

THE 1ST INFANTRY DIVISION POST

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◀◀ FORT RILEY, KANSAS ▶▶

Former 'Big Red One' Soldier receives Distinguished Service Cross

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

One never knows how they will respond when faced with incredible violence and destruction as death stares them in the eye. Throughout the Army's history, many Soldiers have risen above their own survival instinct to aid others. But few have reached the point of heroism worthy of the Distinguished Service Cross.

On March 28, former Sgt. Robert Kenneth Debolt III stood in front of a packed auditorium at the 1st Division Headquarters as Lt. Gen. Paul E. Funk II, III Corps and Fort Hood commanding

general, pinned the Distinguished Service Cross on his uniform.

The medal is the military's second highest valor decoration. It is awarded for extreme gallantry and risk of life in combat with an armed enemy force.

EXTREME HEROISM

Master Sgt. Anthony M. Roszko was Debolt's squad leader on Sept. 4, 2008 as they served with 2nd Battalion, 2nd Infantry Regiment, 3rd Brigade Combat Team, 1st Infantry Division, in Afghanistan.

"The fourth of September was a day like any other," he told the audience as he recalled the events of that day. "We, the Soldiers of

3rd platoon, Charlie Company, 2-2 Infantry, had already finished two patrols earlier that day. We were just sitting around waiting for our next mission."

It was supposed to be a simple mission, one they had done before — but nothing would be easy that day. As the hours wore on, they heard fire come from the north. First Platoon was in contact and they were to go in as backup.

"I had my squad in two separate vehicles as we moved," he said. "The lead truck was taking charge and the last words we heard on the radio was Lt. Brown telling us where to move

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Former Sgt. Robert Kenneth Debolt III, center, is presented the Distinguished Service Cross at a March 28 ceremony. With him were, left, Command Sgt. Maj. Daniel T. Hendrex, Lt. Gen. Paul E. Funk II, III Corps and Fort Hood commanding general; Maj. Gen. John S. Kolasheski, 1st Infantry Division and Fort Riley commanding general; Master Sgt. Anthony M. Roszko, Debolt's former squad leader; and Debolt's wife, Amanda; and his children Braylon and Sophia.

75th anniversary of 'Great Escape'

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

ZAGAN, Poland — Soldiers from 1st Armored Brigade Combat Team, 1st Infantry Division, and their Polish partners joined the Polish people to commemorate the 75th anniversary of the 'great escape' from the Stalag Luft III POW camp March 23 and 24.

The anniversary event commemorated the escape of Allied POWs who crawled through a 334-foot tunnel to escape the camp 75 years ago. The event was famously depicted in the film, "The Great Escape."

The two-day event included displays of Polish and U.S. military equipment, living history reenactors, tours of a POW barracks and a 10-kilometer run. Soldiers and civilians commented on the significance of the event.

"There was a lot of pain here," said Bartolomej Danilowicz, a Polish living history reenactor. "It's a historic place, during World War II there was Nazi Germany here and now it's amazing that we have the U.S. and Polish army here."

The 1st ABCT, 1st Inf. Div., is currently in Europe for nine months in support of Atlantic Resolve. The museum visit was a special occasion during a rotation primarily focused on training with allies and being ready to respond to a crisis.

"I think the event is important because history is important for Poland and the Polish army," said Capt. Raoslaw Woronowski of the Polish army. "I think it's good to have the Polish and Americans cooperating together. While training together, I think we can connect tactically and with a coordinated effort."

U.S. Soldiers here have the opportunity to experience a Polish culture rich in tradition and history.

"We enjoy the training, I value every day that we've had in Poland," said Sgt. Matthew Frerichs, combat engineer from 1st ABCT, 1st Inf. Div. "They have a lot of history and every time I've interacted with the Polish people they've been awesome. It's a really good honor to be with them and just experience this country as a whole."

The deployment of ready, combat-credible U.S. forces to Europe in support of Atlantic Resolve is evidence of the strong and unremitting U.S. commitment to NATO and Europe.



Soldiers from 1st Armored Brigade Combat Team, 1st Infantry Division, pose with Polish locals during a commemoration of the 75th anniversary of the 'great escape' from the Stalag Luft III POW camp March 23 and 24.

EXPERT INFANTRYMEN



Soldiers from the 1st Armored Brigade Combat Team, 1st Infantry Division, approach the finish line of a 12 mile ruck march to qualify for the Expert Infantryman Badge (EIB) at the 7th Army Training Commands Grafenwoehr Training Area, Germany, March 22. The purpose of the Expert Infantryman Badge is to recognize Infantrymen who have demonstrated a mastery of critical tasks. These tasks build on the foundation of individual proficiency allowing us to improve our collective readiness to maintain, overmatch and increase lethality against future threats.

'Devil' brigade Soldiers test for coveted Expert Infantryman Badge

Story and photos by Sgt. Thomas Mort
358TH PUBLIC AFFAIRS DETACHMENT

VILSECK, Germany — Soldiers from the 1st Armored Brigade Combat Team, 1st Infantry Division, trained and tested for the Expert Infantryman Badge, at the Vilseck Army Airfield, Germany, March 4 to 22.

"For those that earned their EIB, I want to talk to

you about the importance of it," said Brig. Gen. Christopher C. LaNeve, 7th Army Training Command commanding general. "The badge itself represents hours of long work, hard work and studying."

A total of 583 Soldiers began the intense journey toward the coveted EIB, with 83 successfully graduating and 21 earning the designation of "True Blue," by completing each

phase of testing on their first attempt.

"For the last three weeks, Soldiers have been training and testing out in all of the different tasks required to earn the EIB," said Sgt. Charles E. Webb, an EIB grader and team leader from the 1st Battalion, 16th Infantry Regiment, 1st ABCT, 1st Inf. Div. "There's the physical fitness assessment,

See EXPERT, page 7

Higgins boat operator recalls Normandy

"I didn't want to drop the ramp. I knew once I dropped the ramp the machine gun bullets that was hitting it will come into my boat."

FRANK DEVITA

D-Day survivor

By Gail Parsons
1ST INF. DIV. POST

On Dec. 7, 1941, as word of the Japanese attack on Pearl Harbor spread across the nation, young men like 16-year-old Frank Devita were ready to take up arms and defend their country.

To his disappointment, Devita was too young to join. When he turned 17 the war was still raging and he could go, if he had his mother's blessing and signature — he had neither.

His father had been in The Great War and she remembered all the people who died. She knew the horrors of war and didn't want him to witness them. But she did agree that when he graduated high school, she would sign.

When he left school, America was still heavily entrenched in the European and Pacific theaters. He was itching to get into the action and headed to the recruiter's office.

"First, I tried the Air Force," he said. "They wanted to wait six weeks to put me in the action. So, I went next door to the Coast Guard. And they put me in right away — two weeks I was overseas."

Before shipping out he went to Norfolk, Virginia, where he was trained on the operations of the Higgins boat. It was on one of these landing craft, vehicle personnel or LCVPs that he would later understand his mother's fears.

He was assigned to the USS Samuel Chase, nicknamed the Lucky Chase. The first indication its name

See BOATS, page 7

FORT RILEY VOLUNTEER SPOTLIGHT



Jessica Guerard is the wife of 1st Sgt. Ryan Guerard, 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat team, 1st Infantry Division.

As a 10-year Air Force veteran herself, she understands the importance of selfless service and the impact volunteering has on the community and families. In addition to countless hours preparing, planning and executing Battery A family readiness group events, Jessica has been a Girl Scout troop leader for the last eight years.

"Whether she is cooking for a FRG fundraiser, planning Girl Scout lessons or volunteering with her daughters, Jessica is always willing to help others accomplish more," said My White 1st Bn., 7th FA Regt. senior advisor.

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

ALSO IN THIS ISSUE



#FITFIRST THE JOURNEY TO FITNESS EXCEEDS SOLDIER'S EXPECTATIONS.

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ALSO IN THIS ISSUE



SPC. SHELL GOES ON THE HUNT FOR EGGS AT LOCAL EASTER EVENTS.

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Fort Riley Soldiers, families step into history, encounter temporary museum

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

Fort Riley Museums' staff celebrated with a ribbon cutting and opened the doors to the temporary museum, 247 Cameron Ave., March 26. The museum is open 9 a.m. to 4:30 p.m., Mondays through Saturdays and noon to 4:30 p.m. Sundays.

"Today we had the opportunity to mark the opening of the Fort Riley temporary museum," said Lt. Col. Casey Doss, director of the Army Museum Enterprise Fort Belvoir, Virginia. "It's been a year since the museum closed for renovation and with today's opening, Fort Riley and the 1st Infantry Division once again have a museum present to preserve and interpret the history and heritage of both the critical fort and landmark in western expansion and history of the U.S. Army."

The grand opening included thank you speeches to those who assisted in bringing the temporary museum to life, a ribbon cutting and a self-guided tour of the museum.

According to Robert Smith, Fort Riley Museum director, the temporary museum immerses visitors in not one, but two historical tales. It tells the history of Fort Riley and the history of the 1st Inf. Div.

When visitors enter, they will learn of the individual lives that made Fort Riley and the 1st Inf. Div., what it is today. Those lives include Maj. Edmund A. Ogden the builder and Gen. George Armstrong Custer the Soldier, Alexander L. Arch, the Soldier who fired the first American round during World War I and Don-



Above: The grand opening included thank you speeches to those who assisted in bringing the temporary museum to life, a ribbon cutting, and a self-guided tour of the museum. **Right:** Lt. Col. Casey Doss, director of the Army Museum Enterprise Fort Belvoir, Virginia, speaks on the importance of having a museum presence on post.



ald Russel Long, Medal of Honor recipient.

Doss said a museum presence is important for Soldiers and their families.

"The Center of Military History seeks to preserve the Army history and heritage and use that history and heritage to educate and inspire the forces," he said. "Museums are learning laboratories to educate Soldiers on (their) profession and combat specialty. They help build critical thinkers and dynamic problem solvers."

Legacy and sacrifice, he said, is what drives Soldiers

to fight and win this nation's wars.

"We are investing in our museums to increase their relevance to their commands and Soldiers and to the American public," he said. "The renovation of the Fort Riley museum is an example of these investments."

According to Doss, the renovated museums will have updated technology, lighting,

exhibits, classrooms and research library.

"It's going to be a real showpiece for the division," Smith said. "We're bringing the museums into the 21st century ... we hope to tell the history of the post and the history of the division and have some new perspectives on that with new methods of museum exhibition. It's going to be super."

Command Maintenance: At work with Company C



Spc. David Graham, a tank crew member assigned to Company C, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, conducts an equipment layout next to his M1 Abrams Tank in conjunction with command maintenance, March 25 at Mihail Kolginaceanu Air Base, Romania. The unit is deployed to Romania in support of the Atlantic Resolve Mission.

Story and photo by Capt. Christopher Sikich
358TH PAD

M I H A I L KOLGINACEANU AIR BASE, Romania — Soldiers with Company C, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, work diligently on command maintenance to keep their M1 Abrams tanks in top condition.

Soldiers with Company C, are focusing on their tank maintenance with gunnery tables and range live-fire right around the corner.

"Being able to maintain the readiness of our tanks, and of our crews and capabilities is very important," said Staff Sgt. Tylor Hull, a Tank Crewmember assigned to Co. C, 1st Bn., 16th Inf. Regt. "The guys take pride in our equipment and our mission. The numbers showing our fully-mission-capable levels give evidence to that."

Pvt. Brian Thomas, a tank crew member assigned to Co. C, 1st Bn., 16th Inf. Regt., was alongside

fellow members focusing on preventative maintenance checks and inspections as well as an inventory layout next to their tank.

"Maintenance is everything," Thomas said. "If we miss something, it can create greater issues down the line, so we remain focused and work hard to stay on top of it."

The Company C command team was in the motor pool conversing with Soldiers and evaluating the progress of the day's maintenance and inventory activities.

"Having a dedicated day every week, ensures that we can bring full combat power to the fight," said Capt. Jared Schoneboom Co. C commander. "Readiness and excellence in maintenance has a direct correlation to our level of lethality."

With Co. C, 1st Bn., 16th Inf. Regt., 1st ABCT, 1st Inf. Div., slated to begin gunnery tables, maintenance will continue to be a priority to ensure the unit's operational capabilities as part of Atlantic Resolve mission and as a contributor to the continued strength of Europe.

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[HTTPS://WWW.FLICKR.COM/PHOTOS/FIRSTINFANTRYDIVISION/](https://www.flickr.com/photos/firstinfantrydivision/)

APRIL IS CHILD ABUSE PREVENTION MONTH

MONTH OF THE MILITARY CHILD 2019

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

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

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

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

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

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

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

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

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

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

ENTERTAINMENT WEEKEND • APRIL 12-13 • 10AM-NOON • ARMY COMMUNITY SERVICE CENTER
A day of fun for the whole family! Free admission. Advance registration required. Info: 785-239-9205

PANCAKE FEED • SATURDAY, APRIL 13 • 8-10AM • FORSYTH EAST CDC (BLDG. 2420)
CYS is hosting a Pancake Feed for our families! Start your morning off with a FREE breakfast and some family games. Info: 785-239-9885

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

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

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

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

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

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

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

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

* Child must be registered with CYS to participate.

