



Staff Sgt. Kelly Malone | 4TH MEB
Staff Sgt. Scott Armantrout, military working dog handler, 252nd/180th MP Detachment, is awarded the Bronze Star by Col. Antonio Munera, commander, 4th MEB, at a ceremony Jan. 5 at Fort Leonard Wood, Mo.

Military working dog handler gets Bronze Star

By Staff Sgt. Kelly S. Malone
4TH MEB PUBLIC AFFAIRS

FORT LEONARD WOOD, Mo. – A military police working dog handler was awarded the Bronze Star during a Jan. 5 ceremony at Fort Leonard Wood.

Staff Sgt. Scott Armantrout, 252nd/180th Military Police Detachment, 92nd Military Police Battalion, 4th Maneuver Enhancement Brigade, 1st Infantry Division, was presented the award by Col. Andy Munera, 4th MEB commander, in the brigade's conference room. Armantrout's father, Mark, a former Army chemical officer, also attended the ceremony.

Armantrout received the award but shared credit with his K-9 partner, Storm, a specialized search dog. During their one-year deployment to Afghanistan, Armantrout and Storm executed 100 missions, resulting in more than 350 hours spent together searching for unexploded ordnance. The duo also responded as part of a quick reaction force following the Sept. 13, 2013, attack on the U.S. Consulate in Herat, Afghanistan.

"It is a very rare treat for me that I actually get to pin on this award here and not in a deployed environment, which is how it is usually done," Munera said. "I am very privileged to do

See BRONZE STAR, page 8

CULINARIANS COOK-OFF



J. Parker Roberts | 1ST INF. DIV.

Pfc. Ronald Ibale (left), 3rd AHB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., cooks a crispy bacon stuffing while Pfc. Amber Tomlin, 97th MP Bn., stirs her dish Jan. 15 at Fort Riley's Food Service Lab. The two, both members of the division's Culinary Arts Team, were among five student chefs facing off to determine who would represent the team in the student Culinarian of the Year competition at the annual Military Culinary Arts Competitive Training Event March 1 to 13 at Fort Lee, Virginia.

Contest challenges student chefs

Culinary Arts Team pits student chefs against one another ahead of military-wide competition

By J. Parker Roberts
1ST INF. DIV. PUBLIC AFFAIRS

The 1st Infantry Division's Culinary Arts Team is already hard at work preparing for the military's largest food-service competition in March.

Five student-apprentice members of the team faced off Jan. 15 in the Fort Riley Food Service Lab to determine which Soldier chef will represent the team in the Student Culinarian of the Year competition at the annual Military Culinary Arts Competitive Training Event March 1 to 13 at Fort Lee, Virginia.

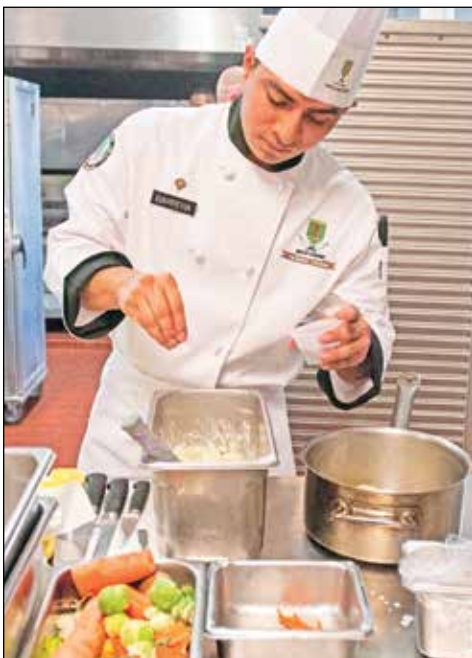
Pfc. Ronald Ibale, 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, and Pfc. Devin Williams, 1st Battalion, 28th Infantry Regi-

ment, 4th Infantry Brigade Combat Team, tied for first and will participate head-to-head in a tiebreaking event at a future date.

"They're looking pretty good," said Staff Sgt. Jeffrey Matthews, Division Headquarters and Headquarters Battalion, who serves as the team's captain and coach. "They understand the products they have to display, what I'm looking for. It's not just frying chicken and throwing it on the plate."

The student chefs produced two entrees consisting of meat, a starch, a vegetable and a complimenting sauce. They were required to use at least three classical cuts during the presentation and were further judged on sanitation and organization.

"I think it went OK," said Spc. Eric Barrera, 3rd AHB, 1st Avn. Regt., 1st



J. Parker Roberts | 1ST INF. DIV.

Spc. Eric Barrera, 3rd AHB, 1st Avn. Regt., 1st CAB seasons his dish Jan. 15 at Fort Riley's Food Service lab as part of the Student Chef Cookoff.

CAB. "If you have creativity, you can do anything with food. It never stops."

Soldiers competing in the Student Culinarian of the Year category

See CHEFS, page 8

Fort Riley ahead of game with out processing

Program speeds up procedures

By Maria Betzold
1ST INF. DIV. POST

A new outprocessing program is being mandated at all military installations. For Fort Riley, this procedure has been in place for the past year and no changes are necessary in the upcoming months.

In May 2010, the online system known as the Installation Standard Model program, or ISM, was initiated. ISM is an online program in which administrators can streamline out processing of Soldiers on an installation.

"Fort Riley started to look at what they could do to progress," said Georgia Rucker, casualty benefits coordinator, Directorate of Human Resources, and functional administrator of ISM.

According to Rucker, the process saves two days in clearing time and \$208 per Soldier.

"If it does that across the board, it will lead to tremendous savings," she added.

Before the online system was in place, Soldiers had to drive around to different work centers and clear their checklist before out processing. The system has saved \$8.41 per Soldier and 15.3 miles that Soldiers used to travel to the work centers, Rucker said.

In total, Fort Riley has saved more than \$1 million by implementing the system, between travel miles and clearing days alone, she said. In 2014, more Soldiers clearing the out-processing system meant more money saved overall.

Fort Riley is considering using a similar system for in-processing; however, nothing has been decided, according to James Hicks, chief, Personnel Processing Branch, DHR.

"It's really helped – more than anything – the accountability," Rucker said. "By using this system and running their own report, they can see who is going to start out processing."

'Pale Rider' medics test life-saving skills, endurance in Kuwait

By Staff Sgt. Bernhard Lashleyleidner
1ST ABCT PUBLIC AFFAIRS

CAMP BUEHRING, Kuwait – Medics with the 4th Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division proved that skills, endurance and knowledge pay off Dec. 5 during the "Pale Rider" Best Medic Competition.

Sgt. Aaron Duncan, emergency care noncommissioned officer, Headquarters and Headquarters Troop, competed against 20 other unit medics and was crowned the Pale Rider best medic.

"It was an awesome opportunity to participate and win this event," Duncan said. "I consider it an honor to be considered the best medic in the unit."

Duncan, a native of Tallahassee, Florida, said winning the competition validated all his hard work and training.

First Lt. Caryn Wayne, physician assistant, 4th Sqdn., 4th Cav. Regt., said she modeled the unit-level event after the Armywide competition as a way of testing the medics' skills and medical knowledge.

"It was an opportunity for Soldiers to practice and refresh their clinical tasks and skills in a field environment," Wayne said. "We wanted to encourage them to do their best by offering incentives throughout the competition."

Soldiers competed as individuals, and Wayne, a native of Cleveland, Ohio, said the only time Soldiers were allowed to work in two-man teams was during the initiation of intravenous injections, gathering vitals, cranial nerve examina-

tions and tourniquet applications.

The grueling one-day competition began with a four-mile foot march, and continued with a simulated individual mass casualty evaluation and treatment scenario.

"One of the most physically challenging events was evaluating and treating multiple patients while under fire, after just completing a four-mile foot march," Duncan said. "It really tests your endurance."

Medics were also tested on anaphylaxis treatment, life saving procedures and interventions, pharmacology, medical terminology, cranial nerve and major adverse cardiovascular event exams.

Wayne said the Soldiers were awarded points for each of the 18

See MEDICS, page 8



Staff Sgt. Bernhard Lashleyleidner | 1ST ABCT

Sgt. Aaron Duncan, emergency care NCO, HHT, 4th Sqdn., 4th Cav. Regt., moves a patient while under simulated fire during the unit's Best Medic competition Dec. 5 at Camp Buehring, Kuwait. Duncan received the Army Commendation Medal for winning the competition.

The next USAG
Resilience Day Off is

JAN.
30

SAFETY HOLIDAY

As of Thursday, Jan. 22

017

days have passed since the last vehicular fatality at Fort Riley. One hundred and eight more and the post will celebrate with a safety holiday to take place at each unit's discretion.

HIGHLIGHTS



TATTOO
COMPETITION
SHOWS SUPPORT
FOR INKED
SOLDIERS, SEE
PAGE 13.

ALSO IN THIS ISSUE



97TH MILITARY POLICE BATTALION
RENEWS COMMITMENT TO JUNCTION
CITY HIGH SCHOOL, SEE PAGE 15.

Camp Funston coordinates demanding training schedule

By Maria Betzold
1ST INF. DIV. POST

During fiscal year 2014, about 22,000 Soldiers from 31 different states in the U.S. were trained at Fort Riley. This is in addition to those who are assigned here. On average, Fort Riley trains between 16,000 and 19,000 Soldiers every year as a Regional Collective Training Capability installation.

“Units come here for different reasons,” said Dave Dawson, chief, Mobilization and Reserve Support Branch, Directorate of Plans, Training, Mobilization and Security.

Regularly, more than 45 different units that are not 1st Infantry Division Soldiers schedule to train at Fort Riley each year. For example, the National Guard and Reserve use Fort Riley’s facilities during their training.

Camp Funston is where the magic happens and where training is coordinated. According to Dawson, Camp Funston is the central place units will be when they are at Fort Riley, but training takes place at the Multi-Purpose Range Complex.

“We make it easy,” Dawson said. “Mostly they come here because it’s close and has everything they need.”

Additionally, Fort Riley hosts Kansas State University and University of Kansas ROTCs, as well as Boy Scout troops from around Kansas and a plethora of other organizations.

“We have top-notch training facilities and people to help them on the weekends,” Dawson said.

According to Dawson, the most appealing aspect of Fort Riley’s training facility is that it is accommodating to week-end schedules. In 2013, Fort Riley trained more than 23,000 Soldiers. Dawson said they can support a wide range of training opportunities.

“We can support anything,” Dawson said.

Asymmetric Warfare Group seeks new recruits at Fort Riley Jan. 26 to 30

By Cheyanna Colborn
1ST INF. DIV. POST

The Asymmetric Warfare Group will be at Fort Riley Jan. 26 to 30 at the Barlow Theater to conduct recruiting briefings with senior noncommissioned officers.

Briefing times are 3 p.m. Jan. 27; 9 a.m. and 1 p.m. Jan. 28; and 9 and 10:30 a.m. Jan. 29.

AWG is looking for officers and NCOs who are seasoned warfighters and functional experts to be operational advisers, operational support and staff.


A briefing for Soldiers with the 4th Infantry Brigade Combat Team, 1st Infantry Division is scheduled for Jan. 28.

A threat-focused organization, AWG provides solutions in complex environments. Through the solutions, AWG’s purpose is to help the Army adapt to current and emerging threats.

According to its mission statement, AWG provides operational advisory support globally and rapid solution development to Army and Joint Force commanders to enhance Soldier survivability and combat effectiveness, and enable the defeat of current and emerging threats in support of unified land operations.

AWG’s design allows direct observations, rapid solution development and dissemination to the Army in a single organization.

The AWG is looking for adaptive, motivated, highly trainable officers and NCO’s from Fort Riley.



U. S. Army Asymmetric Warfare Group (AWG) Assignments and Qualifications

Think. Adapt. Anticipate.

Snapshot:

- The Asymmetric Warfare Group is located at Fort Meade, MD. We provide operational advisory support to Army and Joint Force Commanders to enhance Soldier survivability and combat effectiveness, and enable the defeat of current and emerging threats in support of unified Land Operations. We are seeking experienced Officers and NCOs who are adaptive, highly trainable, and motivated.

Types of Assignment:

- Operational Advisor**
ASI US awarded after completing the evaluation process, Operational Advisor Training Course and then completing six successful months in the unit.
- Operational Support & Staff**
ASI US awarded after completing the evaluation process and then completing one successful year in the unit.

How to Apply:

- Go to www.awg.army.mil and complete the online application. For additional information contact an AWG recruiter at 301-833-5366, or email us at awg_recruiter@us.army.mil

Qualifications for Operational Advisors:

- Active duty SFC-SGM, senior CPT-LTC.
- 107 GT score for NCOs, no waivers.
- Pass the APFT in current age group with no profiles.
- Able to obtain and maintain up to a top secret clearance.
- Officers must have completed at least 12 months of command and be a graduate of the CCC.
- NCOs must have completed at least 24 months of platoon sergeant time or an equivalent assignment.

