

# THE 1ST INFANTRY DIVISION POST

★ home.army.mil/riley

FRIDAY, SEPTEMBER 27, 2019

Vol. 11, No. 39 ★

◀◀ FORT RILEY, KANSAS ▶▶

## Aviation conducts operations in support of Saber Junction 19



The Forward Arming and Refueling Point, run by Company E, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, plays a critical role in the multinational exercise, Saber Junction 19.

Story and photo by Capt. Matthew St Clair  
1ST CAB

GRAFENWOEHR, Germany – The platoon from Company E, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, is poised, ready to jump into action the moment they see an incoming friendly helicopter. All of a sudden, two UH-60 Black Hawks emerge from just over the tree line. The team breaks into action, preparing to feed much needed fuel into the landing aircraft.

The Forward Arming and Refueling Point, run by Co. E, 2nd GSAB,

1st Avn. Regt., 1st CAB, 1st Inf. Div., plays a critical role for aviation on the battlefield.

“The Forward Arming and Refueling Point, or FARP, is where aircraft come to get armed and fuel up,” said 1st Lt. Dan Sulzinger of Co. E, 2nd GSAB, 1st Avn. Regt. “We are here so we can refuel and rearm the Apaches while they are doing their gunnery.”

But the FARP isn't just used for the AH-64 Apache. Throughout the past few weeks, UH-60 Black Hawks, CH-47 Chinooks, and AH-64 Apaches from the 1st CAB 1st Inf. Div. have been conducting

Training Area to maintain combat readiness, and prepare to support the multinational exercise Saber Junction 19.

Saber Junction is a 7th Army Training Command conducted, U.S. Army Europe directed combat training rotation for the U.S. Army's 173rd Airborne Brigade Combat Team at the Joint Multinational Readiness Center from Sept. 3 to 30. The exercise includes 5,400 participants from the U.S. and 15 other NATO allied and partner nations. It provides training and interoperability for the multinational forces.

“For Saber Junction, we are providing a FARP for the Black Hawks

and Chinooks. When they go out and do their air assaults or their missions, we will be here so they can come and get fuel when they need it,” said Sulzinger. “Without fuel, nothing moves.”

FARPs play a crucial role in all types of aviation operations, from combat to humanitarian assistance and disaster relief. “If the aircraft can't get fuel, they can't perform their missions. They can't go into the middle of the battlefield and protect our troops on the ground,” said Sulzinger.

In combat, FARPs are often placed in key locations to ensure aircraft can remain in the fight. “We go out into the worst parts of the

battlefield and we setup a FARP so that when the aircraft are finished doing their mission, they can come in and quickly refuel instead of having to go back to the rear,” said Sulzinger. “[FARPs save] precious minutes, hours and possibly lives. Without us monitoring the FARP, working it day in and day out, the battle can't continue.”

The 1st CAB is providing aviation support to the Saber Junction 19 exercise. They are on a nine month rotation to Europe as part of the Atlantic Resolve mission. The unit will redeploy shortly, and will be replaced by the 3rd Combat Aviation Brigade from Savannah, Georgia.

## Hispanic Americans: Essential to America's blueprint

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

Comprising 17.6% of the nation's total population, according to estimates of the July 1, 2015 Census, people of Hispanic origin are America's largest ethnic minority. On Sept. 18, their heritage was spotlighted during a presentation at Morris Hill Chapel.

The guest speaker, Blanca Oviedo, spoke about the role of the American Latino community in the nation using the analogy of a blueprint. She said when she would hear the word blueprint her mind would go to the television show “The Brady Bunch.” The father was an architect and would bring home blueprints from his job.

But the definition of blueprint expands to more than an architect's drawing.

“The definition of it is that it serves as a model — it provides guidance,” Oviedo said. “What really caught my eye when I was looking at the definition of what a blueprint is, is that it is a detailed plan, a program, a guide or an action. A

blueprint is a guide for making something, it is a design or a pattern that can be followed.”

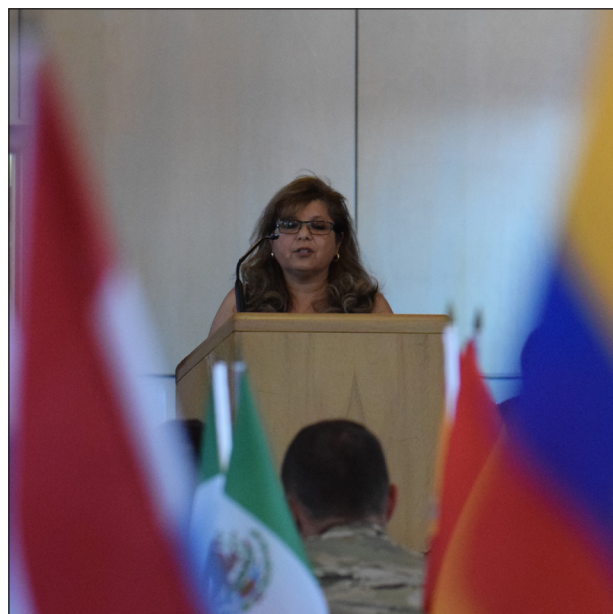
She used the idea of a blueprint to show how everything people do serves as a guide to those around them. For example, when a child does their homework, they are serving as a guide to their siblings; when a person plans their day, they are setting a blueprint for the remainder of their month, she said.

On an ethnic scale, Hispanic Americans have contributed considerably to the blueprint of the country.

“Hispanic Americans ... are essential to our nation.” She said. “The blueprint of our nation includes Hispanic Americans who have empowered others through culture, education, innovation, language, and leadership.”

As an educator, her students contribute to her blueprint, which in turn effects those who come into contact with her.

“If you look at my blueprint ... it is saturated with tiny dots of loved ones who have come and who have gone, family, friends,



Blanca Oviedo speaks during the Hispanic Heritage Observance, Sept. 18. She highlighted the way the American Latino community has contributed to the blueprint of the country.

colleagues and especially students,” she said.

She spoke briefly about her life — she grew up in El Paso, Texas, which borders Juarez, Mexico. Life in the border towns is different now than when she was growing up there. Her teachers would encourage the students to go to Juarez to visit family and friends and learn about the culture.

Those teachers are all part of her blueprint just as she is part of her students'. Although each student is an individual, their blueprints are all part of a larger one.

“What we have to remember is that they're always embedding into our nation as well as they're preparing for something

See BLUEPRINT, page 7

## Superintendent holds listening tour session



Dr. Reginald Eggleston, Unified School District 475 superintendent, speaks with parents and educators during the Community Listening Tour session Sept. 19 at Fort Riley Middle School.

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

Parents of Fort Riley students gathered at Fort Riley Middle School for a USD 475 Community Listening Tour meeting Sept. 19, hosted by Dr. Reginald Eggleston, district superintendent.

“Part of my entry plan to the district ... was to have

community meetings,” he said. “I call them listening and learning sessions, where I get an opportunity to hear what parents, teachers, members of the community have to say about our district. I believe in the continuous improvement model. And every day we should be trying to improve what we do and how we do.”

See DISTRICT, page 7



### VOLUNTEER SPOTLIGHT

Better Opportunities for Single Soldiers is looking for volunteers for the BOSS Trunk or Treat event Oct. 31.

They are looking for people to help with:  
Setup  
Booth running  
Tear down

To volunteer for this event, contact Jane Brookshire, volunteer coordinator with Army Community Service at 785-239-9974.

### ALSO IN THIS ISSUE



SEITZ AFTER SCHOOL PROGRAM KEEPS STUDENTS BUSY

SEE PAGE 9

### ALSO IN THIS ISSUE



SPC. SHELL STROLLS THROUGH THE CHANGING COLORS OF FALL IN THIS WEEK'S TRAVEL AND FUN

SEE PAGE 16

### ALSO IN THIS ISSUE



LOOK FOR THE SPECIAL FALL APPLE DAY SECTION

SEE PAGE 17



# DUTY FIRST DOWNRANGE



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



Mathew Blas | Joint Multinational Readiness Center  
Soldiers with the 1st Infantry Division fly an AH-64D Apache Longbow helicopter during Saber Junction 19 at the Hohenfels Training Area in Germany, Sept. 22. Saber Junction 20 is an exercise involving nearly 5,400 participants from 16 ally and partner nations at the U.S. Army's Grafenwoehr and Hohenfels Training Areas, Sept. 3 to Sept. 30. Saber Junction 19 is designed to assess the readiness of the U.S. Army's 173rd Infantry Airborne Brigade to execute land operations in a joint, combined environment and to promote interoperability with participating allies and partner nations.



Sgt. Kris Wright | 358th MPAD  
Lt. Col. Bob Underwood and Command Sgt. Maj. Christopher Kohunsky wrap up the regimental colors for 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division during a traditional ceremony signifying their completed tenure for Atlantic Resolve at Grafenwoehr, Germany, September 13. During the casing of the colors ceremony, held by U.S. Army commands, brigades and regiments, the guidon of that unit is wrapped up and packed away in preparation for the unit's movement to their next assigned location.



Capt. Matthew St Clair | 1ST CAB, 1ST INF. DIV.  
The Forward Arming and Refueling Point, run by Echo Company, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, plays a critical role Sept. 13 in the multinational exercise, Saber Junction 19.



Capt. Christopher L. Sikich | 358th PAD  
Members of 1st Brigade Engineer Battalion and 3rd Battalion, 66th Armor Regiment, both with 1st Armored Brigade Combat Team, 1st Infantry Division, watch as Soldiers play football during a brigade organizational day on Sept. 13 in Grafenwoehr, Germany.



Sgt. Patrick Jubrey | 1ST CAB, 1ST INF. DIV.  
Soldiers from the 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division conduct agricultural cleaning Sept. 23 in preparation for redeployment.



Staff Sgt. Adam Decker | 358th PAD  
Spc. Damune Alex, Atlas Distribution Company, 101st Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, checks paperwork Sept. 4 on an item being turned-in to the Supply Support Activity. Turn-in is one of five sections at the SSA logistics yard; the others are; stock control, storage, issue, and receiving.



Staff Sgt. Adam Decker | 358th PAD  
Staff Sgt. Alexis Alvelo, Atlas Distribution Company, 101st Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, and Staff Sgt. Kelly, an augmentee, process items by shipping labels Sept. 4. Receiving is one of five sections at the Supply Support Activity logistics yard; the others are stock control, storage, issue, and turn-in.



Capt. Matthew St Clair | 1ST CAB, 1ST INF. DIV.  
1st Combat Aviation Brigade, 1st Infantry Division, Soldiers conduct forward arming and refueling point operations in Support of Saber Junction 19, in Grafenwoehr, Germany Sept. 13. The Forward Arming and Refueling Point, run by Company E, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st CAB, 1st Inf. Div., plays a critical role in the multinational exercise, Saber Junction 19.

# Vanguard Battalion takes new Gym-In-A-Box on training trip

Story by 1st Lt. Andrei Lounin  
2ND ABCT

FORT POLK, La. — Soldiers from 1st Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, maintained their physical fitness with Gym-In-A-Box during their Joint Readiness Training Center rotation in September at Fort Polk, Louisiana.

In keeping with the 1st Inf. Div.'s Fit First initiative, the "Vanguard" Battalion deployed their GIABs to maintain and improve Soldier physical fitness during their extended field training.

During extended training exercises, Soldiers' fitness levels can decrease. The GIAB provides a solution by giving units the necessary equipment to keep physical fitness levels where they need to be.

"It is an outstanding piece of equipment," said Spc. Angel Aride, Company B, 1st Bn., 18th Inf. Regt. "It was a wish come true when we opened it."

Soldiers praised the GIABs for the additional capabilities they provide in sustaining physical readiness.

"It gives you more versatility," said Cpt. John Valitutto, commander of Headquarters and Headquarters Company, 1st Bn., 18th Inf. Regt. "Of the six primary components of physical fitness, strength and power are difficult to train in the field environment. The Gym-In-A-Box makes it quite easy to train and maintain these components."

The Vanguard Battalion participates in the Holistic Health and Fitness program, which requires Soldiers to perform the new Army Combat Fitness Test. The GIABs allows the battalion to sustain the rigorous physical training required for the ACFT. The GIAB provided a variety of equipment for Soldiers to focus on strength, power, and muscular endurance.



**Soldiers from 1st Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division maintained their physical fitness with Gyms-In-A-Box during their Joint Readiness Training Center rotation in September at Fort Polk, Louisiana.**

Soldiers were surprised by the GIAB's convenience and ability to contain all of the essential equipment found in a typical gym.

"I thought it was going to be small stuff," said Pfc. Martin Rodriguez, a Soldier from 1st Bn., 18th Inf. Regt. "But when I opened it, I was surprised. It had enough for everything like CrossFit and lifting."

# Names of Fort Riley – Henry

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

Entering Fort Riley from Interstate 70, travelers will pass through Henry Gate, on Henry Drive and cross the Kansas River on Henry Bridge. If they go to Patton Hall, they will find it on Henry Avenue.

The bridge has a marker at either end dedicating it to the memory of Pvt. Robert T. Henry of the 16th Infantry, 1st Infantry Division. It was dedicated April 29, 1964, by Cyrus R. Vance, deputy secretary of defense.

According to the website, honorstates.org, Henry was born Nov. 27, 1923, in Mississippi. He enlisted in the Army in April 1943. He was mortally wounded on Dec. 3, 1944. Six months later he was posthumously awarded the Medal of Honor.

Henry's citation reads:  
*Near Luchem, Germany, he volunteered to attempt the destruction of a nest of 5 enemy machineguns located in a bunker 150 yards to the flank which had stopped the advance of his platoon. Stripping off his pack, overshoes, helmet, and overcoat, he sprinted alone with his rifle and hand grenades across the open terrain toward the enemy emplacement. Before he had gone half the distance he was hit by a burst of machinegun fire. Dropping his rifle, he continued to stagger forward until he fell mortally wounded only 10 yards from the enemy emplacement. His single-handed attack forced the enemy to leave the machineguns. During this break in hostile fire the platoon moved forward and overran the position. Pvt. Henry, by his gallantry and intrepidity and utter disregard for his own life, enabled his company to reach its objective,*

*capturing this key defense and 70 German prisoners.*

## ANOTHER FORT RILEY HENRY

Pvt. Henry is not the only Henry with ties to Fort Riley. Bob Smith, curator at the Fort Riley Museum, said Col. Guy Vernon Henry was a Civil War veteran and cavalry officer, which the gate or possibly the roads are named after.

Guy Henry was born March 9, 1839, at Fort Smith, Indian Territory, now Arkansas. He graduated West Point in 1861 and served in the Civil War and Indian Wars.

He was later Colonel of the all-black 10th U.S. Cavalry and was commanding Fort Assiniboine during the Spanish-American War in 1898. He served as military governor of Puerto Rico following that war.

"(Col.) Henry was the recipient of the Medal of Honor for gallantry at the Battle of the Rosebud against Native Americans in 1876," Smith said. "Henry commanded a division during the Spanish American War and served as that territory's first governor."

His MoH was earned while fighting at the Battle of Cold Harbor on June 1, 1864, with the 40th Massachusetts Volunteer Infantry. His citation reads:

Led the assaults of his brigade upon the enemy's works, where he had 2 horses shot under him.

Henry died from pneumonia at his home in New York City on October 27, 1899.

## OTHER HENRYS

Other Henrys to have been awarded the Medal of Honor were:

Sgt. James Henry, 113th Illinois Infantry. His citation reads: Gallantry in the charge of "volunteer storming party."

1st Lt. Frederick Henry, 38th Infantry Division.. His citation from his service in the Korean War reads:

*1st Lt. Henry, Company F, distinguished himself by conspicuous gallantry and intrepidity above and beyond the call of duty in action. His platoon was holding a strategic ridge near the town when they were attacked by a superior enemy force, supported by heavy mortar and artillery fire. Seeing his platoon disorganized by this fanatical assault, he left his foxhole and moving along the line ordered his men to stay in place and keep firing. Encouraged by this heroic action the platoon reformed a defensive line and rained devastating fire on the enemy, checking its advance. Enemy fire had knocked out all communications and 1st Lt. Henry was unable to determine whether or not the main line of resistance was altered to this heavy attack. On his own initiative, although severely wounded, he decided to hold his position as long as possible and ordered the wounded evacuated and their weapons and ammunition brought to him.*

*Establishing a 1-man defensive position, he ordered the platoon's withdrawal and despite his wound and with complete disregard for himself remained behind to cover the movement. When last seen he was single-handedly firing all available weapons so effectively that he caused an estimated 50 enemy casualties. His ammunition was soon expended and his position overrun, but this intrepid action saved the platoon and halted the enemy's advance until the main line of resistance was prepared to throw back the attack. 1st Lt. Henry's outstanding gallantry and noble self-sacrifice above and beyond the call of duty reflect the highest honor on him and are in keeping with the esteemed traditions of the U.S. Army.*



The plaque marking Henry Bridge on Fort Riley was dedicated April 29, 1961 in honor of Pvt. Robert T. Henry after he was posthumously awarded the Medal of Honor.