LEARN MORE AT RILEY.ARMYMWR.COM

POLICING OVERSEAS

Courtesy photo

Pvt. Robert Skotzke, left, and Spc. Harry Chambers, both with the 300th Military Police Company, 97th Military Police Brigade, interact with students at Landstuhl Elementary/Middle School during a Leprechaun Hunt March 17 in Landstuhl, Germany.

Fort Riley Combined Graduation student speaker nominations

Are you a 2019 graduate with a 3.0 or higher GPA, have an unusual story or significant achievement while getting your degree? Then consider being a speaker at the Combined Graduation Ceremony May 23, 2019.

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

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Cow Manure, Purple Cow & Cotton Burr Compost

10% off Black Gold Potting Soil

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Fort Riley continues to improve on energy efficiency

By Will Ravenstein
1ST INF. DIV. POST

Phase I of the Energy Saving Performance Contract initiated in 2017 on Fort Riley to reduce energy consumption and water usage ended March 31.

The \$38 million phase focused on Custer Hill buildings installing LED lighting inside and out, low-flow water fixtures and replacing streetlights.

"The Energy Saving Performance Contracting mechanism was largely encouraged under president (Barack) Obama," said Mike Witmer, chief of the Utilities and Energy Branch, Directorate of Public Works. "It was an initiative to do \$4 billion worth of contracts."

Phase II, \$28 million in upgrades, will focus on main post, Marshall Army Airfield, Camp Funston and the Forsyth area, Witmer said.

The upgrades will pay for themselves with cost savings to the installation, Witmer said.

"So, for our \$28 million investment we should save \$1.5 million a year over the

22 ½ years of the contract," he said. "So, the way it is set up, the energy savings have to pay for itself. They have to pay for the value of the contract over the life of the contract or they don't let you do it."

Witmer said the lighting alone in Phase I has already saved more than \$250,000.

"We've seen noticeable differences in the consumption and the cost to the installation so far," he said. "By the end of the second phase, pretty much every building on Fort Riley will have LED lights inside and out. We'll have reduced the water consumption by 10 to 15 percent due to the fixtures we're putting out to low-flow fixtures."

"Roughly a third of our high energy consuming buildings will have a complete reset of the HVAC systems in them. Not a replacement, but a rehab of the stuff that is there to make it work correctly."

Of the changes, building occupants will feel will be adjustments to the heating,

ventilation and air conditioning settings.

"Army regulation 420-1 stipulates what the temperatures are allowed to be for summer cooling and winter heating," Witmer said. "They stipulate no colder than 72 degrees in the summer and no warmer than 70 in the winter. You can't just do what you want. If you were paying the bills where would you set it at? Thankfully we're not 78 and 68 like we were five years ago."

"There will be a significant effort to put what we call occupancy based thermostats in a lot of spaces, even in the barracks rooms," he said. "So that there is a motion sensor that detects heat or movement to keep the systems on as long as there is someone in the area. If they are gone for more than an hour, it will allow the system to start moving the temperature back until there is movement again, then it brings it back up to whatever the regulated temperature is."

Phase II started with Southland Energy working

with the U.S. Army Corps of Engineers in Huntsville, Alabama. They are in the process of doing their submittals and getting their plans approved. Witmer expects the phase to move into the buildings on Marshall Army Airfield in late April or early May due to the Combat Aviation Brigade being deployed.

"Then they will move to main post, then probably to (Camp) Funston," he said. "Forsyth, I would anticipate being last because that's the fewest number of buildings they have."

Witmer said how the process should proceed.

"What should happen, three weeks before they are planning on coming in they'll send someone around to notify the occupant — 'Hey this is who we are, this is what we're going to be doing, this is where we are going to be doing it, we plan on coming in three weeks, how does that work for you guys,'" he said. "So that it could be shuffled around if they are in a critical mission or if it's inconvenient due to mission."

"For the most part they are coordinating with each building owner — what they need to do, how long they're going to be in there and for access to the different areas," he said. "We had a lot of success in Phase I, — very few instances where it was a major inconvenience to the occupants."

This only affects government-owned buildings, not family housing, he said.

"This is just what we call real property, it has to be government-owned facilities, where the government is paying for the utilities," he said. "Things that are excluded — anything in housing — which Corvias owns. If we take a facility like the Post Office for example, the government owns the building but the postal service pays the utilities. We can't legally touch that under this contract."

Prior to the beginning of the project, Fort Riley had a peak demand of 44-megawatts and between the contract and the efforts by Corvias, Witmer is antici-

pating a reduction to 30- to 32-megawatts.

"So, we're talking a 25 percent reduction off our peak," he said. "What does that mean dollar wise? That could mean \$1 million easily."

The funding for the project is like mortgaging a home, Witmer said. The difference is the cost savings for energy reduction has to pay the loan back to the third-party lender.

"The loan is actually the repayment plan for the contract," he said. "The \$2.5 million in savings has to cover that as well. It's an energy savings funded vehicle."

The biggest takeaway Witmer said, is energy conservation takes everyone.

"The most important thing [people] need to take away from this, this is just a component of energy conservation," he said. "You can put in all the greatest equipment you can find, but it's up to the individual occupants to really make use of it to save energy. If you let it run all the time, you're not really saving energy."

March retirements

Sixteen military members were recognized for their service during the monthly Fort Riley Retirement Ceremony March 29.



Chief Warrant Officer 5 Joseph Bolte
Chief Warrant Officer 2 Eric Hardin
First Sgt. Charles Schmitt
Master Sgt. Jason Snell
Sgt. 1st Class Corey Prather
Sgt. 1st Class Bryan Ferguson
Sgt. 1st Class Patrick Brennan
Sgt. 1st Class Victor Krupp
Sgt. 1st Class Daniel Henke
Sgt. 1st Class Maxie Cerna
Sgt. 1st Class Troy Sherman
Staff Sgt. Paul Kornberger
Staff Sgt. Trencé James
Staff Sgt. Brian Sheaffer
Staff Sgt. Angel Aleman
Staff Sgt. Matthew Hedenberg

33 years of service
20 years of service
20 years of service
20 years of service
21 years of service
20 years of service
20 years of service
20 years of service
20 years of service
22 years of service
23 years of service
20 years of service
21 years of service
20 years of service
20 years of service
20 years of service

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

Storm spotter training prepares Fort Riley for severe weather



Chad Omitt, warning coordination meteorologist, National Weather Service, lectures Fort Riley Soldiers, Airmen and civilians about weather during a storm spotter class March 22. The class was designed to inform the participants about the way storms form, the best practices for sheltering and how to stay informed. This was not a certification course on storm spotting.

By Will Ravenstein
1ST INF. DIV. POST

Storm enthusiasts and those looking for more information about severe weather gathered in DePuy Hall, 8838 Armistead St., March 22 to learn from Chad Omitt, warning coordination meteorologist, National Weather Service.

"It's about preparedness and awareness," Omitt said. "If you live in Kansas, you have to have a plan for severe weather that looks at where you go, what you do in the event say a warning is issued."

Topics ranged from how storms form to the signs that a tornado is forming and where to shelter in case a tornado is sighted.

"We talked about the principal of getting as low as you can, putting as many walls between you and the outside as possible or tornado sheltering," he said. "And

then situational awareness — being able to have a couple of ways, at least, to receive watch and warning information including something on a mobile device. Situational awareness, planning in addition to recognizing thunderstorm features, those are all what we talked about."

The class was designed to be an introduction to storm spotting, not a certification class. Omitt said there are more classes with the National Weather Service to earn certification.

Senior Master Sgt. Micaela Blain, detachment chief, Detachment 2, 3rd Weather Squadron, 3rd Air Support Operations Group, was in attendance for the class, along with several of her Airmen. Blain said learning from another weather professional was important and she hoped her Airmen also walked away with more knowledge.

"This is really good," she said. "This is the first time that I've had my guys come out to this. I'm sure you can ask them if they learned. I'm going to ask them after this how much they learned and if they found value to this. It's just another perspective."

The 2nd Weather Det., 3rd Weather Sqdn., 3rd ASOG, has a working relationship with the NWS and Blain said it was good to finally put a face with a name.

"We look at their products, we use their information pretty often and I think they do the same — they look at our observations, they like the forecasts we put out," Blain said. "... (we) get the most information we can — partnering."

The Airmen of the 2nd Weather Det., 3rd Weather Sqdn., 3rd ASOG, focus their meteorological services to Fort Riley. They work with the Fort Riley Operations Center to issue all weather alerts for the installation. That hyperlocal attention is an added bonus Omitt said.

"I think it's very important to have the local responsibility, so that they have that awareness to what is a threat to the local base here," he said. "Whereas the weather service is looking at the county level. It's important too to mention that we can collaborate as well."

"We can talk to each other internally, we have chat software if we have to talk to each other, share ideas and collaborate about what is going on. It is nice to have something like that here."

After the informational session, Omitt invited the Airmen to Topeka, for a tour of the National Weather Service facility to get a better sense of how they operate on a day-to-day basis.

DOWNLOAD THE FORT RILEY APP TO SEE WHAT IS HAPPENING ON AND AROUND THE INSTALLATION CHECK OUT THE IMPROVED CALENDAR TO SEE ALL THE AREA EVENTS

MULTI-FUNCTIONAL RECREATION CENTER
Riley's Conference Center is converting to a Recreation Center

OPENING OCTOBER 2019

KEY DATES:

CURRENTLY

- No longer accepting bookings for food and beverage events held after **April 30**
- No longer accepting bookings for non-food and beverage events held after **June 17**

MARCH 28

- Last Dinner to Go

APRIL 30

- Last Lunch Buffet

JULY 1

- Center temporarily closed for enhancement

AUGUST 1

- Begin scheduling official FY20 meetings

SEPTEMBER 1

- Begin scheduling all reservations for October

OCTOBER 1

- Open as a New Multi-Functional Recreation Center!

Once the conversion is complete, the Recreation Center will still be the primary location for Town Hall Meetings, Victory Welcome Briefs, and also capable of still hosting large venues such as the Victory Banquet, etc.

PLUMLEE BUFFALO RANCH

785-539-2255

MEAT AND TOURS

CIVILIAN SPOTLIGHT

DANITTA BRANTLEY
CHILD AND YOUTH SERVICES ADMINISTRATOR
DIRECTORATE OF FAMILY AND MORALE,
WELFARE AND RECREATION

Danita Brantley has severed as the Child and Youth Services administrator since July 2017 and for the last year, she has been fulfilling the duties of two CYS administrators due to a vacancy in the team. She currently provides

management oversight for 10 child and youth programs which impacts more than 100 children and youth each day.

Even though she has double the caseload she would normally have, Brantley continues to provide outstanding support and oversight to five Child Development Centers, two School Age Centers, the Youth Center, the Youth Sports and Fitness Program and the Family Child Care Program.

Her dedication to the staff, children and the youth is rivaled only by her enthusiastic "Woo" which she shares with her CYS team — each and every day.



Police bump it up

April 8 through 15, for the safety of families and their children, 97th Military Police Battalion and Fort Riley Police will focus enforcement of speed limits in the following communities: Historic Main Post, McClellan Place and Colyer Forsyth.

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

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

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

You don't need it – someone might

Chris Otto
RECYCLING AND SOLID WASTE
COORDINATOR

If you are getting ready to leave post and have household chemicals you can't take with you, bring them to us. Or, if you are just getting here and need to fill your cleaning closet, you can shop with us for free.

The Fort Riley Environmental Division operates a household hazardous waste program that can help you by taking unwanted or unneeded household chemicals and either give them to someone who needs them or dispose of the chemicals in a safe and environmentally friendly manner.

These products do not need to be in full containers, you can bring us the unused portion of chemicals like paint, cleaning products, pesticides, disinfectants, motor oil and other hazardous substances.

Anyone on Fort Riley can turn-in household chemicals; however, only Department of Defense ID card holders can take advantage of the

Don't need it? Someone might!

Getting ready for PCS? Just moving here? When you bring in your unneeded paint, cleaners, automotive, or lawn products for environmentally-safe recycling and disposal, some of those products will be available for **FREE** to those who need them.

Earth Day
Household Chemical Turn-In Event
Main Post Exchange
2210 Hitching Post Rd.
April 20th 0800-1500



Look for the DPW Environmental Division HHW Trailer!
Call 785-239-2305 with questions or to see what is accepted



free shopping. The HHW Program can benefit anyone moving to or from Fort Riley. Movers will not package or transport any HHW, making the products difficult to take with you. If you are clearing quarters, don't go out and buy new products without checking with the HHW Program first.

