

THE 1ST INFANTRY DIVISION POST

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FORT RILEY, KAN.

PHOTOS OF THE YEAR



ABOVE: An American child, dressed as an American World War II Soldier, stands tall June 6, 2014, while saluting the sands of Omaha Beach, France. The boy, never breaking composure, stood for more than two hours during a 1st Infantry Division ceremony that helped commemorate the 70th anniversary of the D-Day landings. The photo took second place in the Army's Photo of the Year Contest with 2,300 votes. (Photo by Sgt. 1st Class Abram Pinnington, 1st Inf. Div.)

BELOW: Walter D. Ehlers, the last surviving recipient of the Medal of Honor to participate in the D-Day invasion of Normandy during World War II, died at 92. Soldiers with the 2nd Armored Brigade Combat Team fold the Medal of Honor flag next to Walter D. Ehlers' casket during a memorial service March 8, 2014, at the Riverside National Cemetery, Riverside, California. The photo took fifth place in the Army's Photo of the Year contest with 1,100 votes. (Photo by Sgt. Daniel Stoutamire, 1st Inf. Div.)



Fort Riley to see changes at access control points

Post remains accessible to visitors via passes, badges

By Maria Betzold
1ST INF. DIV. POST

Visitors to Fort Riley the next two months will see changes at the access control points. The most notable change will be for people who don't have a Department of Defense-issued identification card. Those without a DOD ID card are still encouraged to visit the installation, but should understand it will take slightly longer to gain access.

"DOD is directing that everyone follow Army regulation in regard to installation access control," said Mark Dombrowski, chief, Security Branch, Directorate of Emergency Services. "At the same time, we're trying to stay as accessible as we can to the public."

Starting Feb. 16, those without DOD ID cards, Fort Riley access badges or visitor passes need to enter Fort Riley through the Ogden, Trooper or Henry ACPs. On March 2, people without a DOD ID, Fort Riley access badge or visitor pass will have to enter through the Henry ACP. And starting April 1 – as the post reaches full compliance with regulations – visitors will be directed to the Visitor Control Center, Building 885, adjacent to Marshall Army Air Field, located near the Henry ACP. There, visitors can apply for a pass or badge, depending on their purpose for visiting the installation. According to Dombrowski, the process takes an average of five to 10 minutes.

"We are no longer going to allow personnel to come through all the gates, unless they have a DOD ID card," he said. "The Visitor Control Center will be open 24/7, starting Feb. 17."

The pre-registration form is available on Fort Riley's homepage of www.riley.army.mil and can be filled out anytime between now and April, Dombrowski added.

Issued passes are good from one to 90 days and badges are valid from 91 days to one year, depending upon the type of access required.

The first phase of the installation's changes started Jan. 20 and are in full swing now. Commercial vehicles are required to enter Fort Riley through the 12th Street or Estes ACPs between 5 a.m. and 7 p.m. weekdays and from 8 a.m. to 5 p.m. Saturdays. Outside these hours, commercial vehicles must enter through the Henry ACP.

For questions about Fort Riley access control procedures, call the Directorate of Emergency Services Security Branch at 785-239-3138.

'Wolverines' remember their fallen comrade at ceremony

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

The 1st Infantry Division and Fort Riley communities paid tribute to a fallen Soldier with the 4th Infantry Brigade Combat Team, 1st Inf. Div. during a Jan. 29 memorial ceremony at Morris Hill Chapel.

Spc. Brian Carl Spenner, heavy-equipment operator, Company A, Special Troops Battalion, 4th IBCT, was remembered by his fellow Soldiers as a caring, capable and humble friend.

"We gather to celebrate the unfortunately short life of Spc. Spenner and pay respects to one of our own," said Capt. David Ferreira, Spenner's unit commander. "Spc. Spenner was what

I, as a commander, like to call a 'low-maintenance Soldier.' He had the intelligence and drive to get things done with limited guidance and resources."

Ferreira said any commander would want a formation full of Soldiers like Spenner, who was a native of Savoy, Illinois.

"This kind of Soldier provides the light to the dark tunnel, provides the smiles and laughter when morale is down, and, most importantly, provides the expertise to persevere in the face of adversity," the captain said. "Spenner was the bedrock of his unit from day one. It did not take long for him to surface as an individual who the company could trust with the most specialized piece of route-clearing equipment in Afghanistan."

Ferreira said Spenner flourished under the stressful conditions his unit



Spc. Spenner

See MEMORIAL, page 10

2 'Big Red One' CAB battalions earn top Army awards

By Sgt. Michael Levertor
1ST CAB PUBLIC AFFAIRS

The 1st Combat Aviation Brigade, 1st Infantry Division has a reason to celebrate. Two battalions from within the brigade were recognized as the best in the Army Aviation Corps.

The 601st Aviation Support Battalion, 1st CAB was announced as the Lt. Gen. Ellis D. Parker Award best combat service support aviation unit and the 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st CAB, was recognized as the top combat support unit within the entire Army Aviation Corps.

The award, which began in 1993, recognizes the service of retired Lt. Gen. Ellis D. Parker, former commander of the Army Aviation Corps, who is known as one of the "godfathers" of modern Army aviation, said Lt. Col. Richard Martin, commander, 601st ASB.

Four separate categories make up the Parker Awards. The winners were selected by a Department of the Army board that convened in December.

"We were chosen over every aviation service support unit in the Army," Martin said. "Every unit from National Guard to Reserves to active duty are eligible. To win this is a big deal."

The recognition is just a reminder of the effort from every individual, Martin added.

"This was an entire team effort," he said. "If it weren't for the Soldiers in this unit going out and putting forth the effort every day, none of this is possible."

Lt. Col. Randy Spell, commander, 2nd GSAB, 1st Avn. Regt., 1st CAB, had the same message.

"These Soldiers do this every day," Spell said. "This award is not about me. It is all about the Soldiers of this battalion."

Two flight crews and one company from Spell's battalion were recognized at the Feb. 4 Army Aviation Conference in Fort Rucker, Alabama. They accepted awards for the Air and Sea Rescue of the Year award and the Air Traffic Control Unit of the Year.

"Command Sgt. Maj. Stephen Helton and I are so proud of the accomplishments of both units," said Col. Matthew Lewis, commander, 1st CAB. "It is a reflection of the extraordinary teamwork and dedication exhibited by the Soldiers and their leaders of these two great units. While we recognize the units, we should also pay tribute to the families and friends who provided the love and encouragement for the Soldiers throughout the mission in Afghanistan."



Sgt. Michael Levertor | 1ST CAB
Lt. Col. Richard Martin, commander, 601st ASB, 1st Avn. Regt., 1st CAB, speaks to his Soldiers during a convoy training exercise Oct. 23 at Fort Riley. The "Guardian" battalion was announced as the Lt. Gen. Ellis D. Parker Award winner as the best combat service support battalion in Army aviation.

The next USAG Resilience Day Off will be:

FEB.
13

SAFETY HOLIDAY

As of Thursday, Feb. 5

031

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

HIGHLIGHTS



CHILDREN LEARN LIFE SKILLS DURING AN ASSEMBLY AT MORRIS HILL ELEMENTARY SCHOOL. SEE PAGE 11.

ALSO IN THIS ISSUE



SOLDIERS CELEBRATE DURING THE SUPER BOWL AT THE WARRIOR ZONE. SEE PAGE 15.

‘Dagger’ brigade honors distinguished leaders

By Capt. Andrew Cochran
2ND ABCT PUBLIC AFFAIRS

Leaders with the 2nd Armored Brigade Combat Team, 1st Infantry Division hosted a recognition banquet for Soldiers participating in the brigade's first distinguished leader board Jan. 20 at the Cantigny Dining Facility.

The winner of the board, Staff Sgt. David Rodriguez, was presented with an Army Commendation Medal for his performance by Brig. Gen. Eric Wesley, 1st Inf. Div. and Fort Riley senior mission commander.

"Leadership is the scope of the challenge and privilege of being a Soldier," Wesley said. "As we move to a smaller force, leadership boards like this allow us all to see our investment in character returned to the Army."

Wesley also said leadership shows the challenge and privilege of Soldiering, and boards help the Army identify and develop future leaders for more challenging assignments.

The board was designed by Col. Miles Brown, 2nd ABCT commander, and Capt. Andrew Boorda, brigade simulations officer, and is open to ranks of specialist to major.

Candidates for the board submitted a packet of information, ranging from weapons qualification and physical fitness scores to an essay written on a book from the Army chief of staff's or the 1st Inf. Div. commander's reading lists to the board for consideration.

"The intent is to have a rank-and-position-immaterial board with the ability to accept and screen a candidate's packet based on certain criteria, such as weapons qualification and analytical writing ability, for what the Army says leadership is," Boorda said. "On the day of the board, each candidate is then interviewed by the board members and graded on characteristics ranging from character and presence to intellect and their essay."

The overall goal of the grading is to select the top five candidates

from which the winner is chosen by consensus, Boorda added.

Candidates who participated received a "Big Red One" medallion, performance and leadership course opportunities at the Comprehensive Soldier and Family Fitness Center and placement on an order of merit list for engagements with the local community.

"Each candidate must also sponsor a future candidate in the next distinguished leader board," Boorda said. "The overall goal of the brigade is to recognize the great leaders in our formation and provide examples for Soldiers to aspire to."

Wesley recognized the contributions and sacrifices of all the candidates during the banquet, presenting each with a medallion, award and a handshake.

The "Dagger" brigade's distinguished leader board takes place once a quarter. Soldiers interested in competing should contact their chain of command for details.



Staff Sgt. Tamika Dillard | 2ND ABCT

The winner of 2nd ABCT's first distinguished leader board, Staff Sgt. David Rodriguez, center, is presented his Brave, Responsible and On Point medallion from Brig. Gen. Eric Wesley, 1st Inf. Div. and Fort Riley senior mission commander, left, during a Jan. 20 recognition banquet at Fort Riley. Rodriguez, an M1 armor crewman with the 1st Bn., 63rd Armor Regt., competed against Soldiers ranked from sergeant to major to win as the "Dagger" brigade's most distinguished leader of the quarter.

FRPD conducting traffic survey

Editor's Note: This is part one of an eight-part series that will contain information about traffic enforcement and regulations at Fort Riley.

