

## ‘Dauntless’ spearheads combined arms breach exercise

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

FORT LEONARD WOOD, Mo. – “Practice doesn’t make perfect, but practice makes permanent,” said Capt. Joel Thompson, engineering officer, 4th Maneuver Enhancement Brigade, 1st Infantry Division. “So the more you do it the better you are at something. You have to keep doing it so it becomes perfect.”

Thompson was speaking about the recently concluded combined arms breach exercise conducted Jan. 29 here.

During the exercise, massive pieces of engineering equipment, support bridges and plows converged on a simulated river crossing, which required earth-moving vehicles to displace huge piles of dirt and mud. Armored tanks took up a wide perimeter for ground security, firing blank rounds for the full effect of being in a combat zone. Helicopters flew overhead, keeping a bird’s eye view on the “enemy” as several small explosions and colored smoke added to the difficulty of the set task – remove the obstacle and get the troops across this river.

Soldiers with the 1st Inf. Div. traveled from Fort Riley to provide infantry and armor support, known as combined maneuver support, for the exercise devised to certify two units with the 4th MEB’s 5th Engineer Battalion. The 515th Engineer Company and 55th Mobility Augmentation Company are slated to participate in a rotation at the National Training Center, Fort Irwin, California, later this year.

Lt. Col. Sebastian Joly, commander, 5th Eng. Bn., said conducting this combined arms breach on the complex obstacle of a simulated river and mine field with the support of 1st Inf. Div.’s maneuver force builds competence, confidence and increases knowledge of engineer breaching capabilities.

See DAUNTLESS, page 9



Staff Sgt. Mark Patton | 1ST INF. DIV.  
An armored tank from 1st Bn., 18th Inf. Regt., 2nd ABCT, 1st Inf. Div., heads into a simulated combat zone during a combined arms breach exercise Jan. 29.

## We Are One



Corey Schaadt | 1ST INF. DIV.

Bill Becker, a Manhattan resident, holds up his red-painted finger to show support for the 1st Inf. Div. and Fort Riley on Feb. 9 at the U.S. Army Community Listening Session in Junction City. Citizens from across the state attended the listening session to speak about the impact of potential troop reductions.

## Thousands rally in support of Fort Riley at listening session

By Andy Massanet  
1ST INFANTRY DIVISION POST

JUNCTION CITY – A spill-over crowd of more than 4,200 supporters assembled Feb. 9 at the Geary County Convention Center, Junction City, for a U.S. Army Community Listening Session. They gathered amid the rallying cry “We are one” in support of Fort Riley, the home of the legendary 1st Infantry Division, “The Big Red One.”

As the convention center reached its maximum capacity, hundreds never made it inside; instead, some stood outside to listen to the live broadcast. The event was broadcast on two local radio stations, Kansas State University Channel 8 and RileyTV, as well as the Defense Video and Imagery Distribution System.

Meanwhile, inside, a federal congressional delegation – consisting of Senators Pat Roberts and Jerry Moran, and congresspersons Tim Huelskamp, Lynn Jenkins and Mike

“Fort Riley and the surrounding communities are a well-oiled machine.”

BRIG. GEN. ROGER CLOUTIER JR.  
ARMY DIRECTOR OF FORCE MANAGEMENT



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

Brig. Gen. Roger Cloutier Jr., Army director of Force Management, speaks to Kansans Feb. 9 during the U.S. Army Community Listening Session in Junction City.

Pompeo – threw their enthusiastic support behind the effort to spare Fort Riley from what was called by Roberts the “meat axe” of sequestration, a

massive budgetary cut that could, if put into effect, cost Fort Riley 16,000 Soldiers,

See SUPPORT, page 10

## Post visitor’s center opens doors Feb. 17

By Maria Betzold  
1ST INF. DIV. POST

Visitors to Fort Riley will notice changes when entering the post.

The most prominent change will be for those without a Department of Defense identification card.

The Visitor Control Center will open its doors Feb. 17 for those without DOD ID cards to begin registration for a visitor’s pass or badge. The center will be open 24/7.