We may have what you are looking for. New personnel to Fort Riley can pick up items to get them started off

for free. Save your money for more important things other than cleaning supplies.

The Environmental Division makes it easy for you by giving you a couple options for this service. On April 20 from 8 a.m. to 3 p.m., the Fort Riley HHW mobile trailer will be at the Main Post Exchange, 2210 Trooper Dr.

You can stop by to turn-in household chemicals or shop from the products on hand

for free. If you can't make it to this special event, you can always visit the HHW program in the Environmental Waste Management Center in Camp Funston, building 1945 at the intersection of Fourth and KL Streets. The EWMC is open 8 a.m. to 3 p.m. Mondays through Fridays, except resiliency days off.

For any questions on HHW, call 785-239-6797 or 785-239-2305.



March 18

Pvt., Rear Det., 526th CSC, 541st CSSB, 1st Inf. Div. Sust. Bde., improper backing

Pvt., Rear Det., 526th CSC, 541st CSSB, 1st Inf. Div. Sust. Bde., driver to exercise due care

Staff Sgt., Co. A, WTB, IACH, MEDDAC, failure to stop at a posted stop sign

Sp., 5th Sqdn., 4th Cav. Regt., 2nd ABCT, 1st Inf. Div., prohibited use of a cell phone while operating a vehicle without use of a hands-free device

March 19

Pvt., 41st Eng. Co., 1st BEB, 1st ABCT, 1st Inf. Div., speed 21 and up

Pfc., unknown unit, speed 1 to 10 over

March 20

Sp., Co. A, 299th BSB, 2nd ABCT, 1st Inf. Div., speed 1 to 14

Sp., Co. A, 299th BSB, 2nd ABCT, 1st Inf. Div., speed 11 to 15 over

Sgt. 1st Class, 1st Bn., 16th Inf. Regt., 1st ABCT, 1st Inf. Div., speed 1 to 14

March 21

Sp., unknown unit, defective equipment

Sp., unknown unit, expired registration

Department of the Army civilian, conspiracy

Department of the Army civilian, larceny

Department of the Army civilian, larceny

Department of the Army civilian, conspiracy

Family member, wife, driving while license is suspended or revoked

Civilian, speed 21 and up

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

March 23

Family member, wife, speed 21 and up

Staff Sgt., HHC, WTB, IACH, MEDDAC, speed 1 to 14

Sp. HHC, WTB, IACH, MEDDAC, driving while license is suspended or revoked

Other violations

March 20, speed 15 to 20; March 21, improper turning movement; March 23, improper backing, speed 11 to 15 over, speed 1 to 10 over

TRAFFIC REPORT

ACCESS CONTROL POINT HOURS

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

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

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

The access control point hours are:

Henry/Trooper/Ogden/Estes:

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

12th Street:

Open from 5 a.m. to 7 p.m., Monday to Friday, closed weekends and federal holidays. This gate will have inbound commercial vehicle lanes only.

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

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

Grant:

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

Custer Avenue Closure:

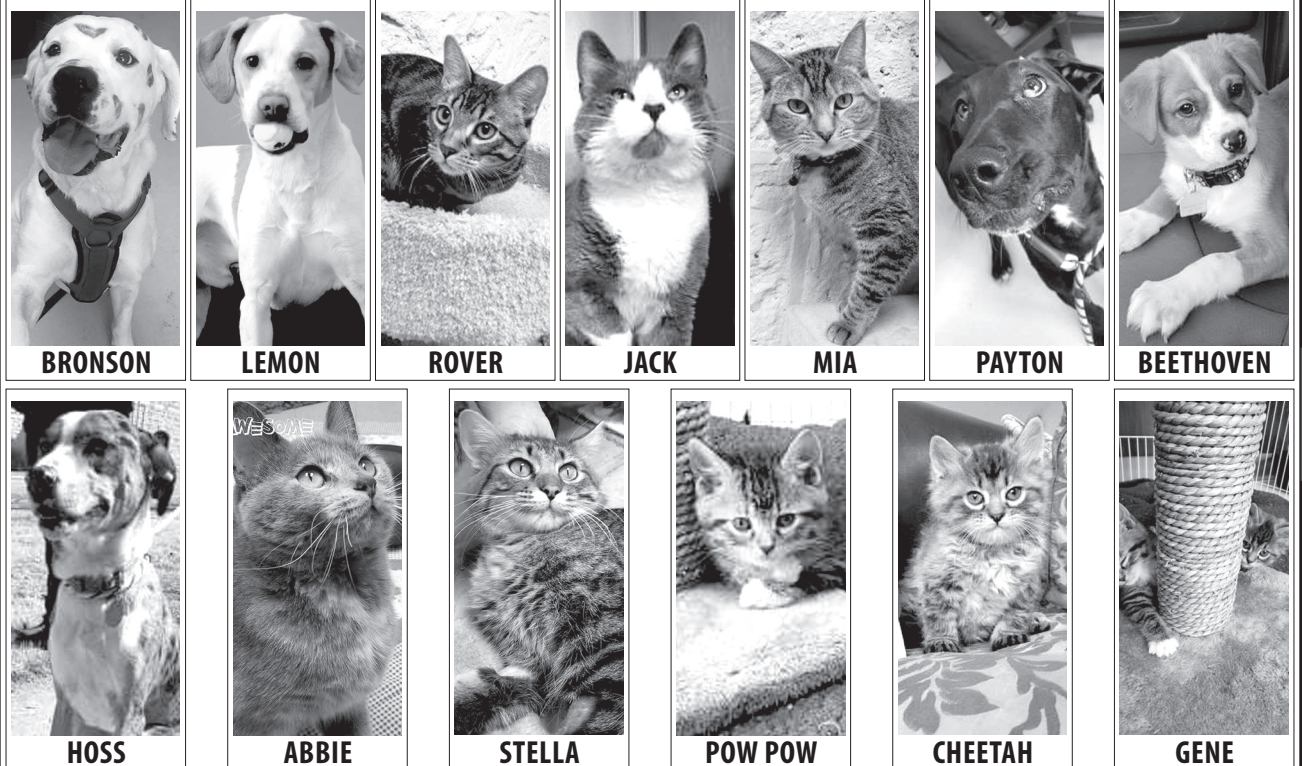
Custer Avenue will be closed March 4 to April 26 from Huebner Road to Beeman Place to correct bridge and road configuration safety deficiencies at the bridge by Huebner Road. Safely follow the posted detour.

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Download the Fort Riley app to see what's happening on and off post.

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RILEY ROUNDTABLE

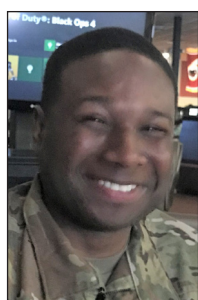
In honor of Month of the Military Child, what do you miss most about your childhood



"The lack of responsibility."

RYAN LEONARD
RIO RANCHO, NM

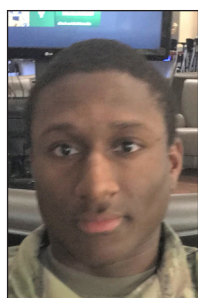
Recreation assistant, Warrior Zone



"Carefree. I had no worries as a child."

SPC. ADRIAN GREEN
EAST ATLANTA, GEORGIA

1st Infantry Division Artillery



"You have time to explore more things and options."

SPC. KHRIS DEWALT
FAYETTEVILLE, ARKANSAS

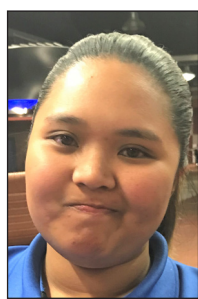
DIVARTY



"We got to travel a lot."

SHANYIA TERBUNE
SPEARFISH, SOUTH DAKOTA

Food and Beverage lead, Warrior Zone



"My dad being at home."

STEPHANIE JONES
PHILIPPINES

Domino's cook

THE 1ST INFANTRY DIVISION POST

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PUBLIC AFFAIRS OFFICER
Lt. Col. Terence Kelley

PUBLISHER
Ned Seaton

FORT RILEY EDITORIAL STAFF

Collen McGee, Will Ravenstein, Gail Parsons, Tea Sambuco and Amanda Ravenstein

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CONTACT US

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LETTERS TO THE EDITOR

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

SAFETY CORNER

Bus drivers need to avoid distractions

Dawn J. Douglas
GARRISON SAFETY OFFICE

Team Riley, as we continue with the theme of the month, Distracted Driving, we want to cover this critical topic from all angles. When we talk about driving distractions, non-professional adult and teen drivers are usually the culprits, but what about professional drivers who motor our most precious cargo to and from school every day?

School bus drivers are trusted with the important responsibility of safely transporting students to and from school, as well as school related events such as interscholastic sports. One of the worst tragedies that can occur for students, their families friends and the school, is a transportation accident. Along with the human costs there are the staggering financial costs as well. Bus accidents account for 16 percent of public school claims, resulting in excess of \$7 million in losses, according to a United Education study.

School bus accidents are often the result of other drivers, especially those who are distracted. However, the drivers of school buses are also often distracted. School administrators, law enforcement, concerned parents and passengers can lower the risk of distracted driving accidents though better understanding of the many types of distractions school bus drivers can face and implementing strategies to address those risks.

Some of the most common distractions for bus drivers include:

- Reaching for objects within the vehicle, like wallets or phone, and taking their eyes off the road
- Conversing with passengers
- Using phone or other electronics
- Student misbehavior.

In addition to prohibiting phone use and eating or drinking while driving, school districts need to train drivers to stay alert, learn their routes thoroughly to limit GPS dependency and avoid interaction with passengers. When parents or other members of our community see drivers violating established rules, for the protection of our children, their actions should be reported. In addition, when school bus drivers must attend to an issue such as a dropped object or student disruptions, they should be encouraged to pull off the road and stop in a safe area.

Student conduct on a bus can pose a significant risk for driver distraction. It is not uncommon for school bus drivers to be distracted by horseplay among children, loud talking, mischievous activity and other unruly behavior. Many established discipline policies are in place to control student behavior but some students ignore these policies. When a misbehaving student diverts a driver's attention, the lives of all the students are in jeopardy. School bus drivers cannot be expected to double as monitors. Parents and school adminis-

trators must take responsibility in teaching children the importance of being well behaved as a passenger.

Effective strategies can be implemented to help reduce driver distractions and improve school bus safety, including:

- Develop training regimens and policies that specifically address driver distraction
- Adopt a school bus code of conduct for students
- Communicate school bus safety information and conduct policies to parents as well as students
- Give drivers extra training and resources to manage student behavior
- Consider crash avoidance technology such as side- and rear-facing cameras and object-sensing sonar systems.

Team Riley, many of our school bus drivers are former service members, veterans and military spouses who are charged with the awesome responsibility of protecting and safely transporting our children to and from school. In our emphasis on reducing driving distractions, communicate the importance of being good citizens on school and public transportation. Every member of Team Riley does their part to ensure that Fort Riley is a safe and healthful place for this community to live, train, deploy from and come home to.

For more information, contact the U.S. Army Garrison Fort Riley Safety Office 785-240-0647.

Granddad's story all bluster or top cover?

Dear Doc Jargon,

My great granddad was telling us a story of when he was in World War II. He said that it was important to remember the past and he is always daring me to learn something about history. I don't mind so much as his stories are pretty interesting. Last weekend, he told us a story and said the Army Air Corps was always there to give his unit top cover, especially on D-Day.

I really want to understand what he means when he uses the term top cover and to know if there is a good story about it on D-Day so I can show my great-granddad that I was paying attention to his story.

Sincerely,

One Great Kid

Dear One Great Kid,

I would have to agree with the fact that you must be a great kid. I'm happy that you not only listen to the stories your great-grandfather tells, but you want to know more. Right now is a great time to learn a lot about things that happened during World War II and some of the terms that were born in battle. Top cover is one of those terms.

Top cover comes from the idea of support from above that would prevent the enemy from attacking

ground troops from the air. Since we celebrate the 75th anniversary of D-Day this year, I will start with the barrage balloons that deployed from Fort Riley to form an aerial barrier against the German air forces or 'Luftwaffe.' The balloons were hydrogen filled, deployed to about 200 feet and controlled from a jeep. The goal was to block the beach below from enemy aircraft strafing attempts. This was also a mission performed by an all-black unit of Soldiers.

Since the days of WWII, the term has morphed and includes any air support for ground troops and even the support given by leaders to their subordinates. You might hear people say that their boss provides great top cover when a deadline is approaching. In that use it means the supervisor keeps interruption from higher-level leaders and the outside from interrupting mission-essential work.

