

THE **1**ST INFANTRY DIVISION POST

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FORT RILEY, KAN.

## Community has chance to influence post's future

By Amanda Kim Stairrett  
1ST INF. DIV., FORT RILEY PUBLIC AFFAIRS

Army officials are in the process of cutting troop numbers from 570,000 to 490,000 and because policy makers in Washington have not eliminated sequestration, the organization is facing even more severe cuts. Those cuts could affect the 1st Infantry Division and Fort Riley.

This is the message Brig. Gen. Eric J. Wesley, 1st Inf. Div. senior mission commander, conveyed to hundreds of Flint Hills community members Jan. 16 during the 2015 Regional Leaders Retreat in Overland Park, Kansas. It's a message he and other post leaders, including Col. Andrew Cole, garrison commander, continue to spread to those across Kansas.

Members of the civilian community have an opportunity to affect

Army leaders' decisions on those cuts and Fort Riley's future during a town hall-like U.S. Army Community Listening Session at 3:30 p.m. Feb. 9 at the Geary County Convention Center at Courtyard by Marriott Hotel, Junction City.

"The purpose of the session is to facilitate dialogue and exchange information – and capture the community's perspective – on the fiscal impact of reducing Army manpower here," according to information from the post.

Fort Riley is one of 30 Army installations across the U.S. facing possible reductions – as many as 16,000 – mandated by the Budget Control Act of 2011.

The Feb. 9 listening session is the next phase of the Army's Force Structure and Stationing Decision process. Army officials from Washington, D.C., including Brig. Gen. Roger

Cloutier Jr., director of force management with the Office of the Deputy Chief of Staff, are scheduled to attend.

The listening session is open to the public, and citizens from all communities surrounding Fort Riley are encouraged to attend to show support for the installation and share interests about potential cuts to units, including the 1st Inf. Div.

State, regional and local elected officials and business leaders have pledged their attendance.

This is a serious matter, Wesley told the crowd Jan. 16.

"It concerns the future of (Fort Riley), but not just the future of the 'Big Red One,' but the future of your community and your business."

He underscored the seriousness of the matter saying when the Army made

See LISTENING SESSION, page 8



Amanda Kim Stairrett | 1ST INF. DIV.

Brig. Gen. Eric J. Wesley, 1st Inf. Div. senior mission commander, left, speaks Jan. 16 to attendees of the 2015 Regional Leaders Retreat in Overland Park, Kansas, with Fort Riley Garrison Commander Col. Andrew Cole, right. The two encouraged members of the Flint Hills communities to attend the upcoming Fort Riley Community Listening Session Feb. 9 in Junction City.



Sgt. Luther R. Washington | 4TH IBCT  
Retired Col. Greg Gadson, former commander, 2nd Bn., 32nd FA Regt., 4th IBCT, poses for a picture during Fort Riley's St. Barbara's Ball Jan. 15 in Junction City. Gadson was the guest speaker for the event.

Former  
'Proud  
American'  
visits postBy Staff Sgt. Aaron P. Duncan  
4TH IBCT PUBLIC AFFAIRS

Retired Col. Greg Gadson said he will always be a Soldier. And, the troops of his former battalion, the 2nd Battalion, 32nd Field Artillery Regiment, are special to him. Field artillery troops from across Fort Riley attended the annual St. Barbara's Ball Jan. 15 in Junction City, which was hosted by leaders of the "Proud American" battalion. St. Barbara is recognized as the patron saint of artillerymen.

"It is just really special," Gadson said. "It's humbling to be around Soldiers."

Gadson was serving as the battalion commander of the 2nd Bn., 32nd FA Regt., in 2007, when, after returning from a memorial service for two Soldiers assigned to the brigade, a roadside bomb exploded under his vehicle. Gadson lost his legs in the incident, but still went on to serve as director of the Army Wounded Warrior Program and then commander of the U.S. Army Garrison at Fort Belvoir, Virginia. He also played a supporting role in the 2012 movie "Battleship."

"I have actually heard a lot about Col. (Greg) Gadson," said Spc. Michael Servin, a Phoenix, Arizona, native and medic, Headquarters and

See GADSON, page 8

## Experts in the field



Tech. Sgt. Ian Dean | U.S. AIR FORCE

A Soldier with the 2nd Bn., 16th Inf. Regt. receives the EIB during a Jan. 14 ceremony in Arta, Djibouti. Forty-three 2nd Bn., 16th Inf. Regt. Soldiers successfully completed all testing components to earn the EIB.

'BRO' Soldiers earn Expert  
Infantry Badges in AfricaBy Tech. Sgt. Ian Dean  
CJTF-HOA

CAMP LEMONNIER, DJIBOUTI – Soldiers with the 2nd Battalion, 16th Infantry Regiment, set out to complete testing designed to push their physical and mental limits and demonstrate proficiency in their skills.

About 250 Soldiers put their skills to the test during Expert Infantry Badge testing Jan. 4 to 14 at Camp Lemonnier, Djibouti.

"Soldiers must demonstrate a high level of proficiency in each task in order to move on to the next portion of testing," said Capt. Phillip Matousek, commander, Company B, 2nd Bn., 16th Inf. Regt. "Approximately 15 percent of candidates successfully complete the testing and earn the EIB. It's a very rigorous competition."

Testing began with the Army Physical Fitness Test. Although the Army requires 60 points in each category to pass the APFT, EIB candidates must score a minimum of 75 points in each of the three testing components, push-ups, sit-ups



Tech. Sgt. Ian Dean | U.S. AIR FORCE

A Soldier with the 2nd Bn., 16th Inf. Regt., removes the sling from his weapon after completing a 12-mile road march as part of Expert Infantry Badge testing in Arta, Djibouti, Jan. 14. The road march was the final component for EIB testing.

and two-mile run, to move on to the next phase. The next portion is the land navigation course. Soldiers must use their land navigation skills to negotiate unfamiliar terrain and reach specific points in both daytime and nighttime conditions.

See BADGE, page 8

Tax center  
opens doors  
to Soldiers,  
familiesCenter offers free tax  
services to patronsBy Maria Betzold  
1ST INF. DIV. POST

Fort Riley Tax Center representatives greeted their first customers Jan. 21 during the center's ribbon-cutting ceremony on post.

"Opening seasonally is about helping more people," said Elizabeth Thurston, installation tax attorney, Legal Assistance Office, Office of the Staff Judge Advocate. "It goes in stages."

The center is located at Building 7034 on the corner of Normandy and Bullard streets.

Last year, the center prepared 7,498 federal tax returns and 5,736 state returns. The tax center saved service members more than \$2 million in preparation fees and issued more than \$15 million in refunds. Thurston said the center will prepare state taxes only if it prepares federal taxes for the same service member.

"I think it's a great service because it's free," Thurston said. "If someone's offering me a free tax service, I'm going to take it. It's money in your pocket."

Free tax assistance is available at the center to active-duty service members, veterans and their dependents.

"That's money in service members' pockets, and that comes back to the post in some way," Thurston said.

The tax center has opened seasonally for about 30 years and has been located in the same building for the past four years.

The center will remain open for tax preparations until April 16; however, the legal assistance building offers tax assistance year-round. Hours of operation are from 9 a.m. to 6 p.m., Monday to Friday, with appointments and walk-ins welcome, and from 9 a.m. to 1 p.m. Saturdays with walk-ins only.

"We see about 100 clients on Saturdays," Thurston said.

The tax center is open on training holidays, but not federal holidays. For more information or to make an appointment, call 785-239-1040.

The next USAG Resilience  
Day Off will be:

FEB.

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## SAFETY HOLIDAY

As of Thursday, Jan. 29

024

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

## HIGHLIGHTS



CHILDREN BUILD SNOWMEN DURING OLAF'S WINTER BASH AT EYSTER POOL, SEE PAGE 9.

## ALSO IN THIS ISSUE



'DEVIL' BRIGADE HONORS MLK JR. LEGACY, SEE PAGE 13.

# 'Devils' begin redeployment from Kuwait

STAFF REPORT

After a nine-month deployment that took Soldiers with the 1st Armored Brigade Combat Team, 1st Infantry Division to Kuwait, Jordan and Iraq, members of the "Devil" brigade have begun to redeploy to Fort Riley. About 50 Soldiers from the brigade were welcomed home at the 1st Battalion, 5th Field Artillery Regiment, 1st ABCT, headquarters Jan. 21, the first of many such ceremonies the brigade will take part in over the next several weeks.

Family members, friends and fellow Soldiers were present to give the returning Soldiers a warm welcome. Leaders from the brigade congratulated the Soldiers on behalf of Col. John Reynolds III, Devil brigade commander.

The brigade eased its colors June 18 at Fort Riley, ahead of their deployment in support of Operation Spartan Shield. During the deployment, the brigade was visited by Kansas Sen. Pat Roberts, Secretary of Defense Chuck Hagel and Gen. Raymond Odierno, the Army's chief of staff.



Maj. Chris Ellis | 1ST ABCT

Spc. David Kettell, 101st BSB, celebrates with his family Jan. 21 at his brigade's redeployment ceremony at the 1st Bn., 5th FA Regt., 1st ABCT headquarters on Fort Riley. Kettell was among about 50 "Devil" brigade Soldiers who marked the first group to redeploy from Kuwait, where they have been for nine months. The remaining 1st ABCT Soldiers, along with the brigade's colors, will redeploy in the coming weeks.

# Leaders encourage Soldiers to understand tattoo regulations before getting branded

By Maria Betzold  
1ST INF. DIV. POST

Remembrance. Pride. Honor. These can be some motivations for getting tattoos.

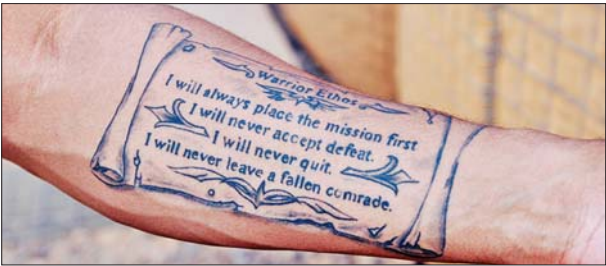
Although there may be a variety of reasons for getting permanent body art, all Soldiers are bound by the same regulations that govern what constitutes acceptable tattoos in the Army.

"The best thing you can do is talk to your leadership before getting a tattoo or brand," said Garrison Command Sgt. Maj. Jason Schmidt. "Read the regulation, understand the Army policy and ensure you're in compliance."

The Army revisited and tweaked its tattoo regulations twice in 2014. The number, size and placement of tattoos were modified under revised Army Regulation 670-1 in March 2014.

In the March policy, previously authorized tattoos were "grandfathered," but Soldiers hoping to become officers had to get an exception to policy, according to an Army News Service article published Sept. 16.

"Wearing of the uniform, as well as our overall military appearance, should be a matter of personal pride for Soldiers," said Sgt. Maj. of the Army Ray-



Staff Sgt. Stephanie van Geete | ANS

1st Sgt. Aki Paylor won't have any trouble recalling the Warrior Ethos. "For me, the Warrior Ethos -- that's who I am." Since all of Paylor's tattoos were done a number of years ago, he's grandfathered in.

mond Chandler in the article. "Our commitment to the uniform and appearance standards is vital to your professionalism."

In September, the regulation was updated, taking into account that previously authorized tattoos should not prevent a Soldier from becoming an officer, but that candidates are to be evaluated based on the "whole Soldier" concept.

Fort Riley recently hosted a Slingin' Ink tattoo competition at the Warrior Zone for Soldiers to show off their art and raise awareness about the updated tattoo regulations.