Assessment and Selection for Operational Advisors:

- Occurs at Fort A.P. Hill, VA in March and September.
- Requires seven days to complete.
- Must pass height and weight standard and the APFT.
- Psychological screening and evaluation.
- Scenario based evaluation.
- It is 75% mental and 25% physical.
- Culminates with a commander’s board.

Qualification for Operational Support:

- Active Duty SGT-SGM, CPT-LTC.
- 107 GT Score for NCOs, no waivers.
- Pass the APFT in current age group, temporary profiles allowed.
- Able to obtain and maintain up to a top secret clearance.
- Officers must have completed at least 12 months of command and be a graduate of the CCC.

Assessment and Selection for Operational Support:

- Occurs at Fort Meade, MD.
- Requires three days to complete.
- Must pass height and weight standard and the APFT.
- Psychological screening and evaluation.
- Culminates with a commander’s board.

Key callers important resource to military families

By Maria Betzold
1ST INF. DIV. POST

A key caller class is scheduled for 10 a.m. Feb. 4 at Army Community Service. Key callers are volunteer positions in a unit and are considered communication assets to other Soldiers in the brigade.

“Key callers are the information chain,” said Timmie Carter, Outreach Program coordinator, ACS, Directorate of Family and Morale, Welfare and Recreation.

Carter said it’s important for key callers to know their job description, which is especially critical during deployment. Key callers are required to call the family of Soldiers, so the family readiness group leader knows any changes that occur during the deployment.

“It has to be on a volunteer basis,” said Stephen McDermott, unit service coordinator, ACS, DFMWR.

Key callers have to be classified as non-deployable by the Army. “A lot of people are ambitious to volunteer, and that’s good,” Carter said.

According to Carter, key callers are given readily available resources, so family members can call them for a referral to an agency. A key caller’s role is to give the information, not to follow up on situations.

“We stress confidentiality and rumor control because of the nature of the calls,” Carter said.

For more information or to sign up for the key caller class, call ACS at 785-239-9435.

TRAFFIC REPORT

NOTICES
Reveille and retreat
Reveille and retreat signal the official start and end of the duty day. In an effort to pay respects during reveille at 6:30 a.m. and retreat at 5 p.m. Monday to Thursday and at 3 p.m. Fridays, military personnel in uniform, but not in formation will face the flag and render a hand salute. The salute should begin at the first note of reveille and end on the last note. This also will be done during retreat, ending after the sounding of “To the Colors.”
Family members, civilian contractors and retirees are highly encouraged to participate in this tradition by standing firm and upright with their hands over their hearts and removing their headgear, if applicable. While driving during reveille and retreat on the installation, drivers are required to bring their vehicles safely to a complete stop, as they would if an emergency vehicle were approaching, and place their vehicles in park. Personnel in civilian clothing are to remain seated in their vehicles pulled off to the side of the road for the duration of the bugle call. Fort Riley’s guidance is that personnel turn off any music playing in their vehicles during this time.
If a group is in a military vehicle or bus, only the senior occupant is to exit the vehicle and render

honors.

HAMPTON PLACE
A portion of Hampton Place, from Jackson Avenue north to Ashby Drive, will be closed to thru traffic through May 2015. A pedestrian and bike detour will also be in place during this time. The closure is part of the demolition and construction project in the Warner Peterson Community. Detour signs will be in place. Access to Custer Hill Elementary School will be available from Ashby Avenue. For more information or questions regarding the partial street closure, contact Corvias Military Living at 785-717-2200.

ACP HOURS OF OPERATION
The Directorate of Emergency Services would like to bring attention to the available access control points for normal and federal holiday hours.
Four Corners/Trooper/Ogden: 24/7.
Henry: 24/7.
12th Street: Open from 4 a.m. to 7 p.m., Monday to Friday. Closed on weekends and federal holidays.
Rifle Range: Open for construction vehicles only.
Grant: Open from 5 a.m. to 7 p.m., Monday to Friday; 8 a.m. to 5 p.m. Saturdays; closed on Sundays and federal holidays.
Estes: Open from 5 a.m. to 7 p.m., Monday to Friday; closed weekends and federal holidays.

TUESDAY TRIVIA CONTEST WINNER



Congratulations to Ajá Wright, our trivia winner this week! She is pictured at left with her son, Charles F. Wright V, and her husband, Staff Sgt. Charles F. Wright IV, 1st Battalion, 7th Field Artillery Regiment.

Every Tuesday check out Fort Riley's Facebook page for the Fort Riley Tuesday Trivia question of the week at www.facebook.com/FortRiley. Every answer will be available somewhere on the official Fort Riley website at www.riley.army.mil.

Be the first to post the link from the official page in the comments section of the question. The one who answers the question with the link – and only the link – will get a congratulations salute in that Friday’s issue of the 1st Infantry Division Post newspaper.

Kansas governor honors Fort Riley service members



Photos by Staff Sgt. Jerry Griffis | 1ST INF. DIV.

Kansas Gov. Sam Brownback recognized Brig. Gen. Eric J. Wesley, acting senior mission commander, 1st Infantry Division, and Command Sgt. Maj. Maurice Jackson, acting 1st Inf. Div. senior noncommissioned officer, Jan. 15 during the 2015 State of the State address at the Kansas State Capitol in Topeka. The two leaders were attending as special guests of the governor.

“Before I begin the State of the State in earnest this evening, I want to pay tribute to the men and women of our armed forces,” Brownback said. “The strength of Kansas is best represented by those who risk their lives to protect us.”

Wesley and Jackson met with the governor prior to the address and talked with other guests attending the event.

“Maj. Gen. Paul Funk, (commander, 1st Infantry Division and Fort Riley) ... is leading the fight against ISIS, so obviously he is not here with us tonight,” the governor said. “Instead, we are honored to recognize all the brave Kansans who serve through the presence of Brig. Gen. Eric Wesley and Command Sgt. Maj. Maurice Jackson of Fort Riley.”

The governor’s remarks were met with a standing ovation from the attendees of the State of the State address.



Hagel: Fight to end sexual assault must be ‘personal’

By Amaani Lyle
DOD NEWS, DEFENSE MEDIA ACTIVITY

JOINT BASE ANDREWS, Md. – Efforts to eliminate the baneful issue of sexual assault “must be personal,” Defense Secretary Chuck Hagel said recently in closing remarks at the Air Force Sexual Assault Prevention and Response Summit.

Hagel said the military community is unique in its raised standards and the expectation that service members will commit to each other both on and off the battlefield.

“We should fundamentally begin taking care of each other in personal relationships and

wherever else,” Hagel said. “If we don’t understand that dimension of this crime, then we will miss the whole point.”

TRUST AND ACCOUNTABILITY ARE CRITICAL

The secretary noted that absent personal accountability and responsibility, sexual assault will persist no matter how many laws, restrictions, directives or resources are created.

“It won’t be an Air Force or a military free of sexual assault unless we come at it from a basis of the humanity and the health of the force,” Hagel said. “We have to trust each other.”

While he cited “encouraging progress” in stanching the issue over the last year, Hagel acknowledged more can be done, particularly in areas such as social retaliation, which he said stems from the overall environment.

“You cannot take the responsibility and the accountability for this out of the chain of command,” Hagel asserted. “If you see something, if you sense something, it’s your responsibility to step in and deal with it – stop it, or if you can’t stop it get somebody who will stop it.”

Hagel praised the military as a whole for its transparency and recognition of the problem, but said awareness is just the starting point.

“College campuses, other areas that are dealing with this issue, are looking to the military for help ... because we have institutionalized this as a huge challenge and a priority for who we are,” Hagel said.

Ultimately, Hagel said, the Air Force and members of all services are building a legacy as role models and leaders with a tremendous effect on the future.

“We have a unique opportunity because of how we are structured, how we are organized ... that gives us possibilities and avenues of approach to this that no other institution or community of families has,” Hagel said. “We’ve got to fix this problem – it won’t get fixed in Congress, in the White House or anywhere else.”

Test homes for radon, protect health

By **Karla Simon**
INDUSTRIAL HYGIENIST, U.S. ARMY PUBLIC HEALTH COMMAND

January is National Radon Action Month. The Environmental Protection Agency has launched the “Test Your Home, Protect Your Health” campaign to educate the public about how easy it can be to kick radon out before and after a home, school or work-site is built.

The EPA estimates that nearly one out of every 15 homes in the United States has elevated radon levels. Although radon is a naturally occurring gas, it is radioactive. According to the EPA, exposure to radon in the home is responsible for an estimated 20,000 lung cancer deaths in the United States each year. Radon is colorless, odorless and tasteless. This invisible enemy can only be detected by testing.

TEST FOR RADON

There is no known safe level of exposure to radon. What can you do to protect yourself and your family? Test for radon. This is accomplished by measuring the levels of radon gas. It is a relatively easy and inexpensive process.

Most often, the radon in your home’s indoor air can come from two sources, the soil underneath your house or your water supply. Radon migration through the soil into the lowest level of your home is the main cause of radon problems. However, if you have a private well, consider testing for radon in both air and water. The devices and procedures for testing your home’s water supply are different from those used for measuring radon in the air.

Test kits are available at most hardware stores for about \$20--\$30. Some state programs offer low-cost or free kits. Those who are not comfortable performing the radon test can find a qualified contractor familiar with radon to do the testing for them.

The amount of radon gas in the air is measured in picocuries (pronounced pee-co-curries) per liter of air or pCi/L. The EPA has set an “Action Level” for radon gas of 4.0 picocuries. However, the EPA strongly recommends that you take immediate action to fix your home, school or workplace if the results from the radon test show 4.0 pCi/L or more. Elevated radon levels can cause lung cancer. If your test level shows between 2 and 4 pCi/L, consider making changes to reduce the amount of radon levels.

Here are some steps you can take to prevent and reduce radon levels in your home:

1. The EPA recommends that you test your home every two years or after home renovations to monitor radon levels.
2. If you are building a new home, school or business, ask about radon-resistant construction.
3. If elevated levels of radon are detected, repair any problems with the foundation. Seal cracks and other openings around pipes and drains.
4. Cover any exposed earthen walls.
5. Paint concrete floors with a sealant.
6. Maintain the heating, ventilation and air conditioning systems in your home. Have them serviced to ensure proper operation.
7. If confirmed high levels are found in the air, have a radon reduction system installed. Consult with a qualified professional to determine the best system dependent on the foundation type: basement, slab-on-grade, or crawlspace.
8. If elevated levels of radon are detected in your water supply, treat the water at the point of entry or at the point of use. It may require that you have a water treatment system installed to remove the radon before it enters the building or right before it comes out of the tap.

Certificates of creditable coverage no longer needed for beneficiaries losing TRICARE coverage

TRICARE

TRICARE will no longer send beneficiaries certificates of creditable coverage when they lose TRICARE eligibility. These certificates are no longer needed when beneficiaries transition off TRICARE. Beneficiaries will instead receive notice that their TRICARE coverage is ending.

The Patient Protection and Affordable Care Act passed by Congress in 2011 changes the law so that insurers cannot deny you coverage based on preexisting conditions. Before this law went into effect, when you switched health plans, you had to prove to your new plan that you had coverage before joining them; otherwise they might not cover you for prior illnesses or injuries you had. With this change in the law, you don’t need a certificate to prove you had coverage.

TRICARE beneficiaries can lose their coverage for several reasons. Some of the most common include separating from active duty, aging out or choosing to stop paying for a premium based

TRICARE plan. When beneficiaries receive notice that their coverage is ending, it will include relevant information about other TRICARE options like the Transitional Assistance Management Program and ways for beneficiaries to explore their options on the state ACA health exchanges.

All TRICARE health plans exceed the ACA requirement that health coverage must offer a level of minimal essential coverage. If you are looking for other health insurance, you’re encouraged to explore your options through the Market Place at www.healthcare.gov. The current open season runs from November 15 through February 15, 2015.

Beneficiaries eligible to purchase TRICARE premium based plans (TRICARE Retired Reserve, TRICARE Reserve Select, TRICARE Young Adult, and the Continuing Health Care Plan Benefit), who choose not to purchase this coverage, may qualify for premium assistance or state Medicaid based on income, family size, and state of residence. They should go to www.healthcare.gov or contact their state marketplace for assistance.

Home wanted

Madea

Madea is about 2 to 3 years old and a little bit on the chunky side. She loves to play and cuddle and prefers to be the Queen Bee of the house.

Madea's Adoption Fee is \$62, which includes a micro-chip; vaccines, including Distemper and Rabies; a Leukemia test and de-worming.

Those interested can call 785-239-6183 or email nicole.p.storm@us.army.mil. Other shelter animals can be seen at www.facebook.com/fortrileypets.

All stray animals at Fort Riley picked up by the military police are brought to the Fort Riley Stray Facility. The animals are held there for three business days to allow owners to claim their pets.

