday, Dec. 11 from 9 a.m. to 3 p.m. at 1st Replacement Company, 208 Custer Ave.

Wednesday, Dec. 12 from 9 a.m. to 3 p.m. at Division Headquarters, 580 1st Division Rd.

Every two seconds a person in this country needs blood. Please register to donate and give the gift of life this holiday season. For an appointment, please visit redcrossblood.org or call 1-800-RED CROSS (733-2767).

Holly Lightner

December 6

I've been seeing all of the houses decorated for Christmas. Is there a lighting contest going on?

115 3 Comments

Like Comment Share

Spc. Shell Yes, actually there is. Corvias is doing their holiday yard of the month. They are accepting nominations through Dec. 9 and the judging will take place on Dec. 10. Make sure to get your vote in for your favorite.

Like · Reply ·

Holly Lightner Oh cool! Thank you.

Like · Reply ·

Spc. Shell You're welcome.

Like · Reply ·

VENDORS UNITE



Amanda Ravenstein | POST

Vendors set up to sell their homemade and direct sales items for shoppers looking for Christmas gifts during the Fort Riley Middle School Vendor Fair Nov. 28.

HOME.ARMY.MIL/RILEY

FORT RILEY RELIGIOUS HOLIDAY EVENTS

Dec. 2, 2 p.m. Advent Family Workshop Catholic
Morris Hill Chapel
Dec. 3, 5 p.m. Chanukah Menorah Lighting Jewish
Main Post Chapel
Dec. 11, 6 p.m. Advent Penance Service Catholic
St. Mary's Chapel
Dec. 23, 11 a.m. Combined Protestant Worship Protestant
Victory Chapel
Dec. 24, 4:30 p.m. Holiday Wagon Ride All
Main Post Chapel
Dec. 24, 4:30 p.m. Christmas Eve Children's Mass Catholic
Victory Chapel
Dec. 24, 6 p.m. Christmas Eve Candlelight Service Protestant
Main Post Chapel
Dec. 25, 10 a.m. Christmas Day Mass Catholic
St. Mary's Chapel
Jan. 1, 2019 10 a.m. New Year's Day Mass Catholic
St. Mary's Chapel

SUICIDE PREVENTION
THE POWER OF 1

The Little Apple Barbershop Chorus
presents
Harmony for the Holidays
A Family Tradition
December 9, 2018
Forum Hall - KSU Student Union
2:30 PM - Doors Open
3 PM - Program Begins
Guest appearances by:
Date Night & Timeless A Capella
$15 per ticket • Family $50
Tickets may be purchased from Chorus members or at:
www.littleapplechorus.org
Call 785-409-6141

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 239-0834
Traditional Protestant Service
Sunday Worship.....1030
Children's Church.....1045-1130

Catholic Services

Victory Chapel 239-0834
Sunday Mass.....0845
Sunday Catechism.....1000

Saint Mary's Chapel 239-0834
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 239-0834
Fort Riley Open Circle– SWC
1st & 3rd Wednesday monthly.....1800

Family Night
Weekly Wednesday classes from 1830-1930 at Victory Chapel. 785-239-0875.
Childcare provided for birth-4yrs.

Club Beyond - Faith Based Youth Program
Grades 6th - 12th, Meets Sundays
Combined MS/HS Youth 1830-2015 at Victory Chapel
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.

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

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

Check for schedule over Training Holiday weekends

Body Pump routine path-changer

Infant caregiver takes first in body building competition

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



Leilanincole Wiggins went from being shy about going to the gym a year ago, to going for two to three hours a day and winning first place in bikini and third place in the open division at the Nov. 10 National Physique Committee's All-Star Body Building Competition in Kansas City.

Like many women, Leilaninicole Wiggins was intimidated by the gym and feared using weights as part of her regular workout routine. Overcoming that fear led her to winning first place in bikini and third place in the open division at the National Physique Committee's All-Star Body Building Competition in Kansas City last month.

The former beauty pageant star was a runner, having completed the Army 10-miler eight times. But in Oct. 2017 she signed up for a Body Pump class instructed by Public Health nurse Capt. Eddie Murray here. There she was exposed to light weights. It would change her perception of weight training and set her on a new path.

"Body Pump incorporates light to moderate weight and every week Capt. Murray would be like 'put it up a little more, increase the weight and push your body,'" she said. "And that's exactly what I did and I started to get a little bit stronger."

She could see her body start changing. At 147 pounds and 5-foot 6-inches, she was lean and thought she looked pretty good. So, without much hesitation she went to the Wellness Center and left with a shock.

"I did the bod pod — I was 34 percent body fat," she said.

With the goal in mind of decreasing her body fat and building more muscle she started taking advantage of the free health and nutrition classes at the Wellness Center and started some strength training. But she was cautious and worried.

"I thought I was going to gain weight," she said. "I was very surprised I was actually getting smaller and leaner, that's what really inspired me."

The more she worked out, the more Wiggins saw her body changing in a way she liked. She found a coach in Kansas City who, along with Murray, helped her develop a focused workout plan.

"When I first met her, I could tell she was going to do well," said certified personal trainer and International Federation of Body Building bikini professional, Liz Benda.