If you really want to impress your grandfather, visit www.army.mil/article/119639/all_black_barrage_balloon_unit_served_with_distinction_on_d_day to learn more of the story of the barrage balloons role in D-Day.

Sincerely,

Doc Jargon

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

Better living through military innovation: Failed experiment leads to sticky situation

By Collen McGee
USAG PUBLIC AFFAIRS

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

Super Glue was an invention born in 1942 from a failed experiment. During World War II, the War Department challenged civilian manufacturing corporations to come up with

a set of clear plastic sights that could be mounted to weapons.

According to www.csmonitor.com/Technology/2012/1005/The-20-most-fascinating-accidental-inventions/SuperGlue, the same thing that confounds many users about superglue today is what frustrated Eastman Kodak researcher Harry Coover — the stuff stuck to everything.

Nine years later, according to www.todayifoundout.com/index.php/2011/08/superglue-was-invented-by-accident-twice/ Coover was again doing research and pulled out the cyanoacrylates, or bonding compound. Again, it didn't

work for his experiment but it permanently bonded a pair of refractometer prisms. Coover and his research partner figured out this stuff could have a broad commercial appeal.

Eastman Kodak started marketing it in 1958 as Eastman #910. Later, they would change the name to Super Glue and license the compound to other manufacturers.

Coover went on to invent more than 460 other compounds while working for Eastman Kodak. And though his discovery didn't meet the mission in WWII, he was often quoted as being proud that a version of his invention was

used during Vietnam to seal Soldiers' wounds.

According to an obituary in the Washington Post, this was the use Coover was most proud of for his invention.

The article said, "Many combat medics carried a spray version of his glue because it was a coagulant that could be applied to bloody wounds."

The piece also carried a past quote from the inventor.

"There are lots of Soldiers who would have bled to death," Dr. Coover told Ohio's Akron Beacon Journal in 2004. "It saved a lot of lives."

Coover lived to the age of 94 and died March 26, 2011.

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Looking back: The Buffalo Soldiers

Story by Téa Sambuco
1ST INF. DIV. POST

The Buffalo Soldiers were made up of the 9th and 10th Cavalry Regiments, all African-American regiments, following the Civil War.

"Buffalo Soldier is the generic term for Soldiers who made up the all African-American regiments of the Army formed after the Civil War under the Army Reorganization Act of 1866, and generally served on the western frontier," said Historical and Archaeological Society of Fort Riley research historian, Caroline Sibley.

According to www.archives.gov, the Army Reorganization Act of 1866 added four new regiments to the six cavalry regiments that were already in place. Over the next 20 years, these regiments, including the 9th and 10th, served in the west, eventually being stationed at Fort Riley.

"The 9th and 10th Cavalry units, two of the original six regiments of African-American Soldiers created, largely served at or around Fort Riley," Sibley said. "The regiments were tasked, among other things, to serve as frontier Soldiers - protecting wagon trains, facing Native Americans in conflict, etc. When the 10th Cav. Regiments arrived at Fort Riley in 1867, they were initially tasked with protection of the Pacific Railroad."

While the Soldiers were stationed at Fort Riley, they would have been housed outside of Fort Riley in segregated homes in Junction City. she said.

In 2000, according to www.junctioncity-ks.gov, a memorial was placed in the area the Soldiers would have lived with their families. This memorial, costing \$400,000, honors the Buffalo Soldiers and the relationship Junction City had with them.

Fort Riley also showed appreciation for these Soldiers, Sibley said.

"Some of the Fort Riley street namesakes - Forsyth and Sheridan - were directly linked with the 10th Cavalry," she explained. "Several troops were directly involved in rescuing Lt. Col. (James) Forsyth at Arikaree River, and Gen. (Philip) Sheridan thanked them officially with a field order after their involvement at Beaver Creek.

Although these deeds, among others, were highly esteemed, the Buffalo Soldiers were most famous for their service on the frontier "doing whatever was needed to be done to secure ever-changing missions in westward expansion," Sibley said.

According to www.history.com, their main tasks were to help control the Native Americans of the plains, capture cattle rustlers and thieves and protect settlers, stagecoaches, wagon trains and railroad crews along the western front.

In fact, it was the Native Americans who dubbed them the "Buffalo Soldiers." However, the reason why remains a mystery.

According to the www.archives.gov website, one account suggests the name was acquired during the 1871 campaign against the Coman-



Courtesy Photo | Fort Riley Museum

The Buffalo Soldiers were most famous for their service on the frontier and they carried the name through the end of World War II.

ches, when Indians referred to the cavalymen as "Buffalo Soldiers" because of their rugged and tireless marching.

Other accounts state that Native Americans bestowed the nickname on the black troopers because they believed the hair of the black cavalymen resembled the hair of the buffalo. Another suggests that the name was given because of the buffalo-hide coats worn by the soldiers in cold weather. The troopers took the nickname as a sign of respect from Native Americans, who held great reverence for the buffalo, and eventually the 10th

Cavalry adopted the buffalo as part of its regimental crest.

Their service was not limited to just military service, according to www.ksks.org.

They built or renovated dozens of posts, strung thousands of miles of wire and escorted stages, trains, cattle herds, railroad crews and surveying parties. Their scouts and patrols opened new roads and mapped vast areas of uncharted country, the website said. The record of the 9th and 10th speaks for itself.

"They also served with National Parks as rangers and

assisted in developing the infrastructure of the west," Sibley said. "Overall, 18 Buffalo Soldiers were awarded the Medal of Honor and their regiments saw the lowest desertion rates.

"In general, I think the service of these men in a segregated military and nation proves the bravery, commitment, and integrity of each individual, and they did amazing things for the advancement of their peoples and culture in the United States," Sibley said.

The Historical and Archeological Society of Fort Riley will highlight some of the accomplishments of the Buffalo Soldiers, Sibley said.

"HASFR has funded a small Buffalo Soldiers photo exhibit," she said. "Its goal is to highlight African-American Soldiers and what they have done for their nation and community. The photos we used are from a local photographer who provides us with many photos from the early 20th century Fort Riley area. We aim to start conversations about the Buffalo Soldiers and how the African-American community has shaped U.S. history. The exhibit will be unveiled in April and spend time at the temporary Cavalry Museum location, the Geary County Museum and the Riley County Museum."

Fort Riley - Central Kansas Chapter



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BOATS Continued from page 1

was well deserved happened soon after their convoy started across the Atlantic Ocean.

"We were attacked by German submarines," he said. "They sank one tank very close to us. It was like two or three o'clock, pitch dark and the torpedoes hit the tank and it exploded. It was so light you could read a newspaper. And nobody in the tanker survived."

Tanks were naval vessels created during World War II to support amphibious operations. They could carry a large number of vehicles and cargo.

His ship made it to Glasgow, Scotland, which became its home base. Devita explained that although he was Coast Guard, he was on a Navy ship.

"The Coast Guard does not have big ships," he said. "The biggest ship that they have is the Coast Guard cutter. So, we had to borrow ships from the Navy."

Aboard the ship were the Higgins boats, the one he was assigned to was a crew member was Number 28.

JUNE 6, 1944

Devita remembers in vivid detail June 6, 1944. He remembers how young the Soldiers of the 1st Infantry Division were who were aboard the USS Samuel Chase that morning.

"The 1st Division had already been bloodied in the invasion of North Africa and Sicily," he said. "So, during the invasion of Normandy most of the people were ... replacements. We had a bunch of kids aboard the ship, maybe 20 years old, 21, 22 years old. The word running around was to not get too friendly with the 1st Division guys because tomorrow they may be dead."

By 4 a.m. that morning all of the Soldiers had breakfast and the Higgins boats were being readied as the Lucky Chase sat anchored 11 miles off the beach.

His job that day was supposed to have been to man one of the 30-caliber machine guns aboard the boat. But about two or three weeks before the invasion the guns were removed.

"They took the machine guns from us, because they were afraid we were going to have friendly fire," he said. "There was not friendly fire. The only fire was from the Germans and it wasn't very friendly."

His job shifted to being responsible for operating the ramp from which the Soldiers would exit the boat and make their way to the beach.

"I didn't want to drop the ramp," he said, his voice cracking with emotion. "I knew once I dropped the ramp the machine gun bullets that was hitting it will come into my boat."

The Coxswain, which is the person in charge of a boat, told him to lower the ramp. He said he didn't hear the order because of the noise of the engines and the bullets hitting the boat. He heard the Coxswain tell him a second time.

"I froze," he said. "And then for the third time he said 'G** d*** Devita, drop the effing ramp.' So I dropped the ramp and the machine gun bullets came

into the boat and took probably eight or nine — 10 guys. Like cutting down wheat, they just fell down ... some of them were wounded. They were crying 'mama, mama, mama.' We couldn't do anything about it — you can't stop a machine gun bullet."

That was the first time he lowered the ramp that day. Three Soldiers were able to get off the boat. Devita said they all made it to the beach — but were killed as soon as they got there.

"The first wave was a bloody disaster," he said. "We had 90 percent casualties in the first wave. Nobody lived through that first wave, it was a bloody mess."

The boat was to return to the ship, he pulled the handle to raise the ramp and nothing happened. He tried again — nothing. He tried putting it on autopilot — still nothing.

"I was responsible for that ramp and if I don't get that ramp up everybody in that boat is going to die, we're not going to have any survivors," he said.

From his vantage point, he couldn't see the ramp because of all the dead bodies. He crawled over them to get to the ramp. When he got there, he learned why it would not close — the weight of two 1st Infantry Division Soldiers fully loaded with 90 pounds of equipment was weighing it down.

With the ramp closed boat 28 headed back to the ship, but first made a stop at a hospital ship where a few wounded Soldiers were taken aboard.

"God, please," Devita said. "They're going to be on a hospital ship where they are going to get care, where they are going to get morphine — maybe some of them will survive."

After the first wave, one person from each boat boarded the ship for a quick discussion on how to mitigate the casualties.

Devita remembered how it felt to be back on the ship and off of the boat where in a matter of minutes he saw so many young men fall.

"I'm back aboard the ship — I'm alive," he said. "I had to make a big decision — to stay aboard the ship or do I go back into the belly of the beast and face machine guns again. I made a decision, this is what I was trained to do. I'm gonna go back and I went back 14 more times."

When he was on board, he said a sergeant, a large sergeant, put his hand on his shoulder. That human touch was welcome at that moment. It felt like a hug, he said.

The words the sergeant told him, gave him encouragement.

"He says those machines can only fire so long before they overheat and when they overheat, they have to change the barrel," he said. "And when they change the barrel that's when you drop the ramp."

Armed with this new information Devita returned to the boat. When positioned, he waited until he heard the bullets stop for a moment. At that point he lowered the ramp — Soldiers

would have seven to 10 seconds to get off before the next barrage of bullets.

In his second time lowering the ramp, seven or eight Soldiers were able to make it off the boat and to the beach, where they met the same fate at the previous three.

"To me that was progress, from three to eight," he said. "I figured if I could keep this up maybe I could get somebody on that beach."

His boat wasn't just dropping Soldiers off. Each time the boat would head back to the ship, they were trying to bring as many of the dead back with them.

"You never leave a man behind," he said. "We had grappling hooks and we fish these guys, the dead and the wounded out of the water and take them back to the ship. At the end of the day, there were 2,000 mothers whose sons were not going to come home."

Six of the Higgins boats were lost that day, but all of the crews survived. Each boat had three men. Of the 18 men, 16 were pulled from the water. Two made it to shore where they grabbed weapons and joined the fight.

"That's why my ship was called the Lucky Chase," he said.

Although he did not know any of the 1st Division Soldiers who stormed Omaha Beach, he has respect and admiration for them and the Division.

"I love the 1st Division — the best division in the whole G** d*** Army," he said. **#dday**

HEROISM Continued from page 1

... and then everything went blank. In a blink of an eye his truck was gone. There was nothing left but a fireball."

Roszko's voice cracked as he recalled seeing the explosion and fearing all five inside were dead. A moment later something hit his truck. He and the others jumped out to take cover, which was when they realized what hit them was the back end of the truck that had exploded.

That's when he saw two survivors of the burning truck running — their clothing on fire.

"I could see the driver's seat where Debolt was getting out of the vehicle himself, part of his arm on fire," he said. "Not even thinking of his own safety, he went back into the vehicle and pulled out our [forward observer], saving him from further injury. Debolt promptly ... went right back into the fire and pulled out his brother and got him to safety, helping put out the fire on him and his fellow Soldiers before he put the fire out on himself."

Time was standing still at that moment, what happened in just a few minutes, seemed like hours, he said. As they tended to the wounded, they found themselves ambushed and outnumbered 10 to one.

Roszko ran out to try and draw the fire away from the injured Soldiers. He took a few men, but then turned to see Debolt, despite his injuries, right there with him.

