HOME OF THE 1 BIG RED ONE

THE 1ST INFANTRY DIVISION POST

★ home.army.mil/riley FRIDAY, JANUARY 24, 2020 Vol. 12, No. 3 ★

FORT RILEY, KANSAS

‘Hamilton’s Own’ celebrates 244 years in service



Sgt. Timothy Brokhoff | 19th PAD



Amanda Ravenstein | POST

ABOVE: Soldiers of the 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, wear the uniforms from all the major conflicts the unit had been a part of during their 244 years of continuous service in the U.S. Army. The display was part of a ceremony Jan. 16 at Kapaun Chapel, commemorating those years of service. **LEFT:** Command Sgt. Maj. Kazimier Kazimierowski, senior noncommissioned officer, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, hangs streamers the unit earned after being assigned to the 1st Infantry Division and during its involvement in World War I.

By Amanda Ravenstein
1ST INF. DIV. POST

At a ceremony Jan. 16, Soldiers from the 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division — “Hamilton’s Own” — celebrated 244 years of continuous service to the nation. The celebration falls in the same month as their namesake, Alexander Hamilton’s birthday.

“Hamilton’s Own,” said Lt. Col. Iven Sugai, commander. “Happy 244th birthday, just a few months younger than our Army, yet 6 months older than our country.”

Command Sgt. Maj. Kazimier Kazimierowski, 1st Bn., 5th FA Regt., senior noncommissioned officer told of the establishment of the unit as the Continental Army’s artillery branch by Gen. George Washington Nov. 17, 1775 to when Capt. Alexander Hamilton was appointed as its first commander.

“From those first shots fired against the British to our battalion’s exemplary performance during the Global War on Terror, the colors stand out as a silent testament to all who have come before us,” he said. “Our battalion’s lineage pre-dates the Declaration of Independence. Therefore, I can proudly say with certainty that [the] unit’s history is our nation’s history.”

Soldiers of the 1st Bn, 5th FA Regt., were dressed in the uniforms of the periods in which the unit served from the Revolutionary War to the War on Terrorism. Each one held the streamers earned during their represented period and upon each narrative that was read, presented the streamers to Kazimierowski, who, during the ceremony was the Keeper of the Colors. Kazimierowski then attached the streamers to the unit’s flag.

“These streamers symbolize our lineage, our resume and our credentials — if you will,” Kazimierowski said prior to taking his position next to the flag.

Sugai thanked attendees for helping them commemorate the unit’s history. As a surprise for the Soldiers and families in attendance played a special birthday message from the cast of the musical “Hamilton,” whose performances speak in part of the history of the unit.

“We stand on the shoulder of giants,” he said. “As we just witnessed, 78 campaign streamers, participating in all but one major conflict, in our nation’s history. Our history is truly our Army’s history — our nation’s history.

“While the Korean War was the one conflict Hamilton’s Own did not participate in, the battalion eventually set foot on the peninsula in 2017 as part of a regular brigade rotation,” he said.

Sugai closed the ceremony with a quote from Hamilton, who Sugai said was ahead of his time.

> “Let us recollect that peace or war will not always be left to our option, that however moderate or unambitious we may be, we cannot count upon the moderation or hope to extinguish the ambition of others,” he said.

Renovated fitness trail reopened at Moon Lake

By Pfc. Jared Simmons
19TH PAD

After a brief period of renovation, the Moon Lake fitness trail has reopened to the community of Fort Riley.

Renovations on the trail were funded using money given to Fort Riley for being a bronze medal winner of the Army Communities of Excellence Award March 18, 2019.

Money from the award was required to be used in a manner consistent with the ACOE program’s mission of promoting continuous improvement in Army installations and creating beneficial change in the community’s quality of life.

Col. Stephen Shrader, U.S. Army Garrison Fort Riley commander, opted to use the funds on the Moon Lake trail because it supported the 1st Infantry Division’s #FitFirst initiative for the Army’s Holistic Health and Fitness campaign.

“It allows the housing community to connect to some other areas around Moon Lake, or just allows them to get down to Moon Lake for recreational activity,” said Maj. Nathan Justin, deputy division engineer with the 1st Infantry Division. “It allows for more running space on post, which supports the commanding general’s initiative for [holistic health and fitness.]”

The trail is approximately half a mile long and runs between Moon Lake and the Custer Hill housing complex. Benches and signs are still being planned as additional improvements to the trail.

See TRAIL, page 6

New division command sergeant major Q&A

By Ann Olamiju
1ST INF. DIV. PUBLIC AFFAIRS OFFICE

Command Sergeant Major Raymond S. Harris is the new senior enlisted leader at the “Big Red One”. It was announced in the latter half of 2019 that Harris was selected to replace Command Sgt. Maj. Craig Bishop as the 1st Infantry Division Command Sergeant Major. Harris previously served as the Brigade CSM with Headquarters, 3rd Security Forces Assistant Brigade, Fort Hood, Texas. Harris describes himself as loyal, trustworthy and open, his smile — jovial and contagious.

Why did you join the Army back in 1996?

“So I’ve always had a sense to want to serve. My father and my grandfather always instilled in me to give back and to be better than what we are. To have a purpose in life and I found a calling with the Army to be my purpose, to be able to protect and help those that can’t help themselves. That’s what we do in the Army for our country.”

Why the Infantry?

“The infantryman is the frontline defender. In order to keep threats out of the homeland you’ve got to have somebody there in order to keep the enemy at bay and to keep our land safe.”

Is there a history of military service in your family?

“My grandfather was in the military, my father was not. My grandfather, on my mother’s side, was also in the military. I always saw how strong they were and their credo to want to do better and to be the best that they could always be. They always told me that the structure that the military gave them provided them that way forward to have that mentality.”

If you could describe yourself in three words what would those words be?

“Loyal, trustworthy and open. I’m an open book, that’s 100%.”

This isn’t your first time with the 1st Infantry Division. How do you feel about returning to the Historic First Division?

“It’s really (come) full circle. I started here in 1996 as a private, got promoted to sergeant and then I PCS’d to third brigade, 1st ID in Germany. I’ve been with the 1st ID really from private through staff sergeant, different duty locations but, it’s full circle to be able to come back and now be the senior enlisted leader, the division command sergeant major 1st ID, it’s awe-inspiring! The 1st Infantry Division left such a lasting impact on me as a young private that I wanted to come back and do this job. The stars aligned and everything made it possible for me to come back and now be the 1st Infantry division command sergeant major.”



U.S. Army photo
Command Sgt. Maj. Raymond S. Harris

What are some of the things you are most proud of, as you look back over your 20-plus year career?

“One of the things I am very proud of, I have to say is my family. They’ve been very resilient over the years. This is my 15th duty station. My son who is 14, this is his 8th (duty station) my daughter who is 11 this is

See HARRIS, page 6

VOLUNTEER OPPORTUNITIES

THE AMERICAN RED CROSS SERVICE TO THE ARMED FORCES IS RECRUITING NEW VOLUNTEERS.

Event Support
Hero Care Network Regional Case-worker follow-up
Military Hospital Clinic Volunteer
Military Hospital Professional Volunteer
Volunteer Engagement Lead

Contact Katrina Velarde, regional program manager at 785-239-1887 or go to the second floor of Grimes Hall, 510 Huebner Ave.

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

ALSO IN THIS ISSUE



ALTERNATIVE MEDICINE, EXERCISE INSTEAD OF PILLS

SEE PAGE 7

ALSO IN THIS ISSUE



SPC. SHELL TRAVELS KANSAS TO LEARN ABOUT ITS HISTORY

SEE PAGE 12

Scholarship Watch 2020

STAFF REPORT

The following is a list of some of the scholarships and grants available for military families.

To learn about other scholarships, grants and loans contact Sandy Johnson, school liaison officer at Child and Youth Services Parent Central at 785-240-3261 or Education Services, 211 Custer Ave. at 785-239-6481.



ARMY AVIATION ASSOCIATION OF AMERICA SCHOLARSHIP

- The AAAA Scholarship Foundation, Inc. was established to render financial assistance for the college-level education of members of the Army Aviation Association of America, Inc. Applicants may also be spouses, unmarried siblings, children and grandchildren or current and deceased AAAA members.
- Pre-qualifying form opens in January and is due April 1. Application is due May 1.
- For more information, visit: https://www.quad-a.org/scholarship

SCHOLARSHIPS FOR SERVICE

- Scholarships for Service is a free scholarship database for students of families with a military service background. Scholarships listed are tailored for active, guard and reserve military, veterans, retired personnel and their families.
- For more information, visit: https://search.militaryscholar.org/

VOICE OF DEMOCRACY SCHOLARSHIPS

- Veterans of Foreign Wars awards scholarships annually to students who write and record an essay on a patriotic topic. Entries are submitted through the local VFW by Oct. 31 each year.
- For more information or assistance, contact the VFW Post 56 Scholarship Committee at 913-775-2662.
- For more information, visit: https://www.vfw.org/community/youth-and-education

ARMY ROTC SCHOLARSHIPS

- Whether you are a college-bound high school student or already attending a college or university, Army ROTC has scholarships available. Scholarships are awarded based on a student's merit and grades, not financial need.
- For more information, visit: https://www.goarmy.com/rotc/high-school-students.html

82ND AIRBORNE DIVISION ASSOCIATION EDUCATION FUND SCHOLARSHIP

- Available to dependent children of veterans and Active Duty Association life members in good standing. Applicant must intend to pursue a baccalaureate degree and must gain at least 12 credit hours per semester toward that degree.
- Application deadline is Oct. 15.
- For more information, visit: https://www.82ndairborneassociation.org/education-fund.html

THE GEORGE C. MORTON SCHOLARSHIP

- Special Operations Association Scholarship Grants are awarded by the SOA and must be used at an accredited, community college, four-year college or university for studies that will lead to a bachelor's degree.
- Applicants must be a high school graduate or high school student anticipating graduation during the year of application, under the age of 21 years at the time of application, and a child or grandchild of an individual who served in a Special Operations unit and is a member in good standing of SOA.
- Each Grant is for $1,000 per semester, not to exceed $2,000 per year, maximum of four years.
- For more information, visit: https://www.specialoperations.org/soa/scholarship-fund/

MAJ. GEN. JAMES URSANO SCHOLARSHIP PROGRAM

- Need-based scholarship program established to assist children of Army Soldiers obtaining their first undergraduate degree. Applicants must be unmarried dependents, under the age of 24, of a Soldier on federal active duty, a retired Soldier, or deceased retired Soldier.
- Award amounts vary yearly.
- Applications are typically accepted from January through April 1.
- For more information, visit: https://www.aerhq.org/Apply-for-Scholarship/Dependent-Children

THANKSUSA SCHOLARSHIP PROGRAM

- ThanksUSA is a non-partisan, non-profit organization dedicated to providing post-secondary educational opportunities through need-based competitive scholarships to the children and spouses of active-duty US military personnel.
- Applications are typically accepted between April 1 and May 15.
- For more information, visit: www.ThanksUSA.org

ARMY SCHOLARSHIP FOUNDATION

- Awards one-year scholarships on an annual basis to qualified and deserving students. Applicants must be the child of a regular active-duty, active-duty reserve, or active-duty National Guard member in good standing or a child of a former Army service member who received an honorable discharge, medical discharge, or who were killed while serving in the Army.
- Application deadline is typically April 15.
- For more information, visit: http://www.armyscholarshipfoundation.org/scholarships.html