"It was kind of a long distance thing because I am in Kansas City. So she would come up once a month and we would do some posing together and I would give her, her food information and we would chat over the phone and I would give her workouts and she progressed really well. She has a lot of potential to continue and do well in the sport."

The infant caregiver at Warren Child and Development Center, soon found herself squeezing 2- to 2 1/2 hours of gym time a day into her schedule.

"I have planned out workouts," she said. "They are already planned ahead so I know what I am doing. I don't have to second guess and that allows me to maximize my workout."

When she heard about the All-Star competition in Kansas City, she knew she wanted to compete. In July she started working toward that goal.

"I like challenges," she said. "That's what made me want to do it."

NOT ALL ABOUT GYM

At the Wellness Center she learned how the grade of fuel she puts into her body affects its performance.

"I started eating healthier," she said. "I am a French fry girl and I had to cut that out."

Rather than feeling as though she was depriving herself, the changes empowered her. She was getting stronger and feeling better.

"I was happier," she said. "It gave me discipline and knowing I could develop my discipline made me feel better about my self and boosted my self-esteem."

She began following macronutrients, which is a system of tracking the food a person eats. Every food item is broken down in calories, fats, carbohydrates and protein.

Bodybuilding.com explains if a person is having a snack consisting of one large apple with the skin and ¼ cup of almond butter they would look at the combination of the four macros. The almond butter has 384 calories, 34 grams of fat, 13 grams of protein and 11 grams of carbohydrates. The apple has 116 calories, zero grams of fat, 1 gram of protein and 30 grams of carbohydrates.

The total snack has 400 calories, 34 grams of fat, 14 grams of protein and 41 grams of carbohydrates. Wiggins has a set amount of the macros she allows herself each day.



COURTESY PHOTO

Wiggins poses on stage at the Nov. 10 National Physique Committee's All-Star Body Building Competition in Kansas City.

"At first, it was a time-consuming effort to measure everything," she said. "But now I know what 2 ounces of chicken is just by looking at it."

GETTING TO COMPETITION

The 32-year-old competitor had experience on stage, but never competed in a bikini or body building event.

"I was nervous going out there," she said. "You tend to see yourself as how you used to be, but I have to present who I am now."

When she showed up to the competition, the confidence, she had gained through the training process was needed.

"It's hard not to compare yourself to the other women, but you can't do that" she said. "Body building is an individual sport. This is the package I built. I know where I started. I can see where I am now."

Rather than being intimidated by the other competitors she found it empowering to be surrounded by women who have the same passion and goals as hers.

> "It's hard not to compare yourself to other women, but you can't do that. Body building is an individual sport. This is the package I built. I know where I started. I can see where I am now."
>
> **LEILANINICOLE WIGGINS**
> INFANT CAREGIVER, WARREN CHILD AND DEVELOPMENT CENTER

ENCOURAGING OTHER

The biggest challenge Wiggins had to overcome was simply trusting the process and following a plan, she said. Some days it was tough. As much as she loves to work out, there were days she had to convince herself to go to the gym.

Whether a person is looking to become a body builder or just healthier, her advice is the same.

"You have to seek out the people who know more than you," she said. "I went to the Wellness Center. I went to the classes. I had to seek out what I wanted and I gained knowledge."

The mistakes she sees people make are either trying to do too much too fast, or nothing at all and letting the gym intimidate them, like she did. People at the gym do not judge the way she used to think they did. They are all there with the same intentions — to be better and get in shape.

No matter where someone is in their fitness plan, they need to start somewhere and build on it, even if they think it's going to be hard.

"My advice is to do the impossible so it can become possible," she said.

TUESDAY TRIVIA CONTEST



The question for the week of Dec. 3 was: Where do I find the regulation and registration form to bring privately owned firearms onto Fort Riley?

Answer: https://home.army.mil/riley/index.php/my-fort/all-services/weapons-registration

This week's winner is Sgt. J.J. Rader, 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division.

Pictured above are J.J., his wife, Valerie, and their son, EJ.

CONGRATULATIONS J.J.!







Fort Riley Blood Drive

In Processing
Tuesday, December 11th
9:00 to 3:00 p.m.

