

THE **1**ST INFANTRY DIVISION POST

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FORT RILEY, KAN.

Soldier trades her computer for tank

By Staff Sgt. Bernhard Lashleyleidner
1ST ABCT PUBLIC AFFAIRS

CAMP BUEHRING, Kuwait – A “Devil” brigade human resources specialist traded in her computer to become the second female Soldier in the Army to qualify as a loader on an M1A2 Abrams tank Dec. 10 at the Udiari Range Complex.

Cpl. Brittany Robbins, human resources specialist, Headquarters and Headquarters Company, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, performed the task during Table VI tank gunnery.

Robbins, a native Goldsboro, North Carolina, said tank commander Sgt. Patrick Naragon, his gunner, Spc. William Campbell, and driver, Pfc. Jason Stitt, all with Co. D, 1st Bn., 16th Inf. Regt., trained her for 30 days on everything about the Abrams tank.

“I had to learn everything they learn during their four-month tank-er course in 30 days due to females not being allowed to attend this course,” Robbins said. “It was overwhelming at times, but I knew I had to remain focused so I could pass.”

Robbins said after arriving to the unit in April 2012, she became fascinated with tanks and began dreaming of becoming a tank-er.

Naragon, a native of Mesa, Arizona, said he first met Robbins while he and his crew were training in another location in the U.S. Central Command area of operations. He would email her administrative papers to file on their behalf.

Naragon said when Robbins first approached him about becoming a loader on a tank, it really took him by surprise.

He told Robbins he would see what he could do but could not promise anything.

“Due to this military occupational field being closed to females, I had to get permission before I could train her,” Naragon said. “Once my platoon sergeant gave me the OK, we began showing her everything she needed to know to be a successful loader.”

Naragon said his tank crew started preparing her for the gun-

See TANK, page 7

Staff Sgt. Bernhard Lashleyleidner
1ST ABCT

Cpl. Brittany Robbins, human resources specialist, Headquarters and Headquarters Company, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, traded in her computer for the opportunity to qualify as a loader on an M1A2 Abrams tank.

BEARING ARMS



‘Big Red One’ Soldiers train, advise Iraqi army

ABOVE: Sgt. David Kappel (right), an infantry trainer assigned to Company A, 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, adjusts the rifle of an Iraqi army trainee as he instructs the soldiers how to properly stack in preparation to move toward their objective Jan. 7 at Camp Taji, Iraq. Kappel is one of more than 150 “Dreadnaughts” of 2nd Bn., 34th Armor Regt., who are advising several Iraqi army battalions, providing new recruits advanced training and assisting Iraqi cadre by teaching small unit tactics and leadership. (Photo by Master Sgt. Mike Lavigne, 1st Inf. Div.)

RIGHT: Command Sgt. Maj. Michael Grinston (right), senior noncommissioned officer of the 1st Infantry Division and Combined Joint Forces Land Component Command-Iraq, presents a coin to an Iraqi soldier who won a competition for assembling and disassembling an AK-47 in the shortest time Jan. 3 at Camp Taji, Iraq. (Photo by Staff Sgt. Daniel Stoutamire, 1st Inf. Div.)



Military families get aid for school

Scholarship application period open until May 1

ARMY EMERGENCY RELIEF

ALEXANDRIA, Va. – Army Emergency Relief has announced the opening of its scholarship application period. Applications will be accepted from Jan. 2 until May 1.

AER supports both the Spouse Scholarship Program, as well as the Maj. Gen. James Ursano Scholarship Program for dependent children. Scholarship specifics and the applications are available on AER’s website at www.aerhq.org. The Spouse Scholarship can be used for full or part-time students, while the Ursano Scholarship is only for full-time students.

Last year AER awarded 3,637 scholarships, totaling more than \$8.8 million to spouses and children of Soldiers.

“The entire scholarship process is online,” said Tammy LaCroix, manager for AER’s scholarship programs. “Last year we found that the online process worked best for those who downloaded the step-by-step instructions and used them as a checklist.”

“Applicants are able to create their own profile, submit their documentation online, and check their status,” added LaCroix. “This proved to be a huge time saver for both the applicants and the scholarship staff.”

The entire application package for the 2015 to 2016 school

See SCHOLARSHIP, page 8

‘Gray Eagle’ prepares for Operation Inherent Resolve

By Sgt. Michael Leverton
1ST CAB PUBLIC AFFAIRS

More than 100 1st Infantry Division Soldiers will be heading to southwest Asia to support operations against the Islamic State of Iraq and the Levant.

Capt. Kent Monas and 1st Sgt. Keiandra Lane, commander and senior noncommissioned officer, Company F, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Inf. Div., cased the company’s colors Jan. 6 during a ceremony at Fort Riley.

“About four short months ago, the company received a warning order for a deployment to Southwest Asia in support of Operation Inherent Resolve against the Islamic State,” said Lt. Col. Parker Frawley, commander of the 1st ARB, 1st Avn. Regt.

The company’s Soldiers will bring with them the newest model MQ-1C Gray Eagle unmanned aircraft system. According to the manufacturer, the Gray Eagle is a medium-altitude, long-endurance system designed to perform at higher altitudes than any of the Army’s previous unmanned aircraft systems. These unmanned systems can be operated continuously for up to 24 hours. Co. F was one of the first Gray Eagle units in the Army and was the first to put the system in to combat in Iraq in 2011.

Co. F will be based in Kuwait and its Soldiers have constantly trained since receiving deployment orders.

“To understand their remarkable progression the company had the personnel and equipment to fly fewer than 30 hours in the month of

See GRAY EAGLE, page 7



Sgt. Michael Leverton | 1ST CAB

Capt. Kent Monas (left) and 1st Sgt. Keiandra Lane (right), commander and senior NCO, Company F, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, case the company’s colors during a ceremony Jan. 6 at Fort Riley. The company’s Soldiers are set to deploy to Kuwait in support of Operation Inherent Resolve against ISIL.

The next USAG
Resilience Day Off is

JAN.

30

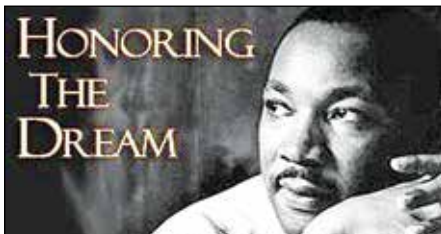
SAFETY HOLIDAY

As of Thursday, Jan. 15

010

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



FORT RILEY HONORS MARTIN LUTHER KING JR., JAN. 21, SEE PAGE 10

ALSO IN THIS ISSUE



FUTSAL LEAGUE BEGINS AT FORT RILEY, SEE PAGE 13.



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‘Big Red One’ names best Soldier, NCO, squad of quarter

By Staff Sgt. Jerry Griffis
1ST INF. DIV. PUBLIC AFFAIRS

The 1st Infantry Division Noncommissioned Officer and Soldier of the Quarter Competition winners were announced during a Jan. 8 ceremony at Fort Riley’s Barlow Theater.

Sgt. Joshua Guertin, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, was named NCO of the quarter and Pfc. Christopher Omara, 1st Squadron, 4th Cavalry Regiment, 4th Infantry Brigade Combat Team, was named Soldier of the quarter.

The division’s Best Squad of the Quarter, 1st Squad, 3rd Platoon, Troop A, 1st Sqdn., 4th Cav. Regt., was also announced during the ceremony. The best squad competition was in conjunction with the NCO and Soldier of the Quarter competition. The winner was determined during a one-day event that tested the technical, tactical and physical abilities of each competing squad.

Two Soldiers were inducted into the Sergeant Audie Murphy Club during the Jan. 8 ceremony: Staff Sgt. Jesse Craven, 1st Sqdn., 4th Cav. Regt.; and Sgt. Minnette Sandoval, 701st Brigade Support Battalion, 4th IBC.

Soldiers from units across the division started competing Dec. 2 for the titles of noncommissioned officer, Soldier and squad of the quarter. Events included a modified Army physical fitness test, combatives trials, an obstacle course, land navigation, a range qualification, written



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

The 1st Infantry Division Noncommissioned Officer and Soldier of the Quarter Competition winners were announced to a full audience during a Jan. 8 ceremony at Fort Riley’s Barlow Theater.

tests, Soldier skills competition and appearance before a board.

“The eight-mile ruck march in under two hours was the hardest event I had to do,” Guertin said. “That was tough.”

Omara agreed. “The eight-mile ruck was definitely the most challenging part,” he added.

Guertin also said conducting the physical fitness test in cold weather was a challenge. The Soldiers competing in the competition were the

best from their brigades, selected after winning boards at the brigade level.

“It was a good competition,” Omara said. “It tested my limits and I found out how far I could go.”

Guertin talked about how to use the information he learned and the challenges he faced to help his Soldiers in the future.

“I learned some of my weak spots that I need to improve on like the STX (situational training exercise) lanes,” Guertin said. “I definitely need

to improve on that and I can pass this information down to my Soldiers.”

Omara said the competition gave him the opportunity to stand out among his peers and gave him confidence to strive for other goals.

“I like to win,” Omara said. “I like to be the best.”

The NCO and Soldier of the Quarter winners will go on to compete in the division NCO and Soldier of the Year competition later this year.



COURTESY PHOTO

Members of the Directorate of Public Works inject 8,200 pounds of soybean oil into the groundwater during the first treatment of a sandbar near the Kansas River. The original injection took place in May 2006. The enhanced soybean oil increases the population of small organisms that feed on the chemical tetrachloroethylene. The University of Kansas Center for Science and Research Support is collaborating with the Kansas City Corps of Engineers to study the area and eliminate the chemical.

Fort Riley, University of Kansas join forces to remove chemical from groundwater

By Maria Betzold
1ST INF. DIV. POST

Before 2002, a dry cleaning facility sat just south of Custer Road on Fort Riley. Because of an accidental release of a chemical known as tetrachloroethylene, or PCE, the University of Kansas Center for Science and Research Support is collaborating with Kansas City Corps of Engineers to study the area and eliminate the chemical.

In 2006, a previous treatment of the site was issued. A crew excavated the area knowing PCE was released from the dry cleaning facility, and it treated the sandbar by the Kansas River with enhanced

soybean oil, according to Craig Phillips, chief, Pollution Prevention and Cleanup Branch, Directorate of Public Works.

“We created an environment that boosted microbial population,” Phillips said about the original treatment.

The enhanced soybean oil increases the population of small organisms that feed on the chemical PCE, according to Phillips. KU has made one site visit and John Shimp, project manager and environmental engineer, DPW, said they plan to begin work in May when warmer weather is in the forecast.

The eastern portion of the sandbar is still under the PCE regulatory limits; how-

ever, the western portion still has PCE in the groundwater above the regulatory limits, according to Phillips.

“It has never reached a drinking water source,” Phillips said.

KU is planning to investigate what kind of little bugs that might eat the PCE are living underground in the area and determine what can be done to help increase the population so they eat more, Phillips said.

Also, KU will be checking if the environment underground where the crew previously worked is similar in the new site.