By Maria Betzold
1ST INF. DIV. POST

A new traffic survey is being conducted at Fort Riley, with a goal of determining the driving habits of vehicle operators while driving on installation roadways, according to Lt. Paul Davis, traffic supervisor, Fort Riley Police Department.

"The survey helps determine if the appropriate speed limit is posted," he said. "And, it gives us an abundance of informa-

tion that allows us to assess the changing traffic patterns."

Traffic trailers with radar are being set up around the installation to help traffic engineers and law enforcement assess traffic volume, type of traffic and speed in specific areas. Like most surrounding communities, Fort Riley has its version of ordinances.

For traffic enforcement, Fort Riley Regulation 190-5, Motor Vehicle Traffic Supervision and Installation Traffic code, is the equivalent of city ordinances from local municipalities.

"We use many of the same traffic laws that surrounding law enforcement agencies use," Davis said.

Kansas laws still apply

while driving at Fort Riley, Davis said, but there are additional Fort Riley-specific laws that apply while driving on the installation as well.

According to Davis, the speed limit on all roadways at Fort Riley is 25 mph unless otherwise posted. The residential area speed limit at Fort Riley is 15 mph. When passing troop formations, the speed limit is 10 mph, regardless which direction you are traveling.

"People think that because they drive faster they have more control," Davis said.

However, the faster a car is traveling, the more distance that is traveled during the reaction time, coupled with braking that distance increases

with speed, he said.

According to Davis, the speed limit while driving in a parking lot is 10 mph.

On a military installation, he said, people come from various backgrounds and may not be familiar with Kansas laws.

It is important to keep Soldiers, families and civilians of surrounding communities up-to-date on traffic laws at Fort Riley because of those varying backgrounds, he said.

"Our population is very transient," Davis said. "We would like folks to take a few moments and familiarize themselves with state and local traffic laws. We're all part of the same community and safety for all is our top priority."

Dailey shares ideas about leadership

By C. Todd Lopez
ANS

WASHINGTON – "You've always been just a Soldier. And, you need to say that," said Sgt. Maj. of the Army Daniel Dailey, relaying the advice given to him by retired Sgt. Maj. of the Army Robert Hall.

Dailey, who most recently served as the command sergeant major at U.S. Army Training and Doctrine Command was sworn in as the 15th sergeant major of the Army during a Jan. 30 ceremony at the Pentagon. Chief of Staff of the Army Gen. Ray Odierno administered the oath to the new senior enlisted adviser.

The role of the sergeant major of the Army is primarily to advise the chief of staff of the Army on issues related to the enlisted force and to pursue objectives laid out by the chief of staff of the Army.

During a Jan. 30 interview, before having been sworn into office, Dailey said Odierno had already discussed objectives with him and after he settles into his new job, he is expected to start off in his new position by visiting with Soldiers around the Army.

"The chief wants me to get out and see the force," Dailey said. "It's critical I hear their voice and carry that back to the chief and the secretary of the Army."

Dailey said he expects to visit areas with large Soldier populations. Included among

those might be the 1st Armored Division at Fort Bliss, Texas; the 1st Cavalry Division at Fort Hood, Texas; the 1st Infantry Division at Fort Riley; and the 3rd Infantry Division at Fort Stewart, Georgia.

Dailey also has his own ideas he brings with him to the job – ideas about Soldier development, physical fitness and women in combat, for instance, topics he became familiar with while serving as the senior enlisted advisor at TRADOC.

WOMEN IN COMBAT ARMS

Most recently, the Army announced that female Soldiers will be allowed, for the first time, to attend Ranger school on a trial basis. This April, 60 slots will be made available to female Soldiers during a Ranger course assessment at Fort Benning, Georgia. The change is something Dailey said he welcomes.



C. Todd Lopez | ANS

Chief of Staff of the Army Gen. Ray Odierno administers the oath of office to Sgt. Maj. of the Army Daniel Dailey at the Pentagon, Jan. 30, 2015. Dailey's wife, Holly, holds a Bible during the ceremony.

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, 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.

See DAILEY, page 10

“Just like we think of Captain America when we see his iconic shield, the authors clearly thought of the division when they thought of our Army and World War II.”

— CAPT. KEVIN SUDSBERRY
1ST INF. DIV.

1 OF US

From ‘Blue Spader’ to Avenger:
Marvel hero Captain America
served with the ‘Big Red One’

“The service and devotion to duty of the American Soldier is something that we don’t feel that anybody should take for granted, so having a character who represents that service ... is a proud and special thing.”

— TOM BREVOORT
EXECUTIVE EDITOR, MARVEL

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

One of the most popular superheroes to grace the pages of Marvel comics shares a common bond with real-life heroes who have worn the “Big Red One” patch.

Steve Rogers, known to fans worldwide as Captain America, served with the 1st Infantry Division’s 26th Infantry Regiment, also known as the “Blue Spaders,” during World War II, as shown in “Mythos: Captain America,” a 2008 comic written by Paul Jenkins with art by Paolo Rivera.

Throughout the character’s 72-year history, Captain America has been depicted fighting alongside the Big Red One and other Army units during WWII, including storming the beaches of Normandy in the first wave of Soldiers to set foot on Omaha Beach on D-Day.

“Cap fit more adventures into his time being active during the war than there would have been days for during the war,” said Marvel executive editor Tom Brevoort, who began working for the company as an intern in 1989. “The service and devotion to duty of the American Soldier is something that we don’t feel that anybody should take for granted, so having a character who represents that service to the protection of our nation and to the highest ideals of our land is a proud and special thing.”

Captain America was created in 1941 by Joe Simon and Jack Kirby for Timely Comics, which would later become Marvel. In the final days of WWII, Rogers was frozen in a block of ice after falling into the Atlantic Ocean. The character was revived in the pages of “The Avengers” in 1964 and has been a mainstay of that team ever since.

“While patriotism and the specific meaning of patriotism has changed throughout all of the decades through which Captain America has been published, the one thing that hasn’t ever changed is our desire for the ideal version of America that is



will reprise the role this summer in “Avengers: Age of Ultron” and “Captain America: Civil War” in 2016.

“It’s one of my favorite extra facts that you get to talk to the kids about when you’re talking to them,” she said. “I think, for them, it makes history more exciting and it turns every single member of the 1st Inf. Div. we talk about into superheroes.”

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Originally from Great Brittan, comics author Paul Jenkins got his start in the industry at Mirage Studios in the late 1980s, where he helped Kevin Eastman and Peter Laird negotiate licensing deals for their black-and-white comic “Teenage Mutant Ninja Turtles.”

After working as an editor and in the business side of the industry, Jenkins turned to writing. He’s penned stories for characters from Wolverine and Spider-Man to the Incredible Hulk and his own Marvel creation, The Sentry. He now works exclusively for comics publisher Boom! Studios, where he writes titles like the all-ages “Fairy Quest” and the upcoming steampunk adventure “Lantern City.”

“In Europe, especially in Great Brittan, we’re taught a lot about world history, so I find American military history fascinating,” the author said.

“The first thing about storytelling is you have to decide on a theme,” Jenkins said. “Let’s take a character like Batman. I happen to think that Batman is one of the best modern tragic characters that there is. If you look at him, he’s a guy who lost his parents, and he’s spent his whole life ever since trying to get the one thing he can’t get. He wants them back, he wants them to come back to life. It doesn’t matter what he does, he’s got this built-in problem – he’ll never have his parents back. It’s very, very tragic and very sad because of that. There’s nothing he can do about it. That’s my approach to writing him, so it kind of fuels everything that happens with him. He’ll never win this mission of revenge, I suppose.



COURTESY PHOTOS

FROM LEFT: Chris Evans (left) stars as Captain America alongside Chris Hemsworth’s Thor (right) in “Avengers: Age of Ultron,” which hits theaters May 1; Steve Rogers, better known as Captain America, takes the fight to Adolph Hitler himself on the cover of the first issue of Captain America Comics, published Dec. 20, 1940, almost a year before the surprise attack on Pearl Harbor that thrust the U.S. into World War II; Evans (above) as Captain America in “Captain America: The Winter Soldier”; Evans (left) and Scarlett Johansson (right) star in “Captain America: The Winter Soldier.”

embodied in the principles of the nation as laid down by the founding fathers,” Brevoort said. “That’s what Captain America truly represents – not a particular political party or position, but the precepts that ours is a land of equality and opportunity and freedom for all men. And that dream, that hope, is always going to be relevant, no matter how bright or dark a particular day may be.”

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“The story of Captain America on the whole is a rather interesting one,” said Cord Scott, adjunct instructor at Harold Washington College in Chicago, who specializes in 20th century American history with a focus in cultural and military history. “Captain America was actually introduced almost a year before Pearl Harbor. He sees what’s coming, and he wants to be proactive in fighting the forces of evil, whether it be the Axis or whatever.”

Scott points out that Rogers was too weak to join the military, but was given superior strength, speed and tactical abilities thanks to the Super Soldier serum developed by a German scientist named Abraham Erskine.

“The idea was that this formula was going to turn him into the first of a new breed of ‘super Soldiers’ that could fight against the enemies of the U.S.,” Scott said. “In the original storyline (Erskine) was killed, so Captain America ended up being one of one.”

The themes of justice and equality that come with the character appeal to readers, Scott said.

“He’s the embodiment of what is America,” he said. “He believes in the idealism of the country as a shining beacon to the masses.”

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“Since the very beginning, Captain America has always stood for our great American ideals of freedom, liberty and justice,” said Capt. Kevin Sudsberry, deputy information operations officer, 1st Inf. Div., who said Captain America has been his favorite superhero since childhood. “He demonstrates an unwavering moral character and code of ethics, which parallels our Army values and the warrior ethos. He is a straight arrow, always doing the right thing, dependable and dedicated.”

Sudsberry said he found it interesting that Steve Rogers has ties to the Big Red One.

“Just like we think of Captain America when we see his iconic shield, the authors clearly thought of the division when they thought of our Army and WWII,” he said. “That speaks volumes. It makes me that much prouder to say I am a Big Red One Soldier.”

The real-life captain said that, as a superhero, Captain America is someone children can look up to and aspire to be like. Staff members at the First Division Museum at Cantigny, located in Wheaton, Illinois, use the character’s popularity to help bring the division’s history to life for their younger visitors.

