

THE 1ST INFANTRY DIVISION POST

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FORT RILEY, KANSAS



Spc. Alvin Conley | 19th PAD

Spc. Madison Dowdy, 2nd Armored Brigade Combat Team, 1st Infantry Division, performs Tactical Combat Casualty Care, Nov. 6. Big Red One combat medics attended a certification course in operating, maintaining and teaching others how to perform treatment on casualty simulator manikins.

Combat Medics train with next-gen simulators

Story by Spc. Joshua Oh
19TH PUBLIC AFFAIRS DETACHMENT

1st Infantry Division combat medics trained on the next generation of combat casualty care simulators at Fort Riley, Kansas, Nov. 7, gaining a firmer grasp on the reality of performing life-saving procedures under stress.

The Tactical Combat Casualty Care Exportable or TC3X is a rugged, realistic, full-body trainer manikin used for the treatment of severe trauma. The simulator has been around since 2008, but it continues to evolve with each

year, receiving updates and added technological advancements that aid in its effectiveness.

Big Red One medics trained with these simulators to refresh and build upon past trainings while also learning new techniques that can be used in Tactical Combat Casualty Care. Completion of this training earns medics a certification on the operation and use in training with the TC3X. Afterward, they are encouraged to take the information back to their units and train non-medical personnel using the manikins.

Johnny Estep, a field service representative with Trauma Effects, the simulator's maker, travels around the United States to teach Army combat medics how to operate the TC3X manikins. He said the ultimate goal of the course is to save more lives on the battlefield.

"With the manikins of the past, you either trained in the industry or by treating the instructor," said Estep. "What this does, by training the non-medical personnel, is when there's not a medic around, they can still save a life. They can control the bleed-

ing, breathing and circulation long enough for a medic to get there, or to get them to the next level of care."

Soldiers can use a remote to control the different abilities of the TC3X simulator to recreate realistic scenarios that both medical and non-medical personnel may experience on the battlefield.

"These ones are really nice because they will respond to you," said Spc. Trevor Helmuth, a combat medic with to DIVARTY, 1st Infantry Division. "They actually

See MEDICS, page 7

Virtual health provides added services at hospital

By Gail Parsons
1ST INF. DIV. POST

Over the past several months, staff at Irwin Army Community Hospital have increased the virtual health services they provide and consume.

Melanie Rohe, registered nurse and IACH's virtual health nurse care coordinator, said in addition to the Behavioral Health department's virtual health program, IACH staff provides dermatology and speech pathology services to Fort Leonard Wood, Missouri; Fort Polk, Louisiana and Fort Huachuca, Arizona.

There are also eight medical specialties for which IACH is a consumer of virtual health. Among them are endocrinology from Fort Carson, Colorado, sleep medicine and pulmonary from Carl R. Darnall Army Medical Center, Fort Hood, Texas, and several pediatric specialties from Brook Army Medical Center, Fort Sam Houston, Texas.

Improving readiness was the impetus behind pursuing virtual health options, Rohe said.

"It allows increase and faster access to care," she said. "A lot of the specialties — they have to go to Kansas City. That takes Soldiers and families out of work for the day — more than a day if they have to make a follow up appointment. With virtual health, you don't have to worry about daycare and travel expenses."

Rather than traveling patients make their appointment and meet with a doctor in Texas or Arizona via computer.

In addition to saving time, it saves the Army money by using the skills of physicians who are available to help, but not on site and decreasing the medical travel, she said.

Susan Cullen, registered nurse and speech language pathologist, said another benefit for the patients is that the referrals are kept in the network.

"If there's a Soldier at Leavenworth (Kansas) or Leonard Wood that needs SLP services, instead of sending them out to the community we can keep those services in-house by scheduling them for virtual health," she said.

Cullen has been working with patients using the virtual health and said, so far, the response has been positive.

Rohe said they have had patients as young as two months old up to 87 years old and the satisfaction rate has been 100%.

"The doctor has all their records," Rohe said. "They feel like they have that eye contact and the doctors on the screen are not preoccupied doing other things — they're very happy with the results."

When a patient visits a doctor via virtual health, there is a nurse in the room with

See VIRTUAL, page 7

Welding together FitFirst, cost efficiency

Story and photo by
Spc. Joshua Oh
19TH PUBLIC AFFAIRS
DETACHMENT

The morning silence was interrupted by the sounds of metal tubing being joined together by the loud hiss and spark of intense heat and electricity. The smell of melting iron filled the air as Soldiers started to file into the bay to start the day's work.

In an effort toward readiness of "Big Red One" Soldiers and cost efficiency, Soldiers assigned to the 541st Combat Sustainment Support Battalion, 1st Infantry Division, are building a gym box prototype which, if successful, will be reproduced and distributed throughout Fort Riley.

This gym box will be used to help Soldiers train for the Army Combat Fitness Test, which will be fully implemented no later than October 2020.

"We actually started building about a couple weeks ago," said Staff Sgt. Andrew Fleming, an allied trades specialist, assigned to 541st CSSB 1st Inf. Div. "We purchased all the metal and everything and got the actual

container to start the complete fabrication."

Building the prototype provides a way that the 1st Inf. Div. can save money.

"If we were to go out and purchase one of these commercial boxes, it would cost roughly \$19,000 to \$40,000," Fleming said. "But with the metal that we got, it only cost us about \$2,000 for one container. So, there is a significant difference; we are saving money building these boxes. I definitely say we're going to be saving the Army a lot of money, because if approved, we're building 23 of them."

With the money saved by insourcing the construction to maintenance Soldiers, the 1st Inf. Div., can spend more on training and essential equipment for each unit. This project has the potential to save millions across the Army if other divisions decide to use their own maintenance Soldiers to build these boxes, said Fleming.

Not only is the 1st Inf. Div. welding together Soldier-readiness and cost efficiency, but also fusing the adaptiveness of the Big Red One and their ability to think outside the box.

"This is definitely a large-scale task that's going to take a lot of effort and hours to do," said Capt. David Cutsinger, 1st Support Maintenance Company's commander, assigned to 541st CSSB, 1st Inf. Div. "This is a great way for 1st Infantry Division to lead the charge and come up with an innovative and creative way to get after this project to ensure that Soldiers are armed with the necessary tools to complete and achieve standards."

The Army's new physical fitness test requires more essential equipment. This equipment is used to better gauge a Soldier's physical readiness on the battlefield. In order for Soldiers to be able to take the ACFT under the prescribed time of one hour, equipment will have to be organized in a neat and consistent fashion.

"They will be able to access all of their kettlebells, sleds, weights, barbells and will be able to store it in an organized manner," said Fleming. "It won't be able to just be thrown in a container and for them to be sorting through weights and equipment the next time they use the equipment."



Spc. Jonathan Burns, an allied trades specialist, attached to 541st Combat Sustainment Support Battalion, 1st Infantry Division, grinds down the weld points of the rack assembly, Sept. 3. Weld points are ground down to provide a level surface area to fuse additional bars according to the specific design.

VOLUNTEER OPPORTUNITIES

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ALSO IN THIS ISSUE



OPERATION SANTA CLAUS PROGRAM OPEN FOR HOLIDAY SEASON

SEE PAGE 9

ALSO IN THIS ISSUE



SPC. SHELL VISITS LOCAL ANTIQUE SHOPS FOR EARLY BLACK FRIDAY SHOPPING

SEE PAGE 16

Photos by Ann Olamiju | 1st Inf. Div. Public Affairs

1. 1st Infantry Division Soldiers wave to the crowd aboard school buses during the 27th Annual Manhattan Veterans Day Parade Nov. 11. in Manhattan, Kansas. 2. Manhattan Area Chamber of Commerce President and CEO Jason Smith waves the American flag during the snowy 27th Annual Manhattan Veterans Day Parade Nov. 11. 3. Retired Sergeant Major Lowell May drives his Military Police Jeep down Poyntz Avenue in the 27th Annual Manhattan Veterans Day Parade, Nov. 11. 4. Kansas American Legion Riders rode their motorcycles down a snowy Poyntz Avenue during the 27th Annual Manhattan Veterans Day Parade Nov. 11.



Veterans Day celebration



Veterans honored at Fort Riley Middle School assembly



Reginald Eggleston, left, Geary County Unified School District 475 superintendent, pauses for pictures with, not in order, Leah Nichols, Destiny Neal, Peyton Burke, Alyssa Weeden and Estrella Perez, the five Fort Riley Middle School students who were selected to read their essays during the Veterans Day assembly Nov. 8.

By Pamela Beal
1st Inf. Div. Post

On Nov. 8, Fort Riley Middle School held their annual Veterans Day assembly to honor the nation's military.

"This is my favorite event that we hold each year because of the importance of it," said Shannon Molt, principal. "Seeing the pictures of the kids with their heroes brings tears to my eyes, and I love the 'I am the flag' poem."

Students, teachers, parents and representatives from the sponsoring unit were invited to attend the presentation. Molt started with the history of Veterans Day and reminded the audience that veterans make up a small portion of the U.S. population. Only about 7% of U.S. citizens have served in the military.

The FRMS students wrote essays prior to the assembly and five students' pieces were chosen to be read. Estrella Perez, Alyssa Weeden, Peyton Burke, Destiny Neal, and Leah Nichols each told about their hero parents and how much they respect and thank military members.

Reginald Eggleston, superintendent for USD 475 schools, was the distinguished speaker. Eggleston has been a Reservist for more than 20 years.

"I want to invite each of you to serve," said Eggleston. "I don't mean to join the military, but to serve your community. Each of you have the ability to serve others."

The yearbook committee presented a slideshow of pictures that parents and students submitted of their Soldiers, and the assembly wrapped up with a solemn reading of "My name is Old Glory" by Jason Lubbers.

Fort Riley October retirements

Four military members were recognized for their service during the monthly Fort Riley Retirement Ceremony Oct. 25.



Maj. Annie Robinson	24 years of service
Chief Warrant Officer 3 Andrea Joy	20 years of service
Sgt. 1st Class Daniel Garnett	22 years of service
Staff Sgt. Heath Kleck	20 years of service

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

FORT RILEY ACCESS TRUSTED TRAVELER PILOT PROGRAM

Effective Nov. 4, 2019 for a six-month pilot, Fort Riley will modify its Trusted Traveler program to eliminate the requirement for each passenger in a vehicle who is 16 years old and older to present a photo ID when escorted by a Trusted Traveler.

WHAT'S NEW

- Only the Trusted Traveler will need to present a valid DOD photo ID.
- A vehicle driver or occupant, 18 years or older, who qualifies as a Trusted Traveler can present a valid DOD identification card and vouch for up to seven occupants entering the installation at the same time.
- Eliminates the requirement for each passenger to present a photo ID; all vehicle occupants 16 years of age or older must be in possession of a valid government-issued photo identification card that can be presented if needed.

WHO CAN BE A TRUSTED TRAVELER

- Any uniformed service member or government employee with a valid DOD Common Access Card (CAC).
- Any military retiree with a valid DoD Identification Card.
- Any military family member 18 years of age or older with a valid DOD ID Card.

The DOD cardholder can be either the driver or occupant.

ADDITIONAL INFORMATION

- Night-time Operations: The program is in effect 24-hours a day, but between the hours of 9 p.m. to 5 a.m. all escorted visitors must list their names on an official access control journal at Henry Gate with the name of the Trusted Traveler prior to entering Fort Riley.
- Persons identified as trusted travelers, are responsible for the actions of all occupants for whom they sponsor and for meeting all requirements for escort.
- Trusted Travelers cannot vouch for persons with foreign passports or foreign identification cards.
- The Trusted Traveler Program is not authorized north of Vinton School Road and applies only to accessing the post, not to facilities or areas inside the installation.
- DOD contractors in possession of a CAC are not authorized Trusted Traveler privileges.
- The Trusted Traveler status of any ID cardholder engaged in conduct detrimental to good order and discipline on the installation will be revoked, including any personnel who are subject to a criminal investigation.