The Visitor Control Center is located at Building 885, adjacent to Marshall Army Air Field, near the Henry access control point off Interstate 70.

According to Mark Domrowski, chief, Security Branch, Directorate of Emergency Services, the pre-registration form is also available online at [www.riley.army.mil](http://www.riley.army.mil). The forms can be filled out and brought to the Visitor Control Center anytime between now and April, he said.

Additionally, a pilot badge program is ongoing until April 1, he said.

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

Three stations will be set up within the venter. The process of registration takes up to 10 minutes.

A criminal history check will also be done during the registration process.

Along with the Visitor Control Center opening, traffic changes should be expected at the Trooper, Ogden and Henry ACPs. Non-DOD ID cardholders will be re-directed to one of those gates Feb. 16. On March 2, non-DOD ID cardholders will be re-directed to the Henry ACP to check in with the Visitor Control Center.

By April 1, Fort Riley will be in full compliance with regulations, and visitors will be directed to the Visitor Control Center. Individuals in possession of a DOD ID card, Fort Riley Access Badge or a Fort Riley Visitor’s Pass can enter any operational ACP.

For more information about Fort Riley ACP procedures, call the Security Branch, DES, at 785-239-3138.

## ‘Quarterhorse’ trains using guided missile system

By Sgt. Luther Washington  
4TH IBCT PUBLIC AFFAIRS

A group of Soldiers with the 1st Squadron, 4th Cavalry Regiment, 4th Infantry Brigade Combat Team, 1st Infantry Division got the opportunity to test their proficiency using live FGM-148 Javelin missiles during a training event Jan. 30 at Fort Riley.

After spending weeks practicing with those systems in a simulated digital environment, members of Bandit Troop were ready to put their skills and the specialized weapons of destruction to the test.

“The purpose of this training is to certify Javelin gunners,” said Lt. Col. Fred Denten,

squadron commander, 1st Sq., 4th Cav. Regt. “They’ve all been through the digital simulators, and that actually qualifies them. This is just a unique opportunity for them to do a live-fire test.”

The Javelin is a portable, compact, surface-to-air missile fielded to replace the M47 Dragon anti-tank missile, according to information from the Army. It has a carry weight of about 49 pounds and is equipped with lock-on before launch and automatic self-guidance capabilities. The missile is ejected from the launcher to assure the projectile reaches a safe, adequate distance from

See JAVELIN, page 10



Corey Schaadt | 1ST INF. DIV.

Soldiers from 1st Sqdn., 4th Cav. Regt., 4th IBCT, 1st Inf. Div., fire a Javelin missile Jan. 30 at Fort Riley. The field mission marks the first time the FGM-148 Javelin missile system was used by the squadron.

### CORRECTION AND CLARIFICATION

In the Feb. 6 issue of the 1st Infantry Division Post, an article highlighting a Soldier who was recognized for outstanding volunteer efforts misstated the award presented.

Sgt. Erica Myers, 73rd Military Police Detachment, 97th Military Police Battalion, was awarded the Military Outstanding Volunteer Service Medal with the third silver service star, not to be confused with the Silver Star for valor.

The next USAG Resilience Day Off will be:

FEB.

27

### SAFETY HOLIDAY

As of Thursday, Feb. 12

038

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

### HIGHLIGHTS



DEMON’S DINER IS AMONG TOP SIX IN THE ARMY, ACCORDING TO EVALUATORS FROM JOINT CULINARY CENTER OF EXCELLENCE AT FORT LEE, VIRGINIA. SEE PAGE 3.

### ALSO IN THIS ISSUE



MEMBERS OF KANSAS CITY ROYALS WELCOME SOLDIERS HOME, SEE PAGE 15.



# Military Saves Week encourages good saving habits year-round

By Cheyanna Colborn  
1ST INF. DIV. POST

Since 2007, the Department of Defense has designated the last week in February as Military Saves Week. DOD has issued an authorizing memo each year to start the campaign. This year, the campaign will run from Feb. 23 to 28.