"We want Soldiers to enjoy

the freedom of expression," Schmidt said during the Jan. 15 competition.

Army Regulation 670-1 clarifies guidance regarding Soldiers obtaining new tattoos.

Extremist, indecent, sexist and racist tattoos, which are prejudicial to good order and discipline, are prohibited anywhere on a Soldier's body.

Tattoos or brands on the head, face, neck, wrists, hands or fingers are not allowed.

Only one visible band tattoo is authorized, either below one elbow or below one knee.

Sleeve tattoos are unauthorized below the elbow or knee.

No more than four visible tattoos can be below the elbows or knees, and tattoos below the knees and elbows must be smaller than the size of the Soldier's palm with fingers extended.

If a Soldier has one or more tattoos that were grandfathered, then he or she may not obtain any more tattoos or add on to any current tattoos in areas with tattoo limitations.

If a Soldier has no tattoos or only tattoos that meet the current policy, then he or she may only obtain tattoos that continue to comply with the current policy.

## TRAFFIC REPORT >>>

### NOTICES

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

### HAMPTON PLACE

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

### ACP HOURS OF OPERATION

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

## TUESDAY TRIVIA CONTEST WINNER



Congratulations to Lena Hall, our trivia winner this week! She is pictured at left with her husband.

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

# CAB Soldiers visit KC air traffic control center

By Sgt. Michael Leverton  
1ST CAB PUBLIC AFFAIRS

OLATHE, Kan. -- Soldiers with the 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division visited the Kansas City Air Route Traffic Control Center Jan. 22 in Olathe.

"Gunfighter" battalion Soldiers were there to get a better understanding of what happens every time an aircraft takes flight. The group received a quick class about the control center and then were given a tour of the facility.

"It's incredibly invaluable for pilots to see what happens on the other side of the (microphone)," said Scott Hamblin, air traffic control specialist, Kansas City center. "It's important for them to see what the controller's job looks like."

Hamblin, who has been in the industry for 12 years, was a pilot before becoming an air traffic controller.



Sgt. Michael Leverton | 1ST CAB

Scott Hamblin, air traffic control specialist, gives an overview of what air traffic controllers monitor while aircraft are in flight to Soldiers with the 1st ARB, 1st Avn. Regt. during a Jan. 22 visit to the Kansas City Air Route Traffic Control Center, Olathe, Kan.

"I spent five years as a flight instructor and did some transportation-type flights and then decided to become a controller," Hamblin said.

After the tour, Soldiers got the opportunity to sit down and listen in on how the controllers managed their assigned air spaces.

"I never knew there was that much going on at one time," Chief Warrant Officer 2 Jason Hammond said. "These guys here at the (Federal Aviation Administration) really earn their money."

Hammond, who is an AH-64 Apache Longbow pilot, is an Olathe native and helped coordinate the training.

"Integration with air traffic control is very important for not only the pilots but the controllers as well," Hammond said. "To see the level of focus you have to have to control one sector at one altitude is intense."

The Kansas City center controls an area that touches 10 states and handles military air traffic daily, Fort Riley included. The center handles an average of more than a million flights a year, Hamblin said.

"It makes you realize why sometimes there's a delay on the other end of the (mic)," Hammond said.



# Army shaping Soldiers as best weapon for future

Army's greatest asset is Soldiers, commander says

By Marie Berberera  
TRADOC

FORT SILL, Okla. — Lt. Gen. Robert Brown, Army Combined Arms Center, or CAC, commanding general, visited Fort Sill Jan. 20 to discuss the Army's greatest asset — its Soldiers — and how the “human dimension” is vital to combating current and future conflicts.

“The key aspects of the human dimension are developing the right leaders for the future and the right Soldiers who can handle these complex problems,” Brown said.

With the new Training and Doctrine Command's, or TRADOC, structure, Brown provides oversight to the centers of excellence and is the rater

for Maj. Gen. John Rossi of the Fires Center of Excellence, or FCoE, and Fort Sill's commanding general.

“I don't think anything is more complicated than artillery and air defense,” Brown said. “Those two branches do an amazing job of integrating joint fires complicated problems and simplifying them to help us win on the battlefield.”

This was Brown's first visit to the FCoE as CAC commander.

He spoke with lieutenants, captains and warrant officers in Kerwin Auditorium about how the field artillery and air defense artillery weapon systems and technology will change, but Soldiers are what will carry the nation to victory.

They are the ones who have to make “split-second decisions when lives are at stake,” he said. Because of this “we better have the best leaders we can,” Brown



Lt. Gen. Robert Brown, commanding general, U.S. Combined Arms Center, speaks to a group of Soldiers about how the Army is focusing on the human dimension as the force's biggest strength for the future Jan. 20 at Fort Sill's Kerwin Auditorium, Fort Sill, Okla.

to defeat the Soviets with a technological advantage.

Now the Army is focusing on developing Soldiers as its best defense.

“The right leaders can solve any problem,” Brown said. “But if we have leaders who can't think through the problem, can't thrive, we're hurting.”

He told Soldiers the way to accomplish that level of readiness is for each individual to have a passion to study their profession.

“You have to be hungry about learning,” he said. “You can't just sit back and say, ‘well go ahead come on feed me.’ It's impossible to do too much leader development.”

He recognized the challenges Soldiers face in numerous daily tasks that keep them from accomplishing higher goals, but he said it needs to be a priority, especially when the Army is drawing down.

“We're fortunate in many ways and we have a lot of advantages, but we can't sit back and just say we're going to remain the best in the world.

Never before in history have those who would do us harm had the same tools we have,” Brown said.

“The Human Dimension White Paper” states: “While preserving a technological edge will remain important, developing better equipment without developing better people is an insufficient strategy to retain overmatch in the face of highly adaptive adversaries,” he said.

“How effective is a 155 Howitzer against a cyber threat?” he asked Soldiers. “You have backup systems, of course ... but how well do our materiel solutions work against a cyber threat? Bottom line is they don't work too well.

“The human dimension has always been there and has always been important, but never more important than it is now because a few people can have a greater impact than ever before,” Brown said.

## Loved ones key to helping transitioning Soldiers distress

By Kalyn Curtis  
1ST INF. DIV. POST

As Soldiers begin to come home from deployment, spouses and loved ones can help make their transition from deployment to home life easier.

Indicators that loved ones should keep an eye out for are signs of mental and emotional struggle.

If the Soldier presents signs, like withdrawal, isolation, emotional outbursts, putting affairs in order or making amends, substance abuse or self-abasing comments, family members should take heed.

Once these indicators are noticed, Fort Riley offers a list of resources intended to help, including the Suicide Prevention Program. The goal of the program is to minimize suicidal behavior among Soldiers, retirees, civilians and family members.

According to Ted Parks, manager, Suicide Prevention Program, Directorate of Human Resources, calling the Military Crisis Line is one way to intervene.

“Ultimately, we would like to eliminate suicide in the Army completely,” he said. “However, near-term goals, include raising awareness of the consequences of suicide, training Soldiers and leaders to recognize the indicators to intervene and empowering Soldiers to ask for help,” Parks said.

The Suicide Prevention Program consists of a suicide prevention council, which includes the 1st Infantry Division's chief of staff, division psychiatrist, alcohol and drug control offi-

cer, and the Installation Safety Office.

The purpose of the Suicide Prevention Council is to coordinate all suicide prevention and intervention programs provided to the units and organizations and to build prevention teams.

Suicide prevention teams consist of Soldiers and civilians. They are required to attend suicide prevention training annually. Fort Riley trains Soldiers and civilians in Applied Suicide Intervention Skills Training, or ASIST. The post also provides a two-day training program to train gatekeepers on how to conduct suicide intervention.

“Just last year, Fort Riley trained over 2,000 new gatekeepers and 24 (ASISTs),” Parks said.

“In addition, Fort Riley programs, such as the Suicide Prevention Task Force, Community Health Promotion Council, Readiness and Resiliency program and Comprehensive Soldier and Family Fitness program, among others, collaborate and coordinate efforts on the installation for suicide prevention efforts,” he said.

Aside from the Suicide Prevention hotline, other resources are available to those in need, including Vets 4 Warriors, which helps connect Soldiers with veterans who have been through similar experiences. Those who are looking for something closer to home can also look to Fort Riley chaplains.

The best possible care for someone who is experiencing suicidal ideation is the care provided by battle buddies, friends and family members, Parks

said. People save the lives of those around them by developing relationships and caring for each other, especially in times of crisis, he added.

“Once a Soldier reveals thoughts of suicide, they are evaluated by providers, and, depending on the professional opinion of the providers, the Soldiers are offered services in the form of counseling, inpatient therapy or other social service or behavioral health services,” Parks said.

Depending on the situation, loved ones who report their Soldiers change in behavior as signs of suicide or self-harm might remain anonymous. However, if the danger is imminent, safety of the person in question will be considered above all.

According to Parks, if the Soldier or family member calls the chaplaincy, by Army Regulation, a chaplain cannot and will not disclose anything that is told to them in pastoral conversation without the written permission of the person they were in the conversation with.

Ultimately, a Soldier could demonstrate a variety of signs if he or she is in distress or thinking of suicide. Loved ones should look for what could be a cry for help and educate themselves on the signs of suicide and how to take the right steps towards prevention.

For more information about the Suicide Prevention Program, call 785-239-9038/9435; visit Building 8388, Estes Road on Custer Hill; or visit [www.riley.army.mil/NewArrivals/Community-ResourceGuideDisplay](http://www.riley.army.mil/NewArrivals/Community-ResourceGuideDisplay).

## Military Family Life counselors ease Soldiers back into home life

By Kalyn Curtis  
1ST INF. DIV. POST

As Soldiers slowly begin to come home in the upcoming months, there are a number of programs at Fort Riley designed to help with reintegration.

One is the Military Family Life Counselor program.

Military Family Life counselors, also known as MFLCs, assist military members and their families with issues that occur across the military lifestyle, with the intent of improving operational and family readiness.

The counselors support individuals and couples, including children and groups. They assist in helping people cope with issues, including deployment stress, relocation, separation, anger management, conflict resolution and parenting.

Cheryl Erickson, chief,

Army Community Service, said the counselors are there for support and to listen.

Erickson gave one scenario military families might be familiar with.

“Let's say a Soldier comes back, and things at the house are thrown out of balance, and people just aren't connecting in a way that they wanted to,” she said. “It just seems like there's just more quarreling. This might be a great tool to help bring back balance to the relationship.”

The counselors are more of a support system, meaning they do not prescribe medication, Erickson said, and they are not a part of medical staff.

According to the MFLC website, a few signs to watch out for when determining if an extra support system is needed include:

- Feeling agitated easily
  - Being quick to anger
  - Difficulty concentrating
  - Being easily startled
  - Difficulty communicating with others
- Some Soldiers may be apprehensive to receive counseling because they don't want their command to find out. However, Erickson said the option of anonymity is available.
- “One of the great things about our MFLCs is, with the exception of danger to self or others, MFLC offers anonymity. We don't need your full name. No information is shared back to the command,” Erickson said. She added that the counselors will also meet in places like coffee shops, the warrior zone or a coffee shop in town; however, since they

See COUNSELORS, page 7



WWW.TWITTER.COM/  
FORTRILEY

FOR YOUR HEALTH

# How to achieve your weight loss goals

By Col. Joanna Reagan  
USAPHC

January is the time of year when many people make a New Year's resolution to lose weight. Some people want to lose a few pounds, while others may want to lose 30 pounds or more. So where can you find the inspiration to help you lose more than 30 pounds and keep it off for more than a year? Read entries in the National Weight Control Registry, which contains stories of individuals who have lost more than 30 pounds and have kept it off for at least one year. Currently, more than 10,000 people have shared their stories to help others lose weight. Eighty percent of entries in the National Weight Control Registry are from women and 20 percent are from men. The average participant has lost 66 pounds and kept it off for 5.5 years. There are many differences in the participants:

- Forty-five percent of participants lost weight on their own and 55 percent lost weight with the help of a weight loss program.
- Ninety-eight percent of the participants modified their food intake to lose weight.
- Ninety-four percent increased their physical activity, like increased walking.