# Redeploying a Combat Aviation Brigade

Story by Capt. Matthew St. Clair  
1ST CAB

ILLESHEIM, Germany – The U.S. Army is no stranger when it comes to deploying its forces around the globe. A lot of training, planning, and mental preparation is needed prior to going overseas. Once deployed, the Army conducts its mission — whether it is combat, deterrence, strengthening alliances and partnerships, or humanitarian assistance and disaster relief.

But what about when the mission is complete? Much like the deployment process, redeploying is just as extensive, and takes months of planning and hard work to get the unit home.

The 601st Aviation Support Battalion, part of the 1st Combat Aviation Brigade, 1st Infantry Division, is focused on the redeployment process for the entire Brigade. That process is far more complex than most people realize.

One important, yet often under-appreciated step in the redeployment process is cleaning and packing up all the equipment that was needed to operate the Brigade. "We are currently prepping for redeployment, getting our (tricon containers) inspected as well as 20-foot containers," said 2nd Lt. Nicole McCombs, the Alpha Company, 601st ASB Unit Maintenance Officer, and Fuel and Water Platoon Leader.

The containers must pass a critical inspection from customs prior to being shipped to the U.S.

"They go inside and inspect the tri-cons and the equipment, and then they will give you the go ahead to put everything back in the container," said McCombs.



Sgt. Patrick Jubrey | 1st CAB

**Soldiers from the 601st Aviation Support Battalion, part of the 1st Combat Aviation Brigade, 1st Infantry Division, are focused on the redeployment process. Here they are packing containers after being inspected by customs agents on Storck Barracks, Illesheim, Germany**

She added that part of her responsibility as the UMO is, "...to make sure that all the paperwork is straight. The inspector might not be as focused on that, but we need to be."

Customs agents are critical of what is and isn't allowed to go back to the U.S. Foreign soil or species lodged in a piece of equipment could have adverse effects on the U.S. environment or ecosystem. Pfc. Edrick Cocker of the Alpha Company Fuel and Water Platoon said, "It's important because you never know with us working in a different environment overseas. We don't want to take anything back home that we don't have a cure for, animals, insects, or just anything in particular. We want to make sure our home stays safe." For this purpose, every vehicle and piece of equipment is extensively cleaned prior to being inspected and shipped back home.

"The soldiers have been doing an amazing job out here," said McCombs. "I'm

proud of the company as a whole, working really hard. They know where all the equipment is and are pretty organized. If you are organized throughout the rotation, when it's time to redeploy, that's too easy."

Cleaning and packing for redeployment is one of the final milestones for a unit completing its deployment. Soon, soldiers will be returning home to their families and loved ones. "I'm really excited to go home and I know a lot of the soldiers are excited too," said McCombs. "This is motivating them. This means that we are one step closer to flying home."

Alpha Company, 601st Aviation Support Battalion is currently on a rotation in Europe as part of the 1st Combat Aviation Brigade during their Atlantic Resolve mission. In a short period of time, they will redeploy back to Ft. Riley and be replaced by the 3rd Combat Aviation Brigade from Ft. Stewart, Georgia.



Before an emergency, know the way to safety.

Every minute counts in an emergency. Plan your evacuation.

- Have a portable emergency kit.
- Follow your emergency plan.
- Listen to the radio or TV for instructions.

It's up to you. Prepare Strong.



## OOPS ... WE GOOFED.

In the Sept. 20 edition of the 1st Infantry Division Post, we misspelled Deputy Garrison Commander David Fullmer's name. We would like to apologize for our mistake and will do better next time.



# Mums

5 Star Grass Seed  
Pansies, Cole Crops  
Pumpkins, Bulbs  
**25% off Perennials 9-30 to 10-6**  
50% off Water Plants  
**Trees, Shrubs, Perennials**  
Groundcovers, Grasses  
**Stuary, Pottery, Houseplants**

*Fall & Halloween Decor*  
Check us out on Facebook & our web site hortservinc.com

Est. 1970 Horticultural Services 2 mi E. of Manhattan on Hwy. 24  
M-Sat. 9-6 Sun. 11-5  
776-5764  
hortservinc.com

# Garden Center



## Manhattan Jewish Congregation

1509 Wreath Ave, Manhattan KS

Welcomes you to HIGH HOLY DAYS 5780/2019 Services

### Rosh Hashanah

New Year

Sunday, Sept 29<sup>th</sup> at 7:30 pm  
Erev Rosh Hashanah Service

Monday, Sept 30  
10am - Morning Service  
3pm - Tashlich  
at Anneberg Park Pond

ALL ARE WELCOME  
NO CHARGE!

### Yom Kippur

Day of Atonement

Tuesday, Oct 8 at 7:30pm  
Kol Nidre

Wednesday, October 9  
10 am - Morning Service  
4 pm - Afternoon Service  
5:30 pm - Yizkor Service  
6 pm - Closing Service  
7 pm - Havdalah

Havdalah will be followed  
by a *Break-The-Fast* meal

# Looking Back: Building 362

By Scott Rhodes  
USAG PUBLIC AFFAIRS

Building 362 Carter Avenue was built in 1889 and was first used as an Artillery Post Stable. Its walls were constructed from native limestone with a brick floor and a tin roof.

After World War I the Artillery School at Fort Riley was discontinued and building 362 was redesigned as a cavalry stable. By 1930, the building had been updated with a cement floor and slate roof.

Today, building 362 is being used by the Directorate of Public Works Housing Services Office to store appliances and other furnishings for barracks around the post.

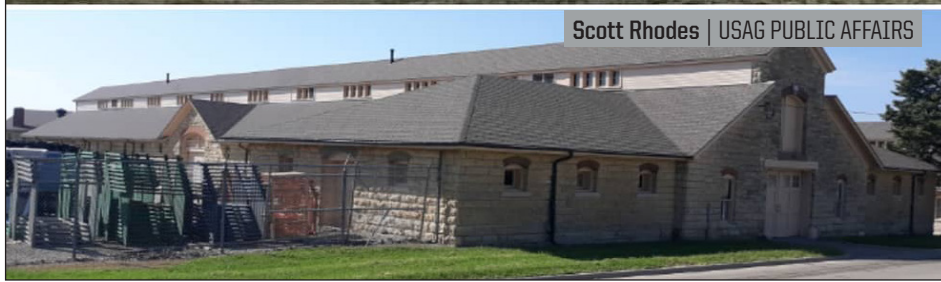
**Top, Building 362 in 1889, Middle, A photo from 1930, Bottom, The building as it appears today.**



Courtesy photo



Courtesy photo



Scott Rhodes | USAG PUBLIC AFFAIRS

## BUSTED

### SEPT. 8

Spc., unknown unit, speed 21 and up  
Spc., unknown unit, speed 16 to 20 over  
Pvt., unknown unit, expired registration  
Pvt., unknown unit, failure to obey traffic control device  
Pfc., unknown unit, speed 15 to 20  
Spc., 526th CSC, 541st CSSB, 1st Inf. Div. Sust. Bde., failure to maintain lane

### SEPT. 9

Pfc., unknown unit, speed 16 to 20 over  
Staff Sgt., 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st Inf. Div., improper backing  
Family member, wife, failure to stop at a posted stop sign  
Capt., unknown unit, failure to stop at a posted stop sign  
Spc., HHB, 1st Bn., 7th FA Regt., 2nd ABCT, 1st Inf. Div., speed 1 to 10 over

### SEPT. 10

2nd Lt., unknown unit, speed 16 to 20 over  
Spc., HHB, DIVARTY, 1st Inf. Div., speed 21 and up  
Sgt., unknown unit, Speed 16 to 20 Over  
Spc., Co. H, FSC, 2-34 AR BN, 1st ABCT, 1st Inf. Div., expired registration  
Spc., Co. H, FSC, 2-34 AR BN, 1st ABCT, 1st Inf. Div., driving while license is suspended or revoked  
Spc., unknown unit, speed 21 and up

### SEPT. 11

Sgt., Co. A, 1st Sqdn., 4th Cav. Regt., 1st ABCT, 1st Inf. Div., driving while license is suspended or revoked  
Family member, wife, damage to government/private property

### SEPT. 12

Pvt., Co. D, FSC, 299th BSB, 2nd ABCT, 1st Inf. Div., improper turning movement  
Spc., HHC, 2nd Bn., 34th Armor Regt., 1st ABCT, 1st Inf. Div., speed 1 to 14

Staff Sgt., unknown unit, failure to obey traffic control device  
Family member, wife, speed 16 to 20 over

### SEPT. 13

Pvt., 1st Sqdn., 4th Cav. Regt., 1st ABCT, 1st Inf. Div., failure to obey traffic control device  
Spc., 1st SMC, 541st CSSB, 1st Inf. Div. Sust. Bde., improper turning movement

### SEPT. 14

Pvt., 82nd BEB, 2nd ABCT, 1st Inf. Div., expired registration  
Staff Sgt., 1st Bn., 7th FA Regt., 2nd ABCT, 1st Inf. Div., failure to stop at a posted stop sign  
Pvt., 1st REP Co., USAG, 1st Inf. Div., failure to obey traffic control device  
Sgt., 2nd Bn., 34th Armor Regt., 1st ABCT, 1st Inf. Div., expired registration  
Sgt., 287th MP Co., 97th MP Bn., 89th MP Bde., carry concealed firearm  
Sgt., 287th MP Co., 97th MP Bn., 89th MP Bde., carry concealed firearm  
Sgt., 287th MP Co., 97th MP Bn., 89th MP Bde., carry concealed firearm  
Sgt., 287th MP Co., 97th MP Bn., 89th MP Bde., fail to obtain current 2019 deer permit

### OTHER CITATIONS ISSUED

Sept. 8 — speed 21 and up, no proof of insurance, parking within 15 feet of fire hydrant, failure to stop at a posted stop sign  
Sept. 9 — speed 16 to 20 over, speed 11 to 15 over, expired registration, improper backing  
Sept. 10 — driving while license is suspended or revoked, speed 16 to 20 over  
Sept. 11 — parked in a no parking zone  
Sept. 12 — driving while license is suspended or revoked, speed 1 to 10 over, suspended registration  
Sept. 13 — invalid drivers license  
Sept. 14 — improper turning movement, speed 1 to 14

**ARMY  
EMERGENCY  
RELIEF**

EST. 1942

## TRAFFIC REPORT

### ACCESS CONTROL POINT HOURS

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

For more information about Fort Riley access procedures, visit [home.army.mil/riley/index.php/about/visitor-info](http://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 and Trooper

Open 24/7. Expect delays at Henry ACP through February. Due to construction, lanes will be reduced.

### Estes:

Open 5 a.m. to 7 p.m. daily. Commercial traffic is required to have an access pass or badge prior to access.

### Ogden:

Open from 5 a.m. to 10 p.m. daily.

### 12th Street:

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

Personally owned vehicles are allowed access, there is no designated personally owned vehicle lane.

Outbound traffic is not authorized. Drivers must have a pass or badge.

### Grant:

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

### Custer Avenue Closure:

The project to repair bridge 204 which closes Custer Avenue from McCormick Road to Beeman Place is suspended due to eagles nesting in the area.

### Vinton School Road

Vinton School Road will be closed Sept. 3 through Nov. 1 from West 68th Avenue to Mallon Road.

### Trooper Drive Repairs

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

## CIVILIAN SPOTLIGHT

### LEZA CHRYSOVERGIS LEADER AND WORKFORCE DEVELOPMENT PROGRAM MANAGER DIRECTORATE OF HUMAN RESOURCES

On June 26, Army Materiel Command tasked all subordinate units to report their Soldier and civilian mandatory training statistics for the third quarter, fiscal year 2019. Garrisons were informed that

tracking of all mandatory training would become a routine quarterly tasking.

For a garrison with more than 1,200 personnel, this was a huge undertaking compounded by the third-quarter data being due to AMC in just eight business days. Chrysovergis quickly collaborated with the garrison command staff and worked closely with the directorate's activity training coordinators to ensure a tracker format was established and standardized across the Garrison. She then worked to collect, consolidate and validate the third quarter, FY19 training statistics to meet the AMC suspense.

While all this was happening, Installation Management Command further tasked the garrisons to collect and consolidate all of the FY19 mandatory training statistics, adjustments to the standardized tracker were made and Chrysovergis again worked diligently to meet both suspenses simultaneously. After analyzing the results of this time-sensitive data call, she determined that the garrison needed additional mandatory training opportunities and developed a plan to incorporate video training for those individuals on shift and night work.



Courtesy photo

Operation Desert Shield and Desert Storm veterans from the former Bravo Company, 2nd Battalion, 16th Infantry Regiment, 4th Infantry Brigade Combat Team, 1st Infantry Division gathered for their 28th reunion in Branson, Mo., over Labor Day weekend. The 2-16 Inf. "Rangers" lineage dates back to 1861 when they were called to action in response to the Civil War. The unit went on to defend the nation in World War I, World War II, the Vietnam War, Desert Storm, and the Global War on Terror. It was one of many units that cased their colors on Fort Riley when 4th IBCT was deactivated in May of 2015. Reunion attendees included Staff Sgt. Juan Reveron, Staff Sgt. Clifford Hanser, Sgt. James Rockwell, Spc. Jason Cadle, Spc. James Creighton, Spc. Dennis Deck, Spc. Michael Karpew, Spc. Tom Luzader, Spc. Eric Olsen, Spc. Harold Ring, Spc. Bryan Roberts, Spc. William Shram, Spc. Sean Yolish, Spc. William Prime, Pfc. Bradley Mills, and Pvt. Brian Zirkelbach.

**READY  
ARMY**

**OPEN THROUGH OCTOBER 31**  
**Little Munchkin's Pumpkin Patch & Farm Activities, L.L.C**  
HOURS: Sat. 10a-6p; Sun. 11a-6p  
Admission: age 2-16 yrs. old \$10 / adults are free  
Weekdays are reserved for Schools, Daycares, etc.  
Call & schedule your appointment now!  
Located on K-99 Hwy, just 2 miles N of Alma or 1 mile S of I-70, exit 328  
Launchers, Petting Zoo, Zip Lines, Giant Slide, Paintball Shooting Gallery, Mini Maze & Lots of Fun Stuff!  
[www.littlemunchkinspumpkinpatch.com](http://www.littlemunchkinspumpkinpatch.com) • Also see us on Facebook  
Call Cori at 785-765-3451 or 785-458-2868

## Pets of the Week

### FORT RILEY ANIMAL SHELTER

224 Custer | Fort Riley, Kansas 66442 | (785) 239-6183

is currently under **QUARANTINE**

FROM THEIR FACEBOOK PAGE:

Unfortunately we had one dog test positive for Parvo today. We will be closed for the public until October 2nd.

**We will reopen on October 3rd at 10am.** Strays can be returned to Owner if they are current on their Distemper/Parvo Vaccine. If not, the animal will have to be in quarantine until October 3rd. We are sorry for any inconvenience.

**Please, please vaccinate our animals!!**

**SPONSORED BY:**

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

**Animal Care Clinic**  
Love is a four legged word.  
State of the art care, state of the heart caring.  
**Mark L. Stenstrom, DVM**  
106 N. Eisenhower • Junction City, Ks. 66441  
785-762-5631

## RILEY ROUNDTABLE

If you could ask your pet one question, what would it be?



"Why he licks himself – all the time."

**STAFF SGT. ZANE BAKER**  
SMARTSVILLE, CALIFORNIA

2nd Battalion, 34th Armor  
Regiment, 1st Armored Brigade  
Combat Team, 1st Infantry  
Division



"What she is doing when I'm not home. I come home and the house is destroyed."