For additional information on accessing Fort Riley visit <https://home.army.mil/riley/index.php/about/visitor-info> or call DES Security Branch at 785-240-2849.

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Garrison Employee of the Year 2019 - Dan McCallister

Gail Parsons
1ST INF. DIV. POST

For the third consecutive year, the Garrison Employee of the Year has been awarded to someone from the Public Works, Utilities and Energy Branch.

This year Dan McCallister, garrison utility services manager, was the recipient.

Michael Witmer, former branch chief for the utilities and energy branch of Directorate of Public Works Operations and Maintenance, started the ball rolling toward the award when he put McCallister in for the employee of the month award late last year.

Witmer said McCallister's attention to detail and tenacity in solving an issue that ultimately saved Fort Riley and the Army hundreds of thousands of dollars is what prompted him to submit his name for the award.

"He had done just a tremendous job of identifying ways to save money for Fort Riley on their utility bill," Witmer said.

McCallister had observed that Fort Riley was incorrectly being charged and paying late fees for multiple bills. It took several weeks, but McCallister succeeded in correcting the problems.

"It was \$20,000 or \$30,000, just that one time alone," Witmer said. "His observations were noted by

[Installation Management Command] and it caused them to put the word out to other installations who were apparently seeing the same thing and just didn't know it. It was 10s of thousands of dollars that he saved Fort Riley, and probably more like hundreds of thousands of dollars that he saved the Army."

That was just one of the many cost saving measures McCallister has been responsible for, Witmer said.

McCallister in turn credits Witmer for his leadership for why he and others have received the accolades they have.

"Mike gave us great direction, flexibility as a manager to manage ourselves efficiently," McCallister said. "He was a great leader and he just really gave credit to his folks, but I think he's so humble he would never take any gratitude for himself."

With the humbleness Witmer says McCallister has, he said there are plenty of others who he feels deserve the award. He's just doing what he loves.

"Some people have been at it for 30 years, some 10, some five ... they get federalized," he said. "They can get set in their ways and they're just clocking in and clocking out — doing their job. I'm not there yet."

What he says he likes is the challenges and that he never gets bored. He also

likes that he is constantly learning new things.

"I learned something every day," he said. "It's never boring. It's definitely something you're not gonna sit around and twiddle your thumbs."

If anything, the challenge right now for him is simply keeping up with all the work there is to do, he said.

"There's just so much going on, we're short-handed like everybody is," he said. "My challenge is to keep doing a quality job and making sure that all the work is getting done. It's really tough to cram it into an eight- or nine-hour day. But you know what? I got resources that help me around here — good folks — to do what I do, I have to depend on a lot of people."

It also helps to be organized. McCallister said he has a routine, which he tries to adhere to. His day starts with checking contractor reports to see if there is anything that needs to be addressed immediately. Then he certifies bills and adds and subtracts from his to-do list, which is more of a notebook than a list.

"My primary job in here is to ensure that we captured all the reimbursable customers at the cost so, that's a lot of work in itself," he said. "I've got contracts that I've got to set up that need to be renewed — that's an ongoing thing all the time. We



Dan McCallister, garrison utility services manager and recipient of the 2019 Employee of the Year award wears many hats from managing multi-million-dollar contracts to reading the gas meters on post.

prognosticate FY 20/21 and manage the renewable solar accounts from Corvias."

That to-do list is just a piece of what McCallister does, which is why Witmer described him as "the kind of guy who will do whatever it takes to get the job done and done correctly."

While there is a lot of computer and paperwork, McCallister isn't joking when he tells people he's a meter-reader. He wears several hats and, in addition to managing multi-million-dollar

contracts, McCallister going out once a month and reading gas meters, which he said he enjoys doing.

"If you ask me what I really look forward to — once a month I get to go out there for a day or so and get out into the weather, snow or rain or whatever, and I take the data and put the information in for billing."

All the work he does and all the hats he wears did not go unnoticed. He said the bean counters like himself are necessary but thinks

there are people who do a lot more for the Soldiers than he does.

"Money is money — sure it's one thing to save money but it's not special," he said. "I think someone that goes out there like first responders, guys down in the shop that keep the heat on ... Those people are, I think, more MVPs than I am. I would not want to trade jobs with them guys or gals — they're out there doing some really tough work. They do an amazing job."

Monthly award ceremony honors civilian, military for their service



Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander, left and Command Sgt. Maj. Andrew T. Bristow II, garrison senior noncommissioned officer, far right, pause for a photo with award recipients after the Garrison Awards Ceremony Nov. 7.

Amanda Ravenstein
1ST INF. DIV. POST

At the monthly awards ceremony at Garrison Headquarters Nov. 7, four people were announced after being nominated for the honor of Employee of the Month for October: David Robinson, Directorate of Plans, Training, Mobilization and Security; Rene Douglas, Directorate of Human Resources, Jeremy Purkeyppyle, Directorate of Public Works and Lyle Sal-Dovia, Directorate of Family and Morale, Welfare and Recreation.

The winner of Employee of the Month for October was Purkeyppule. Helen Benfer, industrial engineer, DPW, accepted the award for him.

"Honestly, I think DPW is blessed to have an [informational management officer] like we have in Jeremy," said Julie Poyser, DPW, business operations division chief. "He's always improving his knowledge and his skills by going to courses. He's always willing to go the extra mile and the nicest thing about it is he does so with the smile on his face and just a great disposition and he's just a wonderful employee."

Bryan Bartlett, Relocation program manager and Jane Brookshire, installation volunteer coordinator, Army Community Service, were both awarded the Civilian Service Achievement Medal for their commitment to serving Fort Riley Soldiers and families.

The Army Achievement Medal was awarded to Pfc. Andrew Mingledorff, religious affairs specialist, for his service to the Religious Support Office during a time when it was undermanned.

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Looking Back: Building 376

By Scott Rhodes
USAG PUBLIC AFFAIRS

Building 376 on Carter Avenue was built in 1901. It was originally used as an artillery stable. Its walls, floor and foundation were made from limestone and it had a tin roof. It was built to stable 84 horses.

Like most buildings in this area of post, by 1930 building 376 was redesignated from an artillery facility to a cavalry facility.

This was a result of the Artillery School at Fort Riley being discontinued following World War I.

Today, building 376 is occupied by Munie Greencare Professionals, the landscaping contractor for Corvias.

TOP: Building 376 in 1930 and **BOTTOM:** as it appears today.



CIVILIAN SPOTLIGHT

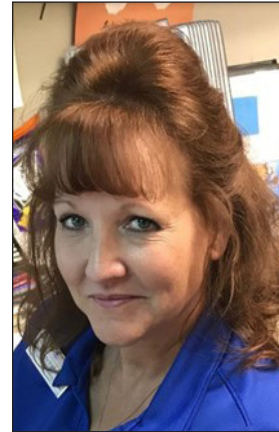
WENDY VALDEMAR
CHILD AND YOUTH SERVICES COORDINATOR
DIRECTORATE OF FAMILY AND MORALE,
WELFARE AND RECREATION

The Warren Child Development Center ceased providing services Aug. 5 to prepare for turnover to a contractor for a restoration and modernization project. Although all children and staff had been successfully relocated to other facilities, the building still contained furniture, equipment and supplies that had to be inventoried, organized

and prepared for storage. Since there were no staff assigned to the facility to complete this task, Wendy Valdemar stepped up to lead the project.

Valdemar organized and executed the distribution, inventory and packing of equipment and supplies. She led a team of nine employees for a period of three weeks to gather, categorize and distribute the contents of the vacated building. Valdemar coordinated with other programs in Child and Youth Services to maximize the use of expendable supplies and equipment. She and the team then readied everything else for long-term storage.

Her self-motivation, dedication and efficiency shows her willingness to go above and beyond her assigned duties.



Fort Riley historic names: Philip Sheridan

By Gail Parsons
1ST INF. DIV. POST

Sheridan Avenue runs between Huebner Road and Marshall Avenue and is the street in front of Cavalry Parade Field.

The Army general was responsible for Fort Riley not meeting the fate of several other frontier forts in the 1880s is remembered in the name of a street. Philip Henry Sheridan as General of the Army, advocated for Fort Riley to be the Cavalry Headquarters of the Army in his 1884 annual report to Congress, according to www.history.com.

Sheridan was born March 6, 1831 to Irish immigrants. Reports of his birthplace indicate he was born while his parents were traveling from Ireland to Somerset, Ohio, possibly during a brief stop in Albany, New York.

He was 15 years old during the Mexican War, which is said, by History.com, to have been his inspiration for pursuing a military career.

He entered West Point in 1848, but was suspended in 1851 for threatening a cadet sergeant. The following year he was allowed to return and graduated in 1853.

For several years he had assignments in Texas, California and the Pacific Northwest but the Civil War put his career on a different path. At the start of the war, Sheridan was promoted to captain. In 1862, he earned the command of the 2nd Michigan Cavalry. In June of that year, he was promoted to brigadier

general and six months later he earned another star.

Gen. Ulysses S. Grant, commander of all Union Armies, chose Sheridan as his cavalry commander in 1864.

History.com describes Sheridan as an "aggressive Union general."

Civil War historians often reference General William Tecumseh Sherman's application of a scorched earth policy during his March to the Sea. However, weeks earlier, Sheridan conducted his own scorched earth policy as he and a force of 40,000 infantry and cavalry laid waste to the Shenandoah Valley of northern Virginia.

Sheridan "obeyed Grant's order to turn the valley into a "barren waste," www.history.com states. "They destroyed crops, burned barns and captured livestock. Sheridan's successful Shenandoah Valley Campaign in 1864 crushed Confederate General Jubal Early's cavalry while destroying much of the South's food supply."

Following his success in the Shenandoah Valley, Sheridan joined the Army of the Potomac at Petersburg, Virginia. To disrupt the South's supply chain, Grant ordered Sheridan to capture a railroad known as Five Forks — which he did April 1, 1865.

With Five Forks in Union hands, Grant ordered the final assault. The Union Army broke through the Confederate lines and on April 9, Gen. Robert E. Lee surrendered.

While his aggressive nature may have served well during the war, historians note that it did not bode well for him later in life.



Courtesy photo
Sheridan Avenue is named after Maj. Gen. Philip Henry Sheridan of the Union Army.

According to www.battlefields.org, even during the war Sheridan often pushed Grant's orders to the limit. During reconstruction, Sheridan was appointed to the post of military governor of Texas and Louisiana. He was removed from the position by President Andrew Johnson who said he was a tyrant.

In 1867, Sheridan was sent to the Great Plains to force the Native Americans onto reservations — he used the same scorched earth policy that he was credited with in the Shenandoah Valley.

"He attacked several tribes in their winter quarters, and he promoted the widespread slaughter of American bison, their primary source of food," www.battlefields.org states.

Sheridan was in charge of the military relief effort during the Great Chicago Fire in 1871 and is credited for the establishment of Yellowstone National Park.

He was appointed Commanding General of the United States Army Nov. 1, 1883.

On June 1, 1888, two months before his death on Aug. 5, Sheridan was promoted to General of the Army of the United States — the same rank achieved by Ulysses S. Grant and William Tecumseh Sherman.

This is part of a continuing series exploring the people behind names of Fort Riley streets, buildings and parade fields.

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.

The Fort Riley Visitor's Control Center is open Monday to Friday from 5 a.m. to 9 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. Henry drive over Henry Bridge will remain one lane through April.

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 due to be open by the end of the year.

CLOSURES AND REPAIRS

Holbrook Avenue Repairs

This is the first of three phases of the Holbrook Avenue road repair project from Huebner Road to Morris Avenue. This first phase will close Holbrook Avenue from the Morris Avenue intersection to and including the intersection with Godfrey Avenue through Nov. 30. The intersection of Holbrook Avenue and Godfrey Avenue will be closed to all traffic. Access to Pershing Avenue will be retained with access from Huebner Road to Holbrook Avenue. There will be no access to the parking lot and parking garage to the south of building 400 during this period. Parking is available on the east side of building 400.