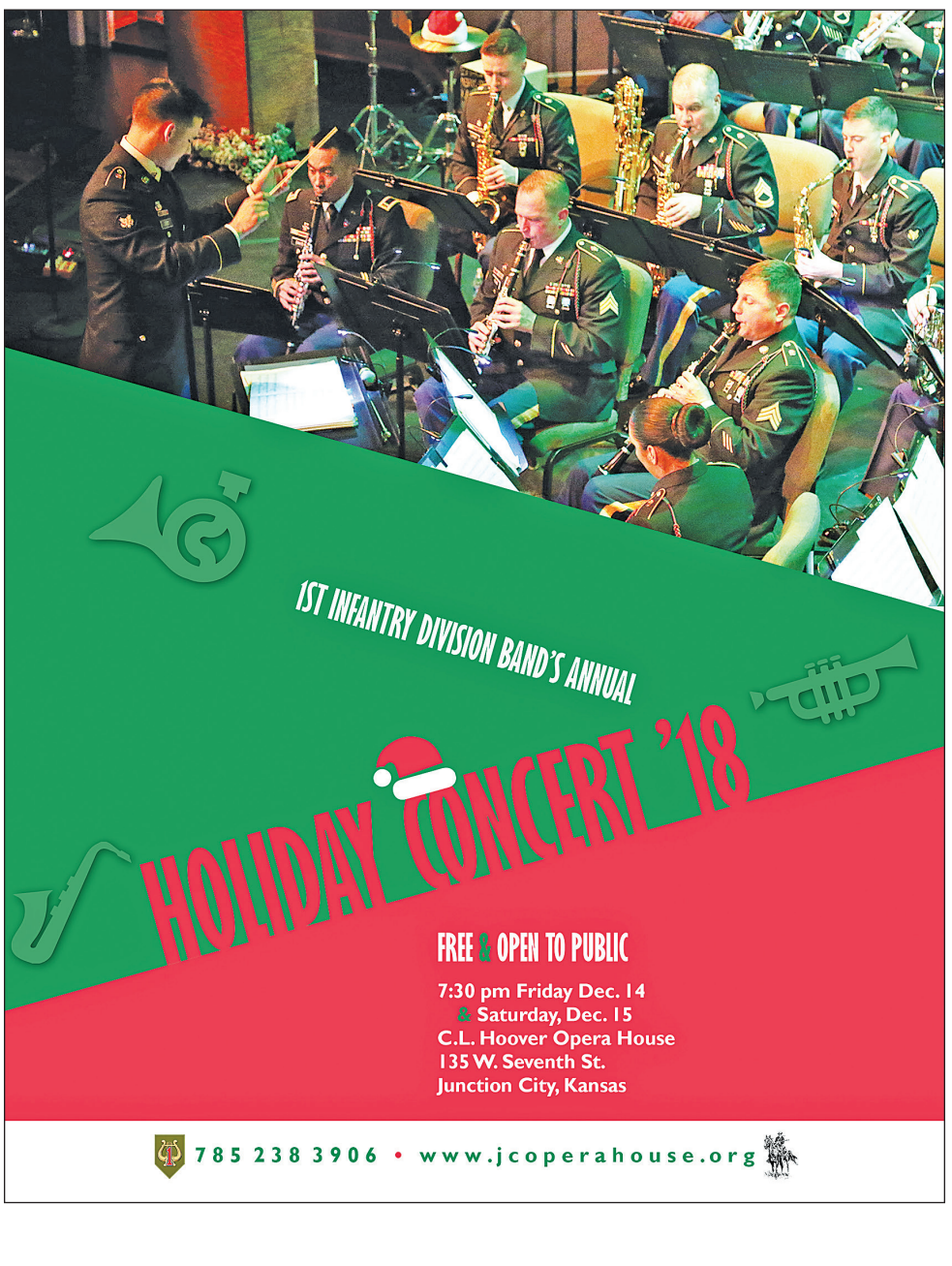
Division Headquarters
Wednesday, December 12th
9:00 to 3:00 p.m.

For an appointment, please visit redcrossblood.org
Or call 1-800-RED CROSS (1-800-733-2767).

Give more life. Donate blood.

1-800-RED CROSS | 1-800-733-2767 | RedCrossBlood.org | Download the Blood Donor App

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FORM MATTERS

Floor press

By Gail Parsons
1ST INF. DIV. POST

The hand release pushup is the third event on the Army Combat Fitness Test.

When executed properly, Capt. Chris Boyer, the 97th Military Police Battalion Physical Therapist, said it requires more pectoral contraction than a regular pushup.

One of the exercises he recommends for people who want to increase the pectoral strength needed for the hand release pushup is the floor press.

"A floor press is similar to a bench press movement, but laying on the ground," Boyer said. "You can use a dumbbell or kettlebell in one or both hands."

This exercise targets the chest muscles, but the triceps rhomboids and scapular stabilizers are also worked out.

Pfc. Austin Miller Austin, 300th Military Police Company, 97th MP Bn., demonstrates the proper form for a floor press:







FLOOR PRESS

1. Starting position is flat on the back with knees at a 45-degree angle of the arms and body.
2. Press weights straight up with both arms. The key to this movement, Boyer said, is to keep the shoulder blades squeezed down and together to create stability at the shoulder while pressing up.
3. Pull the elbows back down towards the torso. Maintain a slight angle to ensure that the back muscles and posterior shoulder are being activated.

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

HOLIDAY BAZAAR



Téa Sambuco | POST

The Fort Riley Spouses Club honored their vendors with an annual Holiday Bazaar on Nov. 29 at the Warrior Transition Battalion Fitness Center. Fort Riley Spouses Club First Vice President, Darlene Sexton planned the event, and said it was a way of saying "thank you" to the vendors who come to the FRSC events. She said that aside from honoring the vendors with, the Bazaar also gave spouses and Soldiers a chance to shop with the local vendors. The purpose of the FRSC, Sexton said, is to provide events for spouses, as well as mentoring and being a good example for the community.