- Ninety percent exercised about an hour per day and minimized their time watching TV.
- Eating breakfast every day was reported by 78 percent of participants.
- Seventy-five percent weighed themselves at least once a week.

The biggest connection between participants was that most developed a plan for weight loss. If your goal is to lose weight this year, here are suggestions to help you get started and create new goals for success. The Performance Triad is a three-pronged plan that everyone can use to improve his or her health. The Performance Triad goals are to promote sleep, activity and nutrition. Try something new. To modify your diet, make an appointment with a registered dietitian for personalized nutrition coaching sessions. Make an appointment at an Army Wellness Center to determine your resting metabolic rate and your current body composition. Purchase a digital fitness device to monitor how many steps you are walking and your hours of sleep. Many of these devices can be linked to your smartphone or computer to monitor your progress over time. Some programs and apps have a feature to help track your food intake and to see how many calories

you expend and consume daily. A fitness device is a visual reminder to help add extra steps into your day. Try having a "walking meeting" with your co-workers or take the stairs up and down your building for a break. A healthy goal is to walk at least 10,000 steps per day. There are many apps to help you lose weight. Here is a site to help you determine the right app to download: [www.eat-right.org/Media/content.aspx?id=6442467041](http://www.eat-right.org/Media/content.aspx?id=6442467041). To increase physical activity, try attending a new class such as Zumba, yoga or bi-cycle spin class. Add strength training to your routine to increase your lean muscle and increase your resting metabolic rate. Make an appointment with a personal fitness trainer to help set up a personalized workout program and for new ideas to add strength training to your routine. Many women lose muscle mass over time and replace the muscle with fat. For each pound of muscle you gain, you burn 35 to 50 more calories each day. Strength training, in combination with an adequate amount of calcium, also helps to defend against osteoporosis. Find a good friend who also wants to lose weight and set up a plan to work out together. Having someone as a "battle buddy" can be

very helpful for holding each other accountable to maintain the workout routine. To help improve your nutrition, try these ideas. Pack a lunch and healthy snacks for work. By packing a lunch, you will save money and decrease portion sizes. You will be more likely to eat a healthy lunch, too. When you pack your lunch, add extra fruit and vegetables to snack on for a mid-morning snack or an afternoon break. You should also add extra vegetables with your evening meal. Consider the sugar in your beverages and try not to drink any with high fructose corn syrup. Limit your snacks after your evening meal, as they tend to be high in sugar and fat. Sleep is also an integral part of losing weight. Inadequate amounts of sleep increases the appetite hormones leading to increased appetite and increased food intake. Having a regular sleep cycle and achieving seven to eight hours of sleep each night can make a difference with performance and losing weight. The goal of the New Year should focus on health and wellness, and if your goal is to lose weight, try some new strategies. Incorporate the performance triad concepts into your daily life and invite a friend to help you stick to your goals.

# Nurse Advice Line can help at moment's notice

IACH PUBLIC AFFAIRS

Sometimes it is difficult to know if and when to seek medical help for acute health problems, so having professional help at a moment's notice is invaluable. The Military Health System's new Nurse Advice Line, or NAL, for TRICARE beneficiaries does just that.

TRICARE beneficiaries in the continental U.S., Alaska and Hawaii can call the NAL toll-free at 1-800-TRICARE, Option 1, 24 hours a day, seven days a week.

The NAL is a team of registered nurses who are available to answer a variety of urgent health care questions. They can help you decide whether self-care is the best option or if it is better to see a health care provider.

There will always be a live-person on the line to address beneficiary concerns.

NAL offers a variety of solutions for all TRICARE beneficiaries.

For pediatric issues, NAL will route the beneficiary to a pediatric nurse. If follow-up is necessary or requested, the NAL will call the beneficiary back to check the child's status a few hours later.

NAL representatives will make same-day appointments with the beneficiary's primary care manager for TRICARE Prime beneficiaries who are enrolled to military treatment facilities. If a same day



Call 1-800-TRICARE (874-2273); Option 1  
24 hours a day, 7 days a week

appointment is not available, NAL will re-direct the beneficiary to the closest urgent care center and advise the PCM an urgent care referral is needed, so the patient does not have to worry about paying any point of service co-pays. All other TRICARE beneficiaries who are not enrolled to a MTF will receive professional health advice about their urgent health concern and when to seek urgent care.

When calling the NAL, a customer service representative will verify the beneficiary's eligibility through the Defense Enrollment and Eligibility Reporting System.

Beneficiaries with an acute health care concern or question will be connected with a registered nurse who will ask a series of very standard questions to determine the next steps and allow the NAL nurse to provide the best advice possible.

Beneficiaries can still call their PCM or clinic, but the NAL is another option for beneficiaries to access the care they need and want in a timely fashion.

## IRWINFORMATION

**My child, who is away at college, is coming home for the summer. Does my child need to transfer their TRICARE Prime enrollment?**

No. Your child doesn't need to transfer his or her TRICARE Prime enrollment. If you want your child to stay Prime while at college, we encourage him or her to get all routine and specialty care needs met before coming home. Remember, when at home, your child needs to follow the TRICARE Prime rules and coordinate routine, specialty, and pre-

ventive care with his or her primary care manager or regional contractor or risk paying higher out-of-pocket costs under the point of service option.

Your child doesn't need to call his or her primary care manager before receiving emergency medical care. However, in all emergency situations, your child or a family member must notify his or her PCM and regional contractor within 24 hours or the next business day, so ongoing care can be coordinated and to ensure he or she receives proper authorization for care, if necessary.

If you have a question for Irwinformation, send it to [IACHInformation@amedd.army.mil](mailto:IACHInformation@amedd.army.mil) or call 785-239-8414.

CONFIDENTIAL ALCOHOL AND TREATMENT  
EDUCATION PROGRAM



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If you smoke, you must be 50 feet away  
from building entrances on post.

# What would you do... with \$6 million?

Our goal at Irwin Army Community Hospital is to provide quality, compassionate care to you and your loved ones. We can do that more effectively when we hear from you, our guests. We receive special funding from your positive responses on the Army Provider Level Satisfaction Survey, affectionately known to us as **"APLSS."**

Following your appointment, you may receive an **"APLSS"** survey in the mail, or via e-mail, asking for your feedback regarding your visit. That survey allows us to address your concerns and promote the success of our staff and facilities. The added bonus is additional funding for the hospital of up to \$660 per returned survey. That's an annual return of up to **\$6 million** that we can use to help better serve you!

Here's how it works: the survey should arrive within one to two weeks and there are three options to complete it: 1) Email (All Soldiers and their dependent children), log in to the website with the provided username and password to answer questions; 2) Call the toll-free number provided in your letter; 3) Fill out the questionnaire and mail it back with the provided paid postage envelope. All results are confidential ... we only see the numbers.

Remember, your feedback matters to us and we want to hear what you have to say. It is our responsibility to support and enhance your health through an extraordinary patient care experience.

So, the next time you receive **"APLSS"** in the mail, help us by taking the time to fill out the survey ... only good things will come from it.

Thanks for stopping by to see us today. We look forward to seeing you in the future and we appreciate your time and your willingness to help us provide you and your family with the highest quality medical care.



RILEY ROUNDTABLE

Who are you cheering for on Super Bowl Sunday and why?



"Seahawks - I'm actually a Jets fan, and I dislike the Patriots."

SGT. LUCINKY LUCIEN  
ROCKLAND, NEW YORK  
Mechanic - Co. I, 366th Bn., 2nd ABCT



"Seahawks because I live three hours away from Seattle."

SPC. ERIC BERGSTROM  
HERMISTON, OREGON  
Fueler - Co. H, 299th BSB, 2nd ABCT



"Patriots because I want to see someone beat the Seahawks."

PFC. DANIEL IJGBAMIGBE  
HOUSTON, TEXAS  
Unit supply specialist - HHC, 1st Bn., 63rd Armored Regt.



"Patriots for no specific reason. My family is Seahawks fans."

PFC. CODY STEINKRUGER  
MACOMB, ILLINOIS  
CAT driver - 1st Bn., 7th FA Regt.



"If it's really going to be New England and Seattle, I'd go for Seattle because they're more of an underdog."

SPC. MICHAEL GULLI  
CLINTON, WISCONSIN  
Infantryman - 1st Bn., 4th Cav. Regt.

THE 1ST INFANTRY DIVISION POST

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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 785-239-2582 or e-mail usarmy.riley.incom.mbx.post-newspaper@gmail.mil

SAFETY NOTES

February is Heart Disease Awareness Month

By Alex Bender  
GARRISON SAFETY OFFICE

Team Riley, as you prepare to celebrate Valentine's Day with loved ones, this is a good time to think about the physical condition of your heart.

What is the connection between a healthy diet and Occupational Safety and Health? Worker longevity is increased when employees make healthy food and snack choices. Employee morale is boosted, absenteeism is reduced, situational awareness is increased and the overall health of the workforce is improved.

Did you know the heart is the human body's hardest working organ? Throughout life, it continuously pumps blood enriched with oxygen and vital nutrients through a network of arteries to all tissues of the body. To perform this strenuous task, the heart muscle itself needs a plentiful supply of oxygen-rich blood, provided through a network of coronary arteries. These arteries carry oxygen-rich blood to the heart's muscular walls, or the myocardium.

A heart attack, or myocardial infarction, occurs when blood flow to the heart muscle is blocked and tissue death occurs from loss of oxygen, severely damaging a portion of the heart.



Did you know that following a healthy diet and keeping physically active could help to reduce your risk of developing heart disease? Making healthy changes to your lifestyle can also increase your chances of survival following a heart attack.

Here are a few basics of a heart healthy diet:

- **Fruits and vegetables.** It has been estimated that eating at least five portions of fruits and vegetables each day could reduce the risk of death from chronic diseases, like heart disease, stroke and cancer by up to 20 percent.

- **Starchy carbohydrates.** Eating whole grains is thought to reduce the risk of developing heart disease and can also help to lower blood cholesterol levels. Around one third of our meals should be based on carbohydrate, with roughly one

half of these grains being whole. Opt for wholegrain bread, whole meal pasta, and wholegrain rice wherever possible.

- **Oily fish.** Regular intake of omega-3 fatty acids has been shown to reduce the risk of heart disease and to improve your chances of survival following a heart attack. The omega-3 fatty acids found in oily fish are thought to help the heart beat more regularly, reduce triglyceride levels and prevent blood clots from forming in the coronary arteries.

- **Fats.** Our bodies do require some fat for normal functioning; however, most people eat far more than what is required. Reducing the total amount of saturated fat we eat can help to reduce our blood cholesterol levels. Try to include lean meat, fish and poultry, along with low or reduced fat

dairy products and moderate amounts of monounsaturated or polyunsaturated margarine spreads and oils in your diet.

- **Salt.** If you have high blood pressure, it is very wise to reduce your salt intake. Recommendations suggest aiming for a salt intake of no more than 6g per day, (2400 mg). This is about one level teaspoon of salt and includes both the salt we add in cooking and at the table, and the also sodium already present in the foods we eat.

- **Exercise.** Exercise is very important for a healthy heart; however, if you've been inactive for some time it is important to start slowly, building up your strength gradually. You may want to start with five minutes of activity four times each week, gradually building this up to a level which you can tolerate.