Jackson Street

Work will begin Nov. 12 to finalize the mill and overlay of Jackson from near Bragg to Longstreet and Longstreet from Jackson to Ashby. Traffic will be one lane through the construction process, which is expected to take three or four days.

David Giordano-Steece
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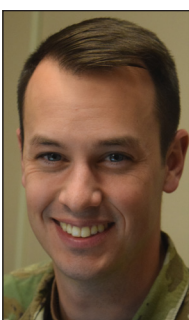
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RILEY ROUNDTABLE

What has been your worst kitchen fail?



"I tried making cheddar pickle soup. I love pickles and it was supposed to be like broccoli cheese soup."

1ST LT. IAN RICHARDSON
MENDOTA, ILLINOIS

339th Military Training Complex



"The first time I tried to make beef stew – it was not cooked properly."

STAFF SGT. KEVIN CASTANEDA
ROLLING HEIGHTS
CALIFORNIA

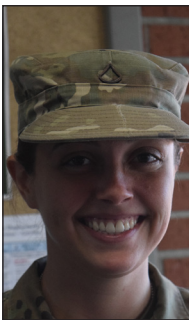
339th Military Training Complex



"I tried making an omelet and almost set the house on fire."

PFC. JOHN MILLER
TYLER, TEXAS

1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division



"I made gratin potatoes in the oven, but I didn't use a metal pan. I used a plastic microwave pan and it melted in the oven."

PFC. ZINA SIMPSON
DACULA, GEORGIA

1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division



"I never fail. There was one time I made peas – the sauce did not cook well because I didn't have all the ingredients I needed."

SPC. SERNE MANIMA
SILVER SPRINGS, MARYLAND
Headquarters and Headquarters Company, Special Troops Battalion, 1st Infantry Division Sustainment Brigade

THE 1ST INFANTRY DIVISION POST

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SAFETY CORNER

Drowsy driving can cause crashes

Tom Anderson
GARRISON SAFETY OFFICE

Team Riley, how many times have we been pressed to get home, with our thermos of black coffee, the window rolled down and music blaring to combat drowsiness? Every time we get behind the wheel drowsy, we are driving impaired as if operating a vehicle under the influence of drugs or alcohol. Studies have shown that sleepiness can impair driving performance as much as or more so than alcohol.

The American Automobile Association conducted a survey of drivers and found that three out of 10 of drivers admitted to driving when they were so tired they had a hard time keeping their eyes open at some point in the last month.

The same AAA survey found that "42.4% of drivers have at least one or more days per week when they get less than six hours of sleep."

The National Traffic Safety Administration states that approximately 100,000 police-reported crashes involve drowsy driving. These crashes result in more than 1,550 fatalities and 71,000 injuries.

Certain segments of the population are more prone to drowsy driving than others: Commercial truck drivers, shift workers, young men, people taking sedating medicines or those with sleep disorders, which according to the Institute of Medicine, is 70 million Americans. Studies of accident statistics show 55% of

sleep related crashes were drivers 25 years of age or younger and happened at night and were predominately males. However, many incidents of drowsy driving happen under other circumstances. In many cases it is the average driver who puts in extra hours at work, the family adjusting to a new baby in the household, the friends who stay out late to party, or the Soldier who is trying to make it back from pass or leave before the physical training formation.

All people need between seven and nine hours of uninterrupted sleep a night to feel well rested and function at their fullest.

The body has built-in mechanisms to ensure we get that sleep, including a biochemical means of tracking how much time we spend sleeping or being awake. When a sleep debt builds up, this biochemical tally triggers excessive sleepiness and the urge to sleep.

In addition, natural circadian rhythms make us more likely to feel drowsy in the dark early hours of the day. This critical time of sleepiness occurs even if we get adequate sleep. This peak in sleepiness corresponds to the number of sleep-related automobile accidents that occur in the early morning hours.

Most people deny how sleepy they really are, and whether their sleepiness interferes with their driving. However, studies have shown that only about half of drivers in sleep-related crashes reported feeling drowsy before their crashes,

with nearly one-quarter reporting that they felt not at all drowsy. This means that identifying drowsy behaviors are a better indicator than self assessment:

- Frequent blinking, longer duration blinks and head nodding
- Having trouble keeping one's eyes open and focused
- Memory lapses or daydreaming
- Drifting from one's driving lane or off the road

To prepare for this article and ascertain whether I was at risk of falling asleep behind the wheel I took the Drowsy Driving quiz. The quiz is provided by Federal Motor Carrier Safety Administration at <https://www.fmcsa.dot.gov/driver-safety/sleep-apnea/drowsy-driving-quiz>. I found that two of my perceptions concerning drowsy driving were not correct.

While there is no substitute for sleep, there are some practices that can aid more alertness for short periods of time: Taking a short, 20-minute nap, and/or drinking two cups of coffee or other equivalently caffeinated beverages.

Caffeine will improve alertness only for a short period of time, and should not be relied upon to make up for a sleep deficit. The best defense against drowsy driving is ensuring that you are well rested before you get behind the wheel of your vehicle. For more information and tips on preventing drowsy driving, contact the Garrison Safety Office, 240-0647 or visit us at the SafetyGo app.

Squirrels, why they have their secrets

Dear Doc Jargon,

My unit just got back from deployment and one of the terms I heard a lot was, "secret squirrel stuff." For example, before we did any movement the guys would say the commander was waiting on some secret squirrel stuff to assist with planning.

I'm pretty sure I got the meaning down as intelligence, I am just trying to figure out how intel and squirrels came to be linked together. Can you figure out how the squirrel got attached?

Sincerely,
Squirreled Away

Dear Squirreled Away,

The idea of secret squirrels comes from a cartoon character created by Hanna-Barbera in 1965 on The Atom Ant/

Secret Squirrel Show. The show debuted in 1965 and by 1966, Secret Squirrel had his own show. The segments were sort of a parody of the James Bond phenomena and Secret Squirrel was also called Agent 000. The character made another appearance in the 1990s as "Super Secret Squirrel."

From there, the name was applied to any spy related or secretive stuff – and ultimately, was applied to the military intelligence community and the products they produce as a whole.

So, this is a case of culture influencing a military term. We have a 1960s cartoon character to credit with this bit of military jargon.

Sincerely,
Doc Jargon.

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



OCT. 27 Capt., 82nd BEB, 2nd ABCT, 1st Inf. Div., failure to obey traffic control device Pvt. 1st Class, 1st Bn., 18th Inf. Regt., 2nd ABCT, 1st Inf. Div., speed 21 and up Spc., 526th CSC, 541st CSSB, 1st Inf. Div. Sust. Bde., speed 1 to 14 Spc., Co. A, 299th BSB, 2nd ABCT, 1st Inf. Div., speed 15 to 20 Cpl., Co. C, 299th BSB, 2nd ABCT, 1st Inf. Div., speed 21 and up Family member, wife, speed 1 to 14	OCT. 29 Sgt., CGMCG, HHBn., 1st Inf. Div., following too close Spc., Co. D, 2nd GSAB, 1st Avn. Regt., 1 CAB, 1st Inf. Div., following too close Pvt. 1st Class, 774th EOD, STB, 1st Inf. Div. Sust. Bde., no fort riley archery deer permit	OCT. 30 Pvt. 1st Class, 774th EOD, STB, 1st Inf. Div. Sust. Bde., written permission required KSA 32-1013 Sgt., 97th MP Bn., 89th MP Bde., expired registration	OCT. 31 Spc., Co. A, 299th BSB, 2nd ABCT, 1st Inf. Div., failure to yield right of way Staff Sgt., Co. A, 101st BSB, 1st ABCT, 1st Inf. Div., following too close	NOV. 1 Spc., HHC, 299th BSB, 2nd ABCT, 1st Inf. Div., speed 15 to 20	NOV. 2 Pvt. 1st Class, Co. E, 3 to 1 AHB, 1 CAB, 1st Inf. Div., failure to stop at a posted stop sign Pvt. 1st Class, HHC, 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st Inf. Div., driving while license is suspended or revoked Pvt. 1st Class, HHC, 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st Inf. Div., speed 21 and up Pvt., C Btry., 1st Bn., 7th FA Regt., 2nd ABCT, 1st Inf. Div., failure to obey traffic control device Family member, husband, no drivers license in possession
OTHER CITATIONS ISSUED					
OCT. 27 — Speed 1 to 14					
OCT. 28 — speed 15 to 20					
OCT. 29 — expired registration					
OCT. 30 — speed 15 to 20					
OCT. 31 — speed greater than reasonable for road conditions					

Police bump it up

Nov. 18 to 24, 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 areas:

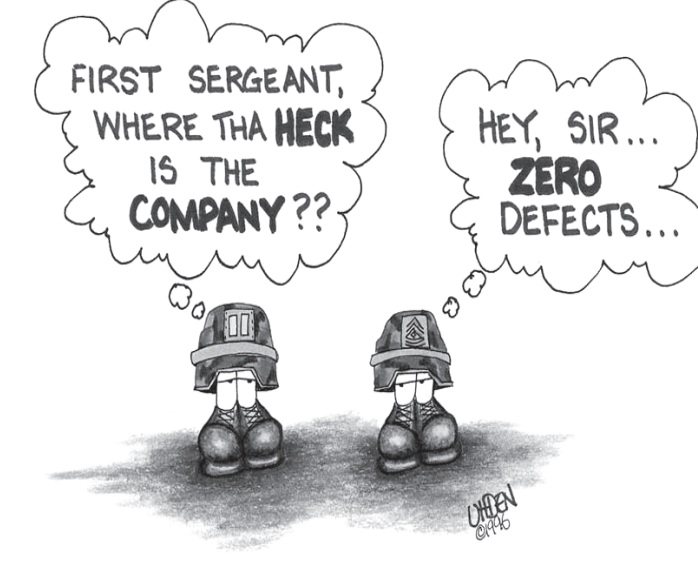
Black Kettle Dr., Arcadia, Bridle and Sunflower.

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.

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

November

22

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New scholarships available for military families

Fifteenth consecutive year more than \$14 million of scholarships awarded to date

CORVIAS PUBLIC AFFAIRS

EAST GREENWICH, R.I. – Corvias Foundation, a private charity founded by John Picerne to support educational opportunities for military families, Nov. 1 launched its 2020 scholarship applications available to military spouses and children of active-duty service members.

“In the more than 20 years since we have been working with military families, our mission was and continues to be holistic; improve the quality of life for service members and their families. Through Corvias Foundation, we have

awarded more than \$14 million scholarships and maintained a cohesive, supportive group that grows with each new scholarship class,” said John Picerne, who is also CEO of Corvias, a company that partners with the military, municipalities and colleges and universities and recently invested \$325 million to solving military housing challenges.

The application process for both the military spouse scholarship and military-dependent student scholarship opened Nov. 1. The application for the military-dependent student scholarship will close Feb. 14, 2020, while the

military spouse scholarship application process will close May 8, 2020. Both scholarship programs offer financial support for eligible applicants pursuing higher education degrees. The military-dependent student recipients will each receive a four-year college scholarship of up to \$50,000.

“Since 2006, Corvias Foundation has awarded over 440 scholarships to military spouses and children of active-duty service members,” said Maria Montalvo, executive director of Corvias Foundation. “We are delighted to continue our mission of empowering military fami-

lies through another year of providing assistance to a new class of inspiring and deserving individuals.”

The military spouse scholarships will be awarded to 20 individuals who will each receive an award of \$5,000. These funds can be used for any need that will help the recipients complete their degree, such as tuition, childcare or gas for transportation.

“I am thankful for the responsibility, patience, and maturity I had to learn and thankful for my scholarship family, Corvias Foundation, for providing me a sense of security in knowing that there are other students like

me, being the first in their military family wanting to reach higher for an education,” said Labela, who is a first-generation college student attending the University of Oregon.