The theme for the 2015 campaign is “Set a Goal. Make a Plan. Save Automatically.”

Locally, Armed Forces Bank and Army Community Service have been working to get information out to individuals about Military Saves Week and ways to work toward saving money.

“What we try to do every year is to get the commanders involved first. Let’s get out, let’s get the leaders involved, let’s talk to the Soldiers,” said William Brooks, manager, Fort Riley Armed Forces Bank. “The Army won’t be strong if people are not financially ready.”

Military Saves, a component of America Saves and a partner in DOD’s Financial Readiness Campaign, is a nonprofit campaign that seeks to motivate, support and encourage military families to save money, reduce debt and build wealth.

Fort Riley Garrison Commander Col. Andrew Cole signed a proclamation in support of Military Saves Week. Kansas Gov. Sam Brownback also signed a America Saves Week proclamation in support of this year’s campaign.

Additionally, proclamations to save money were signed at several local schools.

“We try to get the kids to pledge to save money,” Brooks said.



This can be as simple as children learning to roll coins and teaching how they can save money, even at a young age, he said.

“It is important for kids to understand how money is earned and also teach them how interest is paid on money that is saved,” he added.

The goal of Military Saves Week is to encourage service members and their families to take the Military Saves Pledge, a commitment to begin the journey toward financial freedom.

The pledge is: “I will help myself by saving money, reducing debt and building wealth over time. I will help my family and my country by encouraging other Americans to build wealth, not debt.”

Since 2007, more than 180,000 service members and their families have taken the pledge.

Clint Strutt, financial readiness program manager, ACS, said Military Saves Week is just a portion of encouraging Soldiers to save. The week draws attention to

saving, but the campaign is yearround.

“It’s not good to encourage good saving habits one week of the year and the other 51 weeks have bad saving habits,” he said.

Setting a large money-saving goal can be overwhelming, he said, so starting small is key. Saving \$25 a month can add up to reaching larger goals quicker than expected, Strutt said, and can make an individual feel more hopeful about their financial lives.

Military Saves Week can be used as an opportunity to encourage service members to save automatically through direct deposit or to save toward a goal like an emergency fund, a home or toward retirement, he added.

During Military Saves Week, ACS representatives plan to reach out to post units to bring information about saving money to Soldiers, Strutt said, possibly during their formations.

# GE helps Soldiers planning for transition to civilian life

By Cheyanna Colborn  
1ST INF. DIV. POST

More than 30 Soldiers attended a GE Workshop Feb. 5 at Fort Riley as part of the Soldier for Life: Transition Assistance Program.

The workshop was hosted by Kris Urbauer, program manager, military recruiting, GE. Urbauer spoke to Soldiers about employment opportunities at GE and also gave tips and insight into transition from the military into GE.

Urbauer said this was her first time giving a presentation at an installation. Generally, she said, she presents at veteran career fairs, so it was nice getting to talk to Soldiers before they leave the service.

Urbauer said she spent 10 years in the Army, three-and-a-half of those years at Fort Riley. After retiring from the Army, Urbauer, a former engineer officer, went to graduate school and then began working at GE.

“The transition to GE was pretty easy; easy being too simplistic of a word,” she said. “There were a lot of adjustments, but (GE employees) were helpful with that. I think that is one of the things about the company. We have a commitment to hire veterans, so there are folks there to help with some of the transition.”

GE is looking for certain technical specialties the military can provide, she said.

“Transitioning and deciding what you want to do coming out of the military is hard or, it was hard for me,” Urbauer said. “I did not know exactly what I wanted to do.”

GE has facilities located in about every state, Urbauer said, so if someone is looking for a specific location after retiring, there may available positions in that state.

One attendee, Staff Sgt. Edward Showalter, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division, said he is preparing to retire after 21 years in the Army and hopes to move to Michigan.

Showalter said he would encourage young Soldiers to make education and college more of a priority than he did and to get an education while they are in.