“I think it’s such a great thing to get to talk about with kids,” said Laura Lyn Sears, volunteer and program coordinator for the museum. “Especially now with the Marvel movies being out, Captain America has had a resurgence in popularity.”

Marvel brought the character to the big screen in 2011 with “Captain America: The First Avenger” starring Chris Evans as Steve Rogers. Evans played the character in the subsequent films “The Avengers” and “Captain America: The Winter Soldier” and

“So with Captain America, I think you have to look at it and decide who he is first. Primarily, he’s a product of a generation, but not the generation that we’re in. Even though he’s come through to the generation that we’re in, he would have been a product of 1930s America, growing up in the Great Depression, and I’m just intrigued by that.”

“When I wrote his origin story in ‘Mythos,’ I wanted to talk about the depression as well and what that might have done to shape his childhood, and what it was like to grow up with a single mother because his father died and all these different things.”

Jenkins returned to the mythos of Captain America again in “Captain America: Theater of War,” a series of standalone stories that in part explore what it would have been like for the nigh-invulnerable Avenger to fight alongside his mortal peers in WWII and beyond, many of whom died fighting thousands of miles from home.

“I’ve written comics for many, many years, and I’m not exaggerating ... the ‘Theater of War’ stories are probably my four favorite comics I ever wrote for Marvel,” Jenkins said. “My favorite review I’ve ever had ... was ‘it took a British writer ... to teach me the true meaning of American patriotism.’”

The author said he chose the Blue Spaders for his Mythos story carefully.

“I found a unit that had been involved with so many important moments,” Jenkins said. “I needed a unit that his father could have been in because when you get down to ‘why does he want to join up?’ – yeah, I get that he’s brave, he’s especially brave because he’s a little guy before he takes that serum – but more importantly, the secret was that he always wanted to honor his father, and that was his father’s unit.”

SAFETY NOTES

TRICARE shares safety tips for home during winter season

TRICARE

For many, the winter season brings family, merriment and perhaps even some chestnuts roasting on an open fire. It's easy to forget that winter weather can be deceptive and dangerous. Don't let the season's severe storms, light dustings of snow or cold temperatures catch you unprepared. Make sure you and your family know how to safeguard yourself from dangerous winter weather.

One major concern of winter weather safety is the ability of weather phenomena to knock out heat, power and communications services to your home or office. Get prepared for weather-related emergencies, including power outages, and follow these steps from the Centers for Disease Control and Prevention to prepare your home.

- Check your heating systems and have them professionally serviced.
- Inspect and clean fireplaces and chimneys.
- Have a safe alternate heating

source and alternate fuels available.

- Install a carbon dioxide and smoke detector. Check batteries regularly.
- Stock food that needs no cooking or refrigeration and water stored in clean containers.
- Ensure that your cell phone is fully charged.
- Keep an up-to-date emergency kit.

We also forget during the cold weather months that our bodies need extra protection when going out into the cold. Make sure to wear appropriate clothing at all times. It is best to layer light, warm

clothing, gloves, scarves, hats and waterproof boots for wetter weather. Work slowly when doing outside chores, and take a friend and an emergency kit when participating in outdoor recreation. During the holiday season, we often spend a lot of time traveling to see friends and family. Oddly enough, we don't think to winterize our cars for the journey ahead. Make sure to prep your car for colder climates. Have your radiator serviced and check antifreeze levels. Check your tire tread, and, if necessary, replace your

tires with all-weather or snow tires. You should keep your gas tank full to avoid ice in the tank and fuel lines, and use a wintertime formula in your windshield washer. It is also smart to prepare a winter emergency kit for your car. Pack blankets, non-perishable foods, water and plastic bags for sanitation. You should also include booster cables, flares, a tire pump, flashlight, battery-powered radio, extra batteries and a first aid kit. If an accident does occur, with these essentials, you should have enough

materials to keep you safe and warm until help arrives. During the winter safety season, it is also important to make sure to check on family and neighbors who are at risk from cold weather hazards: young children, older adults, and the chronically ill. If you have pets, bring them inside. If you can't bring them inside, provide adequate, warm shelter and unfrozen water to drink. Winter storms and cold temperatures can be hazardous for all, but if you plan ahead, you can stay safe.

Small increase to TRICARE pharmacy copays

TRICARE

New copayments for prescription drugs covered by TRICARE began Feb. 1. The Fiscal Year 2015 National Defense Authorization Act requires TRICARE to increase most pharmacy copays by \$3. Drugs from military pharmacies and generic drugs from TRICARE Pharmacy Home Delivery still cost beneficiaries \$0. TRICARE pharmacy copays vary based on the class of drug and where beneficiaries choose to fill their prescriptions. Home delivery copays for formulary brand name drugs are going from \$13 to \$16, and for non-formulary from \$43 to \$46. Beneficiaries can get up to a 90-day supply of drugs through Home delivery. At the retail pharmacy network, copays for generic formulary drugs go from \$5 to \$8, brand name formulary go from \$17 to \$20 and non-formulary from \$44 to \$47. Beneficiaries can get up to a 30-day supply of drugs at retail pharmacies.



Some pharmacy copays are not changing in 2015. Military pharmacies remain the lowest cost option for beneficiaries, with no cost for drugs, and generic formulary medications at home delivery remain cost-free. Home delivery is a low cost, safe and convenient way for TRICARE beneficiaries to get their maintenance medications.

Copays at non-network retail pharmacies will also change, based on the changes to retail copays. For more details, visit the TRICARE pharmacy costs page. The changes in the NDAA overrule previous rules passed by Congress in 2013 that connected TRICARE pharmacy copays to the retiree cost of living adjustment.

IRWINFORMATION

Does TRICARE cover breast pumps?

It depends. TRICARE doesn't cover manual breast pumps, basic electronic breast pumps or breast pumps for convenience, even if prescribed by a doctor. For example, if you use the pump so you can return to work. TRICARE only covers heavy-duty, hospital-grade electronic breast pumps for premature infants during the immediate post-partum period. Contact your regional contractor to find out how to get a pump.

Note: TRICARE coverage of breast pumps is different from what is covered under the Affordable Care Act because TRICARE falls under a different set of laws. The recent National Defense Authorization Act made changes to TRICARE's policy on coverage for breast pumps. The Defense Health Agency is developing policy to meet the requirements and once completed, it must be approved by Department of Defense leadership. Until then, the current TRICARE policy on breast pump coverage stays the same.

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

Webinar to explain TRICARE, Affordable Care Act

TRICARE

TRICARE and Military OneSource are co-hosting a webinar to educate TRICARE beneficiaries about tax reporting and the Patient Protection and Affordable Care Act. The webinar will be from 11 a.m. to noon Feb. 9. Go to <https://attendee.gotowebinar.com/register/8226953182319863297> to

sign up. Registration is on a first-come, first-served basis and is limited because of system capacity. Participants must avoid sharing personal health information when asking a question. All Americans, unless exempted, must have minimum essential coverage or pay a monthly "individual shared responsibility" tax penalty via federal tax returns. TRICARE fulfills the MEC requirements of the ACA under certain conditions.

The speaker for the event is Mark Ellis, senior health program analyst, TRICARE Health Plans Division, Defense Health Agency. He manages the Continued Health Care Benefit and TRICARE Young Adult programs, which offer premium-based health care coverage to former service members and their family members when they are no longer eligible for TRICARE benefits. He has 35 years of DOD health care experience.

Home wanted

Abel



Abel is a 5- to 6-month old, easy going, playful cat. He seems to love cuddles and playing with toys. Abel seems to get along with other animals. Abel's adoption fee is \$92, which includes a micro-chip; vaccines, including Distemper and Rabies; leukemia test; and de-worming.

Those interested can call 785-239-6183 or email nicole.p.storm@us.army.mil. Other shelter animals can be seen at www.facebook.com/fortrileypets. All stray animals at Fort Riley picked up by the military police are brought to the Fort Riley Stray Facility. The animals are held there for three business days to allow owners to claim their pets.

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

RILEY ROUNDTABLE

What is your favorite thing about living in Kansas?



"I love the lakes and sunset. It's just so calm and peaceful."

TEAGAN OVERBY
Fifth-grader - Morris Hill Elementary School



"So many pretty places so my mom can take pictures. And, it's filled with so many animals, like deer and ducks."

KYLIE BECKLEY
Fifth-grader - Morris Hill Elementary School



"One of the only places with flatlands. I like to sit in meadows. It's nice when it's real quiet, and you can hear the bugs."

BELLA LIND
Fifth-grader - Morris Hill Elementary School



"You don't have to wear school uniforms. It's much more windy. Spring here is summer in England."

HUGH GHIKA
Third-grader - Fort Riley Elementary School



"It's more cold than hot."

JESSE DILLARD
Third-grader - Fort Riley Elementary School



"I used to live in Alaska. It's a lot more cold."

SYDNEY AIRD
Third-grader - Fort Riley Elementary School

THE 1ST INFANTRY DIVISION POST

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Commentary

DOD NEWS

Joint chiefs urge transitioning service members to continue to serve their local communities

By Cheryl Pellerin
DEFENSE MEDIA ACTIVITY

Chairman of the Joint Chiefs of Staff Army Gen. Martin E. Dempsey and the Joint Chiefs yesterday signed a letter that will go to all transitioning service members, urging them to continue serving the nation as civilians in their communities and in their new jobs.

"We trust that you will accept this challenge and join ranks with the business leaders, volunteers, and public servants in your communities. You have made your mark in uniform and represent the strength of our Nation," the letter read. "We know you will do the same as veterans, setting the example for the next generation of veterans to follow ... It has been our greatest privilege to serve with you, and we look forward with pride to what your future holds. We know it will be extraordinary."

The 32-star letter is part of a Call to Continued Service campaign that will include a focus by the chairman and a coordinated outreach effort from across the services that reinforces the call to service in the letter.

"It's my honor to speak on behalf of the Joint Chiefs of Staff in support of this initiative," Dempsey told the military leadership and attendees who represented organizations

that support service members, veterans and military families.

The organizations included TAPS, the American Red Cross, Operation Homefront, the USO, Habitat for Humanity International-Veterans Build, Got Your 6, Blue Star Families, the National Military Family Association and many others.