AMERICAN LEGION/AMERICAN LEGION AUXILIARY SCHOLARSHIPS

- The American Legion has multiple scholarships, to include the Samsung American Legion Scholarship and Legacy Scholarship.
- For more eligibility and information, visit: https://www.legion.org/scholarships
- The American Legion Auxiliary awards multiple scholarships, to include the Spirit of Youth Scholarship and the Children of Warriors National Presidents' Scholarship.
- For more eligibility and information, visit: https://www.dar.org/national-society/scholarships

US ARMY WARRANT OFFICERS ASSOCIATION SCHOLARSHIP

- Applicants for scholarships are accepted from the children and dependent stepchildren (under the age 23 years) of members in good standing in the USAWOA (a member for a minimum of six months). Spouses of members in good standing are also eligible.
- Applications must be received between January 1 and May 1.
- For more information, visit: http://usawoa.org/scholarship/index.html

KANSAS TUITION WAIVER FOR DEPENDENTS AND SPOUSES OF DECEASED MILITARY PERSONNEL

- Open to residents of Kansas who are the dependent children or spouse of certain military personnel who died on or after September 11, 2001 while, and as a result of, serving in active military service. The deceased military member must have been a resident of Kansas at the time of death.
- Applicants must be enrolled or planning to enroll in a Kansas school, including vocational/technical schools and colleges, community colleges, the state universities and Washburn University.
- Eligible students will be allowed to enroll without payment of tuition or mandatory fees required at time of enrollment. Student will be responsible for other charges associated with the student's academic program and living costs.
- Kansas Board of Regents: 785-430-4255/4256
- For more information, visit: https://www.kansasregents.org/scholarships_and_grants

HEROES' LEGACY SCHOLARSHIP

- The "Heroes' Legacy Scholarships" program honors not only those who have fallen in battle, but also who have died or have become disabled through their active military service since September 11, 2001.
- The program is open to their dependent, unmarried children under age 23.
- Applicants must be enrolled, or planning to enroll, in a full-time undergraduate program of study leading to a bachelor's degree at an accredited U.S. college or university. An essay is also required.
- Application opens mid-December, with a due date typically in February.
- For more information, visit: https://militaryscholar.org/legacy/index.html

FOLDS OF HONOR SCHOLARSHIP

- The Folds of Honor High Education Scholarship program was established to provide post-secondary scholarship assistance for spouses and dependents of our nation's service members.
- Scholarship applications are accepted from Feb. 1 through March 31.
- For more information, visit: https://www.foldsofhonor.org/scholarships/

HOPE FOR THE WARRIORS SCHOLARSHIPS

- The Spouse/Caregiver Scholarship Program aids in continued education at accredited U.S. colleges, universities, or trade schools. An essay is required.
- Spring scholarship applications are accepted from Aug. 1 through Sept. 30.
- For more information, visit: https://www.hopeforthewarriors.org/transition/military-spousescholarships/

MILITARY ORDER OF THE PURPLE HEART

- The MOPH Scholarship Program is a competitive scholarship program that awards approximately 80 scholarships to Purple Heart recipients and their spouses, children, and grandchildren each year. An essay is required.
- In addition, one of the recipients of the Purple Heart Scholarship is also selected to receive the Navy SEAL Lt. Michael P. Murphy Memorial Award. Lt. Michael P. Murphy was killed in action in 2005 in Afghanistan and was posthumously awarded the Medal of Honor for his heroic actions. This scholarship is awarded in his memory and funded by the Lt. Michael P. Murphy Memorial Scholarship Foundation of Riverhead, New York.
- Applications are typically opened from November through March 1.
- For more information, visit: https://www.purpleheart.org/military-order-of-the-purple-heart-scholarship -program/

FALLEN PATRIOTS FOUNDATION

- Scholarships are available for children who have lost a parent in the line of military duty, during combat or peacetime in all military branches and components. Grants are awarded each month.
- For more information, visit: https://www.fallenpatriots.org

SURVIVORS' AND DEPENDENTS' EDUCATIONAL ASSISTANCE PROGRAM

- Offers education and training opportunities to eligible dependents of veterans who are permanently and totally disabled due to a service-related condition or of veterans who died while on active duty or as a result of a service-related condition.
- https://www.benefits.va.gov/gibill/survivor_dependent_assistance.asp
- For more information about transferring post 9/11 GI Bill benefits: https://www.benefits.va.gov/GIBILL/post911_transfer.asp

FRY SCHOLARSHIP

- The Marine Gunnery Sergeant John David Fry Scholarship is for children and dependents of veterans. If your parent or spouse was an active-duty service member who died in the line of duty on or after September 11, 2001, you may qualify for this benefit.
- Potential benefits include costs for tuition, housing and books/supplies.
- For more information, visit: https://www.va.gov/education/survivor-dependent-benefits/fryscholarship/

ARMY EMERGENCY RELIEF SCHOLARSHIP PROGRAM

- Army Emergency Relief has several education grants available to dependents and spouses of active duty and retired Army Soldiers. To find out more about eligibility requirements, deadlines, and how to apply, visit: https://www.aerqh.org/Apply-for-Scholarship

OUR MILITARY KIDS

- Grants of $500 each are available through Our Military Kids for Guard and reserve of all service branches as well as Wounded Warrior's dependents. These grants are given with the goal to ease stress by paying for participation in sports, fine arts, and tutoring programs.
- Information and applications are available at: http://ourmilitarykids.org/how-to-apply

COCA-COLA SCHOLARS PROGRAM

- The Coca-Cola Scholars Program scholarship is an achievement-based scholarship awarded to graduating high school seniors. Students are recognized for their capacity to lead and serve, as well as their commitment to making a significant impact on their schools and communities.
- Applicants must be a current high school or home-schooled student attending a school in the U.S. or select Department of Defense schools that will receive their high school diploma during the current academic year and plans to pursue a degree at an accredited U.S. post-secondary institution.
- Application will open Aug. 1.
- For more information, visit: https://www.coca-colascholarsfoundation.org/apply/

BILL AND MELINDA GATES SCHOLARSHIP

- The Gates Scholarship is for the student who is ready to pursue a full-time, four-year degree program at an accredited U.S. institution. The scholarship will cover the cost of attendance which is not already covered by other financial aid and the expected family contribution, as determined by the Free Application for Federal Student Aid.
- Application opens July 15. Deadline for completion is Sept. 15.
- For eligibility requirements: https://worldscholarshipforum.com/gates-scholarship/

ARMED FORCES COMMUNICATIONS AND ELECTRONICS ASSOCIATION EDUCATIONAL FOUNDATION AND CHAPTER SCHOLARSHIPS

- The AFCEA Educational Foundation provides incentives, opportunities, and assistance to people engaged in the science, technology, engineering and mathematics disciplines. Our programs focus on information technology, cybersecurity, telecommunications and electronics supporting the defense, homeland security, and intelligence communities.
- Applications are typically accepted from January to April 30.
- Scholarships and eligibility information: https://www.afcea.org/site/foundation/scholarships





Culinary specialists get fired up for regional competition

Story and photo by Sgt. Timothy Brokhoff
19TH PUBLIC AFFAIRS DETACHMENT



A U.S. Army culinary specialist with the 1st Infantry Division plates a dish to be judged during a competition at Fort Riley, Kansas, on January 10. The plate shown is sautéed chicken with mushrooms.

U.S. Army culinary specialists from across the "Big Red One" competed for a spot on the 1st Infantry Division culinary team Jan. 10.

Those selected will have the opportunity to compete in the 45th Culinary Arts Competition scheduled to take place March 4 to 13 at Fort Lee, Virginia.

"The whole team will be made up of five professional-level — more than two years of foodservice — and five student-level culinary specialists — less than two years of foodservice," said Sgt. 1st Class Gabriel Earle, the team leader for the competition. "They're not making it easy to decide the team members."

They will be competing against teams from every military installation, to include teams from the Marine Corps as well as the Coast Guard.

"In the kitchen, they're judged by their knife cuts, their sanitation and if they're wasting food or not," Earle said. "Once it goes to the table, they're judged on their plating skills, how the food tastes, portion sizes and components."

The culinary specialists each prepared a chicken dish known as Poulet Sauté Aux Cépes, which translates to sautéed chicken with mushrooms. All competitors were working from the Escoffier, Le Guide Culinaire, and Earle used an evaluation form to judge each competitor's dish.

"If they win their event at Fort Lee, that counts as the Regional American Culinary Federation Competition, which is usually judged by civilians," Earle said. "Then they would go on to the national level representing the military as a whole."

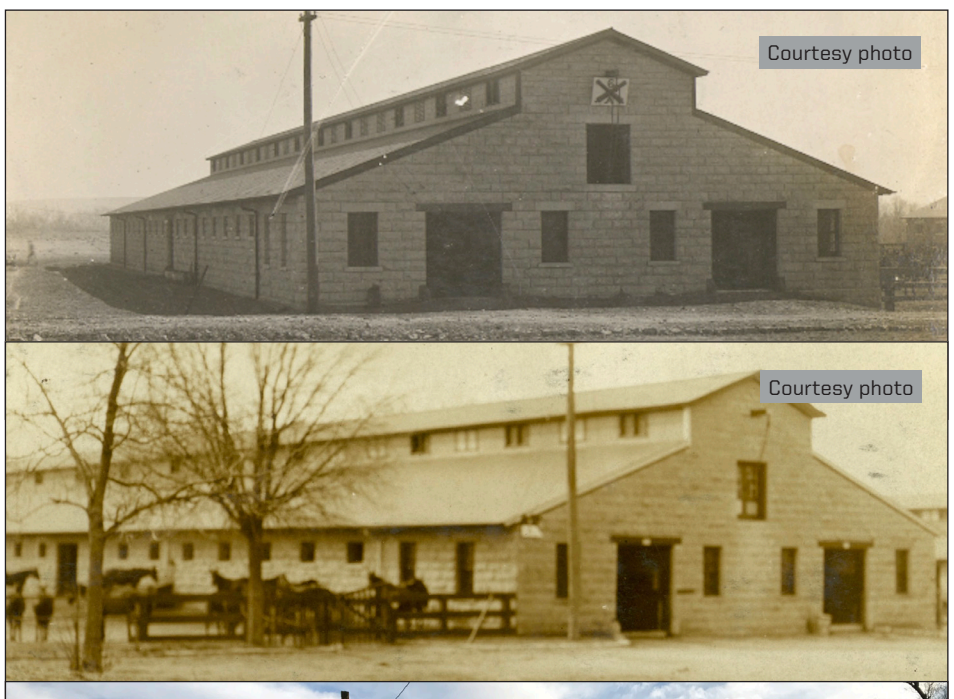
The national competition is known as the American Culinary Federation competition, which would consist of six team members.

"This has been in the works since Earle arrived," said Sgt. Maj. Aletha Holiday, the senior culinary specialist on Fort Riley. "He got here about a month before I arrived, and I got here in August. All of my faith is in this, is in Earle, so I will support him with anything he needs."

Winners of the competition will be announced soon and those chosen will begin preparations and training for the 45th Culinary Arts Competition to follow.

Looking Back: Building 386

By Scott Rhodes
USAG PUBLIC AFFAIRS



Building 386 Dickman Ave., was built in 1908. It was designated as artillery stables. It was constructed with limestone walls and foundation, clay and brick flooring and a slate roof.

It had a capacity of 136 horses.

Fort Riley Directorate of Public Works maintenance documents show that by 1930 building 386 had been redesignated as cavalry stables after the artillery school at Fort Riley was discontinued following World War I.