The Soldier for Life: Transition Assistance Program provides resources that empower service members and spouses preparing to transition into civilian life.

The program helps Soldiers capitalize on skills and experiences gained while serving in the military and prepares them for the next step of their journey, whether it’s furthering their education, finding a job or starting their own business.

## TRAFFIC REPORT

### NOTICES

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

### Hampton Place

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

### ACP HOURS OF OPERATION

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

# Dining facility puts best food forward in competition



**ABOVE:** Pfc. Ronald Ibale, 3rd AHB, 1st Avn. Regt., prepares a fruit salad Feb. 4 at the Demon's Diner DFAC. **RIGHT:** Sgt. Maj. Jimmy Garrett (left), evaluator, Joint Culinary Center of Excellence, Fort Lee, Va., speaks with Spc. Dan Chan (right), 3rd AHB, 1st Avn. Regt. as he mans the short-order line Feb. 4 at Demon's Diner. The DFAC is one of six finalists in the Philip A. Connelly Awards Program at the final, Armywide level. The winner to be announced in April. (Photos by J. Parker Roberts, 1st Inf. Div.)



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

One Fort Riley dining facility is among the top six in the Army, according to evaluators from the Joint Culinary Center of Excellence at Fort Lee, Virginia.

Two representatives from the center were on post Feb. 4 to visit Demon's Diner Dining Facility in the fourth and final phase of the Philip A. Connelly Awards Program.

"It's going great," said Staff Sgt. Andrea Dyson, manager, Demon's Diner, during the inspection. "The Soldiers are doing a great job. They're pulling together, working as a team."

The facility previously took first place in the post-wide, Installation Management Command West and Forces Command levels of the competition ,and were the first of the six finalists to be evaluated at the Department of the Army level. Evaluators observed a breakfast and lunch shift at Demon's Diner DFAC, observing everything from bookkeeping to cleanup.

Dyson said the evaluators provided helpful feedback to the DFAC crew.

"It's basically a training tool," she said. "We've learned a lot from them so far."

The DFAC manager said the odds were good Demon's Diner DFAC would do well in the competition because of the teamwork and leadership exhibited by the staff.

"We're looking to see which (DFAC) has, as we call it, bragging rights," said Chief Warrant Officer 5 Princido Texidor, senior Army food service adviser, Joint Culinary Center of Excellence, Fort Lee, Virginia, and one half of the Philip A. Connelly phase 4 evaluation team. "We're really trying to see who's doing the best."

The evaluator spoke highly of the Demon's Diner DFAC.

"They're very competitive. They're doing outstanding," Texidor said of the DFAC Soldiers and civilian staff. "They are very motivated; they're eager to win. They're very confident of what they're doing."

Demon's Diner DFAC was the first facility to be evaluated in the final phase of the competition. After the other finalists – the 45th Sustainment Brigade, 8th Theater Sustainment Command, at Schofield Barracks, Hawaii; the 2nd

Brigade Combat Team, 82nd Airborne Division, at Fort Bragg, North Carolina; Headquarters and Headquarters Company, 19th Expeditionary Sustainment Command at Camp Humphries, South Korea; Headquarters and Headquarters Company, Special Troops Battalion, 16th Sustainment Brigade, 21st Theater Sustainment Command, at Baumholder, Germany; and the 17th Field Artillery Brigade at Joint Base Lewis-McChord, Washington – are evaluated, a winner will be announced in April.

"The Philip A. Connelly is a competition that has been around since 1946," Texidor said. "What the Connelly does is promote excellence in food service."

Soldiers at Fort Riley said they recognized the quality of food and service they got at Demon's Diner DFAC.

"Demon's Diner, I would say, is the best diner on post," said Pvt. Jonathan Cousins, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division. "You get good food and quality service here. "I love Demon's Diner."