CALL TO CONTINUED SERVICE

The Call to Continued Service, Dempsey said, "isn't the first time in our history we've done something like send a message to the field ... about life in civilian communities for service members as they transition out of uniform."

In 1949, five-star Army Gen. Omar Bradley, the first chairman of the Joint Chiefs of Staff, wrote a letter to the force coming out of World War II that was titled, What We Owe Our Country, Dempsey said.

"I'm told that before World War II that [younger] generation was criticized for being soft because of the 'luxury of freedom,' - that's actually the phrase that Omar Bradley used - and then they were called to war and became what we know today as the Greatest Generation," the chairman added.

Before 2001, some may have called the younger generation "the Nintendo

generation," he said, "and then along came the wars and we found out just what they were made of."

After the chairman and the Joint Chiefs signed the letter, a panel of four service members who are in the process of transitioning into civilian life spoke with the audience.

POSITIVE IMPACT IN ANY ORGANIZATION

Army Sgt. First Class Dustin Parchey is a combat medic assigned to the 3rd U.S. Infantry Regiment, called the Old Guard, at Joint Base Fort Myer-Henderson Hall. He has 18 years of service and is looking at options for transitioning out of the Army.

"As leaders in the military and for all service members, it's our duty to make a positive impact in any organization we're a part of," he told the audience.

"As I get ready to transition and head into my civilian life after this, I plan on carrying the same values and the work ethic that I learned in the military into my next profession," Parchey said.

"I believe that everything I do can be traced back to my time in the military," he added, "and I want to make the best impact I can."

SHOULDERING MORE RESPONSIBILITY

Army Staff Sgt. William Thompson, an infantryman with nearly nine years of

service and, he said, six signatures short of transition, is applying for civilian jobs.

"There are programs and initiatives out there that have made our transition much easier, so don't get me wrong, those are great," he said.

But Thompson feels that transitioning service members themselves should shoulder more of the responsibility for making themselves accepted in the civilian world.

TRANSITIONING INTO THE FUTURE

"Really, it should be on us and on what we used to call the [Army Career and Alumni Program] that's now called Soldier for Life-Transition Assistance Program to remind us," he said, how to leave Army acronyms, jargon and rough humor behind and do what's necessary to fit into civilian life.

In his comments, Dempsey explained that the Call to Continued Service is meant to encourage service members as they transition into civilian society to keep serving.

"We appreciate everything you all do for us in sending that message and helping reinforce it," he told the audience, "and you have our commitment to continue to support them as they and their families make the transition into the future."

ARMY READINESS

Army budget reductions raise risk to readiness

By David Vergun
ANS

“Within our culture, we will always strive to meet any requirement from the combatant commander,” said the assistant deputy chief of staff of the Army, G-3/5/7.

“The Army actively accomplishes those missions, which gives an impression that everything is fine and that there are no impacts to an Army that's still ready to do the business the nation requires,” Maj. Gen. Gary Cheek said.

But “as the Army's size and capacity gets smaller, and if demands stay the same or get greater, it will take a larger portion of the Army to accomplish those missions, which we will continue to do,” he said, referring to an increase in risk as the budget for manning, equipping and training the Army declines.

Cheek and other senior Army budget leaders addressed the 2016 Army budget during a Pentagon media roundtable, Feb. 3.

The 2016 budget will “help us mitigate that risk,” Cheek said.

If sequestration were to return in 2016, that would take a nearly \$6 billion chunk out of the Army's \$126.5 billion fiscal 2016 budget request, said Maj. Gen. Thomas A. Horlander, director of the Army budget.

And, if reforms outlined by the recently released Military Compensation and Retirement Modernization Commission report to Congress are not enacted, that would further impact every component of the Army's budget, Horlander said.

A third impact - not as immediate as sequestration or entitlement reform - would come from a future decision on base realignment and closure.

Another round of Defense Base Realignment and Closure, also known as BRAC, is necessary because the Army maintains upward of 160 million square feet of excess facility space, which is not being utilized, said Davis Welch, deputy director of the Army budget. That extra capacity requires electricity, plumbing, heating, cooling and other attention, which eats into the budget.



Spc. Ashley Marble | ANS

A Soldier provides security at the rear entry control point of the staging area for decisive action rotation Jan. 16 at the National Training Center, Fort Irwin, Calif.

PUTTING A FACE TO READINESS

Cheek provided an example of how the absence of training dollars can affect readiness, not just for one year, but for decades.

A captain who is a company commander needs command experience that is both realistic and challenging, Cheek said. In the absence of combat, that experience is best acquired by leading a company through a rotation at one of the Army's combat training centers.

A captain is usually in command of a company for two years or less, so if that experience isn't acquired in short order, “it's gone forever,” Cheek said, explaining that the captain would then become a major and lead a battalion and perhaps stay in the Army for another 10, 15, 20 or even 30 years - but would have a gap in their leadership experience.

“Every leader has gaps in experience but we want to minimize those gaps,” Cheek said. That's why “even budget decisions made in a single year will have a lasting impact on the Army.”

Besides the captain, his entire company, and the battalion and brigade Soldiers above him would also lose those training opportunities and the Army would just have to hope they wouldn't be called upon to deploy, Cheek said.

Typically, about nine brigade combat teams are engaged in operations around the world, Cheek said, while the remainder are at home station recovering or preparing for deployments. Should one of those brigade combat teams, or BCTs, at home station miss a combat training center rotation or home-station training oppor-

the Army's Future Vertical Lift program.

Regarding ground systems, the Army is investing in upgrades to its fleet of tanks, Strykers, and Bradley Fighting Vehicles, Dyess said.

Progress with the Joint Light Tactical Vehicle program “looks pretty solid,” Dyess said. “We're happy with the competition, which is good for the Army.”

A fleet of vehicles known as the “Family of Medium Tactical Vehicles,” or FMVT, is also receiving investments, he said. The FMVT program produces vehicles that are able to carry heavy payloads, and they are becoming more in demand.

Funding for the MIM-104 Patriot missile program, the Army's surface-to-air missile, is also on track and will continue to be an important program, not just for the Army but also for the combatant commander's joint force, Dyess said.

Welch said the Warfighter Information Network - Tactical is becoming increasingly important to battlefield networks and it is being budgeted. He said three brigades and a division headquarters will be fitted with WIN-T systems.

Lastly, Army investment in cyber capabilities is now split between the intelligence and mission command portfolios.

Although cyber is vital, there's not a lot of investment at this time, Dyess said. The Army is pausing its investments as the cyber community defines its procurement requirements. “We're on the early side” of that, he said.

While the dollar amount in cyber will grow over time, there's still a sizable increase in cyber investments reflected in the 2016 budget, Welch said, meaning there is a 31 percent increase in procurement and 92 percent increase in research, development, testing and engineering.

Another reason for the pause, Cheek said, is to allow for statutory requirements to catch up to intelligence, communications and cyber capabilities. “We have to weave those to allow statutory requirements to stay aligned and yet still be effective.”

Besides that, the Army is now deciding where to station all the new gear and what the training requirements will be, Cheek said. Getting it right is very important but it's also “very complicated.”

PORTFOLIO PREVIEWS

Welch said the Army is doing things now with its current fleet of helicopters to extend their useful lives and will continue to invest in incremental improvements just as it has been doing with its ground systems.

One of the improvements the Army is investing in is the Improved Turbine Engine Program, also known as ITEP, designed to make aircraft more powerful and fuel efficient, said Maj. Gen. Robert Dyess, director of Army Force Development, G-8. He said ITEP could also become relevant for

'Guardians' host basewide team dance off in Kuwait



Staff Sgt. Bernhard Lashleyleidner | 1ST ABCT
Spc. Francisco Perez, ammunition stock control and accounting specialist (left) and Pfc. Ronnie Cummings, ammunition specialist (right), both with Co. A, 101st BSB, perform a dance routine during the Pick Your Groove and Move dance competition Jan. 10 at the MWR warrior tent on Camp Buehring, Kuwait.

By Staff Sgt. Bernhard Lashleyleidner
1ST ABCT PUBLIC AFFAIRS

CAMP BUEHRING, Kuwait – The all-female dance troupe FAB 5 won the Pick Your Groove and Move dance competition Jan. 10 at the Morale, Welfare and Recreation warrior tent at Camp Buehring.

The competition was sponsored by the 101st Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division.

Spc. Angelina Sampson, human resources specialist, 101st BSB, a native of Jonestown, Mississippi, and member of FAB 5, said she and her fellow dancers had fun participating in the competition and were very happy being crowned the winners.

"We chose FAB 5 because they improvised the best," said Sgt. Maj. Roosevelt Whetstone, operations senior noncommissioned officer, 4th Squadron, 4th Cavalry Regiment, 1st ABCT. "They seemed like they actually rehearsed different routines, and it showed during the competition."

Chap. (Capt.) April Bright, 101st BSB, said the event was a part of the battalion's ready and resilient program designed to boost morale.

Bright, a native of Charlotte, North Carolina, said the team who organized the event wanted to share the joy of music and dance and show service members how both art forms can cross racial and ethnic barriers.

"We invited women from Ethiopia and Cameroon who work on base to perform traditional African dances and songs during the competition," Bright said. "The contestants demonstrated their capacity to work through the most challenging moves and to play to their individual strengths and talents."

Teams were randomly assigned music to dance to, with songs from the 80s to the present as possibilities.

"The competition was about the celebration of dance and music," said Spc. Robert Johnson II, human resources specialist, HHC, 101st BSB.

"It was a great way of bringing different people from different generation together."

Johnson, a native of Chattanooga, Tennessee, said some do not look at dancing as a form of physical fitness, but Soldiers have to be in good physical condition to perform many of the new dances.

About nine dance groups auditioned for the competition, with only five continuing on to the finals.

The show opened with a tribute to different genres of music from old-school rhythm and blues and hip hop to country, Latin and ballroom music. The competitors were judged on creativity and audience reaction, with the highest combined score moving on to the finals, where the audience had the opportunity to pick the winner.

"We wanted people to come out and have some good clean fun," Bright said. "We had such a tremendous response after our last event and wanted to do one more big, morale-boosting event before we redeploy."

Army Reserve tells hopefuls 'we are hiring'

By David Vergun
ANS

WASHINGTON – The Army Reserve currently has a little more than 197,000 Soldiers. This year's end-strength objective is to have 202,000, said Barbara Sisson, assistant chief of the U.S. Army Reserve.