Today, 386 Dickman Ave., is home to the General Services Administration Maintenance Shop where maintenance is performed on government owned vehicles.

It is also home to the GSA Fleet Management Center.

TOP: Building 386 as it appeared in 1908, **MIDDLE**: in 1930 and, **BOTTOM:** as it appears today.

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.

CIVILIAN SPOTLIGHT

ADAM HASTERT
SUPERVISORY GAME WARDEN
DIRECTORATE OF EMERGENCY SERVICES

Game Warden Lt. Adam Hastert is responsible for enforcing conservation laws and regulations for an area of 101,000 square acres. Hastert is fully committed to ensuring the sustainability of Fort Riley's training area while ensuring recreationists can use the training area in a safe manner.

Over the last 45 days, Hastert coordinated a multi-agency, and multi-state investigation. Through surveillance, interviews and the execution of search warrants, Hastert coordinated an investigation that led to the recovery of two illegally harvested trophy class deer, three pickup truck loads of illegally taken shed antlers from deer and elk and the unraveling of a long-standing poaching gang which was illegally hunting in the impact area. Hastert put in countless hours while investigating this illegal hunting ring which is still producing leads that require additional follow-up. When complete this may be one of the largest solved illegal hunting operations in the state of Kansas.



Hastert worked with Kansas and New York State game wardens to recover two trophy class deer from residences in Kansas and New York. His tireless efforts demonstrate his commitment to sustainable and ethical hunting practices.

Hastert lives the Motto of "Duty First" and always displays focus, commitment and sacrifice that is indicative of his commitment to the Fort Riley Garrison Team.

BUSTED

JAN 5

Spc., HHC, 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st Inf. Div., expired registration

Spc., HHC, 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st Inf. Div., failure to stop at a posted stop sign

Pfc., Btry A, 1st Bn., 7th FA Regt., 2nd ABCT, 1st Inf. Div., speed 11 to 15 over

Spc., 511th QFFC, 541st CSSB, 1st Inf. Div. Sust. Bde., speed 16 to 20 over

Spc., 526th CSC, 541st CSSB, 1st Inf. Div. Sust. Bde., speed 11 to 15 over

Spc., unknown unit, speed 11 to 15 over

Pfc., unknown unit, speed 11 to 15 over

Sgt., unknown unit, speed 1 to 14

Pfc., 526th CSC, 541st CSSB, 1st Inf. Div. Sust. Bde., following too close

Pfc., unknown unit, improper display of license plate

JAN 6

Pfc., Co. B, 1st BEB, 1st ABCT, 1st Inf. Div., following too close

1st Lt., unknown unit, expired tags

Spc., unknown unit, failure to yield right of way

Sgt. 1st Class, HHC, 1st BEB, 1st ABCT, 1st Inf. Div., following too close

Spc., HHB, 1st Bn., 5th FA Regt., 1st ABCT, 1st Inf. Div., no drivers license/unlicensed

Spc., HHB, 1st Bn., 5th FA Regt., 1st ABCT, 1st Inf. Div., following too close

Pfc., HSC, 601st ASB, 1 CAB, 1st Inf. Div., expired registration

JAN 7

Pfc., 24th CTC, 541st CSSB, 1st Inf. Div. Sust. Bde., illegal u turn

2nd Lt., 1st Rep. Co., USAG, 1st Inf. Div., impeding flow of traffic

2nd Lt., 1st Rep. Co., USAG, 1st Inf. Div., expired registration

JAN 8

Pfc., Co. C, 1st BEB, 1st ABCT, 1st Inf. Div., failure to maintain lane

Pfc., Co. C, 1st BEB, 1st ABCT, 1st Inf. Div., no drivers license/unlicensed

Pfc., Co. C, 1st BEB, 1st ABCT, 1st Inf. Div., improper turning movement

Spc., 299th BSB, 2nd ABCT, 1st Inf. Div., unsafe movement from a parked position

Staff Sgt., unknown unit, no proof of insurance

Staff Sgt., unknown unit, speed 21 and up

Staff Sgt., Co. A, 1st Bn., 16th Inf. Regt., 1st ABCT, 1st Inf. Div., speed 11 to 15 over

Spc., HHC, 299th BSB, 2nd ABCT, 1st Inf. Div., failure to use seatbelts

Spc., HHC, 299th BSB, 2nd ABCT, 1st Inf. Div., failure to yield right of way

JAN 9

Pfc., 1st Bn., 63rd Armor Regt., 2nd ABCT, 1st Inf. Div., following too close

Family member, daughter, improper backing

Family member, wife, speed 11 to 15 over

1st Lt., 101st BSB, 1st ABCT, 1st Inf. Div., speed 11 to 15 over

Pfc., 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st Inf. Div., expired registration

JAN 10

Pvt., 24th CTC, 541st CSSB, 1st Inf. Div. Sust. Bde., failure to maintain lane

Pfc., HHC, 299th BSB, 2nd ABCT, 1st Inf. Div., improper backing

Family member, wife, speed 11 to 15 over

JAN 11

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

Chief Warrant Officer 4, 1st Sqdn., 4th Cav. Regt., 1st ABCT, 1st Inf. Div., speed 11 to 15 over

Chief Warrant Officer 4, 1st Sqdn., 4th Cav. Regt., 1st ABCT, 1st Inf. Div., speed 11 to 15 over

OTHER CITATIONS ISSUED

Jan. 5 — improper display of license plate, no proof of insurance, speed 11 to 15 over

Jan. 7 — speed 1 to 14, improper turning movement

Jan. 8 — following too close, failure to yield to emergency vehicles, speed 11 to 15 over, failure to stop for red light

Jan. 9 — four instances of illegal parking, two instances of parked in a seeded area, following too close

Jan. 10 — parked in govt. vehicle only spaces

Jan. 11 — two instances of speed 11 to 15 over

PCS?
IT'S WHAT WE DO
ARMY EMERGENCY RELIEF
SOLDIERS HELPING SOLDIERS SINCE 1942
Talk to your chain of command or AER officer to receive assistance or donate to Army Emergency Relief.
Visit us online at aerhq.org to learn more.

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Fort Riley historic names: George Henry Thomas

By Gail Parsons
1ST INF. DIV. POST

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

Thomas Avenue, which winds through the McClellan Place housing area, is named for George Henry Thomas — a Union Soldier who twice turned down promotions because he didn't feel as though he deserved them.

A website dedicated to this general, http://generalthomas.com/controve.htm, described him as "regular Army" with a strict sense of ethics.

Born July 31, 1816, into a slave-holding family in Virginia, Thomas entered West Point at the age of 20, which earned him the nickname of "Old Tom" from his younger classmates, according to https://www.battlefields.org/learn/biographies/george-thomas.

He graduated 12th in his class and began his military career as a second lieutenant in Company D, 3rd U.S. Artillery. His first taste of battle was during the Seminole War, for which he received the brevet rank of first lieutenant "for gallantry and good conduct against the Florida Indians".

In the years leading up to the Civil War, he served in the Mexican American War and later served as the instructor of cavalry and artillery under then Lt. Col. Robert E. Lee, the academy superintendent.

When the Civil War started, Thomas found himself on the opposite battlefield of several men with whom he had served.

According to Battlefields.org, he was courted by the South and offered prominent commissions in the Confederate Army.

"His decision to remain loyal to the Union created a deep rift with his family, one that would not heal in his lifetime," the website states. "Thomas' comrades and former students reacted no less vehemently: former star pupil and fellow Virginian J.E.B. Stuart wrote to his wife, 'I would like to hang him as a traitor to his native state.'"

His choice to stay with the U.S. Army bode well for the Union. Several accounts of his career show Thomas to be a Soldier who knew his way around the battlefield.

One of his prominent victories, according to Battlefields.org, was at Mill Springs, Kentucky, in January 1862. The division-sized battle was the first decisive Union victory in the West and denied the Confederates the Cumberland Gap.

Although there were many skirmishes and battles that Thomas led his men through successfully, it was the September 1863 battle at Chickamauga at the Georgia, Tennessee border, where he would cement his place in history. It was there he would earn his nickname "The Rock of Chickamauga" and become fodder for a folk song by Jimmy Driftwood.

Generalthomas.com reprinted this account of the battle from The Army of the Cumberland, by Henry M. Cist.

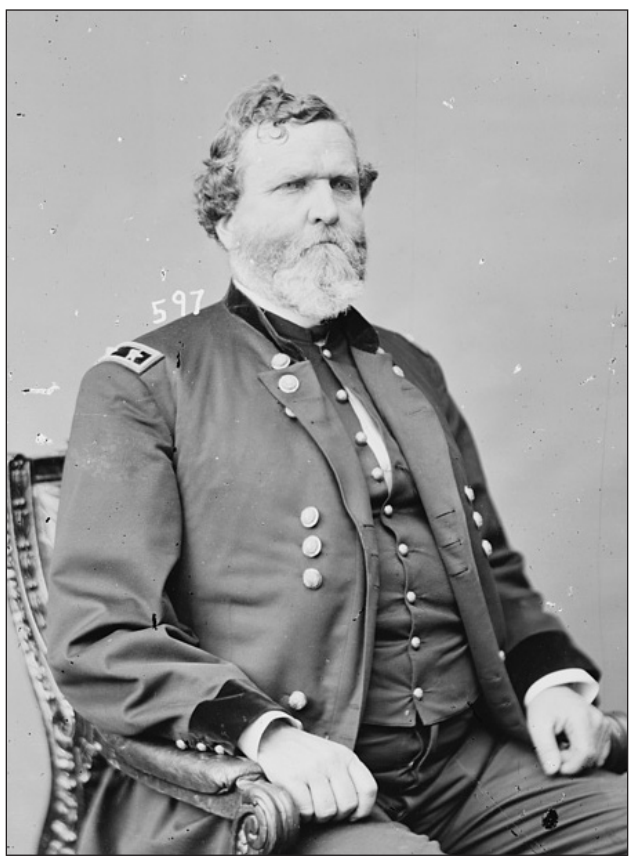
"During the heavy fighting of the 20th, Thomas was the only general officer left on the field of rank above a division commander. Learning sometime later in the day of the disaster on our right, he gathered his troops together from all parts of the field to the position selected by himself after the break on the right. Here in a more marked degree even than at Stone's River, he displayed his great staying quality. Posting his troops on the lines he designated, he, so to speak, placed himself with his back against a rock and refused to be driven from the field. Here he stayed, despite the fierce and prolonged assault of the enemy, repulsing every attack. And when the sun went down he was still there. Well was he called the "Rock of Chickamauga", and trebly well for the Army of the Cumberland that George H. Thomas was in command of the left at that battle. On the 20th, when the hour of supreme trial came and he was left on the field with less than one half of the strength of the army that the day before had been barely able to hold its own against the rebel assaults, he formed his 25,000 troops on "Horseshoe Ridge", and successfully resisted for nearly six long hours the repeated attacks of that same rebel army, largely reinforced until it numbered twice his command, when it was flushed with victory and determined on his utter destruction. There is nothing finer in history than Thomas at Chickamauga."

This stand by Thomas prevented the loss of Chattanooga and a series of events that could have resulted in President Abraham Lincoln winning reelection, which would have changed the course of the war.

By the end of the war, Thomas had achieved the rank of major general. While other generals of the time were jockeying for their new positions, Thomas was not interested in rising through the ranks and becoming involved in politics.

According to generalthomas.com, because Gen. Ulysses Grant was intending to run for president, President Andrew Johnson wanted Thomas to replace Grant as Commander-in-Chief of the Army. He asked the Senate to confirm Thomas to the rank of brevet Lt. General and was prepared to promote Thomas over Generals Grant, Sherman, Meade and Sheridan.