Fort Riley Stray Facility
Building 226 Custer Ave., Main Post
10 a.m. to noon and 1 to 4 p.m.
Monday to Friday
785-239-6183 or 785-239-3886



RILEY ROUNDTABLE

How would you say Martin Luther King Jr. influenced your life today?



"By standing up for what he believed in despite the consequences."

PFC. CHRISTOPHER WELLS
299th BSB, 2nd ABCT



"He opened a lot of opportunities for progression for the people who had no voice."

SGT. MARIA RODRIGUEZ
267th Signal Co., STB, 1st Sust. Bde.



"I know he did good things in history, but right now, his actions don't really affect me today."

SPC. JACIM SANTOS
Co. G, 1st Bn., 18th Inf. Regt., 2nd ABCT



"I think he was doing good things for the world, but he didn't really affect me today."

SPC. JOSEPH FARR
Co. G, 1st Bn., 18th Inf. Regt., 2nd ABCT



"By standing up and being a courageous person. I really admire that."

SPC. MICHELA CLARK
267th Signal Co., STB, 1st Sust. Bde.

THE 1ST INFANTRY DIVISION POST

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COMMANDING OFFICER AND PUBLISHER

Maj. Gen. Paul E. Funk II

PUBLIC AFFAIRS OFFICER

Lt. Col. Sean Ryan

PRINTER

John G. Montgomery

FORT RILEY EDITORIAL STAFF

EDITOR

Angelique N. Smythe

ASSISTANT EDITOR

Dena O'Dell

STAFF WRITERS

Kalyn Curtis and Maria Betzold

ADVERTISING REPRESENTATIVES

Melissa Tyson, Nichole Spaid and Neva Fisher

CONTACT US

For business or advertising matters, call The Daily Union in Junction City at 785-762-5000.

For news offerings, call the Fort Riley Public Affairs Office at 785-239-8854 or DSN 856-8854, or email usarmy.riley.imcom.mbx.post-newspaper@mail.mil

LETTERS TO THE EDITOR

The Post welcomes letters to the editor. Letters should not contain any libelous statements or personal accusations. Letters accepted for publication must include the writer's full name and phone number. Letters may be edited for space, but never for content. Send a fax 785-239-2592 or e-mail usarmy.riley.imcom.mbx.post-newspaper@mail.mil

DOD: TRICARE patients must attest to health care coverage

By Terri Moon Cronk
DOD NEWS, DEFENSE MEDIA ACTIVITY

As tax season begins, Defense Department officials want to remind TRICARE beneficiaries of changes in the tax laws, which require all Americans to have health care insurance or potentially pay a tax penalty.

For the first time since the Affordable Care Act passed in 2010, all U.S. citizens, including service members, military retirees and their family members, must report health care coverage on their 2014 taxes, said Mark Ellis, a Defense Health Agency health care operations program analyst.

For this year only, taxpayers will "self-attest" on their

2014 tax forms to each month in which they had health care coverage, he said.

MEETS MINIMAL ESSENTIAL COVERAGE

The act mandates that health care must meet minimum essential coverage, and TRICARE coverage meets that criteria for the majority of service members and their families, Ellis said.

TRICARE Prime, TRICARE Standard, TRICARE for Life, TRICARE Overseas, TRICARE Remote and the Uniformed Services Family Health Plan meet the minimum essential coverage, he added. When purchased, premium-based plan such as TRICARE Reserve Select or TRICARE Retired Reserve also fulfill the act's requirements.

Uniformed service members who have questions about TRICARE, the act and the individual coverage mandate can visit the TRICARE website to download a fact sheet on TRICARE and the act, with TRICARE plans compared to minimum essential coverage, Ellis said.

Military beneficiaries that are solely eligible for care in military hospitals and clinics, for example, parents and parents-in-law, have an automatic exemption from the tax penalty for tax year 2014 only.

NOTE: The TRICARE and ACA fact sheet is available at www.tricare.mil/-/media/Files/TRICARE/Publications/FactSheets/ACA_FS.pdf.

The site also has suggestions for those who need to

purchase coverage to meet the act's minimum requirements, he noted. That could include retired reservists, Selected Reserve members, young adults up to age 26 and those who leave military service but need transitional coverage, Ellis said.

TRICARE beneficiaries with tax questions should contact the Internal Revenue Service or their tax advisers, he emphasized.

"The experts there can help them," Ellis said.

Editor's Note: An earlier version of this story stated that TRICARE would send tax forms to its customers in January 2015. That was incorrect. TRICARE customers, like all filers, will self-attest on their 2014 tax returns, no health care coverage forms will be mailed.

Active-duty suicides declined in 2013

By Nick Simeone
DOD NEWS, DEFENSE MEDIA ACTIVITY

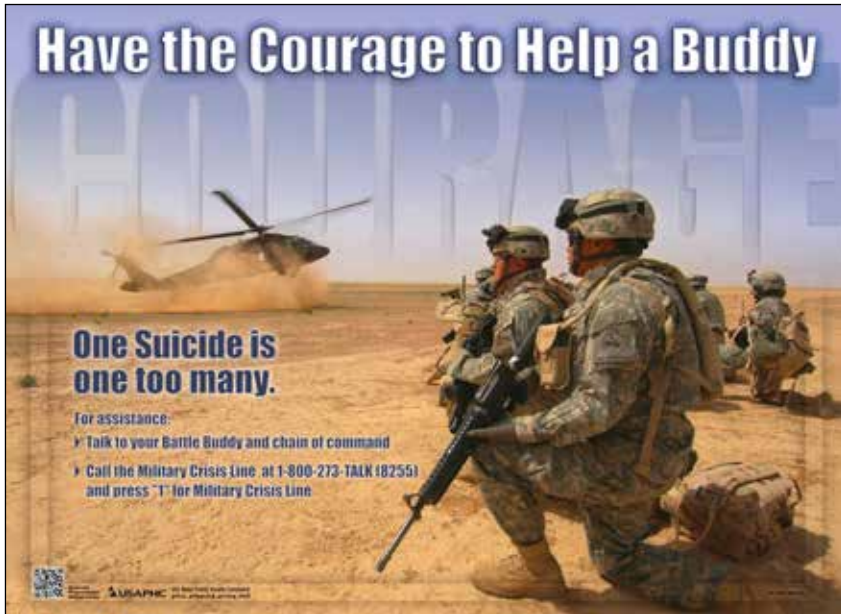
Suicides among active duty members of the U.S. military decreased in 2013 from the previous year, while those among the reserve components were slightly higher, according to a Defense Department report released today.

The 2013 DOD Suicide Event Annual Report lists 259 suicides among active component service members and 220 such deaths among members of the reserves and National Guard. According to the report, failed intimate relationships were the most prevalent stress factor precipitating suicide, with most of those taking their own lives married. Financial or workplace difficulties were also found to be a key factor. Young, Caucasian males – including junior enlisted troops – were found to be most likely to turn to suicide.

The report found that slightly more than 66 percent of those who committed suicide had deployed one or more times.

Pentagon officials say they are deeply concerned about suicides within the armed forces and are actively working to prevent them.

At the same time, they say they have been encouraged to see more people



seeking counseling over the past year, including increased calls to helplines and meetings with mental health experts.

More than a dozen suicide prevention programs are available to service members, veterans and their families, and each of the military branches conducts suicide prevention awareness training. In addition, DOD as a whole has increased the

number of counselors available.

The Defense Department is also partnered with Veterans Affairs to promote the Veterans/Military Crisis Line, a confidential counseling service available around the clock at 800-273-8255. Also offered is Vets4Warriors.com, which provides confidential peer support to service members and their families.

Are unpaid debts a military career-killer?

By Holly Petraeus
ASSISTANT DIRECTOR, OFFICE OF SERVICEMEMBER AFFAIRS, CONSUMER FINANCIAL PROTECTION BUREAU

Military personnel who have trouble handling their personal finances can very quickly find their duty status, potential promotions and even military careers in jeopardy. And, over time, the lingering burden of debt can add stress to their personal relationships and damage their credit profile. But does that debt have to be a career-killer?

Service members, veterans and military families have submitted more than 11,000 debt collection complaints to the Consumer Financial Protection Bureau since we began accepting them in July 2013 – our fastest-growing category of complaints. Among other things, we've received reports that some debt collectors are threatening service members by claiming that they will report the unpaid debt to their commanding officer, have the service member busted in rank or even have their security clearance revoked if they don't pay up.

The threat of losing a clearance is a hot-button for service members – and some debt collectors have been known to use that threat as leverage to get a service member to pay. Do they really have the power to get your clearance revoked?

Practically speaking, debt collectors aren't able to contact your security manager about your debts nor do they have the authority to influence the manager's decisions about your security clearance. However, your failing to pay your debts on time can result in negative information being reported to the credit reporting bureaus. And that negative information on your credit report may cause your security clearance to be pulled when it's up for review.

If you find that your finances have put your security clearance in jeopardy, you should do your best to show that your financial problems resulted from circumstances beyond your control (not a pattern of irresponsible behavior) and that you acted as responsibly as you could under the circumstances. This may include showing that you're currently living within your means, that you're making a good-faith effort to resolve your unpaid debts, and that you're disputing debts that aren't yours.

When a financial problem arises, you should speak with your installation's Personal Financial Manager, or PFM, and/or JAG office to get free, expert advice and assistance. Be sure to keep documentation of all your commitments, efforts to resolve delinquencies, and any disputes about debts – it could be helpful to you later.

If you do receive notice that your security clearance eligibility is being denied or revoked, DOD regulations give you the right to a hearing before an Administrative Judge of the Defense Office of Hearings and Appeals, or DOHA. This hearing is your opportunity for a face-to-face meeting with an official, independent of your chain of command, to explain your situation and the steps you've taken to address the issues identified in a written Statement of Reason, or SOR.

According to DOD, DOHA hearings are designed to be user-friendly. If you don't have an attorney, you can represent yourself or bring a non-attorney representative to assist you. DOHA hearings allow you to present any statements or documents that are relevant to your situation. In other words, the DOHA hearing is your chance to present your side of the story. It's there to make sure that your voice is heard and that you are being treated fairly.

Be alert to the deadlines in the SOR process, seek expert assistance, ask for the opportunity to appear personally before a DOHA Administrative Judge, and bring whatever documentation and character witnesses you can.

A written transcript of your testimony and the testimony of any witnesses whom you bring to the hearing will be provided to you free of charge. That transcript, along with copies of any documents you submit (such as canceled checks, receipts, bank statements, tax returns, settlement agreements, character recommendations, etc.), and the Administrative Judge's recommendations will become a significant part of the record that is forwarded to the officials deciding your security clearance eligibility.

Check out the DOHA website for more information on hearings and process.

Managing your debts, expenses, income and other personal finance matters is more than just a tactic to guard your security clearance. It's also a day-to-day exercise that can help lead you and your family to financial security. If you need help planning, hit a bump or need assistance with a problem you can't fix along the way, there are a number of resources available to you.

Like your installation's PFM, the Department of Defense's Military OneSource offers free financial counseling that can help you better manage your money. If you need a fast and accurate answer to a money question, you can check out Ask CFPB – we have more than 1,000 answers that you can search. Finally, if you have a problem with debt collection or another consumer financial product or service, you can submit a complaint to us online or by calling 855-411-2372. We are here to help.

Hagel initiatives enable veteran, military support organizations

By Sgt. 1st Class Tyrone C. Marshall Jr.
DOD NEWS, DEFENSE MEDIA ACTIVITY

WASHINGTON – Defense Secretary Chuck Hagel has set policy emphasizing the importance of relationships with veteran and military service organizations, as well as military support nonprofits, through initiatives to give the groups access to service members and their families.

The defense secretary signed two policy memorandums in December directing Department of Defense leaders to implement standardized procedures to allow veteran, military and military-support nonprofit organizations better access to provide support to troops and military families.

CRITICAL IMPORTANCE

“National VSOs and MSOs,” Hagel said in one memo, “are a critical component of our overall framework of care for our service members throughout all phases of their military service, but especially their transition to civilian life and veteran status.”

Nonprofit non-federal entities, he said, can be of critical importance to service members throughout their careers, and, within the bounds of law and regulation, it’s in the department’s interest to maintain strong and positive relationships with them.

“These memos serve to re-emphasize those privileges granted under the law or flexibilities authorized under current DOD policy,” Hagel said.

The initiatives direct immediate implementation of additional measures to facilitate consistent delivery across DOD, he said.

The directives, Hagel said, also provide clarity to installation commanders on adjudicating requests for space or services.

POINTS EMPHASIZED

In a letter sent to retired Army Gen. Gordon R. Sullivan, president, Association of the United States Army, and other nonprofit organizations, the defense secretary laid out six aspects of the initiatives which are designed to remove “unnecessary barriers and in-

consistencies” in dealing with these organizations.