“Instead of money that we would spend to remediate

this going to a contractor, the opportunity to work in the field site is being provided to students and professors at KU,” Phillips said. “(Students) get the opportunity to work outside of a laboratory and apply some of the science they are studying.”

Utilizing KU students and professors studying in the field might also provide an insight to an area unknown to contractors, according to Dick Shields, geologist, DPW.

“Sometimes they have some things they are working on that are relatively unusual that might serve as an ah-ha moment,” Shields said.

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.

Fort Riley begins implementing changes to access measures Jan. 20

STAFF REPORT

Changes in Fort Riley installation access measures will be underway beginning 2015. The installation will be phasing these measures from January through March of 2015.

The first phase for commercial vehicles is scheduled to begin Jan. 20. Commercial access will be via the 12th Street or Estes Commercial Vehicle Gates between the hours of 5 a.m. to 7 p.m. on weekdays and 8 a.m. to 5 p.m. Saturdays. Outside of those hours, commercial delivery drivers may

access the installation through the Henry Gate.

A commercial vehicle is any vehicle used for the purpose of conducting business.

Every commercial vehicle operator, and others in the vehicle over the age of 18, must pass a National Crime Information Center, or NCIC III, background check to enter the installation. Passes for 24-hours to 7 days are then issued for the individuals in the vehicle.

Drivers must possess the following when delivering goods to Fort Riley:

- A bill of lading or invoice for delivery containing an address on the installation
 - Drivers must possess a valid state-issued driver’s license
 - Proof of state vehicle registration and insurance
- Additionally,
- If the vehicle has a seal, the seal’s serial number will be checked against the bill of lading.
 - If the seal is broken or does not match, a vehicle inspection will be conducted.
- Commercial operators with a DOD-issued ID card, such

as retirees or dependents, may not use their DOD issued card to access the installation when their access is on behalf of a commercial entity. They must follow the same process as all others requesting access in a commercial vehicle.

Contractors with a valid need for a long-term pass may go to the Henry Gate Visi-

tor Control Center and apply there for a pass beyond 7 days.

One hundred percent inspection of all commercial vehicles are required.

For questions regarding commercial access procedures, contact McKenny Tremble at mckenny.1.tremble.civ@mail.mil or 785-307-4120.

Legislation changes military laws for sexual assault

By David Vergun
ANS

WASHINGTON – The fiscal year 2015 National Defense Authorization Act, signed into law last month, significantly changes the Uniform Code of Military Justice in cases pertaining to rape and sexual assault.

All of the UCMJ amendments contained in the NDAA pertain to investigating and prosecuting sexual assault crimes and victim care, said Lt. Col. John Kiel Jr., chief, Policy Branch, Criminal Law Division, Office of the Judge Advocate General.

A big change involves Article 32 preliminary hearings, he said. First, some background:

The purpose of an Article 32 investigation was at one time “to provide discovery to the defense,” he said. Then, the FY14 NDAA directed that the purpose of an Article 32 be “to determine whether probable cause exists to believe that an offense under the UCMJ has been committed and that the accused committed it.”

Article 32 hearings are now modeled after preliminary hearings in the federal criminal system, he said. The FY15 NDAA requires that the preliminary hearing be conducted by a preliminary hearing officer who is a judge advocate and that qualifying victims, as defined in the statute, have a right not to testify at the hearing should they so choose. This right applies to both military and civilian victims.

SPECIAL VICTIMS’ COUNSEL

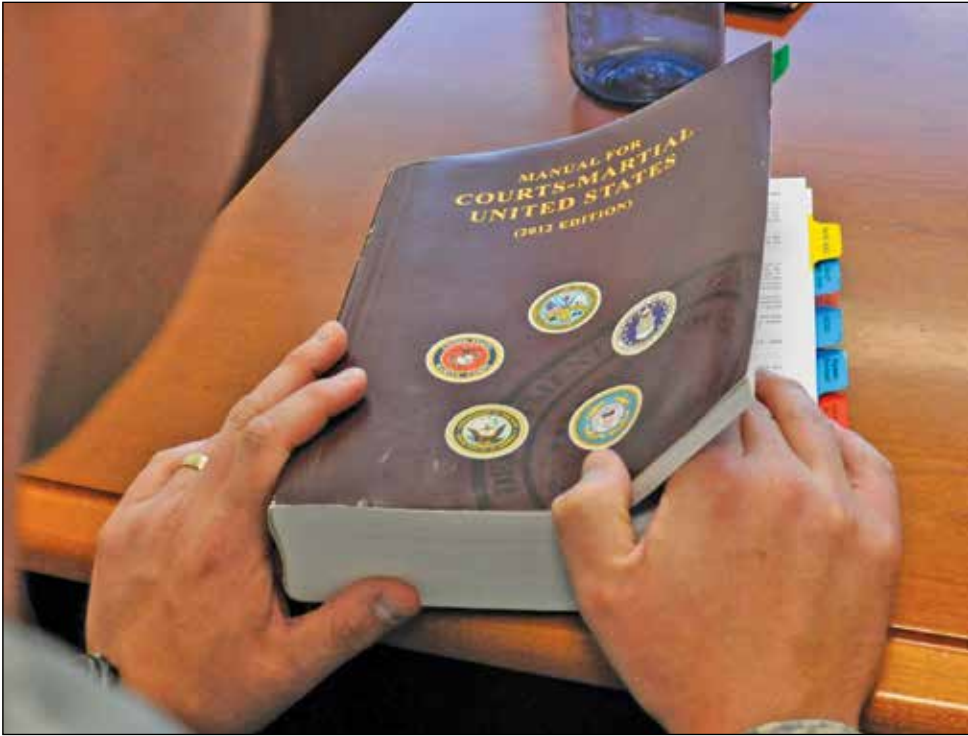
Over a year ago, the secretary of defense directed that each of the services create a special victims’ counsel program, whereby each victim of sexual assault would be entitled to free legal counsel to represent them during all phases of the investigation and courts-martial proceedings.

“By all accounts, the services and Congress are pleased with the success achieved by these programs thus far,” Kiel said.

The FY15 NDAA made three additional modifications.

First, Congress directed that the military rules of evidence be amended to reflect that wherever a victim has a right to be heard, the victim may exercise that right through his or her counsel, he said.

Second, Congress directed the service secretaries to publish procedures to ensure that special victims’ counsel receive adequate notice



Staff Sgt. Nicholas Rau | U.S. AIR FORCE

Changes to the Manual for Courts-Martial have been brought about by the National Defense Authorization Act for fiscal year 2015, which became effective Dec. 26, 2014, according to an expert in the Army's Office of the Judge Advocate General.

of the scheduling of hearings, trials, and other courts-martial proceedings.

Third, victims may now petition the service court of criminal appeals for a writ of mandamus in cases where the victim believes the military judge erred in a ruling pertaining to rape shield evidence under Military Rule of Evidence 412 or violating the psychotherapist-patient privilege under MRE 513. Writ of mandamus is an order from a superior court to a subordinate government court to do or refrain from doing something.

Regarding MRE 513, Kiel said the NDAA requires that the existing privilege between a psychotherapist and patient be expanded to include other licensed mental health professionals. It also requires that before any protected information may be released, a military judge conduct a closed hearing and apply a number of legal factors first before ordering the production or disclosure of any information.

In the FY14 NDAA, Congress required that commanders who have the discretion to dispose of offenses committed under the UCMJ can no longer consider the general military character of the accused in doing so. In this

year’s NDAA, Congress went even further by prohibiting the consideration of general military character during the findings phase of courts-martial proceedings except for a limited number of enumerated offenses where that kind of character evidence would be relevant to the charged offense(s), Kiel said.

CONVENING AUTHORITY

Congress also created a system in the FY14 NDAA whereby any decision not to refer a sexual assault offense to court-martial by a convening authority will be reviewed by a superior competent authority, he said. In the case where the convening authority and his or her staff judge advocate disagree about the referral decision, the case will then be sent to the service secretary for review. In the case where both the convening authority and the staff judge advocate agree not to refer, the case will be reviewed by the next higher convening authority.

The FY15 NDAA created an additional review mechanism, Kiel said. It mandates that in any case where a convening authority decides not to refer a sex assault offense, the chief prosecutor of the service may request that the ser-

vice secretary review it, and if such a request is made, the secretary must review it. The judge advocate general of each service may designate a chief prosecutor for purposes of this provision if such a position does not already exist within their respective service.

CARE FOR VICTIMS

Two other changes in the FY15 NDAA apply to the treatment and care of victims of sex assault.

The first mandates that victims of sexual assault crimes be given an opportunity to express a preference as to whether their case is tried by the military or by the local prosecutor, Kiel said.

If the victim chooses the latter, the convening authority must ensure that the local prosecutor is made aware of the victim’s preference, understanding that the preference is not binding on the prosecutor. The convening authority must inform the victim about the prosecutor’s decision to prosecute or not.

Second, he said, Congress recognized that in the past, some victims of sexual assault may have been discharged from the service and given a discharge less than honorable. The FY15 NDAA directs that the service secretaries develop a confidential review process utilizing boards for the correction of military records to review the characterization of the discharge or separation of any individual who wants to challenge the characterization of their discharge on the grounds that it was adversely affected by the individual being the victim of a sex-related offense.

Finally, there are some congressionally-appointed panels and a panel appointed by the secretary of Defense to study various aspects of sexual assault in the military and the military justice system in general, Kiel said.

“Those panels have and will continue to make recommendations in an effort to continue to improve our system. It is important to note that the military remains cognizant of that fact and continues to seek ways to improve itself,” he said.

“A number of the most significant reforms contained in the FY13, FY14 and FY15 NDAA’s originated in the Department of Defense,” Kiel continued. “Congress codified them later. The military will continue to seek ways to improve how it handles the investigation and prosecution of sexual assault crimes and how it cares for the victims of such crimes. It will also remain vigilant in protecting the constitutional rights of the accused as it does so.”

FOR YOUR HEALTH

What should I drink during winter workouts?

By Col. Joanna Reagan
USAPHC

Soon the snowflakes will be flying, but don't use this as reason to slow down on your winter health plan. Winter is a great time to join a gym, try a new class or get into a new winter sport. Winter is also a time to prevent dehydration. It is important for warrior athletes to remember their sweat rate does not change just because the temperature drops. This is because sweat rate is determined by numerous factors, including fitness level, pace and acclimatization – not just ambient temperature. Warrior athletes are just as likely to become dehydrated during winter workouts as summer workouts. The message to drink water is easy in the summer, but not so much in the winter. Dehydration can come because warrior athletes feel less thirsty during winter workouts. Second, some may overdress for cold-weather exercise sessions by wearing too many layers of clothes. Third, athletes may convert to indoor workouts during the winter, and sweat more while inside.

Warrior athletes can check for dehydration by checking the color of their urine. If the urine looks like lemonade, this indicates proper hydration. If it is darker and looks like apple juice or pale ale, then more fluids are needed. In contrast, if the urine looks clear, this can indicate over hydration and drinking too much. Other symptoms of dehydration may include: drowsiness, headaches, dry skin, dizziness or nausea. Remember, don't rely on thirst as an indicator of hydration status. Usually an individual is already three percent dehydrated when they become thirsty. So what are the recommendations for healthy drinks? Water is the best choice: It's calorie-free, inexpensive and it's easy to find. It is the perfect choice to re-hydrate athletes and restore fluids lost during a workout. As a basic guide, an adequate intake of total water from fluids and foods is 12 cups a day for men ages 19 to 30 years old and nine cups a day for women of the same age based on the Dietary Reference Intake. For most people, about 80 percent of this water volume comes from beverages; the rest comes from food.