Consider creating a healthier workplace by replacing sweet and salty snack choices, with fresh fruits and vegetables. Instead of bringing a dozen donuts to work, try bringing a fruit tray or vegetable tray to share with employees. Encourage employees to drink water by making a water fountain or bottle water accessible, instead of energy drinks and sodas.

For more tips on how to create a safe and healthful work environment for your employees, contact the Garrison Safety Office at 785-240-0647.

DCOE BLOG

Medical visits can include behavioral health checkup

By Beth Schwinn  
DCOE PUBLIC AFFAIRS

When Frances stepped on the scale at her primary care visit, she had gained more than 10 pounds. She was under a lot of stress, she told the physician assistant.

The response was immediate: A new member of the primary care team could help Frances with a plan for coping with stress. Minutes later, she was sitting down with internal behavioral health consultant Erica Jarrett. Six months later, not only was Frances less stressed, but she'd also lost the extra weight.

Frances - not her real name - is benefiting from the Military Health System's decision to integrate an internal behavioral health consultant, or IBHC - either a psychologist or a licensed clinical social worker - into the primary care team. For the military, the goal is healthier, fitter service members.

IBHCs add a new dimension to patient-centered medical homes, primary care units that house a team of medical specialists. The Deployment Health Clinical Center aims to help the military's patients with health concerns such as diabetes and high blood pressure as an adjunct to other treatments. An important goal for the medical homes is to enable patients to adopt healthier lifestyles.

Of course, high blood pressure and other chronic health concerns are also problems in the civilian world, and doctors outside the military are watching to see how well the Defense Department succeeds with this new approach.

Already, medical homes are offering lessons in team-based care for civilian providers, researchers say.

For service members, the medical homes are rapidly becoming one-stop health care shopping, making it easy for those with conditions including not just high blood pressure but also diabetes, obesity and high cholesterol to develop plans for making needed lifestyle changes.

For example, in addition to taking medication someone with high blood pressure needs to adopt a number of lifestyle changes to include "implementing a (dietary) approaches to stop hypertension) diet, exercise and management of stress," said Jarrett, interim chief of health psychology, Walter Reed National Military Medical Center, Bethesda, Maryland, who helps service members, dependents and retirees develop plans to incorporate healthy behaviors, and encourages them to start immediately.

"I ask what small change they can make before the next visit," Jarrett said.

Jarrett provides a necessary service, according to Jennifer A. Thorp, a physician assistant at Walter Reed.

"We definitely value her and her techniques," Thorp said. "It helps us explain to the patient why changes are important and how to incorporate them."

Beyond physical health, Jarrett and more than 200 other behavioral health consultants already stationed across the country can help patients with mental health concerns such as depression and anxiety before they reach a critical point. In addition



Staff Sgt. Christopher Calvert | U.S. ARMY Spc. Jack Buckwalter, a Stevensville, N.J., native and mental health specialist with HHC 1st Air Cav. Bde., 1st Cav. Div., provides triage to a Soldier during a behavioral health assessment Aug. 23 at Troop Medical Clinic 12 at Hood Army Airfield, Fort Hood, Texas.

to the behavioral health consultant, the military's medical homes also include a nurse care facilitator who follows up with patients on their progress.

"Most individuals don't go to behavioral health care when they're suicidal. They go to primary care," Jarrett said.

Behavioral health consultants can screen patients in the course of a wellness visit and refer them to specialty care if needed.

"We've treated a number of people who were either planning suicide or thinking about it," she noted.

Warfighters are also responding well to the notion that some mental health conditions can be treated with behavioral changes if they're caught early enough.

Patients with depression, for example, can break its downward spiral by doing things like exercising more, planning and doing activities they enjoy, and addressing

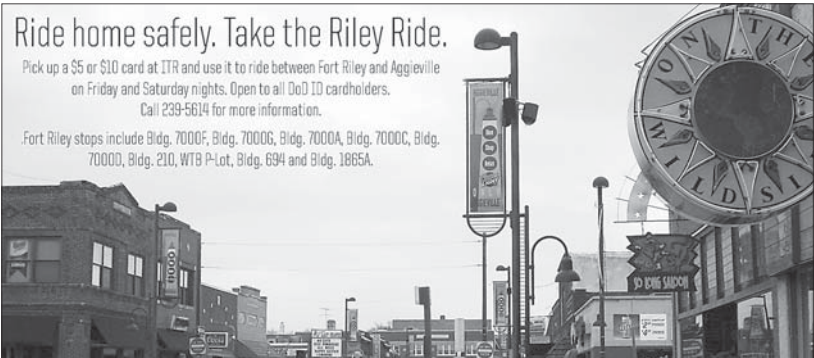
negative thoughts. IBHCs help patients learn to use their strengths to manage their symptoms.

"Often when people get stressed out, they stop doing things that are buffers for stress," Jarrett said. "They stop going to the gym, stop taking care of themselves, stop engaging in pleasurable activities with friends or family. Before, none of this was an effort, but once you're depressed everything takes more effort."

She's found this proactive, take-charge approach to health and mental health appeals to the program's beneficiaries.

"I've had a lot of individuals who never saw a psychologist before," Jarrett said. "They say they would have done it before if they'd known how much they'd like it."

For more information on psychological health concerns, visit the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury.



# Soldiers can still have voices heard in off-year elections

By David Vergun  
ANS

WASHINGTON – Earlier this month, Soldiers Armywide were provided electronic or paper Federal Post Card Applications, or FPCAs.

Filling out and returning the FPCA is especially important if Soldiers and spouses have changed duty stations, said Rachel Gilman, Army voting action officer, Soldiers Program Branch, Adjutant General Directorate, Human Resources Command, Fort Knox, Kentucky.

The FPCA alerts local election officials of the move and is a way for Soldiers to register using an absentee ballot, she said, adding that the form is quick and easy to fill out.

Every odd-numbered year is considered an “off-year” for voting since it’s not a presidential or mid-term election year. Historically, off-year elections draw fewer voters to the polls.

So with the November elections over, why should Soldiers think about voting now?

This year there are several gubernatorial races, mayoral elections and even some special elections for Congress, Gilman

said. At the local level, there are county and city elections involving school boards, city council and planning commission members, county prosecutors, judges and so on, depending on the location.

“Local elections are just as important as major elections,” Gilman said.

Soldiers stationed far from home have family members in their hometowns and they themselves may want to someday return there. Elections can impact a lot of important community issues.

The Army knows it’s important that Soldiers be provided voting information, she said, so in addition to alerting Soldiers about the FPCA every January, Soldiers serving overseas are given a second FPCA alert every July, since they will be voting absentee and since many moves typically occur over the summer.

Soldiers who have misplaced their Jan. 15 FPCA notice can get one by visiting [www.fvap.gov/r3](http://www.fvap.gov/r3).

Since every state administers its own voter registration differently, Gilman encourages Soldiers to visit the Federal Voting Assistance Program, or

FVAP, website at [www.fvap.gov](http://www.fvap.gov). A map for requesting absentee ballots in home states can be found at [www.fvap.gov/military-voter/registration-ballots](http://www.fvap.gov/military-voter/registration-ballots). Soldiers can click on their state and territory to get detailed information about registration and elections.

The FVAP site also gives voters the option to electronically request information from local election officials, Gilman said.

“The Army Voting Assistance Program operates year-round, since elections are always happening,” Gilman said.

Around the Army, the FVAP is owned by commanders.

“There are unit voting assistance officers who’ve been appointed and trained. They are ready to assist Soldiers and family members,” Gilman said, noting that besides accessing the FVAP website, Soldiers may instead choose to see their unit voting assistance officers.

Gilman said this year’s FVAP slogan, “Be absent, but accounted for!” serves as a reminder that Soldiers can make their voices heard not just in Washington, but in their local communities as well.



U.S. ARMY GOLDEN KNIGHTS

The U.S. Army Golden Knights urge Soldiers to make their voices heard by voting.



For information about religious services at Fort Riley or to talk to a chaplain, call 239-3359 or visit [www.riley.army.mil](http://www.riley.army.mil) and click on “Fort Riley Services” under the Services link.



# Uncertainty means Army must be prepared for threats

By J.D. Leipold  
ANS

WASHINGTON – When the Army began implementing defense cuts in 2011 and 2012, and drawdown operations kicked off in Iraq and Afghanistan, military leadership believed the world would require less intervention on the part of U.S. forces.

“Frankly, that’s not happened, and I think that’s the concern,” said Chief of Staff of the Army Gen. Ray Odierno, speaking at the Association of the United States Army monthly Institute of Land Warfare breakfast Jan. 22.

“The threat of terrorism is not going away ... it’s in our face every single day and it’s going to be throughout our lifetimes and probably throughout our children’s lifetimes, so we have to figure out how we’re going to deal with this threat ... and challenge it face-on,” he said.

Odierno said that means the enemy’s intent must be understood and concepts must be developed that would allow the Army to respond across a broad spectrum of conflict – though the general said he doesn’t believe that extends to putting 150,000 or 200,000 Soldiers on a border.

The chief said he believes today to be the most uncertain time in the country’s national security and that uncertainty is problematic because the nation doesn’t know what it’s going to respond to as it did during the Cold War when the Army had operational concepts and strategy.

“Today, we don’t have that luxury,” he said. “I can’t tell you if we’re going to be fighting on the Korean peninsula ... can’t tell you if we’re going to be in Iraq or Syria fighting a war ... can’t tell you if we’re going to be in Eastern Europe deterring Russia ... I don’t know. We have to be prepared to do a variety of things simultaneously, and that’s the challenge we have.”

Odierno said what he and his counterparts work to do is develop budgets and create capability which support national security and in his mind that means the ability to support Soldiers with the right tools to do any job asked of them in the future.

He called for continuing investments in national security to sustain the readiness needed to respond to the variety of threats the country faces.

“To sustain readiness ... we need to invest today; we need to invest tomorrow; we need to invest the year after that



J.D. Leipold | ANS  
Army Chief of Staff Gen. Ray Odierno tells Association of the U.S. Army members Jan. 22 that defense cuts and peace dividends didn’t happen as the country withdrew from Iraq and Afghanistan and “that’s a concern.”

because you’re investing in human capital, men and women and their ability to train and respond around the world,” Odierno said. “You’re investing in the equipment they need to be successful, and, if we don’t have that consistent funding to do that, what will happen is we won’t be properly invested in our people or equipment and

then when we have to use them, they will not be at the level the American people expect them to be.”

Odierno said that in 2013, 10 percent of the Army was ready and at the end of 2014 and today the Army is about 33 percent ready. He expects to sustain that, “maybe move up a little to 40 percent at the highest.”

“Prior to 2001, routinely, the Army was about 70-75 percent ready – we had built up capability that was there to be used if necessary,” he said, noting that in 2016 the Army will face sequestration again and should that occur for the next three to five years, it would “hollow out” the Army. “My definition of a hollow

Army is one where we don’t properly train our Soldiers ... where they’re unable to do the exercises they need ... they’re not able to have the ammunition necessary or the equipment they need ... they’re not able to sustain that equipment to the levels necessary for them to respond with no notice to an unknown threat in potentially five different places around the world,” he said.

The general also said the Army is not now adequately investing in modernization programs, citing a 50 percent reduction in modernization accounts.

“That will be worse if we go into sequestration ... so now we’re not investing in training; we’re not investing in equipment, and this falls on the shoulders of our Soldiers and that’s the point I try to make to everybody,” he said. “The ones who will pay the price are the men and women in uniform – they will go no matter what. It’s up to us to make sure they have what they need.”