- Installation commanders will provide available space and associated services on military installations allowing national VSOs and MSOs to provide VA-accredited representation services to transitioning service members.
- All requests and decisions on installation access, use of space or logistical support will be made in writing.
- Installation commanders are directed to be welcoming and supportive of nonprofit organizations that enhance morale and readiness of the force, and are consistent with mission requirements and security constraints.
- Training and education will be provided in regular precommand, judge advocate and public affairs officer training courses to educate personnel on the authorities and flexibilities associated with procedures and support to both accredited VSOs and MSOs, and military support nonprofit organizations.
- DOD will use consistent and standard procedures to process requests for installation access with new tools and templates provided to aid in consistent and fair assessment and adjudication of requests for access and space.
- Commanders are authorized to use official command communication channels, including Transition Assistance Program materials, to inform service troops of the availability of services and support on the installation provided by VSOs, MSOs and military-supporting nonprofits.

MAINTAIN RELATIONSHIPS

Hagel expressed pride in what he termed a major accomplishment and explained the importance of the directives.

“These directives underscore my belief that events and support provided by VSOs, MSOs and military-support nonprofits can be critically important to the welfare of our service members and families,” he said.

The department must maintain positive relationships with those organizations, Hagel said, to facilitate their delivery of services to military personnel who need them.

Warrant Officer Recruiting team to visit Fort Riley, brief Soldiers

By Cheyanna Colborn
1ST INF. DIV. POST

A representative from the Warrant Officer Recruiting team will present information about warrant officer requirements and application procedures Feb. 3 and 5 at the Fort Riley Education Center.

Chief Warrant Officer 3 Frankie E. Roit, Special Operations Recruiting Battalion, Fort Campbell, Kentucky, is scheduled to present the information.

“When I come to Fort Riley, next month, I intend to offer presentations to those interested Soldiers offering firsthand information on the warrant officer program – minimum qualifications, de-

FOR MORE INFORMATION

Visit the U.S. Army Warrant Officer Recruiting website at www.usarec.army.mil/hq/warrant.

sired attributes, explanation of the process and navigational assistance with our website and the warrant officer application,” Roit said.

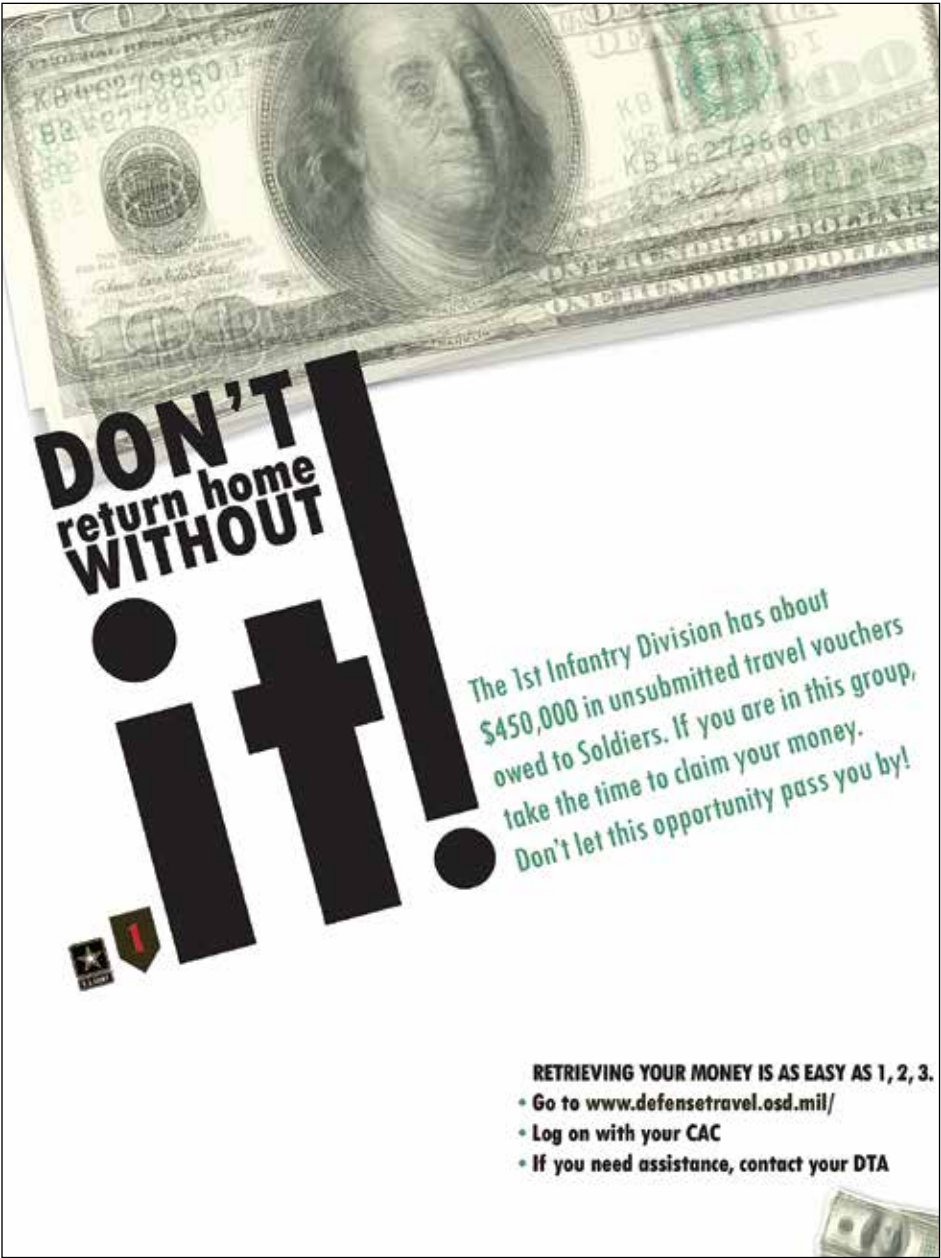
Warrant Officers are specialized experts and trainers in their career fields. By gaining progressive levels of expertise and leadership, the leaders provide valuable guidance to commanders and organizations in their specialty.

Roit said some warrant officer specialties are open to all enlisted Soldiers and some are open to specific Soldiers.

Warrant Officers remain single-specialty positions with career tracks that progress within their field, unlike their commissioned officer counterparts who focus on increased levels of command and staff duty positions.

There is a detachment for warrant officer recruiting team at Fort Riley, and Roit is coming to brief in addition to the work the detachment already completes.

By having a detachment on post, Roit said it is easier to be more in depth by knowing units and unit schedules.





CHEFS Continued from page 1



Pfc. Amber Tomlin, 97th MP Bn., slices garlic Jan. 15 at Fort Riley's Food Service lab as part of the Student Chef Cookoff.

J. Parker Roberts | 1ST INF. DIV.

ry must be age 25 or younger with less than two years of experience.

"It makes me feel pretty accomplished," said Pfc. Amber Tomlin, 97th Military Police Battalion, about making the team. "I haven't been on post for a year yet, and this is a pretty big deal."

Tomlin said preparing for the competition at Fort Lee is nerve wracking, but events like this help her to mentally prepare for the event.

"Right now, I really like our chances," Matthews said. "Last year, I didn't like our chances going in, but we finished strong."

In 2014, the team finished in fifth place out of 19 competing teams. Several members of the team took home gold, silver and bronze medals in their individual categories.

"This year, I'm looking for first place..." the coach said. "I'm pushing for perfection."

Returning members of the Culinary Arts Team are Matthews, team manager Staff Sgt. Samuel Parker, DHHB; Spc. Yuri Palenzuela, 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team; Spc. Yin Jenkins, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st CAB; and Ibale.

Joining them this year are Staff Sgt. Lashonda Moore, 299th Brigade Support Battalion, 2nd ABCT; Sgt. Christopher Bates, 1st Squadron, 4th Cavalry Regiment, 4th Infantry Brigade Combat Team; Sgt. Michael Allen, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st CAB; Sgt. Michael Kobashigawa, 1st Combined Arms Battalion, 63rd Armor Regiment, 2nd ABCT; Spc. Diana Carter, 1st Sustainment Brigade; Spc. Eric Barrera, 3rd AHB, 1st Avn. Regt., 1st CAB; Tomlin; Pfc. Ashley Jackson, 1st Sust. Bde.; Williams; and Pfc. Jesus Leon, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st CAB.

BRONZE STAR Continued from page 1

this, and I'm also very privileged that your dad is here to help pin on this award."

Armantrout and Storm returned to Fort Leonard Wood in August 2014. Storm was at the post's kennels and wasn't able to join his handler for the Jan. 5 ceremony.

"Storm did a huge portion of our work, but I get all of the credit," Armantrout said about his K-9 partner waiting in the kennels. "The dogs actually do most of the work. They receive all of the training to find the explosives for us, and

the handler is just there to read his change of behavior when he finds something, then give him his reward."

Proud of his accomplishments and those of his K-9 partner, Armantrout described a bigger picture as a MWD handler.

"Not only are you providing assistance to all the units," Armantrout said, "it's a morale booster for everybody you're around. Anytime someone sees a dog, they want to pet it, and that brightens everybody's day a little bit."



U.S. ARMY

Staff Sgt. Scott Armantrout, MWD handler, and Storm, a specialized search dog, stand by as Capt. Jared Budenski, commander, 252nd/180th MP Det., talks about the duo's accomplishments achieved during their one-year deployment to Afghanistan at a redeployment ceremony in August 2014. Armantrout was later awarded a Bronze Star for those accomplishments, which included 100 missions resulting in more than 350 hours of searching for unexploded ordnance.

MEDICS Continued from page 1

timed events, with the highest-scoring Soldier being named best medic.

"The unit Best Medic competition wasn't just about competing," Wayne said. "It was an opportunity to allow Soldiers time to have fun while testing their knowledge."

The first-place winner received an Army Commendation Medal; second-place winner received an Army Achievement Medal; and the third-place winner received a certificate of appreciation.

"I am very proud of all the Soldiers for giving their best," Wayne said.



Staff Sgt. Bernhard Lashleyleidner | 1ST ABCT

Sgt. Bradley Moyer (left) inserts an intravenous line into Spc. Brett Ashbrook (right), both combat medics with HHT, 4th Sqdn., 4th Cav. Regt., during the unit's Best Medic Competition Dec. 5 at Camp Buehring, Kuwait. The competition was designed to test the unit's medical personnel's tactical medical knowledge.

Community Life

★ JANUARY 23, 2015

HOME OF THE BIG RED ONE

PAGE 9 ★

IN BRIEF

TRAFFIC UPDATES

For traffic updates, please see the Traffic Report on page 2 or visit www.riley.army.mil and click on “Advisories.”

GENERAL INFORMATION

For general information about events and services at Fort Riley, visit www.facebook.com/FortRiley or follow @FortRiley on Twitter.

CEREMONIES

For U.S. Army Garrison Fort Riley ceremony information, visit twitter.com/usagceremonies.

WINTER BASH

Olaf’s Frozen Winter Bash is scheduled from 7 to 9 p.m. Jan. 24 at Eyster Pool. Patrons can enjoy popsicles, hot chocolate and Sven’s carrots with ranch. Admission is \$5 per individual or \$10 per family. Pool passes do not cover the event. The first 200 children will receive a blue ice wand that glows. For more information, call 785-239-4854.

COSMIC BINGO

Cosmic Bingo is scheduled for 7 p.m. Jan. 24 at Rally Point. It’s 70s Night at Cosmic Bingo. Enjoy a glow-in-the-dark bingo experience, complete with dancing, games and fun. Cost is \$15 per person and includes a bingo package and glow novelties. The event is open to those 16 years and older. For more information, call 785-784-5733 or 785-239-3467.

MOVIE NIGHT

The movie “Snow Queen” is scheduled for 6:30 p.m. Jan. 31 at the Fort Riley Post Library. Popcorn will be provided. For more information, call 785-239-5305.

LISTENING SESSION

The Army Listening Session at Fort Riley is scheduled for 3:30 p.m. Feb. 9 at the Geary County Convention Center Courtyard by Marriott, 310 Hammons Drive, Junction City. The forum is an opportunity for the community to provide input to representatives of Headquarters, Department of the Army, as they consider force structure and stationing decisions. The event is open to the public.

MILITARY SCHOLARSHIPS

Applications for scholarships for military children are now open. Applications will be available at the Fort Riley Commissary. The application deadline is Feb. 13. For more information, visit www.militaryscholar.org.

CORVIAS SCHOLARSHIPS

Corvias Foundation is offering scholarships and grants for family members of active-duty Soldiers. Applications are available and more information can be found on the Foundation website at www.corviasfoundation.org. Interested individuals may also call or email for more information at 1-401-228-2836 or info@corviasfoundation.org. Scholarship applications are due Feb. 12.

HASFR SCHOLARSHIPS

The Historical and Archaeological Society of Fort Riley is offering scholarships for students who reside in or attend school in Geary or Riley counties. Three students will be awarded the scholarships for \$1,000, \$500 and \$250, respectively. Application packets are available at www.fortrileyhistoricalsociety.org. Deadline for applications is Feb. 15.