# Drive safely, prevent moving violations, accidents at Fort Riley

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

By Maria Betzold  
1ST INF. DIV. POST

Some Kansas drivers may have learned about the two-second rule. It's more a rule of thumb than an actual law, but according to Lt. Paul Davis, traffic supervisor, Fort Riley Police Department, a three-second rule is a better option for most drivers.

"If you're at the appropriate following distance, it gives you time to react to road hazards or traffic flow," Davis said. "It would dramatically

decrease the number of accidents we see here in the Fort Riley community."

Following a car too closely is one of the many moving violations that a driver can be cited for, according to Davis.

Moving violations are those that occur when the vehicle is in motion.

For example, failure to yield the right of way is a moving violation. If a yield sign is posted, drivers shall slow down when approaching the intersection, and, if required for safety, stop before proceeding through the intersection.

Another common moving violation Davis said he sees in the Fort Riley community is sometimes drivers forget what to do when an emergency vehicle with its lights and siren on approaches them.

Kansas Statue 8-1530 – duty of a driver upon approach of an authorized emergency vehicle – states that drivers have three basic responsibilities:

- \* Yield the right of way to the emergency vehicle

- \* Immediately drive to a position parallel to and as close as possible to the right-hand edge or curb of the roadway clear of any intersection

- \* Stop and remain in such position until the emergency vehicle has past.

Within the same statute, when an emergency vehicle is stationary, like a police officer at a traffic stop, vehicle operators must:

- \* If on a four-lane road or highway, like Trooper Drive, reduce speed and move to the left lane with caution.

- \* If on a two-lane road or highway, like Huebner Road, drivers should reduce speed, and, if necessary, yield to the opposing lane of traffic to go around the emergency vehicle.

There are two source documents used to regulate traffic and establish the "Rules of the Road" at Fort Riley, Davis said. They are Fort Riley Regulation 190-5, Motor Vehicle Traffic Supervision and Installation Traffic Code, and Kansas Statue Chapter 8, Automobile and other Vehicle, which are considered Fort Riley's "Traffic Laws."

Operators should remain alert to their surroundings and obey basic traffic signs and laws to prevent accidents or violations. Following this basic idea will contribute to a safer community, Davis said.

## TUESDAY TRIVIA



The winner of this week's Tuesday Trivia is Melissa Marino, who answered the question, "How do you report suspicious activity at and around the installation?"

Melissa is pictured with her daughters, Zoey and Lola, and her husband, Timothy, Headquarters and Headquarters Company, 2nd Armored Brigade Combat Team, 1st Infantry Division.

**CONGRATULATIONS, MELISSA!**



FOR YOUR HEALTH

# February is American Heart Month – show your heart some love

By Maj. Jasmine Peterson  
U.S. ARMY PUBLIC HEALTH  
COMMAND

Did you know your heart beats more than 100,000 times a day, pumping about 1,900 gallons of blood? This means your heart is beating about 42 million times and pumping about 700,000 gallons of blood a year.

February is American Heart Month, a time to bring awareness to the risks of heart disease and ways to stay “heart healthy.” So, show your heart some love this month.

**One of the first steps to cherishing your heart is to know and understand your heart health numbers:**

- Monitor and know your blood pressure. High blood pressure, or hypertension, is often called the “silent killer” because many do not know they have it; and it is one of the leading causes of death within the U.S. A healthy blood pressure is a systolic pressure (the top number, pressure when the heart is beating) below 120 – and a diastolic pressure (the bottom number, pressure when the

heart rests between beats) below 80.

- Check your cholesterol. Cholesterol is a waxy fat-like material that your body needs. However, too much of it puts you at risk for heart disease and stroke. You can check your cholesterol through a simple blood test. Get your cholesterol checked every five years, unless your healthcare provider recommends more frequent checks, ensuring that your heart is pumping as smoothly as possible.
- Track your weight. Maintain a healthy weight. Being

overweight or obese can increase your risk for heart disease.