Sports beverages are designed to give athletes carbohydrates, electrolytes, and fluid during high-intensity workouts greater than one hour. For other folks, they're just another source of sugar and calories. If your workout consists of moderate to heavy intensity for 45-60 minutes, then a sports drink would be recommended. Examples would be activities where you have minimal conversation, an increased sweat rate, heavy breathing and a high heart rate. Try to avoid drinks that have added sugars for flavor such as sugar-sweetened soda, sweet tea or energy drinks. One bottle of regular 16-ounce soda has about 185 calories; one 16-ounce bottle of sweet tea has 200 calories and one 16-ounce energy drink has about 250 calories. Energy drinks have as much sugar as soft drinks. They contain caffeine to raise your blood pressure and additives whose long-term health effects are unknown. For these reasons, it's best to skip energy drinks. Over time, the extra calories add to weight gain and increased risk of Type 2 diabetes, heart disease and gout.

For some people who are accustomed to drinking flavored beverages, water can initially taste bland. One recommendation is to increase water consumption without losing flavor or increase daily water intake by trying infused water. Instead of purchasing expensive flavored waters in the grocery store, infused water can be made at home by adding sliced citrus fruits or zest – lemon, lime, orange, grapefruit, or crushed fresh mint. One could also add sliced fresh ginger, sliced cucumber or maybe crushed berries for some other ideas. Sparkling water with a splash of juice is another idea to increase fluids. Other drinks to try in the winter are sugar-free apple cider or sugar-free hot chocolate. Coffee and tea, without added sweeteners, are healthy choices, too. Try carrying a water bottle throughout the day, to sip at work or at home. Also try eating foods high in water content such as oranges and grapefruit. Winter is a great time to focus on your health. Remember, it is also a time to drink more fluids to stay hydrated and achieve your performance goals.

TRICARE

Cosmetic surgery covered for certain conditions

TRICARE

Did you know that cosmetic surgery is covered for certain conditions?

TRICARE covers cosmetic, reconstructive and plastic surgery to improve the physical appearance of a beneficiary only under the following circumstances:

- Correction of a birth defect – includes cleft lip
- Restoration of a body form following an accidental injury
- Revision of disfiguring and extensive scars resulting from neoplastic surgery or surgery that removes a tumor or cyst

- Reconstructive breast surgery following a medically necessary mastectomy
- Reconstructive breast surgery due to a congenital anomaly, or birth defect
- Penile implants and testicular prostheses for conditions resulting from organic origins or for organic impotency
- Surgery to correct pectus excavatum
- Liposuction when medically necessary
- Panniculectomy, or tummy tuck, performed in conjunction with an abdominal or pelvic surgery when medical review determines that the procedure significantly contributes to the safe and effective correction or improvement of bodily function.

To be covered, surgeries must be performed no later than Dec. 31 of the year following the accidental injury or surgical trauma, except in the case of postmastectomy reconstructive breast surgery or cases involving children who may require a growth period.

TRICARE doesn't cover cosmetic, reconstructive or plastic surgery related to:

- Dental congenital anomalies
- Elective correction of minor skin blemishes and marks
- Breast augmentation
- Face lifts
- Reduction mammoplasties, or breast reductions,

except in the case of significant pain due to large breasts

- Blepharoplasty – removal of excess skin of the eyelid
- Rhinoplasties – nose surgery
- Chemical peeling for the treatment of facial wrinkles or acne scars
- Hair transplants
- Electrolysis
- Removal of tattoos
- Liposuction for body contouring.

Disclaimer: This list of covered services is not all inclusive. TRICARE covers services that are medically necessary and considered proven. There are special rules or limits on certain services, and some services are excluded.

Ebola workshop highlights collaborations

By Ellen Crown
USAMRMC PUBLIC AFFAIRS

ROCKVILLE, Md. – Experts from the Department of Defense and Health and Human Services, or HHS, jointly sponsored an Ebola vaccine workshop, Dec. 12 in Rockville. The goal of the workshop, Immunology of Protection from Ebola Virus Infection, was for participants to discuss aspects of Ebola virus and vaccine immunology critical to guide future clinical, scientific and regulatory decision-making for Ebola vaccine development. HHS attendees represented the Food and Drug Administration, the National Institutes of Allergy and Infectious Diseases, and the Centers for Disease Control and Prevention. Col. Stephen Thomas, deputy commander of operations at

the Walter Reed Army Institute of Research, and team lead of the Ebola Response Management Team for the U.S. Army Medical Research and Materiel Command, said the event brought together all of the key players in the current Ebola Virus Disease response effort. “We are in the midst of an Ebola virus outbreak with global significance and national security relevance,” said Thomas. “The outbreak provides an opportunity to assess the potential for effective preventive vaccine and drug therapies to efficiently proceed to licensure and deployment in an impactful way for global health.” Thomas also said, putting the current Ebola relief effort into context, “This pace of rapid vaccine development and testing was not thought to be feasible based on past outbreaks, which

were somewhat limited in scope and duration.” While experts want to move quickly, Thomas explained they also agree they must move guided by safety considerations and in true partnership with the governments and communities of the affected nations. Currently, there are no FDA-approved vaccines for Ebola. The Walter Reed Army Institute of Research, located in Silver Spring, Maryland, began testing an experimental Ebola vaccine, called rVSV-ZEBOV (BPS1001), on healthy human volunteers in October 2014, and NIH published promising initial results of another candidate vaccine in the New England Journal of Medicine in late November. The DoD and HHS are also evaluating other vaccine candidates. “We are moving from a data-limited to data-rich period

of time, not only with regards to vaccines, but also the virology and pathogenesis and treatment of Ebola,” explained Col. Nelson Michael, director of the U.S. Military HIV Research Program, whose program performed the first clinical study of an Ebola vaccine candidate in Africa in 2009 and is about to test two newer Ebola vaccine there in early 2015. “This is critically important information to inform the way ahead for Ebola vaccine development. Government agencies, the World Health Organization, pharmaceutical companies, academia, philanthropic organizations, non-governmental organizations, and nations are engaged in an unprecedented collaborative effort to develop vaccines that will be critical to the long-term control of this threat to global health and security.”

IRWINFORMATION

If I terminate my TRICARE Young Adult coverage, will I be able to re-start it at a later time?

If you voluntarily terminate your coverage for any reason other than gain-

ing employer-sponsored health care coverage based on your employment or regaining TRICARE coverage, you'll be locked-out of purchasing TRICARE Young Adult coverage for 12 months.

If you have a question for IrwINformation, send it to IACHInformation@amedd.army.mil or call 785-239-8414.

Home wanted

Mercedes



Mercedes is approximately 1 year old and has a very soft coat. She loves to snuggle, but is not a huge fan of being picked up.

She is very sweet and likes to play. Mercedes can be a little shy at first but will warm up very soon. She is up-to-date on vaccines. The adoption fee is \$62, which includes a micro-chip; vaccines, including Distemper and Rabies; leukemiaest; and deworming.

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. After this time, the animals may be adopted out or euthanized. Animals are usually only euthanized in the cases of severe aggression or life-threatening illness. Animals must be registered, micro-chipped and up-to-date on vaccines before being released back to their owners.

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

TUESDAY TRIVIA CONTEST WINNER

Congratulations to Heather Draper Mueller, our trivia winner this week!

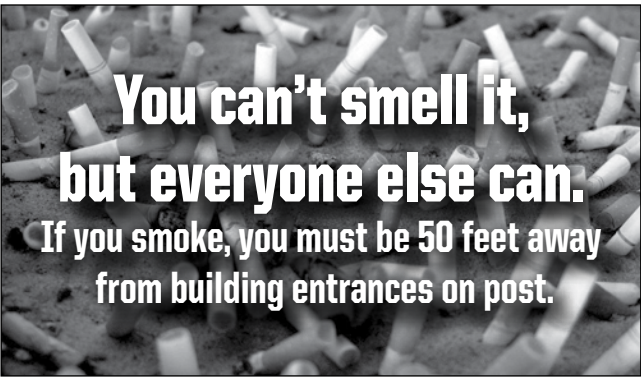


Every Tuesday check out Fort Riley's Facebook page for the Fort Riley Tuesday Trivia question of the week at www.facebook.com/FortRiley. Every answer will be available somewhere on the official Fort Riley website at www.riley.army.mil.

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.

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RILEY ROUNDTABLE

How do you prepare for severe weather?



"I check all of my fluids and levels on my vehicles to make sure they are good; make sure I have safety equipment; (and) make sure all of my equipment is in good working order before the bad weather hits."

JOHN WAGNAAR
PEORIA, ILLINOIS



"We have a lot of coats. We have a snow blower that I use to clear the driveway."

JUAN TOGAR
JUNCTION CITY



"By having a kit, making sure that vehicles are ready, making sure that there is salt or sand and blankets and stuff in the vehicle. Making sure that we stay aware of the weather and be prepared as far as shoveling snow and taking care of the ice. Making sure that the furnace is working with a new filter and making sure the fireplace is clean."

MIKE KEATING
MANHATTAN



"The way we prepare for cold weather is to make sure that the house is in good shape by making sure the furnace is taken care of. I always follow the weather forecast and make sure we have proper clothing, especially for my wife because she tends to leave the house without the proper amount of clothing. I always make sure I have a kit in the car for her in case something happens."

DALE HARDIN
OGDEN



"As far as clothing, I dress in layers because, of course, the outside weather is going to be colder than the inside, and I don't want to get sick. And as far as my vehicles, I make sure that my tires are at the right level, I make sure that I've got my oil changed and all of the maintenance on my vehicle completed before the weather hits."

PATRYA BARNES
JUNCTION CITY

THE 1ST INFANTRY DIVISION POST

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LETTERS TO THE EDITOR

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

Stay safe, healthy this winter

Ron Clasberry
GARRISON SAFETY OFFICE

Although the winter season does not come as a surprise, some people are always caught unaware and unprepared. However, if you prepare for this winter's hazards, you will be more likely to stay safe and healthy during the constant changing of our temperatures. Below are some winter safety tips that can help prevent accidents and injuries:

TAKE THESE STEPS FOR YOUR HOME

Some people prefer to remain indoors in the winter, but staying inside is no guarantee of safety. Take these steps to keep your home safe and warm during the winter:

- Winterize your home.
 - Install weather stripping, insulation, and storm windows.
 - Insulate water lines that run along exterior walls.
 - Clean out gutters and repair roof leaks.
- Check your heating systems.
 - Have your heating system serviced professionally to make sure that it is clean, working properly and ventilated to the outside.
 - Inspect and clean fireplaces and chimneys.
 - Install a smoke detector. Test batteries monthly.
 - Have a safe alternate heating source and alternate fuels available.
 - Prevent carbon monoxide emergencies.
- Install a CO detector to alert you of the presence of the

deadly, odorless, colorless gas. Check batteries regularly.