"Thomas, ever the honorable gentleman and Soldier, quickly asks the president to recall the nomination as he knows it is inspired primarily by politics," the website states. "He would rather pass up a chance at three stars than be used to interfere with a brother officer's career."



Courtesy photo

Thomas Ave. is named for George Henry Thomas – a Union soldier who twice turned down promotions because he didn't feel as though he deserved them.

Thomas would also decline the unanimous nomination for president by the Tennessee State Convention in 1968.

After the war, while other commanders were publishing their memoirs and cementing their legacy, Thomas destroyed his private papers to keep his life from being "hawked in print," said battlefields.org.

"William T. Sherman, a lifelong friend since their West Point days, however, called Thomas' services throughout the war 'transcendent' and listed him along with Ulysses S. Grant as the heroes deserving 'monuments like those of Nelson and Wellington in London, well worthy to stand side by side with the one which now graces our capitol city of George Washington,'" said battlefields.org.

In 1869, he transferred to San Francisco where he commanded the Department of the Pacific. He died the following year of a stroke.

Fort Riley - Central Kansas Chapter

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RILEY ROUNDTABLE

What is your favorite way to waste time online?



"I usually FaceTime my girl, play 'Call of Duty' or I'm on Instagram."

PVT. TOMMY MONTELONGO
EL PASO, TEXAS

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



"Watch Disney +."

PVT. KENYA WILLIAMSON
MEADVILLE, PENNSYLVANIA

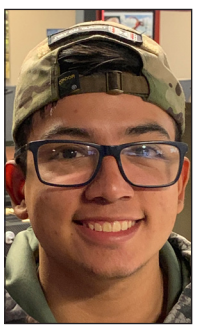
82nd Brigade Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division



"Watching live TV on Hulu Live."

SGT. KYLE FITZSIMMONS
SPRINGFIELD, ILLINOIS

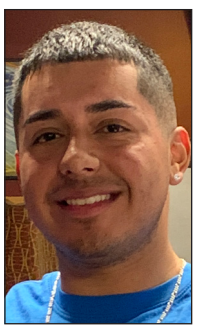
1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division



"Play video games."

PVT. ADRIAN SALAZAR
SAN ANTONIO, TEXAS

1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division



"Watch 'Live PD' on YouTube."

PFC. ADRIAN ARMENTA
HOUSTON, TEXAS

82nd Brigade Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division

SAFETY CORNER

Safety when working in cold weather

Rodrigo Cruz
GARRISON SAFETY OFFICE

Team Riley, now is the time to start thinking about how the cold weather will affect safety within the workplace. Working in cold weather is often a necessity in some occupations, which do not close up for winter weather. There may be situations where employees are required to work either briefly, or regularly for long periods in the cold weather and will face cold weather hazards.

As a result, we need to learn how best to protect ourselves from the elements to safely perform our jobs. If you are going to work outside during the winter months, we must learn how to work in cold weather.

Make sure to take into account these cold weather safety tips while working in the workplace to better protect yourself against the elements while still maintaining effectiveness and productivity.

Be aware of the weather conditions as you prepare to work in the cold: Wet conditions and low wind-chill can decrease body temperature very quickly, causing significant risk if you work outside. The warm air surrounding your body is taken away more quickly as the wind increases.

Learn all you can about the dangers of being exposed to cold weather, the signs of the medical conditions that can result from cold exposure and how to treat any resulting injuries:

- Frostbite, which is when the skin and underlying tissues are damaged (usually in the extremities) from cold exposure, has symptoms that include "pins and needles" sensations followed by numbness.
- Hypothermia is when the body's core temperature drops significantly below normal.
- The following clothing is recommended for any workers who will be working briefly, or for extended periods of time in the cold this winter:
- Underwear — Thermal underwear should be worn with cotton shirt and shorts underneath. It is better to have two-piece long underwear than a single piece. You want to stay warm, but you don't want to constrict the blood vessels either.
- Pants — Lined thermal type pants, or wool and quilted pants are recommended. Pants should provide room to the wearer and should be worn with suspenders, not a belt. Belts constrict circulation.
- Shirts — Wool shirts are best for cold weather. They should be worn over underwear tops and suspenders with the shirttail worn outside of the pants to help ventilation. If you are allergic to wool, you can wear a cotton or synthetic shirt.
- Socks — Socks should assist in the evaporation of sweat without restricting circulation. The best socks for this are high wool socks. Avoid stretch socks if you can since they limit circulation.
- Boots — All footwear should be waterproof and reach high up the leg. The most strongly recommended boots are rubber bottomed, felt lined, and leather toppers with removable insoles.
- Face masks — Face masks should only be worn by workers who simply cannot afford to suffer limited vision while working. If this is the case, the face masks need to be removed constantly to check for frostbite.
- Head Covers — Hat liners or wool knit caps that extend down the back of the neck are the best choice. However, a ski mask, or balaclava, will offer even more protection against the cold.
- Mittens and gloves — For full protection from the cold, mittens are recommended. However, you will want to carry both mittens and gloves so you can put the gloves on when you need more dexterity when moving your fingers.

SHOVELING SNOW

Shoveling snow can be a strenuous activity, particularly because cold weather can be taxing on the body. There is a potential for exhaustion, dehydration, back injuries, or heart attacks. During snow removal, in addition to following the tips for avoiding cold stress, such as taking frequent breaks in warm areas, there are other precautions workers can take to avoid injuries. Workers should warm-up before the activity, scoop small amounts of snow at a time and where possible, push the snow instead of lifting it. The use of proper lifting technique is necessary to avoid back and other injuries when shoveling snow: keep the back straight, lift with the legs and do not turn or twist the body.

USING POWERED EQUIPMENT LIKE SNOW BLOWERS

It is important to make sure that powered equipment, such as snow blowers are properly grounded to protect workers from electric shocks or electrocutions. When performing maintenance or cleaning, make sure the equipment is properly guarded and is disconnected from power sources.

Snow blowers can cause lacerations or amputations when operators attempt to clear jams with the equipment turned on. Never attempt to clear a jam by hand. First, turn the snow blower off and wait for all moving parts to stop, and then use a long stick to clear wet snow or debris from the machine. Keep your hands and feet away from moving parts. Refuel a snow blower before starting the machine; do not add fuel when the equipment is running or when the engine is hot.

KEEP HYDRATED

Take frequent drinks of warm liquids such as decaffeinated coffee, tea, broth, or hot chocolate.

Avoid caffeine or alcohol when working in the cold.

PREVENTING SLIPS ON SNOW AND ICE

To prevent slips, trips, and falls, clear walking surfaces of snow and ice, and spread deicer, as quickly as possible after a winter storm. Also, the following precautions will help reduce the likelihood of injuries:

- Wear proper footwear when walking on snow or ice is unavoidable, because it is especially dangerous. A pair of insulated and water resistant boots with good rubber treads is a must for walking during or after a winter storm. Keeping a pair of rubber over-shoes with good treads which fit over your street shoes is a good idea during the winter months.
- Take short steps and walk at a slower pace so you can react quickly to a change in traction, when walking on an icy or snow-covered walkway.

Cold weather is a normal occurrence, so it is easy for workers to forget the dangers and consequences associated with it. Make sure to take into account these cold weather safety tips while working in the workplace to better protect yourself against the elements while still maintaining effectiveness and productivity.

When did the Army start supporting families?

Dear Doc Jargon,

I am a new Army spouse. My husband has only been in the Army for about a year and he said something as a joke the other day that got me thinking.

He said, "They used to say that if a Soldier was authorized a wife, the Army would issue one."

Now I know he was being funny, but I know spouses weren't always able to live near their Soldier. Can you tell me when that started to change?

Sincerely,
New, non-issue wife

Dear New,

Congratulations on marrying into the Army family. I hope you have felt welcome so far. I bet you have felt like you just walked into another culture.

That quote your husband spoke is pretty popular and has some level of historical truth. In the past, civilians and children who followed their Soldier were sometimes called "camp followers," a term that was coined during the Revolutionary War. In fact, some sources say there were as many as 20,000 women, many with children in tow, who travelled with the armies. They nursed the sick and wounded, they did the laundry and cooked for the troops and they did it without Army support. The only one to receive a paycheck was the official laundress.

Once independence was won, the Army, along with civilians, headed west. The task changed from fighting the English to guarding settlers on the trails. Often, Soldiers on the frontier outposts would have to get a commanding officer to approve their marriage.

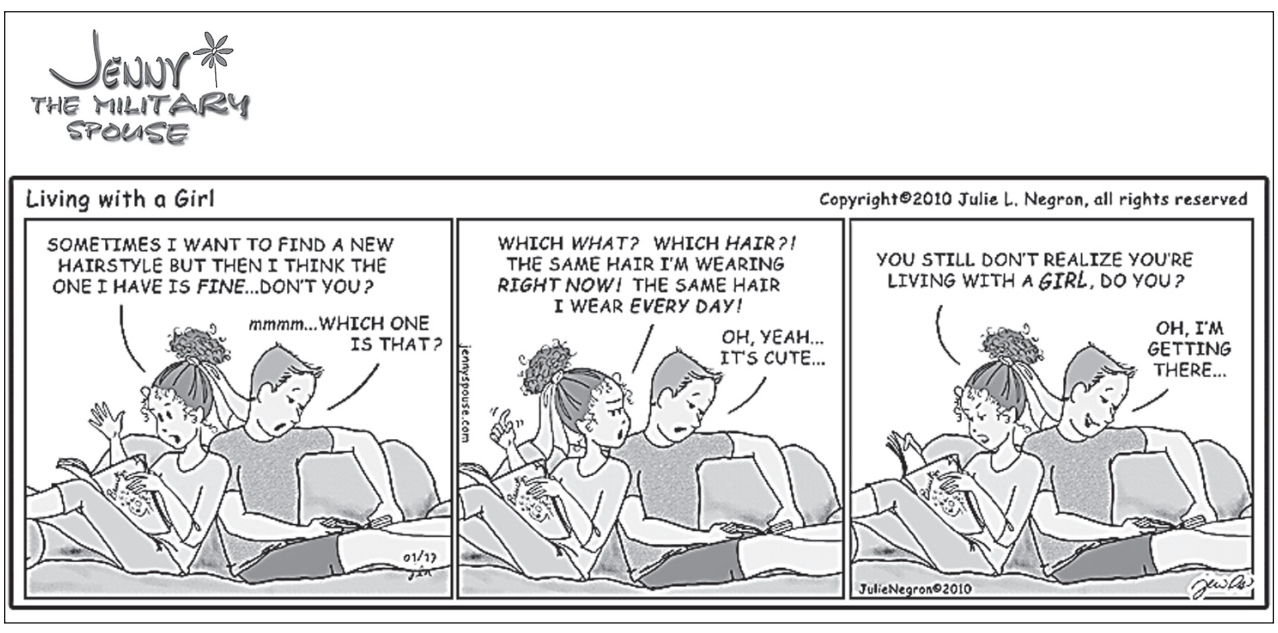
Housing was scarce and Army families often lived in tents or sod huts. They literally carved their existence from the land around the fort. The lack of family support continued in the American Army until World War II. In 1942, the Dependents Allowance Act was passed – the first financial acknowledgement that families support Soldiers. It wasn't until 1956; however, that families were able to use the military medical system.