**Be passionate about your heart’s health by putting some prevention into play:**

- Get a yearly check-up. Work with your health care team even if you feel healthy. This is a great way to check for and control conditions that may be putting you at risk for heart disease such as hypertension or diabetes.
- Eat healthy. Eat foods high in fiber and low in saturated fat, trans fat, salt and cholesterol. Aim to eat at least five servings of fruits and

vegetables a day. Choosing to eat a healthy diet can help you avoid heart disease.

- Exercise. One of the best ways to make your heart strong is to work it out. Getting at least 150 minutes of exercise a week, like brisk walking, can help you stay at a healthy weight and lower your cholesterol and blood pressure.
- Don’t smoke. If you smoke, quit. If you don’t, do not start. Smoking cigarettes greatly increases your risk for heart disease. Your healthcare team can help you quit, so give

them a call if you smoke or use tobacco products.

- Limit your alcohol. Drinking too much alcohol over time can increase your risk for heart disease. If you are a woman, stick to no more than one alcoholic beverage a day and if you are a man, no more than two.

So, go ahead and make your heart your Valentine this month and try these tips. As always, contact your healthcare provider before starting any diet and exercise program, as well as to get more information about improving your heart health.

FOR YOUR HEALTH

# How to make, keep weight loss resolutions

By Claudia Drum  
U.S. ARMY PUBLIC HEALTH  
COMMAND

It’s that time of year again when weight loss tops the resolution list of many Americans. Weight-loss commercials have begun flooding the airways; health clubs are promoting discounts, and new books and phone apps are hitting the marketplace.

About half of all Americans make New Year’s resolutions, and about 40 percent of these resolutions are related to weight loss. In the end, however, the only thing that drops is the resolution itself.

According to a recent study by Gold’s Gym, Feb. 18 marks the day when most people abandon their New Year’s resolution to lose weight and get more fit. This is the date when gym member check-ins take a nose dive. How can you keep your weight loss efforts from fizzing out?

Follow the steps below to turn your New Year’s resolution

into a lifestyle resolution:

- Be specific. Be precise about what, when and how you plan to lose weight. For example, instead of telling yourself, “I’m going to exercise more,” change it to, “I’m going to take a 45-minute walk during lunch.”
- Torch more calories during the day. Find and seize all opportunities to keep your metabolism stoked during the day. For example, take the stairs whenever possible, park your car farther away from entrances and get up 30 minutes earlier to fit in your exercise before other commitments take over.
- Use smaller bowls, plates, serving spoons and cups. Trick yourself into eating smaller portions by downsizing your dishes and serving spoons. According to a recent study published in the International Journal of Obesity, the average adult eats 92 percent of what is on his plate. Just by reducing the amount you serve yourself, you will take in fewer calories and lose weight.

- Think twice before taking a second helping. Sit down, slow down and savor your food rather than eating while watching TV or standing in front of the fridge. Being more mindful of what, how much and why you eat can help you identify “triggers” that lead to overeating. Put your fork down or take a sip of water between bites to help you slow down. Always pre-portion your snacks to help you control your calories.
- Bet on yourself and against others. Put up cash to keep your weight down. People who promised to forfeit money if they failed to lose weight, shed 14 more pounds than those who didn’t have anything at stake, according to a study in the Journal of the American Medical Association. Make weight loss fun and keep yourself accountable by signing up for a weight loss challenge where the stakes are high.
- Sleep to stay strong. When you are sleep deprived, your willpower goes down and the number on the scale goes

up. Sleep deprivation disrupts hormones in your body that help you regulate your hunger and fullness, making it easier to gain weight. Aim for seven to eight hours of quality sleep every night to help you lose weight. Getting enough rest will help you feel more energized, stay more active and make better food decisions throughout the day.

- Reward yourself, but not with food. Stop using exercise as your ticket to overeat. There is no quicker way to negate all of your hard work than to grab an extra-large portion or that grande latte just because “you worked out.” Instead, use non-food related rewards – schedule a massage, buy new workout attire, take a new fitness class, join a gym – to celebrate your successes.

For more tips on making lifestyle resolutions, follow the U.S. Army’s Performance Triad, which focuses on specific ways you can improve your sleep, activity and nutrition habits.