WWW.FACEBOOK.COM/FORTRILEY

riley.armymwr.com
Fort Riley Family and MWR
SURPLUS AUCTION
DECEMBER 7-16
ONLINE ONLY
EQUIP-BID.COM
Details on viewing property before bidding and picking up items won will be listed online at equip-bid.com
OPEN TO THE PUBLIC
Must be able to access Fort Riley to pick up items won
equip-bid AUCTIONS



TREES Continued from page 9



Amanda Ravenstein | POST

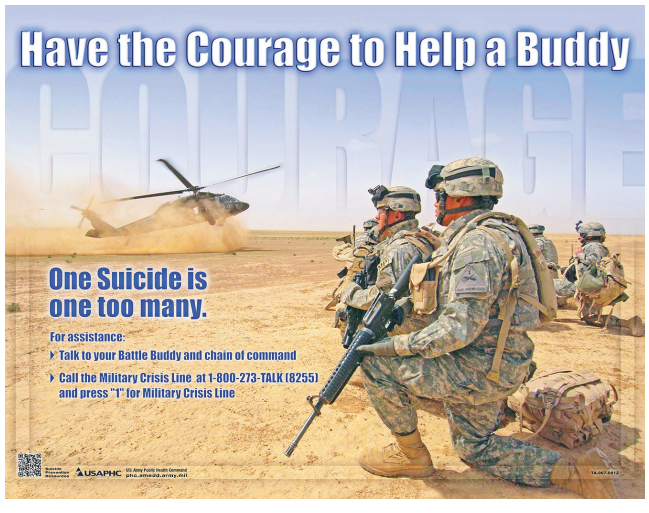
Soldiers and their families line up to have trunks trimmed on the trees they chose during the Directorate of Family and Morale, Welfare and Recreation's annual Trees for Troops event Dec. 1 at Riley's Conference Center.

"We didn't want to bring out electrical during the rain," he said. "So, we had to do some hand cutting, which kind of slowed stuff down."

When Soldiers checked in, they received a tag with tree care instructions and a special message of appreciation.

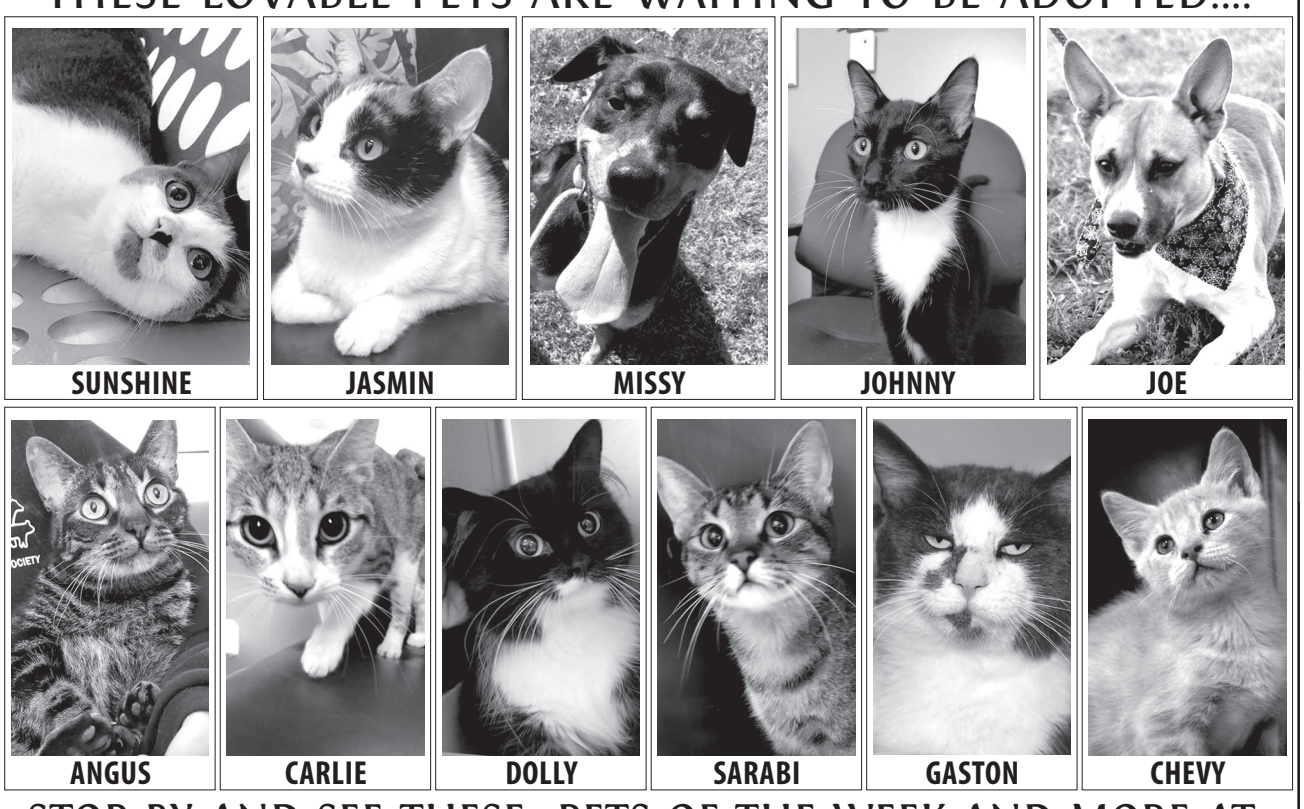
Sgt. James Miller, 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, with his wife Natalia and their 4-year-old son Cayden, were among the families that received a tree.