"We are hiring," she said, adding the doors are wide open for anyone desiring an exciting, rewarding and challenging career, particularly Soldiers who are planning to leave the service either voluntarily or involuntarily.

While Soldiers with valuable skill sets – engineers, doctors, lawyers and so on – are sought after, there are other skills needed by the Reserve. Soldiers should see their career counselors or an Army Reserve representative at least a year before separation to determine if they are a good fit and get the ball rolling early, she said.

Even if Soldiers don't have high-demand skills, there could be opportunities to retrain for a



ARMY RESERVES
An Army Reserve medic practices his civilian craft during a training day. Soldiers leaving the Army are encouraged to explore opportunities in the Army Reserve.

different military occupational specialty while still on active duty, Sisson said. Also, under the Soldier For Life program, employers are actively providing job training at installations, so that's another route.

Hopefully, Soldiers' units will give them the time to participate in these valuable transition programs, she added.

There are a lot of other reasons to go Reserve, she said. Besides having a part-time income, Soldiers can stay in the Army, earn retirement and TRICARE health benefits and use their skills to benefit the

United States. The cost-benefits alone are potentially worth hundreds of thousands of dollars over a Soldier's lifetime.

"Do you really want to walk away from that?" Sisson asked.

Apparently, Soldiers are not walking away from those opportunities as there's been "a growing number of people coming to us," she said.

Army G-1 has been helpful, too, she added, providing names of the best captains and majors being involuntarily separated.

"We made contact with them," she said. "I understand that hundreds of them will be coming our way. That's good for the individuals, the Army and the taxpayers. It's easier than growing them from scratch," meaning the veterans have the skills and military experience needed to hit the ground running.

The Army Reserve would also "love to hire not only Soldiers coming off active duty, but those leaving the other ser-

See RESERVES, page 9

TUESDAY TRIVIA

A photograph of a woman, Laura Black, sitting and holding a young child. A man in a military uniform, Warrant Officer 2 Grant Black, stands next to her, smiling. They are in front of a military aircraft.

The winner of this week's Tuesday Trivia was Laura Black, who answered the question, "What are the hours of operation for each of the 10 AAFES facilities on Post?"

Laura, left, is pictured with her daughter, Mathilda, and husband, Warrant Officer 2 Grant Black, 1st Squadron, 6th Cavalry Regiment, 1st Combat Aviation Brigade.

CONGRATULATIONS LAURA!

Fort Hood shooting victim seeks to inspire others

By Elaine Sanchez
BROOKE ARMY MEDICAL CENTER
PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-FORT SAM HOUSTON, Texas – An Army officer, who was severely wounded in a shooting at Fort Hood last year, is using his near-death experience to give others a new lease on life.

“I believe I was given a second chance,” said 1st Lt. John Arroyo, who is recovering at Brooke Army Medical Center here. “I hope my story inspires others to realize that it’s never too late to make a change or to make a difference.”

Arroyo had three deployments under his belt when he arrived at Fort Hood in November 2013. The California native had enlisted in 1998 as a truck driver, but jumped at the opportunity to become a Green Beret just a few years later. After a dozen years in Special Forces, Arroyo was commissioned and selected for the Medical Service Corps.

He was assigned to the 1st Medical Brigade at Fort Hood as a platoon leader. On April 2, 2014, Arroyo was pulling into brigade headquarters parking



ANS

Army 1st Lt. John Arroyo works on strengthening his right hand, while his occupational therapist, Katie Korp, looks on Jan. 16 at the Center for the Intrepid in Brooke Army Medical Center's rehabilitation center at Joint Base San Antonio-Fort Sam Houston. Arroyo, severely wounded in a shooting at Fort Hood last year, hopes his story of survival will inspire others.

when he heard shots fired.

He had just stepped out of his car as another car parked close by. He had no idea the driver was Army Spc. Ivan Lopez, who was just minutes into a shooting spree across post. Lopez had already shot and killed

two Soldiers and wounded more than a dozen others in another building by the time he pulled into the brigade parking lot.

The next shot Arroyo heard was the one that ripped through his throat. Gasping for breath, Arroyo stumbled back to his car

and fell to the ground. He lay there, bleeding profusely, and struggling to breathe.

“I thought, ‘Is this it? Am I going to die?’” he recalled. “But then I heard a voice telling me to get up, to hurry and get up.”

With his wife and three

children in mind, Arroyo drew on his last reserves of strength to stand up and find help. He held his throat to staunch the bleeding and stumbled toward a man. He suddenly realized he was about to seek aid from the shooter.

“I was within 10 feet of him, but he never saw me,” he said. “He walked right past me into the building and started shooting again.”

A few Soldiers spotted Arroyo from across the parking lot. They called out: “Soldier, are you OK?” He was somehow able to answer: “I’ve been shot.” With no time to spare, they raced Arroyo to Carl R. Darnall Army Medical Center.

Meanwhile, the shooter was confronted seconds later by a military police officer. She fired a shot at him and he responded by committing suicide. Four Soldiers, including Lopez, were killed and 16 others were wounded that day.

Critically injured, Arroyo was rushed to surgery and transferred to Scott and White Memorial Hospital for further care.

He was told his voice box and right arm were damaged beyond repair. Yet, two months later he was talking again and,

after months of intense rehabilitation at the Center for the Intrepid here, has regained the use of his right hand.

His swift recovery wasn’t surprising, he said. “I was given a second chance by God,” he said. “I should have died in the parking lot that day. I believe I am here for a purpose and will continue to heal.”

Hoping to inspire others, Arroyo began sharing his story with everyone from inmates to students to fellow patients and service members. “I want everyone to realize that if they’re breathing, they have the opportunity for a second chance.”

Arroyo returned to Fort Hood last month to speak at the hospital’s Holiday Ball, and to thank the staff for saving his life. One of the nurses was in tears after Arroyo told her another Soldier who had been shot in the spinal cord was walking again, thanks in part to her care.

“I went back to the spot where I was shot,” he said. “And I wasn’t upset at what had happened. I felt grateful that I was given a second chance to make a difference.”

“I don’t focus on tomorrow; I finish today,” he added. “And I plan to make each day count for something.”

HAVE A STORY IDEA?

Send it to usarmy.riley.imcom.mbx.post-newspaper@mail.mil or call 785-239-8854/8135.



RESERVES Continued from page 6

“We’re working with (the) U.S. Army Training and Doctrine Command to try and figure out how to bring in those from the other services coming off active duty who have skills that match the Army Reserve. I’d love to get some of those trained Navy Seabees engineers or doctors and lawyers from the Air Force and Coast Guard.”

The reason for working with TRADOC, she said, is that as of now, service members, except for Marines, would likely have to go through Army basic combat training.

EXTERNSHIP PROGRAMS

The Army Reserve is part of the Private-Public Partnership Program, which establishes relationships with corporate America, academia and nonprofit organizations. The goal, she said, is to employ Reserve Soldiers as well as enhance their skills.

An example was the Reserve partnership with Coca-Cola to bring water to drought-stricken villages in Africa. That effort was paid by the company, she said, so the taxpayers didn't foot the bill. The Reserve Soldiers got valuable training, and the host nations received assistance.

A partnership was also made with General Electric, which produces medical equipment which the Army uses in operations. GE needed highly skilled persons to work on their equipment and were having trouble retaining them, Sisson said. Likewise the Reserve was having trouble training Soldiers to use specialized equipment.

"So we got with GE and said 'how about if we send you our Army Reserve Soldiers? You train them and after that training period, if you decide you want to offer them full-

time employment, that's great.' You don't have to, but that's available to you.'

"What we got out of that was trained Army medical technicians who could work on this equipment and GE ended up with 85 percent of those who went through the training who were offered full-time jobs," Sisson said. "We call it the externship program and we're looking to expand that to other types of equipment and other companies."

RESERVE VALUE, EXPERTISE

The Reserve doesn't mirror the Guard and active Army, Sisson said, meaning it brings unique skill sets to the total force, including the active, Guard and joint force.

So, if a port needed opening somewhere in the world, Reserve Soldiers would be some of the first people there, she said, explaining that duty is normally thought of as being Navy-centric. The reservists would be needed to set up logistics and flow in engineers, medical, military police and so on.

"We have about 80 percent of the total Army's civil affairs, logistics, over half of total Army medical and information operations," she said. "They're at the top of their field and want to continue serving their country."

Sisson is a retired Reservist, as is her husband.

The Army Reserve is good for the taxpayer, she emphasized.

While the Army Reserve has an annual budget that's under \$8 billion, it contributes about \$18 billion to the national economy, according to an economist who ran the numbers, she said.

Another interesting fact, she said, is the Army Reserve "represents 6 percent of the total

Army budget, yet we contribute 20 percent of the total-force operational requirements."

While the Reserve is an Army component, it's also an Army command, she said, reporting to U.S. Army Forces Command. While the Guard works for governors, the Reserve answers to the Army chief of staff and combatant commanders. That gives the Army flexibility of authority in using Reserve forces.

AN OPERATIONAL FORCE

The Reserve participates in regionally aligned forces with units attached to combatant commanders, Sisson said. Cells or teams are embedded at each combatant commander headquarters and at the Army service-component commands. So in the case of U.S. Central Command and U.S. Army Central Command, there are about 5,000 Reservists split between them.

U.S. Southern Command has 1,200 Reservists and U.S. Northern Command has 3,000, to name a few, she said.

To continue to remain an operational Reserve, the Army needs to have the funding and authority, she said, pointing to the National Commission on the Future of the Army, which reports to Congress next year.

The Reserve would like the commission to have a representative there to answer questions and provide expert testimony about the roles, responsibilities and requirements, she said.

Coming out of the commission's report to Congress, the Reserve would like clarity and reaffirmation of its mission sets, which drive all decision making from people and force structure to training dollars and modernization.