Odierno and other service chiefs testified Jan. 28 before the Senate Armed Services Committee regarding the effects of sequestration.

## Retirees receive honors at ceremony

STAFF REPORT

The following Soldiers were honored during a January retirement ceremony.

- They are:
- Lt. Col. Thomas Hairgrove, 1st Armored Brigade Combat Team
  - Maj. Michael Harris, Operations Company, Division Headquarters and Headquarters Battalion

- Master Sgt. David Ruder, Intelligence and Security, Division Headquarters and Headquarters Battalion
- Master Sgt. Douglas Neal, Operations Co., Headquarters and Headquarters Battalion

- Sgt. 1st Class Frederick Lamica, Forward Support Company G, 2nd Battalion, 32nd Field Artillery Regiment, 4th Infantry Brigade Combat Team
- Staff Sgt. Damione McKnight, Company F, 2nd Bn., 32nd FA Regt., 4th IBCT

## COUNSELORS Continued from page 3

frequently meet with Soldiers and families one-on-one, they will not meet in private residences or barracks.

The Soldier meeting with an MFLC counselor does have the option of switching counselors if they decide the

relationship will not work or if they feel more comfortable with another MFLC counselor.

“Military Family Life Counselors are a great benefit to Soldiers and families at Fort Riley. It’s an opportunity to seek help in a safe and sup-

portive environment for even small issues before they get bigger,” Erickson said.

For more information about MFLC, visit [www.riley.army.mil](http://www.riley.army.mil) or to speak with a counselor, call 785-221-9483.

Your onsite VA benefits advisers are here to assist you and your families in learning about VA benefits and services.

VA Benefits advisers are available to meet individually with requesting service members and their families throughout the week to personally assist with answering questions about VA benefits and services.

To schedule an appointment, please call 785-239-9592/6085. Office hours are 7:30 a.m. to 4 p.m., Monday to Friday, in Room 218, Building 212 on Main Post.

Advisers are now available from 9 a.m. to 2 p.m. every Wednesday at Army Community Service, Building 7264.

VETERANS BENEFITS ADMINISTRATION

“I KNOW HOW IT FEELS ...

to be in that dark place when you're all alone — when you've lost all your friends and feel like nobody understands.”

**MY SOLUTION**—I used to play Russian roulette in my dark times. Even as a Heisman Trophy winner and former NFL star, I know you need to ask for help. I know how it feels to have the strength to not pick up that gun and to know that you are going to get better. I've lived through those dark times.

LET US HELP

You are not alone. We Stand as

• 24-Hour Chaplain Hotline: 785 239 HELP (4357) • Army Community Service: 785 239 9435 • Fort Riley Military Police: 785 239 6767  
• Behavioral Health: 785 239 7291 • Suicide Prevention TOLL LINE: 800 273 TALK (8255) • Suicide Prevention Lifeline: 800 273 TALK (8255)



Tech. Sgt. Ian Dean | U.S. AIR FORCE  
Soldiers with the 2nd Bn., 16th Inf. Regt., rest after completing a 12-mile road march as part of Expert Infantry Badge testing in Arta, Djibouti, Jan. 14. As the final component of EIB testing, Soldiers must complete the road march in three hours or less while carrying about 50 pounds of gear.

**BADGE** Continued from page 1

weapons proficiency, and use of communication and navigation equipment.

“Soldiers are tested on Skill Level one tasks,” Matousek said. “These are all the tasks an infantryman needs to know to do their job.”

The final stage of the competition is a 12-mile road march. Each candidate must complete the march over rugged terrain in three hours or less while carrying about 50 pounds of equipment.

At the end of the road march, 43 Soldiers successfully completed all portions of the certification and earned the EIB. One of these Soldiers was Pfc. Brian Whipple, who had more than one reason to celebrate.

“Today is exactly one year since I joined the Army,” Whipple said. “I can’t think of a better day to earn my EIB. I am so proud right now.”

Shortly after the road march, candidates who had successfully completed all portions of testing were recognized during a ceremony. The 2nd Bn., 16th Inf. Regt. leaders congratulated each Soldier as they pinned the EIB on their uniforms.

Matousek was among the 43 Soldiers who stood in this formation.

“As a leader, earning the EIB sets the example for my Soldiers,” Matousek said. “It shows that earning the EIB is something they can and should do; it motivates them.”



Sgt. Luther R. Washington | 4TH IBCT  
Retired Col. Greg Gadson, former commander, 2nd Bn., 32nd FA Regt., center, poses for a picture with artillery Soldiers and their families during Fort Riley's St. Barbara's Ball Jan. 15 in Junction City. Gadson was the guest speaker for the event.

**GADSON** Continued from page 1

Headquarters Battery, 2nd Bn., 32nd FA Regt.

“I have dreamt about meeting him actually ... You hear about all the great things he is doing, but you don’t ever think you will have the opportunity to meet such a great man and I had the opportunity to meet him tonight.”

Gadson’s legacy lives on in the battalion, Servin said, and meeting him was a great experience.

Gadson’s presence was also significant in that, as the Proud Americans prepare to inactivate their battalion, it was a way to

bring the unit’s history together, from start to finish, in one night.

“It has been awesome for him to take time out of his very busy schedule to come and honor us as the guest speaker,” said Lt. Col. Timothy Blackwell, commander of the 2nd Bn., 32nd FA Regt.

Gadson was the first commander of the 2nd Bn., 32nd FA Regt. after 4th IBCT was activated in 2006. Blackwell said it was special the battalion hosted this year’s St. Barbara’s Ball and could have him back as the final guest speaker.

**LISTENING SESSION** Continued from page 1



Amanda Kim Stairrett | 1ST INF, DIV.  
Jeff Koenig, owner of Big Poppi Bicycle, Manhattan, speaks to the crowd and Brig. Gen. Eric J. Wesley, 1st Inf. Div. senior mission commander, Jan. 16 at the 2015 Regional Leaders Retreat in Overland Park. He encouraged his fellow small business owners to attend the Fort Riley Community Listening Session Feb. 9 in Junction City.

force structure and stationing decisions in 2013, the division lost the 3rd Infantry Brigade Combat Team at Fort Knox, Kentucky, which inactivated during the summer; the 75th Fires Brigade at Fort Sill, Oklahoma; the 4th Maneuver Enhancement Brigade at Fort Leonard Wood, Missouri; and the 4th Infantry Brigade Combat Team at Fort Riley, which is set to inactivate this summer.

That decision resulted in an overall loss of more than 800 Soldiers for the division and Fort Riley.

Because sequestration still hangs out there, Wesley said, Army officials are coming back through a second time to see where they can make further cuts. Further cuts means the total force could go down even more to 450,000 or 420,000, he said, “which means they are looking to take a flag away from a post or a division away from an installation.”

The division needs the communities’ help, Wesley said. The 1st Inf. Div. is in the Army’s cross hairs. If officials and citizens don’t put everything into showing the Army why Fort Riley helps the Army meet its mission today and in the future, it could devastate the region and community, he said.



WWW.FACEBOOK.COM/FORTRILEY



# Community Life

## IN BRIEF

**TRAFFIC UPDATES**  
For traffic updates, please see the Traffic Report on page 2 or visit [www.riley.army.mil](http://www.riley.army.mil) and click on "Advisories."

**GENERAL INFORMATION**  
For general information about events and services at Fort Riley, visit [www.facebook.com/FortRiley](http://www.facebook.com/FortRiley) or follow @FortRiley on Twitter.

**CEREMONIES**  
For U.S. Army Garrison Fort Riley ceremony information, visit [twitter.com/usagceremonies](http://twitter.com/usagceremonies).

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

**GE WORKSHOP**  
A GE Workshop is scheduled from 9 a.m. to noon Feb. 5 in Room 118D, Building 210. GE, a military-friendly industrial and technology company, has eight businesses nationwide and seeks to hire veterans into a variety of roles nationwide. The workshop will present information about the company, as well as tips and insight about transitioning from the military into GE.

**VINNELL ARABIA DAY**  
Soldier for Life – Transition Assistance Program clients within six months of honorable separation are encouraged to attend Vinnell Arabia Employer Day scheduled for 9 to 11 a.m. Feb. 10 at the SFL-TAP Satellite Classroom, Room 118C, Building 210. Dan Klecker, manager, New Equipment Training Branch, will discuss the pay, benefits and culture when working for Vinnell Arabia. Opportunity awaits 30 U.S. trainers with jobs in Saudi Arabia. See an SFL-TAP staff member to get scheduled.

**HIRING HEROES**  
A Hiring Heroes Career Fair, featuring career opportunities for wounded, ill, injured and transitioning service members, their spouses and primary caregivers is scheduled from 9 a.m. to 2 p.m. April 22 at Riley's Conference Center. Come talk with Department of Defense, other federal agencies and private sector recruiters about future opportunities in civilian career fields. Even if you're not getting out of the military for another six months or longer, come and talk with recruiters now. For more information, contact Sylvia Parker at 571-372-2124 or [sylvia.o.parker.civ@mail.mil](mailto:sylvia.o.parker.civ@mail.mil).

**MILITARY SCHOLARSHIPS**  
Applications for scholarships for military children are now open. Applications will be available at administration counter in the Fort Riley Commissary or at [www.militaryscholar.org/sfmc/application.html](http://www.militaryscholar.org/sfmc/application.html). If the admin counter is closed, ask for a manager on duty. The application deadline is 8 p.m. Feb. 13. For more information, visit [www.militaryscholar.org](http://www.militaryscholar.org).

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

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

**FROSTY CONTEST**  
From December to February, Outdoor Recreation, Directorate of Family and Morale, Welfare and Recreation will have a Frosty Contest. Families who build a snowman can submit their pictures to [frosty@rileymwr.com](mailto:frosty@rileymwr.com) for a chance to win prizes from Outdoor Recreation. Get creative with colors, clothes and accessories. For more information, call 785-239-2363.

## Breakfast brings civilians, Soldiers together

Guest speaker Ware talks about upgrades post's new hospital will bring

By Cheyanna Colborn  
1ST INF. DIV. POST

Col. Risa D. Ware, Commander of Irwin Army Community Hospital at Fort Riley, was guest speaker before nearly 200 civilians and Soldiers at a combined breakfast hosted by the Junction City Area Chamber of Commerce Military Affairs Council and Manhattan Area Chamber of Commerce Military Relations Committee on Jan. 22 at Riley's Convention Center.

Ware's topic concerned the new medical facility that has been built



Cheyanna Colborn | POST  
Col. Risa D. Ware, commander, IACH, speaks to about 200 community members about the new replacement hospital and what changes have been made.

on post. She said that in the current building, 3,000 patients are seen a week and just over 2,000 prescriptions are filled a day. Ware also said that the facility is now accepting patients who are older than 65 again.

Before the opening of the new facility, each brigade has designated buildings to be used for medical services. When the new IACH opens, Ware said, medical services will make less of a footprint across post as those buildings are returned to use by the brigades.

Not only will the new hospital feature private rooms and private bathrooms, mothers having babies will get to stay in the same room for labor and delivery, unless having a Caesarean section. These rooms will be large enough for the dad to stay in the room.

Ware said that the new facility is 98 percent complete but the last 2 percent are not things that should not be rushed. This includes adding air conditioning, electricity and lighting.

See BREAKFAST, page 12

## Fort Riley celebrates MLK Jr. Day with pride

Manhattan pastor uses observance to address racial issues of today

By Maria Betzold  
1ST INF. DIV. POST

Guest speaker and pastor James Boyer, Manhattan, recalled great leaders, like Mohandas Gandhi and Cesar Chavez during a celebration of Dr. Martin Luther King Jr.'s life Jan. 21 at Barlow Theater.