"I appreciate that we have the ability to take advantage, especially for him," he said speaking of his son. "I know that when he woke up this morning, he was extremely excited to get out here and do this."



Pets of the Week

THESE LOVABLE PETS ARE WAITING TO BE ADOPTED....



STOP BY AND SEE THESE PETS OF THE WEEK AND MORE AT:

FORT RILEY ANIMAL SHELTER
224 Custer | Fort Riley, Kansas 66442 | (785) 239-6183

ATTN:
ANYONE Can *Donate Money* Towards a Pets' Adoption.
Inquire at Animal Shelters and make it *EASIER* for these pets to find a home!!

SPONSORED BY:



TRAVEL Continued from page 9

the Air Force travel centers, but Anderson said she can help people get in touch with them. Regardless, if someone is thinking about a weekend getaway to one of those cities, Anderson can guide them in making the most of their time.

A LITTLE FARTHER OUT

If the family has a little more time, Anderson or her staff can help them get set up with a hotel and shows in Branson, Missouri, which is about a six-hour drive.

With so many choices, she said the first thing is to just come in and sit down and she can put together a package that includes the hotel, the type of show the family would be interested in, activities or Silver Dollar City.

Or she can set them up in St. Louis for a couple of days. St. Louis boasts a wide range of activities and is just south of Hannibal, Missouri, the town where Mark Twain lived and wrote about.

TAKE A WEEK OFF

For people who have more than just a weekend or a few days, the options are endless.

"We can send you anywhere," she said. "We do a lot of Disney. Disney is pretty much our hot ticket. It's very much family based for families with younger kids — that's really appealing to them. They have an amazing Military Salute promotion they've run the last several years that makes it really affordable for families to take all of the kids and get out of here for that once in a lifetime kind of experience."

Another popular choice is cruises. More affordable than people often think, the cruises can take the family to multiple islands in a week's time.

The closest port is Galveston, Texas, which is about an 11-hour drive.

"There is a port within driving distance if you're willing to make that drive," she said. "But we can also do the full package with flights and hotels before and after if you want to do it that way, which I do recommend."



Gail Parsons | POST

Kara Wunker, left, Travel Center employee and wife of Pfc. Evan Wunker, 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, and Annabelle Anderson, supervisory recreation specialist, are excited to get a FedEx delivery from Cotrice Guyton, Nov. 29. The Travel Center receives many such deliveries of tickets to events and destinations for Soldiers and their families.

It's generally advisable to arrive in the port city the day before and stay at a hotel.

"It's a good way to see the islands and get to those beach destinations with a price tag that is really pretty surprisingly affordable for everybody," she said.

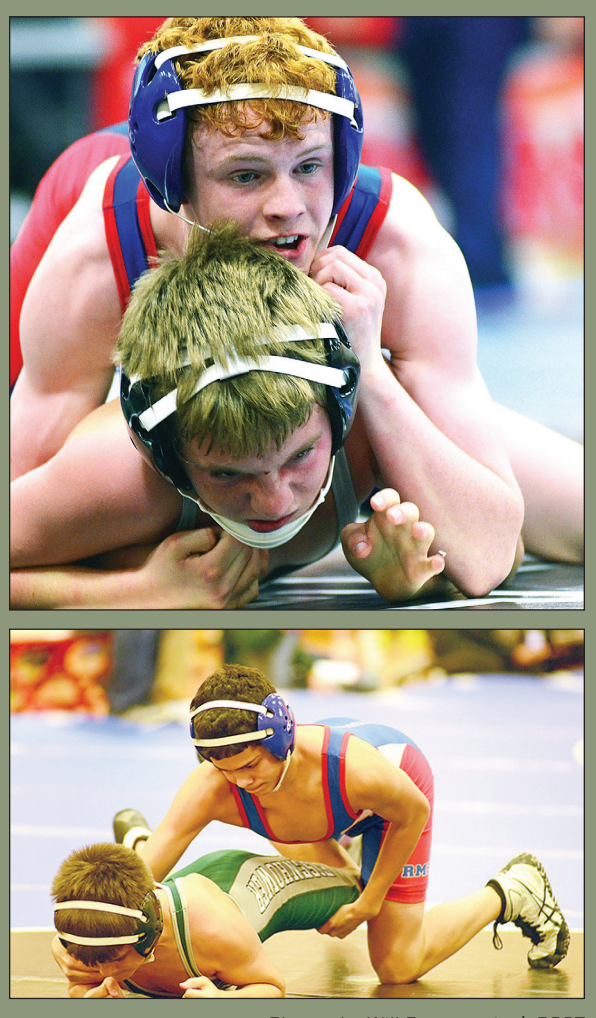
For those who are more apt to be comfortable on a landlocked vacation, but still want the swaying palm trees and white sand beaches, Andrews said an all-inclusive resort is the way to go.