A scholarship from Corvias Foundation goes beyond the dollar. Student scholars and alumni receive professional guidance through resume review, interview preparation and opportunities to attend leadership conferences. Through its network Corvias Foundation also increases access to internships, mentoring and volunteer opportunities.

“I am so lucky to have Corvias in my corner, even years after graduating, to help me grow personally and professionally! It is a community that I will always cherish,” said Paola who graduated from Georgetown University in 2017. In 2018, the Corvias Foundation invited her to attend a Lead365 professional development workshop, which helped her advance her career in urban planning and development.

Individuals who are interested in applying can visit corviasfoundation.org/apply-now/ to review eligibility criteria and access the application.

Ready

BUILD AN EMERGENCY CAR KIT
For more tips visit www.ready.gov/car

Fort Riley - Central Kansas Chapter

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Annual fair brings job, education seekers together with businesses, schools, opportunity

Story and photos by Gail Parsons
1st Inf. Div. Post

Riley's Community Center became crowded soon after the start of the Education and Hiring Fair Nov. 7. A collaboration between the Army Community Service and Education Services offices, the annual event ensures that Soldiers, family members, and community members seeking employment or education opportunities have a chance to interface directly with businesses and schools.

Command Sgt. Maj. Andrew T. Bristow II, U.S. Army Garrison Fort Riley senior noncommissioned officer and Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander gave a few opening words to welcome the educators, businesses and job seekers.

"It's all about people," Shrader said. "Every day is about people, whether you're wearing a green suit, or whether you're wearing khaki pants, a suit and tie or whatever the case may be — It is about people and what they bring to your organization and the leadership that you may provide to them."

In addressing the education and business sectors, he said that Fort Riley's population includes just under 15,000 Soldiers, more than 16,000 family members, 25,000 veterans, 5,800 civilian employees and contractors and 6,800 retirees.

"That's your labor pool that you get an opportunity to engage with today and if

you don't take opportunity — you're missing out," he said.

Turning his attention to the job seekers, he reminded them to drop the stoic, tough-Soldier demeanor, to smile and be personable.

The Army reached a record low in unemployment payments in the third quarter, he said.

"That's the lowest it's ever been and that's because of every single one you standing in this room who want the opportunity to talk to Soldiers and their spouses and their dependents," he said. "Those are folks that have raised their hand, worn the cloth of the nation and live the motto of duty, honor and country — and they are proven time and again."

One of those standing in the room was Regina Lopez-Montague, bilingual recruiting specialist with Morton Buildings.

Lopez-Montague came to Fort Riley for the hiring fair from Houston, Texas, but said the company has offices in Salina and Holton, Kansas, and Clinton, Missouri. When she received the invitation to attend from Benita Edwards, Employment Readiness program manager, she said it was something her company was interested in.

"Our regional manager for the Southern Plains is an Army veteran ... our vice president — he's a Navy veteran," she said. "These types of events are important to them. It allows us to be diverse in our hiring, and we often procure exceptional talent from events like this."



Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander gave a few opening words to welcome educators, businesses and job seekers to the Nov. 7 Hiring and Education Fair at Riley's Community Center. The fair attracted more than 110 businesses and educational institutions.

She said she hoped the day would yield individuals who would be interested in joining their 100% employee owned and operated company.

"We are looking for people who want to build our buildings, or want to work as a sales consultant, or perhaps take a job at our corporate headquarters in Morton, Illinois," she said.

Edwards said Morton was one of 56 businesses and 55

educators who were there to meet the Soldiers.

"The Soldiers are looking for opportunities for employment on post and also on the economy," she said. "(And the businesses) are looking for transitioning Soldiers. We have organizations that not only hire for local, but throughout the United States. We have people come in as far as Arizona, Texas and Iowa."

Taking his first foray into a hiring and education fair was Chief Warrant Officer 4 Francisco Aguilar, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division.

After 26 years in the Army, Aguilar is about a year from retirement. The Black Hawk pilot said he

has no idea what direction he'll go after the Army, but there are many options.

"I'm just trying to see what's out there — both for education and work," he said.

He went to the event to find out what they were like so he can be prepared for upcoming hiring and education fairs as he starts plotting the course of his future.



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- Soldier Family Readiness Group Connection

Due to the length of the class, childcare is highly recommended.

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**Information & Registration:
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MEDICS Continued from page 1

squirt out blood, they breathe for you and they talk. It's like working with a real patient. There are old ones where there wasn't anything technology wise, it was just bare bones, 'Rough Randy' kind of manikins."

With all of the technology built into these simulators, the manikins are not fragile. The field representatives assured the Soldiers that the TC3X is durable and can take a beating.

"Even with all this new technology in it you can drag them, you can evac them; they're very durable," said Estep. "But if you treated it like a live patient, you can jump and put a knee on it, you're not going to break it. They're very durable, and they can last for years."

Combat medics in attendance reported finding high value in this new equipment because of the real-time feedback technology gives the Soldiers.

"It gives you something to reflect on after you've completed your trauma lane," said Helmuth. "It gives you that emotional value to want to better yourself as a Soldier and as a lifesaver."

Following the training, the medics will return to their respective units with the simulators and are slated to pass along their new knowledge to their fellow Soldiers.

VIRTUAL Continued from page 1

the patient at all times and emergency protocols in place should they be needed.

The nurse can listen to the lungs and has a camera scope to look in the ears, eyes, nose and mouth.

"The doctor can see and hear everything," Rohe said. "The nurse is there for any of the other senses he can't see — there's touch, there's smell, if there's anything abnormal, we communicate that with the doctor."

Whether a physician is in the room or on the screen, the doctor patient relationship is cemented in communication, which Cullen said has been flawless with virtual health.

"There's always a nurse right there so, if I need them to have a handout or visual that I can't give them because they're not right there next to me, we have email up on another monitor and I ... send an email that the nurses print and give it to the patient within a minute," Cullen said.

The camera they use is high definition, which allows physicians to have a visual experience equal to being in the room, she said.

"We will not miss anything on our patients, if we're doing an exam virtually — the technology is beyond fabulous," Cullen said.

If there is a problem with connectivity, they have immediate access to in-house computer technicians and tech support in San Antonio, Texas.

While the patients have had a positive response, virtual health remains an option. Patients can choose to travel out of the area to see a physician, but they are finding people are appreciative of the less time to wait for an appointment and convenience of the virtual health, Cullen said.

The success of the virtual health services they have has prompted Rohe to explore adding other specialties.

She said she had an inquiry from a physical therapist who is at Fort Riley but would like to help with physical therapy evaluations at Fort Leavenworth. There is also an audiologist who goes to the prison at Fort Leavenworth a few days a month — virtual health can save her that trip.

Rohe and Cullen said virtual health has been a bonus for Fort Riley Soldiers and they look forward to having more options in the future.

DININ' DEALS		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		November 17th	November 18th	November 19th	November 20th	November 21st	November 22nd	November 23rd
The Cove at Acorns Resort  3710 Farnum Creek Rd. MILFORD (785) 463-4000	Bloody Mary Bar Open 11:00am-9:00pm	1/2 Price Appetizers Open 4 to 9pm	\$2.00 OFF All Tacos Open 4 to 9pm	Kids Eat Free w/ Purchase of Adult Meal Open 4 to 9pm	Fajita Night Chicken \$12 Steak \$15 Trivia Night Open 4 to 9pm	Crab Legs \$22 Open 11:00am-10:00pm	Prime Rib Special \$20 for 10-oz cut \$25 for 14-oz cut Open 11:00am-10:00pm	
	Cracker Barrel  115 N East St JUNCTION CITY (785) 762-5567	Home Style Fried Chicken All Day \$9.99 Open 11:00am-9:00pm	Chicken & Dressing Starts at 11:00am Grilled Country Porkchops Served after 4:00pm	Homemade Meatloaf Starts at 11:00am Lemon Pepper Grilled Rainbow Trout Served after 4:00pm	Chicken Pot Pie Starts at 11:00am Broccoli Cheddar Chicken Served after 4:00pm	Lunch & Dinner Turkey & Dressing Fried Fish All Day \$9.99	Southern Fried Chicken \$9.99	Catering Available 785.762.5567 Monday thru Thursday Lunch Specials from 11 am till it's gone - \$5.99



Collen McGee | USAG Public Affairs

A health and information fair to herald the start of Federal employee benefits open season, served to put customers face-to-face with representatives from various health insurance and retirement benefit planners from several agencies, Nov. 6. Open enrollment season means employees can enroll or change the benefit programs they subscribe to without having to wait for a qualifying life event, such as a marriage, birth or adoption. Open enrollment season continues through Dec. 9. For assistance or more information about civilian employee benefits call 1-877-276-9287 or visit <https://portal.chra.army.mil/abc>.

THANKSGIVING MEALS

Cantigny November 26th
 Demon Diner November 27th
 Devil's Den November 28th

Times are the same for each dining facility.



I care about education for the next generation.

Give to a cause you care about through the CFC. You can even volunteer. It's that simple.



Oksana Cobb
Health Resources and Services Administration



Choose your cause and Show Some Love today.
opm.gov/ShowSomeLoveCFC

6 STEPS TO PREVENT FROZEN PIPES

When water freezes, it expands. The expanding ice can cause pipes to break and later flood water into your home. Following these simple steps can help prevent frozen or broken pipes and extensive property damage to your home.

1. REMOVE HOSES

Hoses connected to exterior spigots in the winter allow ice to form and increases pressure in the water pipes which leads to frozen or broken pipes. Simply remove hoses from exterior faucets to help prevent considerable damage to your home and belongings.



2. KEEP YOUR HEAT ON

Warm, circulating air helps prevent pipes in exterior walls from freezing. Keep your heat set to between 60-65 degrees when away from home. This temperature helps to save energy, while preventing pipe freezing and bursts.



3. OPEN CABINET DOORS

In extremely cold conditions, opening cabinet doors around plumbing allows warm air to circulate around faucets and pipes. Please move any hazardous cleaning supplies out of the reach of children and pets.



4. DRIP WATER FROM INTERIOR FAUCETS

Setting both hot and cold faucets to a low trickle or drip allows water to continuously flow through the pipes. If water is moving, it cannot freeze.



5. CLOSE THE GARAGE DOOR

Keep the garage door closed as much as possible to help keep heat in and prevent water supply lines in the garage from freezing.



6. CONTACT US

Please contact your Community Office immediately if you are experiencing issues with your water lines. Frozen and/or broken pipes is a maintenance emergency. Also, let us know if you will be traveling away from home for an extended period of time, so that we can check on your home while you are away.

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Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander, and his wife, Tiffany, help Santa Claus and his team of Fort Riley elves cut the ribbon opening Operation Santa Claus Nov. 6 at Building 1828, Camp Funston.

Operation Santa Claus underway at Fort Riley

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

About an hour before Santa arrived for the Nov. 6 ribbon cutting at the 2019 opening of Operation Santa Claus at Building 1828, the temperature dropped about 15 degrees and a north wind picked up speed.

"It was a little warmer than I wanted it to be, being in my suit," Santa said. "I called (the Air Support Operations Squadron) and the weather center they said they could make that happen."

The cooler temperatures and the smell of smoke from prescribed burns reminded Santa of a large yule log burning and set the holiday atmosphere for the opening of the annual toy drive.

Operation Santa Claus helps provide families of Soldiers with gifts at Christmas.

The ribbon cutting started with music provided by the 1st Infantry Division Band, an invocation and a few remarks from Staff Sgt. Ronnie Frazee, 267 signal company, 1st Infantry Sustainment Brigade, one of the lead elves for Operation Santa Claus.

"The continued success of this program relies solely upon the generosity of citizens of Fort Riley and our partner communities within the Flint Hills region," she said. "As you see the volunteers in the community asking for donations, please remember what they represent, please join me in thanking those volunteers who work diligently behind the scenes to make a difference in the lives of our military children."