**PFC. KIERA BUSBY**  
QUEENS, NEW YORK CITY

1st Infantry Division Sustainment  
Brigade



"What do you think about humans?"

**SPC. ALAN FERREL**  
TAMPA, FLORIDA

Headquarters and Headquarters  
Company, 1st Infantry Division  
Sustainment Brigade



"Why do you love me so much?"

**SPC. ASHLEY ALLEN**  
COMPTON, CALIFORNIA

Headquarters and Headquarters  
Company, 1st Infantry Division  
Sustainment Brigade



"How do you feel today?"

**SPC. STEPHANIE RESTO VEGA**  
SAN JUAN, PUERTO RICO

1st Infantry Division Sustainment  
Brigade

## THE 1ST INFANTRY DIVISION POST

This civilian enterprise newspaper is an authorized publication for members of the Department of Defense. Contents of The 1st Infantry Division Post are not necessarily the official views of, or endorsed by, the U.S. Government, or the Department of the Army. The editorial content of this publication is the responsibility of the 1st Infantry Division and Fort Riley PA Officer and printed by Seaton Publications, LLC, a private firm in no way connected with the U.S. Government under exclusive written contract with Fort Riley.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement of the products or services advertised by the U.S. Army or Seaton Publications, LLC. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher will refuse to print advertising from that source until the violation is corrected.

Circulation 8,800 copies each week.

A licensed newspaper member of the Junction City and Manhattan Chambers of Commerce.

**COMMANDING GENERAL**  
Maj. Gen. John S. Kolasheski

**PUBLIC AFFAIRS OFFICER**  
Lt. Col. Terence Kelley

**PUBLISHER**  
Ned Seaton

**FORT RILEY EDITORIAL STAFF**

Collen McGee, Gail Parsons,  
Amanda Ravenstein Carisa  
Huntwork, Ashlee Shill and  
Pamela Beal.

**MEDIA SALES MANAGER**  
Robin Phelan

**MEDIA SALES REPRESENTATIVE**  
Sherry Keck

### CONTACT US

For business or advertising matters, call The Daily Union in Junction City at 785-762-5000 or email at [postads@jcdailyunion.com](mailto:postads@jcdailyunion.com).

For news offerings, call the Fort Riley Public Affairs Office at 785-239-3328 or DSN 856-3328, or email [usarmy.riley.imcom.mbx.post-newspaper@mail.mil](mailto:usarmy.riley.imcom.mbx.post-newspaper@mail.mil)

### 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](mailto:usarmy.riley.imcom.mbx.post-newspaper@mail.mil)

## SAFETY CORNER

# Work Safely with Cleaning Products

"Safety" Ron Clasberry  
GARRISON SAFETY OFFICE

Team Riley, as you know many workers use cleaning products every day as part of their job responsibilities. Common cleaning products may seem harmless, but they can lead to serious health problems if mishandled. According to the U.S. Department of Health and Human Services, cleaning products can cause asthma or intensify a pre-existing asthma condition.

When working with cleaning products, HHS recommends watching for wheezing, chest tightness, shortness of breath or coughing. If you experience any of these symptoms, contact your doctor.

One chemical widely used in our community is bleach. Bleach is a chemical that is diluted and used as a cleaning agent to kill bacteria, fungi and viruses. According to the Occupational Health and Safety Administration, handling bleach requires caution and care because it is corrosive, which means it can irritate or burn the skin and eyes.

When mixed with certain chemicals or cleaners, bleach can create toxic gases

that may cause lung damage and even death.

It's a requirement that when used on the worksite employers should take precautions to help keep workers safe from bleach-related hazards. Here are some tips from HHS to avoid becoming sick while using cleaning products:

- Substitute a less-hazardous product when possible.
- Prior to use, employers must teach workers how to safely use and store bleach and what to do in case of an emergency.
- Follow the manufacturer's instructions on the label or safety data sheet.
- Never use bleach in a container that doesn't have a legible label.
- Know how to properly dilute bleach. For example, always pour bleach into water — never the other way around.
- Never mix bleach with other products, particularly other cleaners that contain ammonia.
- Work in a well-ventilated area. Use fans and keep doors and windows open.

- Wear personal protective equipment, including respiratory protection, gloves, goggles and face-shields.
- Know that not all gloves can protect workers in every situation.
- Wear clothing, such as long-sleeved shirts, which covers your skin in case the bleach spills or splashes.
- Keep bleach stored in a cool, dry place away from direct sunlight and heat. Close the lid tightly after use.
- Keep away from metals.
- Refrain from eating, drinking or smoking while using bleach and thoroughly wash your hands with soap and water after use.

Make sure that all our Soldiers, family members, and the civilian workforce understand that bleach is highly corrosive to skin and when not used properly and if it is exposed to bare skin it creates a hydrolysis reaction. This is an oily feeling where the top layer of your skin begins to dissolve.

For more information contact the Garrison Safety Office, 785-240-4748.

## Decision making in military, what is involved

Dear Doc Jargon,

Until I got into the Army, I thought it was funny to poke fun at phrases like military intelligence and to call it an oxymoron. But recently, after about eight months as an infantryman, I realize just how serious MI can be. Something else I never factored before I began my own service was that there is a process of making decisions in the military. Can you tell me where the military decision-making matrix got started and what is involved? I still think sometimes it takes forever to get a decision about anything in the Army and I would sure like to at least understand why.

Sincerely,

Impressed by Army processes and Intelligence

Dear Spouse Life,

I always find it funny to poke a little good-naturedly at my friends in the intelligence community. But you are spot on that military intelligence is a powerful thing to have on your side when you start training for the next mission. As for the decision-making process, that too is a valuable tool when facing a choice, which isn't written out in black and white. You are also right that when

there is a risk, the decision can take a while to reach while leaders analyze all the factors before choosing a course of action.

The process contains seven steps and they look like this;

1. Receipt of mission
2. Mission analysis
3. Course of action development
4. Course of action analysis
5. Course of action comparison
6. Course of action approval
7. Orders production

I hope this helps you at least understand the process and the time involved depending on the number of factors that have to be reviewed.

As for the military intelligence thing — that's ok — go ahead and poke a little fun. Just be ready to thank them when they give you the info that will keep you and your buddies safe.

Sincerely,

Doc Jargon

Email your military lingo questions to Doctor Jargon at [doctorjargon@gmail.com](mailto:doctorjargon@gmail.com).

## Better Living: Interrupting negative thinking for neuropsychiatric health

By Collen McGee  
USAG PUBLIC AFFAIRS

Military medicine has a challenge treating Soldiers with post-traumatic stress, addiction and chronic depression. Traditional treatments involve psychotherapy, medication and physical activity. Those methods help many, but there are some who experience trauma and depression that resists conventional treatment and leads to addiction or death.

The Defense Advanced Research Projects Agency, is working on a way to interrupt the brain's fixation on negative impulses due to trauma or chronic depression through a program called Focused Pharma.

According to an article on DARPA.mil, "the goal of the Focused Pharma program is to develop novel

compounds that directly affect specific neurotransmitter signaling processes that are often implicated in neurophysiological dysfunction, while overcoming limitations of current approaches."

Starting with discoveries made while studying the effects of certain schedule I controlled drugs and how they engage serotonin receptors, the project hopes to open more options and reduce or eliminate known side effects. Researchers, according to the DARPA.mil, release are looking for something that will be free of side effects and will be stable while they reach into the core of the neuropathways to interrupt, and arrest dysfunction.

"Focused Pharma will work to develop fast-acting drugs that have lasting im-

pact, going beyond treating the symptoms of mental illness to tackle its underlying neurochemical roots," said Dr. Tristan McClure-Begley, the DARPA program manager in the DARPA article.

Some of those dysfunctional neurochemical roots could be contributing to the consistent suicide rate among veterans and the rise of non-veteran instances.

The rate of veteran suicides as of June 2018 is 20 per day, according to an article posted at the Veterans Administration website, [www.va.gov/opa/pressrel/pressrelease.cfm?id=4074](http://www.va.gov/opa/pressrel/pressrelease.cfm?id=4074), and that number has remained constant for the past two years. Additionally, suicide rates are up in non-veteran population, making the issue a national crisis and not one veterans alone face.

Through the Focused Pharma program, DARPA's Biological Technologies office is hosting a Proposers Day event Oct. 1 and inviting researchers to join forces to solve the issues that threaten both civilian and military populations.

According to the published solicitation on [fbo.gov](http://fbo.gov), the goal is to encourage and "...promote teaming arrangements among organizations that have the necessary expertise, facilities and capabilities to meet research objectives..."

The teaming comes with a funding package and is designed to work like any other collaborative research project within DARPA. The goal is to improve the health of Soldiers and the general public through partnerships between government and industry researchers.

## Police bump it up

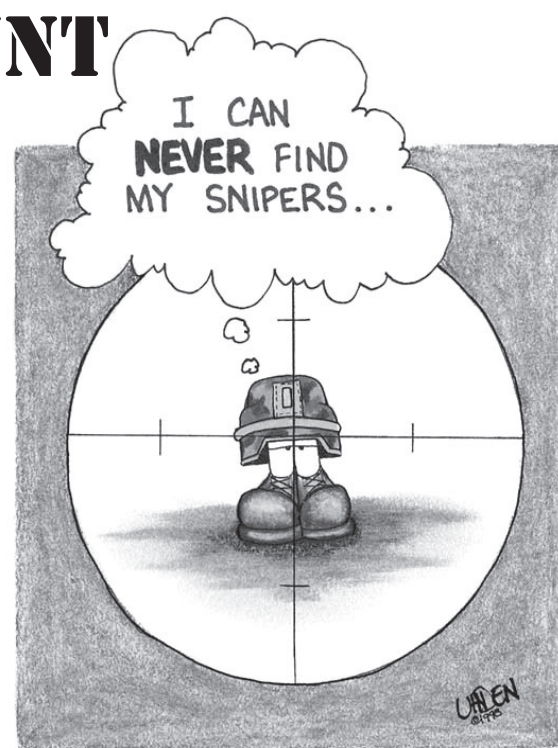
Sept. 30 to Oct. 6, for the safety of families and their children, 97th Military Police Battalion and Fort Riley police will focus enforcement of speed limits in the following communities:

McClellan Loop and Burnside Loop. 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 and website home page [www.home.army.mil/riley](http://www.home.army.mil/riley).

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.

## GRUNT



The next  
USAG  
Resilience  
Day Off is

October

11

HAVE A  
STORY  
IDEA?

Send it to [usarmy.riley.imcom.mbx.post-newspaper@mail.mil](mailto:usarmy.riley.imcom.mbx.post-newspaper@mail.mil) or call 785-239-8854/8135.

# Vaping concerns hit Army, 1st Infantry Division

By Gail Parsons  
1st Inf. Div. Post

The Centers for Disease Control and Prevention reports several deaths, including one in Kansas, and scores of people being diagnosed with a lung disease attributed to vaping.

Wayne Darsow, nurse practitioner and certified tobacco treatment specialist, and Col. Tim Whoolery, chief of Army public health nursing, said there is also one suspected case in the 1st Infantry Division.

“Even if we have a few Soldiers in the division that have these lung injuries from vaping, it decreases readiness — it decreases the nation’s capability to defend itself,” Darsow said.

Vaping products have been around for several years and have been touted by their makers and users as better alternative to cigarettes. However, the safety of vaping has not been tested or approved by the Food and Drug Administration, and the oils used in the devices are not regulated by any federal agency.

“There’s a lot of independent companies that are creating these oils,” Whoolery said. “You don’t know what the danger is. If you’re asking me as not just a healthcare personnel, but as a concerned parent and a concerned of-

ficer for Soldiers, I would say the scary part is the unknown. You don’t know the product that you’re getting, or whether it could be dangerous.”

Although it seems that instances of vaping illnesses have suddenly cropped up, it is possible there have been many undiagnosed cases.

Similar to other new or unknown medical conditions, this lung disease may have been misdiagnosed in patients, because medical professionals did not know what it was.

Darsow said it takes time for clinicians to start recognizing a pattern, which is what is happening now.

“Maybe they were missed before,” Darsow said. “It seems like the majority of the cases have been connected to THC use. But there’s also been many cases where the people that suffered the harm said that they only vape nicotine and that’s why we have concerns about all vaping now.”

### NICOTINE CONCERNS

One of the appeals of vaping is the ability the user has to control the amount of nicotine being used. While some people may use that as a means to wean off a nicotine addiction, others are increasing their intake.

“You can start off with a lower amount but raise these

vaping mechanisms up ... so you can get a higher concentration,” Darsow said. “All of this is at the buyer’s choice. I think that’s part of the attraction to it, that they actually have control over something that they’re using.”

Some people find the electronic cigarettes easier to use because it doesn’t give them the same “throat hit” that traditional cigarettes have, he said.

“If you chain smoke a pack of traditional cigarettes, you’re going to get a sore throat,” he said. “The vaping can be so smooth that you can get that amount of nicotine and have no sore throat. You can quickly become addicted because you can intake that high level of nicotine without those secondary (side effects).”

### NICOTINE AND THE PREFRONTAL CORTEX

In addition to the unknown effects of the vaping oils on a person’s lungs, health professionals are worried about the way marketing has targeted young people.

“The concern with the flavored vaping products is its appeal to teenagers,” Darsow said. “Most people in public health feel that that has contributed to the explosion of vaping in teenagers.”

That concern predates the discovery of the lung disease associated with vaping. Vaping

products typically contain high amounts of nicotine, and nicotine addiction can alter brain development.

“Young brains are still developing until age 23 or 25,” Darsow said. “That’s why the public health officials are extremely concerned about the vaping epidemic among teenagers.”

The part of the brain nicotine affects is the prefrontal cortex, which involves impulse control and the ability to make complex decisions. This is the portion of the brain that controls one’s ability to focus their attention, predict consequences of one’s actions and plan for the future.

Patients who suffer damage confined to the prefrontal cortex often display normal movement, sensory perception, and even intelligence. But they frequently display deficits in executive functions, along with personality changes, abnormalities in emotional responses, and general difficulty functioning in their daily lives, Darsow said.

“Because it’s under development, the younger people are more susceptible to impulsive decisions, like using nicotine, using marijuana, using alcohol,” Darsow said. “(Our concern) is the health of our Soldiers. It comes back to the health of our Soldiers and the readiness of the fighting force.”

**David Giordano-Steece**  
AN AUTHOR YOU CAN'T REFUSE

**MEET THE AUTHOR**  
OCT 18th  
Thru  
NOV 16th  
EXCHANGE MALL

**BLACKIE'S REVELATION**

[shopmyexchange.com](http://shopmyexchange.com)

**YOU CAN HELP PREVENT NEIGHBORHOOD CRIME**

**Neighborhood crime prevention tips**

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

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

## HOME.ARMY.MIL/RILEY

# Fort Riley - Central Kansas Chapter



# AUSA



THE ASSOCIATION OF THE UNITED STATES ARMY URGES YOU TO PATRONIZE THESE MERCHANTS AND PROFESSIONALS WHO SUPPORT AUSA, AND WHO CONTRIBUTE TO STRENGTHENING THE SERVICE MEN AND WOMEN - ACTIVE AND RETIRED - WHO RESIDE IN THIS AREA.


## COMMUNITY PARTNERS

- Armed Forces Bank
- Azura Credit Union
- Bayer Construction Co., Inc.
- Ben Kitchens Painting Co., Inc.
- BHS Construction, Inc.
- Briggs Auto Group, Inc.
- Builders Inc.
- Cardinal Insurance Co.,
- Central National Bank
- Charlson & Wilson Bonded Absracters
- Chiropractic Family Health Center
- City of Junction City
- City of Manhattan
- Community First National Bank
- Crest Quarry Properties, Inc.
- Faith Furniture Store
- Geary Community Hospital
- Geary County Board of Commissioners
- Godfrey's Indoor Shooting & Archery Ranges, LLC
- Hayden Orthodontics
- Hoover Law Firm

- Junction City Area Chamber of Commerce
- Junction City Housing & Development
- KSU Military and Veterans Affairs
- KJCK AM-FM & KQLA RADIO
- KS State Bank
- Landmark National Bank
- Manhattan Area Chamber of Commerce
- Manhattan Broadcasting Company
- Mathis Lueker Real Estate
- Navy Federal Credit Union
- Omni Military Loans
- Pottberg-Gassman-Hoffman, CHTD
- Re/Max Destiny Real Estate
- Reed and Elliott Jewelers, Inc
- Shilling Construction Company, Inc.
- Shop Quik Stores, LLC
- Sunflower Bank
- The Manhattan Mercury Ultra Electronics
- ICE, Inc
- Upper Iowa University
- Seaton Publishing Co.