"He picked up one of the weapons of our combat lifesavers to help return fire on the enemy that was to our front," he said. "Someone who was just a moment ago was

fire himself; someone who went back into a truck that was on fire to pull out another Soldier; someone who at this point had no [Interceptor Body Armor], no helmet cause it was too badly burned ... and had to be cut off. I remember looking him in the eye and telling him to get out of there."

Roszko was watching a true American hero in action.

A LEGACY OF HEROES

Following Roszko's account of Debolt's heroism, Funk spoke about other Soldiers who earned the Distinguished Service Cross and the legacy of heroism in Debolt's family.

He told the story of Debolt's uncle Cpl. Ronald Rosser. Like his nephew, Rosser showed incredible bravery and continued fighting despite having received serious injuries while serving in Korea. His actions earned him the Congressional Medal of Honor.

It was because of his uncle that Debolt said he chose the infantry when he enlisted.

"He was at [Military Entrance Processing Station] with me," Debolt said during a press conference following the ceremony. "And we were picking jobs — you know, I couldn't choose anything other than infantryman with him there — so I did."

His choice to join the Army is one he doesn't regret. He said the Army changes people — in a positive way.

"You stand taller," he said. "I want to raise my kids the way the Army raised me ... just to be a better person."

His thoughts are never too far from the brothers who did not make it back home. Those are the people he lives for today.

"Our nation's history is full of selfless heroes like these," Funk said. "When you hear the deeds of these valiant warriors, you have to ask yourself, 'where do we get these men and women? What drives them to fight and sacrifice so much; sometimes giving their very lives? And what inspires members of the most exclusive fraternity in the world to gather for an assembly like this?'"

"Part of this bond comes from our shared values of loyalty, duty, respect, selfless service, honor, integrity and personal courage," Funk said. "But when you strip it all away it is love. Love of family, love for our brothers and sisters in arms and of love of our nation. This is the essence of the bond between warriors. And it is the love that brings this group before you today to honor a true American hero."

Funk continued, telling those gathered about Debolt's selfless character. He also spoke briefly of the journey Debolt faced after he left Afghanistan. He spent more than six months at Brooke Army Medical Center in San Antonio, and endured extensive skin grafts to treat his injuries.

In Jan. 2011, Debolt returned to Afghanistan. This time with 1st Battalion, 26th Infantry Regiment, 3rd Brigade Combat Team, 1st Infantry Division.

"It is because of heroes like him that America thrives as a free land today," Funk said.

EXPERT Continued from page 1

day and night land navigation course and three lanes consisting of weapons, patrol and medical tasks."

The last day begins with a 12 mile foot march that must be completed in less than three hours. Afterward, participants had five minutes to clear, disassemble, reassemble and perform a functions check on a M4-Series carbine.

While the EIB is typically sought-after by U.S. Soldiers, on rare occasions foreign soldiers are invited to participate. Foreign soldiers are held to the same standards, to include holding an equivalent infantry primary military occupational specialty.

"I just like learning something new and getting better, so it's a new achievement of me getting better in the military," said Cpl. Finnian Garvey, a sniper from the German army, "It's fun being here, it's something totally different than what we have, we don't have anything comparing actually."

The purpose of the EIB is to recognize infantrymen who demonstrate a mastery of critical tasks. These tasks build on the

foundation of individual proficiency, allowing units improved collective readiness to maintain, overmatch and increase lethality against future threats.

In 1944, Army Chief of Staff, George C. Marshall initiated the development of an award to honor the U.S. Army infantryman. The Office of Heraldic Activity of the Quartermaster General designed the EIB to represent the U.S. infantry's tough, hard hitting role in combat and symbolize proficiency in infantry arts.

"The EIB proves that a Soldier can take a set of instructions and follow them exactly to accomplish a task," said Staff Sgt. Brett Alexander, a platoon sergeant with the 1st Bn., 16th Inf. Regt., 1st ABCT, 1st Inf. Div. "It's definitely humbling, and you really have to pay attention to detail."

The "Devil" Brigade is part of more than 6,000 U.S. regionally-allocated Soldiers in Germany, Bulgaria, Estonia, Hungary, Latvia, Lithuania, Poland and Romania, on a nine-month rotation, in support of Atlantic Resolve.

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1

DUTY FIRST DOWNRANGE

1

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



Capt. Christopher L. Sikich | 358th PAD

Pfc. Corbin Taylor, an M2 Bradley Fighting Vehicle mechanic from Yorktown, Virginia, assigned to Forward Support Company I, attached to Company A, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, performs vehicle services on a Bradley in the maintenance bay at Novo Selo Training Area, Bulgaria, March 26. The unit is deployed to Bulgaria in support of the Atlantic Resolve Mission.



Staff Sgt. True Thao | 358th PAD

Spc. Dustin E. Pritchett, Rich Hill, Missouri, with Company B, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, observes his target during close quarters marksmanship at Novo Selo Training Area, Bulgaria, March 27.



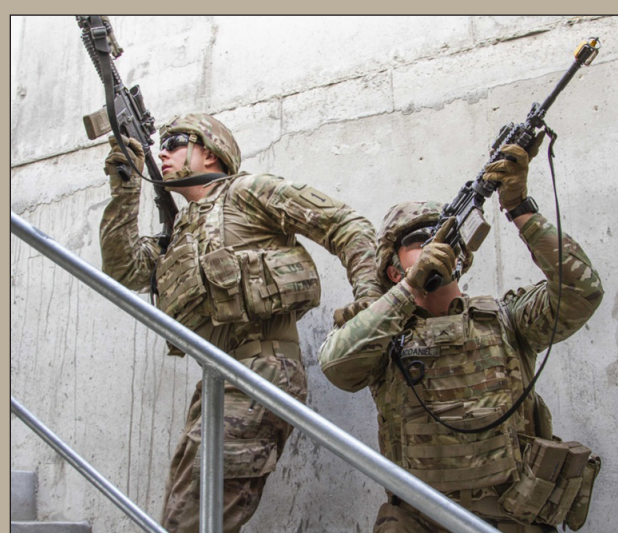
Capt. Christopher L. Sikich | 358th PAD

Combat medics assigned to 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division and flight medics assigned to 3rd Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Inf. Div., conduct hoist training using an HH-60 Black Hawk helicopter in conjunction with medical evacuation training at Novo Selo Training Range, Bulgaria, March 28.



Capt. Christopher L. Sikich | 358th PAD

Combat medics assigned to 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, and flight medics assigned to 3rd Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Inf. Div., conduct medical evacuation training at Novo Selo Training Range, Bulgaria, March 28. The "Iron Rangers" and "Nightmares" are deployed to Bulgaria and Romania as part of the support of the Atlantic Resolve Mission.



Staff Sgt. Adam Decker | 358th PAD

Cpl. Michael Driscoll and Pvt. Matthew McDaniel, 1st Platoon, Company A, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, conduct close quarters battle drills at Novo Selo Training Area, Bulgaria, March 26.

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Clint Harold, Corvias maintenance supervisor, shows 4½-year-old Brayden Czerniak, son of Sgt. 1st Class Derek Czerniak, Company B, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, how to use a caulk gun while installing a baseboard inside the Corvias Self-Help Center March 27. The Self-Help Center was a direct response by Corvias to comments made by residents in February during town hall meetings discussing housing issues on Fort Riley.

CAULK & AWE

Self-Help Center a one-stop fix-it resource for Corvias residents

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

The Corvias Self-Help Center, 380 Carter Ave., opened with a ribbon cutting March 27.

“This is the first of many things coming as we’re coming out of Operation Victory Homefront, where we’ve stepped through and focused through the visits on all the homes and barracks on the installation,” said Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander.

Inside, residents will find items like shower heads, lightbulbs, garbage disposal plugs, paint and paint brushes and hand tools to complete some of the smaller repair items in the home.

These items are free for residents to come in and pick up.

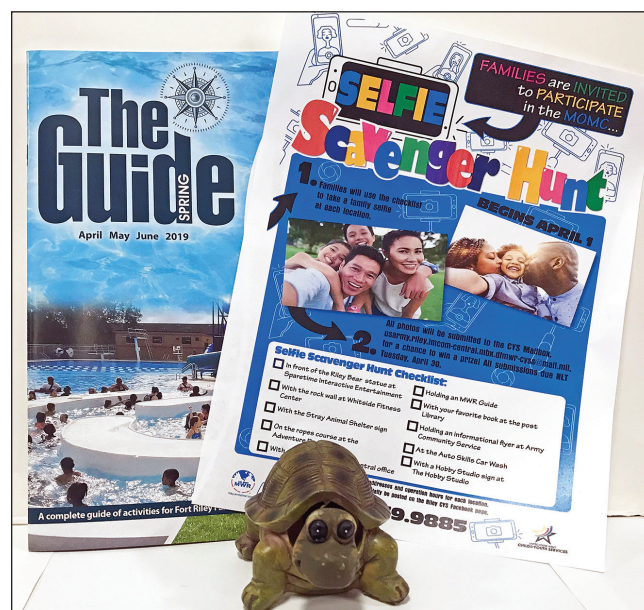


Corvias and garrison staff join Fort Riley residents at the ribbon-cutting ceremony of the Corvias Self-Help Center March 27.

“We want folks to have issues fixed in real time, and having the ability to do some [do-it-yourself] type actions will assist in the process, so it’s very important that folks understand that this is available and encouraged for them to use,” said Steve Milton, director of Housing Services.

“There’s probably 60 items on the list,” said Ken Barteau, Corvias facility director. “They can come and get lightbulbs (on a) one-for-one exchange and air filters. We’ve got shovels, weed eaters, hedge trimmers if they are do-it-yourselfers

See CORVIAS, page 13



Spc. Shell is in it to win the Selfie Scavenger Hunt, which highlights the Month of the Military Child.

Scavenger hunt highlights Month of the Military Child

Selfies, checklist all part of monthlong event for families

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

Beginning April 1, families can participate in a Month of the Military Child Selfie Scavenger Hunt sponsored by Fort Riley’s Child and Youth Services.

To get involved, families can visit CYS Parent Central, 6620 Normandy Rd., to pick up their scavenger hunt checklist. The checklist has locations around Fort Riley where families can visit and take a selfie.

“It’s a low-key event, but an opportunity for families to have fun together while they work through the checklist,” said Amelia Knapp, Outreach Services director, Child & Youth Services, Directorate of

MORE INFORMATION

- For more information about the Selfie Scavenger Hunt, call Fort Riley’s Child and Youth Services Parent Central at 785-239-9885.

Family and Morale, Welfare and Recreation.

At some of the locations, the task is as simple as taking a picture with a brochure or sign and at others, families will need to be a little more involved in the activity.

Once the checklist is completed, the photos must be submitted to the CYS mailbox, us-army.riley.imcom-central.mbx.dfmwr-cyss@mail.mil before April 30 for the chance to win prizes.

For more information, call CYS Parent Central at 785-239-9885.

Changes to Soldier, family programming on the horizon

Additional services mean rate increases for certain programs

By Will Ravenstein
1ST INF. DIV. POST

Rates are increasing for several programs offered by the Fort Riley Outdoor Recreation staff, Directorate of Family and Morale, Welfare and Recreation.

“As we look at MWR across the board, we’ve had to increase the services and offerings we offer to the community to stay relevant to what everybody wants,” said David Roudybush, director, DFMWR. “So, we’ve seen that across the board when we put in the Adventure Park, we’ve converted the bowling alley to SpareTime (Interactive Entertainment), we’re going to be doing other things like that. With that it means as we do these new offerings we need to adjust our prices to where they should be, because we have been running at a loss. Unfortunately, with the new fiscal re-

DID YOU KNOW?

- Army regulation requires services offered to be no lower than 25 percent of the same service offered by off-post businesses.

ality, if you’re running at a loss we’re going to have to close the place down.”

Army regulation, according to Roudybush, requires services offered to be no lower than 25 percent of the same service offered by off-post businesses.

“An example of that is if somebody outside is charging \$100, we cannot charge less than \$75,” he said. “The problem that has happened, over the last decade, with us not raising our prices — everybody outside the gate has raised prices as the costs get more expensive. They’ve kept up with that inflation price, where we haven’t. So, we’re actually outside of that band now in a lot of cases. This

See CHANGES, page 14

WEEKEND WEATHER OUTLOOK

FRIDAY



HI: 70 F

LOW: 46 F

SATURDAY



HI: 72 F

LOW: 52 F

SUNDAY



HI: 68 F

LOW: 54 F

FORT RILEY POST-ITS

Child and Youth Services

Child and Youth Services staff is hosting a Family Movie at Barlow Theater. CY registered families can enjoy the movie, "Wonder Park", at no cost and can purchase concessions with a small popcorn and small drink at a discounted rate. Seating is limited and show time is at 6:30 p.m. Prior registration is required. Call Parent Central at 785-239-9885.