KEEP HEAT ON

Traveling during block leave? Corvias Military Living asks on-post residents to keep the heat on and set between 60 to 65 degrees while they are away. This will prevent frozen pipes, while conserving energy. If you have extended travel plans, please sign up for House Watch through your Community Office.

RILEY RIDE

Heading to Aggieville for drinks? Get home to Fort Riley safely with Riley Ride. The transportation service is open to all Department of Defense ID cardholders and runs Friday and Saturday evenings. For more information, call 785-239-5614.



Cheyanna Colborn | POST
Isabelle Dillard, 6, gets her face painted during the Winnie the Pooh Birthday Jan. 17 at the Fort Riley Post Library.

Grin and Bear it

Library throws birthday bash for Winnie the Pooh

By Cheyanna Colborn
1ST INF. DIV. POST

The Fort Riley Post Library hosted a Winnie the Pooh party Jan. 17 at the library. The event was a way for attendees to celebrate the birthday of Winnie the Pooh.

Families celebrated with a birthday cake, crafts, face painting, pin-the-tail on Eeyore and snacks.

Shawnelle Dillard, mom and military spouse, said she brings her children to the library every Saturday because staff members are very kid-friendly and her children feel comfortable.

The library hosts toddler story time at 11:30 a.m. and a story time for all ages at 1:30 p.m. every Saturday, which includes snacks and crafting.

See POOH, page 12

IF YOU GO

**Fort Riley Post Library
Toddler, All-Ages Story Time**
» Toddlers: 11:30 a.m.
Saturdays – unless otherwise posted, All Ages: 1:30 p.m. Saturdays (unless otherwise posted)
» Fort Riley Post Library Building 5306 Hood Drive, Fort Riley

For more information about Story Time, visit <http://rileymwr.com/library> or call 785-239-5305.

MORE INFORMATION

The **Resilient Spouse Academy** is a four-day class military spouses and family members can sign up for to learn about a variety of available resources.

Program provides insight for spouses

RSA course teaches skills for suicide intervention, master resilience training

By Maria Betzold
1ST INF. DIV. POST

Fort Riley spouses learned about a variety of available resources during the Resilient Spouse Academy Jan. 12 to 15 at Fort Riley.

During the four-day course, spouses learned Master Resilience Training skills and Applied Suicide Intervention Skills Training, or ASIST.

Julia Pleasants, military spouse, was a participant in the academy.

“It’s really important to me because I also serve in the National Guard,” Pleasants said, about going through the training RSA offers.

According to Becky Willis, Readiness Branch manager, Army Community Service, Directorate of Family and Morale, Welfare and Recreation, Fort Riley was given a best practice award for the RSA program, and the information was shared with installations worldwide.

The first day of the academy was the MRT class, which included analyzing a person’s thought process.

The second and third days of the academy consisted of the ASIST class. The focus of those two days was learning how to recognize the symptoms of suicide and how to help prevent it.

“I’m learning a lot of new skills and assets to help better prepare myself to help save a life,” Pleasants said, about the ASIST training.

Staff Sgt. Larry Wesley, chaplain’s assistant, 2nd Armored Brigade Combat Team, said sometimes Soldiers don’t always bring home available resources for their spouses to see, and RSA helps spouses learn more about their Soldier’s job.

ABOUT ACS

For more information about **Army Community Service** and the services it provides, visit the office at 7264 Normandy Drive on Custer Hill, or call 785-239-9435.

Complete program revamp coming for Rally Point

Bingo-only venue to add revamped programming, additional facility hours

By Cheyanna Colborn
1ST INF. DIV. POST

For the last several years, Rally Point has been a facility that hosted bingo three nights per week with some special events thrown in the mix, including Family Bingo, Cosmic Bingo and Mega Bingo.

“Basically, it was all bingo, all the time,” said Heather Wilburn, marketing director, Directorate of Family and Morale, Welfare and Recreation.

MORE ONLINE

For more information about the new and improved **Rally Point**, visit: rileymwr.com or facebook.com/rileymwr

“In recent months, the facility has been operating just one night per week, Friday, for regular bingo, with monthly special bingo events.”

Beginning Feb. 4, Rally Point will have regular operating hours from 4 to 10 p.m., Wednesday to Saturday. Each night of the week will have different programming. Regular bingo will be on Wednesdays. Ladies’ nights will be Thursdays and will consist of drink specials, karaoke, dancing and music.

Additional activities in the works include line dancing classes, Wii Just Dance sessions and cocktail-making classes.

Victory Hour will run from 4 to 5 p.m. each Friday, with Right Arm Nights scheduled for the first Friday of each month. A Right Arm Night is an Army tradition where leaders bring those they rely on – their right arms – to show their appreciation during an evening of camaraderie.

Special programming will be on Saturdays, including comedy nights on the first Saturday of each month, glow-in-the-dark Cosmic Bingo and events like Rock Star Karaoke Feb. 28 and Dueling Pianos in March.

“It’s a really big change for us, and we’re very excited about it,” Wilburn said. “We want to get the word out to our community and give them a chance to support the revamp.”

Wilburn said DFMWR already uses social media to let people know about what events are happening. DFMWR has a Facebook page and a presence on Twitter. As the DFMWR staff gear up for the Rally Point revamp, there will be several related giveaways conducted on Facebook.

The giveaways will be for a limited time and will include a weekly giveaway for Wednesday bingo, along with contests for free admission to Cosmic Bingo, comedy night and other events.

‘Guardians,’ JCHS renew partnership

Community involvement remains priority for every Fort Riley brigade

By Maria Betzold
1ST INF. DIV. POST

Junction City High School and the 97th Military Police Battalion renewed their commitment to each other during an Adopt-a-School charter signing Jan. 13 at the high school.

DID YOU KNOW?

The charter between **Junction City High School** and the **97th MP Bn.** was first signed in March 2011.

About 25 members of the 97th MP Bn., along with Lt. Col. Alexander C. Murray, Command Sgt. Maj. Kevin C. Rogers and JCHS Principal Melissa Sharp, participated in the charter signing between the JCHS girls’ and boys’ basketball games.

“We’re trying to prove to the students and parents our commitment (to them),” said Lt. Kevin Spencer, 97th Military Police Battalion, 89th Military Police Brigade, 1st Infantry Division.

Every Fort Riley brigade is involved in an Adopt-a-School program, so each brigade has adopted a different school. Some of the schools are out of the area, but the community involvement remains a priority, Spencer said.

See PARTNERSHIP, page 12



Maria Betzold | POST
JCHS Principal Melissa Sharp (left) and Lt. Col. Alexander C. Murray, 97th MP Bn. (right), renew their institutions’ commitment to each other Jan. 13 at the school.

COMMUNITY CORNER

This winter participate, don't hibernate

By Col. Andrew Cole
GARRISON COMMANDER

It's easy to slow down, hibernate and hide inside our warm homes all winter as temperatures drop below freezing. While going outside might be a challenge, let's look for opportunities to stay active within our communities. I encourage you to get out into your communities, meet your neighbors and spend time with one another. Get out, be active, have fun and socialize.

Visit www.rileymwr.com or pick up a winter issue of the Directorate of Family and Morale, Welfare and Recreation's guide for upcoming activities open to Soldiers, families, retirees and civilians.

Stay active at one of our many fitness centers or join an intramural sports team. Futsal, basketball, bowling and racquetball are just a few team sports to consider. Grab some friends and visit the Warrior Zone, Fort Riley Skeet and Trap Range or the Arts and Crafts Center. Get out and stay engaged.

Also, consider the many volunteer opportunities available at Fort Riley and get involved. There are countless opportunities to volunteer in the local area. Here are a few.

FAMILY READINESS GROUPS

FRGs are a great place to volunteer. And while you're helping out, you'll be keeping up with the latest information on your spouse's unit. Sharing information and helping to guide newer spouses is a rewarding experience. Contact your unit or

family member's unit FRG to find out what opportunities are available.

USO FORT RILEY

USO Fort Riley is always looking for volunteers to supplement its efforts. The USO center in Building 6918 on Custer Hill is open 365 days a year and is staffed almost entirely by volunteers. Volunteers also help run all of USO Fort Riley's programs, including its No Dough Dinners.

AMERICAN RED CROSS

The American Red Cross at Fort Riley is an active organization that is always seeking volunteers. Often well known for its blood drives, the Red Cross also is essential in emergency notifications, emergency recovery efforts and education programming.

MEDICAL CLINICS

Irwin Army Community Hospital, outlying medical, dental and even the Fort Riley Veterinary Clinic all rely on volunteer support to remain operational. Many opportunities exist to make a difference, especially for those interested in the medical profession.

For more information about Fort Riley's volunteer opportunities, contact Becky Willis, Fort Riley installation volunteer coordinator, at 785-239-4593 or 785-239-9435; becky.d.willis.civ@mail.mil; or by stopping by Army Community Service, Building 7264 Normandy Drive on Custer Hill.

Participate – don't hibernate and don't let your buddies hole up and isolate. There are lots of activities all around the installation – take those steps and get out your door.

If you would like to comment on this article or suggest a topic for Community Corner, e-mail usarmy.riley.imcom.mbx.postnewspaper@mail.mil.



Col. Cole

PRINCIPAL SPOTLIGHT

Principal touts school as stabilizing force

By Kalyn Curtis
1ST INF. DIV. POST

Q. What is your educational background?
I received my Bachelor of Science degree from Briar Cliff College in Sioux City, Iowa, and my master's degree in education administration from Kansas State University.

Q. How long have you been a principal?
I have served as principal at Fort Riley Middle School for 15 years. Before serving as principal, I taught for seven years before serving as athletic director and assistant principal.

Q. Why did you want to become a principal?
I was interested in making a difference in the education of students and thought working as a principal would provide me a greater opportunity to impact the entire learning community.

Q. What do you like about being a principal?
I really like planning with people. Whether it's planning with a student to raise their grades or planning with staff for an upcoming in service, planning with people to work toward a common goal is very rewarding.

Q. What are some of the unique aspects to being a principal for a school on a military installation?
I find that being a principal at Fort Riley is especially rewarding because there is a greater need for the school to represent a stabilizing element in each student's life. With having a large number of



Kalyn Curtis | POST

Joe Handlos has served as principal at Fort Riley Middle School for 15 years. His goal for the students at FRMS is to mobilize the Fort Riley Learning community to support the accomplishment of the school's mission, which is to assist students in developing the skills necessary to become lifelong learners and responsible members of society.

THIS WEEK'S SPOTLIGHT

- **Name:** Joe Handlos
- **School:** Fort Riley Middle School
- **Hometown:** Carroll, Iowa

our students having a parent deployed or TDY during their time at FRMS, there is a need for us to connect with families throughout the deployment process.

Q. What is your goal for the students of this school?
My goal is to mobilize the Fort Riley Learning community to support the accomplishment of our school's mission, which is to assist students in developing the skills necessary to become lifelong learners and responsible members of society.

Q. Do you have a military connection?
My wife was in the Army and stationed at Fort Riley when we were married.

Q. Were you ever sent to the principal's office as a student? Why?
No I wasn't. It's not that I was always well-behaved but having eight brothers and sisters who would report every move to my parents motivated me to stay out of serious trouble.

Q. What kind of student

were you in school?
I was OK, but not a strong student. When I was interested in the content or liked the teacher, I did great.

Q. What are your hobbies?
I love to read, work out and spend time with family (especially grandkids) and friends.

Q. What is your personal motto, and why?
I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do. – Edward Everett Hale.
I like this motto because I believe it is important for all of us to bring a can-do attitude to life each day.

WWW.1DIVPOST.COM

Program offers help for those with disabilities

By Kalyn Curtis
1ST INF. DIV. POST

To a new Army family, acronyms may seem difficult to understand. For example, EFMP. What exactly does that mean, and, what does the program offer?

EFMP, or the Exceptional Family Member Program, is designed to provide a comprehensive, coordinated, multi-agency approach for community support, housing, medical, educational, social support and personal service for families with children who have physical or mental disabilities.

MORE INFORMATION

For more information about EFMP, visit ACS, 7264 Normandy Drive on Custer Hill or call 785-239-9435.

EFMP provides the family with support by establishing services needed, transferring records, setting up medical care and providing contacts for the gaining installation's EFMP. The program also provides support groups, workshops and educational opportunities for families.

Enrollment in EFMP is mandatory and must be updated every three years or if a diagnosis changes.

Kristina Garza, systems navigator, EFMP, encourages families who have a member with a medical disability to enroll in EFMP.

"EFMP is very complex with multiple layers of service and support," she said. "Any family enrolled in EFMP or (that is) experiencing medical or educational situations is encouraged to come speak to EFMP at (Army Community Service) for information and resources."

EFMP can provide help

and care for any disability that requires medical services for chronic conditions including, but are not limited to asthma, attention deficit disorder, diabetes and multiple sclerosis.

Once enrolled in EFMP, it allows families to receive ongoing services from a medical specialist, receive early intervention or special education services through an individualized education program or individualized family service plan.