Since then, the military departments have figured out that without a solid foundation, Soldiers will choose family over career. So, now, the programs available run the gamut from full housing and medical to education, employment, recreation, daycare, on-post schools and more. In fact, if you have questions about what is available to you as a new spouse, check out Army Community Service and they will have someone who can get you plugged in to all kinds of support and benefits. Just give them a call at 785-239-9435.

Hope that gives you a bit of an overview on how far the Army has come when it comes to family support among the ranks.

Sincerely,
Doc Jargon.

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



THE 1ST INFANTRY DIVISION POST

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TRAIL Continued from page 1



Pfc. Jared Simmons | 19th PAD

Soldiers with the 1st Infantry Division run on the Moon Lake Fitness Trail at Fort Riley. The trail recently reopened to the public after a brief period of renovations.

Consistent with #FitFirst and the ACOE program's goal, further improvements are being planned for trails on the post.

"Governor Harvey Trail is being worked on right now by the 41st Engineer Company," Justin said. "It extends from Sustainment Drive to the Colyer Forsyth housing area."

He went on to add there are plans to potentially connect Camp Funston to Camp Whitside and more information will be released in the near future about upcoming improvements to the post's trail and exercise facilities.

HARRIS Continued from page 1

her sixth or seventh. So we move a lot. Generally, every 18-20 months we are consistently moving. For them to continue to have the will to want to do it, the drive to want to do it, and the pride they have in what I do, it's very fulfilling, knowing that I have their support.

What are some of your hobbies?

"I love to shoot. Whether it's rifle, pistol, three-gun, hunting, I love to do those things. Love to play golf. I do a lot of woodworking. My wife gets on me about it because I have tons and tons of tools in my garage. I love to build furniture and those kinds of things. Kind of relieves the calm. I like to go to the gym. I like to work out. I believe in fitness. It's something I do every day. It's the best way to start your day. Keeps your mind clear and energizes your body."

How are you preparing for the Army Combat Fitness Test?

"I build the exercises into all my daily routines. I try to touch the exercises for the ACFT almost daily, within the routine that I do. Leg tucks, the ones that have historically given everyone problems. Leg tucks are a total body, total core exercise that you have to practice you just can't expect to get up there and do that. It's important. I think the ACFT is a phenomenal change for the Army. It gets after the functional fitness, endurance, stamina, I truly believe it's going to give us a measure of the Soldier's physical fitness as a holistic picture."

What advice or words of encouragement do you have for Soldiers preparing for the ACFT?

"My advice is, you can do it! Anything that you set your mind to, you can do. Set an incremental goal and once you meet that set another goal. Have a battle buddy or somebody where you push each other every day to make it a healthy competition."

What inspires you to keep moving forward in your Army career, despite all the changes from 1996 to present?

"For me, that's an easy one — it's the Soldiers. As cliché as that may sound, I just love being around Soldiers. Just seeing how their mind works and how I can help them better themselves, see things through different lenses instead of the lens of where they came, and the societal norms that they've known. The Army is a phenomenal place to grow and learn and become a productive member of society eventually, whenever you leave. My Soldiers have always been my driving factor to want to stay in the military. It's inspirational."

What kind of change or impact do you plan to bring to the Big Red One?

"I definitely want to continue on with the things that CSM Bishop spearheaded and continue to build upon that, much better and to see his initiatives and projects to the end because there was a vision for it so, I want to make sure we honor him too. As time progresses and as I get to learn the environment here, re-learn it again, I have no doubt that I will develop some other initiative to make this installation, make the organization, and the surrounding community that much better."

What would you like Soldiers to know about you?

"I want Soldiers to know that I'm their sergeant major too. I know I work for Maj. Gen. (John S.) Kolasheski, (1st Inf. Div., and Fort Riley commanding general) but, I'm their sergeant major too. When they see me out there, just come up and say, hi. Let's just have a conversation and talk. That's what I love to do, that's my passion, to talk to Soldiers. I don't want them to be afraid of me. I want them to come up and have a discussion whether personal or professional.



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ALERT!

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- CAC holders with an AtHoc account were automatically converted.
- Family members were not automatically converted and can only be signed up by their sponsor.
- All CAC holders that have been converted to an ALERT account should follow the instructions on the Fort Riley Ready Army webpage to verify their information — two methods of contact are now required including after-duty hours contact information.
- Employees on Fort Riley without a CAC can sign up for alerts — contact the Emergency Management Office at 785-240-0400 for assistance.

For more information and instructions on setting up ALERT accounts — visit https://home.army.mil/riley/index.php/about/dir-staff/DPTMS/ready-army

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New program helps youth stride into bike riding

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

The Directorate of Family and Morale, Welfare and Recreation's Outdoor Recreation has introduced new programs for families this winter. One of those programs, Strider Riders, is geared toward families with young children learning to ride a bike. Leigh Ann Slinger, Outdoor Recreation supervisor, said the 30-minute sessions have a twist.

"We are providing the bikes … instruction on the steps and how to guide your child to learn how to ride a bike," she said. "But, it's the parents that will have the hands-on with the children. It will be them coming and working with their child on how to ride a bike."

According to the DFMWR website, https://riley.armymwr.com, these no-pedal balance bikes allow children to focus on learning how to ride a bike with balance and coordination before pedaling.

"They will be learning based on weight shifting and pedaling their feet," she said. "And then, as soon as they get more confident and are able to pedal it fast enough, they lift their feet off the ground and continue their momentum based off of weight shifting front, back and side to side."

During the cold weather, the program is held at Long Fitness Center, 8069 Normandy Dr., but Slinger said when the temperature gets warmer this spring, they will be moving the bikes to Outdoor Adventure Park.

The last date for January is on the 29th at 9 a.m. for 2- to 3-year-olds and 9:45 a.m. for 4- to 5-year-olds. The classes will be held at noon and 12:45 p.m. on Feb. 5, 12, 19 and 26. Sessions are $5 per child and registration must be made 48-hours in advance by contacting the Outdoor Adventure and Travel Center at 785-239-5412. Spaces are limited to 10 per session.

Alternative medicine: Trading pills for gym

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

A growing body of evidence indicates a correlation likely exists between mental health and exercise, said Joseph Carmona, deputy director for the Department of Behavioral Health at Irwin Army Community Hospital.

"The research is still emerging on it but I think it's almost a truism at this point to stay that exercise is a protective factor against mental health disorders," he said. "We're not talking about things like schizophrenia [or] anorexia nervosa. We're really talking about the biggest one, which is depression."

Depression affects about nine to 10% of the U.S. population with 15 to 18% of Americans experiencing a major depressive episode at some point in their lifetime, he said. These episodes can be anything from mild to debilitating with long-term effects on work, quality of life and social interactions.

After witnessing the effects of exercise on his own mental health, Cpl. Dillon Moran, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, is an advocate of hitting the weights rather than a pill bottle. His journey to the gym started when he was in college and tipped the scales at 280 pounds.

"I decided to do something about it and … did a really deep dive into research," Moran said. "Then I got into different fitness communities and eventually became a trainer. I worked at the gym and I helped teach functional fitness."

He started taking charge of his life — a life that had been marked by the effects of anxiety and chemical depression.

"My family comes from a background with … issues like that," he said. "When I say chemical depression — these are things that are not attached to any worry or concern or sadness or what have you. They're just very strictly physical — it's w weird."

As Moran researched and became stronger physically and mentally through exercise, he realized his experiences resembled the research he was finding.

"The preponderance of research has found that exercise is beneficial almost to the same degree as some medications," Carmona said.

He does caution that the benefits of exercise are not across the board for everyone and are slower to manifest results than medication.

"The effects of medication are more immediate than the effects of (exercise)," he said. "But looking over a long-term period — three months, six months to a year … a sustained exercise program can be just as beneficial as medication."

CHOOSING EXERCISE

When people exercise, they increase their serotonin, dopamine and norepinephrine.



In the gym, the space from the floor to above the head is where Cpl. Dillon Moran, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, finds relief from daily stress and chaos. He advocates exercise as a means of keeping his mental health in check, which research backs up.

"We know that some medications that target serotonin, selective serotonin reuptake inhibitors, increase the presence of serotonin in key areas of the brain associated with pleasure and well-being," Carmona said.

By developing an exercise regimen, people who are susceptible to low to moderate depression can reduce or eliminate their need for medication by producing the neurotransmitters in a natural way.

The choice of exercise is up to the individual. Carmona said the research shows benefits regardless of whether the exercise is aerobic or non-aerobic.

"What we find is that it doesn't matter whether you do aerobic exercise or non-aerobic exercise; both of them yield equal benefits across the spectrum," he said.

Moran found CrossFit and weightlifting to be his go-tos when the stress and chaos of life start building. It allows him a chance to zone out and focus on what makes the chemical adjustments he needs.

"It's a … scenario that is very simple — the bar is loaded and the bar goes from here to there," he said indicating from the floor to above his head. "It's very simple. You can overthink it — wrap your hands around the barbell and it goes from here to there. That's it. Your very complicated and messy world, for a brief period of time, becomes very simple — bar goes from here to there. And that's it. That's your whole world."

Agencies have rules they must follow when collecting debts

By Gail Parsons
1ST INF. DIV. POST

Editor's note: This is the third of an eight-part series addressing financial issues — how to avoid and repair credit and debt problems. Check out next week's edition of the 1st Inf. Div. Post for information on how to dispute errors on a credit report.

If a person gets behind on a bill, the company to which the money is owed can turn the account over to a collection agency. It then becomes the responsibility of the collection agency to get the payment.

There are laws in place to govern the methods that collection agencies can use to contact and settle the debt.

Paul W. Depusoir, personal finance manager, Army Community Service, said one of the first things people should know is that a collection agency cannot talk to a third party about the debt.

"They can only talk to that individual," he said. "The collection agency should not call the Soldier's commander or squad leader … that would be against the consumer protection rights law."

The Federal Trade Commission enforces the Fair Debt Collection Practices Act, which controls the actions of debt collectors.

According to the FTC, a debt collector can speak to a spouse or attorney about the debt. They can also contact others to find out information such as a person's address, phone number or place of employment. They cannot, however, contact those people more than once.

"There is also strict adherence to the time of day they can make these calls," Depusoir said. "They can't call after (nine) at night, to talk to that person about their debt."

The FTC says they also cannot call before 8 a.m. or at work if they are told the person cannot take calls there.

If a debt collector is calling frequently, a person can tell them verbally, but preferably in writing, that they are not to call again. Should the calls continue after the person has told the agency to stop — they have the grounds for filing a class-action lawsuit, Depusoir said.

"Once they make contact with you, you can ask them to stop calling you, because you have acknowledged that, yes, they have the right to collect the debt," he said. "If they keep calling you, day after day, it would be considered harassment."

According to the FTC, if a person sends a notice to the collection agency, they should retain a copy for their records and consider sending it certified mail with a return receipt. Once the collector has received the letter, they can contact the person again — to acknowledge receipt of the letter or to inform the person of pending legal action.

The Fair Debt Collection Practices Act also states the debt collectors:

- Must tell the person how much money is owed and the name of the creditor to which it is owed
- Must identify them on the phone
- Cannot threaten violence or harm or use obscene language
- Cannot lie about who they are or what actions are pending
- Cannot misrepresent the amount a person owes.

For more information visit www.ftc.gov/debt.

Shop post commissary for discounts on game-day treats

DECA CORPORATE COMMUNICATIONS

FORT LEE, Va. – It's win or go home for professional football teams competing for a spot in the big game. However, military customers all come out victorious if they shop their commissary for the food and drinks to score big at their house party or barracks get together.