She then turned the microphone over to Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander, who spoke of the community relationships and partnerships Fort Riley has with Manhattan, Junction City and the Flint Hills region.

Operation Santa Claus is just one of the many examples of those partnerships — this one dates back 35 years, he said. "And it will continue for many, many, many, many more," Shrader said. "There'll be the 10th generation of garrison commanders coming through here that are standing out at Camp Funston and talking about Operation Santa Claus and the giving that we do to take care of the Soldiers and families of this installation."

Among the many attendees he recognized and thanked was

a group of women who had worked since March to hand sew 200 stockings for children on Fort Riley.

Becky Ward said she and her husband volunteered at Operation Santa Claus last year and she saw they had some stockings but thought she could help provide a little more. She enlisted the help of a few friends and in the spring, they started sewing.

The 200 padded stockings were hung on the walls of Operation Santa Claus — no two were alike.

"We'd get together at a house and set up shop on the dining room table and sew," said Glenna Harrison.

Harrison, Ward and Jane Tinker said they worked on the stockings until October and went through about 100



Scarlet Jones, 4 months, daughter of Anna and Spc. David Jones, 9th Financial Management Support Unit, looks at her father from Santa's lap during the opening day of Operation Santa Claus Nov. 6.

yards of fabric, some of which was donated.

"Karen Malone has the All About Quilt store she gra-

ciously gave us many bolts of fabric," Ward said.

See VISITOR, page 12

Students explore their insides

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

Students at Seitz Elementary School wandered through an interactive human body display set up in the gymnasium. Parts of the human body were represented in tent-like rooms where the children stopped to learn about each one.

Body Venture is a project of Child Nutrition and Wellness, Kansas State Department of Education. It is designed to help children learn about making healthy food choices and benefits of being physically active.

"Our kids are learning about different parts of the body and different ways to keep their body healthy," said Rachel Buessing, assistant principal.

It's been about four years since Seitz Elementary has brought the educational exhibit to the school.

Buessing said she was glad they were able to get it this year because of the learning opportunity it provides.

"It's a really fun interactive exhibit and just give them a lot of great information about how to be healthy," she said.

When children enter the 45-foot by 50-foot exhibit, they first go into a giant mouth where they sit on large plastic teeth to learn about brushing and flossing.

About every five minutes the cowbell rings and they move on through the body. After the mouth they go into the stomach, then the small intestines, which 9-year-old Carter Cole said was his favorite part.



Students at Seitz Elementary School learned about the body and how to be healthy during a visit from the interactive Body Venture display Nov. 7. The children went through stations where they learned about different parts of the body.

"I liked it because it had these huge things hanging from the ceiling," he said.

The things hanging from the ceiling were meant to depict villi, which is what absorb the nutrients from food.

See BODY, page 13

Stables not horsing around during post historic chat

Story and photo by Pamela Beal
1ST INF. DIV. POST

The Historical and Archeological Society of Fort Riley hosted a historic chat Nov. 8. This event took place at the stables for the Commanding General's Mounted Color Guard. The Troopers gave a tour of their facility and told about the history of the mounted color guard at Fort Riley.

Attendees visited with CGMCG Soldiers and horses while the animals were saddled and bridled. The Soldiers answered questions about their horses, to include names and breeds, and children fed them apples.

"This was a great event," said Sgt. Joseph Hines of the CGMCG. "We had a great turn out and it was a great group of people that legitimately wanted to know about what we do. It makes it worth coming in on this busy weekend and knowing that people love what we are doing."



Sgt. 1st Class Willie Whitlock of the Commanding General's Mounted Color Guard answers questions about his horse Comanche during the Historical and Archeological Society of Fort Riley's monthly historic chat Nov. 8.

When the event started, the large group was split up to accommodate small spaces that the soldiers work in. The groups walked to buildings within the complex and CGMCG Soldiers gave talks on their specialty jobs within the color guard, such as farrier, saddler, and skinner.

"I've never been a history buff, but there's something rather monumental and moving when one is able to witness a window of the past just by visiting the U.S. Army's forever majestic, 4-legged soldiers and

See CHAT, page 13

WEEKEND WEATHER OUTLOOK

FRIDAY



HI: 57 F

LOW: 25 F

SATURDAY



HI: 57 F

LOW: 32 F

SUNDAY



HI: 54 F

LOW: 36 F

FORT RILEY POST-ITS



Members of the Fort Riley Outdoorsmen group will sponsor a youth duck hunt at 5 a.m. Nov. 16 in the Fort Riley vicinity. There are 10 slots and military youth have priority. The location of the hunt will be determined Nov. 15. Interested participants should call Jason Brown at 253-592-0727 or Clint Miller at 785-706-1076 for space availability and location to meet. Youth ages 10 to 15 do not require a license or stamp; 16- to 18-year-olds must have a valid Kansas hunting license and state and federal waterfowl stamp.



Raise the Roof at Victory Chapel, 2560 Trooper Dr., is an evening of songs by regional choirs at 5:30 p.m. Nov. 21. No reservations are required and people are invited to listen to choirs from the Central Flint Hills Region to celebrate Month of the Military Family.



Everyone who attends The Month of the Military Family matinee at 2 p.m. Nov. 16 at Barlow Theater will be entered in a drawing to win \$100 Exchange gift certificates, courtesy of Burger King. The movie is Maleficent: Mistress of Evil, rated PG.



Talk Turkey at the Fort Riley Post Library from 1 to 3 p.m. Nov. 23. Turkey-themed games and crafts will be offered. Treats and drinks will be available during a showing of the movie Free Birds. Call 785-239-6618 for more information.



The Child Youth Services Run with your Hero fun run is Nov. 16 at the Outdoor Adventure and Travel Center. Onsite registration begins at 8 a.m. with a Mixxed Fit warmup at 8:45. The run starts at 9 a.m. For more information, call 785-239-9885



Join members of the Fort Riley Open Circle at 6 p.m. at Kapaun Chapel, 7086 Normandy Dr. for a discussion about the Greek Pantheon. Attendees will discuss the different paths associated with the Greek Gods.



The next American Red Cross blood drive is Nov. 20 at Fort Riley Main Post Exchange, 2210 Trooper Dr. Appointments are required and can be made at www.redcrossblood.org or by calling 1-800-733-2767.

Lets go to the movies @ Barlow Theater

Friday, November 15 - Maleficent: Mistress of Evil (PG) 7 p.m.
Saturday, November 16 - Maleficent: Mistress of Evil (PG) 2 p.m. and Zombieland 2: Double Tap (R) 7 p.m.
Sunday, November 17 - Zombieland 2: Double Tap (R) 5 p.m.

Theater opens 30 minutes before first showing. For more information, call 785-239-9574. Children 5 and younger are admitted free.
Regular Showing: Adult \$6.50, children \$3.75.
3D Showing: Adult \$8.50, Children \$5.75.
Regular first run: Adults \$8, children \$5.75;
3D first run: Adult \$10, children \$7.75.

COMMUNITY CORNER

Celebrating military families

By Col. Stephen Shrader
 FORT RILEY GARRISON COMMANDER

These days I often see people thank a military member for their service. While that is commendable, there is an important group of individuals who sometimes get overlooked for their contributions — and that is the military family.

We appreciate our military families throughout the year, but in November, the nation officially makes the time to honor the sacrifices of our military families. Military families understand the true meaning of service to our nation.

The strength and resilience of our Soldiers to be able to carry out the mission is related to the support they receive from their families.

There are many challenges of being part of a military family that civilian families will never experience — including frequent moves, separations, school changes for children and job changes for spouses. During deployments, the spouse has to fill



Colonel Shrader

the role of both parents, frequently while trying to balance work or education.

Children miss out on sharing events and time with deployed parents. The frequent moves require them to make adjustments such as saying goodbye to friends and making new ones all the while adjusting to a new community, school, educational standards and teachers.

When Soldiers return family members have to take on extra support for the Soldier as they transition back from the deployed status. For some, the transition is just a time of readjustment back to the non-deployed battle-tempo, but some Soldiers experience

emotional or physical injuries that require extra effort on the part of the family.

When we stop to thank family members, we should also remember an overlooked group who can be impacted by the service of our Soldiers: parents and siblings. They also miss opportunities to spend time with the Soldiers, spouses and children as they travel where the country needs them to serve.

Even when Soldiers are not in a deployed status they may miss out on family celebrations and significant events as they are often far from home and don't have the opportunities to attend.

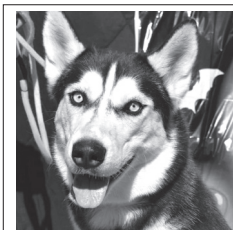
I know I could not have been successful in my Army career without the support of my family. I encourage everyone to thank a family member during this month and year-round for their contributions. On behalf of myself and the Fort Riley leadership, I send out thanks to our strong military families and their service in the defense of our nation.

Pets of the Week

THESE LOVABLE PETS ARE WAITING TO BE ADOPTED...



BREEZY
 She's shy at first, but becomes loving once she warms up. She loves people but prefers home with calm children and other pets that are calm. Up on vaccines & spayed.



KENAI
 18-month-old Siberian Husky. She demonstrates above average husky behavior. She is an escape artist, but the perfect dog for a calm home. Come meet her today!

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

FORT RILEY ANIMAL SHELTER

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

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!!

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 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

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Worship Opportunities

Protestant Services

Victory Chapel 239-0834
 ChapelneXt Protestant Service
 Sunday Worship.....0900
 Children's Church.....0910

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

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

Catholic Services

Victory Chapel 239-0834
 Sunday: Confession (and by appointment).1100
 Sunday Mass.....1130
 Sunday Catechism.....1030

Saint Mary's Chapel 239-6597
 Sunday Mass.....0900
 Daily Mass - Mon., Wed., & Fri.....1200

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

Pagan/Wiccan Service

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

Homefront Heroes

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

Club 1:9 Faith Based Youth Program

Grades 6th - 12th, Meets Sundays
 Combined MS/HS Youth 1730-1930 at Victory Chapel
 785-239-0834

AWANA

Meets Sundays, 1430-1630 at Victory Chapel
 3yrs - 12th grade.

Protestant Women of the Chapel (PWOC)

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

Catholic Women of the Chapel (CWOC)

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

Check for schedule over Training Holiday weekends

Where do I get a flu vaccine?

Posted: Oct. 3, 2019

Due to limited availability, the influenza vaccine is currently only being administered to Active Duty Soldiers. Since our priority is the health of our community, family members and retirees are encouraged to get vaccinated early in the season.

The following TRICARE-authorized retailers provide flu vaccines at no cost.

If your employer requires a flu vaccine and you get one off post, be sure to obtain documentation (not a receipt) indicating date, vaccine name, manufacturer and lot number.

Geary County Health Dept.
 1212 W. Ash St.
 Junction City, KS
 Phone: 785-762-5788
 Ages 6 months and above

KOLHOFF PHARMACY
 407 S. Washington St.
 Junction City, KS 66441
 Phone: 785-238-1000
 Ages 6 and above.

WALMART
 521 E Chestnut St.
 Junction City, KS 66441
 Phone: 785-238-1118
 Ages 8 and above.

WALMART
 101 E. Bluemont Ave.
 Manhattan, KS
 Phone: 785-776-4841
 Ages 8 and above.

DILLONS
 618 W 6th St.
 Junction City, KS 66441
 Phone: 785-238-4141
 Ages 6 and above.

HYVEE PHARMACY
 601 3rd Place
 Manhattan, KS
 Phone: 785-587-8648
 Ages 6 and above.

WALGREENS
 325 Bluemont Ave.
 Manhattan, KS
 Phone: 785-776-9787
 Ages 7 and above.

DILLONS
 1101 West Loop Plaza
 Manhattan, KS
 Phone: 785-5396-9454
 Ages 6 and above.