For more information about EFMP, visit ACS, 7264 Normandy Drive on Custer Hill or call 785-239-9435.

K-State to honor Kubik's work at concert

Kansas composer was leading voice in area of radio, film, TV

K-STATE MEDIA RELATIONS

MANHATTAN — Although he lived much of his professional life in Italy and France, famed composer Gail Kubik never lost touch with his Kansas roots.

Born more than 100 years ago in 1914, he spent his youth in Coffeyville, Kansas, and went on to be one of the leading voices in mid-to-late 20th-century music, especially in the realm of radio, films and TV.

The Hale Library Concert Series presents a special performance of Kubik's works at 7:30 p.m. Jan. 30 in Hale Library's Hemisphere Room at Kansas State University. A wine and dessert reception follows the performance.

Kubik won a Pulitzer Prize in 1952 for "Symphony Concertante," which was derived from a movie score he created for the film "C-Man." He also composed music for the Academy Award-winning cartoon "Gerald McBoing Boing," which revolutionized the musical approach to animated films.

In 1969 he came to K-State as composer-in-residence. His composition "A Record of Our Time" was performed at the dedication

of the K-State Auditorium Nov. 11, 1970, by the Minnesota Orchestra, the K-State Choral Union and Ray Milland.

Kubik died from a rare tropical blood disease, apparently contacted during a world tour for the U.S. Department of State in 1984. He was 69.

Alfred Cochran, professor of music in the university's School of Music, Theatre and Dance, and author of "The Functional Music of Gail Kubik: Catalyst for the Concert Hall," will introduce the concert. Performers include additional university music faculty, including Amanda Arrington, Paul Hunt, Tod Kerstetter, Nora Lewis, David Littrell, Susan Maxwell, Kristin Mortenson and Craig Parker.

The evening also will feature an exhibit of the Gail Kubik collection, which is housed in the Morse Department of Special Collections at Hale Library. The Friends Concert Committee is promising additional surprises that make this a must-see event.

Individual tickets are \$30 each; student tickets are \$10 each. To purchase tickets online, visit www.found.ksu.edu/rsvp/concertseries. For additional assistance, contact Darchelle Martin at martin05@k-state.edu or 785-532-7442.

NOW SHOWING

Barlow Theater is now in digital!
Tickets cost \$5.50 for adults and \$3 for children
Tickets for 3-D and first-run movies cost extra.
Children younger than 5 are admitted free.



FRIDAY, JAN. 23

• The Imitation Game (PG-13) 7 P.M.

SATURDAY, JAN. 24

• Night At The Museum:

Secret Of The Tomb (PG) 2 P.M.

• The Hobbit: The Battle Of The

Five Armies (PG-13) 7 P.M.

SUNDAY, JAN. 25

• The Hobbit: The Battle Of The

Five Armies (PG-13) 5 P.M.

For movie titles and
showtimes, call

785-239-9574

RALLY POINT Family Bingo



DECEMBER 21 • JANUARY 18 • FEBRUARY 15

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ADMISSION: ADULTS \$10; CHILDREN \$5



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Is Your Spouse Deployed?



HEARTS APART Services for Waiting Families

HEARTS APART offers support to Families who are living separately from their sponsors due to mission (i.e. deployment, unaccompanied tour, extended TDY, etc...) requirements.

The program sponsors events and services to help make life a little less stressful during separations. Participants will have an opportunity to attend social activities, educational workshops, and to meet, share and network with other Families.

Family members are eligible to participate in Hearts Apart activities 30 days prior to, during and 90 days after effective date of orders.



To register for Hearts Apart send an email to
usarmy.riley.lmcom.mbx.acs@mail.mil or 785-239-9435



For additional information contact an
ACS Outreach Coordinator at 785-239-9435

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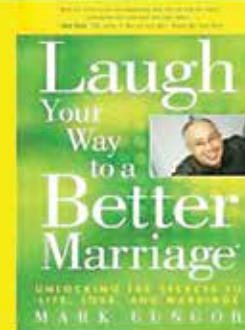
• The Tale of Two Brains

*Why Does He/ She Do That

• The #1 Key to Incredible Sex



Facilitated by
Family Advocacy Program
Specialist
Carolyn Tolleriver-Lee, MS MEd



When: Thursdays
19 & 26 February 2015

Where: ACS Bldg. 7264
Normandy Dr.

Time: 12:00-2:30pm

FREE Registration

CALL: 239-9435 or visit ACS
Bldg. 7264 Normandy Dr.

FREE childcare for
Military Families

The key to marital bliss is not romance or destiny -- it's work and skill. Couples need to work hard at maintaining their relationship to move to the next level of commitment! This humorous interactive series of trainings help couples to unravel the complexities of marriage. They will learn new ways to understanding one another while building a healthier and stronger marriage. Attend with or without your mate.

Each attendee will receive a certificate of attendance

Attend with or without your partner





Photos by Cheyanna Colborn | POST
Mariah McMillan, 4, grabs cookies from the snack table during the Winnie the Pooh Birthday Jan. 17 at the Fort Riley Post Library.



Lucas Cobble, 3, makes a birthday card for Winnie the Pooh during the Winnie the Pooh Birthday Jan. 17 at the Fort Riley Post Library.

POOH Continued from page 9

Martha Cobble, mom and military spouse, said the clerks who work at the library have inspired her children's love of reading. "We are at the library every other day because they want books," Cobble said. Another mom and military spouse, Caroline Adkins, said she brings her two children, Finlay, 6, and Ophelia, 4, to more events at the post library when their dad away, training or deployed. "We are grateful for the library and events to keep (our) minds off of dad being gone," Adkins said.

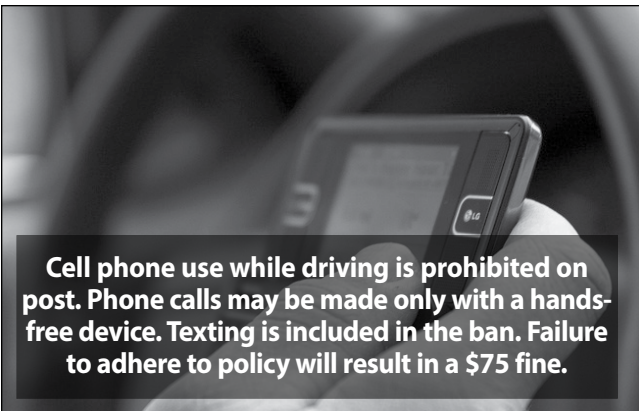
WWW.1DIVPOST.COM

PARTNERSHIP Continued from page 9

The charter between the high school and the 97th MP Bn. was first signed in March 2011. "It definitely gives back to the community," Spencer said. "It kind of gives back to us because a lot of students are from military families." Students and families are accustomed to seeing 97th MP Bn. Soldiers working at the school, Sharp said. Volunteer opportunities include assisting with graduation ceremonies, dances and a summer conditioning program, and being guest speakers, although, the opportunities are endless, she added. "The battalion serves as role models for our students as they all have varying educational goals and degrees within the Army," Sharp said. "The Fort Riley community is simply helping JCHS work to raise our students in the best way possible."



Maria Betzold | POST
Spouses listen to an instructor while attending an ASIST class during the Resilient Spouse Academy Jan. 12 to 15 at Fort Riley. The four-day class taught MRT, ASIST and Domestic Violence Awareness training.



CONFIDENTIAL ALCOHOL AND TREATMENT EDUCATION PROGRAM

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Do you want to build a snowman?

DECEMBER - FEBRUARY

Family and MWR's Outdoor Recreation wants you to whenever it snows grab your family or friends and make a snowman! take pictures and submit them to frosty@rileymwr.com for the chance to win prizes from Outdoor Recreation. Get creative with colors, clothes and accessories.

INFORMATION: 785-239-2363



FORT RILEY CYSS AFC DISCOUNTS

All children with a deployed parent are eligible to receive the following free discounts (deployment orders required)

Free Annual CYSS registration. This is a pre-requisite to use other services.

Free respite child care up to 16 hours per month per child. This free care may be obtained through the following programs:

- Free Saturday Deployment Care, one four hour session monthly in the Child Development and School Age Services Centers.
- Free Hourly Care in the Child Development Center, School Age Services, or Family Child Care. Reservations must be made in advance at the center or the FCC office.
- Hourly care beyond the 16 hours free respite will be charged at \$2.00 per hour.

20% monthly discount is available for children of deployed Soldiers for full-time and part-day fees.

\$100 in FREE sports registrations per child per Family per deployment. This includes soccer, baseball, basketball, flag football, and volleyball programs.

\$300 in FREE instructional (SKIES) classes per child per Family per deployment.


Access to child care services and discounts may be coordinated directly with the CDC or SAS centers for those already registered with CYSS.

Sports and Instructional Program registrations can be made at the Parent Central office.

Those not registered with CYSS are strongly encouraged to register by calling 239-9885 or visiting bldg. 6620 Normandy Drive.

Discounts are not retroactive. Refunds will not be issued for fees already paid.

Please join our CYSS Facebook page - <http://www.facebook.com/RileyCYSS/>



Sports & Recreation

IN BRIEF

BOSS X-GAMES
A Better Opportunities for Single Soldiers Winter X-Games Trip is planned for Jan. 23 to 26 to Aspen, Colorado. Registration is \$450 and includes travel, lodging, lift tickets and entry into the X-Games. For more information, call 785-239-2677.

RACQUETBALL TOURNEY
A Singles Racquetball Tournament is scheduled for 9 a.m. Jan. 24 at King Field House. The tournament is open to Department of Defense ID cardholders, 18 years and older. Registration is \$10 per player and ends Jan. 22. The tournament is free for active-duty military. For more information, call 785-239-2813.

INTERMEDIATE LEAGUE
An 8 for \$8 Intermediate League is scheduled from 2:30 to 4:30 p.m. Jan. 24 at Custer Hill Bowling Center. The league is open to youth, 8 to 18 years. The eight-week league runs every Saturday through March 14. Cost is \$8 per week and includes a bowling ball, shoes or bag at completion. The league has USBC-certified coaches. For more information, call 785-239-4366.

CLIMB TIME
Family Climb Time is scheduled from 2 to 4 p.m. by reservations Jan. 24 at Craig Fitness Center. Cost is \$5 per person and is open to those 10 years and older. Trained staff belay will be on site to belay participants. Those interested can call to schedule a one-hour block at 785-239-2363.

THAT 70S BOWL
That 70's Bowl is scheduled from 5 to 10 p.m. Jan. 31 at Custer Hill Bowling Center. The event includes a 1970s costume contest, photo opportunities and bowling. Cost is \$12 for adults and \$9 for children. For more information, call 785-239-4366.

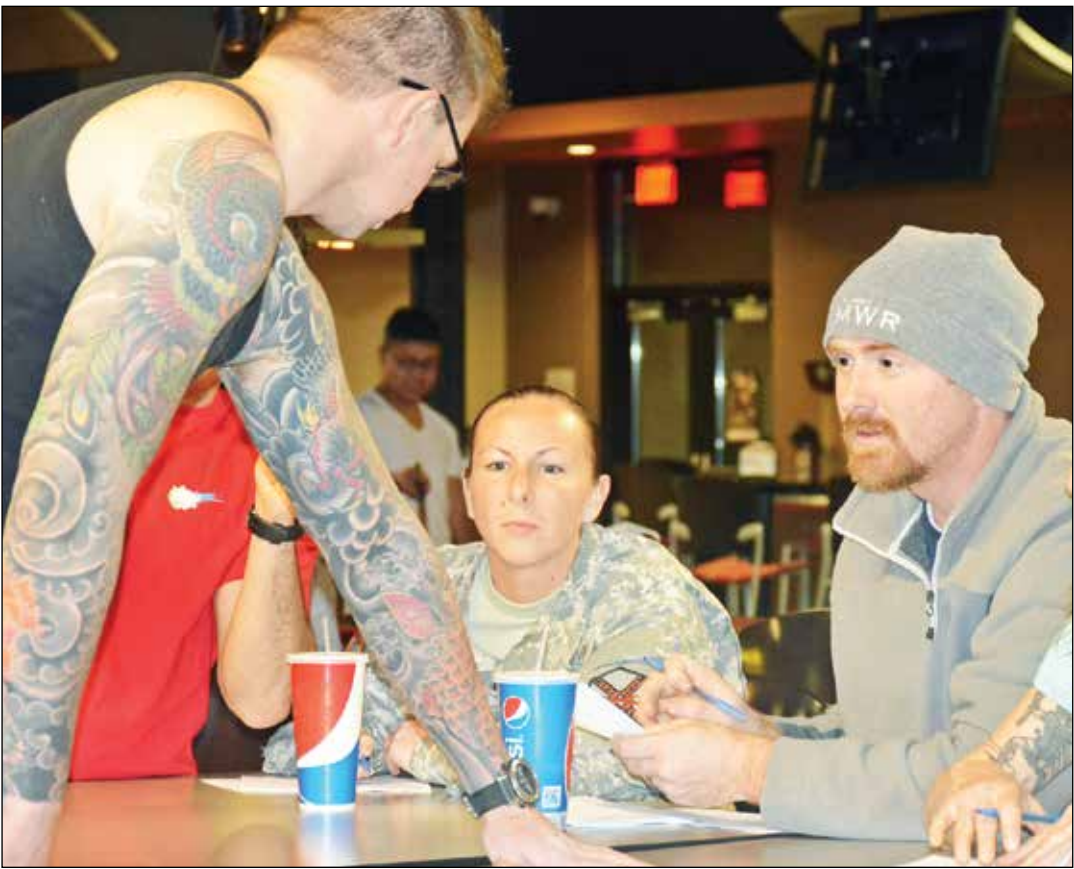
TAILGATE PARTY
A Super Bowl Tailgate Party is scheduled from 2 to 8 p.m. Feb. 1 at the Warrior Zone. Watch the game on more than 20 screens, tailgate with brats, burgers and chili. The event is open to guests, 18 years and older. For more information, call 785-240-6618.