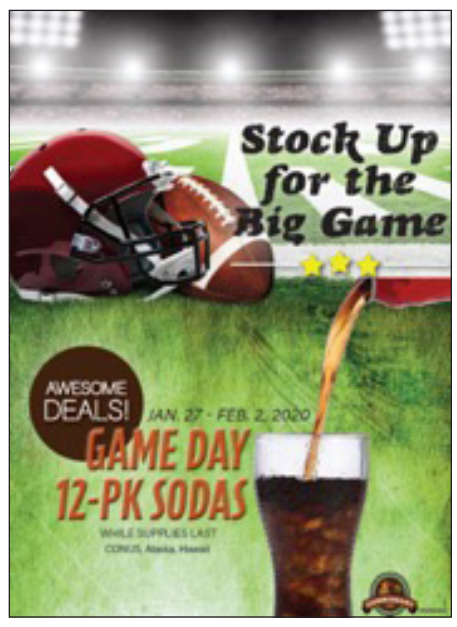
"I don't know who's going to win it all in football, but I do know your commissary has everything you need to save a lot on your big game menu," said Army Command Sgt. Maj. Tomeka N. O'Neal, senior enlisted advisor to the DeCA director. "Chicken wings, veggie and fruit trays, nacho fixings, pizzas, sodas, water, snacks and dips – whatever you want is available at discounted savings.

"And don't lose out on the savings at your base exchange on that big screen television at discounted prices, either," she said.

O'Neal advises customers to prepare for their shopping trip by visiting the MyCommissary online portal to download Commissary Rewards Card digital coupons, access the sales flyer and find out about featured promotional items, commissary brands, links to coupons and more. The sales flyer offers a "Thinking Outside the Box" section, giving patrons quick solutions for dietitian-approved, economical meal and snack options.

Overseas stores may have substituted events for certain promotional programs. Customers should check their local commissary for details on dates and times of the following promotions:

- Big Game, Big Savings. Kraft Heinz Company is offering $3 or $5 coupon deals on participating brands throughout January. Participating brands: Heinz Ketchup, Mustard and Pickles, Grey Poupon Mustard, A1 and Heinz 57 Steak Sauce, Bagel Bites, Delimex, TGI Friday's Frozen Entrees, Kraft Natural Cheese, Cracker Barrel Cheese, Kraft Grated Parmesan, Kraft Singles, Kraft Dinners, Kraft Mayo, Miracle Whip, Taco Bell products, Philadelphia Cream Cheese, Oscar Mayer Cold Cuts/Hot Dogs/Bacon, Lunchable Lunch Combos, Velveeta Loaf and Slices, Maxwell House Coffee, Gevalia Coffee, Planters Nuts. This promotion ends Feb. 2.
- Game Day Super Soda Promotion. Stock up on soda for the big game. For a limited time, save up to 35% on all 12-packs at the commissary. This promotion



See SNACKS, page 9

WEEKEND WEATHER OUTLOOK

FRIDAY
HI: 34 F
LOW: 27 F

SATURDAY
HI: 39 F
LOW: 22 F

SUNDAY
HI: 46 F
LOW: 34 F

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

FORT RILEY POST-ITS

Post Library

Snowed in party! With or without the white stuff, the library will be rocking it Jan 25 from 1 to 3 p.m. This is a party complete with fun activities and snacks. Bundle up and come to your library prepared for a snowed-in great time! The library is at 5306 Hood Drive. For more information, call 785-239-5305.

Post Library

Every Wednesday at 1:30 p.m. and Saturday at 10 a.m., visit the library for Story Time. Hear a story, make some crafts and have snacks. For more information, call 785-239-5305.

Lets go to the movies @ Barlow Theater

Friday, Jan. 24 - Spies in Disguise (PG) 7 p.m.
Saturday, Jan. 25 - Spies in Disguise (PG) 2 p.m. and Little Women (R) 7 p.m.
Sunday, Jan. 26 - Star Wars: The Rise of Skywalker (PG) 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.

USO Kansas

The USO Pathfinder Employment Workshop is scheduled for Jan. 31 from 9 a.m. to 1:30 p.m. The event is for transitioning service members, veterans, and military spouses preparing for their next opportunity. Employers will be there representing vacancies and workshop options include resume help, interview practice and more. Lunch is provided – registration is required. Register at https://evite.me/rz849aQYhN.

DFMWR

Floating fitness classes are available at Long Fitness Center every Sunday! Join us for a challenging yet FUN workout on floating mats!
This workout is great for core strength and balance conditioning with a little cardio mixed in!
*Class size limited to 20 participants, reservations required
$4 per class or $35 for 10 classes
For more information, call 785-239-4684.

DFMWR

Just because the weather outside is still a mess, it doesn't mean you can't give your rock climbing skills a workout. Come to Craig Fitness Center Jan. 25 from 10 a.m. to noon and see just how high you can get on the indoor climbing wall. Craig fitness Center is at 7024 Apennines Dr. For more information, call 785-239-5562.

Warrior Zone

Trading Card Game Day is Jan. 25 from 11 a.m. until close. If you have a favorite trading card game – bring your deck! Gather your friends and come take advantage of our conference room to play Pokemon, Magic, Yu-gi-oh, and any other trading card games you play! The conference room will be open all day!

The Hobby Studio

The Hobby Studio is offering a home decor sign-making class. The theme is "Home is where the Army sends us." Limited Seating! Maximum of 10 participants. Participants must be ages 14+ Cost: $30 per person and includes one 8x10 piece and three 2x6 pieces.
Additional 2x6 pieces are $2.
Pre-registration is required! For more information, call 785-239-9205.



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EST. 1942

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CRAIG FITNESS CENTER
WHITSIDE FITNESS CENTER
24 HOUR FITNESS CENTER ACCESS
In order to gain access during unmanned fitness center hours you must register your CAC at one of the 24 hour fitness centers between the hours of 0900-1800 on a weekday of normal operation.
(Other eligible users age 18 and over must obtain a proximity card.)
Registration will include:
An orientation of rules and regulations for access during unmanned hours of operation.
•• AND ••
A statement of understanding which includes the rules, regulations and penalties for violating the rules and regulations during unmanned access.
Separate statements are required for each center and must be signed by the patron.
Statements are available for download at riley.armymwr.com.
CAC must be re-registered every six months and proximity card every three months.
To complete your CAC registration, return the completed statement between the hours of 0900-1800 on a weekday of normal operation to either of the 24 hour fitness centers.

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

Just in time for Valentine's Day!
Junction City Little Theater Presents:
Neil Simon's BAREFOOT IN THE Park
THE JUNCTION CITY UNION Sponsored by: Junction City Geary County Convention and Visitors Bureau
Showing in the C.L. Hoover Opera House
135 W 7th St Junction City
Friday, Feb. 7 at 7:30pm
Saturday, Feb. 8 at 7:30pm
Sunday, Feb. 9 at 2:00pm
Friday, Feb. 14 at 7:30pm
Saturday, Feb. 15 at 7:30pm
Sunday, Feb. 16 at 2:00pm
Tickets:
785.238.3906 · jclittletheater.org

PARTNERSHIP KICKED OFF ON NFL CHAMPIONSHIP WEEKEND

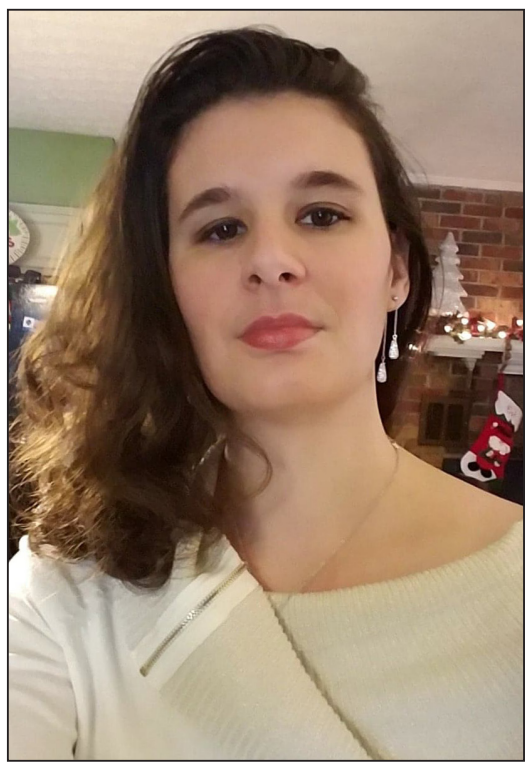




Amanda Ravenstein | POST

ABOVE: Soldiers line up to get their wristband giving them access to the food and activities at the Boingo 2020 Kickoff party at the Warrior Zone Jan. 19. **RIGHT:** Soldiers competed in a halftime wing eating contest for prizes during the Boingo 2020 Kickoff Party Jan. 19 at Warrior Zone.

TUESDAY TRIVIA CONTEST



The question for the week of Jan. 21 was:
The Fort Riley Tax Center opens this week. Where can I find their phone number, address and other important information about using the tax center?

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

This weeks winner is Roxanne Mitchell, spouse of Sgt. 1st Class Jason Mitchell, Headquarters Support Company, Headquarters and Headquarters Battalion, 1st Infantry Division.

Pictured above is Roxanne Mitchell.

CONGRATULATIONS ROXANNE!



SNACKS Continued from page 7

begins Jan. 27 and ends Feb. 2.

- Big Game Sweepstakes. Nabisco and Coca-Cola have teamed up to bring commissary patrons the opportunity to win commissary and exchange gift cards ranging from $50 to $250. Look for the Nabisco and Coca-Cola football-themed displays in your commissary for more details. This promotion ends Jan. 31.
- Touchdown of Savings. Look for the in-store General Mills displays for coupons and game-day recipes for participating brands such as Chex Mix, Old El Paso, Totino's and more. This promotion begins Jan. 20 and ends Feb. 2.
- Commissary beef and pork savings. Check with your meat department for the commissary's beef and pork savings:
  - Fall Favorites Power Box – Offers a 25% savings to patrons on select cuts of beef.
  - Healthy Alternative Power Buy Box – Save 29% on 20 pounds of select cuts of lean beef and pork.
  - Economy Power Buy Box – Save 31% on 15 pounds of select cuts of beef and pork.

"Remember, you don't want to fumble away your chance to save money by not going to your commissary and your exchange," O'Neal said. "Use your military resale benefit to access the savings you've earned."

HOME.ARMY.MIL/RILEY





26 February 2020

Protestant Service
1200 at Victory Chapel
1800 at Main Post Chapel

Catholic Service
1200 at Saint Mary's Chapel

Fort Riley Religious Support Office
2560 Trooper Drive, Fort Riley, KS 66442
785-239-3359/0834
https://home.army.mil/riley/index.php/about/directorates-staff/chaplain
#SpiritOfVictory

Pets of the Week

THIS LOVABLE PET IS WAITING TO BE ADOPTED....



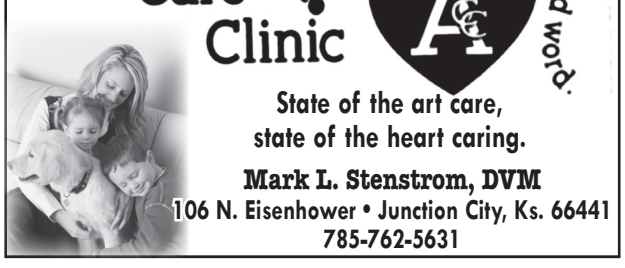
MERIDA
Sweet, but shy and would do best as an only cat in a calm and quiet household. She has been with us since July, and if you are looking for a lap cat, Merida is your girl.