BARRY'S PHARMACY
 414 Poyntz Ave.
 Manhattan, KS
 Phone: 785-776-8833
 Ages 12 and above.

CANDLEWOOD PHARMACY
 325 Kimball Ave.
 Manhattan, KS
 Phone: 785-776-4100
 Ages 6 and above.

DUNNES PHARMACY
 2429 Claflin Rd.
 Manhattan, KS
 Phone: 785-539-2345
 Ages 6 and above.

Fort Riley Flu Hotline
 785-240-4FLU (4358)

Sunday, fun day with NFL, Warrior Zone

Story and photo by Ashlee Shill
1ST INF. DIV. POST

Football season is here, and the Warrior Zone, operated by the Directorate of Family and Morale, Welfare and Recreation will host weekly NFL Sunday Ticket parties. Patrons are invited to come in and watch a game for free. The Warrior Zone can stream up to six different games at once, and because of NFL Sunday Ticket, there are no local blackout games.

As in years past, the Warrior Zone held an NFL Pick-em challenge. Ryan Leonard, DFMWR recreation assistant, encourages everyone to participate in this year's challenge for a chance to win a prize.

"For every week of football, starting that Thursday is where you have a chance to pick which team you think is going to win," Leonard said. "At the end of the month, whoever has the most correct tallied choices wins a prize, and this goes all the way into the Super Bowl."

Staff Sgt. Jerry Hardin, 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, visited Warrior Zone Oct. 28 with his wife, Pilar to watch the game.

"We were in Manhattan running some errands," he said. "Originally we were going to stay there and watch the game, but we were there really early and realized we were going to be there for a while. We decided to see if we could find the game somewhere else."

New to Fort Riley, the Hardins called different venues on post to see where they could find the game. As Dallas natives, they wanted to watch the Dallas Cowboys play and said they were happy to find the game at the Warrior Zone.

Leonard said he gets a lot of calls from people, wanting to know if a specific NFL game is being broadcast. He said they try to make it the best viewing experience for everyone.

"We try to encourage people to come in and watch the game, especially if it's free," he said. "We try to have specials in the kitchen to promote it, a wing and beer special."

Leonard has been at the Warrior Zone for eight years, and enjoys the people who come through the doors. He wants to encourage more people to take advantage of the things the Warrior Zone has to offer, especially those who complete the NFL Pick-em



First Infantry Division and Fort Riley Soldiers play videos games while watching NFL football on the projection screen at the Warrior Zone earlier this season. The Warrior Zone features 22 televisions throughout the facility to watch NFL teams in action.

challenge through the "Big Game."

"Every year we've either given out a flat screen or a game console of their choice as a prize because they start out at week one and go all the way through the end," he said. "We try to do something new every year for the Super Bowl."

NFL Sunday Ticket games are posted weekly on the Warrior Zone website, <http://riley.armymwr.com/programs/warriorzone> and are posted on the MWR Facebook page. The Warrior Zone is at 7867 Normandy Dr., and is open to anyone 18 and older with identification.

Dragons meet Wolf during stop at Fort Riley

Story and photo by Pamela Beal
1ST INF. DIV. POST

KC Wolf, official mascot of the Kansas City Chiefs, made a trip to Fort Riley Nov. 6 to visit the Seitz Elementary School Dragons.

Dan Meers, the man behind the mask, is not just a mascot, but also a humorous and motivational speaker. According to www.chiefs.com, he travels the country in his time off as mascot, and averages more than 150 speaking engagements a year, to deliver important messages. This time his message was to elementary school kids, and the message was "Be a buddy, not a bully."

Jodi Testa, Seitz Elementary principal, is hopeful that the brevity of the message will help students keep it in mind.

"His overall message was don't be a bully, be a buddy, and that's important not only at school but life in general," she said. "So, we thought that was important for not only our kids but our parents, so we did reach out to our parents to invite them in to, hopefully, help to make a difference beyond our walls."

Meers told the students about how he got started as the mascot for his college team and how he loved the job so much he decided to stick with it professionally. He left college to be Fredbird, mascot for St. Louis Cardinals, but he said he didn't stay bird-legged for too long before moving to Kansas City.

KC Wolf was invited by three Unified School District 475 Title 1 schools who shared the cost of his travel. At Seitz, K.C. did two sessions.



Students at Seitz Elementary School had a special visitor this week, Dan Meers who is better known as KC Wolf – the Kansas City Chiefs mascot. Meers has been the mascot for more than 30 years, and visits schools and events throughout the year. Meers talked to the students about bullying and how to not only identify a bully, but how to react when they see someone else being bullied.

Exhibit shows military life through children's eyes

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

Art and essays depicting life and experiences of military children on Fort Riley are on exhibit through the end of November. People from multiple agencies including Armed Forces Bank, Army Community Service and USO Kansas, Fort Riley Center, collaborated to sponsor the contest as a Military Family Month project.

Voting started Nov. 8 to identify who will win one of several prizes including gift cards and scholarships. The exhibit, which has the finalists' entries attached to a board, will move to a new location every few days.

William Brooks, Fort Riley manager of Armed Forces Bank was at USO Kansas, Fort Riley Center Nov. 7 and helped choose 23 entries from more than 70 submissions. He said there were several entries that look great but were not in line with the rules — some essays were too long,

and several drawings were on the wrong size paper.

"Overall, they all looked beautiful," he said. "Some of the kids were really creative with their artwork. One kid explained it all just by making one big heart with American flag in the middle of it. A few of them made us laugh with some of their stories."

Families and friends of the children and the community are invited to vote for the entry they would like to see win. To vote, go to the location where the exhibit is displayed and request a scorecard. Each day they can get one scorecard for an essay and one for a drawing. Each entry has a number attached to it; people will put the number on their scorecard. There will be a ballot box near the exhibit where the scorecards can be dropped in.

As the exhibit moves the votes will be tallied and the results posted on the USO Facebook page and at SpareTime Interactive Entertainment.

Traci Taylor, USO Kansas center operations and program manager, said she hopes people will take some time to



Jeff Reade, Army Community Service outreach program manager, hangs the essays and art work that qualified as finalists for a Military Family Month exhibit and contest, which had been open to Fort Riley youth. The exhibit will make its way to several locations around post where people can vote on their favorite entries.

look at the drawings and read the essays.

"It's heartwarming and sometimes a little heart wrenching to see what the life of a military family looks like in the eyes of a child," she said. "It's an eye opener to what some of these children might be experiencing."

The exhibit schedule is:
Nov. 16 to 19 — Fort Riley Commissary, 2310 Trooper Dr.

Nov. 20 to 22 — Victory Chapel, 2560 Trooper Dr.

Nov. 23 and 24 — Fort Riley Post Library, 5306 Hood Dr.

Nov. 25 to 27 — Main Exchange, 2210 Trooper Dr.

Nov. 28 and 29 — Armed Forces Bank, 5303 Ashby Ave.

Nov. 30 — SpareTime Interactive Entertainment, 7485 Normandy Dr.

HEALTHY EATING



COURTESY PHOTO

Oatmeal Banana Bread

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

Recipe Analysis: (1 serving = 1 slice)
Per Serving: 274 calories; 8g protein; 13g fat, 36g carbs (4 carbs: 1 protein)

Recipe = 0 servings of vegetables, 12 servings of fruit (0 vegetable per serving, 1.5 fruit per serving)

*This recipe is from "Operation Live Well: Favorite Fall and Holiday Recipes" cookbook.

INGREDIENTS (8 SERVINGS)

6 ripe bananas (medium - large)
1/2 cup plain applesauce
2 eggs
1 tsp vanilla extract
1 tsp almond extract
12 oz oat flour
2 tsps. baking powder
1 tsp baking soda
1 tsp ground cinnamon
1/4 tsp freshly ground nutmeg
1/4 tsp fine salt
1 cup chopped walnuts/almonds/raisins (optional)

STEPS

1. Preheat the oven to 350°F
2. Lightly grease your bread loaf pan
3. In a large bowl mash the bananas with a fork until all the chunks are gone. You can either use a fork or a potato masher.
4. Mix in the applesauce, eggs, vanilla and almond extracts. Set aside.
5. Place the oat flour into a medium-sized bowl. Then add the baking powder, baking soda, cinnamon, nutmeg and salt and sift these dry ingredients together.
6. Stir the dry mixture into the wet mixture about 1/2 a cup at a time until it is all incorporated.
7. Fold in the chopped nuts and/or raisins if using. Pour the batter into prepared loaf pan. Bake at 350°F for about 45 to 50 minutes or until a toothpick inserted comes out clean.

cookpad.com/us/recipes/462167-oatmeal-banana-bread
#FitFirst

COMMUNITY SPONSORSHIP MEETING

There is a quarterly community sponsorship meeting scheduled for the residents of:

McClellan Place and Marshall Army Airfield

The meeting will take place at the McClellan Place Community Center, 6728 McClellan Loop, Nov. 19 from 5 to 6 p.m.

**CLICK IT
OR
TICKET**

BUILD AN EMERGENCY CAR KIT
For more tips visit www.ready.gov/car

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November 23-24, 2019
National Guard Armory
721 Levee Dr.
Manhattan, KS
Saturday: 9 a.m.-5 p.m. • Sunday: 9 a.m.-3 p.m.
Buy • Sell • Trade
Dealers paying top dollar for antique firearms and knives.
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FORM MATTERS

Bird Dog

By Gail Parsons
1ST INF. DIV. POST

A strong core promotes a healthy life, prevents injuries and help people be strong in their daily activities.

“(We do core exercises) to keep us strong when we’re doing our other exercises — because our core is our foundation,” said Amber Scharbo health educator at the Army Wellness Center. “If you do not have a strong core, and you’re trying to improve in other areas of your exercise, you’re really not going to be able to. You need core strength to do well in various cardio exercises. You need core strength to do well in upper body strength training.”

The core connects the lower and upper body and

incorporates both making it the foundational muscle group, she said.

Without a strong core, injuries can occur throughout the body, including to the hips and knees.

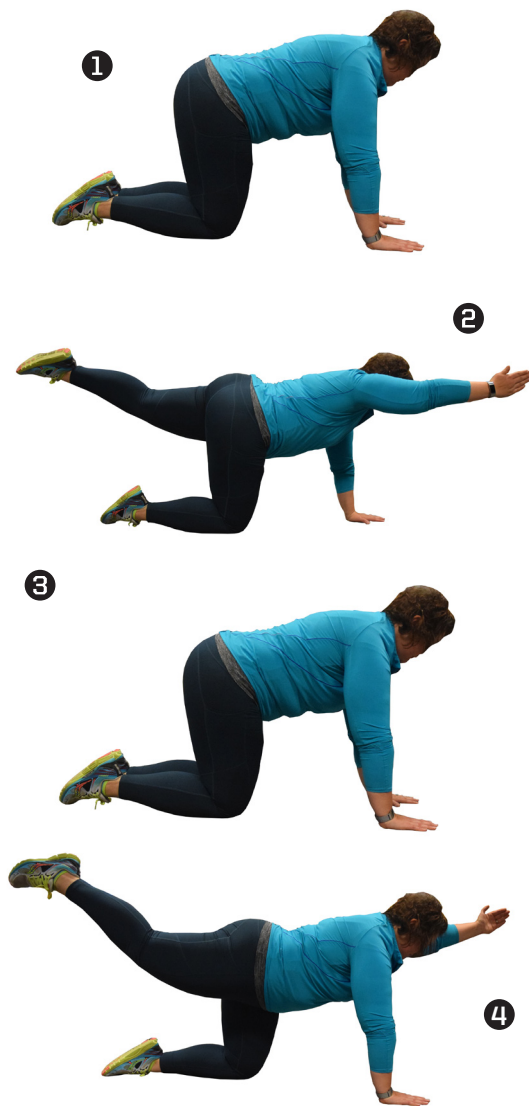
Scharbo said core exercises can be done on back to back days.