Fort Riley MWR

The next Night Climbing event is April 10 from 5 to 7 p.m. at Craig Fitness Center. Get your family and friends together for a fun a challenging activity. Registration is \$5 per person and can be done at Outdoor Recreation.

Child and Youth Services

The Month of the Military Child Kidfest event sponsored by Child and Youth Services is April 6 from 1 to 4 p.m. at Riley's Conference Center. This MOMC celebration includes static displays, small activity stations, small rides, character performances, instructional program demonstrations, informational booths and free snacks. Children can meet a superhero provided by the Family Advocacy Program. There is no charge for the event.

Fort Riley MWR

The next free Library Movie Night is April 6 from 6:30 to 8 p.m. The movie will be "Sgt. Stubby: An American Hero."

Like - Comment - Share

189 73 115

Fort Riley MWR

The Zombie Challenge Run at Outdoor Adventure, 5202 Normandy Dr., is April 6 from 5 to 7 p.m. Each participant will wear flag waist bands with two flags during the run. The Zombies on the course will try to remove these flags. Participants will also be attempting obstacles such as a climb over wall and crawling through a dirt pit so plan to get a little muddy. This will be a 2.3 mile run. Cost is only \$12 in advance and \$15 the day of and children under 18 are free. Volunteers are needed for the event. Contact OATC at 785-239-2363 to sign-up.

Fort Riley MWR

The next Open Trap and Skeet Shooting weekend is April 6 and 7 from 10 a.m. to 2 p.m. The Fort Riley Trap and Skeet range is open to the public. Cost is \$5 per round. Rental and ammo sales are available. Please contact Outdoor Recreation at 785-239-2363 for more information.

Lets go to the movies @ Barlow Theater

Friday, April 5 — Captain Marvel (PG-13) 7 p.m.
Saturday, April 6 — Captain Marvel (PG-13) 2 p.m. and A Madea Family Funeral (PG-13) 7 p.m.
Sunday, April 7 — Captain Marvel (PG-13) 5 p.m.

Theater opens 30 minutes before first showing. For more information, call 785-239-9574. Regular Showing: \$6, children are \$3.50, children 5 and under are admitted free. 3D Showing: \$8 First Run: \$8.25, 3D; First Run: \$10.25.

Like - Comment - Share

16 13 5

Vietnam veterans recognized

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

March 29 was National Vietnam Veteran's Day and across the country, organizations held ceremonies honoring the veterans.

At Fort Riley, the Commissary had cake and coffee for shoppers and the Army & Air Force Exchange Service celebrated the day with a pinning ceremony.

Command Sgt. Maj. Andrew T. Bristow II, garrison senior noncommissioned officer, spoke to attendees about the reason for the event.

"Today, we take a moment to thank and honor our Vietnam veterans and their families for their service and sacrifice on behalf of the nation," he said.

He talked about the more than 9 million men and women who served from 1955 to 1975 and the more than 58,000 who gave the ultimate sacrifice and are honored on the Vietnam Veterans' Memorial Wall in Washington D.C.

"Some of you here today may have fellow Soldiers, friends or family who made that ultimate sacrifice and whose name is engraved on that wall," he said.

"Soldiers learn the Army Values of Loyalty, Duty, Re-



ABOVE: Joseph Escobar, main store manager, Dennis Olson, Vietnam veteran, Sgt. Maj. Andrew T. Bristow II, garrison senior noncommissioned officer, Linda Olson, Vietnam veteran, and Robin Ayling, Exchange general manager, pose for a photo after cutting the cake during the Vietnam War Commemoration Ceremony March 29. **RIGHT:** Command Sgt. Maj. Andrew T. Bristow II, garrison senior noncommissioned officer, speaks to Vietnam veterans and their families during the Vietnam War Commemoration Ceremony at the main Post Exchange March 29.

spect, Selfless Service, Honor, Integrity and Personal Courage during basic training and they must live them every day in everything they do," he said.

"Those we honor today certainly did that and we are right to remember and honor them on this day." At the end of the ceremony Fort Riley representatives presented commemoration pins and certificates before serving cake.



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Lent & Passover

Catholic Services

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

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

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

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

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

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

Protestant Services

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

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

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

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

Normal Sunday Worship Services as scheduled.

Jewish Services

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

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

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

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

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

For more information: 785-239-3359

Worship Opportunities

Protestant Services	
Victory Chapel	239-0834
ChapelXt Protestant Service	
Sunday Worship.....	1100
Children's Church.....	1105-1200
Morris Hill Chapel	239-2799
Gospel Protestant Service	
Sunday School.....	0900
Sunday Worship.....	1100
Main Post Chapel	239-6597
Traditional Protestant Service	
Sunday Worship.....	1030
Children's Church.....	1045-1130
Catholic Services	
Victory Chapel	239-0834
Sunday Mass.....	0845
Sunday Catechism.....	0950
Saint Mary's Chapel	239-6597
Sunday: Confession (or by appointment).....	1100
Sunday Mass.....	1130
Daily Mass - Mon., Wed., & Fri.....	1200
IACH Chapel	239-7872
Daily Mass - Tue. & Thur.....	1200
Jewish Service	
For worship and holiday observance information please contact the Senior Chaplain at 240-6268/910-273-0767.	
Pagan/Wiccan Service	
Kapaun Chapel	239-4818
Fort Riley Open Circle- SWC	
1st & 3rd Wednesday monthly.....	1800

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

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

A little knowledge, support can be big

Fit Nation program helps Soldier turn life completely around

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

Sometimes all it takes to move a fitness journey off the slow path and on to the road to success is a little instruction.

Last summer, Staff Sgt. Ronnie Frazee had a permanent walking profile because of pinched nerves in her feet. She was getting overweight and became flagged.

When she was recommended for the Fit Nation program, she was apprehensive.

"I came into it thinking this was going to be the end of my military career — this was a place I was going to pretty much end it all," she said. "But it wasn't the case. I came out stronger on the other end."

She now leads 1st Infantry Division Sustainment Brigade Soldiers in Fit Nation.

Her initial fears were based on lack of knowledge. She heard the program had a lot of weightlifting and battle ropes.

"I had never done any weightlifting or anything like that," she said.

But she watched as Soldiers went in because of an Army Physical Fitness Test failure or being overweight and come out successful.

"They either lost the weight they needed to or passed the APFT like they needed to," she said.

When she first started, she realized she was out of shape and the program was not easy.

As she went along, to her surprise she learned something.

"It was a lot of fun," she said. "Once you were complete, you felt like you worked every muscle in your body — you felt like you earned that workout time."

Having never experienced just what she was capable of in the gym, she stepped in cautiously. She didn't push herself and stayed with the other females in the group, lifting and squatting what they were doing.

She worked under the direction of Stafford Gosser, Fit Nation project lead, who showed her how to use the equipment and encouraged her. Just having someone guide her through and explain the equipment made a world of difference.

But Gosser did one other thing that helped turn it around for her.

"(He) told me I had more," Frazee said. "He pushed me a little bit further until I started surpassing what I was doing. Eventually, I got up to where I was lifting as much as the males and running as fast as the males. That felt good."

A solid dose of confidence and a little knowledge went a



Staff Sgt. Ronnie Frazee back squats at Whitside Fitness Center March 25. She has improved her weightlifting, her run and overall health since starting Fit Nation eight months ago.

"I came into it (Fit Nation program) thinking this was going to be the end of my military career — this was a place I was going to pretty much end it all. But it wasn't the case. I came out stronger on the other end."

STAFF SGT. RONNIE FRAZEE
LEADS 1ST INFANTRY DIVISION SUSTAINMENT BRIGADE SOLDIERS IN FIT NATION

long way. She went from a Soldier who was not motivated to exercise and who thought her military career was just about over, to meeting all her goals and helping others do the same.

"I'm really enjoying this," she said. "It is something I've never done and I am really proud of what I could do. I'm in the best shape of my life now."

Her success in the fitness arena spilled over into other parts of her life.

"It's even given me confidence to try other avenues — to do yoga and tempo running and destination running," she said. "Now, I have a whole new idea of fitness and what you can do."

Her success led Gosser to ask if she would be interested in helping with the next group that was going through.

Now, in addition of having pride in her own accomplishments, she said it makes her feel "awesome" to see Soldiers who were in the same place she was — succeeding.

A WOMAN'S CONCERN

Frazee shared a concern with many women — she didn't want to lift weights, bulk up and look like a man.

As she became stronger, toned up and learned about fitness, she found out women have nothing to worry about.

And she tries to pass that on to the female Soldiers she works with.

"I'm not bulky, but I can lift as much as everyone else," she said.

She used to be a tomboy, but also has that feminine side. It's all about finding a balance. She'll do like other females and doll herself up sometimes, but the lipstick and nail polish get set aside when she goes to the gym.

"I may look like a girl and sound like a girl but I'm going to lift like a boy," she said.

In the eight months she has been with Fit Nation, Gosser said Frazee has improved by about 100 pounds in the deadlift and the squat.

She went from deadlifting 145 pounds to 295 and squatting 185 pounds to 275 pounds.

"And the best part," Frazee said, "is just because you are a female you can still look like a female. I haven't gotten big or bulky, but I have better muscle definition. Just to see your muscle tissue go up and see your muscle measurements go up, it's a very gratifying feeling. It makes me feel like my mass is for a reason."

Her next goal is to drop her profile. She plans on being reevaluated soon. Even if she feels like she can run ok, she doesn't want to push it too far, too quick and potentially

#FITFIRST

cause more damage. One of the points she said Gosser has stressed is the importance of listening to one's body.

"I am able to run, jump, everything that I couldn't do before," she said. "I feel like either I'm stronger or I figured out a way to work myself a round it where I can run 2½, 3 miles with no pain."

In fact, not only does she run — she enjoys it and even goes out on the weekends and runs just for the fun of it.

"I just feel stronger," she said. "I'm more willing to, on my off time, go into some type of fitness. I am in the gym. I am pushing my limits. I'm trying more things. And the confidence you get from that alone is worth it."

She brings that confidence home with her. She and her husband, Staff Sgt. Matthew Frazee, who is a recruiter in Manhattan, Kansas, trade off their exercise time with watching their young sons.

"When I go to the gym, he watches them; when he goes, I stay with them," she said.

She joked that he is getting jealous of her fitness success.

"I had the whole mom bod going on," she said. "But he likes the glute lift, the toned belly, the toned thighs and my arms are almost as defined as his."

When she looks back over the past eight months, she said it's amazing the difference. It hasn't been lost on Gosser who brags on her.

"Staff Sgt. Frazee exemplifies what can be gained from participation in the full program when dedicated and motivated," he said. "She has set the bar high in terms of individual improvement as well as application of knowledge gained."

TUESDAY TRIVIA CONTEST



The question for the week of April 2 was: April is here and that means the tax filing deadline is coming. How can I find the Fort Riley Tax Center?

Answer: home.army.mil/riley/index.php/about/directorates-staff/legal-assistance-office/tax-center

This week's winner is Sgt. Peter Tibbetts, Company E, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division.

Pictured above is Sgt. Peter Tibbetts.

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Adult Easter Egg Scavenger Hunt 12:45

EVENT SPONSORS

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Fort Riley Post-Wide Yard Sale

Saturday, May 4, 2019
8 a.m. - Noon

Community Yard Sale

Fort Riley Post Thrift Shop Bldg 267 will be open from 10 a.m. - 1 p.m.

DOD ID card holders who live off-post are able to participate and need to register in advance. There is no cost. There will be two parking lots our off-post sellers can set up in; the Commissary or The Exchange. Sellers may sign up in person at customer service of either store. For more information about the spaces available to eligible off-post sellers, call the Commissary at 785-240-0459 or The Exchange at 785-784-2026 extension 206.

FORM MATTERS

Three L's, Know B.S. – Part 3

By Gail Parsons
1ST INF. DIV. POST

Three Ls and Know B.S. is a cue that Stafford Gosser, Fit Nation project lead, developed to help Soldiers remember key points to stay in proper form when working out.

The Ls stand for Lats, Look and Lead; the B and S stand for Brace and Slack.

In the Form Matters column in the March 22 edition

of the 1st Infantry Division Post, Gosser explained how the cue works when performing the deadlift; in the March 29 edition he demonstrated the back squat.

A third exercise he uses the 3Ls and Know B.S. cue in the front squat.

“The front squats are a good exercise but it does require wrist mobility to perform them,” he said. “But what’s a little more concerning is focusing on knowing

the proper technique in terms of bar placement and then making sure that the bar is optimally maintained.”

He said this is not a beginner’s exercise. To work up to it, he recommends people start with the goblet squat, which is much the same, except using a kettle bell instead of a bar.

When performing the front squat, he said to create a shelf with the delts, this is where that bar is going to sit.

“What you do is push the elbows high in order to create that shelf,” he said. “A lot of folk’s common error is they try to bring the delts to the bar. That just isn’t going to work. Relax and just roll those elbows up nice and high.”