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!!



FORM MATTERS

Pregnant Soldiers experience change in balance

By Gail Parsons
1ST INF. DIV. POST

As a pregnant Soldier progresses through the trimesters, her belly is getting bigger and her balance may not be what it used to be.

Spc. Megan Hataway, Irwin Army Community Hospital, said every Pregnancy and Postpartum Physical Training program starts with a centering session to gauge shifts in the woman's center of gravity.

One exercise that women need to be cognizant of their balance is the Bulgarian split squat. It is a variation of the single leg squat and targets the quads and glutes.

"It does require a little bit of flexibility and it does require a little bit of balance," Hataway said. "One consideration that we have for pregnant women, is they're going to have a lack of balance and a hyper elasticity because of the relaxin hormone that is produced during pregnancy."

Relaxin is a hormone a woman produces to prepare her body for childbirth. It relaxes the ligaments in the pelvis and softens and widens the cervix.

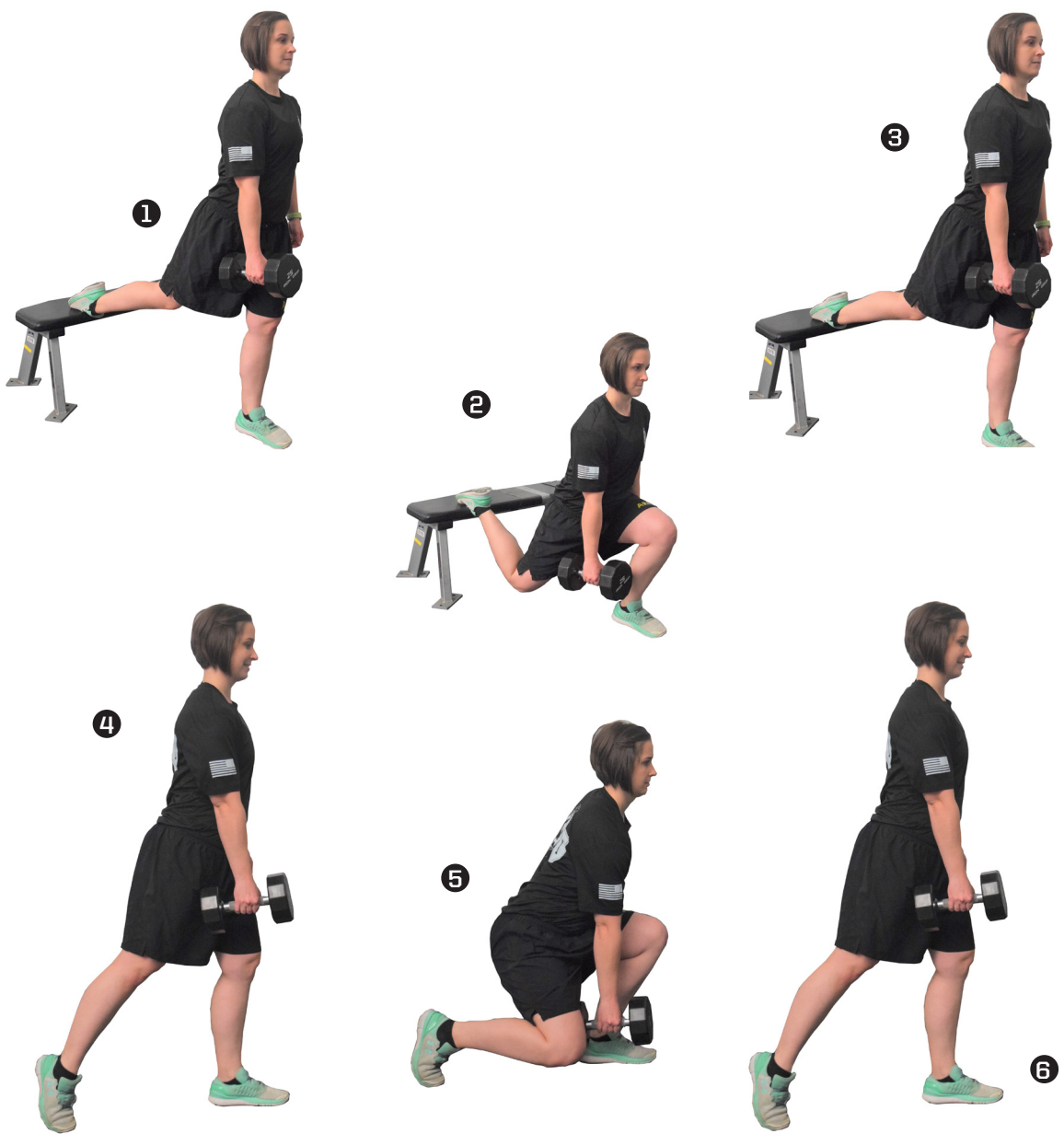
"Our ligaments are making room for baby," Hataway said. "Our body is constantly growing during that time. And so, order in order to accommodate the growth of the baby, (ligaments) have to be stretchier."

A woman who has not weight trained may find themselves more flexible, which could make them more prone to injury," she said.

"With an exercise like this, if they are more of a novice, they can omit the chair or bench completely," she said. "You can get the same workout from simply stepping behind and dropping down similar to a lunge but the focus is still on that front leg. You're still doing the quads and the glutes but you don't have to worry about the balancing, you don't have to worry about the weight falling over — things that we don't want to put on our pregnant women."

The goal is to hit the muscles in the front leg.

"That's what should be firing," she said. "I find that this is one that really does a good job of hitting the quads and glutes so you get that nice burn afterwards."



TECHNIQUES

An added safety measure would be to hold onto something like PVC pipe for stability. Modifications include not holding weight or not using the bench. Hataway demonstrates two variations:

1. Rest the top of one foot on a bench. The ankle should be touching the edge of the bench.
2. Squat down in a slow, controlled motion keeping the knee behind the toes.
3. Firing through the heel, use the glutes and quads to return to an upright position.

If balance is an issue, eliminate the bench and do the same steps with both feet on the ground

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

HEALTHY EATING



COURTESY PHOTO

Spicy Vegetable Soup

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

Recipe Analysis: (1 serving = 1/4 recipe)

Per Serving: 199 calories; 6 g protein; 8 g fat, 30 g carbs (5 carbs: 1 protein)

Recipe = 11.5 servings of vegetables, 0 servings of fruit (3 vegetable per serving, 0 fruit per serving)

****This recipe is from 10th Sustainment Brigade Dining Facility, Ft. Drum, New York.***

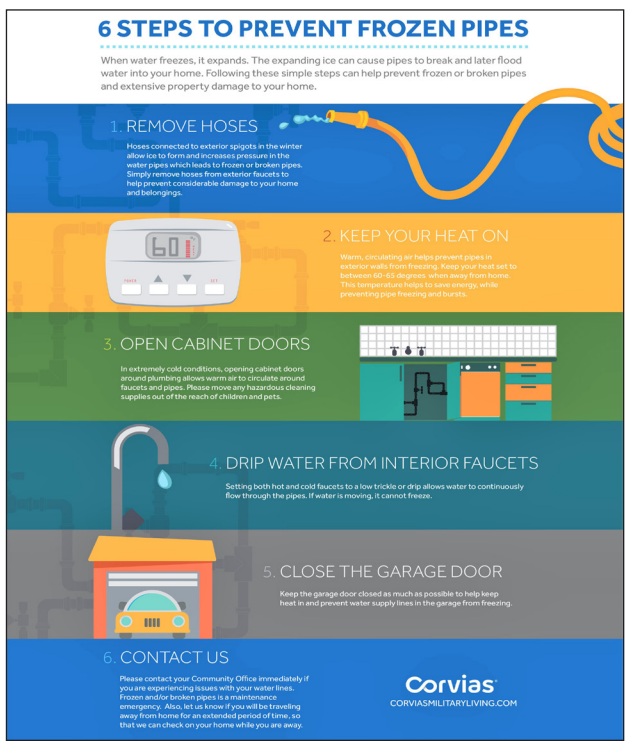
INGREDIENTS (4 SERVINGS)

2 Tbsp extra virgin olive oil
1 lg onion, diced
1-3 tsp hot paprika, or to taste
2-14 oz cans vegetable broth
4 medium plum tomatoes, diced
2 cups diced cooked potatoes
1.5 cups green beans, cut into 2 inch pieces
2 cups frozen spinach

STEPS

1. Heat oil in a Dutch oven over medium heat.
2. Add onion, cover and cook, stirring occasionally, until beginning to brown, about 6 minutes.
3. Add paprika and cook, stirring for 30 seconds.
4. Add broth, tomatoes, squash, potatoes and beans; bring to a boil.
5. Reduce heat to simmer and cook, stirring occasionally, until the vegetables are just tender, about 12 minutes.
6. Stir in spinach and vinegar.
7. Continue cooking until heated through, 2 to 4 minutes more.

https://cookpad.com/us/recipes/705967-spicy-vegetable-soup
#FitFirst



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Who Got Booked In Yesterday?
View the most recent mugshots from the area. Check them out at
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361 Grant Avenue * Junction City, KS 66441
Phone: 785 238-4711 Fax: 785 238-4260

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su|do|ku

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

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

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

EMPLOYMENT

Help Wanted

Trial Court Clerk II

Permanent full-time position in the Eighth Judicial District, Geary County District Court.

Job Description:
This is court clerical work in a district court. Work involves standardized duties, which follow well-established procedures. Duties may include responsibility for a limited area of court process in a small or medium sized operation or assisting with a variety of types of processes. Supervision will normally be readily available. Work is reviewed for accuracy.

Education/Experience:
Graduation from high school and six months of experience in clerical work. Knowledge of modern office procedures and practices. Ability to understand the organization, operations, functions and scope of authority of the court or activity to which assigned. Preferred experience of twelve months in clerical work.

Classification:
Grade 12, step A, and a starting salary of $1,066.24 bi-weekly. Position eligible for step increase to $1,176.08 bi-weekly after 12 months. State benefit package provided.

Send required applications and resumes to Patty Aska, Clerk of the District Court, Geary County Courthouse, 138 E. 8th St., Junction City, KS 66441: (785)762-5221.

Applications are available from Clerk of the District Court, Geary County Courthouse, 138 E. 8th St., Junction City, KS OR may be obtained off of the internet by going to http://www.kscourts.org/Court-Administration/Job-Opportunities/default.asp and clicking on the "Application for Employment" link under Human Resources.

Deadline: January 31, 2020 by 4:00 pm

The Kansas Judicial Branch does not discriminate on the basis of race, religion, color, sex, age, national origin or disability, EEO/AA

MERCHANDISE

Antiques

Historic Downtown Abilene Kansas 23rd Annual Storewide Sale, 5 Antique Malls and Shops, open daily January 17th-Febuary 2nd

Miscellaneous

A PLACE FOR MOM has helped over a million families find senior living. Our trusted, local advisors help find solutions to your unique needs at no cost to you. Call 1-785-329-0755 or 1-620-387-8785

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Miscellaneous

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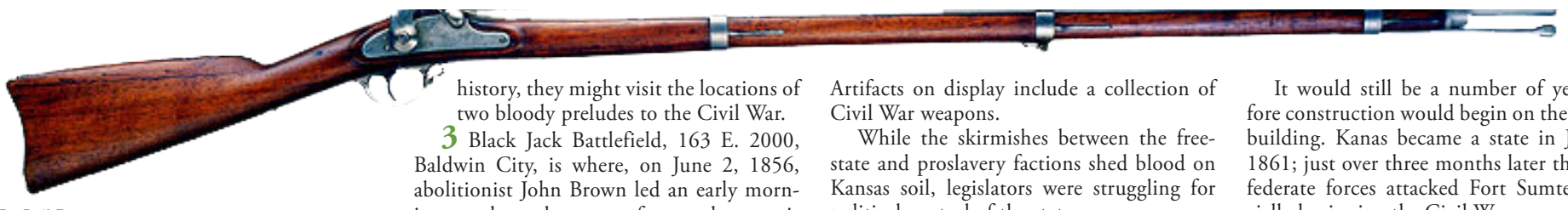
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Travel & Fun in Kansas

Next week, Spc. Shell will be hitting the road to check out classic car collections and museums in the state.