- Learn symptoms of CO poisoning: headaches, nausea, and disorientation

DON'T FORGET TO PREPARE YOUR CAR

Get your car ready for cold weather use before winter arrives:

- Service the radiator and maintain antifreeze level; check tire tread or, if necessary, replace tires with all-weather or snow tires.
 - Keep gas tank full to avoid ice in the tank and fuel lines.
 - Use a wintertime formula in your windshield washer.
 - Prepare a winter emergency kit to keep in your car in case you become stranded. Include:
 - blankets; food and water;
 - booster cables, flares, tire pump, and a bag of sand or cat litter (for traction);
 - compass and maps;
 - flashlight, battery-powered radio, and extra batteries;
 - first-aid kit; and plastic bags (for sanitation).

EQUIP IN ADVANCE FOR EMERGENCIES

Be prepared for weather-related emergencies, including power outages:

- Stock food that needs no cooking or refrigeration and water stored in clean containers.
- Ensure that your cell phone is fully charged.
- When planning travel, be aware of current and forecast weather conditions.
- Keep an up-to-date emer-

gency kit, including:

- Battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, and lamps;
- extra batteries;
- first-aid kit and extra medicine;
- baby items; and
- cat litter or sand for icy walkways.

TAKE THESE PRECAUTIONS OUTDOORS

Many people spend time outdoors in the winter working, traveling or enjoying winter sports. Outdoor activities can expose you to several safety hazards, but you can take these steps to prepare:

- Wear appropriate outdoor clothing: layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- Sprinkle cat litter or sand on icy patches.
- Learn safety precautions to follow when outdoors.
 - Be aware of the wind chill factor.
 - Work slowly when doing outside chores.
 - Take a buddy and an emergency kit when you are participating in outdoor recreation.
 - Carry a cell phone.
- Protect your family from carbon monoxide.
 - Keep grills, camp stoves, and generators out of the house, basement and garage.
 - Locate generators at least 20 feet from the house.
 - Leave your home immediately if the CO detector sounds, and call 911.

DO THIS WHEN YOU PLAN TO TRAVEL

When planning travel, be aware of current and forecast weather conditions.

- Avoid traveling when the weather service has issued advisories.
- If you must travel, inform a friend or relative of your proposed route and expected time of arrival.

Follow these safety rules if you become stranded in your car:

- Stay with your car unless safety is no more than 100 yards away, but continue to move arms and legs.
- Stay visible by putting bright cloth on the antenna, turning on the inside overhead light (when engine is running), and raising the hood when snow stops falling.
- Run the engine and heater only 10 minutes every hour.
- Keep a downwind window open.
- Make sure the tailpipe is not blocked.

Team Riley, above all, be prepared to check on family and neighbors who are especially at risk from cold weather hazards: young children, older adults, and the chronically ill. If you have pets, bring them inside. If you cannot bring them inside, provide adequate, warm shelter and unfrozen water to drink.

No one can stop the onset of winter. However, if you follow these suggestions, you will be ready for it.

For more information you may contact the Garrison Safety Office at 785-240-0647.

Military OneSource makes tax filing easy

By Rosemary Freitas Williams
DEPUTY ASSISTANT SECRETARY OF DEFENSE FOR MILITARY COMMUNITY AND FAMILY POLICY

Deciding who has the unwanted chore of doing taxes sometimes happens through bargaining, bribery or low-tech childhood games.

Relax – Military OneSource just made your tax-filing chore simple and easier, with no-cost professional tax help tailored to you, including military-specific tax breaks, deductions and reporting, such as:

- Income – including combat pay, spouse's pay, civilian job pay, basic allowance for subsistence, basic allowance for housing and more
- Expenses – uniforms, moving and traveling expenses, if eligible
- Residence – your state of residence and file up to three state returns
- Refund – all possible deductions for your biggest tax refund
- Audit – guaranteed one-

on-one audit guidance from trained tax professionals

In today's tech-savvy climate, electronic filing just makes sense. Military OneSource takes the stress out of filing with their no-cost, secure online tax preparation and filing service. Other benefits of the no-cost electronic filing service include:

- File anytime, anywhere – you don't need an appointment or live in a particular time zone
- Fill out the information at your speed – you can save your return and complete it later
- Find expert help – with a click of a mouse through live chat or by phone, around the clock
- Save your money – Military OneSource provides the tax service at no cost to you
- Have no fear – your calculations are backed by a 100 percent accuracy guarantee.
- Confidentiality – private, secure and safe (my personal favorite as my questions only reveal how much I have to learn about taxes)

Here's who is eligible:

- Active-duty service members
- National Guard members or members of the reserve (regardless of activation status)
- Activated Coast Guard Reserve (as part of the Department of the Navy under Title 10)
- Military retirees (including medically retired individuals). Honorably discharged service members (including general under honorable conditions) until 180 days past retirement date, end of tour of service or discharge date
- Spouses or dependent children of eligible service members or those who are authorized in the Defense Enrollment and Eligibility Reporting System, also known as DEERS
- Family members taking care of the affairs of an eligible deployed service member
- Severely injured service members or the designated family member handling his or her own affairs
- Survivors of active-duty, Guard or reserve, regardless of

conflict or activation status

- Deployed Department of Defense civilian expeditionary employees (as defined by the Department of Defense Directive 1404.10) 90 days prior to deployment and 180 days post deployment

Still not sure if you are eligible? Help is standing by with our Military OneSource trained consultants. Just call 800-342-9647.

So there you have it, save your money and make your life easier. Start your return today using the Military OneSource tax preparation and filing software available at no cost to eligible service and family members.

Prepare early, file at your convenience and seek the advice of trained Military OneSource tax consultants to get the largest refund you are eligible to receive. And don't forget, financial counseling is available year 'round.

Get started now at Military OneSource. The discussion about managing your money continues on social media with #YourMilMoney.

Manage your military money because it matters

By Rosemary Freitas Williams
DEPUTY ASSISTANT SECRETARY OF DEFENSE FOR MILITARY COMMUNITY AND FAMILY POLICY

There are too many important reasons to list when it comes to taking charge of your finances. Your career is one reason. When your finances are in order, you're able to focus on the mission.

There are three ways for a service member or spouse to get credentialed, financial expert help so you can create a personalized budget and set long- and short-term goals to reduce debt and increase savings. It doesn't matter if you want to build a plan, have a serious financial issue or just need a gut check, one of the following options is sure to meet your needs:

- Personal financial managers are available at installation family support centers.
- Your command can provide personal financial coun-

selors for face-to-face sessions through the Military and Family Life Counselor program.

- Book a face-to-face or by telephone, confidential financial counseling through Military OneSource. This is the easiest, fastest path. Just call 800-342-9647 or visit the Military OneSource website.

It is never too soon to be financially fit. Conversely, it is never too late to start.

Now for some money news you could use:

- The Thrift Savings Plan is a great way to save money. This long-term savings plan is painless, because money is automatically deducted from your paycheck and moved into investment funds. It's simple to use, there are variety of funds to fit your investment style and goals, and the annual costs are about the lowest you'll find anywhere. The Thrift Savings Plan is where you start small and build wealth over time. It's

the real deal.

- An allotment is a different kind of financial tool. Think of the old infomercial phrase, "set it and forget it." Here's what I mean: let's say your short-term goal is to purchase a home or create an emergency fund. Military allotments help get you there by automatically debiting your paycheck before you get paid, set in amounts you determine, making it easier to reach your goals. It sounds like a mind game, but let's face it, it's easier to not spend money if it first detours to a lender or a savings account before it hits your wallet.

Good news: as of Jan. 1, allotments cannot be used to pay for purchases, leases or rental of personal property. This protects you from dishonest lenders who may want to take advantage of these guaranteed payments.

Speaking of protections –

- The Military Lending Act also protects you and your

money from lenders who may want to take advantage of your steady paycheck. The Military Lending Act caps interest rates on some forms of consumer credit (like short-term payday, vehicle title and tax refund anticipation loans) that the Department of Defense has decided are harmful to active duty members and their families.

The Department is considering changes to definitions applied to the Military Lending Act that would cover all payday and car title loans, as well as, installment loans, pawn shop loans and credit cards. Learning about protections like these can help you keep your hard-earned cash and invest it in ways that really benefit you and your family.

There's another reason for taking charge of your finances – it's your hard-earned money. And you owe it to yourself to get the most out of it.



GRAY EAGLE

Continued from page 1



Photos by Sgt. Michael Leverton | 1ST CAB
Capt. Kent Monas (left) and Spc. Raul Angulo (flag bearer, right), Co. F., 1st ARB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., render honors during a casing ceremony Jan. 6 at Fort Riley. The company's more than 100 Soldiers will soon deploy with the MQ-1C Gray Eagle unmanned aircraft system to Kuwait in support of Operation Inherent Resolve.

TANK

Continued from page 1



Staff Sgt. Bernhard Lashleyleidner | 1ST ABCT
Cpl. Brittany Robbins (left), human resources specialist, HHC, shows Capt. Jacob Lopez, Co. C commander, both with 1st Bn., 16th Inf. Regt., 1st ABCT, 1st Inf. Div., how to use the new electronic unit commander's financial report Dec. 30, 2013, at Camp Buehring, Kuwait. The new report allows commanders an opportunity to add information prior to certifying the financial report online. Robbins traded in her computer for the opportunity to qualify as a loader on an M1A2 Abrams tank.

nery skills test, in which every tanker has to demonstrate their proficiency with crew emergency evacuation drills, clearing and loading the .50 caliber machine gun, the tank's main gun, and on the Advance Gunnery Training System before they can be cleared to fire rounds.

According to the manufacturer's website, the AGTS is a state-of-the-art simulator that tankers use to train and prepare individuals, crews and platoons for live-fire combat gunnery.

"My concern was her size and physical strength when it came to loading rounds," Naragon said. "She assured me she could do it and refused to accept any help with loading."

Capt. Robert Moore, company commander, Co.D, 1st Bn., 16th Inf. Regt., said Robbins was not given any special treatment.

"I didn't have a problem with her gender," Moore said. "I made it clear that she would be held to the same standards as everyone else."

Robbins said every time she thought she couldn't do a task, she thought about the other female Soldiers training for the Army Ranger course and refused to let them down.

"We had 55 seconds from the time the tank gunner commander identified a target to get a round in the chamber and down range," Robbins said. "It was scary watching the breach coming back after each round was fired, but I had to put aside my fear so we could pass with the best possible score."

She credits her success to every noncommissioned officer and officer in Company D for their support in ensuring she was well prepared for the gunnery.

"Her accomplishments speaks volumes of her as an individual Soldier and more importantly, an example for other females within the organization," said Command Sgt. Maj. Michael Evans, senior noncommissioned officer, 1st ABCT. "Her tank was one of two tanks to receive

the distinguished tank crew honor for shooting 917 out of 1,000 points."

Evans, a native of Columbus, Georgia, said this is a very significant to have a Soldier seek this position out, when others would simply turn away.