“It’s important to do some sort of core work every time you work out or at least three times a week,” she said.

One core exercise is the bird dog, which works the erector spinae muscle.

The biggest mistake she sees people make when doing the bird dog is not maintaining a neutral back.

“They arch their back too much or they might be twisted one way or the other,” she said.



TECHNIQUES

1. Starting in a tabletop position with the hands and knees on the floor
2. Simultaneously lift the right arm and left leg pointing them away from the torso. Squeeze the glutes at the top of the movement.
3. Return to starting position.
4. Repeat using the left arm and right leg.

Modifications:

A little easier – Rather than lifting the arm and leg at the same time, lift them separately.

A little harder – After raising the arm and leg, before returning to a start position bring the knee and elbow together.

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

Active family night at USO Fort Riley



ABOVE: Families gathered at the USO Kansas, Fort Riley Center for Unplugged Family Game Night Nov. 8. **RIGHT:** Kenzie Kemper, 7, daughter of Sgt. Kelven Kemper, 24th Composite Truck Company, 1st infantry Division Sustainment Brigade, fishes for prizes while Pvt. Liam Crawford, 24th CTC, 1st Inf. Div. Sust. Bde. and USO volunteer, watches at the Unplugged Family Game Night Nov. 8.

Story and photos by
Carisa Huntwork
1ST INF. DIV. POST

The USO Kansas, Fort Riley Center staff hosted an indoor family event Nov. 8. The goal was a new game night experience. The Unplugged Family Game Night was set up as a carnival in honor of Military Family Month.

There were about 200 people who signed up for this event.

“We wanted to impact as many families as we could,” said Traci Taylor, center operations and program manager at USO Kansas, Fort Riley Center.

Taylor said the USO has limited table space and this only allows for a specific

number of families to be able to come and participate in the traditional Unplugged Family Games Nights.

“This is about community and bringing families together to see familiar faces,” she said.

The outside of the USO was decorated with a photo booth for families to get their pictures taken. On the inside, families could enjoy the free hotdog dinner or go right to the games. The games consisted of board games, a fishing game, toy area, pool and foosball tables and a dance area.

“My kids love the idea of the pool tables and the foosball tables,” said Rebekah Kemper, spouse of Sgt. Kelven Kemper, 24th Composite Truck Company, 1st infantry Division Sustainment Brigade.



Kemper said she brought her family to get them out of the house and give them activities to do.

Kemper’s daughter Kenzie, 7, won a small stuffed bear at the fishing game. She smiled when she was told she could keep the prize.

“This is an event that kids can have fun and win prizes,” said Pvt. Liam Crawford,

24th CTC, 1st Inf. Div. Sust. Bde.

Crawford was manning the fishing game. He said he was volunteering at the event to make a positive difference and help families enjoy their night.

For more information about the Unplugged Family game nights contact the USO at 785-240-5326.

VISITOR Continued from page 9

Now that the stockings are hung, the shelves are stocked and the donation boxes are set up throughout the community — it is time for the volunteers to step forward and help in the final stretch before Christmas.

Operation Santa Claus head elf Sgt. 1st Class Wayne Gallegos, 82nd Brigade Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Inf. Div., has overseen a team of Soldier elves for the past month as they transformed Building 1828 into Santa’s workshop.

He said the operation started with taking everything out of storage, cleaning it all off and setting up. They also brought the donation boxes into the community for people to drop off unopened toys in the \$10 to \$20 range.

He will now shift his attention to the next step, which is where volunteers can help out.

“People can volunteer to do gift wrapping. They can also volunteer to issue toys or to help around the warehouse,” he said. “They can be at the front desk doing check in/ check out with one of my other elves or they can be restocking shelves.”

Toys will be distributed on Wednesdays and Fridays. Volunteers are needed to help with wrapping and distribution of the presents. Tiffany Shrader, wife of Col. Shrader, is in charge of gift wrapping.

Anyone interested in volunteering can contact Gallegos

at 785-239-2771 by sending an email to usarmy.riley.usag.mbx.operation-santa@mail.mil or by sending a message to the Operation Santa Facebook page, <https://www.facebook.com/Opsantafortrileyks/>.

In about a month, the gifts will be wrapped and delivered, and Santa will head out for the finale of the 2019 holiday season.

When Santa does return on Christmas Eve, he will be expected to follow the safety guidelines.

Capt. Cody Sims, Fort Riley Fire Department, said Santa’s traditional method of home entry can be a bit of a fire hazard, but they have found a means to mitigate the risk. Additionally, Lt. Paul Davis, Fort Riley Police Department said they cannot permit Santa to park his sled on the rooftops of some of the Fort Riley houses.



Gail Parsons | POST

Santa Claus arrived by fire truck to the ribbon cutting at Building 1828 Camp Funston Nov. 6. The ceremony marked the start of the 2019 Operation Santa Claus toy drive.

“We will get him keys to the quarters so he doesn’t have to go down the chimney,” Sims said. Allowing Santa to have keys is a solution that works well for Davis.

“Of course,” he said. “With the fire department’s permission, of course it’s okay.”

With Operation Santa Claus underway and the safety issues

set aside, Santa said he is looking forward to working with Soldiers and helping their families.

“It’s always a great privilege to come to where great people are,” he said. “And that’s what we have at Fort Riley — they’re brave, they’re responsible and they’re on point. I love being associated with the Big Red One.”

Joseph Hall’s ELVIS Show
Saturday November 23 • 7:30 pm
McPherson Opera House
McPherson, KS
Tickets 620-241-1952
JosephHallElvis.com

OPERATION SANTA CLAUS
Nov. 7 to Dec. 20

Ribbon Cutting Ceremony
Nov. 6 at 4:30 p.m.
BLDG 1828, CAMP FUNSTON

Toy Issue Hours: Wednesday and Friday 8 a.m. to 4 p.m.
Thanksgiving week: Monday and Wednesday 8 a.m. to 4 p.m.
Closed Veterans Day/Thanksgiving 4-Day

Phone: 785-239-2771
EMAIL: usarmy.riley.usag.mbx.operation-santa@mail.mil
Facebook: <https://www.facebook.com/Opsantafortrileyks>

Irwin Army Community Hospital
would like to invite you to a special
Thanksgiving Celebration Meal
Thursday, November 21, 2019 from 11:00am-2:00pm
Tickets Available for Purchase at Green Canteen 9:00am-4:00pm

Appetizers
Assorted Cheeses, Mixed Nuts,
Vegetables w/Garden Ranch Dip, Fresh Fruit w/ Cinnamon Yogurt Dip

Breads / Salads
Assorted Rolls w/ Whipped Garlic Rosemary or Cinnamon Honey Butter,
Seafood Salad, Cranberry Orange Sauce,
Big Red One Salad, Garden Salad

Entrees
Herb Roasted Turkey w/ Savory Turkey Gravy,
Smoked Turkey Legs, Brown Sugar Glazed Ham

Vegetables / Starches
Roasted Carrots w/Ginger Drizzle, Roasted Green Bean Casserole,
Fresh Mashed Potatoes, Savory Stuffing

Desserts
Sweet Potato Pie, Pecan Pie, Berry Tarts,
Smoked Maple Pecan Ice Cream

Beverages
Hot & Chilled Spiced Cider, Assorted Coffees, Fountain Beverages, Milk

Vegan Options Available
Quinoa-Cranberry Stuffed Acorn Squash, Mashed Potatoes w/gravy,
Savory Stuffing, Sautéed Green Beans, Roasted Carrots

Meal Pricing
Officers, E-5 and Above, Civilians, and Guests: \$9.10
E1-E4 and their dependents: \$6.80

POP'N BALLOONS FOR SAVINGS



Pamela Beal | POST
Balloons fell at the Post Exchange Nov. 8 in recognition of Veterans Day bringing savings for Fort Riley servicemen and women, retirees and spouses

Remember your commissary for Thanksgiving savings

Stretching out holiday budgets

By Kathy Milley, DECA CORPORATE COMMUNICATIONS

FORT LEE, Va. — Spending for the Thanksgiving meal can quickly spiral out of control. By shopping the commissary, military members can save money on this meal and help manage their budgets for the rest of the holidays.

“Your commissary can help you prepare a delicious and plentiful Thanksgiving dinner while keeping the cost at a minimum,” said Tracie Russ, the Defense Commissary Agency’s sales director. “Take advantage of all the holiday savings you’ll find in your local commissary and the budget battle is virtually won.”

With these simple tips and money-saving promotions, your commissary will help people lay out a Thanksgiving spread to be proud of while not busting the budget:

- Make a list and stick to it. The commissary website has holiday recipes to help prepare the grocery list.
- Shop the pantry. Plan dishes around ingredients already on hand.
- Shop commissary store brands. Enjoy the quality and value of low-cost equivalents to national brands. Many of DeCA’s top-selling commissary store brand items



Metrocreativeconnection

provide money-saving components for your Thanksgiving meal: Freedom’s Choice water, GoPack fruit, cheese and nut packs shredded cheese, butter and cream cheeses, broths, chicken, shrimp, frozen vegetables, shelf stable vegetables and frozen fruit.

- Load commissary coupons onto the Commissary Rewards Card before shopping. Don’t have a rewards card yet? Pick one up at the commissary and register it online at the DeCA website.
- Check out the savings on the commissary website. Head to the Savings Center on commissaries.com to get the best deals for coupons, sales flyers and featured items.
- Exclusive savings on select frozen turkeys:

Commissaries worldwide will offer limited weekly quantities of frozen turkeys at 48 cents per pound through Dec. 31. Take advantage of these seasonal savings while supplies last. Weekly available quantities of frozen turkeys are expected to increase closer to Thanksgiving. Check the store for brand availability.

- Turkey Booklet: The commissary and its industry partners have teamed up to offer a special promotion: a coupon booklet that allows you to save more than \$21 off a turkey with qualifying holiday meal purchases. Manufacturers have put these qualifying items on a deep promotion for even more savings. A limited number

of these booklets were distributed only to stateside stores. These booklets can be redeemed at any commissary worldwide during November and December.

- Prepared foods: From appetizers to apple pies, the commissary can help save time and money with their prepared foods.
- Buy produce that is in season. Using fruits and vegetables that are in season and readily available will save you money. See a list on the USDA website.

“With the commissary on your side, bringing the best to your Thanksgiving table can be easy and affordable, leaving extra cash for your Christmas expenses,” Russ said.

BODY Continued from page 9

After the small intestine, the children went into what turned out to be 9-year-old Zania Brown’s favorite stop.

“I learned that the heart has four different parts that has blood running through them,” she said.

The children weren’t the only ones learning that day. Buessing said her favorite part of having the exhibit in the school was watching the children learn, but she found out a few things herself.

“I learned the number of bones in the body — there’s 206,” she said.

After the heart, the children wove their way through stations for the lungs, bones, muscles and skin before exiting the body and sitting through the final stop — the Pathway to Life, which was a review of the concepts they learned in their trip through the body.

CHAT Continued from page 9

the ground that they stand on,” said Hollie Lampe, spouse of Maj. Erik Lampe, who is deployed with the Office of the Program Manager for the Saudi Arabian National Guard.

Each historic chat conducted by HASFR focuses on aspects of Fort Riley’s past. Research historians, Andrea Beals, wife of Command Sgt. Maj. Jason Beals, 1st Armored Brigade Combat Team, 1st Infantry Division, and Caroline Sibley, wife

of Capt. David Sibley, 1st Battalion, 5th Field Artillery Regiment, 1st ABCT, 1st Inf. Div., work with post agencies to secure speakers for these events.

The next HASFR historic chat is planned for place in January at the Fort Riley Cemetery. The topic will be the Cholera epidemic. For more information on that and other upcoming events, visit HASFR at fortileyhistoricalsociety.org.