DODGEBALL TOURNAMENT
A Dodgeball Tournament is scheduled for 10 a.m. Feb. 7 at King Field House. Cost is \$50 per team and free for active-duty teams. The tournament is open to all Department of Defense cardholders, 18 years and older. It is a double elimination tournament, and 12 players can participate per team. For more information, call 785-239-2813.

BOWLING SPECIAL PROGRAMMING:
Monday to Friday: From 11 a.m. to 1 p.m., pizza and salad buffet, \$6.99
Monday to Friday afternoon specials: From 11 a.m. to 1:30 p.m., \$2 games and \$2 shoes.
Wednesday to Friday: From 1 to 6 p.m., \$2.50 games and \$2 shoes.
Saturdays: From 11 a.m. to 6 p.m., \$2.50 games and \$2 shoes.
Sundays: From noon to 6 p.m., family fun, \$35 per lane, which includes two hours of bowling, one large two-topping pizza, two pitchers of soda and shoes for up to six people.
Evening specials:
Wednesday – Dollar Night: From 6 to 9 p.m., \$1 games and \$1 shoes.
Thursday – Quarter Mania: From 6 to 9 p.m., \$5 cover, which includes shoes and 50¢ games.
Friday – Red Pin: From 6 to 9 p.m., \$10 for 3 games with shoes and prizes
Extreme: From 9 p.m. to midnight. Cost is \$9, which includes shoes and up to three hours of bowling. Cost is \$7 for children.
Saturday – Extreme: From 6 p.m. to midnight. Cost is \$9, which includes shoes and up to three hours of bowling.

GOLF COURSE HOURS
During the winter months, the golf course is open 9 a.m. to 5 p.m., Monday to Friday, and from 8 a.m. to 5 p.m. Saturdays, Sundays and holidays. If the weather is scheduled to be 40 degrees Fahrenheit or lower, then the golf course may close. Follow on @custerhillgolf Twitter for up-to-the-minute happenings with closures.

SLINGIN' INK



Maria Betzold | POST
Sgt. Amber Minear, BOSS president, and Chris Dumler, DFMWR graphic designer, admire James Holmes during the sleeve portion of the Slingin' Ink Tattoo competition. This was the second annual tattoo competition at the Warrior Zone.

Event supports inked Soldiers

By Maria Betzold
1ST INF. DIV. POST

Some people get tattoos to remember loved ones or quote Bible verses, but getting support for a tattoo is a different ballgame, according to Staff Sgt. James Holmes, Headquarters and Headquarters Company, Special Troops Battalion, 4th Infantry Brigade Combat Team, 1st Infantry Division.

Holmes was one of several participants at the second annual Slingin' Ink tattoo competition Jan. 15 at the Warrior Zone.

"With all the new changes in regulations, (the event) helps support us," Holmes said about the competition.

Holmes, who won first place in the sleeve and Asian-inspired categories, said tattoos are about the meaning behind the image or words, not about the ink itself. He said he collected his tattoos over the course of

See TATTOO, page 14



Maria Betzold | POST
Sgt. Heath Cline (left) and Spc. Steven Smarsh (right), both with the 1st Bn., 28th Inf. Regt., 4th IBCT demonstrate combative training during the Jan. 15 Slingin' Ink Tattoo competition.

Fitness: Step up Triad goals

By Ronald W. Wolf
ARMY MEDICINE

FALLS CHURCH, Va. – It's time for Soldiers to step it up with the Performance Triad goals. Literally.

During fiscal year 2014, the Performance Triad pilot program was conducted in three separate active-duty battalions. The data from the pilot program provided a picture of the sleep, activity, and nutrition behaviors of Soldiers in the pilot at baseline and throughout the six-month program.

Data collected from the pilot program indicated, however, that some goals needed to be changed for active-duty Soldiers. For example, when surveyed before the pilot program began, 64 percent of Soldiers reported that they were already meeting the activity goals, even before any training or education on the Performance Triad had begun. At the same time, however, only 5 percent of Soldiers were meeting the sleep or nutrition goals.

In short, the sleep and nutrition goals provided Soldiers targets to shoot for; the activity goals were already largely met by most Soldiers. A curious thing happened on the way to the end of the six-month pilot evaluation period; activity levels went backward from exceeding the goals toward only meeting the goals. Soldiers may have unconsciously been reducing their activity to meet the goals they were told to achieve.

The decision was made to update the activity goals for active-duty Soldiers. The updated goals are performance-oriented and based recommendations from professional organizations, including the American College of Sports Medicine, or ACSM, the National Strength and Conditioning Association, and the Army's physical training policy.

Soldiers should incorporate the following new "plus goals" in the Performance Triad to their routine fitness activities.

- To the requirement for 10,000 steps, 5,000 steps have been added – new total is 15,000 steps.
- To the two to three days per week goal of resistance training, Soldiers should add one or more day per week of agility training.
- To the goal of 150 minutes per week of moderate or greater aerobic exercise, Soldiers should add a "plus goal" of 75 minutes of vigorous exercise.

See TRIAD, page 14

Double amputee NCO instills resilience, motivation

By Lisa Ferdinando
ANS

JOINT BASE MYER-HENDERSON HALL, Va. – Double-amputee Master Sgt. Cedric King had to choose after his injury: he could let the injury define him or he could set out on a new course to conquer these new challenges.

King, who lost both legs and suffered severe damage of his arm in an improvised explosive device blast in Afghanistan in 2012, chose the latter.

The master sergeant was the featured speaker at a recent Professional Development and Resiliency training forum hosted by the Joint Force Headquarters - National Capital Region, U.S. Army Military District of Washington.

CHANGE IN PERSPECTIVE

King, who is still on active duty,

said he had two questions after his injury: Why did it happen? When will get it better?

"Those answers, they never come. Those answers never are really there," he said, speaking to more than 500 people, most of them Soldiers. "The journey has to teach you the answers to those two questions."

A situation only gets better when you make up your mind to make it better, he said. When you focus on the positive, the positive in your life magnifies, he said.

"I still have my eyesight. I still have people around me who love me. I still got the chance at living a wonderful life. I still got a chance at helping other people," he said.

When you focus on the problems and challenges in your life, your problems and challenges magnify, King said.

See AMPUTEE, page 14



Commanding general of Joint Force Headquarters-National Capital Region, U.S. Army Military District of Washington, Maj. Gen. Jeffrey S. Buchanan, left, presents Master Sgt. Cedric King a keepsake Jan. 14 at Joint Base Myer-Henderson Hall, Va.

Lisa Ferdinando
ANS

Comeback Cats: Resilient K-State tops Baylor Bears



K-STATE ATHLETICS
From left to right, K-State Men's Basketball Team sophomore forward Wesley Iwundu, senior forward Nino Williams and senior forward Thomas Gipson celebrate on the court during a Jan. 17 basketball game against Baylor University at Bramlage Coliseum, Manhattan.

By Kelly McHugh
K-STATE ATHLETICS

MANHATTAN – An electric atmosphere and a basketball team that never backed down - that was the scene Jan. 17 in Bramlage Coliseum as the K-State men's basketball team upset No. 22 Baylor, 63-61.

"To beat a very good team, a top ranked team, it's a credit to our guys," said head coach Bruce Weber. "We hung in there. We didn't look very good in the game's first eight or 10 minutes; we had too many turnovers ... but we told the guys, you just have to keep fighting and grinding and hope some things happen."

Despite falling behind by 14 points in the opening minutes, K-State players never gave up, and, shot by shot, stop by stop, clawed their way back into the game.

In the closing minutes of the first half, the Wildcats went on a 12-0 run led by sophomore guard Marcus Foster. However, three straight Bear 3-pointers to close the half put Baylor ahead, 33-24, at half-time. Down by nine points, K-State continued to battle in the second half. However, with 11:30 left on the clock and the Wildcats down by 12 points, Foster was sent to the bench with four fouls.

"I was feeling good because I know how quick Foster can light up things,"

See COMEBACK, page 14

TATTOO

Continued from page 13

time, between changes in his relationships and jobs, and all the life experiences he has been through.

“Being in Kansas, there’s not a lot of tattoo conventions,” Holmes said, adding the Slingin’ Ink competition is an outlet at Fort Riley for those who like to participate in tattoo conventions.

Tattoo competitions are usually so far from Kansas that traveling to them can be a detour for a lot of people.

“(Slingin’ Ink) gives us the opportunity to participate (in a competition),” he said.

Garrison Command Sgt.

Maj. Jason Schmidt started the competition with encouraging words about tattoo regulations for the military.

“We want Soldiers to enjoy the freedom of expression,” Schmidt said.

The tattoos were judged in eight different categories: Portrait, pinup, wording, sleeve, Asian-inspired, black and white, full color, most regrettable and crowd favorite.

Caite Kendrick, business manager, Warrior Zone, Directorate of Family and Morale, Welfare and Recreation, said the event started last year

because of the uncertainty regarding rules and regulations about tattoos in the military.

In addition to the tattoo judging, this year’s event included a new tattoo drawing contest and a combatives demonstration.

“It gives people a different outlet,” Kendrick said. “We have different Soldiers with different hobbies here at the Warrior Zone. We want to offer something for everyone.”

Reactions from the tattoo competition have been positive, Kendrick said, and she hopes to continue the competition in the future.

AMPUTEE

Continued from page 13

King has served nearly 20 year in the Army, including a decade as an Army Ranger. He had competed in the Best Ranger competition multiple times. He did a tour in Iraq, and was on his second tour in Afghanistan at the time of his injury.

He said for months after he was injured, he would “complain about the two legs that I lost.”

During a moment he was alone at the hospital and feeling down, he opened a care package and found a pack of unsharpened pencils.

Then it hit him; a pencil is useless unless it is sharpened, which he compared to going through adversity.

After a period of adversity, the pencil emerges sharp, extremely useful and able to complete the mission. He was the pencil; the blast happened for a reason, for a greater purpose, he said.

Then slowly things began to change in his life, he said.

“I began to find little things to appreciate,” he said. “That’s hard to do if you’re missing a pair of legs, but if you look at the way things happen, the pendulum swung that way so far to where I was complaining about everything.”

If the pendulum could swing far into the negative, then it could also swing “toward the good, toward the positive,” he said.

His wife wanted her loving husband back; his children just wanted their father back, he said.

“Instead of reaching up on the shelf that I could not reach to grab the salt shaker that I

wanted, then I just reached up the shelf that I could,” he said.

The small things turned to bigger things.

He told the crowd how he was determined to learn how to swim again, even refusing to get out of the pool when a lifeguard demanded he leave, in fear he would drown. He persevered, despite the doubts by the lifeguard and doubts in his own mind, and he learned, he said.

He didn’t stop there: he has since completed various road races and competitions, including the Army Ten-Miler, Boston Marathon, and Ironman competition. He also does various public speaking engagements and said he wants to write a book about his life.

RESILIENCE, STRENGTH

“It was like a bad dream,” King recalled about waking up at Walter Reed National Military Medical Center in Bethesda, Maryland.

His wife had to break the news to him that both his legs had to be amputated while he was in a medically induced coma, and that his arm was severely damaged.

“That’s news that you can’t even fathom,” he said.

“I knew I had to make a decision on whether I was going to allow that adversity to own me for the rest of my life or whether I was going to make something out of this pain,” he said.

King said he absolutely would want his legs back if he could. However, he added that he would never want to return the perspective and the outlook he has now on life.

His faith, and his wife and

two daughters, helped him emerge stronger and sharper, like the pencil. While the terrorists could take his legs, they could never take his spirit and strength, he said.

STRENGTH FROM WITHIN

Command Sgt. Maj. David O. Turnbull, command sergeant major of Joint Force Headquarters - National Capital Region, U.S. Army Military District of Washington, recalls visiting King in the hospital.