Naragon said everyone in the company is very proud of Robbins and, in keeping with the tankers' longstanding tradition, the tank commander and gunner will buy her first pair of tanker boots.

Evans said Robbins exemplifies the brigade commander's imperatives set forth regarding small-unit drills.

"I believe she exceeded the standard," Evans said. "Robbins, together with her crew, has just set the bar high for all others to follow and is in line with the division's pillars."

Robbins said with the Army opening the Ranger course to females this year, the military should eliminate the double-standard between men and women and fully integrate females into the system.

Defense Secretary Chuck Hagel said in a Military Times article in November that integrating women into combat units is "not easy" but is an important change that will ultimately strengthen the force.

In response to a question from a female petty officer about how women in special operations units could affect mission success, Hagel told Stars and Stripes magazine in July 2013 that positions should be open to women on three conditions — "if they want, if they're qualified, if they can do the job."

Although Robbins is a qualified member of her tank crew, the field is currently not open to females. However, should that change, Robbins is now prepared to take her spot in the tank.

"The thing I enjoyed most about this experience was the hard work and camaraderie we shared as a team," Robbins said. "It took everyone in the tank working together to achieve success."

July — when weather was most supportive of their operations," Frawley said. "In comparison, during the month of October, they executed over 148 flight hours. They have worked weekends, gone TDY to Fort Hood to maximize training opportunities and conducted nearly 24 hour continuous operations for the last three months."

Monas said equipment was the largest hurdle.

"The biggest thing to getting us ready was getting the equipment," Monas said. "The brigade and battalion did an

excellent job getting us the equipment and the training we needed to deploy."

Monas said the company received all the support it needed.

"We were able to go down to Fort Hood (Texas) and get some training on their equipment, which helped us learn new systems," he said. "From the division on down it was a complete team effort."

This will be Co. F's second deployment since arriving at Fort Riley in the spring of 2012. The company deployed in January 2013 in support of Opera-



Lt. Col. Parker Frawley, 1st ARB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., commander, speaks to Soldiers and families during a deployment ceremony for Co. F., 1st ARB, 1st Avn. Regt., Jan. 6 at Fort Riley.

Women in service review rollout due January 2016

By Amaani Lyle
DEFENSE MEDIA ACTIVITY

WASHINGTON – Following the 2013 repeal of the Direct Ground Combat Definition and Assignment Rule, the secretary of defense is scheduled to announce final decisions to integrate remaining closed occupations and any approved exceptions to policy on or about Jan. 1, 2016.

Juliet Beyler, the Defense Department’s director of Officer and Enlisted Personnel Management, reported “good progress” in the Women in Service Review, which validates all occupational standards to ensure they are operational, relevant and gender-neutral by September 2015.

“Throughout the course of the review of the regulations governing women in the military, we determined that the time had come to do away with the direct ground combat rule and open all positions to women instead,” Beyler said.

The goal, she explained, is to expand opportunities to ensure that all service members are eligible to serve in any capacity based on their abilities and qualifications, and to “remove those old gender-based barriers to service that no longer made sense.”

DELIBERATE, MEASURED APPROACH

When Chairman of the Joint Chiefs of Staff Gen. Martin E. Dempsey and former Defense Secretary Leon E. Panetta removed the direct combat ground rule in 2013, they realized the need for a deliberate and measured approach to ensure the smoothest transition, Beyler said.

The services, she said, have been conducting various studies in order to review, validate and complete their occupational standards by the fall of 2015. “We’re on track and moving toward that goal,” Beyler said.

Since rescission of the definition and rule, Beyler said, the DoD has notified Congress of the integration of about 71,000 positions previously closed to women. This development, she said, can positively affect the force by allowing people to serve based on their ability.



Warrant Officer 2 Andrew Hetherington | AUSTRALIAN ARMY
U.S. Army 1st Lt. Audrey Griffith points out an area of interest during a force protection drill to Spc. Heidi Gerke along the perimeter of Forward Operating Base Hadrian in Deh Rawud, Afghanistan, March 18, 2013. Both women are members of the 92nd Engineer Battalion from Fort Stewart, Ga.

“Expanding opportunities to women, to include the 71,000 we’ve already opened since 2013,” Beyler said, “[gives] a wider pool of qualified people so that commanders have greater flexibility ... and it’ll strengthen the all-volunteer force.”

More than 280,000 women have been deployed to Iraq and Afghanistan, including Beyler, who’s a two-time combat veteran.

“I like to say that women have been serving in combat since the Revolutionary War, but the 280,000 that we’ve recently seen deployed have contributed in immeasurable ways,” Beyler said.

She said there were various ways in which women were restricted from occupations under the direct ground combat rule, primarily preclusion from assignments to combat units below the brigade level.

“But there were other restrictions, such as for physical requirements or positions associated with special operations or long-

range reconnaissance,” she added. “We are reviewing all of the occupational standards.”

The services, she said, “are expending a good amount of their time on those 100-percent closed occupations.”

EXCEPTION TO POLICY

Historically, the department had opened positions by exception, but it now has acknowledged it would make more sense to “flip the presumption,” Beyler said, so that all positions will be open to women unless there’s a reason that they should be closed.

Guidance to the services and to U.S. Special Operations Command includes a provision in which a military department secretary or service chief can request an exception to policy to keep a position closed, Beyler said.

“But any exception is going to have to be rigorously justified and will have to be based on the knowledge, skills and abilities required to perform the duties of the position,” she said.

TAILORING TRAINING, ACCESSION NEEDS

Regarding assignments, training, and accessions, Beyler said those elements have been and will continue to be service responsibilities.

As defense secretary, Panetta directed each of the services and SOCOM to develop individual implementation plans tailored to their unique requirements, she said.

“As we have with the positions we’ve already opened and the ones that we’ll continue to open throughout the next year and beyond,” Beyler said, “each service will use the regular accession and training assignment pipelines and timelines that they’ve always used.”

The process of opening more military occupations to women is about maintaining the all-volunteer force and readiness, Beyler said.

“More than 90 percent of our occupations are already open to women and 15 percent of our forces are women,” she said. “By removing these antiquated gender-based barriers to service, it can only strengthen the all-volunteer force and allow people to serve based on their ability and their qualifications.”

Odierno outlines Sergeant Major of Army’s priorities

By Lisa Ferdinando
ANS

WASHINGTON – Chief of Staff of the Army Gen. Ray Odierno has outlined priorities for the incoming sergeant major of the Army.

The first priority, Odierno said, is to work on eliminating sexual assault in the Army, continuing the effort of Sgt. Maj. of the Army Raymond F. Chandler III.

“Everybody needs to be involved with that,” Odierno said. “NCOs can have a bigger difference in that than anything else we do, so I need the sergeant major of the Army to continue to help me lead in helping us to eradicate sexual assaults.”

Odierno made the comments Tuesday, in a Google town hall together with Chandler, who is retiring at the end of this month.

Sgt. Maj. Daniel A. Dailey, until recently the senior enlisted adviser for U.S. Army Training and Doctrine Command, is to take the reins from Chandler.

Odierno said other priorities for the incoming enlisted leader are developing the non-commissioned officers of the future, and focusing on home station training and readiness.

Additionally, the new sergeant major of the Army must ensure Soldiers continue to understand the Army profession, and what it means to be a professional.

It is critical the force understands the expectation of leaders and “the ethics and moral values that we value in the Army that makes us different than anybody else in society,” Odierno said.

Chandler, who was sworn in as the 14th sergeant major of the Army on March 1, 2011, said he never thought he would be the Army’s senior enlisted leader.



Staff Sgt. Mikki L. Sprenkle
Army Chief of Staff Gen. Ray Odierno listens to Sgt. Maj. of the Army Raymond F. Chandler III (right) answer a question during a virtual town hall Jan. 6 at the Google Headquarters in Washington, D.C.

“I got asked three times before I actually competed,” he said, explaining he did not want to compete before he was in it “100-percent” and able to balance his family commitments with his obligations to the position.

“I had a mentor who came to talk to me about it and that’s when I chose to compete,” Chandler said.

Looking back, Chandler credits his success to one of his mentors, Staff Sgt. Lou Tallini, an American Samoan who was his first tank commander.

“Tallini could not read – that was back in 1981 – but he was a phenomenal leader,” Chandler said.

Chandler remembered how Tallini took him under his wing and said, “Hey, you’re kind of a punk and you don’t really want to listen. If you will just listen to what I tell you, you will be successful in the Army.”

Chandler said he chose to make the Army a career because of the professionalism and leadership of Tallini. The lessons from his mentor followed Chandler throughout his military career.

SCHOLARSHIP Continued from page 1

year must be submitted online by May 1. This includes the application as well as the supporting documents which will be outlined for the applicant based on the information provided on the application. Most applicants will need to provide transcripts (through the fall semester), the Student Aid Report from the Free Application for Federal Student Aid, and the Soldier’s Leave and Earnings Statement for active duty Soldiers.

AER awards “needs-based” scholarships, based on the FAFSA and transcripts. The

amount of the award varies based on the number of qualified applicants and scholarship funds available. Last year the average award was \$2,600 for children and \$1,900 for spouses.

Army Emergency Relief is a private non-profit organization dedicated to providing financial assistance to Soldiers, active and retired, and their families. Since its incorporation in 1942, AER has provided more than \$1.6 billion to more than 3.6 million Soldiers, families and retirees.

Fort Riley to celebrate MLK Jr. Observance

Post to honor King's legacy of 'beloved community'

By Therese M. Ayers
EEO

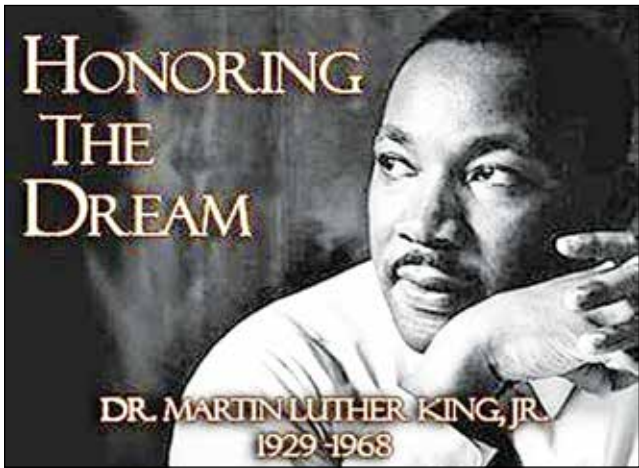
During his lifetime, Dr. Martin Luther King Jr. encouraged all citizens to pursue the purpose and potential of America. He strived to realize the dream of equality and a nation that affords freedom and justice for all.

Fort Riley will celebrate King's during the Martin Luther King Jr. Observance from 11:45 a.m. to 12:45 p.m. Jan. 21 at Barlow Theater. The Guest Speaker for the event is James B. Boyer of Manhattan.

King has now been dead longer than he lived. He was born in 1929 and would have been 86 years old this year. King was a Baptist minister, humanitarian and activist. He is best known for his pivotal role in the advancement of civil rights in America.