"We do a lot of those in Mexico and the Caribbean, any of the Caribbean islands," she said. "The all-inclusive resorts are really the best bang for your buck. You're going to have all your drinks and food included. It's all right there in one spot rather than having to travel around a lot."

Whether a person is looking for a quick getaway or a week-long relaxing vacation Anderson said they should start with a visit to the Leisure Travel Center to maximize their time and dollar.

"Give us your thoughts, your dreams and we will put together a package that will fit what you're looking for," she said.

ON TOP OF THINGS



Photos by Will Ravenstein | POST

TOP: Fort Riley Middle School wrestler Ryan White, 100-pound weight class, controls his opponent during their match at the Don Stevens Wrestling Invitational Nov. 30 at FRMS. White defeated his opponent 10-0 to advance to the next round in his weight class. ABOVE: Eleazar Martinez-Morales, 120-pounds, works the legs of his opponent during their first round match Nov. 30.

Flint Hills Discovery Center to ring in 2019

BY FLINT HILLS DISCOVERY CENTER

Join the Flint Hills Discovery Center, 6:30 to 9 p.m., Dec. 31 for Family New Year's Eve: Flint Hills Campout. Throw on a party hat, grab the family and celebrate the start of 2019.

Guests are invited to celebrate the great outdoors by staying indoors. Dancing, games and a photo booth are just some of the activities in store for the evening. The evening will include camp-inspired food and activities and caps off with a balloon drop at "kids' midnight" 8:30 p.m.

During Flint Hills Campout, guests will receive admission to the exhibits inside the FHDC. This includes the latest temporary exhibit, "Bison: The Great American Icon."

Pre-registration is required by 5 p.m., Dec. 28. All youth must be accompanied by an adult. Tickets are $14 for youth and adult FHDC members, $16 for youth and adult non-members and free for children younger than two years old.

Tickets can be purchased online, over the phone at 785-587-2726, or in person at the FHDC.

To learn more about Family New Year's Eve: Flint Hills Campout at the Flint Hills Discovery Center, visit Caution-www.flinthillsdiscovery.org/NYE, call 785-587-2726 or drop by the center at 315 S. Third St., Manhattan, Kansas.

MARKET Continued from page 9

We have a lot of families that have been to Germany. So, we kind of wanted to bring that German tradition here."

Melanie and 1st Sgt. Shawn Oakes, Company A, 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, were able to attend this year with their 2-year-old daughter Eleanor.

"It's pretty cool I wasn't able to make it last year," he said "But I'm sure that myself and some other Soldiers can get down here down here and see Santa Claus for first time. Surprisingly, Santa Claus spoke German so it was kind of cool."

DID YOU KNOW?

- The **10th annual Christkindl Holiday Craft Marke**t Dec. 1 brought out more then 40 vendors

The DFMWR staff collected sign ups for the wreath they were giving away. The wreath was decorated with ornaments designed by several DFMWR organizations and featured coupons and gift certificates from the various organizations.

Three local choirs performed for the attendees while they shopped for the holidays.

"We've got one from Northview Elementary," said Ferrarin. "Then we've got Morris Hill Elementary School on post here and then the Geary County Children's Choir will be this afternoon. It's great that we can have the community come in and support our military. They love coming out and being here for military, family, Soldiers, whoever. So, it's really good."



Will Ravenstein | POST

Avery Seat, 4, daughter of Sgt. Jared Seat, 7th Army Training Command, Joint Multinational Readiness Center, talks to Santa Claus during the Christkindl Holiday Craft Market Dec. 1 at Riley's Conference Center.

HOME Continued from page 9



Téa Sambuco | POST

Quarters 1 Barry Avenue, occupied by Maj. Gen. John S. Kolasheski, 1st Infantry Division and Fort Riley commanding general, and his wife, Buffy, includes a sun room adorned with poinsettias.

with extravagant Christmas decorations.

Tiffany Shrader, wife of U.S. Army Fort Riley Garrison commander Col. Stephen Shrader, said wives of Soldiers would find the Tour of Homes as a good way to gain decorating ideas and see how the homes differ from each other.

While Tiffany enjoyed viewing her neighbors' homes, she had also opened her own home up for touring.

"It was fun," she said. "I do decorate early, I always start around Halloween."

Tiffany said the decorations made for a cozy environment and was ideal for the amount of snow Fort Riley had received recently.