“It was the same Cedric I knew as a young team leader,” Turnbull said. “He was a little banged up, a little bruised up, but his attitude, his smile, the gleam in his eyes was still there.”

Pausing with emotion, Turnbull said, “He told me that day he was going to get through this. With no doubt in his mind he said ‘I’m going to get through this. I got this.’”

Turnbull noted how King just returned from Florida, where he ran a 5K, 10K, a half-marathon, and a marathon. “Because everybody knows – why do one race when you can do four over a weekend,” Turnbull said.

In a video played at the event, First Lady Michelle Obama said she met King at the White House last year and saw his “courageous spirit first-hand.”

King “embodies the incredible resilience and strength of all of our wounded warriors,” she said.

“We owe it to these heroes to show just a tiny fraction of their commitment in service to this country with service of our own,” she said.

TRIAD

Continued from page 13

First, the “plus goal” of 5,000 steps was added after the average number of steps started to decline. Pilot data showed that Soldiers were achieving, on average 11,000 steps per day, and 296 “active minutes” per day at the start of the study. However, during the pilot, the number of steps decreased to an average of 9,600 and the number of active minutes decreased to 254.

The original 10,000-step goal was based on walking 10 minutes every waking hour, a number that is easily met by an active-duty Soldier. Soldiers routinely achieve 4,000 to 5,000 steps during unit physical training, their goal should be to add an additional 10,000 steps during the day to encourage routine activity and discourage sedentary behavior. The goal of 15,000 steps is more in line with the activity

levels of an active-duty Soldier.

Second, in addition to the two to three days per week of resistance training, Soldiers should add a “plus goal” of agility training one day per week or more. Both the ACSM and the National Strength and Conditioning Association recommend activities that include jumping, landing, explosive movements, sprinting, and obstacle and agility courses. The training is shown to help reduce sports injuries, develop load carrying ability, and increase athletic performance. The updated Performance Triad goal for agility training supports this performance requirement.

Third, in addition to the 150 minutes of moderate or greater aerobic exercise, Soldiers should add a “plus goal” of 75 minutes of vigorous exercise per week. Aerobic activity

is classified as “moderate” or “vigorous” based on established objective standards by groups such as ACSM and the World Health Organization. These organizations use a 2:1 ratio for comparing moderate to vigorous activity, so one minute of vigorous activity is equivalent to two minutes of moderate activity. Adding this additional goal allows us to provide a recommendation of 300 equivalent minutes of moderate aerobic exercise. From the performance standpoint, vigorous exercise adds improved gains to the individual’s fitness level.

It’s all about reaching and maintaining peak performance. The “plus goals” of the Performance Triad will allow you to step up your active role in improving your health and performance and help Army Medicine become a System for Health.

COMEBACK

Continued from page 13

said Baylor head coach Scott Drew about Foster leaving the game. “I thought that was really the point in the game where we needed to get separation. Credit K-State for executing and doing a great job during that stretch. There are no safe leads in the Big 12.”

Although their main scorer was out, senior forward Nino Williams took over the reins for K-State. Scoring 16 second-half points, Williams led K-State on a 17-2 run and helped secure the team’s first lead with six minutes left.

“Coach told us to stick with it, and I just understood the Baylor zone, ways to score, the openings and Wesley (Iwundu) found me a couple of times,” explained Williams on his big

second half. Williams finished the game with a team-high 18 points and seven rebounds.

Although he scored 16 in the game’s first half, the Wildcats held Baylor high-scorer Kenny Chery to just five second-half points thanks to Iwundu.

At halftime, K-State made the switch to put Iwundu on Chery, and it was exactly what the Wildcats needed.

“All that was going through my mind was to have him shoot contested shots,” explained Iwundu. “I knew he wanted to go right and shoot the ball, so I was kind of leaning towards sending him left. So, just bothering him left and created tough shots on him. All the talk at halftime was how we could stop him, and

I thought we did a good job of shutting him down in the second half.”

Iwundu closed the game with eight points and one rebound along with two steals and a team-high six assists.

Jan. 17’s victory marked the 12th-largest comeback in school history and the largest comeback win since 2011.

Continuing to be dangerous on their home court, yesterday’s win marked the Wildcats’ sixth consecutive win over a top-25 ranked opponent in Bramlage Coliseum.

The Wildcats are riding a four-game winning streak and are currently tied for first in the in the Big 12 with a 4-1 conference record (11-7 on the season).



Travel & Fun in Kansas

IN BRIEF

For links to attractions and events in the Central Flint Hills Region, visit www.rileymur.com and click on the Fort Riley and Central Flint Hills Region Calendar.

ABILENE
Event: WWII Remembered: Leaders, Battles and Heroes – 1941 to 1945
When: Now to Dec. 31, 2016
Where: Eisenhower Presidential Library, Museum and Boyhood Home, 200 S.E. Fourth St.
A multi-year, multi-faceted large scale exhibit throughout the museum. A large, supplemental exhibit focusing on the unsung allies and heroes of the war is located in the Presidential Library gallery.
Cost: Call 785-263-6700 or email eisenhower.library@nara.gov.

SALINA
Event: “Disney in Concert - Tale as Old as Time”
When: 4 p.m. Jan. 25
Where: Salina Symphony, 151 S. Santa Fe
A magical journey into storytelling and music as only the timeless tales of Disney can evoke. Brought to life by the talents of four Broadway-caliber singers and featuring high resolution animated feature film sequences, “Disney In Concert – Tale as Old as Time” observes iconic moments, plot twists and feats of daring heroics from “Frozen,” “Beauty and the Beast,” “Cinderella,” and others. For more information, call 785-873-8309 or visit www.salinasymphony.org.
Cost: Adults are \$35 and \$25; Students are \$15.

CANTON
Event: Elk Days
When: 10 a.m. Jan. 24
Where: Maxwell Wildlife Refuge and Buffalo Tour, 2565 Pueblo Road
Tram tour to view bison and elk starting at 10 a.m., with a meal to follow. Reservations only. For more information, call 620-628-4455 or email friendsofmaxwell@yahoo.com.
Cost: Free-will donation

MONTEZUMA
Event: Alert Today, Alive Tomorrow: Living with the Atomic Bomb, 1945-1965
When: Jan. 25 to March 15
Where: Stauth Memorial Museum, 111 N Aztec St.
The exhibit explores the ways Americans experienced the atomic threat as part of their daily lives. For more information, call 620-846-2527. Hours of operation are from 9 a.m. to noon and from 1 to 4:30 p.m., Tuesday to Saturday, and from 1:30 to 4:30 p.m. on Sundays. The museum is closed on Mondays and major holidays.
Cost: Admission is free, but donations are appreciated.

See Kansas in whole new way

FHDC

MANHATTAN – The Flint Hills Discovery Center will host the traveling exhibit, K is for Kansas: Exploring Kansas from A to Z. The exhibit is full of things to look at, touch and discover using the letters of the alphabet to illustrate features that are unique to Kansas.
K is for Kansas: Exploring Kansas from A to Z is a traveling exhibition



organized and produced by Kauffman Museum. Younger visitors and their families can discover who Kansans are with a special Kansas alphabet representing the

people, places, things, plants, and animals which make Kansas such a special place.
The alphabet includes the state symbols that all Kansas children

study, along with fun and curious facts about the state.
The exhibition opens Jan. 24 and runs through March 22. Admission fees are as follows: Adults, \$9; military with ID, college students, professional educators and seniors, 65 years and older, \$7; children, 2 to 17 years, \$4; and children under two are free. For more information about programs or events at the FHDC visit www.flinthillsdiscovery.org or call 785-587-2726.

Abilene to host 20th annual statehood ball

DICKINSON COUNTY HERITAGE CENTER

ABILENE, Kan. – Come celebrate the 154th Birthday of Kansas at the 20th annual Kansas Statehood Ball, hosted by the Dickinson County Historical Society, from 7 to 10 p.m. Jan. 24 at Sterl Hall in Eisenhower Park.
The event is for the whole family. The public is invited to come in period clothing, but it is not required. Cost of the dance will be \$5 per adult, \$3

for members of the Dickinson County Historical Society and \$2 for children, 3 to 12 years.
Robert Thomas of Fort Scott, Kansas, will be the dance instructor and social director for the evening. He and his wife, Anita, will demonstrate the 1860 period dances.
The evening will begin with the traditional Grand March followed by a waltz. Thomas will also discuss 1860 ball room etiquette. Everyone

can join in and participate in each of the dances. Other dances that will be performed include the Virginia Reel, the Jenny Lind Polka and the flirtatious “Hat Dance.”
Music will be provided by the Kansas Brigade Band and assisted by Peggy Meuli on piano. The band consists of members from the local area. Originally organized by the late Fred Schmidt, the Kansas Brigade Band has performed for

about 20 years for Civil War events around Kansas.
The Statehood Ball is an educational program provided by the Dickinson County Historical Society. Refreshments will be provided.
For more information about the event or about the joining the Dickinson County Historical Society, call 785-263-2681 or visit the Dickinson County Heritage Center on Facebook.

Hungry for art? New exhibit at Beach museum feeds need

K-STATE MEDIA RELATIONS

MANHATTAN – The newest exhibition at Kansas State University’s Marianna Kistler Beach Museum of Art is designed and named to feed one’s hunger for art.
“Dinner and a Mid-Night Snack: Gifts of Contemporary Works on Paper from Donald J. Mrozek and R. Scott Dorman” opens Feb. 3 and runs through July 12 in the museum’s Marion Pelton and Hyle Family galleries.
Mrozek and Dorman, Manhattan, have donated close to 300 works on paper to the Beach Museum of Art. “Dinner and a Mid-Night Snack” showcases a selection of these works and reflects the collectors’ shared love of music, literature, art and architecture.
Featuring more than 60 works – primarily prints – dating from the late 1960s through present day, the exhibition is guest curated by K-State’s Katie Kingery-Page, associate professor of landscape architecture and regional and community planning, and Thomas Bell, associate professor and librarian for faculty and graduate services.
The exhibition title, “Dinner and a Mid-Night Snack,” is drawn from a translation of the Chinese text in one of the works on display. Chryssa’s “Calligraphy III” appropriates this found text, which may have originally appeared on a restaurant advertisement.

Bell and Kingery-Page were drawn to the translation’s mealtime reference.
“Don and Scott enjoyed these works in the context of their home, and spoke with us about the experience of living with contemporary art in the kitchen, around the dining table, throughout the house,” Kingery-Page said, adding that metaphorically, the title conveys how the guest curators hope visitors will enjoy the show: lingering contemplation, brief visits, or both.
The curators used their backgrounds in design and music to help craft the exhibition. Drawing inspiration from her work as a landscape architect, Kingery-Page focused on the way the collection bridges quiet, minimalist and more frenetic postmodern moments in late 20th-century art.
Bell looked to similarities between visual art and music, which he said speak to those parts of ourselves that we are unable to describe but are nonetheless real and vital.
“Art takes ideas and intense intellectual rigor and translates the depths of our humanity into a wordless, unutterable language, communication beyond words,” Bell said.
A series of in-gallery performances, conversations and readings by K-State faculty and students will link the works on display to contemporaneous developments in music and literature. Admission is free. For more information, call 785-532-7718 or visit <http://beach.k-state.edu>.

‘Dancing Pros’ to be at McCain

K-STATE MEDIA RELATIONS

MORE ONLINE

MANHATTAN – The world’s most remarkable dancers will be heating up the stage in Dancing Pros: Live, and the audience gets to vote for the best of the best.
Now touring the U.S., Dancing Pros: Live will perform at 8 p.m. Jan. 29 at McCain Auditorium at the Kansas State University campus.
Starring Dancing With the Stars pro, head judge Karina Smirnoff and featuring Edyta Sliwinska and Chelsie Hightower, both from Dancing With the Stars, the live dancing competition is hosted by Alan Thicke, star of the hit TV show, “Growing Pains.”
Tickets are available now at the McCain Auditorium box office, online at www.k-state.edu/mccain or by calling 785-532-6428.
Ten of the world’s most remarkable professional dancers will compete with one another for top prize in the high-octane dance competition. The show is packed with a variety

of dance styles, from the Cha-Cha and Tango to Swing and Samba. In the sumptuously produced Dancing Pros: Live, the voting is left strictly to the audience, and the winner is announced at the end of the show.
“We had the idea to marry two things: the art of dance, which we love, and audience interaction, which we experienced while on Dancing with the Stars,” said Head Judge and Co-Creator, Edyta Sliwinska. “What better way to engage the audience than to give everyone in the theater electronic devices and have them vote for their favorite couple.”
The show will also feature singing by Angel Taylor from “The Voice.”
For additional information about the show, tour dates and tickets, visit www.DancingProsLive.com.



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4 Bldg 7000F	2210	2340	0254
5 Bldg 7000G	2212	2342	0252
6 Bldg 7000A	2215	2345	0248
7 Bldg 210	2225	2355	0245
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9 Bldg 694	2237	2407	0233
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For more information, call
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