OPERATION: North Pole
Saturday, December 14 • 9:30am-2pm
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Open to Blue Star Card Program (Families of deployed Soldiers), New Parent Support Program, Exceptional Family Member Program, and SOS Families

FREE holiday celebration featuring fun activities, Santa, gifts and more!

Advance registration REQUIRED
Registration runs Sept. 21-Nov. 15

INFO: ACS Readiness 785.239.9435

PUPPY PAINTING



Carisa Huntwork | POST

Vanessa Harriss, a recreation aid at The Hobby Studio, shows students how to paint a picture of a dog Nov. 8. This painting will be shown at the paint night in February. The staff at The Hobby Studio said they will show people how to paint any of the paintings as requested.

CHILD & YOUTH SERVICES

YOUTH EXPRESS STOP SCHEDULE:

MONDAY-FRIDAY

LOCATION	TRIP 1	TRIP 2
PX/Commissary Parking Lot	4:00PM	Custer Hill Youth Center 6:30PM
Main Post Chapel Parking Lot	4:20PM	McClellan Place (Corner of Lincoln & Roosevelt) 6:50PM
McClellan Place (Corner of Lincoln & Roosevelt)	4:40PM	Main Post Chapel Parking Lot 7:10PM
Custer Hill Youth Center	5:10PM	PX/Commissary Parking Lot 7:30PM

SATURDAY

LOCATION	TRIP 1	TRIP 2
PX/Commissary Parking Lot	2:30PM	Custer Hill Youth Center 7:30PM
Main Post Chapel Parking Lot	2:50PM	McClellan Place (Corner of Lincoln & Roosevelt) 7:50PM
McClellan Place (Corner of Lincoln & Roosevelt)	3:10PM	Main Post Chapel Parking Lot 8:10PM
Custer Hill Youth Center	3:30PM	PX/Commissary Parking Lot 8:30PM

FREE transportation for CVS 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.



The Green Canteen

November 21st, 2019 0600-1600

Continental Breakfast Menu

In preparation for our Thanksgiving Celebration Meal, Nutrition Care will feature a continental breakfast menu from *0600-1000:

Breakfast Sandwiches	Yogurt Parfaits
Fresh Fruit Cups	Assorted Pastries
Bagels with Assorted Cream Cheeses	Assorted Cereals
Hard-Boiled Eggs	Oatmeal w/ Cinnamon, Brown Sugar, & Raisins

Grab & Go Lunch Menu

Nutrition Care will feature the follow Grab & Go Lunch Items from *1000-1600:

- Big Red One Salad with or without Grilled Chicken Breast
- Turkey Cranberry Wrap
- Chicken Noodle Soup
- Assorted Salads, Sandwiches, Fruit, Vegetable, and Snack Cups
- Fresh Coffee, Tea, Assorted Beverages and Infused Water

Multicultural Session Highlighting Korea

Perfect opportunity for foreign-born Spouses to meet International Spouses and find out important and up-to-date information about Fort Riley. Children are welcome but no childcare is provided.

Join Us!
 November 21st
 10:00- 11:00 am
 At: ACS Building
 7264 Normandy Drive



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>.




SERVICE DIRECTORY

Your go-to guide for products and services around the area!

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AWNINGS  Awnings, Tarps, Carports, Sun Shades, Patio Covers, Livestock Curtains, Sunsetter Dealer ASH ENTERPRISES, INC. Salina, KS • (888) 825-5280 ashenterprisesonline.com Residential & Commercial	BEAUTY SALON  SHANNON & CARMEN @ THE SHOP 785-307-1758 Tues-Sun 10am-7pm 906 N Washington St, JC	HEALTH  KONZA PRAIRIE Community Health & Dental Center 361 Grant Avenue • Junction City, KS 66441 Phone: 785 238-4711 Fax: 785 238-4260	HEALTH  Geary Community Hospital 1102 St. Mary's Rd. J.C. • 238-4131
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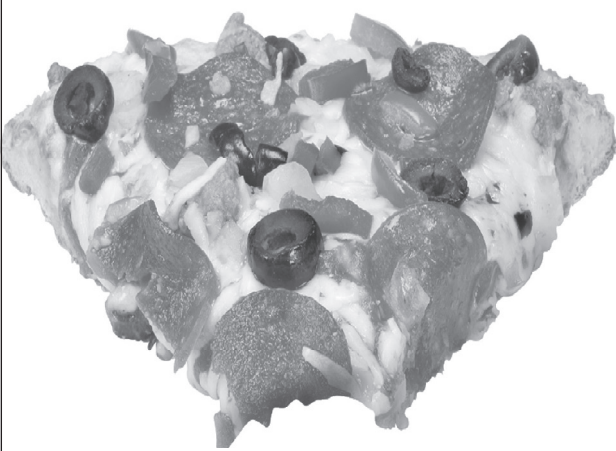
It's not always *who* you know, but *what* you know.

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su | do | ku

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

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

EMPLOYMENT

Help Wanted

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

Help Wanted

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.

Your Automotive Service Center has an immediate opening for mechanic/auto tech. Paid holidays and vacation, clean work environment, must own tools. Apply at 309 E. 11th St., J.C.

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Miscellaneous

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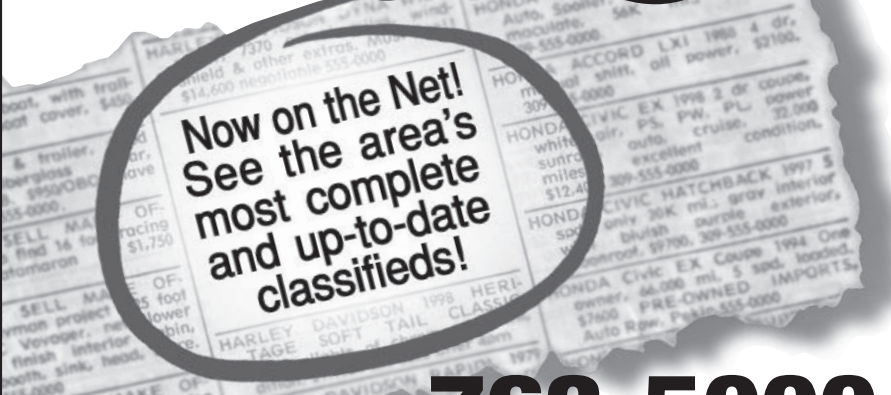
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THE 1ST INFANTRY DIVISION POST

Travel & Fun in Kansas



Mill Creek specializes in old stoves. Owner Steve Hund is an expert in Great Western stoves, originally made near Leavenworth, and people bring their stoves to him from near and far to have them fixed.

Next week, Spc. Shell is going to look for the perfect Christmas tree.

Alternative to Black Friday shopping: Small town antiquing

Story and photos By Pamela Beal
1ST INF. DIV. POST

The holiday season comes with shopping. Some shoppers are trying to find the perfect gift for the special people in their lives while others are looking for bargains for themselves. People will be hitting up the malls and superstores soon and that means large crowds.

Gift shopping doesn't have to mean cramming into packed stores and fighting over the hot, new items. Great rare gifts can be found at local antique stores.

Kansas is home to several antique stores, and many can be found in towns along Interstate 70. For a change of pace, try Black Friday shopping in antique stores this year.

ALMA

About 30 miles east of Fort Riley is the town of Alma. Signs can be seen on the highway pointing travelers to the Antique Emporium, 322 Missouri Ave. on the town's historic main strip. Mill Creek Mercantile is two blocks down. Morgan Holloman, the owner of both stores was searching for a location for her landscaping business when she was told about a lot with an old house on it. The house was falling apart, but Holloman felt bad for tearing it down. According to her mother, Diane Barrett, Holloman listened to people in town talk about memories of the old house and became interested in salvaging whatever she could.

Holloman completed the construction on the landscaping company and added Mill Creek Mercantile to the front of the building to sell some antiques and refurbished products.

"When the owner of the Antique Emporium started getting ill and put the store up for sale, Morgan decided to buy it with her husband," said Barrett. "She is an old soul and just fell in love with the idea of saving things."

The Antique Emporium does not have a specialty, but there is a wide variety in the store. For those who love Polish pottery, this is a great place to check out. The Emporium also has a variety of multicultural items.

PAXICO

Just a little further up I-70 from Alma is Paxico. It is a short drive from I-70, but is worth the stop. There are three antique stores in the historic square and one wood shop.

Mill Creek Antiques is the largest of the stores and takes up an entire strip of store fronts.

"I bought one part of this abandoned store in '73," said Steve Hund, owner of Mill Creek Antiques. "This was all one general store at one time, but slowly shut down. The openings were different divisions back in the day, to include the bank."

Mill Creek is the largest of the stores in Paxico, and the specialty is stoves and lamps.

Across the street is By-gones. This store is smaller but has more packed into each space. The niche for By-gones is dishes and pottery, and Fiesta dishes is the featured item on display.

The newest store in town is called Fowl Territory, and is a short drive or walk up the road. The store's owner, Al Harris, is not new to town. He just sold his shop closer to the town center to move into a newer building. He is still in the process of moving, but said he will be prepared to wheel and deal by Black Friday.

Fowl Territory specializes in hunting memorabilia, old farm tools and furniture Harris finds interesting.

NORTH TOPEKA

Driving to Topeka may seem silly when talking about shopping in small towns, but North Topeka, or NOTO as the residents call it, is a small-town oasis in the larger city.

Kaw River Rustics is at 901 N Kansas Ave. This store is two floors with 52 vendor's booths, which have a wide range of items to include antiques, books and handmade items.

"We have been here for five years now, but this year business has really grown," said Bob Secord, owner of Kaw River Rustics. "We have had more vendors wanting space, and they have brought in an eclectic mix of stuff."

Visitors can make an afternoon of shopping and dining in NOTO as they have a few more shops down the strip, such as Two Days Monthly Market, which is open on the First Friday and Saturday of each month.

ABILENE

Going west on I-70 from Fort Riley, Abilene is about 30 minutes away. Abilene is the hometown of America's 34th President, Dwight D. Eisenhower, and they still like Ike as is evident by the murals and the park names.

Just off the highway, headed south, Yesterday's Rose can be found on the backside of the Dollar General Store. Yesterday's Rose has a nice selection of antique jewelry, dish sets, military memorabilia and much more.

Down in the historic district are many antique stores that have different feels to them.

Abilene Downtown Antique Mall and Mud Creek Antiques are sister stores that sit right next to one another. Both have booths where one can find items based on the vendor's interests. A large selection of garage collectibles can be found, as well as decanters and glasses. Fiesta-ware and Glow dishes are also a great find here.

Around the corner sits C'est La Vie, a posh antique boutique with upscale items.

"I have been in Abilene for about three years now," said Connie Bruner, owner of



C'est La Vie in Abilene is four stores in one. Customers can find a mix of floral design, clothing, home goods and paper products.

C'est La Vie. "I am an interior designer by trade, but I wanted a space to bring together the things that I love. I have four stores in one. I have Boxwood Garden in the back here where I do floral design, Third and Vine is clothes and accessories, C'est La Vie has home goods, and Paper Moon is a collection of products created by women, mostly American."

Countryopolitan can be found on Broadway. This space is smaller than most of the other antique stores in town, but the owners have packed the place with plenty to draw customers in to the store. Their forte is home goods to decorate to impress.

SALINA

Many people from Fort Riley frequent Salina because of the chain stores, but most people don't realize it is home to a three story antique store on Santa Fe named Auld Lang Syne. The store is in what used to be a bank and uses every nook and cranny possible.

Auld Lang Syne is a consignment store and booths run specials periodically. A range of items can be found, to include toys, jewelry, furniture, book, records, etc.

Auld Land Syne has been voted favorite antique store in Abilene for the last 10 years.



Auld Lang Syne in Salina is a consignment store filled with treasures of all types. This Jackie O style dress is one of the many items.



Kansas themed memorabilia can be found at the Abilene Downtown Antique Mall. These Wizard of Oz movie toys look like they should be in a museum.