Ten places to visit, learn Bleeding Kansas history

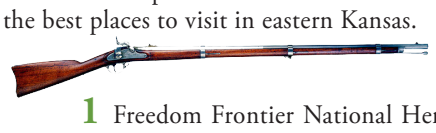


By Gail Parsons
1ST INF. DIV. POST

On Jan. 29, 1861, as the country sat on the brink of civil war, President James Buchannan signed the bill that made Kansas the nation's 34th state. By that time the territory had already witnessed bloodshed over the issues plaguing the nation, including slavery.

The Kansas-Nebraska Act, signed in 1854, said residents of the territory would determine if they would enter the union as a free or slave state. Proslavery and free-state settlers flooded into Kansas, bringing with them violence as the two sides struggled to gain control.

To better understand the state's history, the Kansas Explorers Club has listed 10 of the best places to visit in eastern Kansas.



1 Freedom Frontier National Heritage Area, 200 W. Ninth, Lawrence and **2** Kansas Museum of History, 6425 SW Sixth, Topeka, provide historical overviews and make good locations to start.

Freedom Frontier National Heritage Area is housed in a historic Carnegie library building and gives a summary of the border conflict between Kansas and Missouri. Exhibits tell the story of the settlement of the frontier, the Civil War and the struggle for prosperity by the pioneers and settlers.

Voted as one of the Eight Wonders of Kansas History, the Kansas Museum of History tells the story of Kansas through exhibits, which explore many aspects of the state from its territorial days to the recent past, said Bobbie Athon, Director of Communications for the Kansas State Historical Society.

"It's a pretty amazing story … certainly, Bleeding Kansas and the Civil War are key pieces of our current gallery," she said.

After taking in an overview, if one wants to delve deeper into the Bleeding Kansas history, they might visit the locations of two bloody preludes to the Civil War.

3 Black Jack Battlefield, 163 E. 2000, Baldwin City, is where, on June 2, 1856, abolitionist John Brown led an early morning attack on the camp of a pro-slavery militia led by Henry Clay Pate. The three-hour Battle of Black Jack ended when Pate surrendered.

According to https://www.blackjackbattlefield.org/the-battle-of-black-jack.html, Pate and his militia were in the field to "get Old Brown" as a response to the Pottawatomie Massacre for which Brown was implicated.

"It was the beginning of civil war combat in Kansas, where a growing number of historians agree that the American Civil War began," the website states.



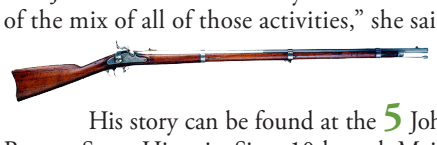
The last significant act of violence in Kansas prior to the outbreak of the Civil War was the **4** massacre at Marais des Cygnes. Historical markers lead visitors through Marais des Cygnes Massacre State Historic Site, 26426 E. 1700, Trading Post. This is where, on May 19, 1858, proslavery men kidnapped 11 free-state men, brought them to a ravine and shot them. Five died, five were injured and one escaped.

The massacre shocked the nation and became a pivotal event in Bleeding Kansas, said the KHS website.

Visitors can listen to audio presentations and hear different perspectives of what transpired that day in history. One of the recordings is based on the writings of the wife of one of the injured free-state men.

Although John Brown was not at the site of the Marais des Cygnes Massacre, it was likely done in retaliation for one of his previous acts, Athon said.

"(Bloodshed) was oftentimes a retaliation and John Brown was usually in the middle of the mix of all of those activities," she said.

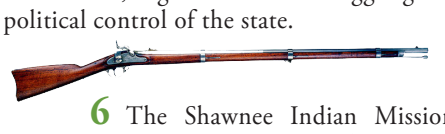


His story can be found at the **5** John Brown State Historic Site, 10th and Main, Osawatomie. The museum features two rooms of exhibits in the historic Adair cabin, along with outdoor displays. The cabin was a station on the Underground Railroad, Brown's headquarters and the home of his half-sister Florella and her husband Rev. Adair, who were also abolitionists.

A stone pergola surrounds the cabin to protect it from deterioration.

Artifacts on display include a collection of Civil War weapons.

While the skirmishes between the free-state and proslavery factions shed blood on Kansas soil, legislators were struggling for political control of the state.

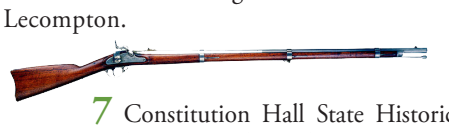


6 The Shawnee Indian Mission State Historic Site, 3403 W. 53rd, Fairway, opened in 1839 by Methodist missionaries to educate children of the Shawnee tribes and other Native Americans who were relocated there. The original Mission had 16 buildings over its 2,000 acres. Visitors can take a self-guided tour through three of the remaining buildings.

The Mission closed in 1862, but its land and buildings served another role in Kansas History.

Shortly after Kansas opened for settlement in 1854, President Franklin Pierce appointed Andrew Horatio Reeder as governor of the territory — his offices were at the Mission, Athon said.

The first territorial legislature had met and began constructing a building on what is now Fort Riley, but a few days into the process they moved to the Shawnee Indian Mission, she said. It became the second territorial capital on July 16, 1855 — a few weeks later the seat of government moved to Lecompton.



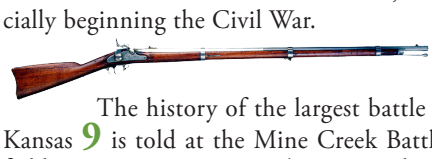
7 Constitution Hall State Historic Site, 319 Elmore, is where the Lecompton Constitutional Convention met in October 1857 and drafted a pro-slavery constitution. The document would have protected slavery regardless of how the people of Kansas Territory voted.

Construction on the **8** Territorial Capitol, 640 E. Woodson, had already begun with a $50,000 appropriation from the United States Congress, according to https://www.lecomptonkansas.com/. It was partially completed when the Lecompton Constitution was rejected by the U.S. House of Representatives resulting in Kansas not entering the Union as a slave state.

There had been four drafts for a state constitution; three were free-state.

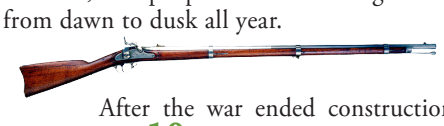
"It was the fourth and final — the Wyandotte Constitution — that was accepted," Athon said. "By that time, they were pretty sure the capital would be Topeka."

It would still be a number of years before construction would begin on the capitol building. Kanas became a state in January 1861; just over three months later the Confederate forces attacked Fort Sumter, officially beginning the Civil War.



The history of the largest battle in Kansas **9** is told at the Mine Creek Battlefield State Historic Site, 20485 KS Highway 52, Pleasanton. Mine Creek was also one of the largest cavalry engagements of the Civil War, according to https://www.battlefields.org/learn/civil-war/battles/mine-creek. The loss of 1,200 Confederate soldiers on the battlefield and the capture of about 1,000 others led to the retreat of the Confederates. The Union victory ended the Confederate occupation of Kansas.

The site includes a visitor center and a 2.6 mile self-guided historic and nature trail with markers to explain the battle. The visitor center at Mine Creek is open March to October, but people can walk the grounds from dawn to dusk all year.



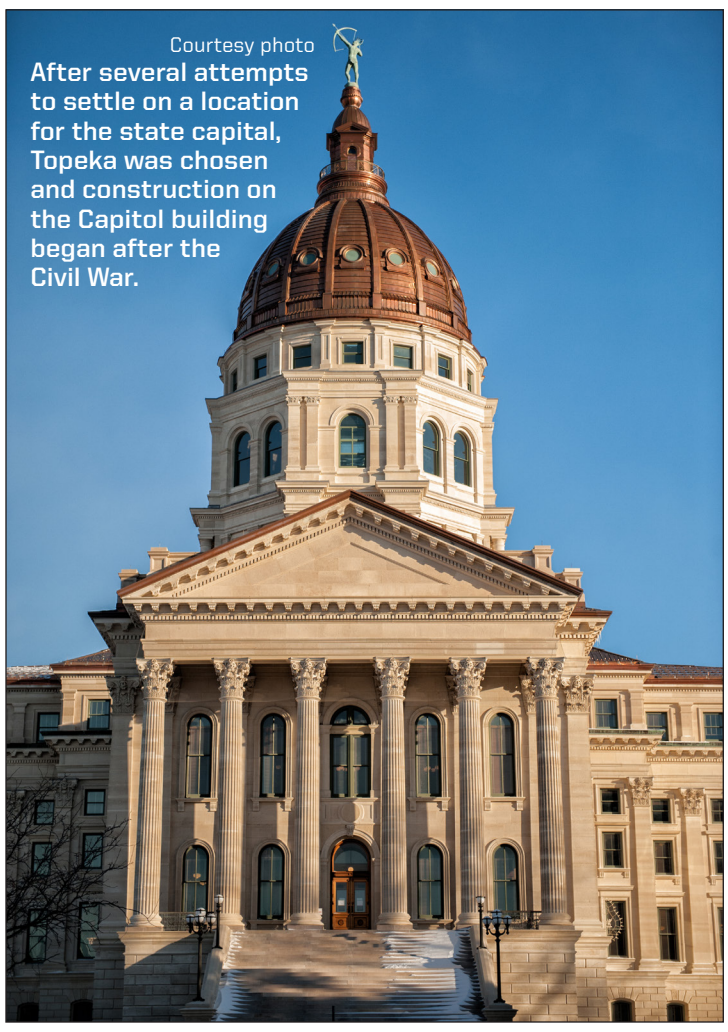
After the war ended construction began of the **10** Kansas State Capitol, on a 20-acre tract of land at 300 SW 10th St., Topeka.

The Kansas Explorers Club included the State Capitol on the list of sites for its interpretive signage and world-famous murals in the building by muralist John Steuart Curry.

The building is also listed as one of the Eight Wonders of Kansas Architecture.

"It is one of the most important of the state's architectural treasures," Athon said. "We are one of the few — if not the only — capitol domes still available for tours. It's quite an amazing view from the top of the capitol."

To learn more about Kansas and the state's history visit the Kansas State Historical Society website at www.kshs.org and the Kansas Explorer's Club at https://www.kansassampler.org/kansasexplorersclub.



Courtesy photo
After several attempts to settle on a location for the state capital, Topeka was chosen and construction on the Capitol building began after the Civil War.



Courtesy photo
The cabin abolitionist John Brown used as a headquarters and served as a stop on the underground railroad is enclosed in a limetone building to protect it.



Courtesy photo
A room at the Shawnee Indian Mission where Native American children went to school and later Union Soldiers camped during the Civil War. The historical site is one of several places in the Eastern part of the state to learn about Bleeding Kansas.