King led an extraordinary life. At 33, he was pressing the case of civil rights with President John Kennedy. At 34, he galvanized the nation with his "I have a Dream" speech. At 35, he won the Nobel Peace Prize. At 39, he was assassinated, but he left a legacy of hope and inspiration that continues today.

It is testament to King's life that almost every city and town has something named after him. He spoke of equality and sharing



the wealth of the nation. Something we now call diversity and inclusion. The Civil Rights Act of 1964, signed by President Lyndon B. Johnson, was the hallmark of this man's great life and love for all humanity. It was his objection to the war in Vietnam that led many to see he was not just a man worried about the people of the U.S., but as he said in his Nobel Peace Prize address, a man working for change and hope for all people. His letter from a Birmingham Jail was genius. Written on the border of an old newspaper, it explained the Civil Rights Movement as a movement whose time had come.

He led thousands of Americans from all walks of life and races in peaceful demonstrations that broke the back of Jim Crowism in America. The fact those participating in marches and demonstrations led by or supported by King were examples of those fostered by Ghandi in India. The actions of the segregationist against the demonstrators was

for once put into every home in America by the news media. Soon the conscience of the nation was drawn to the plight of those who were peacefully demonstrating, but who were being brutalized by the police and local government officials being broadcast nightly into every American home.

King was assassinated April 4, 1968, while supporting local garbage collectors in Memphis, Tennessee. One shot rang out, and a great man fell to his death. But this was not the death of the movement he started, but rather the second start and galvanization of the American conscience. During the 1968 Presidential election, former Gov. George Wallace of Alabama, who made a historical stand in the door of the University of Alabama in support of segregation, publicly apologized for what he did and declared King's death as a tragedy for the nation and the world. He lauded King for his steadfast, but nonviolent demonstrations that led to so many people being protected by the laws of the land.

In 1983, legislation was signed creating a federal holiday honoring the birthday of King. Congress designated the Martin Luther King Jr. federal holiday in 1994 as a national day of service, and charged the Corporation for National and Community Service with leading this effort.

King once said: "Life's most persistent and urgent question is: What are you doing for others?"

The third Monday in January each year, Americans answer that question by coming together on the Martin Luther King Jr. holiday to serve their neighbors and communities. The day represents an opportunity to start the year off right by making a positive impact in one's community. It is a way to channel King's life and teachings into community action.

King encouraged all citizens to apply the principles of nonviolence to make this country a better place to live – popularizing the notion of "the beloved community." In King's beloved community, people and communities would be united by inclusion, shared prosperity and peaceful conflict resolution.

In the spirit of the beloved community, King's day of service is an opportunity to live out his teachings. Volunteering remains a vibrant part of our nation's fabric. It reaches across generations, enriching both our communities and those who serve.

Now let us remember Dr. King and celebrate his holiday as "A Day On Not A Day Off."

COMMUNITY CORNER

MLK Jr. holiday time to celebrate diversity, time to remain safe

By Col. Andrew Cole
GARRISON COMMANDER

This year, the life of civil rights leader Dr. Martin Luther King Jr. is observed nationally Jan. 19 with the annual theme "Remember! Celebrate! Act! A Day On, Not a Day Off."

King's birthday is Jan. 15, however, President Ronald Reagan signed a bill Nov. 2, 1983, declaring the third Monday in January each year as a federal holiday to honor him. This holiday was first observed Jan. 20, 1986.

Since then, Americans have observed King's role in ending the legal segregation of African-American citizens, the creation of the Civil Rights Act of 1964 and the Voting Rights Act of 1965.

King dedicated his life to



Col. Cole

serving others. His civil rights efforts affected not only African Americans, but people of all ethnicities and cultures. It was his dream to see people of all diverse backgrounds interacting on personal levels, promoting unity and practicing equality.

As we enjoy time with friends and family, let's remember the reason for this long weekend. Securing and maintaining equality for all citizens is one of the reasons we serve. We must reflect that practice in our daily operations and personal interactions.

I wish you a safe and enjoyable holiday, but also, as we continuously focus on mishap reduction within our Army, remember to assess and mitigate risks and make smart choices during this long weekend. Return safely to us at Fort Riley.

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.

WWW.1DIVPOST.COM

K-State shows no distance too great

Magazine ranks 2 online programs among nation’s best

K-STATE MEDIA RELATIONS

MANHATTAN – Kansas State University is reaching new heights with distance education, according to U.S. News and World Report’s latest rankings of the best online degree programs.

The university ranks No. 20 for the best online graduate engineering programs and No. 86 for the best online graduate

education programs.

K-State offers online engineering master’s degrees in software engineering, mechanical engineering, electrical engineering, chemical engineering, civil engineering, nuclear engineering, engineering management and operations research.

“To have our online graduate program ranked in the Top 20 by U.S. News & World Report is a proud accomplishment for both the college and university,” said Darren Dawson, dean of the College of Engineering. “It is a strong indicator of the high quality of our students and

faculty, as well as the research they are pursuing.”

Online education master’s degrees include academic advising, adult and continuing education, and curriculum and instruction.

“It is an honor to be recognized among the best programs in the country,” said Debbie Mercer, dean of the College of Education. “It is affirming that the quality of our program, which is built upon relevant and challenging content, is receiving attention.”

The university’s online programs are administered through K-State’s Global Campus.

“K-State’s online graduate programs continue to meet industry needs for an increasingly educated and skilled U.S. workforce,” said Sue Maes, dean of Global Campus. “We are pleased to help extend these programs to adult learners on a national and global scale.”

More than 1,200 online programs were surveyed by U.S. News and World Report. The rankings were evaluated in five categories: student engagement, faculty credentials and training, student services and technology, peer reputation and admissions selectivity.

College initiative to forecast business climate

K-STATE MEDIA RELATIONS

MANHATTAN – A new initiative from the Kansas State University College of Business Administration’s Center for the Advancement of Entrepreneurship aims to answer this simple question: What will the economic climate in the state of Kansas look like next month?

That question is at the core of the new Kansas Business Climate Index, or KBCI, a forecast of the next month’s business climate based on a survey of Kansas business leaders. This is

not a scientific sampling, but a quick indicator of select business leaders’ expectations for the Kansas economy.

“The Kansas Business Climate Index is an initiative designed to provide business leaders with a forecast of the business climate based on input from their peers,” said Chad Jackson, director, Center for the Advancement of Entrepreneurship. “We are happy to work with the business community to provide this index, which can be one of the factors firm leaders consider when making business decisions.”

Released at the beginning of each month at www.cba.ksu.edu/KBCI and in a monthly email, the index will forecast the overall outlook of the next month’s statewide economy as either better, worse or about the same.

“Measuring the ebb and flow of the business climate through the KBCI is a great tool that can help Kansas businesses and businesses around the region see a snapshot of what regional business leaders are thinking,” said Ali Malekzadeh, Edgerley family dean of the College of

Business Administration. “The Climate Index provides the College of Business Administration’s business partners a leading edge on regional trends not found anywhere else. This index has the potential to create a significant market impact as it correlates to the economic conditions in the region.”

Business leaders and media members interested in receiving a monthly email detailing the results of the Kansas Business Climate Index can sign up at https://jfe.qualtrics.com/form/SV_06YsiBCnuFrekAt.

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. 16
Top Five (R) 7 P.M.

SATURDAY, JAN. 17
Beyond The Lights (PG-13) 2 P.M.
Wild (R) 7 P.M.

SUNDAY, JAN. 18
Top Five (R) 5 P.M.

For movie titles and show times, call

785-239-9574

Eisenhower library enjoys record-breaking year in '14

Archives serves about 3,800 researchers on grounds, offsite

EISENHOWER PRESIDENTIAL MUSEUM, LIBRARY AND BOYHOOD HOME

ABILENE, Kan. – A record 856 onsite researchers visited the Eisenhower Presidential Library archives in fiscal year 2014 – from Oct. 1, 2013 to Sept. 30, 2014 – breaking a 50-year-old mark by more than 50 visitors. The new record was set despite a nearly three week government shut-down. Library staff also served 2,800 offsite researchers.

A new accession from the family of Eisenhower’s Abilene friend Ruby Norman Lucier includes Ike’s own freshman and senior West Point yearbooks, which he gave to the then Norman. Another important new accession comes



COURTESY PHOTO

The Eisenhower Presidential Library, Museum and Boyhood Home, a nonpartisan federal institution, is part of the Presidential Libraries network operated by the National Archives and Records Administration.

from the family of Eisenhower’s cousin Nettie Stover Jackson. The letter from Dwight Eisenhower’s mother Ida to

Nettie includes new details on Ike’s birth.

Archival processing and declassification work has discovered documents relating to NATO operations, psychological strategy, intelligence and national security matters. About 107 documents were declassified in full – totaling 511 pages – and an additional 191 documents were declassified in part – totaling 1,388 pages. The Eisenhower Presidential Library, Museum and Boyhood Home, a nonpartisan federal institution, is part of the Presidential Libraries network operated by the National Archives and Records Administration. Presidential Libraries promote understanding of the presidency and the American experience. We preserve and provide access to historical materials, support research, and create interactive programs and exhibits that educate and inspire.

‘Because of You’ program starts

AAFES PUBLIC AFFAIRS

DALLAS – To recognize the unique contributions our military makes, the Army and Air Force Exchange Service is hosting a yearlong “Because of You” program, with new prizes each month.

The program kicks off with a chance to win a \$10,000, \$5,000 or \$2,000 Exchange gift card. Authorized Exchange

shoppers can enter the Proud to Serve essay contest between Jan. 9 and Jan. 31 by writing an essay of 300 words or less detailing why they are proud to serve.

Essays can be submitted to BecauseOfYou@aafes.com with “Why I Serve” in the subject line.

“Because of the sacrifices of military members and their families, Americans enjoy freedom,” said Air Force Chief Master Sgt. Sean Applegate, Ex-

change senior enlisted advisor. “The ‘Because of You’ program allows the Exchange to express gratitude for everything service members and their families do for this country.”

Proud to Serve essay contest winners will be notified no later than Feb. 19. Complete rules can be found at www.shopmyexchange.com/sweepstakes or at www.facebook.com/AAFES.BX.PX.



NEW ORLEANS

Continued from page 9

Jackson and his military staff suspected that the British might target New Orleans, following their Chesapeake Campaign, Williams said, providing some background.

On Sept. 13, 1814, the British fleet bombarded Fort McHenry in Baltimore. Americans today know of that failed action to take the fort because Francis Scott Key wrote about it in “The Star-Spangled Banner.”

After the Chesapeake Campaign, which included the burning of Washington, D.C., the British weighed anchor and debated whether to attack Newport, Rhode Island, or go south to New Orleans, according to Williams. They chose the latter.

New Orleans was selected as the prize because it was a large seaport on the Gulf of Mexico, as well as a river port for most of the farm produce in the Midwest, which got to market via the Mississippi River through New Orleans, as a rail and road network wasn’t yet in place, he said.

Another intent, Williams said, was to limit American expansion to areas east of the Mississippi.

“They also wanted to set up an Indian buffer state between the U.S. and British North America,” he said.