## IRWINFORMATION

**Now that Applied Behavior Analysis therapy is provided as an interim medical benefit under TRICARE, what services are available?**

Eligible beneficiaries with a covered autism spectrum disorder diagnosis may receive the following services: an initial beneficiary assessment; development of a treatment plan; one-on-one applied behavioral analysis interventions with the eligible beneficiary, as well as training of immediate

family members to provide services according to the established treatment plan; and monitoring of the beneficiary’s progress toward treatment goals.

Autism spectrum disorder diagnoses include Pervasive Developmental Disorders, which includes the associated diagnoses of Autistic Disorder, Rhett’s Disorder, Childhood Disintegrative Disorder, Asperger’s Disorder and Pervasive Development Disorder not otherwise specified, including Atypical Autism.

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





## RILEY ROUNDTABLE

If you were to see a movie night on Valentine's Day, what would you watch?



"I would try to not watch a "chick-flick" because my poor husband would go crazy. We watch so much Tinkerbell and Mulan because of our daughter. I would want to watch an adult movie, either a comedy, anything with Kevin Hart, or even an action movie."

**KRYSTYNA SHEPARD**  
**RIVERHEAD, NEW YORK**  
Soldier care representative  
Armed Forces Bank



"Something recent or coming out soon that is funny."

**QUINTON WILLIAMS | COLORADO**  
**SPRINGS, COLORADO**  
Assistant business manager – Rally Point



"'Twilight,' the whole series."

**PFC. VICTOR ALVAREZ**  
**MIDLAND, TEXAS**  
Cavalry scout  
4th Infantry Brigade Combat Team



"If with a significant other, it would have to be a romantic movie."

**SPC. ANDREW GALLO**  
**SAVANNAH, GEORGIA**  
Cavalry scout  
4th Infantry Brigade Combat Team



"I'm not much of a love bug. I would probably watch a Donnie Yen martial art flick."

**SOPHIA HOBLEY**  
**FARMLAND, INDIANA**  
Secretary – Directorate of Family and Morale, Welfare and Recreation

## THE 1ST INFANTRY DIVISION POST

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

#### LETTERS TO THE EDITOR

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



February 13, 2015

Dear Community Members:

On behalf of the 1st Infantry Division and Fort Riley, I want to express our great appreciation to all Kansans, our neighbors in Missouri, and especially those in the Flint Hills Region for your unwavering support at the Fort Riley Listening Session, another example of a long history of commitment from this community.

The Soldiers and Families of the Big Red One feel your passion and commitment on a daily basis, and the Department of the Army Team felt it in spades on February 9th with over 4,200 in attendance, and additional 4,400 viewing online. We are so fortunate and blessed to live in such a caring and compassionate community, and we are thankful for your deep commitment to Fort Riley and the Big Red One.

We ARE !!

Duty First!

Sincerely,

PAUL E. FUNK II  
Major General, US Army  
Commanding

## INSTALLATION MANAGEMENT COMMAND MESSAGE

# Enjoy President's Day, but remember safety

By IMCOM Lt. Gen. David Halverson and IMCOM Command Sgt. Maj. Jeff Hartless

Ronald Regan once said: *"Surround yourself with the best people you can find."*

As the commander and command sergeant major of U.S. Army Installation Management Command, we found ourselves among outstanding people the day we stepped into our roles.

This three-day weekend is called Presidents' Day, although officially, it still bears the name of our first president, George Washington. We take the time to celebrate and draw inspiration from the examples of all our presidents, past and present.

Any time off we have should be enjoyed to the fullest. We encourage Soldiers and Army civilians to spend this time doing something enjoyable and taking a break from the workplace. We also want everyone to be safe when they are out enjoying themselves, and come back from a long weekend refreshed.

Commanders and leaders must stay aware of the risk that personally owned vehicle driving presents to the force. POV accidents continue to affect our Army. Mid-winter driving conditions are often less than ideal.