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TymeOut 101 Continental Dr JUNCTION CITY (785) 238-7638			Homemade Schnitzel $9.99 Serving German Beer 10:30am-1:30pm 4 pm-9 pm	• Beef tips in Mushroom Gravy $9.99 • Bison Burger $9.99 10:30am-1:30pm 4 pm-9 pm	• Beef tips in Mushroom Gravy $9.99 • 6oz. Steak $8.88 10:30am-1:30pm 4 pm-9 pm	• 16oz KC Strip w/shrimp or clams $26.99 10:30am-1:30pm 4 pm-10 pm	• 1/2 Price Steak $8.99 • TymeOut Burger $6.99 *$1.50 Busch Light Cans* 2:30 pm-5:30 pm
Ike's Place Bar & Grill 416 Goldenbelt Blvd. JUNCTION CITY (785) 579-6644 ikesplacegrill.com	HAPPY HOUR ALL DAY $2 Drafts, $2.50 Margaritas, $2 Wells $3 kids meals	1/2 Price Boneless Tenders	TRIVIA NIGHT + 1/2 Price All Draft Beers, $2 Jumbo Tacos	60¢ Wings, Voted Best in Flint Hills	Prime Rib Dinner + $3 Premium Pints all Day	Drink Specials will vary	Selection of Pastas $9.99 w/ Salad all day
Wing It 439 W. 6th Street JUNCTION CITY (785) 223-5282 wingitplace.com		2 for $9.99 Country Fried Chicken Dinners	$1 Mini Shakes *in Vanilla, Chocolate, or Strawberry*	$4.99 Nachos Combo *includes drink*	5 BBQ Chicken Sandwiches $9.99		
Pizza Hut 412 E. Chestnut St. JUNCTION CITY (785) 238-4144	All You Can Eat Supreme Lunch Buffet. Pizza, Wing-Street Wings & More! 11:30 - 1:00	$5 Line UP Choose from Pizza, Wings, Sides and Desserts Details online or in-store	All You Can Eat Supreme Dinner Buffet. Pizza, Wing-Street Wings & More! 5:30 - 7:00	Wing Wednesday 70¢ Bone Out	All You Can Eat Supreme Dinner Buffet. Pizza, Wing-Street Wings & More! 5:30 - 7:00	Large 3 Topping, Breadsticks & Cookie $21.99 (Additional charge for Pan or Stuffed Crust) Code KW Delivery Fees & minimums required	Large 1 Topping & Medium 3 Topping $19.99 (Additional charge for Pan or Stuffed Crust) Code LF Delivery Fees & minimums required
The Cove at Acorns Resort 3710 Farnum Creek Rd. MILFORD (785) 463-4000	Bloody Mary & Mimosa Bar 12-4 pm 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 Trivia Night 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 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	Chicken & Rice All Day $9.99
Munson's Prime 426 Goldenbelt JUNCTION CITY (785) 238-1135	Sunday Brunch $15.00 per person Kids under 6 eat FREE 11AM TO 2PM	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
Hot Rodz BBQ 1118 N Washington JUNCTION CITY (785) 209-0527	Home of the 30 Minute Lunch *In & Out in 30 minutes* CLOSED	CLOSED	Hot Rod Sandwich w/ 1 Side $12.50	Bowl of Smokehouse Chili & Sandwich $11.50	Meatloaf w/ 2 sides $7.50	Sausage Sandwich w/ Smoked Cheese w/ 1 Side $10.50	Buy One, Get One Free Meal

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- Mad proofreading skills
- Writing sample required
- High School Diploma or equivalent
- Computer skills (Adobe Creative Suite a plus)

Duties

Duties include, but are not limited to, office e-mail, editing and rewriting submitted items, proofreading, writing small articles, processing submitted photos. It may also include coverage of one or two night events per month.

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

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

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

Who Got Booked This Weekend?

View the most recent mugshots from the area. Check them out at

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Miscellaneous 270

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The Junction City Daily Union is looking for an independent contractor for newspaper delivery in the Chapman area. Reliable transportation, valid driver's license and insurance, and a phone number are required. Contact Bonnie at (785) 776-8808, ext 260 for more information.