*This community partner listing is provided as a service to AUSA by Seaton Publishing Co.*


*\*For more information about Community Partner Membership or other questions email: [contact.ftriley@AUSA.org](mailto:contact.ftriley@AUSA.org)\**



**SCHOOL IS BACK IN SESSION!**

**Fort Riley drivers:**

- Watch** for kids playing near busy roads
- Follow** school zone speed limits
- Slow down** in residential areas and obey stop signs



**BLUEPRINT** Continued from page 1

bigger," she said. "And we celebrate and honor and remember those who have dedicated their lives and contributed to our nation with your hard work through education, through arts, culture, and patriotism."

She mentioned several American and military leaders of Hispanic heritage — all of whom have contributed to her blueprint.

While she was speaking to an audience of Soldiers and civilians, she was adding to some of their blueprints.

Private Alexmir Ortiz, 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, left Puerto Rico seven months

ago, finished her basic and advanced individualized training and has been at Fort Riley for a few weeks.

"I'm really glad to be here and to know there's something about my races and to know that they care about us — Hispanic people," she said.

Being able to attend the Hispanic Heritage Month celebration meant a lot to her and gave her a little taste of home, which she has been missing, she said.

The 19-year-old Soldier said she misses her family — her mom, grandma and grandpa.

"It was really, really nice," she said. "I feel like home, even with the food. So, it was really nice — very good."

**DISTRICT** Continued from page 1



Amanda Ravenstein | POST

**School Behavioral Health Providers, Keegan Stucker, Fort Riley Middle School; Melissa Davis, Fort Riley Elementary and Wendy Hampton, Ware Elementary, answered questions from parents at the Community Listening Tour session Sept. 19 at FRMS.**

Eggleston began the session having everyone involved from the parents to the educators introduce themselves before watching a video provided by the district.

One of the topics of discussion on the agenda was behavioral health, so three behavioral health providers were in attendance from FRMS, Ware Elementary and Fort Riley Elementary. These providers are the basis of the Irwin Army Community Hospital school behavior health program that, according to Wendy Hampton, behavioral health provider for Ware Elementary, started as an Army-wide program more than ten years ago and expanded to Fort Riley four years ago.

"We recognize that there's actually a need," she said. "Not just in the on-post schools, but we recognize that a large majority of our students also attend school off post, and the Army recognizes this as well. And the school behavior health center does have a pilot program that's getting ready to start as far as going into the community schools. So hopefully, at some point, we'll be able to do that as well."

Melissa Davis, provider for Fort Riley Elementary, explained part of what they do for the students at the schools.

"Some of the things that we might do in the school setting is we offer support to the patients on our case, by being able to do the therapy there in the building, rather than them having to leave and go to do appointments at the hospital or the community," she said. "And what we find is that when kids do leave, sometimes they don't come back. And so, then they're missing a whole day of school for an hour-long appointment. Or they're missing appointments, because they're at school. So, what we're able to do is kind of bridge that gap and help make sure those services are happening on a consistent basis."

Eggleston worked with parents to determine where the district needs improvement. Fortunately, parents also expressed that there were things that were going well.

"Kudos to (Junction City High School)," said Melissa Lindsey, wife of Sgt. 1st Class James Lindsey, 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division. "The teachers are definitely on point. And also, kudos to Seitz Elementary with getting in contact with pretty much anybody that I need to get into contact with."

Jodi Testa, principal of Seitz Elementary, said she was happy to see that the community was coming out to events like this to show their support for the children in the district.

"It's pretty special to me to come from Seitz and see our community coming together for the kids," she said. "Whether its military support, or its parent support. And two staff members are here tonight, that's pretty special. That just shows me that there's really good things in the future for Seitz and our students. So, I think that's something we really need to be proud of."

Eggleston said he hopes to hold these community meetings every couple of months so that families can voice concerns or get answers to questions they may have.

**WWW.FACEBOOK.COM/FORTRILEY**

**DID YOU SEE YOUR PHOTO IN THE 1ST INFANTRY DIVISION POST? GO ONLINE AND SHARE THE PHOTO AND MORE FROM THE 1ST INFANTRY DIVISION'S FLICKR PAGE**

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

# GROUND BREAKING CEREMONY

Please join us as we launch significant housing improvements across Fort Riley

**TUESDAY, OCTOBER 1, 2019 AT 10:00AM**

Location:  
**ON LONGSTREET DRIVE BETWEEN ASHBY & JACKSON Fort Riley**

Reception to follow on site.



**Change in Operational Hours Automotive Skills Center** Effective May 22, 2019




**Monday - Thursday: Closed**

**Friday: 12 - 8PM**

**Saturday - Sunday: 9AM - 5PM**



Automotive Skills Center, BLDG 7753  
785-239-9764

<b>DININ' DEALS</b>		<b>SUNDAY</b> September 29th	<b>MONDAY</b> September 30th	<b>TUESDAY</b> October 1st	<b>WEDNESDAY</b> October 2nd	<b>THURSDAY</b> October 3rd	<b>FRIDAY</b> October 4th	<b>SATURDAY</b> October 5th
<b>Bella's Italian Restaurant</b>		<b>Lasagna \$8.95</b>	<b>CLOSED MONDAYS</b>	<b>DAILY LUNCH SPECIALS: 11 am - 2 pm Tuesday - Friday</b> <i>(All specials come with homemade bread &amp; salad)</i>				<b>Manicotti \$8.95</b>
	605 N. Washington St. JUNCTION CITY (785) 762-1772			<b>Cheese Ravioli \$7.95</b> <i>Kids eat free all day (Spaghetti with marinara sauce or French Fries)</i>	<b>Baked Ziti \$7.95</b>	<b>Spaghetti with Meatballs &amp; Marinara Sauce \$7.95</b>	<b>Fettuccine Alfredo \$7.95</b> <i>\$2.00 Martini's all day for military with ID</i> <b>FREE Zeppole Desert</b>	
<b>The Cove at Acorns Resort</b>		<b>Bloody Mary Bar</b>	<b>1/2 Price Appetizers</b>	<b>\$2.00 OFF All Tacos</b>	<b>Kids Eat Free w/ Purchase of Adult Meal</b>	<b>Fajita Night</b> Chicken \$12 Steak \$15 <b>Trivia Night</b>	<b>Crab Legs \$22</b>	<b>Prime Rib Special</b> \$20 for 10-oz cut \$25 for 14-oz cut
	3710 Farnum Creek Rd. MILFORD (785) 463-4000	Open 11:00am-9:00pm	Open 4 to 9pm	Open 4 to 9pm	Open 4 to 9pm	Open 4 to 9pm	Open 11:00am-10:00pm	Open 11:00am-10:00pm
<b>Cracker Barrel</b>		<b>Home Style Fried Chicken All Day \$9.99</b>	<b>Chicken &amp; Dressing</b> Starts at 11:00am	<b>Homemade Meatloaf</b> Starts at 11:00am	<b>Chicken Pot Pie</b> Starts at 11:00am	<b>Lunch &amp; Dinner Turkey &amp; Dressing</b>	<b>Fried Fish All Day \$9.99</b>	<b>Southern Fried Chicken \$9.99</b>
	115 N East St JUNCTION CITY (785) 762-5567		<b>Grilled Country Porkchops</b> Served after 4:00pm	<b>Lemon Pepper Grilled Rainbow Trout</b> Served after 4:00pm	<b>Broccoli Cheddar Chicken</b> Served after 4:00pm			

**Catering Available 785.762.5567**  
Monday thru Thursday Lunch Specials from 11 am till it's gone - \$5.99

**Check Dinin' Deals each Friday in the 1st Infantry Division Post and each Sunday in The Daily Union!**

**CYS HIRING EVENT**  
**OCT 7 • 9-11AM**

**WE ARE HIRING**

Find the announcement online:  
<https://www.usajobs.gov/GetJob/ViewDetails/545827400>

Applicants must apply online prior to the announcement closing in order to receive a referral for an interview at the event

**BOSS WARRIOR ZONE**  
 Better Opportunities for Single Soldiers

**Oktoberfest**

Friday, September 27 • 6-8pm  
 Warrior Zone • 7867 Normandy Drive  
 \$4 Bratwurst • \$10 Cornhole Tournament • Fun & Games  
 Information: 785.240.6618 • Ages 18+ only

FALL • 2019  
 1st Infantry Division

**CONCERT IN THE PARK**

**OCT 3 • 5:30-7PM**  
 BAND PLAYS FROM 6-7PM  
 ARTILLERY PARADE FIELD

Live Performance by:  
**TID COUNTRY BAND**  
 Food & Beverages  
 Bounce House

**785-239-4660**

**Breast Cancer Awareness**

**FITNESS**

**October 5**  
 Whitside  
 Fitness Center  
**FREE**  
**8:15-11:15am**

Come and try out our most popular classes such as Body Pump, Zumba, MixedFit, and Yoga. 30 minutes to 1 hour classes.

785-239-2573 • [riley.armymwr.com](http://riley.armymwr.com)

Stretch your coverage,  
**NOT YOUR BUDGET.**

**BUNDLE YOUR AUTO INSURANCE WITH RENTERS OR HOMEOWNERS AND SAVE.<sup>1</sup>**

*Even more savings if you live on base.*



Visit **USAA.COM/INSURANCE** or call **800-531-8521**

No Department of Defense or government agency endorsement. <sup>1</sup>Multiple product savings do not apply in all states or to all situations. Savings subject to change. Restrictions apply. Property and casualty insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property and Casualty Insurance Company, based in San Antonio, TX; USAA Limited (UK) and USAA S.A. (Europe) and is available only to persons eligible for P&C group membership. Each company has sole financial responsibility for its own products. Membership eligibility and product restrictions apply and are subject to change. © 2019 USAA. 260329-0419-G

## Libbie Custer: more than pie



Kansas Historical Society

By Gail Parsons  
1ST INF. DIV. POST

Hundreds of people flocked to Fort Riley with the intention of purchasing an apple pie during the annual Fall Apple Day Festival Sept. 21. Legend has it that the recipe is the same one Libbie Custer used when she baked apple pies to welcome her husband Lt. Col. George “Autie” Armstrong Custer’s, 7th Cavalry Regiment, back to Fort Riley after one of his military campaigns.

Custer graduated last in his class at West Point, but he was the youngest Civil War general in the Union — Army being promoted in June 1863, at the age of 23 to Brigadier General of the U.S. Volunteers. After the war he was commissioned as lieutenant colonel in the regular Army and assigned to command the newly created 7th U.S. Cavalry at Fort Riley.

Libbie’s legacy is that of apple pie and her role as the wife of the famous Army officer. But there was more to the socialite than that which history and legend have placed on her.

Her position as an Army wife helped define her life even after her 12-year-marriage ended with the death of the Lt. Gen. at the Battle of Little Big Horn. After his death she became an author and lecturer on a mission to defend her husband’s legacy.

Elizabeth Bacon Custer was born in 1842 in Monroe, Michigan, to a wealthy family. Her father was a judge and according to several accounts of her life, he was not fond of the young Army officer — Custer.

According to author Louise Barrett in “Touched by Fire: The Life, Death and Afterlife of George Armstrong Custer”, Libbie was not initially impressed with him, and her father, Judge Daniel Bacon, disapproved of Custer as a match because he was the son of a blacksmith.

It was not until after Custer had been promoted to the rank of brevet brigadier general in the Civil War that he gained the approval of Judge Bacon. He married Elizabeth Bacon fourteen months after they formally met. Although not unheard of, it was uncommon for Army wives to join their husbands on assignment. But Libbie would not be left behind.

According to the Kansas Historical Society, she often said she was “the only officer’s wife who always followed the regiment.”

The couple lived in Kansas from 1866 until 1871, while the U.S. Seventh Cavalry was headquartered at Fort Riley. While here she encountered prairie fires, an earthquake, a mutiny by soldiers at Fort Riley and a cholera epidemic, the KHS website states.

After Kansas, the couple moved to Kentucky, but in

See CUSTER, page 13



**Top:** Third-grade students at Seitz Elementary School, from left, Keylee Harvey, Nathan Boulin, Ryleigh Dial and Ariaiah Vail watch as their tower of cups tumbles down during the after-school program. **Right:** Students burn off energy during a game of jail break at the Seitz Elementary School gymnasium after the school day ended. The program gives students a place to play and learn after school.



## After hours fun at Seitz Elementary

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

When the final bell rings at the end of the school day some students at Seitz Elementary School don’t head home. They stay in the building, have a snack, receive tutoring and attend one of several camps that provide educational and character-building activities, which are also fun for the children.

The 21st Century Community Learning Center started this year’s programming on Sept 10 with 90 students — the maximum permit-

ted under the grant that funds the program. More than 60 others are on a waitlist.

Veronica Wait, assistant principal, said the school is in its second of a five-year renewable grant, which supports the activities.

The program is structured to allow the students time for a snack before receiving tutoring and having time to work on reading and math skills.

“The tutoring piece is huge,” she said. “Parents are very receptive and appreciative that they get their home reading program done.

The expectation is that students will read 20 to 30 minutes (each day) and they write a short response about what they read. Parents appreciate that part being done.”

Sgt. Thomas Ramon, Dental Activity, has two children enrolled in the program, 10-year-old Blaiklee Ramon and Miles Ramon, 6. He said he likes that his children have time to get the extra help with schoolwork and can do their homework with the support of the teachers.

“It allows us more family time — we don’t have to focus

on school work when they come home,” he said.

His children have expressed to him how much they enjoy the program.

“They are ecstatic about the time they spend here,” he said. “With the amazing staff that stays here, it really helps further their education.”

Each day, at 4:30 p.m., the children move with their group into one of five camps. Every quarter they will rotate to a different camp.

See PROGRAM, page 13

## Tailgating, food safety: Is your team ready?

ARMY VETERINARY SERVICE

Kickoff is fast approaching, but are you ready for the festivities, the football, and—maybe more importantly—the food? Don’t let your pre-game party spoil the fun: keep your food safe and your team in the game. Follow these easy steps to ensure you treat your team to a safe and delicious tailgating party

### KNOW YOUR OPPONENT

To defeat illness-causing bacteria found on raw meats, use a food thermometer to ensure the meat is properly cooked.

Meat and poultry cooked on a grill cook fast on the outside — who doesn’t want a good sear on their steak; however, the only way to be sure the food has reached a safe minimum internal temperature is to use a food thermometer.

Different meats have different minimum cooking temperatures. Measure meat temperature with a food thermometer before removing meat from the heat source to ensure it has been thoroughly cooked.

The following are guidelines for safe cooking:

**Raw meats:** Cook all raw beef, pork, lamb, veal steaks, chops and roasts to a minimum internal temperature of 145 F. For safety and quality, allow meat to rest for at least three minutes before carving or eating.

**Ground meat:** Cook all raw ground beef, pork, lamb and veal to an internal temperature of 160 F.

**Poultry:** Cook all poultry to an internal temperature of 165 F.

**Vegetables and fruits:** Before eating or preparing fresh fruits and vegetables, wash the produce under cold-running tap water to remove any lingering dirt. This reduces bacteria that may be present. If there is a firm surface — such as on apples or potatoes, scrub it with a brush.

Do not wash fruits and vegetables with detergent or soap. When preparing fruits and vegetables, cut away any damaged or bruised areas; bacteria that cause illness can thrive in those places. Immediately refrigerate any fresh-cut items such as salad

or fruit for best quality and food safety.

### PREP TIME

Just like for the star athlete, preparation is the key to victory and defeating food-borne illnesses. It is tailgating time, and it’s your time to shine and show off your cooking skills. Remember to follow some simple rules of the game to keep your friends cheering and the food safe.

Your checklist:

- Pack your meats, fruits and vegetables separately in individual, sealable bags. To prevent cross-contamination, securely wrap any meats, poultry or fish that may leak or drip before placing them in the cooler.
- Hot food should be kept at 140 F or warmer.
- Cold food should be kept at 40 F or colder.
- Separate plates and utensils for raw meats and cooked meats. This includes storage coolers for the trip to the venue, cutting boards, and serving items.
- Bring grill, fuel, cooking utensils, a food thermometer, and a

minimum cooking temperature chart to ensure meats are cooked to a safe temperature.