February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NATIONAL WEAR RED DAY FOR WOMEN'S heart health 1 <small>LUNCH FEBRUARY 1, 2016</small>	KEEP CALM AND STICK TO THE PLAN 2	<i>Love your liver</i> 3	If your teen consuming too much? 4	Yoga with your Partner! 5	GET READY TO FITNESS BASICS 6	 7
 Use Fitness Tools to track your progress 8	Is your TEEN getting enough SLEEP? 9	Workout with your partner today! 10	Be Careful about what supplements you take 11	Choose a WINNING ATTITUDE! 12	Eat more fat good fats from the inside out 13	LOVE YOURSELF 14
Good Sleep helps kids grow 15	Start the day with a Healthy Breakfast 16	driveto GROWUP. 17	AS DANGEROUS AS DRIVING DRUNK 18	30 minutes of walking benefits health 19	Eat a colorful, balanced diet every day 20	THE REASONS FOR NOT GETTING ENOUGH SLEEP IS DIFFERENT FOR MEN AND WOMEN 21
Hibernating is for bears. 22	WALK OFF STRESS IF THEY MAKE IT THEY'LL EAT IT 23	Active video games can be powerful tools for children 24	Lose Weight & Save Money 25	Snack Healthy 26	Use FREE APPS to improve your HEALTH 27	I ♥ EXERCISE 28
<h2 style="color: #e67e22;">Goals _____</h2>						

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Performance Triad



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FORTRILEY**

MEMORIAL

Continued from page 1

dealt with in their 2012 deployment to Afghanistan. "Brian would have been very happy for all of this and for all of you taking time

out of your day to remember him," said Spc. Jakob Patch, who served alongside Spenner in the "Wolverines" battalion and called the Sol-

dier one of his best friends. "He treated me like a brother – part of his family." Patch described a concert he attended with Spenner as

the best time of his life. Spenner's awards and decorations include the Army Commendation Medal, Army Achievement Medal, National

Defense Service Medal, Army Good Conduct Medal, Army Service Ribbon, Overseas Service Ribbon, NATO medal, Combat Action Badge and

Driver's Badge. Spenner is survived by his wife, Janel, and his parents, Laura Spenner and Wayde Spenner.

DAILEY

Continued from page 2

"Is the Army ready for women in combat arms? I think we are past due," Dailey said. "I think we should give every Soldier, regardless of gender, the opportunity to serve in any military occupational specialty. What I am excited about is that we are using a standards-based approach, just like we should for everything we do in the Army. Regardless of gender, those Soldiers who are physically capable and want to compete and try out for these schools and military occupational specialties will be eligible to do so. I think it will make our Army better."

DEVELOPMENT OF THE NCO CORPS

A key area of focus for TRADOC, and now the newest sergeant major of the Army, is continued maintenance and development of the noncommissioned officer corps.

"I am carrying on some of the initiatives that we started when I was the TRADOC sergeant major," Dailey said. "I truly believe that we have a lot of work we have already done, and there also is a lot that still needs to be accomplished, to further professionalize our professional

military education system for our NCOs and Soldiers."

One area of development, Dailey said, is placed firmly on the shoulders of Soldiers themselves: structured self-development and civilian education.

"Our (NCOs) and Soldiers need to understand that a critical part of the development phase for a Soldier is the development they do on their own – utilization of the structured self-development platforms that we initiated and utilization of tuition assistance for them to take college credit and certifications," Dailey said.

Equally important, he said, is maintenance of the operational skills Soldiers have learned from 12 years of combat. Soldiers who have participated in combat operations in Iraq and Afghanistan will eventually leave the Army, and their experience will leave with them, unless they pass it

on to the Soldiers who follow in their footsteps. The Army wants them to pass that information on, Dailey said.

He also said with combat operations having been drawn down, there will be more time for Soldiers to develop those professional skills and to also transfer what they have learned from 12 years of conflict to the new Soldiers arriving in the force, fresh from basic training.

"We have to make sure our NCOs are using those skills they learned over the 12 years of war and translating those skills to our young Soldiers, and ensuring they are maximizing the time," Dailey said.

There's more time now for NCOs to spend with younger Soldiers to do critical unit-level training, he added.

Additionally, Dailey said the Army is becoming an "Army of preparation," and must be ready for whatever the

nation asks it to do, and that means continued training.

"I've always said the harder you train in garrison, the easier your combat experience should be," he said. "It's critically important for our NCOs, and our leaders and officers that have served overseas for the last 12 years to maintain those skills. And, they also have to educate and train the future Soldiers."

The world is still dangerous, Dailey said. There is a significant amount of uncertainty the Army and Soldiers must be prepared to face. One way to prevent war, which is the most desirable course of action, he said is to show potential adversaries the Army is still very capable of combat.

"It is a critical time in our Army now," Dailey said. "We live in a world of uncertainty. We have to maintain readiness. Our ultimate goal is to not fight. Our adversaries

need to see we are an Army of preparation, and that we are trained and ready to fight in response to our nation's call. That call can happen anywhere, for any type of operation, whether it's another war or a contingency operation in one of our partnering nations to help them. This time is just as critical as the last 12 years of war."

KEEPING THE BEST SOLDIERS

Today, the Army is in the middle of a drawdown in troop levels. While many Soldiers will leave the Army voluntarily, at some point, the Army might be forced to ask some Soldiers to leave.

"My advice is to make sure you are doing your best, that you are representing Army values, and that you are truly an Army professional," he said. "Stewardship of the pro-

"It is a critical time in our Army now. We live in a world of uncertainty. We have to maintain readiness. Our ultimate goal is to not fight. Our adversaries need to see we are an Army of preparation, and that we are trained and ready to fight in response to our nation's call ..."

SGT. MAJ. OF THE ARMY DANIEL DAILEY

fession is critical. As we draw down, it has been made clear that we will use a standards-based approach to make sure we keep the best Soldiers. We owe that to our leaders. We owe that to the gracious taxpayers of America.

"Continue to do your best, work hard and when you get those opportunities to excel, you need to do that. Study hard when you go to the various levels of NCO education, work hard at (PT). There is plenty of room in the Army, for the future, for those Soldiers who want to stay."

For those Soldiers who do leave the Army, Dailey said preparation for civilian life is along the same lines as what Soldiers ought to be doing anyway – something Dailey said he has been doing now for 10 years.

"Take advantage of the education and self-development opportunities that currently exist," he said. "Every Soldier is entitled to tuition assistance, so utilize that. That's a gift from the American taxpayer to give Soldiers the edge they need when they get out of the service."



For information about religious services at Fort Riley or to talk to a chaplain, call 785-239-3359 or visit www.riley.army.mil and click on "Fort Riley Services" under the Services link.

Community Life

IN BRIEF

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

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

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

NO MOTOR VEHICLE TRAFFIC NEAR NEW SCHOOL
The use of motor vehicles, including all-terrain vehicles, motorcycles, et cetera, is not authorized for use at or around construction areas at Fort Riley. The includes the area at and around the new Fort Riley Elementary school. This area has been leased to the USD 475 and is under development for the new school. People are asked to refrain from entering this area. The new school is about half mile west of Seitz Elementary School on Rifle Range Road.

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 on Main Post. 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.

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/smc/application.html. If the administration 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.

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

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

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@rileywmwr.com for a chance to win prizes from Outdoor Recreation. Get creative with colors, clothes and accessories. For more information, call 785-239-2363.

Rally Point playing host to regional comedians

Evening an opportunity for families to see true professionals, relax

By Cheyanna Colborn
1ST INF. DIV. POST

Rally Point will become a house full of laughter during its upcoming Comedy Night Feb. 7 at the facility. Doors open at 7 p.m., and the show begins at 8 p.m.
David Kennedy, assistant business manager, Rally Point, said they try to host events that are cost effective for patrons.

IF YOU GO

Comedy Night
» 8 p.m. Feb. 7 (doors open at 7)
» Rally Point
» 2600 Trooper Drive, Fort Riley
» Tickets are \$10 in advance, \$12 at door

Tickets can be purchased in advance from 4 p.m. to midnight at Rally Point.

"We're having the only comedy show in the area, and where else can one go to get a good show for \$10?" Kennedy said. "Not even the movies."
Heather Wilburn, marketing director, Directorate of Family and Morale, Welfare and Recreation, said one



laugh or to recognize how funny life can be," Wilburn said. "Comedians have a way of pointing that out and reminding us not to take everything so seriously."

Another great thing about the shows is the comedians are true professionals, she said.

Longhorn, one of the comedians scheduled for Feb. 7, has been on Last Comic Standing, Who's Got Jokes. Another comedian, Judge Mathis, has performed on three European tours for service men and women, and has toured on the national club circuit.

See COMEDIANS, page 14

"I love these kids. There is something special about the kiddos in this area, especially where a lot are military kids."

BARRY WARD | COWBOY SINGER, PERFORMER



Cheyanna Colborn | POST
Dasia Arvin, third-grader, Westwood Elementary School, sings "Home On The Range" with country singer Barry Ward.

Happy Kansas Day!

Area elementary schools celebrate state's 154th birthday

By Cheyanna Colborn
1ST INF. DIV. POST

Kansas entered the union 154 years ago, and local elementary students celebrated the day with Old West-themed activities Jan. 29.

Students at Westwood Elementary School, Junction City, began their morning by rotating through several western- and state-themed stations, including a sing-a-long with cowboy singer Barry Ward; stick horse rodeo in the gym; and looking at a nature center with Kansas symbols, like honey and buffalo hide.

Cheryl Hudson, Westwood Elementary School librarian, teaches students about rodeos every year on Kansas Day.

"A lot of these kids have never been to a rodeo, and doing this gives them a different experience," Hudson said. "It gives them those cultural experiences."

During the afternoon, students gathered in the gym for a story and then went back to their classroom to draw a prairie mural. They later gathered in the gym for a schoolwide sing-a-long with Ward.

See KANSAS DAY, page 14

KANSAS FACTS

Kansas, situated on the American Great Plains, became the 34th state Jan. 29, 1861.

- **Capital:** Topeka
- **Nickname(s):** Sunflower State; Wheat State; Jayhawk State
- **Motto:** Ad astra per aspera ("To the stars through difficulties")
- **Tree:** Cottonwood
- **Flower:** Wild Native Sunflower
- **Bird:** Western Meadowlark

— Source: www.history.com

IF YOU GO

Seminar for enriching marriage
» Noon to 2:30 p.m. Feb. 19 and Feb. 26
» Army Community Service, Building 7264 on Normandy Drive, Fort Riley
» Individuals can attend seminar with or without significant others

To register for the seminars, call ACS at 785-239-9435.