"Overall, I thought his speech was very inspiring," said Chief Warrant Officer 2 Ray Daniels, Special Troops Battalion, 1st Sustainment Brigade, 1st Infantry Division. "His speech was about equality and doing our part to bring about changes."

The Equal Opportunity observance gave Boyer the opportunity to open the door of communication about racial issues today.

Not that long ago, African-American people and caucasian people were not allowed to fall in love and get married, he said.

According to Boyer, King's message was beyond race and segregation.

Today, for example, there are 45 million Americans who are disabled and are often excluded from everyday life in the U.S.

"America wasn't always the America we know today," Boyer said. "Exclusion was common."

In 1986, America started recognizing the Martin Luther King Jr. holiday, and today, he said, Americans have an unfinished agenda of completing King's dream.

Daniels, who participated in a skit before Boyer's speech, said being part of the celebration was an incredible opportunity.

See OBSERVANCE, page 12



Photos by Maria Betzold | POST  
From left to right, siblings Jeremiah Howard, Kierra Couch and Kendra Walker build snowmen during the family event Olaf's Winter Bash at Eyster Pool. The event was Jan. 24 and included Sven's Snacks and pool time.

## Chillin' at the pool

### Olaf's Winter Bash leaves Eyster Pool frozen

By Maria Betzold  
1ST INF. DIV. POST

It was Ashley Cole and her family's first event at Fort Riley after moving here in November. Ashley and her two children, Cohen and Carson, used marshmallows, popsicle sticks and pretzels during the "Do you want to build a snowman?" activity at Olaf's Winter Bash Jan. 24 at Eyster Pool.

"I heard Fort Riley does a lot of family stuff and wanted to take advantage of it," Ashley said. "I liked how inexpensive it was for everything they were offering."

There are three boys in the Cole family, and each of them have been fans of the movie "Frozen" since day one, Ashley said. During the event, Cohen asked to get out of the pool and build a snowman.

"The kids can go at it themselves," Cole said about building the snowman. "It's great for all ages."

The first 200 children who entered the door received a blue ice wand that glowed. During the event, employees of the Directorate of Family and Morale, Welfare and Recreation were handing out Sven's snacks, which included carrots and ranch, popsicles and hot chocolate.

See POOL, page 12



Cohen Cole finishes building his snowman and tells his mom and brother about it during Olaf's Winter Bash at Eyster Pool Jan. 24. DFMWR was handing out Sven's Snacks, which included carrots and ranch, popsicles and hot chocolate.

## Valentine's Dance and Dinner open to everyone

Event to feature 4-course meal, S'mores dessert bar

By Maria Betzold  
1ST INF. DIV. POST

To those who haven't thought about how to celebrate Valentine's Day this year, the Valentine's Dance and Dinner might be a perfect fit. For \$25 per person, attendees can enjoy a gourmet four-course meal and dance the night away.

The event will be Feb. 13 and 14

at Riley's Conference Center.

A cocktail hour, which will include a fruit and cheese display, will start at 6 p.m., with dinner at 7 p.m.

The four-course meal will include: stuffed mushrooms as an appetizer, strawberry and kale salad with lemon honey mustard dressing, rosemary roasted fingerling potatoes, honey and sesame baby carrots, and a choice between salmon with tomato bisque sauce or prosciutto-wrapped pork tenderloin. A smores bar will be offered for dessert.

The dance and dinner is open to the public.

"This is a fun annual event that provides our community a great night of gourmet food and dancing," said Christopher Downs, business manager, Riley's Conference Center.

Both singles and couples are welcome to come to the dance, Downs said.

"We often have groups of singles with deployed spouses that come together," he said.

Bottles of wine are being sold prior to the event for \$15 each. For more information about the event, call 785-784-1000.

### IF YOU GO

**Annual Valentine's Dance and Dinner**  
» 7 p.m. dinner Feb. 13 and 14  
» Riley's Conference Center  
446 Seitz Drive, Fort Riley  
» Tickets \$25 per person for dinner and dancing; bottles of wine being sold for \$15 each prior to the event

To order tickets or for more information about the event, call 785-784-1000.

# 'Pale Riders' scout for smiles at hospital

Volunteer program allows Soldiers to brighten patients' days

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

TOPEKA – Soldiers with the 1st Infantry Division strive to make a difference throughout the world and in their home communities.

One of the ways they try to make a difference is through volunteering, which is exactly what three Soldiers with the 4th Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div. did recently during a Dec. 22 visit to Stormont-Vail HealthCare.

The Soldiers visited the health care center as part of the Scouting for Smiles program, which takes "Pale Riders" Soldiers to various area hospitals to brighten the days of young patients. During their time at the hospital, the Soldiers distributed coloring books and toys to children, and developed a special rapport with one young Leukemia patient.

"Every time you go into a room, it tugs on you a little bit," said Staff Sgt. Calvin Smith, a Montclair, New Jersey, native. "Young gentleman in the bed, his name was Billy."

Smith said that he, Staff Sgt. Odum Smith and Capt. Luis Ortiz Barreto, all with the 4th Sqdn., 4th Cav. Regt., spoke to Billy and his mother, learning about the boy's home life, scholastic progress



Staff Sgt. Odum Smith, 4th Sqdn., 4th Cav. Regt., displays various items Soldiers from his unit brought with them during a Dec. 22 visit to Stormont-Vail Healthcare, Topeka, as part of the "Pale Riders" Scouting for Smiles program. Smith and three of his fellow Soldiers visited the hospital and spent time getting to know Billy, a Leukemia patient there for his final scheduled treatment.

and medical condition.

"This guy is amazing," Smith said of the 10-year-old. "He's in this bed, he has everything hooked up to him, he's doing the chemo – this guy is getting straight A's, doesn't want to skip school. It puts things in perspective. This guy's the ultimate kid."

The Pale Rider said Billy was beating his Leukemia diagnosis and was in the hospital for his last scheduled treatment.

"It was pretty good," Staff Sgt. Calvin Smith said. "We started talking about his family, and his mother was there. We learned about their fam-

"I feel every volunteer thing I've ever done, I get inspired. But that one definitely – that was the threshold."

STAFF SGT. ODUM SMITH  
4TH CAV. REGT., 1ST INF. DIV.

ily, and we talked about us. After a while, you're there, and it turns into 45 minutes."

Ben Broxterman, pediatric child life specialist, Stormont-Vail Healthcare, said the Soldiers' visit went well.

"These types of visits are such a special treat for kids who have to spend the holidays in the hospital," Broxterman said. "The kids were so excited to do something outside of their daily routine. It provided a good change of scenery. I can't express how much we appreciate Fort Riley taking the time to visit our patients. It was an exceptional present for both the kids and myself."

Staff Sgt. Odum Smith from Queens, New York City, said he and his fellow Soldiers will work with hospital administrators and parents to find out about the various situations and needs of the children currently admitted.

"I feel every volunteer thing I've ever done, I get inspired," he said. "But that one definitely – that was the threshold."

## COMMUNITY CORNER

# Shape our Army, community's future by sharing your stories

By Col. Andrew Cole  
GARRISON COMMANDER

Do you know how your job fits into the big picture of the Army and Fort Riley? Can you tell

your story so families or those within your community understand what you do? Telling your story helps people understand why our Army is an essential component here at Fort Riley.

Today, I encourage you to share your Army story. What we do at Fort Riley is very important to our communities, our Army and the nation. Each day, we rely upon you to do your best work in order to keep the mission going. Be proud of who you are. Be proud of what you represent. You are an integral part of our force, and no one can share your story better than you.

Fort Riley is one of 30 Army installations across the U.S. facing possible troop reductions – as many as 16,000 – mandated by the Budget Control Act of 2011.

Members of the civilian community will have an

opportunity to affect Army leaders' decisions on those cuts and Fort Riley's future during a town hall-like Army Community Listening Session at 3:30 p.m. Feb. 9 at the Geary County Convention Center and Courtyard by Marriott Hotel, Junction City.

The Community Listening Session is open to the public, and citizens from all communities surrounding Fort Riley are encouraged to attend to show support for the installation and share interests about potential cuts to units, including the 1st Infantry Division. State, regional and local elected officials and business leaders have pledged their attendance.

So why is telling our stories important? Clearly articulating our narrative helps our Army's audience understand and support our mission, purpose and capabilities as they make the necessary strategic and budgetary decisions regarding the future of Fort Riley.

If you need help sharing your personal Army story, contact the Fort Riley Garrison Public Affairs Office at 785-239-8854.

If you would like to comment on this article or suggest a topic for Community Corner, e-mail [usarmy.riley.imcom.mbx.post-news@army.mil](mailto:usarmy.riley.imcom.mbx.post-news@army.mil).



Col. Cole

# New Exchange Extra app puts savings and more at shoppers' fingertips

App available through App Store or Google Play

AAFES PUBLIC AFFAIRS

DALLAS – With the swipe of a finger, military shoppers can launch a brand-new way to connect with the Army and Air Force Exchange Service through its free Exchange Extra app.

The app gives shoppers quick access to information on the latest Exchange promotions, contests, coupons, BE FIT information and more. The free app is available at the App Store for Apple products or Google Play for Android devices.

Once the app is downloaded, shoppers can scroll through for coupons and contest infor-

"With this Exchange app, shoppers receive latest savings anywhere, any time on their Smartphones."

USAF CMS SEAN APPLEGATE  
EXCHANGE

mation. Touching the "Promotions" button brings up a list of special Exchange savings. The "BE FIT" button gives shoppers access to workouts and healthy recipes to keep them motivated to achieve their fitness goals.

To access more digital content, including videos, product information and shopping lists, shoppers can touch the "Scan"

button and hover over select images in Exchange specialty catalogs and on in-store signs. A colorful Extra label identifies what pages and signs are tied to digital content.

For Valentine's Day, Easter and other celebrations throughout the year, customers can tap the app for recipes and other specialized content to enhance their shopping experience.

"This app brings a whole new dimension to connecting with the Exchange," said Air Force Chief Master Sgt. Sean Applegate, Exchange senior enlisted adviser. "With the Extra app, shoppers receive latest savings anywhere, any time on their smartphones."

To find the app, shoppers should search for "Exchange Extra" on the App Store or Google Play.



WWW.FACEBOOK.COM/  
FORT RILEY



# K-State study boosts rabies boosters

Data: Boosters defend pets with out-of-date vaccination from disease

K-STATE MEDIA RELATIONS

MANHATTAN – A new study by Kansas State University veterinary diagnosticians finds that pets with out-of-date rabies vaccinations are very unlikely to develop the fatal disease if given a rabies booster immediately after exposure to the virus.

The finding gives pet owners, veterinarians and public health officials new options when faced with the difficult situation of quarantining or even euthanizing a pet that has been exposed to the rabies virus, said Michael Moore, project manager of the K-State Veterinary Diagnostic Laboratory.

"This has the potential to save a lot of pets' lives," Moore said. "Our hope is that now animals with an out-of-date vaccination status that are exposed to rabies will be allowed to be handled the same as dogs and cats with up-to-date vaccinations. They will be given a booster and a 45-day observation at home."

Moore conducted the study with Rolan Davis, reference diagnostician of the Veterinary Diagnostic Lab; Derek Mosier, professor of diagnostic medicine and pathobiology; Christopher Vahl, assistant professor of statistics; and colleagues at the Statistical Intelligence Group LLC and Centers for Disease Control and Prevention.

The findings appear in the Journal of the American Veterinary Medical Association study, "Comparison of anamnestic responses to rabies vaccination in dogs and cats with current and



K-STATE MEDIA RELATIONS

A recent K-State study in the Journal of the American Veterinary Medical Association is the first study to present scientific data for animals with out-of-date rabies vaccinations. Researchers say the findings have potential to save a lot of pets' lives.