COMBATANTS FACE OFF

Facing the Americans during the battle were British naval

MORE INFORMATION

The Battle of New Orleans pamphlet, “The Gulf Theater: 1813-1815” by Joseph F. Stoltz III, will be available in a few days.

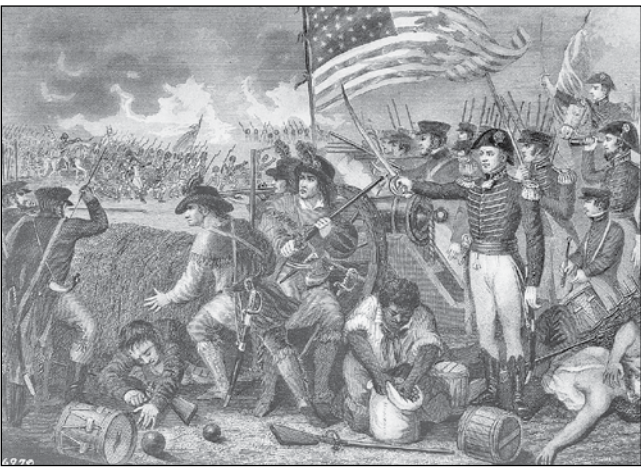
and land forces and their Indian allies. Spain, although a British ally in the war against Napoleon, was “nominally” neutral in the conflict against the United States, Williams said. East and West Florida still belonged to Spain, which feared U.S. annexation of their colony.

On the U.S. side, the Choctaw Indians were allies, along with French-American Jean Lafitte’s Baratarian privateers.

In all, there were around 4,700 U.S. forces, facing about 9,000 British, not counting British sailors on ships in the Gulf.

The British won the naval Battle of Lake Borgne, and “technically” at least one of the land engagements. When Jackson tried to attack the British camp at the Villere Plantation on the night of Dec. 23, 1814, the British “retained the field. Although Jackson punished them pretty good, the British got reinforcements so he pulled his troops back” to a more defensible position on a nearby canal, he continued.

Next, the British attacked Jackson’s forces in the so-called Grand Reconnaissance engage-



NATIONAL ARCHIVES

Artist Henry Bryan Hall depicts the Battle of New Orleans in this painting.

ment of Dec. 28, which wasn’t a decisive battle.

On Jan. 1, the British commenced a massive artillery cannonade.

“If they had been able to breach the parapet that the Army engineers had built along the Rodriguez Canal, they would have attacked with infantry, but the attack failed,” Williams said.

The last British option was the Grand Assault, most of it on the east bank of the Mississippi, with a supporting attack on the west bank, south of New Orleans. The battle never actually reached the city, he said.

LESSONS LEARNED

The Army wasn’t really prepared to go to war during

drafted militia guarded the city.

The takeaway from the battle, Williams said, is that the U.S. fielded a pretty good combined-arms effort, with sailors and marines fighting on land, in coordination with regular Army and militia units. “Inter-service cooperation was excellent.” As well, there was good coordination with the Choctaw allies and with Lafitte.

“Often overlooked, the Louisiana militia also had a few battalions of ‘free men of color,’” he said. Some were refugees from the Caribbean and some were mixed blood creole-African Americans. “Both were heavily engaged in the battle.”

Another plus for the Americans was fighting behind well-prepared positions, Williams said.

As for the British, the Royal Navy didn’t send enough of their big guns to reinforce their artillery to breach those defenses, he said. They also underestimated the competence of the militia, which fought best from behind prepared positions.

AFTERMATH

Before the Battle of New Orleans, the U.S. had taken over Mobile (now in Alabama), as well as attacked Pensacola, both in what was then West Florida, mainly to keep the British from using the latter as a base from which to attack the U.S., Williams said. Spain ceded the rest

of Florida to the U.S. in 1819, realizing it was indefensible.

Spain had never recognized the U.S. acquisition of the Louisiana Purchase from France, he said. Napoleon wasn’t supposed to sell it to the U.S. and Great Britain didn’t recognize any treaty Napoleon had signed.

Many historians think that had the British won the Battle of New Orleans, they may have probably given the Louisiana Purchase back to the Spanish, Williams pointed out.

Incidentally, the Battle of New Orleans was made famous in 1959 by the song written by Jimmy Driftwood and recorded by Johnny Horton, titled: “The Battle of New Orleans.” It made the “Billboard” No. 1 song for that year. Despite the error in the song about the British running “down the Mississippi to the Gulf of Mexico,” Williams said it was his favorite song when he was 6 and he still likes it today, historical inaccuracy or not.

Editor’s note: All of CMH’s War of 1812 series can be downloaded from www.history.army.mil/catalog/index.html or ordered for purchase in hard copy from the U.S. Government Printing Office bookstore. The Battle of New Orleans pamphlet, “The Gulf Theater: 1813-1815” by Joseph F. Stoltz III, will be available in a few days.

WORKSHOPS

Continued from page 9

“It is important to attend the workshop because you may be the most qualified person for the job, but if you don’t apply correctly or utilize your preference, you may not even get through the first step,” Springer said. “We want to support and help navigate participants through what can be a complex system.”

ERP SERVICES

ERP was established by ACS to provide employment assistance to members of the Army family. ERP serves Department of Defense cardholders, including active-duty

Soldiers, their families, retired service members and Reserve component Soldiers.

Attendees meet in small groups and are given an explanation of ERP services. Each week during an orientation class, attendees can select classes available through ERP, and those classes most requested are offered at the next month’s workshop by request, which is on the second Wednesday of each month. Others that desire more intensive assistance can schedule follow-up appointments with an ERP employment specialist.

“We have certain relationships with employers who are looking for military spouses, and we work closely with them,” Springer said. “We have had success with having those relationships.”

ERP offers networking opportunities, job search skills training, resumes critiquing and assistance with applications and cover letters.

For the recent job postings, visit ERP on Facebook at www.facebook.com/rileyacap. For more information about workshops or ERP, call ACS at 785-239-9435.

HORIZON

Continued from page 9

Her principal, Dixie Coleman, praised Miller’s poise and dedication.

“She is sincerely one of those teachers who dedicates herself to helping students see the best in themselves,” Coleman said. “You never see her angry, you never see her frustrated, she’s just always

MORE ONLINE

For more about Geary County Schools USD 475, visit www.usd45.org or www.facebook.com/usd475

working toward that standard of excellence.”

Miller will be recognized at the Kansas Exemplary Educators Network annual conference in February.

Miller received a bachelor’s degree in elementary education from Kansas State University. This is her second year teaching fifth grade at Sheridan Elementary School.

1

MWR

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



**WWW.FACEBOOK.COM/
FORTRILEY**

Sports & Recreation

IN BRIEF

- MIDNIGHT BASKETBALL**

Midnight Basketball is scheduled from 8 to 10:30 p.m. Jan. 16 at the Middle School Teen Center. The event is open to teen center members and their guests in sixth to 12th grades. Admission is \$1 for players and \$2 for spectators. For more information, call 785-239-9222.
- BEGINNER'S LEAGUE**

An 8 for \$8 Beginner's League is scheduled from noon to 2 p.m. Jan. 17 at Custer Hill Bowling Center. The league is open to youth, 4 to 9 years. The eight-week league runs every Saturday through March 7. 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.
- JUNIOR LEAGUE**

A Saturday Junior League is scheduled from 2:30 to 4:30 p.m. Jan. 17 at Custer Hill Bowling Center. The league is open to youth, 9 to 18 years. The 12-week league runs every Saturday through April 4. Cost is \$10 per week and includes a league shirt. A \$20 USBC entry fee is required. The league has USBC-certified coaches. For more information, call 785-239-4366.
- 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. There is an additional cost associated with lessons and equipment rental. For more information, call 785-239-2677.
- RACQUETBALL TOURNNEY**

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 70'S 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 guest 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.
- LINE-DANCING CLASSES**

Line-Dancing classes are scheduled from 7:30 to 8:30 p.m. every Monday at the Warrior Zone. Each class will cost \$5, the first class is free. No partner required and no experience is necessary. Class instructor will be Tamar Williams.

Sexton makes most of opportunities

Former wide receiver looks toward future

By Kelly McHugh
K-STATE ATHLETICS

January has been a busy month for former K-State wide receiver Curry Sexton.

He kicked off the month in San Antonio, Texas, at the Valero Alamo Bowl, then traveled to Charleston, South Carolina, for the Medal of Honor Bowl last Saturday before heading to Louisville, Kentucky, where he's attending

the Future Football Coaches Academy (FFCA) hosted by the NCAA at the annual American Football Coaches Association (AFCA) Convention.

"I think I've stayed in a hotel bedroom for about 17-straight nights with one exception, I was home for one night," laughed Sexton over the phone Jan. 12. "I've been on planes all across the country. I've been pretty busy and well traveled over the past three weeks."

Selected as one of just 30 participants to attend the three-day convention, Sexton joined a group of fellow

See OPPORTUNITIES, page 14



Scott D. Weaver | K-STATE ATHLETICS

K-State's Curry Sexton scores a touchdown against KU Nov. 29, 2014, at Bill Snyder Family Stadium, Manhattan.

Battling the bulge

Gym goers get chance to try classes

By Maria Betzold
1ST INF. DIV. POST

With the holiday season in the rearview mirror, Fort Riley physical fitness enthusiasts are hitting the gym. One event designed to get people more active was the Battle of the Butterball Bulge Jan. 10 at King Field House.

"You get to meet new people," said Sgt. Natasha Elysmo, Company E, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, about the event. "There's a lot of people I've never seen before."

Elysmo was drawn to the Battle of the Butterball Bulge because her regular Zumba class was offered for free that day, she said. She has been involved with Zumba classes for about three and a half years and said there were regulars in attendance at the event, as well as many new people.

"It's a great event," Elysmo said.

However, the Battle of the Butterball Bulge included more than Zumba.

Lia Merutka, instructor, Fusion and body sculpting, King Field

See BATTLE, page 14



Maria Betzold | POST

Erica Holloman, military spouse, prepares to throw the medicine ball as hard as she can to the floor during a circuit breaker class at the Battle of the Butterball Bulge Jan. 10 at King Field House. The event featured different classes that DOD cardholders could try for free.

New U begins in February

By Maria Betzold
1ST INF. DIV. POST

The New U Program will begin at King Field House in February. The group sessions will include nutritional guidance and various exercises.

"Everything they do will be specialized in terms of what they want to accomplish," said Justin Giger, fitness specialist, Directorate of Family and Morale, Welfare and Recreation.

The sessions will feature the one-on-one time people experience with a personal trainer, Giger said, but in a group setting instead.

"It provides not only that variety they need within working out, but teaches them new skills," he said.

Giger also said it's a great opportunity for people to network and get to know each other.

See NEW U, page 14

Racquetball tourney set for Jan. 24

By Maria Betzold
1ST INF. DIV. POST

The 2015 Racquetball Tournament is scheduled to start at 9 a.m. Jan. 24 at King Field House on Main Post.

Renee Satterlee, sports coordinator, Directorate of Family and Morale, Welfare and Recreation, said although the tournament was canceled last year because of a lack of participation, it is not the case this year.

"I try to accommodate an event if there is an interest in it," Satterlee said.