Help Wanted 370

District Manager

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

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

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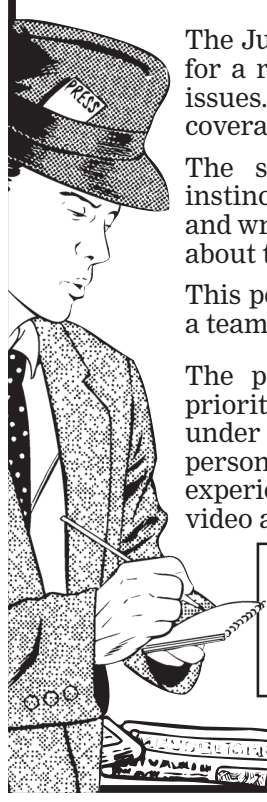
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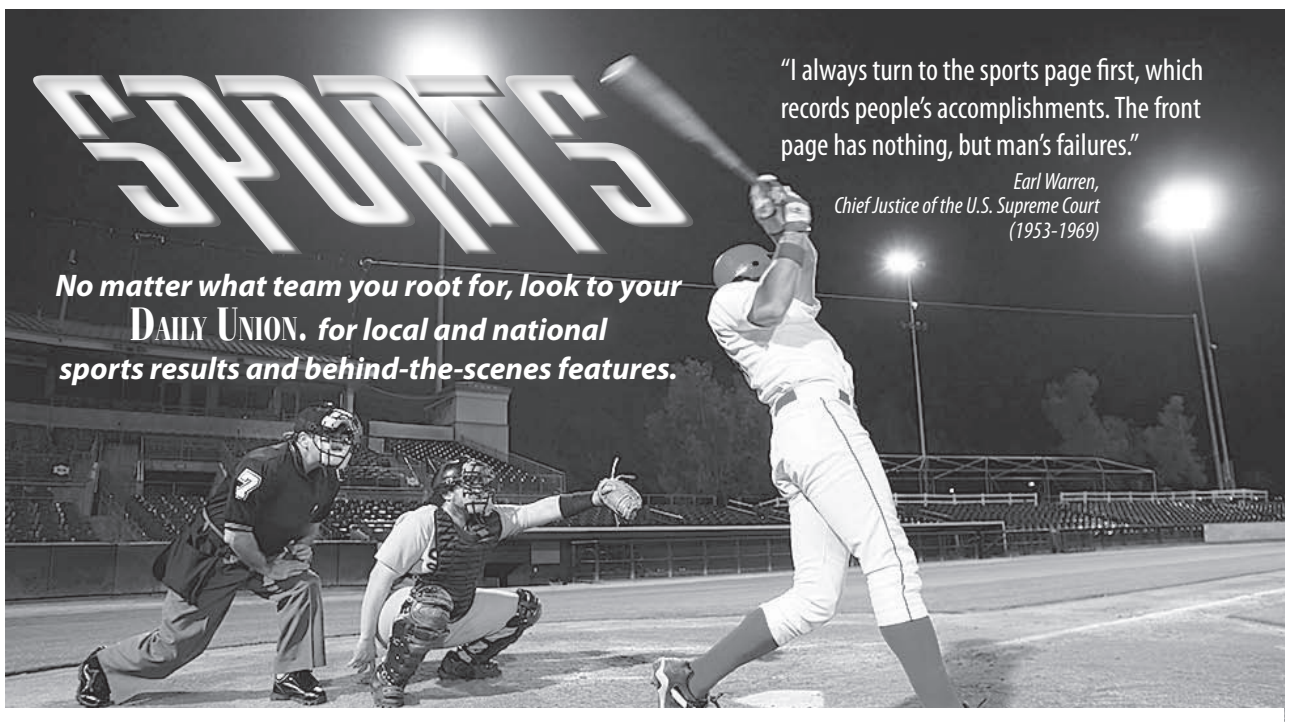
The successful candidate will have sharp reporting instincts, outstanding news judgment, an ability to report and write quickly in a fast-moving atmosphere. A curiosity about the community and its people is vital.

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

Send resume with references and writing samples to Editor Shane Ersland by email at editor@jcdailyunion.com (put reporter position in the subject line)





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Travel & Fun in Kansas

Spc. Shell checks out holiday light displays in the area and around the state in our next edition of Travel & Fun in Kansas. Happy holidays.

Shopping for a Christmas tree may be the highlight of the holiday season for families as they select the perfect one while spending time together.

Tree shopping still holiday tradition

Amanda Ravenstein
1ST INF. DIV. POST

Through the years there has always been one Christmas tradition that many families enjoy doing; many who did it when they were children are continuing the tradition with their own children. Many enjoy going out to the local tree farm and picking out the one that will be perfect in their home. Tree farms take pride in growing beautiful trees of all shapes and sizes. Trees like Austrian, Scotch, White and Douglas Pines are used for the different looks, smells and colors. Fir trees are also used in some houses. While some farms sell pre-cut trees, others give families the excitement of going out into the field and finding the right one for their home. Check out a few of the regional tree farms, below.

Rocking M Farm
10402 Junction Road
Junction City
785-223-0448
www.therockingmfarm.com

The Rocking M Farm has provided excellent products and services for over 10 years. They are a family owned and operated business. They specialize in Austrian Pine and Douglas Fir Christmas trees in their field plus pre-cut Fraser, Scotch, Colorado and Concolor Fir in various sizes. In addition to Christmas trees, they have wreaths, stands and door hangers. They also have tree bags, custom ornaments and more.

Hours are Monday through Friday 5:30 p.m. to 7 p.m.; Saturday 10 a.m. to 7 p.m. and Sunday noon to 6 p.m.

Lee's Christmas Trees
1025 Glessner Lane
Junction City
785-238-7288

Visitors can go into the tree field and choose their own tree and, with provided saws, can cut it. Staff can also go with them and cut the tree. Can help with loading trees into vehicles. Trees can be reserved beginning the Saturday after Thanksgiving.
No pre-cut trees.

Types of pine trees available:
Austrian, Scotch and White

Hours are daily from 9 a.m. to dusk beginning the Saturday after Thanksgiving.

Kasl Christmas Tree Farm
1149 Talmo Lane
Belleville
785-857-2036
alt. phone: 785-527-0614
kasltree@rhelectric.net

Austrian or Scotch pine trees are available for both "you choose, you cut" and "you choose, we cut." Pre-cut trees are Fraser firs.
Trees are shaken and baled or tied.
Also available for purchase are wreaths, boughs and garlands.

Hours are Monday through Thursday, 1 p.m. to 5 p.m.; Friday and Sunday, 10 a.m. to 5 p.m. from Nov. 1 to Dec. 20.

Bird's Nest Tree Farm
1884 Quivira Road,
Washington,
785-325-2618
birdnest@washingtonks.net

Scotch pine trees are available for both "you choose, you cut" and "you choose, we cut."
Trees are shaken and baled
Also available for purchase are wreaths, boughs and decorations.
Snacks and drinks are sale.

Hours are Thursday through Saturday 9 a.m. to dark and Sundays 12:30 until dark.