### DID YOU KNOW?

Each year, the U.S. has about **6,000 documented cases of rabies**, mostly in raccoons, skunks, bats and foxes. The disease is usually fatal for animals.

out-of-date vaccination status." It is the first study to present scientific data for animals with out-of-date rabies vaccinations.

Each year, the U.S. has about 6,000 documented cases of rabies, mostly in raccoons, skunks, bats and foxes. The disease is usually fatal for animals. Pets with out-of-date vaccinations that are exposed to the rabies virus are required to either stay in observed quarantine for six months – which can cost owners \$5,000-\$7,000 – or to be euthanized.

"I get calls from a lot of people around the U.S. who are very sad because they had to euthanize their pet because they couldn't afford the quarantine cost," Moore said. "Even if an owner can afford the quarantine, they cannot see their pet for six months."

The study looked at 74 dogs and 33 cats with current and out-of-date rabies vaccinations. Most of the animals were one to two years out-of-date on their vaccines. A smaller segment was three to four years out-of-date.

Researchers studied the anamnestic antibody responses of the animals. They found that when an animal with an out-of-date vaccination was given a booster vaccination, the neutralizing antibodies in the animal's blood rose, protecting the animal against exposure to the rabies virus.

"Basically once an animal has been vaccinated, they can receive a booster if they are exposed to the rabies virus," Moore said. "Then their chances for surviving that virus are very, very good."

The rabies booster is only

"Basically, once an animal has been vaccinated, they can receive a booster if they are exposed to the rabies virus. Then their chances for surviving that virus are very, very good."

MICHAEL MOORE  
K-STATE

effective if an animal has been given its initial rabies vaccination, Moore said.

While conducting trials, researchers also found that some manufacturers' formulations for their one-year and three-year rabies vaccines were identical.

In addition to the medical benefits, Moore said the findings might help clarify and shape the current guidelines for pets that are exposed to the rabies virus.

"If you relate this to human health, humans are primed with an initial vaccination series and then have neutralizing antibodies checked from time to time," Moore said. "If those antibodies fall below a certain level, we're given a booster. While the vaccines are licensed for a certain number of years, the immune system doesn't sync to a date on the calendar and shut down because it reached that particular date."

## 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. 30  
• The Hobbit: The Battle of the Five Armies (PG-13) 7 P.M.

SATURDAY, JAN. 31  
• Annie (PG) 2 P.M.  
• Big Eyes (PG-13) 7 P.M.

SUNDAY, FEB. 1  
• Annie (PG) 5 P.M.



For movie titles and  
show times, call

785-239-9574

WWW.1DIVPOST.COM

# AAFES Exchange earns 2015 Diversity Leader Award

Winners appear in November-December 2014 Diversity Journal

AAFES PUBLIC AFFAIRS

DALLAS – The Army and Air Force Exchange Service has been named a Diversity Leader Award winner from Profiles in Diversity Journal for 2015, emphasizing the Exchange's commitment to advancing diversity and inclusion in the workplace.

The Exchange was one of

### HIGH PRAISE

The Exchange was one of only 19 large organizations – those with 3,000 associates or more – to be honored in the seventh-annual competition.

only 19 large organizations – those with 3,000 associates or more – to be honored in the seventh-annual competition. Organizations were evaluated on employee engagement, advancement opportunities, board composition, workplace

recognition, community engagement and more.

"A diverse and inclusive workforce allows the Exchange to better carry out its mission of serving military members and their families around the world," said U.S. Air Force Maj. Gen. Joseph Ward, Exchange deputy director. "The Exchange embraces the value of diversity not only in our associates but in our customer base as well."

The Exchange and other winners are featured in the magazine's most recent issue, November-December 2014.

Fort Riley OCSC Presents

The Fort Riley Combined Scholarship Fund

***Ticket - Mania***

Friday, February 27th  
Ogden Community Center  
Doors open at 6 pm  
Games begin at 6:30 pm



\$10 entrance fee includes:  
1st paddle, 5 raffle tickets,  
Food, dessert bar,  
Door prizes and shopping!

Vendors:  
Doc's Woodworking  
Clever Container  
Younique  
And Many More





*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



Cheyanna Colborn | POST

Wayne Converse, chairman, Fort Riley Retiree Council, right, gives certificates for the continued support from the chambers to Janet Nichols, military community liaison, Manhattan Area MRC, center, and retired Col. John Seitz, military community liaison, Junction City MAC, left.

**BREAKFAST** Continued from page 9

Ware said that currently, there are 192 jobs available for new workers.

Following Ware’s message, Wayne Converse, chairman of Fort Riley Retiree Council gave a certificate for the continued support from the chambers.

“There is an unbelievable relationship between Fort Riley, Junction City and Manhattan, not just for current Soldiers for those who have hung up the uniform,” Converse said.

Each month, both chambers host a meal as a means to bring the military persons

together with community members. Last summer, Janet Nichols, military community liaison for MRC and Retired Col. John Seitz, military community liaison for the JCMSA decided to pair up and offer a community luncheon and because it had a successful response they plan to do more events combining the communities.

“We are trying to bring Fort Riley and the local communities together for mutual interaction,” Nichols said. “We feel it is a mutually beneficial endeavor for all of us.”

**OBSERVANCE** Continued from page 9

“To me, it was a privilege to be asked to participate in such an event,” Daniels said. “I was pleased to be here and hear the speaker.”

Daniels also said his greatest take away from Boyer’s speech today was the impact King had on more than just racial issues. He said the speech was compelling to help him find positive things to help the community surrounding him.

“Don’t just be a bystander,” Daniels said about the impact of the speech.

Command Sgt. Maj. Tomeka O’Neal, 1st Sustainment Brigade, said she is responsible for giving her team a vision and then letting the equal opportunity advisor bring that vision to life, which occurred when the skit performed during the observance.

“It met the mark that was expected of an equal opportunity program for Soldiers, families, civilians of the 1st Infantry Division,” O’Neal said.

**Exchange to promote healthy lifestyles**

Service resolves to help Soldiers, families enjoy healthy year in 2015

AAFES PUBLIC AFFAIRS

DALLAS – For many, the dawning of a new year is a time to focus on health and fitness. In fact, about one-third of Americans who make New Year’s resolutions focus on health and fitness, according to the Cooper Clinic. From low-calorie meals in the food court and Expresses to the latest workout gear in the Main Store, the Army and Air Force Exchange Service is doing its part to ensure Soldiers, Airmen and their families have a healthy new year.

In the main store, military shoppers will find a broad selection of products to encourage a healthy lifestyle as part of the Exchange’s BE FIT program. BE FIT promotes a healthier body and mind through good-for-you products and services.

“Soldiers and Airmen must be mission-ready in body, mind and spirit,” said Air Force Chief Master Sgt. Sean Applegate, Exchange senior enlisted adviser. “The Exchange knows it’s crucial to provide the tools

“Soldiers and Airmen must be mission-ready in body, mind and spirit. The Exchange knows it’s crucial to provide the tools necessary to sustain a healthy, active lifestyle.”

**USAF CHIEF MASTER SGT. SEAN APPLEGATE**  
SENIOR ENLISTED ADVISER FOR THE EXCHANGE

necessary to sustain a healthy, active lifestyle.”

Military shoppers who want a bite to eat without ruining their resolutions can turn to healthy options at the Exchange food court. In December, Pop-eyes Louisiana Kitchen launched Exchange-exclusive salads. The new blackened chicken entrée salad, at 300 calories and only 14 grams of fat, includes a colorful medley of vegetables. A new smaller side salad also features the same vegetable medley but with only 25 calories and 0 grams of fat. Popeyes, which operates at 75 Exchange locations, also offers its Louisiana Live Well menu with 20 items, all 350 calories or less.

In 2014, the Exchange opened Boston Market locations at Fort Bliss and Fort Meade, giving service members and their families traditional,

home-style meals. Boston Market’s menu also offers more than 100 different meal combinations totaling 550 calories or less.

Subway, with nearly 200 Exchange locations, is the first fast-food restaurant to earn the American Heart Association heart check for heart-healthy meals, dishes out fresh fare, too. Subway Fresh Fit choices are certified by the American Heart Association and include eight subs with 6 grams of fat or less.

When dining at one of the Exchange’s 175 Burger King locations, service members can take advantage of an online Build-a-Meal menu that reveals nutrition facts for various meal combinations. Burger King also allows diners to select a side salad instead of fries for the same price and offers 10 menu

**DID YOU KNOW?**

**Subway**, with about 200 Exchange locations, is the first fast-food restaurant to earn the American Heart Association heart check for heart-healthy meals.

items less than 500 calories. The Exchange also operates 50 Pizza Huts and 75 Taco Bell locations, which offer a variety of resolution-worthy initiatives.

Military shoppers also can fill up on healthy choices at 330 Express locations. Snack Avenue offers fresh salads with less than 300 calories, chilled fruit cups and oatmeal. The Fresh Fruit program, which has been in operation for several years, offers bananas, apples, oranges and other options in Express locations. Exchange Expresses offer customers a wide array of meal replacement options, like PowerBar, Clif Bar, Quest and Kind Bars, all available in assorted flavors.

“Offering fresh, healthy snacks and meals in a convenient location helps Soldiers and Airmen make smart choices on the go,” Applegate said. “The Express makes it easy to grab a healthy snack and go.”

**POOL** Continued from page 9

Ashley Pettigrew and her family were also in attendance. She said Olaf’s Winter Bash was different in a good way.

“All the other pool events were during the summer, so it’s good to have one during the winter,” Pettigrew said.

Pettigrew, who is married to a veteran and lives in Milford, Kansas, brought three children with her – the youngest being 2 years old. She said her older children enjoyed the climbing wall and glow light sticks, but were equally excited about swimming during January.

According to Hedy Noveroske, aquatics director, Eyster

“All the other pool events were during the summer, so it’s good to have one during the winter.”

**ASHLEY PETTIGREW**  
OLAF BASH ATTENDEE

Pool, DFMWR, 86 families and more than 300 people attended the event.

“My 2-year-old is just happy to be in the pool,” Pettigrew said. “The beach balls, the hot chocolate. The atmosphere is



John Noveroske climbs the rock wall that was set up during Olaf’s Winter Bash Jan. 24 at Eyster Pool. DFMWR also handed out Sven’s Snacks which included carrots and ranch, popsicles and hot chocolate.

Maria Betzold | POST



# Sports & Recreation

## IN BRIEF

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

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

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

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

**GOLF COURSE HOURS**  
Winter hours at the Custer Hill Golf Course began Nov. 2. During the winter months, the golf course will be open 9 a.m. to 5 p.m., Monday to Friday, and from 8 a.m. to 5 p.m. Saturdays, Sundays and holidays. If the weather is scheduled to be 40 degrees Fahrenheit or lower, then the golf course may close. Follow on @custerhill-golf Twitter for up-to-the-minute happenings with closures.

**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.

**CYSS LOOKING FOR YOUTH SPORTS OFFICIALS**  
Child, Youth and School Services is looking for sports officials for youth outdoor and indoor soccer, flag football, basketball, baseball and softball. Volunteer and paid positions are available. Training is provided, and no previous experience is necessary. A background check is required. For more information on how to apply, call CYSS Sports at 785-239-9223 or 785-240-5207.

**BOSS OPEN MIC NIGHTS**  
Better Opportunities For Single Soldiers Open Mic Nights are at 6:30 p.m. every Wednesday at the Custer Hill Bowling Center. Those planning to attend must be 18 years or older.