In 2013, there were 14 participants. At one point, Soldiers asked if it was possible to set up a tournament, Satterlee said, adding since then, she has tried to integrate the need at Fort Riley.

"This event effects the overall environment at Fort Riley because it is an individual event and not a team event," Satterlee said. "Also, I will try and break the bracket up into different skill levels from the novice to the more experienced players."

The tournament is open to all Department of Defense cardholders.

For more information, call King Field House at 785-239-3868.

Futsal league begins 3rd year on post



Maria Betzold | POST

A Soldier with Co. G, 1st Bn., 18th Inf. Regt. tries to score during the first game of a futsal tournament Jan. 7 at Long Gym. Many of the players involved used to play futsal in Manhattan. This is the third year futsal has been offered at Fort Riley.

By Maria Betzold
1ST INF. DIV. POST

During its third season, the futsal league has become a growing trend in the Fort Riley area. Unlike indoor soccer, futsal is not played off the walls, and there are extra precautions that need to be taken to ensure nothing is broken.

Warrant Officer 1 Steven Hawley, Company B, 3rd Aviation Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, has been playing soccer since he was 8 years old, and he said he finds futsal to be enjoying, too.

"There's a good diversity of players," Hawley said.

See FUTSAL, page 14

K-State's Foster earns Big 12-ESPN player of week

Sophomore averages 18.5 points in 2 recent Big 12 wins

K-STATE ATHLETICS

MANHATTAN – Sophomore Marcus Foster earned both ESPN.com National Player of the Week and Phillips 66 Big 12 Player of the Week honors Jan. 12 after helping K-State to a pair of Big 12 wins recently.

Foster collects his first career Big 12 Player of the Week honor after winning Rookie of the Week distinction twice as a true freshman in 2013-14. He was also twice named the U.S. Basketball Writers Association (USBWA) Way-

man Tisdale National Freshman of the Week last season. He is the second Wildcat this season to earn the Big 12 accolade, following Nino Williams on Dec. 15, 2014. Overall, it marks the school's 23rd league Player of the Week honor since the inception of the Big 12 in 1997.

Foster averaged 18.5 points on 50 percent shooting (11-of-22), including 55.6 percent (5-of-9) from 3-point range, in 25 minutes per game in helping the Wildcats to a home win over TCU (58-53) and a road victory over No. 16/18 Oklahoma (66-63) in overtime. He also shot a stellar 83.3 percent (10-of-12) from the free throw

See FOSTER, page 14



K-STATE ATHLETICS

K-State sophomore Marcus Foster goes up for the shot during a recent K-State Men's Basketball game.

Lockett receives Consensus All-American

Senior earns 11th honor in K-State history

K-STATE ATHLETICS

MANHATTAN – Kansas State senior Tyler Lockett was named a Consensus All-American as a kick returner and all-purpose player, the NCAA announced.

Lockett picked up the 11th Consensus All-America designation in school history and the first since wide receiver Jordy Nelson in 2007. He was one of four from the Big 12 on this year's list, joining Baylor offensive lineman Spencer Drango, Texas defensive lineman Malcolm Brown and TCU line-backer Paul Dawson.

A product of Tulsa, Oklahoma, Lockett led the nation with a 19.1-yard punt return average, while he ranked third nationally in total receiving yards



K-STATE ATHLETICS
K-State senior Tyler Lockett holds the ball during a recent K-State football game. The NCAA recently announced that Lockett was named a Consensus All-American as a kick returner and all-purpose player.

(1,515) and all-purpose yards per game (176.6). He led the Big 12 in all three categories, including the latter by more than 25 yards per game.

Lockett's 2,296 all-purpose yards in 2014 ranked second in school history to Darren Sproles (2003), while he also

finished second to Sproles with 6,586 in his 47-game career. The school's career record holder for receptions, receiving yards and receiving touchdowns, Lockett finished second in school history to Nelson in single-season catches (106) and receiving yards.

BATTLE Continued from page 13

House, taught her Fusion class during the event, which she said is a dance style class, but she also incorporates weight training.

“They get to go to a variety of classes,” Merutka said. “They can discover what they like best because the best exercise is the one you’ll do.”

After teaching fitness classes for nine years, Merutka said the turnout was incredible.

“The event is important because it gives Fort Riley Soldiers, spouses and civilians a chance to meet other people in the area that share similar interests or are working toward the same goals,” said Vincent Spencer, fitness coordinator, Directorate of Family and Morale, Welfare and Recreation. “A lot of the time, people come to the gym and don’t



Maria Betzold | POST
have a chance to mingle with each other. The classes give them the chance to do that.”

Morris Dozier, IACH, squats with weights in his hands during a circuit breaker class at the Butterball Bulge Jan. 10 at King Field House. Circuit breaker has six different workout stations that attendees rotate through.

Maria Betzold
POST

The turnout this year was really good and exceeded our expectations, Spencer said.



Maria Betzold | POST
A member of the futsal team, United Africa FC, kicks the ball toward the goal. United Africa FC played in the first night of a futsal tournament Jan. 7 at Long Gym.

FUTSAL Continued from page 13

Sgt. Damir Hodzie, Company B, 3rd AHB, 1st Avn. Regt., 1st CAB, said although his unit was deployed last year and they did not get the opportunity to participate, they are ready to go this year.

According to Hodzie, the best part about the sport is the competition.

“I think it’s a great event,” Hodzie said. “I think it’s ran well, too.”

Renee Satterlee, sports coordinator, Directorate of Family and Morale, Welfare and Recreation, said she went to Manhattan four years ago to watch futsal and see what it was about, when she discovered the majority of players in Manhattan were Soldiers from Fort Riley.

“We had the people who wanted to play; it was just bringing it here,” Satterlee said.

The following year, Satterlee said she decided to try to establish a futsal league at Fort Riley. In 2013, there were seven registered teams, and this year, it has grown to 10 registered teams.

“The futsal League keeps the Soldiers involved because it requires a smaller number of team members to play, so units are able to support their teams better,” Satterlee said.

Sgt. Malick Sakande, Co. B, 701st Brigade Support Battalion, 4th Infantry Brigade Combat Team, 1st Infantry Division, said he makes new friends while playing futsal and enjoys playing soccer on Saturdays with his team.

“That’s what we do for a living,” Sakande said.

FOSTER Continued from page 13

line. He has now scored in double figures in 39 of his 49 career games, including 12 this season.

Following his first scoreless game, Foster came back in the Wildcats’ first Big 12 win against TCU on Jan. 7, as he scored a game-high 23 points on 5-of-11 field goals, including 3-of-6 from beyond the arc, with one rebound and one assist in 29 minutes in his first game off the bench. He also knocked down 10-of-12 from the free throw line, including 9-of-10 in the final five minutes. It was his 12th career 20-point game and fourth of the season.

Foster scored nine of his 14 points in the win over Oklahoma on Saturday in the

last 35 seconds of regular and overtime to help the Wildcats claim their first win over a ranked team on the road since 2012. He scored the final four points of regulation, including a lay-up with 6 seconds left in regulation to tie it at 55-all then hit the game-winning 3-pointer with 4.1 seconds left in overtime. He went 6-of-11 from the field, including 2-of-3 from 3-point range, with one rebound and one assist in just 21 minutes.

Foster leads the Big 12 in eight categories, including scoring (13.7 ppg.), double-digit scoring games (12), 20-point games (4), field goals (71), field goals attempted (163), 3-point field

goals (43), 3-point field goals attempted (95) and minutes (28.0). He also ranks among the Big 12’s Top 15 in scoring (6th), field goal percentage (13th), 3-point field goal percentage (2nd) and 3-point field goals made (4th).

K-State (9-7, 2-1 Big 12) returns to action on Wednesday for the first of back-to-back home games this week, as the Wildcats host Texas Tech (10-6, 0-3 Big 12) at Bramlage Coliseum. The game will tip off at 7 p.m. and will air nationally on ESPNNews. Tickets are available for both games this week for calling the K-State Athletics Ticket Office at (800) 221. CATS and/or online at www.kstatesports.com/tickets.

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NCAA football players from around the nation who are all also interested in coaching. The convention offers the student-athletes exclusive academy workshops and sessions where they are given the opportunity to engage and learn from some of the best coaches in the business.

“There are probably 10,000 coaches, maybe more, from every level from high school to D1, and us 30 guys. We basically come listen to speakers, interact, network and get to know people and learn more about being a coach,” explained Sexton. “The 30 of us start out the day in our room and we interact with select coaches that they bring in to come and talk. We talk with them and then they let us go and we get to be a part of the entire convention, so we can pop in and listen to the different speaking events whenever we want.”

Sexton said he attended a session with Arkansas head coach Bret Bielema and Marshall head coach Doc Holliday. He said James Franklin, the head coach at Penn State, spoke to his group while Duke’s head coach, David Cutcliffe, also spent time with the aspiring coaches.

Sexton said he had the opportunity to dive deeper into a profession he sees himself pursuing in the years to come.

“It’s definitely beneficial,”

he said. “Not only from a networking standpoint because it’s been good to talk to and get to know some of the people in the industry, but also it’s good to hear different perspectives from different people on different levels because every coach has a different story as to how they got to where they are now. It’s cool to hear their advice.”

Sexton, a 2014 Second Team Academic All-American and Second Team All-Big 12 performer, is coming off of a senior year where he had 79 receptions for 1,059 yards and five touchdowns – his best year.

He was selected with teammates Jake Waters and Ryan Mueller to compete in the Medal of Honor Bowl Jan. 10, and though he was unable to play, the week of training and interacting with players and professionals from around the nation was a beneficial experience.

“I got a little dinged up early in the week of training, so I wasn’t able to play, but the experience was great,” Sexton said. “Charleston was a really cool city, I’d never been there before, and they took really good care of us. There were over 150 NFL scouts there most of the week, so we got to interact with them and do one-on-one interviews with them. We got to learn from different college coaches who have been to a lot of different

places, and we got to play with some of the best talent in the country. It was a great week.”

Overall, Sexton caught 129 career passes for 1,623 yards and six touchdowns for the Wildcats and capped his time at K-State by hauling in 10 passes for 104 yards in K-State’s 40-35 loss to UCLA earlier this month.

Whether it’s school, friendship or travel, the game of football has given Sexton opportunities he only dreamed of growing up in Abilene, Kansas, and now, he can’t wait to see where the game takes him next.

While he said upon returning to Manhattan this week he will be spending the next few weeks training for Pro Day, he knows coaching is the path he wants to take in the future.

“Football has always been my passion,” Sexton said. “It’s always been the thing that I love the most in life. So to have the opportunity to have an impact on kids’ lives and to be able to not only help them become better football players but better people and offer them a figure in their lives similar to the figures I’ve had in Coach Coleman and Coach Smith, to just to be able to be there for someone and impact kids year in and year out, that makes for a special job to have.”

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“We’re trying to reach that gym goer who may not be comfortable working out by themselves,” he said. “We want to provide that element of personal interaction, but in a group session.”

The New U Program will begin Feb. 2 and will be at 4 p.m. Mondays, Wednesdays and Fridays on a monthly basis.

For more information, call King Field House at 785-239-3868.