If set up correctly, the weightlifter should be able to take their hands off the bar completely, Gosser said.

He demonstrates the move using the 3 Ls and Know B.S.



THREE L'S AND KNOW B.S. – PART 3

1. Hand placement is near or just outside shoulder width.
- 2, 3. Making sure the elbows are high, especially out of the bottom.
4. The lats stay engaged by keeping the elbows high throughout the movement. Look neutral or slightly up throughout the movement.
5. Push back to the hips, sitting back and down. Lead with the hips bracing and spread the floor. A common error the spread the floor cue addresses is the knees caving in. “Spreading the floor means acting like you’re standing on a piece of newspaper,” he said. “And as you are going up and down, you’re trying to tear it in half with your feet.” This will put the pressure on the outside of the foot, which will cause the knees to drive out. “I’m pushing those hips back and going down,” he said. “I go to whatever depth is adequate for me. As a general rule of thumb, the elbows drive out of the bottom until I return that starting position.”

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

MOTIVATED BY MUSIC



Photos by Will Ravenstein | POST

TOP: Spc. Jahbarhi Watson, 1st Infantry Division Brass Band, performs a rap for the students of Jefferson Elementary School March 29 to help motivate the students who are taking their Kansas assessment tests. The 1st Inf. Div. Brass Band performed several songs while encouraging them to do well on their tests. MIDDLE: Spc. Michael Turner, the Brass Band, plays a trumpet solo during one of the songs for the students at Jefferson Elementary School March 29. The bands performed at a pep rally to help motivate the third-, fourth- and fifth-grade students who were taking Kansas assessment tests. ABOVE: Jefferson Elementary students listen to the Brass Band as they perform during a pep rally at the school.

HOME.ARMY.MIL/RILEY

DININ' DEALS		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		April 7th	April 8th	April 9th	April 10th	April 11th	April 12th	April 13th
<p>Stacy's Restaurant 118 W Flint Hills Blvd JUNCTION CITY (785) 238-3039</p>	<ul style="list-style-type: none"> • Roast Beef • Chicken Dijon • Swiss Steak <p>Reg. \$9.00 Sr. Size \$8.00 Inc Tax</p>	<p>Ham & Beans Reg. \$7.29 Sr. Size \$6.38 Plus Tax</p>	<p>Pot Roast Reg. \$7.29 Sr. Size \$6.38 Plus Tax</p>	<p>Meatloaf Reg. \$7.29 Sr. Size \$6.38 Plus Tax</p>	<p>Fried Chicken Reg. \$7.29 Sr. Size \$6.38 Plus Tax</p>	<p>Beef Stroganoff Reg. \$7.29 Sr. Size \$6.38 Plus Tax</p>	<p>Cook's Choice Reg. \$7.29 Sr. Size \$6.38 Plus Tax</p>	
<p>Tyme Out 101 Continental Dr JUNCTION CITY (785) 238-7638</p>	<p>Proud supporters of LIVE WELL Geary County</p>	<p>CLOSED</p>	<p>CLOSED</p>	<p>Homemade Schnitzel ALL DAY \$10.99 10:30am-8:30pm German Beer \$1.00 OFF</p>	<p>OPEN ALL DAY 10:30am-9:00pm Tyme Out Burger \$8.99 Price Reflects \$1 Discount</p>	<p>OPEN ALL DAY 10:30am-9:00pm 6 oz. Steak \$8.99</p>	<p>OPEN ALL DAY 10:30am-10:00pm Come See Us!</p>	<p>OPEN 2:30pm-9:30pm Come See Us!</p>
<p>The Cove at Acorns Resort 3710 Farnum Creek Rd. MILFORD (785) 463-4000</p>	<p>Happy Hour All Day Open 11:00am-8:00pm</p>	<p>1/2 Price Appetizers Open 4:00pm-9:00pm</p>	<p>\$2.00 OFF All Tacos Open 4:00pm-9:00pm</p>	<p>Kids Eat Free w/ Purchase of Adult Meal Open 4:00pm-9:00pm</p>	<p>Fajita Night Chicken \$12 Steak \$15 Long Island Ice Tea \$5 Open 4:00pm-9:00pm</p>	<p>Crab Legs \$22 Open 11:00am-10:00pm</p>	<p>Prime Rib Special \$20 for 10-oz cut \$25 for 14-oz cut Open 11:00am-10:00pm</p>	
<p>Cracker Barrel 115 N East St JUNCTION CITY (785) 762-5567</p>	<p>Home Style Fried Chicken All Day \$9.99</p>	<p>Chicken & Dressing Starts at 11:00am</p>	<p>Homemade Meatloaf Starts at 11:00am</p>	<p>Chicken Pot Pie Starts at 11:00am</p>	<p>Lunch & Dinner Turkey & Dressing</p>	<p>Fried Fish All Day \$9.99</p>	<p>Chicken & Rice All Day \$9.99</p>	
<p>Munson's Prime 426 Goldenbelt JUNCTION CITY (785) 238-1135</p>	<p>Sunday Brunch \$15.00 per person Kids under 6 eat FREE 11AM TO 2PM</p>	<p>Steak Chili \$8.00</p>	<p>TexMex Tuesday \$8.00</p>	<p>Wings Wednesdays 50¢</p>	<p>Lasagna \$8.00</p>	<p>Chef Special \$8.00</p>	<p>Lunch Special: Smoked Brisket</p>	

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

ON SALE: QUALITY GROUND BEEF FOR COOKING & GRILLING

Check **Dinin' Deals** each Friday in the **1st Infantry Division Post** and each Sunday in **The Daily Union** for upcoming specials and coupons for your favorite local restaurants!

Honoring our smallest heroes in April

Commissaries offering savings during Month of the Military Child

By Matthew Perry
DECA MARKETING AND MASS
MEDIA SPECIALIST

FORT LEE, Va. — April is the Month of the Military Child, a time to show our support and thank the smallest heroes.

“I am so happy that we are able to be a part of recognizing these children for their strength and sacrifices,” said Army Command Sgt. Maj. Tomeka N. O’Neal, the Defense Commissary Agency’s senior enlisted advisor to the DeCA director. “They deserve the best, and the commissary and its people do an excellent job providing them with the best quality food they need to help them grow.”

There’s no time for fooling around this April with all the exclusive deals, scholarships, events and competitions happening only at your commissary. Commissaries are in their final weeks of competition to bring home a Procter & Gamble ProCamp. And customers can still win a chance to meet Smithfield number 10 stock car driver Aric Almirola, or win a trip for two to the race of their choice.

The Month of the Military Child begins with a coloring contest for the kids with a chance to have their picture featured on reusable shopping bags available at most commissaries. But it doesn’t stop there. Six lucky children have the chance to win a piece of a \$10,000 scholarship in honor of their sacrifice as a military child.

The agency reminds customers to visit its new online customer portal, my.commissaries.com, to manage their online shopping experience. The portal makes it easy to access their Commissary Rewards Card account, see the current sales flyer and place a CLICK2GO curbside



April is Month of the Military Child We thank you for your service, too!

pickup order at participating stores.

Plus, throughout the month, military commissaries are offering discounts beyond everyday savings, especially in displays at the ends of the aisles, where stores showcase products with extra-low prices. Overseas stores may have substitute events for certain promotional programs. Customers should check with their store managers to verify if and when their stores will be offering the following sales events:

- Month of the Military Child Coloring Contest: Eligible children can use their creative talents on the commissary coloring page and submit it using the official contest form, which also has the rules for entering. Entries must be dropped off at the commissary. Grand prize winners will have their artwork placed on a special reusable shopping bag with the first place and honorable mention winners having their names shown as well. The competition runs from April 1 to 30.
- Military children scholarships: Nabisco and Coca-Cola are teaming up. Military patrons can text to win scholarships for their children including one \$5,000 scholarship or one of five \$1,000 scholarships. Look for the purple and red Nabisco and Co-

ca-Cola displays for details on how to enter and win. This event runs from April 1 to 30.

- Easter recipes and hot coupon deals: Kraft Heinz is offering exclusive \$3 or \$5 coupon deals for Easter on many of its top participating brands along with recipes. This event runs from April 8 to 21.
- Keebler Annual Hollow Tree Sales Event: Keebler is proud to sponsor the Annual “Hollow Tree” sales event. Coupons will be available for free milk when four packages of Keebler cookies are purchased. Many stores will have cookies and milk demos. This event runs from April 8 to 21.
- Win a VIP Race Day Experience: Commissary shoppers can still enter to win a chance to meet Smithfield number 10 stock car driver Aric Almirola. This grand prize includes a three-day, two-night trip for two to the race of their choice in the continental United States, hotel stay, spending cash, a personal meet-and-greet with Almirola and more. To enter for a chance to win, text “DECA” to short code 797979 using an SMS-enabled cellphone, along with a photo of your receipt from a commissary showing the pur-

chase of any three or more Smithfield brand products in a single transaction during the sweepstakes period. In addition to the grand prize, 15 first-prize winners will each receive one \$50 commissary gift card. Look for Smithfield displays at the commissary. To participate and read the official rules, visit www.Smithfield-DeCASweeps.com. The sweepstakes run from March 4 to May 5.

- ProCamps for Kids Competition Continues: Procter & Gamble, in collaboration with ProCamps, is sponsoring a free military athletic camp for winning bases worldwide, and every commissary has a chance to win. So get into the commissary where to find the P&G and ProCamps for Kids displays for details on how to enter and win. The competition ends April 7.
- Sidewalk Sales: All commissaries worldwide will have a multiday outdoor sidewalk sale offering extra savings including special deals on some case- and club-pack items. Several commissaries will partner with exchanges for certain promotions linked to this event. Patrons are encouraged to check their store’s web page for sale dates, hours and details. This event runs from April 16 to May 31.

“The commissary is committed to putting our service members and their families first and providing quality products at competitive prices,” O’Neal said. “Our patrons can provide feedback by following us on any of the social media platforms or completing the survey at the bottom of their receipt. As always, we look forward to hearing from you.”

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WICKED RACES



Beth Day | SPECIAL TO THE POST

Tutt McCracken, 5093, wife of Maj. Courtney Dean, Headquarters and Headquarters Company, 5th Squadron, 4th Cavalry Regiment, 2nd armored Brigade Combat Team, 1st Infantry Division, and Michelle Hutchinson, 5066, wife of Chief Warrant Officer 3 Justin Hutchinson, Headquarters and Headquarters Battalion, 1st Inf. Div., joined runners in Wamego, Kansas, for the annual Wicked Races March 30. McCracken finished 21st overall, first in her division with a time of 28:42.8 and Hutchinson finished 25th overall and placed first in her division as she crossed the line in 29:05.0.

CORVIAS Continued from page 9

for their yards and things of that nature. We also provide touch-up paint and things if they want to touch up walls. We’re going to have a one-for-one screen swap, so if they have a screen that a dog tore up or it’s ripped for some reason they can come down here and exchange it.”

The program is similar to the old Army Self-Help Store concept and will allow residents to fix the things they can themselves without waiting for a work order to be completed.

“We listened to our residents,” Barteau said. “The self-help store used to be a thing of the past. When I was in the military, we had a self-

CENTER HOURS

- The Corvias Self-Help Center will be staffed Monday through Friday, 8:30 a.m. to 4:30 p.m. and residents can just stop in and get the items needed.

help store. So, I think it’s going to just be a great thing for the residents. Especially the ones that want to do it themselves rather (than wait).”

“It gives an opportunity for residents to actually (work) on their responsibility and their level on maintenance on the day-to-day stuff,” Shrader said.

“So they can walk in the door get paint, get lightbulbs, get hand tools and that’s a huge opportunity to benefit the residents because it doesn’t come at a cost to the resident.”

The facility will be staffed Monday through Friday, 8:30 a.m. to 4:30 p.m. and residents can just stop in and get the items needed.

“Having the ability to do DIY type maintenance was recommended by some of our residents, and with the guidance of our senior mission commander; this is another example of our partner Corvias, in conjunction with our government teams working toward making Fort Riley the best place to live,” Milton said.

USE YOUR SENSES TO STAY SAFE.

Natural gas is a safe and reliable energy source for your home. Kansas Gas Service reminds you to schedule regular appliance maintenance, follow manufacturer instructions and use the tips below to help keep you and your family safe.

SOUND

If you hear a hissing sound around your natural gas appliances or meter, this could be an indication of a natural gas leak.

SIGHT

If you see a yellow flame instead of a blue flame from your natural gas appliance burner, have it serviced by a licensed professional. A yellow flame is a warning sign natural gas isn’t burning efficiently, which can increase the potential for carbon monoxide poisoning.

If you see blowing dirt, persistent bubbling in standing water or unexplained discoloration of vegetation, these may be signs of a natural gas leak.

SMELL

If you smell an odor like sulfur or rotten eggs in or around your home, this may be the warning sign of a natural gas leak.