**FUSION CLASS**  
Fusion classes are offered at 6 p.m. every Tuesday and Thursday at King Field House. Fusion combines cardio dance and muscle training. For more information, call 785-239-3146.

## Fit for a King



STAFF SERGEANT BERNHARD LASHLEYLEIDNER | 1ST ABCT

Staff Sgt. Charmaine Tudela-Griswood, CBRN NCO, 1st BEB, 1st ABCT, 1st Inf. Div., participates in the Martin Luther King Jr. half marathon Jan. 19 at Camp Buehring, Kuwait. Below, Command Sgt. Maj. Demetrius Brown, senior NCO, DHHB, 1st Inf. Div., delivers the keynote address.

## 'Devil' Brigade honors legacy of MLK Jr.

By Staff Sgt. Bernhard Lashleyleidner  
1st ABCT Public Affairs

CAMP BUEHRING, Kuwait – Soldiers from 1st Armored Brigade Combat Team, 1st Infantry Division, and Morale, Welfare and Recreation co-sponsored a Martin Luther King Jr. day observance Jan.19. More than 300 Soldiers, Airmen, Sailors, Marines and civilians braved the frigid weather to participate in the first half marathon in honor of the civil rights leader and his legacy.

Spc. Meaghan Ilmialeota, combat medic, Company C, 101st Brigade Support Battalion, and a native of Iola, Kansas, said this was the first time she participated in a half marathon and was proud of herself for being the third female to cross the finish



See KING HOLIDAY, page 14

## CBS re-ups with Army Football

### Network signs multi-year deal

U.S. MILITARY ACADEMY OFFICE OF ATHLETIC COMMUNICATIONS

WEST POINT, N.Y. – The Army Athletic Association and CBS Sports Network have reached an agreement on a five-year deal, renewing CBS Sports Network's rights for coverage of every Army home football game and select neutral site games in which Army is the home team, announced Army Director of Intercollegiate Athletics Boo Corrigan and David Berson, President, CBS Sports. The agreement begins with the 2015 season, continuing through 2019.

The partnership provides that a majority of Army home football games will be played on Saturday afternoons beginning at noon. Additionally, a live web stream of all Army's home telecasts will be made available free of charge to military personnel around the world.

CBS Sports Network began televising Army home football games in 2009 and entered a five-year partnership in 2010.

"CBS has been a great partner for Army West Point over the years and we are thrilled to extend our contract with them," Corrigan said.

"Our alumna and fans appreciate us being on national television for each home game with the highest quality broadcast in the business. From coast to coast, our games will be on at set times, allowing fans to know kickoff times well in advance. It also ensures our military can continue to watch Army football at no cost."

"West Point represents the finest our country has to offer on and off the field, and we are proud to remain the television home for Army football," said Berson. "Army has been a tremendous partner the last six years, and we're excited to continue televising the Black Knights football program."

# Keeping their heads above water

## Soldier teaches water skills to Troop 41

By Angelique N. Smythe  
1ST INF. DIV. POST

A Fort Riley Soldier voluntarily trained 15 Boy Scouts of Troop 41 on the principles of water safety Jan. 17 at Eyster Pool.

Staff Sgt. David Winter, supply sergeant, 172nd Chemical Company, 110th Chemical Battalion, 48th Chemical Brigade, said this was a great opportunity to give back to the community and spend time with his son, Zachary, who is a Boy Scout in Troop 41.

Prior to the training, Winter had the Scouts perform a swim test to determine who were the stronger and weaker swimmers, for safety reasons.

Winter then began the training with instructions and discussions on the principles of drown proofing. Afterward, the Scouts put on long sleeve shirts and pants, then jumped into the pool and used their clothing to trap air and keep themselves afloat.

"I taught them how to use their pants as a flotation device, how to fill it with air," Winter said. "If they're boating and try their boat flips, they can turn their pants into a flotation device until they're rescued, so they don't



COURTESY PHOTO  
Staff Sgt. David Winter, supply sergeant, 172nd Chemical Co., 110th Chemical Bn., 48th Chemical Bde., instructs members of Boy Scout Troop 41 on water survival skills Jan. 17 at Eyster Pool.

have to tread water for hours."

Winter also taught the Scouts how to waterproof their backpacks in order to use them as flotation devices as well.

"It was really cool – I jumped in the pool and my 40-pound rucksack shot straight to the top of the pool," Winter said. "The kids thought that was hilarious."

Winter said he learned drown proofing as an Army private in 1999, as part of basic Soldier training.

"I just read back up on the regulations and I went out and trained myself to make sure I was still up to speed on the training," he said. "It's just like riding a bike."

Winter said, overall, the training

went very well.

"The kids really wanted to learn," Winter said. "They seemed very motivated. They all had a great time and they were all able to do it. I think it went very well. It was a lot of fun."

See Scouts, page 14

# Yes, you can keep New Year's resolutions

By Charles E. Milam  
MILITARY COMMUNITY AND FAMILY POLICY

New Year's resolutions don't always last as long as we intend. We make them, we try for a little while and then we break them. And it is really any wonder? We roll right from the season of "just one more cookie" into a new year, thinking a fresh calendar page alone will push us to say, "just one

more mile" on the jogging trail.

Resolutions flop for several reasons. We make excuses, we get busy with the real life that resumes after we stuff the holidays back into the attic or we get discouraged when we don't see immediate results. Health doesn't happen overnight.

It takes time and continued commitment to make a lasting change, and it isn't enough to add exercise without healthy eating habits, or vice versa.

If you've resolved to get healthy this year, you have plenty of support in your corner and on your installation. And, while I can't create motivation for you, I can point you to the support that will keep you on track.

You've heard that "we are what we eat," so let's choose healthy foods to be healthy people. Before jumping on the bandwagon of the latest fad diet, remember you want lasting health, not a temporary fix. Learn healthy habits

through [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) and take control of what you eat, instead of just eating what is trending in the diet world. The site has everything from portion sizes – which can help you when it's time to grocery shop or fill your plate – to mouthwatering recipes that will convince you that healthy tastes as good as it feels.

Do you eat in front of the TV or

See NEW YOU, page 14

# Hoopin' it up



Maria Betzold | POST

Spc. Matt Rizzo and Spc. Dung Danh, both with Headquarters and Headquarters Company, 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, jump to secure a rebound. Rizzo and Danh's team won the game with a final score of 38-30 against Soldiers with HHC, 1st Brigade Engineer Battalion, 1st Armored Brigade Combat Team, 1st Inf. Div.

## KING HOLIDAY

Continued from page 13

line. The medic finished with a time of one hour and 55 minutes.

"Being able to participate in this event on Martin Luther King Jr. holiday is a very big deal for me," Ilmaleota said. "Because of Dr. King's fight for equal rights for everyone, my son and others have the same rights as everyone else regardless of his race."

Hours after the last runners crossed the finish line, more than 150 Soldiers and civilians with unit guideons, signs and King banners began a quarter-mile march to the MWR Oasis stage.

"We wanted to recreate the march on Washington, D.C., that took place more than 51 years ago," Sgt. 1st Class Monique Lankford, equal opportunity advisor, 1st Inf. Div., said. "Many Soldiers don't know how important this event was to the civil rights movement. On Aug. 28, 1963, hundreds of thousands of protestors participated in the March on Washington for Jobs and Freedom, which culminated in King delivering his "I Have a Dream" speech while standing in front of the Lincoln Memorial.

The march aided in the passage of the Civil Rights Act of 1964 and stands as a turning point in the civil rights movement, according to "The March on Washington and its Impact" from PBS News

"Today is a big day for our military and the nation," Brown said. "Looking around, you can see Dr. King's dream of racial, gender and economic equality here in our military."

COMMAND SGT. MAJ. DEMETRIUS BROWN  
DHQB, 1ST INF. DIV.

Hour Extra.

Lankford, of Georgetown, South Carolina, said the Soldiers looked at current events in the United States and felt this would be the perfect event to unite and educate service members and civilians about the civil rights struggle and about King's vision.

"It was an honor to be a part of this remembrance," Lankford said, adding that she was shocked to see Soldiers and civilians get out of their vehicles to take pictures and cheer as they marched past.

The observance featured Soldiers from the brigade and the division reading excerpts from three of King's famous speeches, a musical tribute and the announcement of the winner of an art contest.

The keynote address was given by Command Sgt. Maj. Demetrius Brown, senior noncommissioned officer, Division Headquarters and Headquarters Battalion, 1st Inf. Div., who thanked the "Big Red One" rock band for their moving rendition of

songs they were key in telling the story during the civil rights movement.

Brown, a native of Magnolia, Mississippi, told the audience that King was a Baptist minister and social activist whose nonviolence stance played a key role in the American civil rights movement from the mid 1950s until his assassination in 1968.

"Today is a big day for our military and the nation," Brown said. "Looking around, you can see Dr. King's dream of racial, gender and economic equality here in our military."

Brown also said if King was alive today, he would be proud of how the military has led the way in pushing his dream of equality forward.

"This was one of the best MLK observances I've attended in a very long time," Brown said. "The equality opportunity advisors from 1st ABCT and 1st Inf. Div. should be commended for all their hard work in putting this amazing event together."

## NEW YOU

Continued from page 13

computer? Do you snack on chips and salsa while waiting for your meal?

We're probably all guilty of making food something that we multitask. We eat on the run or we eat without attention.

### KEEP TABS ON CALORIE INTAKE

But keeping tabs on your calorie intake with the SuperTracker at [www.supertracker.usda.gov/default.aspx](http://www.supertracker.usda.gov/default.aspx) can help you become a more mindful eater. You can even track your physical activity and find nutrition information for more than 8,000 foods in one place.

OK, sure, that all sounds great, but it's expensive to eat healthy, right? Wrong. Your commissary offers an average savings of 30 percent or more on groceries. It's hard to argue with savings like that.

Keep healthy foods from going to waste by adopting a meal planning system. You might find that planning your weekly meals and buying only healthy ingredients for those meals can plan variety into your menu. Meal planning can also cut your grocery spending and any unhealthy impulse buys that can turn into unhealthy snacking at home.

A healthy diet gets you half-way there, but a healthy lifestyle means getting active, too. Fitness doesn't have to be intimidating with, and it doesn't even have to feel like "working" out – it can be heart-pumping fun alone or with family and friends. Swim, hike, bike and more – and yes, they have the traditional fitness center or fitness classes if you just want to get down to business.

The Department of Defense is fighting for your health just as hard as you are, and each and every one of us wants you to meet and possibly even exceed your goals for a new, healthy life. You can find support each step of the way through free Military OneSource health and wellness coaching.

And just as we encourage healthy changes in your life, we are practicing what we preach with projects like the Healthy Base Initiative. We want military installations to emphasize and inspire health with more nutritious food choices, convenient fitness and tobacco-free living. You're improving your health, so we're improving ours right alongside you.

This year, your resolutions for better health are going to stick. You are motivated, empowered and equipped with the knowledge and support to get you there. Check in periodically with your goals on the SuperTracker or your health and wellness coach.

Mark your goals on the calendar and involve your family – even your kids by using the 5210 plan – and friends in your life changes for added accountability.

This is your year, and I wish you the healthiest year yet – the first of many more.

## SCOUTS

Continued from page 13

After the one-hour long training, the Scouts spent their free time trying out the new climbing wall and playing basketball in the pool.

"The Scouts had a fantastic time and slept soundly

that night – all thanks to the tremendous support shown to them by Fort Riley and Staff Sergeant Winter," said Peter Paras, Scoutmaster, Troop 41.

According to Paras, many

of the Boy Scouts of Troop 41 have parents who are Soldiers of the 1st Inf. Div.