- Be sure to bring coolers, ice or frozen gel packs and clean containers for storing leftovers.
- Bring soap, water — if none is available at the site — wet disposable cloths or moist towelettes and hand sanitizer.

### TIME TO SHINE

Proper sanitation helps to avoid cross-contamination between uncooked meats and other foods. Always wash hands with soap and water before and after handling raw meats.

Also wash cutting boards, utensils and other surfaces with hot soapy water before preparing other foods. When serving food at a buffet, keep food hot with chafing dishes, slow cookers, and warming trays. Keep cold foods cold by nesting dishes in bowls of ice or using small serving trays and replacing them often; small bowls will keep smaller portions cooler for longer.

Place spoons in dips and tongs on meat platters. Use plastic utensils and paper

plates. Be sure to provide paper towels. Place hand sanitizer in an easily accessible spot for all to use. Protect foods from insects and other contaminants by using lids or covers.

### TIME TO SEAL THE VICTORY

It’s game time. Let’s ensure the win by properly cleaning up the tailgating party and either disposing of or properly packing up any leftovers. Perishable food should not be left out for more than two hours at room temperature or one hour when the temperature is above 90 F. The best way to prevent leftovers and storage issues is to plan ahead; make sure you bring only the amount of food that will be eaten. Remember, harmful bacteria cannot be detected on foods just by looking at or smelling them — if in doubt, throw it out.

More information is available at the United States Department of Agriculture Animal and Food Safety and Inspection Service website: [www.fsis.usda.gov/wps/portal/ffsis/topics/food-safety-education/teach-others](http://www.fsis.usda.gov/wps/portal/ffsis/topics/food-safety-education/teach-others).

## WEEKEND WEATHER OUTLOOK

FRIDAY



HI: 82 F

LOW: 68 F

SATURDAY



HI: 79 F

LOW: 57 F

SUNDAY



HI: 82 F

LOW: 64 F

# FORT RILEY POST-ITS

**Fort Riley**

A ribbon cutting for Riley's Community Center, formerly the Riley's Conference Center, 446 Seitz Dr., is scheduled for 2 p.m. Oct. 1. Refreshments and tours will follow the ceremony.

**1st Infantry Division Band**

Kick off fall with a free live concert, Oct. 3, featuring the 1st Infantry Division Country Band. Gather the family for a night filled with music, fun, food, beverages and more. The band will play from 6 p.m. to 7 p.m. at Artillery Parade Field. A bounce house, food and drinks will be available at 5:30 p.m.

**Army Community Service**

Two redeployment expos are scheduled for Oct. 1 from 6 to 7:30 p.m. and Oct. 3 from 10 to 11:30 a.m. Both are at Riley's Community Center, 446 Seitz Dr. Information and resources to tackle the challenges associated with redeployment will be available. Among the participants are Staff Judge Advocate legal assistance; Child and Youth Services; USO Kansas; and ACS Financial Readiness. Topics discussed will include resources for new dads, reunion fantasies vs realities and helping prepare children for the reunion.

**MWR**

The Hobby Studio, 6918 Warren Rd., youth arts and crafts project for Oct. 3 through 5 is web art. Classes are from 4 to 6 p.m. and recommended for ages 3 and older, but all are welcome. Parents must be present at all times. The cost is \$5, all supplies are provided.

**American Red Cross**

The American Red Cross is looking for volunteers for family follow-up caseworkers and Reconnection Workshop facilitators. The caseworker position requires no experience. These volunteers will conduct emergency communication follow-up calls. The facilitator requires a master's level or higher mental health professional with a license in one of several disciplines. For more information email [danielle.prasuhn@redcross.org](mailto:danielle.prasuhn@redcross.org) or call 785-239-1837.

**Lets go to the movies @ Barlow Theater**

**Friday, September 27** - Don't Let Go (R) 7 p.m.  
**Saturday, September 28** - The Angry Birds Movie 2 (PG) 2 p.m. and Don't Let Go (R) 7 p.m.  
**Sunday, September 29** - Angel Has Fallen (R) 5 p.m.  
 Barlow Theater opens 30 minutes before first showing.  
 For more information, call 785-239-9574. Regular Showing: \$6, children ages 6 and older are \$3.50; children 5 and younger are free. 3D Showing: \$8, First Run: \$8.25, 3D First Run: \$10.25.

**Fort Riley**

The semi-annual post-wide yard sale is scheduled for 8 a.m. to noon, Oct. 5. Off-post Department of Defense ID card holders who wish to sell can register in advance to set up at the commissary or Main Exchange parking lot by calling 785-240-0459 or 785-784-2026. All are welcome to shop. Visitors without DoD ID may request access at the Visitor's Center, 885 Marshall Loop.

**CFC Combined Federal Campaign**

The "Show Some Love" Fort Riley 2019 Combined Fund Campaign is Oct. 1 to Jan. 12. Federal employees and service members who would like to support philanthropy efforts through donations may participate. Visit [HeartlandCFC.org](http://HeartlandCFC.org) for more information.

COMMUNITY CORNER

## Stay prepared throughout the year

By Col. Stephen Shrader  
 FORT RILEY GARRISON COMMANDER

September is National Preparedness Month and as we come to the end of the month, I challenge you to sustain a focus on preparedness throughout the year. As Soldiers, we train and prepare for our warfighting mission. You and your family should be no less prepared for emergencies.

It would be difficult to prepare for every possible situation. If you have a solid general-purpose plan in place it may not be perfect but it will help with any situation that may arise.

The basics that will help you and family members get through the initial stages of any emergency are the four basic building blocks of preparedness: Be Informed, Make a Plan, Build a Kit and Get Involved. For more information visit <https://home.army.mil/riley/index.php/about/dir-staff/DPTMS/ready-army>.

Getting started with any new endeavor can be difficult, but taking the first step in preparedness is easy to do. To "Be Informed," sign up for emergency and weather alerts from the Fort Riley Operations Center. Soldiers and family members are eligible for those alerts and they can be received via text or email. Information

on how to get started with that first step is also on the webpage listed in the previous paragraph.

As we build lethality — fulfilling our mission as Soldiers. Two key factors make that effort successful — the training and communication. This is true for emergency plans also. You need to practice with your family. That way when an emergency occurs and everyone is stressed, the rehearsed response is natural. Also, talk about contingencies such as where everyone will meet if you are not together when the event happens. Keep in mind that during an emergency you might not be able to contact family members via cell phone.



Col. Stephen Shrader

Everyone should have backup plans in case the initial plan cannot be accomplished. You already know how to do that from your military training; take that information home and put it into place with your emergency plans.

Maybe you already have a plan in place. How long has it been since you have dusted it off and checked the supplies, reviewed the information? Have you added a new family member or pets? If so your plan may need to be revised or your kit refreshed.

Knowing what to do before, during and after an emergency is critical and can make a difference. If a disaster should occur — follow your plan, follow the instructions of emergency personnel and stay safe.

## HOME.ARMY.MIL/RILEY

<b>Worship Opportunities</b>	
<b>Protestant Services</b>	
<b>Victory Chapel</b> 239-0834 ChapelXt Protestant Service Sunday Worship.....0900 Children's Church.....0910	
<b>Morris Hill Chapel</b> 239-2799 Gospel Protestant Service Sunday School.....0900 Sunday Worship.....1100	
<b>Main Post Chapel</b> 239-6597 Traditional Protestant Service Sunday Worship.....1030 Children's Church.....1045-1130	
<b>Catholic Services</b>	
<b>Victory Chapel</b> 239-0834 Sunday: Confession (and by appointment).1100 Sunday Mass.....1130 Sunday Catechism.....1030	
<b>Saint Mary's Chapel</b> 239-6597 Sunday Mass.....0900 Daily Mass - Mon., Wed., & Fri.....1200	
<b>IACH Chapel</b> 239-7872 Daily Mass - Tue. & Thur.....1200	
<b>Pagan/Wiccan Service</b>	
<b>Kapaun Chapel</b> 239-4818 Fort Riley Open Circle- SWC 1st & 3rd Wednesday monthly.....1800	
<b>Homefront Heroes</b> Support Group for spouses of Soldiers going through deployment or reintegration Weekly Wednesday classes from 1830-1930 at Victory Chapel. Childcare provided for 6mo - 4yrs Youth class for 5-10yrs	
<b>Club Beyond - Faith Based Youth Program</b> Grades 6th - 12th, Meets Sundays Combined MS/HS Youth 1730-1930 at Victory Chapel 513-519-3151 <small>*Club Beyond is a Non-Federal Entity and is not part of the DoD or any of its components and it has no government status.*</small>	
<b>AWANA</b> Meets Sundays, 1430-1630 at Victory Chapel 3yrs - 12th grade.	
<b>Protestant Women of the Chapel (PWOC)</b> Weekly Tuesday Meeting 0900-1130 & Evenings at 1830-2000 at Victory Chapel. Childcare provided. For more information email <a href="mailto:rileypwoc@gmail.com">rileypwoc@gmail.com</a> or Facebook "Fort Riley PWOC"	
<b>Catholic Women of the Chapel (CWOC)</b> Weekly Wednesday Meeting 0900-1130 at St. Mary's Chapel. Childcare provided. For more information email <a href="mailto:fortrileywoc@gmail.com">fortrileywoc@gmail.com</a> or Facebook "Fort Riley CWOC"	

\*\*Check for schedule over Training Holiday weekends\*\*

WWW.FACEBOOK.COM/FORTRILEY

<b>8" Innerspring By Ashley</b>		
Twin	Matt Only	\$179.99
Full	Matt Only	\$229.99
Queen	Matt Only	\$249.99
King	Matt Only	\$349.99
<b>10" Innerspring By Ashley</b>		
Twin	Matt Only	\$199.99
Full	Matt Only	\$279.99
Queen	Matt Only	\$299.99
King	Matt Only	\$399.99
<b>12" Innerspring By Ashley</b>		
Twin	Matt Only	\$279.99
Full	Matt Only	\$329.99
Queen	Matt Only	\$349.99
King	Matt Only	\$449.99
<b>12" Ashley Hybrid</b>		
Queen	Matt Only	\$599.99
King	Matt Only	\$899.99
<b>14" Ashley Hybrid</b>		
Queen	Matt Only	\$799.99
King	Matt Only	\$1099.99

200 Sarber Lane, Manhattan, Kansas  
 785-320-6006

# Sports & Recreation



Will Ravenstein | POST

**ABOVE:** Soldiers from the 97th Military Police Battalion do pushups with fans from the Junction City High School student section to celebrate a touchdown during Military Appreciation Night at the Blue Jays football game. The Blue Jays defeated the visiting Topeka West Chargers 41-0 to move to 3-0 on the season. **BELOW:** Soldiers from the 97th Military Police Battalion cheer on the Junction City Blue Jays as they take the field Sept. 20 for their home game against Topeka West High School. Junction City High School invited their military partners to celebrate and honor them and other Soldiers of the Big Red One, Air Force, Marines, Navy and Coast Guard during Military Appreciation Night at Al Simpler Stadium.

## MILITARY APPRECIATION



Courtesy photo

The Fort Riley Middle School Troopers had to overcome injuries this week and had people playing positions they were not used to. They dropped two games to Abilene – seventh grade team lost 38-22, the eighth grade team lost 52-22. “I am proud that our players never gave up and kept fighting the entire game,” said coach Robert Shefelton.



### TUESDAY TRIVIA CONTEST



The question for the week of Sept. 27 was: September is Suicide Prevention Month. Where on the Fort Riley website can I find local resources and helpful information?

Answer: [home.army.mil/riley/index.php/about/dir-staff/dhr/army-substance-abuse-program](http://home.army.mil/riley/index.php/about/dir-staff/dhr/army-substance-abuse-program)

This week's winner is Becky Nistler, the proud mom of Spc. Richard Bengston, 1st Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division.

Pictured above is Spc. Richard Bengston.

**CONGRATULATIONS, BECKY**



### REUNITING FAMILIES WITH SOLDIERS Share the Love

When the Soldier comes home they are welcomed by the immediate family. However, there may be other people vying for the Soldier's attention — parents, in-laws, cousins, aunts and uncles.

Schedule alone time for the Soldier and children. Plan a visit with other family members.



FT RILEY VET'S OFFICE      FT RILEY  
VACCINATIONS      STRAY ANIMAL FACILITY  
& MICROCHIPPING      PET ADOPTION

DROP BOX DONATIONS      OCTOBER 5TH  
FOR THE      10:00 AM—2:00 PM  
STRAY ANIMAL FACILITY

AVAILABLE 9/27— 10/5      EXCHANGE MALL



[shopmyexchange.com](http://shopmyexchange.com)

### HAVE YOU SUFFERED HEARING DAMAGE FROM USING THESE?



HUTTON & HUTTON LAW FIRM IS REPRESENTING MILITARY PERSONNEL WHO USED 3M DUAL PLUG EARPLUGS BETWEEN 2003 AND 2015 WHO HAVE BEEN DIAGNOSED WITH HEARING LOSS OR TINNITUS.

These earplugs have been demonstrated to be defective, causing hearing injuries.

Call Hutton & Hutton Law Firm NOW for a free consultation, or visit our website to learn more!

Hutton & Hutton Law Firm  
316-688-1166

<https://www.huttonlaw.com/>

**REUNITE • RECONNECT • RENEW**

## Community RE-DEPLOYMENT EXPO

Tuesday - October 1, 6-7:30pm • Thursday - October 3, 10-11:30am  
Riley's Conference Center • 446 Seitz Drive

**Reuniting with your loved one after a separation or deployment is a special time but there can also be challenges.**

Join us in meeting with local agencies and organizations to learn what you need to know! Visit with Legal Assistance, WIC, Child and Youth Services, USO, ACS Financial Readiness and many more! Open to all military families.

**INFO:** ACS Outreach  
785.239.9435

Come to receive information and resources regarding your concerns or questions about...

- Reunion Fantasies vs Realities
- Reconnecting with your spouse/partner
- How to help prepare your children for the reunion
- Resources for new dads
- Getting your financials back on track
- Tips & tools for getting back to YOUR normal

FORM MATTERS

# Breathing techniques while running vary by person

By Gail Parsons  
1ST INF. DIV. POST

People have different opinions on how a person should regulate their breathing while running.

Christine Cunningham, health educator at the Army Wellness Center, said she goes by the idea of doing whatever is comfortable for the individual.

"Everybody can breathe a little bit differently," she said. "Just try to find something that's comfortable."

Breathing through the mouth and nose works best for her. She said she does a breath in for two counts and out for three.

"As you run you will figure out what works the best for you," she said. "It really depends on the person."

The key, however, is to make sure the breaths are deep. Focus on belly breathing or trying to get in as much air as possible with each breath.

Having a steady breathing technique in place will help Soldiers finish the 2-mile run at the end of the Army Combat Fitness Test.

In preparation for the run, Cunningham suggests Soldiers use a variety of running drills.

One of the drills is high knees, which helps set the proper form for running and increases fast-twitch muscle fibers. It can be done in one spot or with a forward movement.

1



2

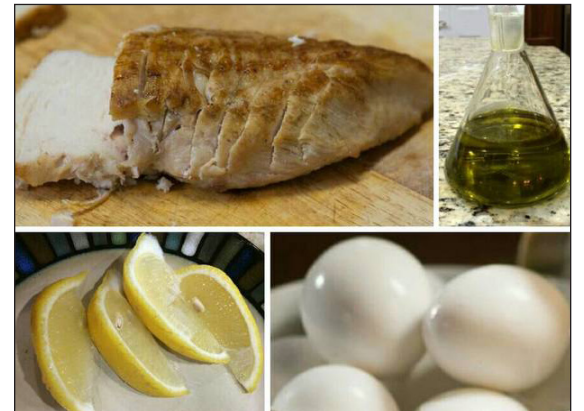


HIGH KNEES

1. Bring the left knee up high while keeping the foot flexed upwards; bring the right arm forward, mimicking a running motion.
2. As the left knee comes down and the right arm goes back, bring the right knee up and the left arm forward. This is a quick motion and both feet should never be on the ground at the same time.