Natural gas is flammable and can be ignited by heat, sparks or flames. If you suspect a natural gas leak, leave the area immediately, then dial 911 and call Kansas Gas Service at 1-888-482-4950. Do not use any electrical devices, such as a light switch or wireless phone, in the area.

Before starting any digging project, call 811 at least two full working days prior to the planned excavation date so that underground utilities can be marked for free.

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Call before you dig:..... 811

For more information:..... 1-800-794-4780

For more information, visit the Natural Gas Safety section of KansasGasService.com.

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Kansas Gas Service is committed to constructing and maintaining a natural gas pipeline delivery system that complies with applicable state and federal guidelines, industry standards and safety regulations. To protect our pipelines, we perform employee and contractor training, regular maintenance and testing and inspections to check for leaks and damage to our pipeline system. We apply approved pipeline integrity-management techniques to monitor system performance and ensure system reliability. Your knowledge and understanding of underground pipeline facilities, damage prevention and emergency notification are important elements in ensuring pipeline integrity and enhancing system performance. Our goal is to safely deliver clean and reliable natural gas throughout the communities we serve.



Business and education representatives speak with attendees of the Youth Hiring and Education Fair sponsored by Child and Youth Services March 30 at the CVS Teen Center.

Youth job fair draws old, new participants

More than 20 business and educational entities represented

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

The Youth Hiring and Education Fair March 30 had representatives from more than 20

businesses and educational entities looking to help Fort Riley youth in getting volunteer experience, employment or post-secondary education.

Benita Edwards, Employment Readiness Program manager, said many of the representatives were at past job fairs but there were also a couple new faces.

"I have a new one," she said. "The U.S. Census Bureau, they

have a lot of positions that they are hiring for. They were really interested in coming out and getting their jobs advertised."

United States Census Bureau, partnership specialist Emily Kelley, wife of Lt. Col. Terence Kelley, 1st Infantry Division Public Affairs officer, said the jobs available had great pay with flexible hours.

Some companies were interviewing applicants on the

spot making the job fair successful for the employers and the youth in attendance.

Turnout for the event was low but Monica Smith, Education Services specialist, said even if only one or two people were reached at least someone was helped.

"Even if we don't have a big crowd, at least we got someone," she said. "So, hey we're able to make it work."

CHANGES Continued from page 9

allows us to be able to offer better services but then also brings us back within the regulation guideline and it sets us up for the future so we can continue to do the really cool stuff we're doing now — i.e. SpareTime (Interactive Entertainment)."

Prices have stayed the same for services on Fort Riley for eight years, Outdoor Recreation division chief, Sarah Mueller, said.

Last week, recreational vehicle owners who have their RV's at that storage lot were advised of one of the changes. Those who have prepaid for their term will not see the change until they renew, Mueller said.

"So, we have a handful of people that have already come out and paid for a year in advance," she said. "And this is why it has to be done effective immediately, because my budget, that I've just currently worked on, needs to show that extra revenue for [Fiscal Year] 20. So there are going to be a handful of people that if they

did pay in advance they will not have to pay the new fees until next year."

Renting a boat or kayak will also see a fee increase and those wishing to do so will need to go to Outdoor Recreation.

"Our equipment rental is moving down to our old building at 1806 in (Camp) Funston because it's just more efficient and more customer friendly as far as like checking in and checking out," Mueller said.

Renters will still need to provide their Kansas boaters safety card.

The price of renting a boat is also on the rise, Mueller said.

Another change will be at Leisure Travel.

"So, Leisure Travel is only going to offer cruise packages, Disney packages and Universal (Parks) packages," Mueller said. "Those are going to be the only three custom items that you can come in and book. Other than that, we're going to rely on just local ticket sales that we have, Disney tickets that sort

of stuff."

Mueller said staffing was the decision for that change, but Soldiers and their families can still get the custom package they wish by connecting with the Travel Leisure hub at Marine Corps Base Camp Pendleton, San Diego.

"Now we are going to refer folks to Camp Pendleton because they are actually like the hub for the Army," Mueller said. "So, we'll be able to still refer them to either Camp Pendleton or Fort Leavenworth, (Kansas)."

Other changes include how the pavilion at Outdoor Adventure Park will be rented.

"The pavilions are going to go up to an actual price for a two-hour slot," she said. "So previously we were charging \$15 for all day. But again the local market, in Junction City they do \$15 for two hours and then Manhattan does \$20 to \$25. So, we decided to do \$10 an hour."

Roudybush said the increase was not to add profit into the worker's pockets or his, but to increase the offerings for Fort Riley. "The biggest thing, I

don't get extra money for us making a profit," he said. "Sarah (Mueller) or any of my employees make more money because we have better stocks or better returns. Where outside, you're either a business owner, and you get more money in your pocket; or you're running a corporation and your money is tied back to that. We're not that way."

"All of our profit goes back into MWR that allows us to recapitalize," he said. "When we recapitalize that's what allows us to do the SpareTimes, the Adventure Parks, repairing the car wash — all the stuff we need to do — enhancing our Arts and Crafts center. That all takes money. That money comes from 100 percent of the profit we make. That goes back into that, it doesn't go into somebody's pocket."

Contact Outdoor Adventure Park for more changes and updated rates at

HEALTHY EATING



CONTRIBUTED PHOTO

Banana Blueberry Bars

This recipe was provided by the Performance Triad website listed below.

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

Recipe Analysis: (1 serving = 1 bar)

Per Serving: 189 calories; 4 g protein; 5 g fat, 36 g carbs (2 carbs: 1 protein)

Recipe = 0 servings of vegetables, 12 servings of fruit (0 vegetable per serving, 1 fruit per serving)

*This recipe is from Winn Army Community Hospital, Ft. Stewart, GA.

INGREDIENTS (12 SERVINGS)

- 1 cup dates (pitted and halved)
- 1/2 cup apple juice
- 3 cups rolled oats, divided
- 3/4 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- 3 ripe bananas
- 1 tsp. vanilla extract
- 1 cup fresh blueberries
- 1/2 cup walnuts

STEPS (35 MINUTES)

1. In a small bowl, soak dates in apple juice for 10-15 minutes. Preheat oven to 375 degrees Fahrenheit.
2. Line a 9x9 inch baking pan with parchment paper with the sides covered. Cut slits in the corners of the paper to overlap and lie flat.
3. In a medium bowl, combine 2 cups of the rolled oats with cinnamon and nutmeg. Mix and set aside.
4. Place the remaining 1 cup of rolled oats, bananas and vanilla extract into a blender.
5. Remove the dates from the apple juice and set aside. Strain the juice to add to the blender and blend until smooth.
6. Add the dates to the blender and pulse a few times until the dates are in small pieces.
7. Pour the banana mixture into the dry ingredient bowl. Mix well.
8. Stir in the blueberries and walnuts.
9. Using a spatula, pour the batter into the baking pan. Bake for 30 to 35 minutes or until a toothpick inserted into the center comes out clean.
10. Cool at room temperature for 5 to 10 minutes before cutting and serving.

cookpad.com/us/recipes/727235-banana-blueberry-bars
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Help Wanted

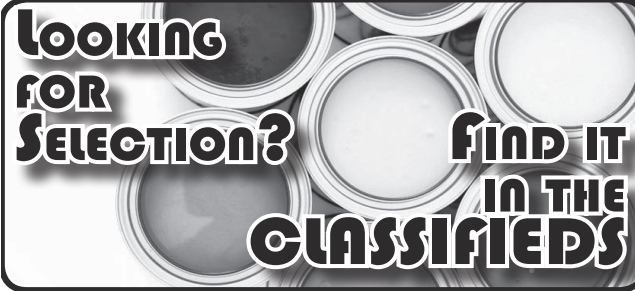
370

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Miscellaneous 270

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Work Wanted 280

LOOKING FOR HOUSES TO CLEAN! FLEXIBLE HOURS, EXPERIENCED. NEW TO THE AREA CALL DEBBIE 515-571-1139

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: 222 W 6th St Junction City

Riley food Services of Fort Riley, Ks is looking for a contract manager. The required qualifications include, 8 years experience within the last 10 years, with 5 years of supervisory experience managing cafeteria style or multiple entree operations providing complete meal service (Breakfast, Lunch and Dinner). 5 Years experience as a District Manager may be substituted for three years of the five years of management experience. Military food service experience in the pay grade of E-6, Warrant or Commission Officer may be credited for management experience for this position. Applicant have to pass a background check and drug screen and must also be Ser-Safe certified. you can pick up and application at BLDG 813, Marshall Drive, Fort Riley, Ks.

Help Wanted 370

Kings Moving & Storage of Junction City is hiring **NON-CDL drivers, laborers** Must have valid drivers license or ID Card and be able to obtain Fort Riley pass to perform jobs on base which includes background check. Pay will be based on experience, must be willing to learn and work hours needed to include possible longer days. Training will be provided. Apply in person at 906 Perry St. No phone calls please.

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.

The Junction City Daily Union is looking for an independent contractor for newspaper delivery in the southwest side of Junction City. 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.

Misc For Sale 530

FRESH PIANOS! "Like new" Yamaha pianos from \$2488. A dozen pre-loved Steinway grands! Over 100 pianos by Baldwin, Kawai and more...starting at \$1288! Mid-America Piano, Manhattan, www.piano4u.com 1-800-950-3774

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Help Wanted 370

Houses For Rent 770

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Houses For Rent 770

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Help Wanted 370

Registered Nurse

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

Direct Support Professional

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



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222 W 6th Street • Junction City, KS 66441 EOE

su | do | ku

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

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

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

REPORTER NEEDED



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

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

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

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

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



Travel & Fun in Kansas

Egg-cellent Easter fun

★ APRIL 5, 2019

HOME OF THE BIG RED ONE

PAGE 16 ★



Children race to pick up eggs at the Fort Riley Main Post Exchange during the 2018 Extravaganza.



Command Sgt. Maj. Andrew T. Bristow II, U.S. Army Garrison Fort Riley senior noncommissioned officer, speaks with children prior to the start of the 2018 Extravaganza.

Exchange to hold 3rd annual Extravaganza

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

Thousands of plastic Easter eggs are up for the grab at events in the coming weeks.

The Army & Air Force Exchange Service staff, in conjunction with more than a dozen partners will host the third annual Easter Egg Hunt Extravaganza 11 a.m. April 13 at Fort Riley's main Exchange, 2210 Trooper Dr.

"This is spectacular," said Robin Ayling, Exchange general manager. "I think we are the first, if not the only in the military to do this. It's the third year to do it as a combined effort. What a bonus for the military community, the military family members."

More than 20,000 eggs will be scattered for children in seven categories; children with disabilities, toddler, ages 3 to 4, 5 to 7, 8 to 9, age 10 to 12 and adults.

Hidden inside the eggs, children and adults will find candy and prizes donated by sponsors.

"It's a community event, we're glad to partner with all the partners here ... it's going to be a great event," said Joe Escobar, Exchange main store manager.

This year, the Exchange staff made changes from last year as far as when the children will start going after the eggs.

"There's going to be times and a little bit of space between the times," Ayling said. "The field is going to be set up a little bit different than last year. They are going to be spread out a little bit more so we don't have everyone congregating in the same area."

This is compared to the mass of children rushing the field, in their respective zones, at the same time.

Other activities planned during the day include face painting, Nerf gun shooting, Play-Doh, Lego building and a virtual dinosaur event inside the Exchange, Escobar said.

"Please stop by," he said.

Inside the food court, if children ages 18 and younger or their parents wear purple in support of Month of the Military Child, the child will get one free surprise food court item, Ayling said.

OTHER EASTER EGG EVENTS

April 13
Zoorific EGGstravaganza! — 9 a.m.
Rolling Hills Zoo, Salina
Easter egg hunt — 10 a.m.
Milford Gathering Pond, Milford Lake
Free Kid's Easter egg hunt — 5 p.m.
Colbert Hills, Manhattan
Annual community Easter egg hunt — 1 p.m.
Lakewood Park, Salina

April 14
Forest Park Easter egg hunt — 2:30 p.m.
Forest Park Conference and Retreat Center, Topeka

April 16
2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division,
Easter egg hunt — 5 p.m.
Fort Riley Elementary School, Fort Riley

April 20
Easter Family Fun Day — 10 a.m.
Manhattan City Park, Manhattan
12th annual Easter egg hunt and carnival — 10 a.m.
Valley View Senior Life, Junction City
Topeka EasterFest 2019 — 10 a.m.
Garfield Park, Topeka
Eisenhower Easter Egg Roll — 1 p.m.
Eisenhower Presidential Library and Museum, Abilene



Spc. Shell heads into nature as he explores the Konza Prairie Reserve in next week's Travel and Fun in Kansas.



Fort Riley family members assist with gathering eggs in one of the sections during the 2018 Easter Extravaganza.