Unlock secrets to happy marriage

ACS seminar to help individuals learn about themselves, their beliefs

By Maria Betzold
1ST INF. DIV. POST

Marriage and relationships can be challenging at times.

To help couples cope with marital challenges, Army Community Service has scheduled a seminar designed to help unlock secrets to enrich marital relationships from noon to 2:30 p.m. Feb. 19 and 26 at ACS, Building 7264 on Normandy Drive.

"Individuals can learn about themselves, their expectations and beliefs of what they think marriage should be," said Carolyn Lee, Family Advocacy Program specialist, ACS.

According to Lee, the curriculum in the seminars can be completed in three two-hour sessions.

The workshops are open to Soldiers, families and civilians. Free child care will be offered for Soldiers and spouses who plan to attend.

"Individuals can attend with or without their significant other," Lee said.

There will be a variety of workshops featuring topics, like dating while being a single parent, understanding the five love languages and laughing your way to a better marriage. There will be a total of eight workshops offered.

Other workshops being offered will be about overcoming divorce, break ups and online dating.

According to Lee, people interested in attending can explore a variety of dynamics involving relationships, including communication, commitment, finances, and careers.

"All of these can contribute to the success of a relationship when they are understood and practiced," Lee said. "Having new information can lead to applying new skills that will promote the promise of longevity."

To register for the seminars, call ACS at 785-239-9435.

Singles rejoice: Anti-Valentine's Day celebration to include flames

Disc jockey, karaoke, poetry contest highlight free event at Warrior Zone

By Cheyanna Colborn
1ST INF. DIV. POST

Sometimes love can be difficult. That is the theme for one event on Valentine's Day at Fort Riley.

A Love Sucks Anti-Valentine's Day Party, hosted by the Better Opportunities for Single Soldiers and the Warrior Zone, will be from 6 to 9 p.m. Feb. 14 at the Warrior Zone.

"With so many special events on Valentine's Day aimed at couples, we decided we needed to offer something for the singles out there," said Caitie Kendrick, manager, Warrior Zone. "No



need to dwell on the past. Love Sucks (at times); best to move forward."

The event is free and will include a disc jockey, karaoke and poetry contests, as well as a Broom Stick Date Selfie contest.

Patrons can decorate a broomstick with the face they choose from a magazine cutout and take their pictures with the broomstick cutout at various "prom backdrops" throughout the facility. Then, they can post

the pictures to Facebook, Twitter or Instagram to be entered for a prize.

In addition to the various activities, a meal is available for purchase. The steak dinner for one includes a six-ounce sirloin, loaded mashed potato, vegetable, rolls and a beverage for \$11.

BOSS will also host a bonfire to encourage those to envision their past relationships disappearing into the flames.

"Having new information can lead to applying new skills that will promote the promise of longevity."
CAROLYN LEE
ACS

COMMUNITY CORNER

National Prayer Luncheon joins people of faith

By Col. Andrew Cole
GARRISON COMMANDER

Chaplains and chaplain-led programs at Fort Riley provide an opportunity for Soldiers and family members to build spiritual resiliency and to strengthen their faiths. It also provides an opportunity for all to come together as a community.

Fort Riley's Religious Office will host the annual National Prayer Luncheon at 11:30 a.m. Feb. 23 at Riley's Conference Center.

Guest speaker is Installation Management Command Chaplain (Col.) David Giammona.

Although lunch is free, tickets are required. For tickets or for more information, contact your unit chaplain or the Religious Support Office at 785-239-3359.

Each year, a National Prayer Breakfast takes place in Wash-



Col. Cole

ington on the first Thursday of February. This event is sometimes also a luncheon or series of meetings or dinners. Since the 1980s, the event began as a way for the nation to set aside a day of prayer, give thanks to God and ask for his blessing upon the nation.

The breakfast normally includes a prayer specifically for the nation, its government, its leaders and any particular crisis. Many other events take place with a similar purpose and goal across the country around the same time.

I encourage you to attend this year's National Prayer Luncheon. Along with prayers for our nation and its leaders, let's think of our service members and those who are far away from families on deployments or continuing our mission around the world.

If you would like to comment on this article or suggest a topic for Community Corner, email usarmy.riley.incom.mbx.post-newspaper@mail.mil or visit my Facebook page at www.facebook.com/fortrileycg.

USD 475 announces new hiring

District selects Clark as new emergency management director

USD 475 GEARY COUNTY SCHOOLS

JUNCTION CITY – Unified School District 475 Geary County Schools has selected Scott Clark as the district director of emergency management.

Clark brings with him 29 years of experience in emergency management with the Manhattan Fire Department, including serving as a battalion chief.

He brings experience in key areas, including fire prevention and inspection, incident management, and health and safety. He has also served as a chief training officer, where he was responsible for the coordination of the department's training, safety, health and wellness programs.

Clark has also served as the chief officer in charge for the Kansas' Regional Hazardous

Materials Response Team.

Scott's primary responsibilities are providing leadership and coordination to develop and maintain an emergency management plan for USD 475.

He will supervise the building-level emergency response programs, provide oversight of school-based educational programs and coordinate crisis response programs in cooperation with the community and emergency service providers. He will also ensure compliance with all safety requirements and regulations.

The selection committee, headed by William Clark,



Scott Clark



CEO, Business Operations, USD 475, was comprised of Garry Berges, Geary County Emergency Management; Will Paskow, deputy director, Fort Riley Directorate of Emergency Services; two USD 475 staff members; and two USD 475 Board of Education members.

More than 20 applications were submitted, and the committee interviewed three candidates.

Scott said he is looking forward to getting started.

"I'm excited about the opportunity to work for a great organization like USD 475," he said. "I'm looking forward to partnering with the professional staff, parents, students and emergency service providers to move the district forward on security and safety issues. Together we can continue to provide a safe and secure learning environment for the students of USD 475."

Scott is familiar with the district through his time spent as a Junction City High

"As much as possible, we want to be prepared for any contingency."

CORBIN WITT
SUPERINTENDENT, USD 475

School soccer coach for several years.

Scott received his bachelor's degree from Kansas State University in journalism and public relations. He also holds a master's degree in negotiations and dispute resolution from Creighton Law School.

"As much as possible, we want to be prepared for any contingency," said USD 475 Superintendent of Schools Corbin Witt. "Ensuring the safety and security of our students and staff is paramount to our mission in USD 475. Hiring a Director of Emergency Management provides a proactive approach to safety and security."

Exchange offers fresh flowers for your Valentine

FORT RILEY EXCHANGE

Love is in bloom with fresh flowers for Valentine's Day at the Fort Riley Exchange.

The Exchange offers fresh floral bouquets available for pickup in the Fort Riley Main Store. Fresh flowers, including roses, will arrive Feb. 12 for Valentine's Day weekend.

"Picking up a fresh bouquet for someone special is as simple as visiting the Exchange," said General Manager Anthony Ventura. "We have everything needed to make this Valentine's Day special."

For more information, shoppers can contact the Fort Riley Exchange at 785-784-2026.

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, FEB. 6
• Into the Woods (PG) 7 P.M.

SATURDAY, FEB. 7
• Unbroken (PG-13) 2 P.M.
• Exodus: Gods and Kings (PG-13) 7 P.M.

SUNDAY, FEB. 8
• Into the Woods (PG) 5 P.M.

For movie show times, call

785-239-9574

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:
Dad's Woodworking
Clever Container
Younique
And Many More

FORT RILEY CYSS AFC DISCOUNTS

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

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

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

Free Saturday Deployment Care, one four hour session monthly in the Child Development and School Age Services Centers.

Free Hourly Care in the Child Development Center, School Age Services, or Family Child Care. Reservations must be made in advance at the center or the FCC office.

Hourly care beyond the 16 hours free respite will be charged at \$2.00 per hour.

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

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

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

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

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

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

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

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

Three's a charm for 97th MP

MP Soldier earns 3rd silver star award for volunteer efforts

By Maria Betzold
1ST INF. DIV. POST

Sgt. Erica Myers, 73rd Military Police detachment, 97th MP Battalion, received a silver star for her work as a youth basketball coach. She received the award at the Volunteer of the Quarter Ceremony Jan. 27 at Riley's Conference Center.

It was Myers' third such award, and she became the first female Soldier to earn the trifold. Only six other people have earned three silver stars for volunteer work.

Myers, began coaching basketball as a private when she first started her career in the military. When she was little, she said, she used to play basketball and that has been her inspiration to coach.

"I want them to remember me the way I remember my first coach," Myers said. Myers left her team's bas-

ketball practice early to receive her award.

According to Myers, watching the girls she coaches grow up is the rewarding part of her volunteer work. Between summers and breaks when she doesn't see them, she said, they come back and want to show her how much they have improved.

"It is an amazing feeling to know a 10-year-old cares about how I see them," Myers said. "They want to do well for me."

Becky Willis, Army Instal-

lation volunteer coordinator and Readiness Branch manager, said Soldiers volunteering has built trust within the Fort Riley community.

"They are enhancing the bond of the community to Fort Riley," Willis said. "Volunteering is not a requirement, but can be highly encouraged."

Myers said receiving her awards and being recognized as the first female to get the third Silver Star was an honor.

"It doesn't seem real," Myers said.



Maria Betzold | POST

Sgt. Erica Myers, 97th MP Bn., center, receives her third silver star for volunteering during the Volunteer of the Quarter Ceremony Jan. 27 at Riley's Conference Center.

K-State observing Black History Month

Education pioneer to deliver lecture in Grand Ballroom

K-STATE MEDIA RELATIONS

MANHATTAN – International education advocate and change agent Geoffrey Canada will be Kansas State University's keynote speaker for Black History Month.

Canada's lecture, "Leveling the Playing Field," will be at 7 p.m. Feb. 9 in the Grand Ballroom at the K-State Student Union.

The university's Black Student Union and Student Governing Association are co-sponsoring the lecture, which is free and open to the public.

Canada, a Harvard University graduate, is a product of a poor neighborhood in the South Bronx. After graduating, Canada began his life's work helping children with

"Geoffrey Canada is someone who advocates for education to be equal in all communities. In light of what's relevant in today's society, bringing in speakers like Geoffrey Canada will expand cultural knowledge and racial consciousness on campus."