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

HEALTHY EATING



COURTESY PHOTO

## Home Sweet Home

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

Recipe Analysis: (1 serving = 1 piece)

Per Serving: 431 calories; 42 g protein; 24 g fat, 14 g carbs (0.5 carbs: 1 protein)

Recipe = 9 servings of vegetables, 2 servings of fruit (2 vegetables per serving, 0.5 fruit per serving)

\*This recipe is from Madigan Army Medical Center, Joint Base Lewis McChord, Washington

INGREDIENTS (2 SERVINGS)

- 2 large boneless, skinless chicken breasts
- 2 eggs, large
- 1 medium head of cabbage, washed, quartered
- 3 lemons
- 1/2 cup Parmesan cheese
- 1 bunch parsley, finely minced
- 1/4 cup extra virgin olive oil

STEPS (25 MINUTES)

1. Place saute pan on medium heat; add 1 TBSP oil. Season the chicken breast on both sides with salt and pepper and add to the pan. Cook for approximately 15-20 min., or until fully cooked and juice runs clear. Slicing the chicken can reduce cooking time to about 10 min.
2. Meanwhile, fill a small pot with water. Gently place eggs in the pot to avoid cracking and bring to a boil. Once boiling, reduce heat to low; cover and cook for 10 minutes. Remove from heat and rinse with cold water. Once cooked, chicken and the eggs are set aside to cool.
3. Take the washed, quartered cabbage and thinly slice, about 1/8" thick. Place sliced cabbage into a bowl and set aside.
4. Squeeze all the lemon juice on the thinly sliced cabbage making sure not to drop any seeds. Toss the cabbage and lemon juice together. The acid will help soften the cabbage.
5. Add the parsley, cheese, and extra virgin olive oil to cabbage and toss well. Add the sliced chicken and egg to the cabbage to serve.

cookpad.com/us/recipes/730090-home-sweet-home #FitFirst

May 4 • June 1 • July 6 • August 3 • September 7 • October 5  
 Session 1: 10-11:30 AM • Session 2: 12-1:30 PM  
**Zip Lining**  
 \$14/person  
 Must be 85 lbs.  
 Minimum of 5 participants  
**Outdoor Adventure and Travel Center**  
 Join Outdoor Recreation at the Adventure Park for some zip lining fun!  
 Reservations required at Outdoor Adventure & Travel Center, 5202 Normandy Drive  
 or Equipment Checkout Center, 1806 Buffalo Soldier Road.  
 Registration and cancellation deadline is 48 hours prior to the event.  
**785-239-5412**

**Fort Riley Post-Wide**

**Fall**

**COMMUNITY YARD SALE**

**Saturday, October 5, 2019**  
**8 a.m. - Noon**

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.

**RAKE IN THE SAVINGS**  
**RECEIVE AN EXTRA 11% OFF YOUR OPTIONS!**

**SAVE 11%**

**OFF THESE QUALIFYING OPTIONS:**

- Entry Doors
- Garage Doors
- Windows
- Cupolas
- Horse Stalls
- Wainscoting
- Vented Overhangs
- Drip Stop
- Solex LT Insulation
- Side Light Belt
- Post Protectors
- Liner Panel
- Sliding Doors
- Dutch Doors
- Lean-tos & More

*Excludes concrete, gutters, crew travel, freight, and site preparation.*

**QSI**  
 Quality Structures, Inc.  
 SPECIALIZING IN COMPLETE POST FRAME BUILDINGS

Garages / Hobby Shops  
 Agricultural Barns  
 Horse Barns  
 Commercial  
 Residential

Offer expires September 30, 2019  
 Give us a call TODAY!  
**www.qualitystructures.com • 800-374-6988**

## Central States Marching Festival features high school bands from across the region

K-STATE NEWS AND COMMUNICATION SERVICES

MANHATTAN — While the 'Cats are away, the bands will play.

When the Wildcats play in Stillwater, Oklahoma, on Sept. 28 the cheers coming from Bill Snyder Family Stadium will be for high school marching bands. Bands from Kansas, Missouri, Nebraska and Oklahoma will be participating in Kansas State University's annual Central States Marching Festival.

Known as one of the premier marching band festivals in the region, the festival will feature 36 high school marching bands taking part in clinics with members of the Kansas State University Marching Band staff and presenting field performances judged by a panel of nationally recognized marching band professionals. The bands will receive individual clinics with members of the video critique panel after their field performances and obtain a rating of superior, excellent or good by class with accompanying awards. The critiques emphasize the positive aspects of each band's show. The categories used in judging include repertoire, performance, coordination, auxiliaries and music.

General admission to the Central States Marching Festival is \$10, or \$5 with a student ID.

Band clinics will begin at 9 a.m. at Memorial Stadium. Field performances start at 11:45 a.m. at Bill Snyder Family Stadium and will run throughout the day and evening, capped off with a performance by the Pride of Wildcat Land, the Kansas State University Marching Band.



Judges for this year's festival are David Betancourt, director of bands at Cerritos College; Larry Blocher, director of the School of Music at Troy University; Keith Beardon, retired band director at Texas Tech University; Christian Carichner, associate director of bands and director of the marching band at Iowa State University; Kelsey Gleason, color guard instructor; Aric Hageman, band director at East High School in Cheyenne, Wyoming; and Jim Hudson, director of athletic bands at Arizona State University.

The following schools are taking part in this year's Central States Marching Band Festival. A full schedule on clinic and performance times will be available at [k-state.edu/band/festivals/csmf.html](http://k-state.edu/band/festivals/csmf.html).

Northern Heights High School, Allen; Derby High School, Derby; Dodge City High School, Dodge City; Eudora High School, Eudora; Garden City High School, Garden City; Eisenhower High School, Goddard; Great Bend High School, Great Bend.

From Greater Kansas City: Turner High School, Kansas

City; Olathe West High School, Olathe; Blue Valley North High School, Blue Valley Northwest High School, Shawnee Mission West High School and St. Thomas Aquinas High School, all in Overland Park; and Mill Valley High School, Shawnee.

Halstead High School, Halstead; Independence High School, Independence; Junction City High School, Junction City; Lansing High School, Lansing; Leavenworth High School, Leavenworth; Liberal High School, Liberal; Louisburg High School, Louisburg; Lyons High School, Lyons; Maize High School, Maize; Manhattan High School, Manhattan; McPherson High School, McPherson; Rose Hill High School, Rose Hill; Salina South High School, Salina; Shawnee Heights High School, Tecumseh; Seaman High School, Topeka; Wamego High School, Wamego; and Wichita Heights High School, Wichita.

From out of state: West Platte High School, Weston, Missouri; Lincoln Northeast High School and Lincoln Southwest High School, both in Lincoln, Nebraska; and Enid High School, Enid, Oklahoma.



Courtesy photo  
Representatives of the Army, Navy, Air Force and Marines battled it out in a rib eating contest at Texas Roadhouse in Manhattan, Kansas, Sept. 21. Representing the Army and Fort Riley were Spc. David Pearson, Pfc. Rafiq Vegenaro and Pvt. Ladre Tab all with 1st Battalion, 7th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division. The trio defeated the other branches by eating the most ribs in the allotted time.

## RIB STICKING FUN



Courtesy photo

## CUSTER Continued from page 9

1873 returned to the west and took up residence at Fort Lincoln in the Dakota Territory. It was here Libbie would become a widow.

History.net gives an account of the day she learned of her husband's death:

The paddle-wheel steamer Far West, Captain Grant Marsh at the helm, reached Bismarck, Dakota Territory, late on the evening of July 5, 1876. Across the Missouri River, at Fort Abraham Lincoln, the wives of the post's absent soldiers heard a foreboding whistle blast from the steamer as it docked. A sense of gloom had shrouded the post for days, as Indians had brought rumors of a great and disastrous battle far to the west. Several of the officers' wives gathered at the Custer home, staying past midnight before returning to their individual quarters.

The next morning Capt. William McCaskey of the 20th Infantry, joined by the post surgeon and another officer, came to her home and

read the dispatch from Brig. Gen. Alfred Terry — Lt. Col. George Armstrong Custer and every officer and man of five companies of the 7th U.S. Cavalry had been killed in battle at the Little Bighorn River on June 25, 1876.

According to the account, Libbie then joined the officers as they broke the news to the other women.

Defending a legacy  
As were many of the Indian battles in the west, the Battle of Little Big Horn was embroiled in politics. "Custerology: The Enduring Legacy of the Indian Wars and George Armstrong Custer" by Michael A. Elliott and published by The University of Chicago Press chronicled some of the heated rhetoric between the Republicans and Democrats.

The New York Herald used the defeat as a signal of the failure of Republican policies and corruption among the government Indian agents who had been appointed by President Ulysses Grant's ad-

ministration. Grant, on the other hand, told the press that he regarded "Custer's massacre as a sacrifice of troops, brought on by Custer himself, that was wholly unnecessary," according to the book.

Libbie would spend her remaining year defending her late husband through books, magazine articles and lectures. She also expanded her lectures to touch on the social and economic status of women.

She lived off a \$30-a-month pension from the government and took a job with the Society of Decorative Arts. She authored three books: Boots and Saddles, 1885; Tenting on the Plains, 1887; and Following the Guidon, 1890.

A few days shy of her 91st birthday, on April 4, 1933, Elizabeth Bacon Custer died at her home in New York. But it was through her efforts, according to history.net, that her husband's legacy and reputation were restored.

## PROGRAM Continued from page 9

"The camp time is a little more of the fun," Wait said one day before joining a group of children in a game of jailbreak in the gym.

There's an art camp, two Science, Technology, Engineering and Math camps, and a fitness camp. The camps give the children a chance to work on their social and communication skills and it helps give them more of a connection to their school, Wait said.

While she, as an administrator, can see the benefits of the program for the children, some of them are just there to have fun.

Ace Proctor, son of Brittany and Staff Sgt. James Proctor, 1st Support Maintenance Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade, is in the fourth grade and said he's been going to the after school program since kindergarten.

"I like it because you get to play," he said. "I love playing because in my heart I am still childish."

For many children, the school day can be a long one. Wait said some show up at 7:50 a.m. when they start

"They are ecstatic about the time they spend here. With the amazing staff that stays here, it really helps further their education."

SGT. THOMAS RAMON | DENTAL COMMAND, IRWIN ARMY COMMUNITY HOSPITAL

servicing breakfast and might not leave until 5:30 when a parent gets off work.

"We try to make it engaging for the kids," she said. "It's a 10-hour day for some of these kids. So, we have to make sure it's something engaging."

Another student, Charlie Schmidt, 9, daughter of Kellie and Spc. Austin Wilkins 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, is attending Seitz for the first time this year but had gone to a similar program in a previous school.

"The only reason I came here is because I thought it would be an easy way to make friends," she said. "I came and made a lot of friends."

The program is also fun for the staff, Wait said. Without them, it wouldn't be possible.

"The group of dedicated teachers that we have working after school are incredible," she said. "We're so lucky that we have these passionate individuals willing to give up extra time out of their week to be there for our kids."

**GRAND OPENING**  
OCTOBER 1 - 2PM

**MULTI-FUNCTIONAL COMMUNITY CENTER**  
(The Home & Community Center Collaboration Project)

**DESCRIPTION OF ROOMS**

**FRONT LEVEL**

- COMPUTER ROOM
- MEETING AND EVENT SPACE
- MEETING AND EVENT SPACE
- FAMILY ACTIVITY ROOM

**COMPUTER ROOM**  
Computer and access to web services in computer center location.

**FAMILY AND PIR ACTIVITY ROOM**  
Recreation, meeting area, game table, board game, table, etc. Open to all ages. Open to all ages. Open to all ages.

**RECREATION ROOM**  
Recreation room with pool table, cards and board games.

**MEETING AND EVENT SPACE**  
Meeting and event space with tables and chairs.

MWR is currently evaluating options for facility hours of operation, including evening hours and weekends.

**25th Annual Wichita Model Train Show**

Saturday, September 28, 9am-5pm  
Sunday, September 29, 10am-3pm

Wichita Toy Train Museum  
Cessna Activity Center  
2744 George Washington Blvd  
Wichita, Kansas

Exhibits, Buy, Sell, Parts, & Repair  
All Gauges Z, N, HO, S, O, & G  
Children's Depot,  
Concessions, & Door Prizes

Admission: \$8 for both days  
Children under 18 FREE  
With paid adult

[www.WichitaToyTrainMuseum.org](http://www.WichitaToyTrainMuseum.org)

**TRICK OR TREAT**  
OCT 31ST  
4:30—5:30  
EXCHANGE MALL

CHILD & YOUTH SERVICES

**YOUTH EXPRESS**

STOP SCHEDULE:

**MONDAY-FRIDAY**

LOCATION	TRIP 1	TRIP 2
PX/Commissary Parking Lot	4:00PM	Custer Hill Youth Center
Main Post Chapel Parking Lot	4:20PM	McClellan Place (Corner of Lincoln & Roosevelt)
McClellan Place (Corner of Lincoln & Roosevelt)	4:40PM	Main Post Chapel Parking Lot
Custer Hill Youth Center	5:10PM	PX/Commissary Parking Lot

**SATURDAY**

LOCATION	TRIP 1	TRIP 2
PX/Commissary Parking Lot	2:30PM	Custer Hill Youth Center
Main Post Chapel Parking Lot	2:50PM	McClellan Place (Corner of Lincoln & Roosevelt)
McClellan Place (Corner of Lincoln & Roosevelt)	3:10PM	Main Post Chapel Parking Lot
Custer Hill Youth Center	3:30PM	PX/Commissary Parking Lot

**FREE** transportation for CYS registered youth (6-12th grade) with permission form.

\*Please note that times are approximate due to any unforeseen delays.

For more information, contact the Youth Center at 785-239-9222.

**October is Adopt-A-Shelter-Dog Month**

**DONATION BOX FOR THE FT RILEY STRAY ANIMAL FACILITY**

JOIN US HERE FOR OUR PET FAIR—ADOPTION EVENT  
OCTOBER 5TH 10:00—2:00

ITEMS NEEDED: Cleaning Supplies, Dog and Cat Toys, Kong's, Litter, Puppy & Kitten Food (wet and dry), Treats, Chew Toys, Catnip, Basically Anything You Feel Like Donating!!!

[shopmyexchange.com](http://shopmyexchange.com)

**GUN & AMMO SHOW**

Herington Community Building  
810 South Broadway, Herington, Ks.

Sat., Oct. 5th (9 to 5)  
Sun., Oct. 6th (9 to 3)  
Repeating Rifle Giveaway!

• Reloading • Knives • Coins • Gold • Silver • Military Surplus

Info. Call Brett (785)258-2987



# OCTOBER 11

# 7:00PM

RILEY'S COMMUNITY CENTER

## TRICK-OR-TREAT FUN RUN




riley.armymwr.com

# Public Health Alert:

## Severe Lung Illness Associated with E-Cigarette Use

As of Sept. 6, 2019, more than 450 possible cases of a severe lung illness associated with e-cigarette products have been reported across multiple states. One person has died from the illness. All of the patients reported recent use of e-cigarette products, and many stated using devices containing cannabinoid products such as tetrahydrocannabinol (THC) or cannabidiol (CBD). Symptoms of the illness appear over the course of a few days to several weeks and include difficulty breathing, coughing, shortness of breath and/or chest pain. Some individuals also reported mild to moderate vomiting, diarrhea and fatigue.

Although the specific cause of the illness remains unknown, all reported cases include recent e-cigarette or vaping product use. The aerosol from e-cigarettes and vaping products can contain a variety of harmful or potentially harmful ingredients. Also, the contents of e-cigarette and vaping liquids are not highly regulated and can vary from product to product. The U.S. Food and Drug Administration is working with the Centers for Disease Control and Prevention and state health departments to collect information on products used by individuals affected by this outbreak.

Until a cause is determined, Soldiers and their family members who do not currently use tobacco products are encouraged to avoid all e-cigarette or vaping products, particularly those sold off the street or modified to add any substances not intended by the manufacturer. Do not use e-cigarettes in ways unintended by the makers, like dripping or dabbing. Dripping is when users drop e-cigarette solvents onto the device's hot coils, resulting in more concentrated compounds. Dabbing is when substances containing high levels of THC or CBD are superheated in the device. Adult smokers who are attempting to quit by using e-cigarettes should consult their healthcare provider for consideration of evidence-based alternative methods. If you use e-cigarette or vaping products, monitor yourself for signs of respiratory or gastrointestinal distress and seek prompt medical attention if you experience the indicators described above or any other abnormal symptoms. Additional information is available at <https://emergency.cdc.gov/han/han00421.asp>.






Your go-to guide for products and services around Junction City!

# SERVICE DIRECTORY

<p style="text-align: center; font-weight: bold;">AUTOMOTIVE</p> <p style="font-size: 1.2em; font-weight: bold;">T.O. Haas Tire</p> <p>• TIRES • BRAKES • SHOCKS • ALIGNMENT • OIL CHANGE</p> <p>808 So. Washington • 238-2001</p>	<p style="text-align: center; font-weight: bold;">HEALTH</p> <div style="text-align: center;">  <p>Geary Community Hospital</p> </div> <p>1102 St. Mary's Rd. J.C. • 238-4131</p>	<p style="text-align: center; font-weight: bold;">HEALTH</p> <div style="text-align: center;">  <p><b>KONZA PRAIRIE</b></p> <p>Community Health &amp; Dental Center</p> </div> <p>361 Grant Avenue • Junction City, KS 66441 Phone: 785 238-4711 Fax: 785 238-4260</p>	<p style="text-align: center; font-weight: bold;">HOME IMPROVEMENT</p> <p style="text-align: center;">Need New Windows? <b>CALL BEN!</b></p> <p style="text-align: center; font-weight: bold;">785-223-0969</p> <div style="text-align: center;">  <p><b>BEN KITCHENS</b></p> <p>FREE ESTIMATES! We DO MORE than painting!</p> </div> <p style="text-align: center; font-size: small;">www.benkitchenspainting.com</p>
<p style="text-align: center; font-weight: bold;">INSURANCE</p> <p style="font-weight: bold;">CORYELL INSURORS, INC.</p> <p>All forms of insurance 120 W. Seventh Office 238-5117</p>	<p style="text-align: center; font-weight: bold;">LANDSCAPING</p> <p style="font-weight: bold;">BLUEVILLE NURSERY, INC.</p> <p>Complete Landscape Service 4539 Anderson Manhattan, KS 66503 785-539-2671 <a href="http://www.bluevillennursery.com">www.bluevillennursery.com</a></p>	<p style="text-align: center; font-weight: bold;">LAWN &amp; TREE SERVICES</p> <div style="text-align: center;">  <p>Rich &amp; Tara Witt - Owners Get a FREE Estimate Now!!</p> </div> <p>Payment plans available for Tree Services <b>(785) 530-5155</b> <a href="http://www.wittsmowingservices.com">www.wittsmowingservices.com</a></p> <p style="font-size: small;">Lawn Services • Shrub Trimming • Tree Removal &amp; Trimming Yard Cleanup • Gutter Cleanup • Landscaping</p>	<h1 style="font-size: 2em; font-weight: bold;">HEY!</h1> <p>You looked. So will your customers. Advertise today. 762-5000</p>
<p style="text-align: center; font-weight: bold;">SEWER &amp; DRAIN CLEANING</p> <p style="font-weight: bold;">ANDERSON</p> <p>Sewer &amp; Drain Cleaning Fast &amp; Friendly Service <b>785-307-1253</b></p>	<p style="text-align: center; font-weight: bold;">STORAGE</p> <div style="text-align: center;">  <p><b>PROPANE CENTRAL STORAGE</b></p> </div> <p>NEW LOWER RATES!  <ul style="list-style-type: none"> <li>› Military Programs</li> <li>› Auto-Debit Discount</li> <li>› Prepay Discount</li> </ul> </p> <p>800-362-6028 2618 Central Drive Junction City  <input checked="" type="checkbox"/> Safe <input checked="" type="checkbox"/> Secure <input checked="" type="checkbox"/> Various Sizes <input checked="" type="checkbox"/> 24/7 Access</p>	<p style="text-align: center; font-weight: bold;">STORAGE</p> <div style="text-align: center;">  <p><b>A SELF-STORAGE</b></p> </div> <p>• Residential Units • Commercial Units • Climate Controlled Units</p> <p>1838 Old Highway 40 Junction City, KS 66441 Fax: 785-238-0774</p> <p><a href="http://www.aaselfstorageonline.com">www.aaselfstorageonline.com</a> <b>785-238-3477</b></p>	<p style="text-align: center; font-weight: bold;">THRIFT STORE</p> <p>Disabled American Veterans Pearl Harbor Chapter 16</p> <p style="text-align: center; font-weight: bold;">THRIFT STORE</p> <p>1505 N. Washington, JC Open Mon-Sat 9-5:30 Help us keep our prices low by donating your gently used items.</p>

Call 785-762-5000 to add your business or service to this space!

THE 1ST INFANTRY DIVISION POST

# CLASSIFIED MARKETPLACE

1st Infantry Division Post Fort Riley | The Daily Union Junction City

Let our classified specialists help you write an ad that will bring you **THE BEST RESULTS**

Place an ad online 24 hours a day • Walk-ins: Mon-Fri 9 a.m. - 4 p.m. • Call 785.762.5000

THE JUNCTION CITY UNION

## Classifieds

in print & online

785-762-5000 • junctioncityunion.com

*We have the job for you.*



**MEDIA SALES**

### Will train the right person to succeed!

We have a full time position in our advertising department.

**NO WEEKENDS!**  
MONDAY-FRIDAY DURING BUSINESS HOURS! (8 AM - 5 PM)

**DO YOU HAVE:**

- An outgoing personality?
- Desire to succeed?
- Self-motivation?
- Good communication skills? (written & verbal)

Our organization publishes newspapers in Junction City, Wamego, and Manhattan. We publish the 1st Infantry Division Post on Ft. Riley. Additionally, we publish magazines and three websites providing news and information to the region.

**WE PROVIDE:**

- Salary plus commission
- Benefits include: medical insurance, 401K, paid vacation/holidays

Send resume and cover letter to: [sales@jcdailyunion.com](mailto:sales@jcdailyunion.com)

No Phone Calls Please **THE JUNCTION CITY UNION**

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

**EMPLOYMENT**

### Help Wanted

#### Lead Cooks and Dining Facility Cooks

Riley Food Services is now accepting applications for Lead Cooks and Dining Facility Cooks in the military dining facilities on Fort Riley. Positions are temporary for the PM and AM shifts, and includes weekends. Hired applicants will be required to join the local Union. Riley Food Services conducts pre-employment background checks and drug/alcohol screening. Fluent speaking, reading, writing, and understanding English is required. Applicants must be able to provide all required documentation to access Fort Riley. Applicants must be able to pass a food service sanitation class upon being hired for the position. Applications can be picked up at Bldg. 813, Marshall Loop on Fort Riley; Monday thru Friday, 8am-4pm. Telephone (785)240-4921. We are an Equal Opportunity Employer.

---

#### Mess Attendants

Riley Food Services is now accepting applications for mess attendants in the military dining facilities on Fort Riley. Positions are part time, for the AM/PM shift, and includes weekends. Hired applicants will be required to join the local Union. RFS conducts pre-employment background checks and drug/alcohol screening. Fluent speaking, reading, writing, and understanding English is required. Applicants must be able to provide all required documentation to access Fort Riley. Applications can be picked up at Bldg. 81.3, Marshall Drive on Fort Riley; Monday thru Friday, 8am-4pm. Telephone: (785)239-3360

### Help Wanted

#### Security, Dancers & DJ

No experience necessary. Good pay. Flexible hours. Apply in person after 7:30pm. at 1330 Grant Avenue, Junction City.

The Junction City 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

The Junction City 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.

### Wakefield Care and Rehabilitation Center

Come join our warm and friendly team. We are now hiring! Wakefield Care and Rehabilitation is looking for self-motivated Registered Nurses (RN) or LPN that have the ability to supervise and lead a team. Pay based on credentialing and experience ranges from \$20.00 to \$28.00 / hour. Plus, RN sign on bonus of \$4000 and LPNs \$3000. Stop by 509 Grove, Wakefield, KS and visit us or call us at 785-461-5417.

## HIRING

**TIRE TECHNICIAN** - Duties include installation and repair of tires. We will train the right person, but you must have an INSURABLE DRIVING RECORD as defined by our insurance company. Full benefit package. Apply in person.

**T.O. Haas**  
TIRE & AUTO SINCE 1947  
808 South Washington  
785-238-2001  
[www.tohaas.com](http://www.tohaas.com)

THE JUNCTION CITY UNION

[your ticket to a new job]

785-762-5000 • junctioncityunion.com

### MERCHANDISE

#### Miscellaneous

A PLACE FOR MOM has helped over a million families find senior living. Our trusted local advisors help solutions to your unique needs at NO COST TO YOU! CALL 855-973-9062

ARE YOU BEHIND \$10k OR MORE ON YOUR TAXES? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Call 855-462-2769

ATTENTION SMALL BUSINESS OWNERS! Are you protected in case of property damage or if you have an interruption in service due to a property event? Business Owner Property insurance IS AFFORDABLE and WILL PROTECT YOU when the unexpected happens! For free quote, call 913-914-7784 (M-F 7:30am-9:30pm ET)

BEST SATELLITE TV with 2 Year Price Guarantee! \$59.99/mo with 190 channels and 3 months free premium movie channels! Free next day installation! Call 316-223-4415

Denied Social Security Disability? Appeal! If you're 50+, filed for SSD and denied, our attorneys can help get you approved! No money out of pocket! Call 785-329-4931.

DISH TV - BEST DEAL EVER! Free Voice Remote & DVR Included! [www.dish.com](http://www.dish.com) Referral Code VCD0019117934

## Memorial Health System

is eagerly seeking Nurses for our Inpatient dept, our growing OB Department and our Long Term Care facility.

We are highly motivated to hire nurses that we are including a \$10,000 sign on Bonus. To be qualified for this position you must be a Registered Nurse of Kansas and have 6+ months of experience.

**Ask yourself these questions**

- ◆ Do you thrive in a high quality and caring environment
- ◆ Are you a relentless learner who finds value in making a difference in the lives of patients
- ◆ Do you treat patients with kindness and highest quality of care
- ◆ Are you a self-sufficient nurse who follows rules and process, but remains open and approachable to patients and others involved in patient care
- ◆ Do you treat your co-workers with honesty and respect
- ◆ Are you willing to go the extra mile when toward patients and staff

If you answered yes to the questions above, then you are the 5 star nurse we desire to hire! Come join our family, and work in an awesome team environment with a great nurse to patient ratio. We offer great benefits with the ability for self scheduling. Don't put off your happiness any longer.

**Submit your resume and apply online today at [www.mhsk.org](http://www.mhsk.org)**

## su | do | ku

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

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

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

# GET your ad NOTICED

Now on the Net! See the area's most complete and up-to-date classifieds!

## 762-5000

It pays to advertise in the daily classifieds and on our Web site.

Call today and see how easy it is to make your ad work harder for less.

THE JUNCTION CITY UNION **Classifieds**

# Travel & Fun in Kansas

## Autumn colors getting ready to bloom across hills, valleys of Kansas

BY GAIL PARSONS  
1ST INF. DIV. POST

As the dog days of summer fade and the temperatures begin to dip, Mother Nature moves into her autumn routine marked by the changing colors of the foliage.

One does not have to be in the mountains or forests to appreciate the vibrant hues of fall — Kansas has a palette of its own.

Fort Riley is in the Kansas Flint Hills, which will soon be ablaze with color. The Flint Hills National Scenic Byway, stretching 47.2 miles is one drive to view the spectacular display. The byway is a two-lane, paved road on Kansas Highway 177 between Council Grove and Cassoday in East Central Kansas.

According to the Natural Kansas Website, [naturalkansas.org/flint.htm](http://naturalkansas.org/flint.htm), the drive can include stops at several historical places in Council Grove before heading south through the Tallgrass Prairie National Preserve.

South of Cottonwood Falls, the Flint Hills National Scenic Byway travels above the hills for more panoramic views of the ranches in the area before descending to a creek, according to the website. A scenic overlook includes a raised bed of native wildflowers, interpretive signs and a panoramic view of the area.

The southern-most city, Cassoday, has antique shops and a museum.

The Kansas Department of Wildlife, Parks and Tourism

lists the Native Stone Scenic Byway as another Flint Hills drive worth an autumn trip.

This byway winds through parts of Western Shawnee County and Wabaunsee County along Kansas Highways 4 and 99. The 48-mile route passes through Alma, Eskridge, Keene and Dover, offering visitors a glimpse of rural Kansas life, according to the Natural Kansas website.

Although the intent of the byway is to highlight the walls, bridges and buildings constructed of native limestone, it also offers a festival of color as the foliage prepares for winter.

Further east is the Glacial Hills Scenic Byway, which gets its name from the rolling hills and rock-strewn valleys carved by ancient glaciers.

For views of the hills and valleys Lewis and Clark saw and wrote about, today's travelers can follow Kansas Highway 7, which provides scenic views of the Missouri River. The byway begins at the intersection of K-7 and K-92 in Leavenworth, Kansas, and extends 63 miles. The two-hour drive can take longer if the traveler stops at the sites along the way.

Gary Satter, executive director of Glacial Hills Resource Conservation and Development,

said to take the state 70 to Highway 7 to get to the southern part of the byway in Leavenworth.



“There’s all kind of historic things to see on the fort that would be very interesting,” he said. “The Fort Leavenworth museum is fantastic. It overlooks the Missouri River, there’s a couple of good observation points where you can see the river from the fort.”

Heading north, the next town on the byway is Atchison, which like other towns along the byway were river towns where steamboats docked during the 1840s to 1850s.

“Each of them has a lot of history to support,” he said. “Atchison has a lot of maple trees that are just gorgeous. They have the Santa Fe Trail Depot Museum and there’s a lot of gorgeous mansions in Atchison — one or two that are museums.”

Also, in Atchison, is Benedictine College, which is on the river where there is an observation point overlooking the bluffs and the Missouri River.

The next town on the byway is Troy, where President Abraham Lincoln stayed during a visit to Kansas. The byway ends in White Cloud where visitors can go to a scenic overlook to see four states.

“You can see the river and the river valley clear over to Missouri,” Satter said. “You can see Missouri, Kansas, Iowa and Nebraska with the fall colors. It is gorgeous. I tell people the second or third week in October would be a good time to visit, that’s when the colors are peaking.”

Although not part of the Glacial Hills Scenic Byway, after leaving White Cloud travelers can take Highway 36 about 60 miles southwest to Hiawatha, which bills itself as the City of Beautiful Maples and claims to have the oldest Halloween parade in the nation.

Another city in Kansas that has capitalized on the rich colors of a place in autumn is Baldwin City, which celebrates the coming of fall with a Maple Leaf Festival. According to the festival website, they chose the third full weekend in October for the celebration because it is the optimum time to view the changing colors of the maple leaves in the area and the perfect time to celebrate the end of harvest.

The two-day festival begins Oct. 19 with an 11 a.m. parade and includes more than 300 craft exhibits, quilt shows and displays, performing arts, music, unique food items and activities for the family.

A full schedule of events is posted at [mapleleaffestival.com](http://mapleleaffestival.com).