JUSTICE DAVIS | K-STATE BLACK STUDENT UNION

backgrounds like his through the Harlem Children's Zone. Starting from a focus on a single block, the Harlem Children's Zone has grown to more than 100 square blocks and serves 10,000 children by providing prekindergarten care, after-school programs, health care, college planning and classes for soon-to-be-parents to break the cycle of poverty.

Both Canada and the Harlem Children's Zone were part of the 2010 documentary "Waiting for Superman."

Canada's leadership with the organization inspired President Barack Obama's Promise Neighborhoods program, offering grants to programs in 21 cities across the country to try and emulate the success of the Harlem Children's Zone.

"Geoffrey Canada is someone who advocates for education to be equal in all communities," said Justice Davis, junior in marketing and K-State Black Student Union president. "In light of what's relevant in today's society, bringing in speakers like

IF YOU GO
Geoffrey Canada lecture
» 7 p.m. Feb. 9
» Grand Ballroom
K-State Student Union, Manhattan
» Free and open to public

For a listing of K-State's Black History Month events, visit <https://ksusankofa.wordpress.com/bhm>

Geoffrey Canada will expand cultural knowledge and racial consciousness on campus."

Canada's work is nationally recognized. He has appeared on "Oprah" and he was named one of America's best leaders by U.S. News and World Report in 2005. In 2011, he was listed as one of Time magazine's 100 most influential people in the world.

For a listing of K-State's Black History Month events, visit <https://ksusankofa.wordpress.com/bhm>.

New FDA rule bringing calorie labels to menus

K-STATE MEDIA RELATIONS

MANHATTAN — Looking to stay healthy this year? A new regulation may help in your endeavor.

"We know that Americans eat about one-third or more of their meals away from the home," said Sandy Procter, assistant professor of human nutrition at Kansas State University. "Choosing healthy options at restaurants can be tricky because you don't know the amount of calories in those items. This new regulation will make it easier for consumers to make a healthy decision."

The new regulation announced by the Food and Drug Administration requires chain restaurants with 20 or more stores to list calorie information on menus and menu boards. It also applies to vending machines with 20 or

more locations. The rule was finalized in December 2014 and restaurants and vending machine companies have one year to get the labels in place.

While these new labels will give consumers more information before making their meal decision, Procter says to take into account that it's not just about the calories when making food selections.

"Watch portion sizes," she said. "Portions are really large in a lot of cases, so it can be difficult to find something that would be considered an appropriate portion size when we go out to eat. I would say a lot of people know the right things to eat and make healthful decisions; the issue is more in the sheer volume of food we eat."

The new labeling regulation is part of the 2010 Patient Protection and Affordable Care Act.

FREE SEMINARS
UNLOCKING THE SECRETS TO LIFE, LOVE AND MARRIAGE

When: Thursdays 19 & 26 February 2015

Where: ACS Bldg. 7264 Normandy Dr.

Time: 12:00-2:30pm

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

FREE childcare for Military Families

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

Each attendee will receive a certificate of attendance

Attend with or without your partner

Facilitated by
Family Advocacy Program
Specialist
Carolyn Tolliver-Lee, MSM Ed

Is Your Spouse Deployed?

HEARTS APART

Services for Waiting Families

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

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

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

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

ARMY COMMUNITY SERVICE ACS
Real-Life Solutions for Successful Army Living

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



Cheyanna Colborn | POST

Davion Arvin, fifth-grader, Westwood Elementary School, runs a makeshift barrel racing pattern during the Kansas Day activities in the school's gym. The students did a stick horse rodeo with barrels and pole bending.

KANSAS DAY Continued from page 11

Ward has been coming to the area for about 10 years to sing with students, despite moving to Colorado a few years ago. "I love these kids," he said. "There is something special about the kiddos in this area, especially where a lot are military kids."

To complete the day, Kansas Birthday parties were conducted in individual classrooms. In addition to Westwood Elementary School's celebration, Eisenhower Elementary, Junction City also conducted Kansas Day activities

Jan. 30. Students and staff were encouraged to dress as cowboys, ranchers, pioneers or as Native Americans. Munson Farms gave wagon rides, lunch was served around mock campfires and a farrier demonstrated how to shoe a horse.

COMEDIANS Continued from page 11

"These performers aren't just open-mic guys off the street," Wilburn said. "Most of them are on a regional circuit, and several of them have done stand up on late-night shows or performed in other venues. Rally Point's shows let our customers catch some great, experienced comedians for a bargain price and a convenient location." Tickets for the show can be purchased in advance for

NEED CHILD CARE?
Want to make comedy night a date night? Call Warren East Child Development Center at 785-240-0821 to reserve child care.

\$10 from 4 p.m. to midnight at Rally Point. Admission at the door is \$12. Some of the comedy acts may include adult content.

In addition to its monthly Comedy Night, Rally Point is undergoing a revamp to increase opportunities for Fort Riley Soldiers and families. "We are trying to have events and a place to go not only for Soldiers, but for couples and families," Kennedy said. One event is Family Bingo, which is at 2 p.m. one Sunday a month. The next Family Bingo is scheduled for Feb. 15.

Study: Time-based training can decrease impulsiveness

Findings may help treat disorders like obesity, ADHD

K-STATE MEDIA RELATIONS

MANHATTAN – A study conducted by researchers at Kansas State University is the first to demonstrate increases in both self-control and timing precision as a result of a time-based intervention. This new research may be an important clue for developing behavioral approaches to treat disorders like attention deficit hyperactivity disorder, substance abuse and obesity.

The study, "Mechanisms of impulsive choice: II. Time-based interventions to improve self-control," was published online in the Journal of Behavioral Processes and will be part of a special publication in March. To look at impulsivity, researchers studied rat behavior, as rat brains are fairly similar to humans, especially in terms of timing and decision-making systems.

"Our previous research found that individual rats with greater self-control have a better understanding of delays, which means that they can wait for a longer period of time to earn a larger reward," said Kimberly Kirkpatrick,

professor of psychological sciences at K-State. "We more recently conducted experiments to determine if we could teach individual rats to be less impulsive and found that time-based interventions can be an effective mechanism to increase self-control."

Kirkpatrick thinks these time-based interventions could help people make better choices.

"For example, we all know some of us are better at deferring the chocolate cake and opting for the fruit platter instead, whereas others are prone to giving in and making these impulsive choices," she said. "We hope these interventions can help those more impulsive individuals learn not to choose the chocolate cake – at least not every time."

While the research can apply to obesity, gambling, substance abuse and other impulsive behaviors, the researchers are focusing on alternative ways to treat attention deficit hyperactivity disorder, or ADHD.

"Up to 15 percent of the population may suffer from ADHD during development and our main way of treating it is with medication," Kirkpatrick said. "We think having alternatives is a good thing. If we could use behavioral interventions to help people gain

better self-control, we think this could be a nice addition or alternative to medication."

The researchers also are working with researchers at the University of Kansas Medical Center to develop and test a game to teach children that delaying their response could earn a larger reward. The space invader game enables children to shoot a missile at a target. They must wait for the missile to charge before being able to shoot, but they have to learn how long the delay takes. The researchers will see if the game helps defer impulsive choices in overweight children.

While time-based interventions may be an alternative form of therapy for individuals with impulsive behavior, Kirkpatrick said they are not a cure. The most impulsive individuals did improve their self-control, but they weren't cured of their impulsivity.

This project was partially supported by a Doreen Shanrean Undergraduate Research Award to Aaron Smith, who is now a graduate student in the department of psychology at the University of Kentucky. Andrew Marshall, a doctoral student in psychological sciences at K-State, co-authored the study. The project was also supported by an RO1 grant from the National Institute of Mental Health.



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CHAMPIONSHIPS

Continued from page 15

“The Cross Country Championships will be Kosgei’s third race with the All-Army team in one year, the first time anyone has done that from Fort Riley,” the coach said. “Kosgei has shown he will not be outworked by other runners and he is putting in the time and effort to be an Olympic marathon qualifier.”

The Feb. 7 race also serves as the trials race to select the Team USA squad that will compete at the 2015 IAAF World Cross Country Championships March 28 in Guiyang, China. Ryan said he expects Kosgei to place in the world championships and move on to the Olympic trials held in Los Angeles in February 2016.

“Tanui finished seventh overall in the Army Ten-Miler in October, but I see her doing greater things,” Ryan said of the dental specialist. “With continued coaching, a smart training and racing plan in 2015, I believe she can place in the top 3 this year at the Army Ten-Miler, move up to the marathon distance and win the Marine Corps Marathon as well. I have that much faith in her and I believe in her abilities.”

Originally from Eldama-Ravine, Kenya, Tanui said she ran in school growing up, but fell out of practice. After graduation, she took up the sport again in hopes of earning a college scholarship.

Her resolve paid off, and Tanui attended Dallas Baptist University and the University of Alaska before joining the Army last year.

“It just changed my life,” she said of running.

When Tanui found out she would be stationed at Fort Riley, she started looking into the post’s running team.

“It’s been a great experience,” she said of running on the Fort Riley team. “It’s a great opportunity, and I’m really happy to be part of that team.”

The Soldier said the USA Cross Country Championships will be one of the toughest races she has participated in, due both to the number of skilled runners who will race and to the higher altitude in Colorado.

“I know I’ve trained, and I’ve pushed myself harder,” she said. “Even though it looks the way it is, always I encourage myself to stay stronger. Everything is not easy; you just have to push. You have to work for it.”

Updates on the championship race can be found at <http://www.usatf.org/Events---Calendar/2015/USATF-Cross-Country-Championships.aspx>.

To obtain Webcast info or acquire the live feed on USATF.tv, log onto <http://www.usatf.tv/gprofile>.

ON THE BASKETBALL HARDWOOD



ABOVE: Sgt. Jerry Wright, Headquarters and Headquarters Troop, 1st Combat Aviation Brigade, 1st Squadron, 6th Cavalry Regiment, dribbles toward the basket during a Jan. 28 basketball game at King Field House.

RIGHT: Chief Warrant Officer 4, Jim Thompson, Headquarters and Headquarters Troop, 1st Combat Aviation Brigade, 1st Squadron, 6th Cavalry Regiment, drives for a lay-up.

Maria Betzold
POST



That 70's Bowl



Maria Betzold | POST

Courtney Avel helps her daughter, Annabell, prepare to push the bowling ball down the track toward the pins during That 70's Bowl Jan. 31 at Custer Bowling Center.