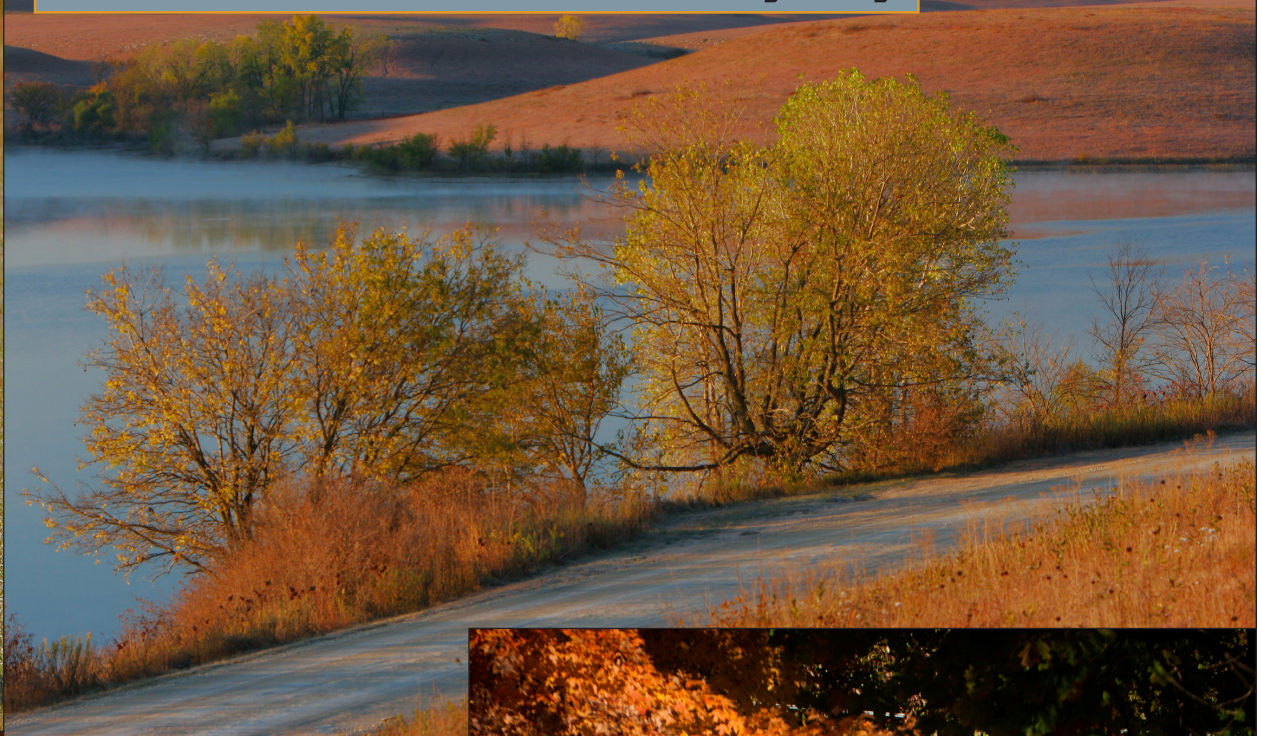
**Spc. Shell is going to hop in the saddle and check out some places to go horseback riding next week.**

Photos courtesy of Kansas Department of Wildlife, Parks and Tourism.

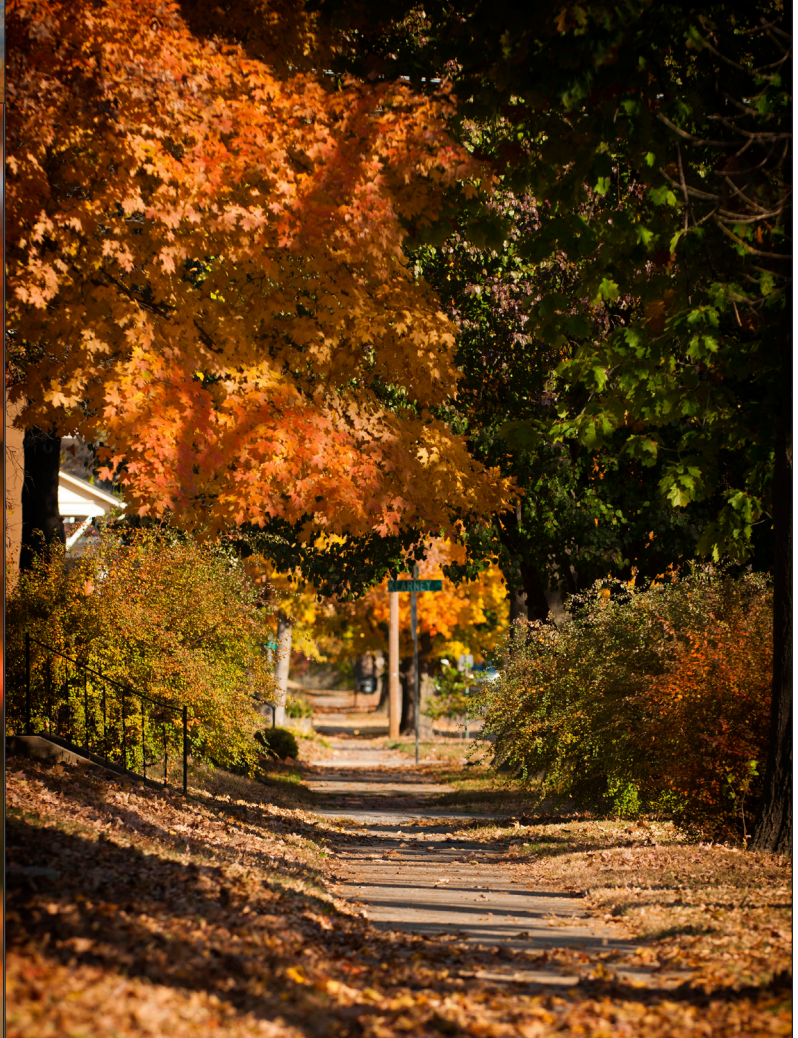
### Flint Hills National Scenic Byway



### Flint Hills National Scenic Byway



### Glacial Hills Scenic Byway



### Glacial Hills Scenic Byway

# Fort Riley Fall Apple Day Festival 2019



★ SEPTEMBER 27, 2019

HOME OF THE BIG RED ONE

PAGE 17 ★

Carisa Huntwork | POST

Children, young and old, were climbing in, on and around military vehicles like the M2 Bradley Infantry Fighting Vehicle during the 2019 Fort Riley Fall Apple Day Festival Sept. 21.

## Fort Riley welcomes visitors Fort Riley's annual Fall Apple Day Festival 2019

Story by Gail Parsons  
1ST INF. DIV. POST

The sound of machine gun fire, a civil war drum and bugle call and the blast of a horn on a military vehicle greeted visitors to the Fall Apple Day Festival Sept. 22.

Ronald Stewart, operations supervisor, Directorate of Plans, Training, Mobilization and Security, said the official estimates are that more than 10,200 people went through the festival, which was located around Artillery Parade Field.

The highlight of the day depends on who is being asked. Some people had little interest in anything more than getting a pie and leaving, while others

took several hours watching demonstrations, listening to music and participating in the hands-on activities.

Just outside of the parade field the smell of gunpowder wafted through the air as adults and children tried their hand at firing weapons to include machine guns.

Max Morris, 5, son of Olga and Lt. Col. Harold Morris, G-6 1st Infantry Division, learned how difficult some of the weapons were to shoot.

"That gun (the M240) was too hard to press the trigger," he said.

But he didn't have any trouble with the M4, he said.

On the parade field there was a display of tanks and military vehicles. People explored and ask questions of the Soldiers who were there to explain the function of each one. The children seemed particularly excited about laying on to emit long deafening blasts of noise.

It wasn't just the children who had fun climbing in and on the tanks.

Deanna Wise was visiting from Kansas City and had



Carisa Huntwork | POST

Military vehicles of all shapes and sizes were set up in Artillery Parade Field Sept. 21 for visitors to check out. Visitors were able to explore the M109 Paladin, M1A2 Abrams, an M2 Bradley Fighting Vehicle, Heavy Expanded Mobility Tactical Truck, High Mobility Multi Wheeled Vehicles. The UH-60 Black Hawk that was there, left due to weather concerns.

the opportunity to sit inside an M1A2 Abrams tank.

"It was very interesting," she said. "It's very small in there and it looks like it would get really hot."

She said the Fall Apple Day Festival was a learning experience.

"Not having affiliation with the military, I think I'm more in awe than anything else," she said.

She wasn't the only one in awe. At the opposite end of the field the Commanding General's Mounted Color Guard performed a cavalry demonstration to an audience that cheered and applauded the troopers' skills.

Several of the audience members also waited in a long line to take a 15-minute wagon ride. In the morning the CGMCG wagon was pulled by two perchons, in the afternoon a team of mammoth mules took over.

After waiting about 30 minutes Master Sgt. Ryan Wienhold Headquarters and Headquarters Battalion, 1st Inf. Div., ended up first in line. He and his stepdaughter Alyssa Marshall, 14, said it was worth the wait.

"This is one of the most historic things on post," Wienhold said. "Fort Riley is known for their

Commanding General's Mounted Color Guard."

Nearby, the CGMCG had encampment displays to show how the cavalry lived and worked. Trooper Roy Chapman spoke to guests about what he said was the best job in the Army. He started his Army career in the chemical field, before discovering the CGMCG.

Although he had never even petted a horse, he was able to pass the requirements and was accepted.

"What I like is that we really are like a family," he said. "We work hard, but it is a lot of fun."

A re-enactor posing as Abraham Lincoln made his

rounds inspecting Chapman and the rest of the troops.

"The displays are neat and orderly," he said playing the part. "The troops are polite and if I was president at this time, I would give them a very good recommendation."

Other re-enactors and displays showed military equipment from Medieval times through World War II.

In contrast to the history, there was a tent manned by the Fort Riley Network Enterprise Center with several computers where people could play Unreal Tournament 3.

See FESTIVAL, page 20



Amanda Ravenstein | POST

The 2019 Fall Apple Day and Historical and Archaeological Society of Fort Riley Pie Queens Theresa Beier, wife of Lt. Col. Karl Beier, Misson Command Element Forward chief of staff, left, and Yvonne Gutierrez, wife of Command Sgt. Maj. Ricard Gutierrez, Irwin Army Community Hospital senior noncommissioned officer, take time from their day to show off their time period dresses Sept. 21.



Amanda Ravenstein | POST

Soldiers from the Commanding General's Mount Color Guard offered visitors to Fort Riley's Fall Apple Day Festival short tours on their mule pulled wagon Sept. 21.



Pfc. Jared Simmons | 19th PAD  
A soldier places eye protection on a child during the Fall Apple Day Festival Sept. 21, at a practice range. The range allowed attendees to fire blank ammunition from M4A1 Carbines, M240B machine guns, and M249 light machine guns. The festival is a free public event held annually on post.

Spc. Justin Mark, a t...  
performs during one...  
Festival Sept. 21 at Ar...



Carisa Huntwork | POST  
One of the activities for attendees of Fort Riley's 2019 Fall Apple Day Festival Sept. 21 included an ATV rodeo where riders could go through a maze of hay bales.



Carisa Huntwork | POST  
Jackson Shill, 8, son of Sgt. Clinton Shill, Headquarters and Headquarters Company, 2nd Armored brigade Combat Team, 1st Infantry Division and Rachelle Aaliyah Swift, 5, daughter of Sgt. Ryan Swift, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Inf. Div., explored one of the many military tanks on display at Fort Riley's 2019 Fall Apple Day Festival Sept. 21 at Artillery Parade Field.



Pfc. Jared Simmons | 19th PAD  
A child practices aiming an M249 light machine gun September 21, 2019, at a practice range. The range was set up as part of the Fall Apple Day Festival. The festival is a free public event held annually on post.



The Directorate of Fa...  
was on hand at Fort R...  
some of the equiptme...  
installation. They had ac...

- Fall Apple Day**
- NOTICE** Designated Storm Shelter
  - First Aid Stations**
  - Drinking Water** Water Stations
  - Restrooms**
  - Command Tent /**



Pfc. Jared Simmons | 19th PAD  
A member of the Commanding General's Mounted Color Guard helps a child feed carrots to one of the horses at the CGMCG set up Fort Riley's 2019 Fall Apple Day Festival Sept. 21 at Artillery Parade Field.



Sgt. Morgan Selep | CGMCG  
of the demonstrations at Fort Riley's 2019 Fall Apple Day  
Artillery Parade Field.



Carisa Huntwork | POST  
Hannah Swift, 10, daughter of Sgt.  
Ryan Swift, 2nd General Support  
Aviation Battalion, 1st Aviation  
Regiment, 1st Combat Aviation Brigade,  
1st Infantry Division, competed in the  
2019 Fall Apple Day Festival karaoke  
contest Sept. 21 and won first place in  
her age group. For winning she received  
a \$25 Visa gift card.



Carisa Huntwork | POST  
Fort Riley families and visitors lined up to run one of the many bounce castle  
obstacle courses at the 2019 Fall Apple Day Festival at Artillery Parade Field Sept.  
21. Activities at the festival included an ATV rodeo, wagon rides provided by the  
Commanding General's Mounted Color Guard and more. The free event happens  
early and allows visitors to the installation and a chance to see what Fort Riley  
has to offer.



Amanda Ravenstein | POST  
"Safety Ron" Clasberry, deputy garrison safety manager,  
Garrison Safety Office, talked with families and handed out  
information and goodies during Fort Riley's 2019 Fall Apple  
Day Festival Sept. 21 at Artillery Parade Field.



Amanda Ravenstein | POST  
Family and Morale, Welfare and Recreation team  
presented at the 2019 Fall Apple Day Festival Sept. 21 to show  
fitness activities for families to compete in.



Gail Parsons | POST  
Historical re-enactors showed what life was like for soldiers in an  
encampment display during Fort Riley's Fall Apple Day Festival  
Sept. 21 at Artillery Parade Field.



NOTICE  
TORNADO  
HELTER



Carisa Huntwork | POST

The winners of the 1st Fort Riley Fall Apple Day Karaoke Contest were recognized in front of friends, families and visitors to the installation. Each winner was given a \$25 VISA gift as their reward for performing



Amanda Ravenstein | POST

Chris Hallenbeck, emergency management coordinator, hands out Ready Army information to families who visited the 2019 Fall Apple Day Festival Sept. 21 at Artillery Parade Field.

**FESTIVAL** Continued from page 17

The festival wasn't only about history and military — there was a tent with vendors from around the state selling an assortment of items and providing information about their counties and cities. The Fort Riley Fire Department was also set up with their fire safety trailer.

Mary Martin, wife of Chief Warrant Officer 2 Matthew Martin, 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Inf. Div., said her son Marcus Martin, 8, was almost

more excited about the fire trailer than he was the Army exhibits.

"Any excuse to jump out a window," she said.

Marcus and his brother Maxson, 6, went in the trailer several times and learned how to get out of a room that was filling with smoke.

"I like it when we have to crawl through the smoke — I escaped from the smoke," Marcus said.

"And we jumped out the window," Maxson added.

As guests wandered around the parade field it was hard to miss the

centerpiece of the day — the apple pie.

Pie queens Theresa Beier, wife of Lt. Col. Karl Beier, Mission Command Element Forward chief of staff, and Yvonne Gutierrez, wife of Command Sgt. Maj. Ricardo Gutierrez, Irwin Army Community Hospital senior noncommissioned officer, visited and had their pictures taken with guests as crowds lined up under and around the yellow and white tent where hundreds of apple pies were being sold whole and by the slice.

"This is what it all leads up to," Beier said.

She and dozens of volunteers had spent the previous week peeling apples, mixing the spices, preparing the pies and baking them.

The recipe is a carefully guarded secret, but that didn't stop one little girl from whispering to Gutierrez "I need your pie recipe."

To which Gutierrez responded, "I can't tell you that — you wouldn't buy my pie if I did."

Hundreds of pies were being sold some to people who had only heard the hype about how tasty they are — others to people who make sure they get one every year, like Kendra Seat, wife of Staff Sgt. Jared Seat, 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div.

"We get them every year," she said. "It is tradition, but they are also delicious."



Amanda Ravenstein | POST

Abraham Lincoln look alike actor, Steve Burns attended the 2019 Fall Apple Day Festival Sept. 21 at Artillery Parade Field to see the festival and visit with families.



Amanda Ravenstein | POST

Sgt. Xavier Rodriguez, Company B, 9th Financial Management Support Unit, 1st Infantry Division Sustainment Brigade, dressed as a hotdog to entice attendees to get food from their booth during the 2019 Fall Apple Day Festival at Artillery Parade Field Sept. 21.



Amanda Ravenstein | POST

Brenda Bailey, management analyst, Resource Management Office, dressed as "The Apple Lady" and handed out apple stickers during the 2019 Fall Apple Day Festival Sept. 21 at Artillery Parade Field.



Amanda Ravenstein | POST

Exhibitors set up in a tent during the Fall Apple Day Festival Sept. 21 at Artillery Parade Field gave free goodies and information about their organizations.



Carisa Huntwork | POST

Children of all ages climb on and in the military vehicles on display at Fort Riley's 2019 Fall Apple Day Festival Sept. 21 at Artillery Parade Field. The display provides an opportunity for the community to see Fort Riley's capabilities.



Carisa Huntwork | POST

Lines stretched across Artillery Parade Field Sept. 21, as families and visitors to Fort Riley waited to purchase some of the pies made by volunteers and members of the Historical and Archaeological Society of Fort Riley. The pies made from the recipe of Libbie Custer are one of the highlights of the Fall Apple Day Festival every year.