Plan ahead and use the tools available through the Travel Risk Planning System at <https://safety.army.mil>. Don't text and drive.

Distracted driving is a major cause of accidents and are 100-percent preventable. Remember, it can wait.

While freezing winter temperatures keep many adults indoors, children may want to play outside all day. Each year, emergency rooms throughout the U.S. treat children for injuries related to sledding and ice skating.

Frostbite is also a threat for children. Teach your children the warning signs and insist on appropriate attire. More information is available at <http://aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Winter-Safety-Tips.aspx>.

Theodore Roosevelt said: *"With self discipline, most anything is possible."*

Cold weather can discourage even the most motivated exercisers. And, if you're not as motivated, it's all too easy to pack away your workout gear and wait for the warm weather to return. But you don't have to let cold weather keep you from exercising. Gerald Ford was an avid cold-weather sport enthusiast. Before heading out, check the forecast. Wind, temperature and moisture are key in planning a safe cold-weather workout.

Thomas Jefferson said: *"Nothing can stop someone with the right mental attitude from achieving their goal; nothing on earth can help someone with the wrong mental attitude."*

Use this long weekend to recharge, refit and rest. It is well deserved.

## SAFETY NOTES

# Fire department offers tips for spring cleaning

### FORT RILEY FIRE AND EMERGENCY SERVICES

like to offer the following safety tips when it comes to spring cleaning:

- Check your house for any stored papers, magazines or any other combustible materials you don't need. Pay special attention to areas around your furnace, hot water heater, fire place and clothes dryer. Keep the area under your stairs clear of combustibles as well.
- Discard any toxic or flammable materials you no longer need. Never mix any flammable or toxic materials together. Place the remaining materials up high and out of children's reach. Make sure that any paint or any other flammable materials is not stored near a heat source. Do not throw any rags that are soaked with flammables in the garbage.
- Keep yards cleared of leaves, debris and other combustible materials.

able materials you no longer need. Never mix any flammable or toxic materials together. Place the remaining materials up high and out of children's reach. Make sure that any paint or any other flammable materials is not stored near a heat source. Do not throw any rags that are soaked with flammables in the garbage.

- Keep yards cleared of leaves, debris and other combustible materials.

bustible rubbish. Make sure you clean your barbeque grill and check for leaks, breaks and other wear and tear. Make sure you never store propane inside your home or garage.

- Check smoke detectors and change the battery if necessary. Check fire extinguishers for proper type and placement. Make and practice a fire escape plan now and involve everyone in the home.

## MONEY MATTERS

# Soldiers receive tips on saving on TDYs, taxes

By Rosemary Freitas Williams  
MILITARY COMMUNITY AND FAMILY POLICY

An old adage says certain topics are forbidden in polite company. One is money.

Yet, here I am ready to bring the subject up. You work hard for what you have, and I want to be sure we've provided you with the tools you need to protect your cash.

**Per diem rates for long-term temporary duty have changed.**

If you're assigned for more than 30 days, the changes below apply to you:

- For long-term TDY of 31 to 180 days, the authorized flat rate is 75 percent of the locality rate, which includes lodging plus meals and incidental expenses, for each full day of TDY at that location.
- For long-term TDY greater than 180 days, the au-

thorized flat rate is 55 percent of the locality rate for each full day of TDY at that location.

- On the travel day to the TDY location, travelers receive up to 100-percent lodging per diem at the locality rate and 75 percent meals and incidental expenses. This change means it's up to you to research your assignment ahead of time.
- Take time to seek out cost-effective lodging and dining, and make sure you understand the percentage and locality rate.
- Look into short-term furnished apartments or ask if a hotel offers an "extended stay" rate.
- If you can't find suitable lodging within the reduced rate, you can contact your Commercial Travel Office for assistance. More information is available on the Defense Travel website at [www.defensetravel.dod.mil/site/news.cfm?ID=29](http://www.defensetravel.dod.mil/site/news.cfm?ID=29), including frequently asked

questions. This will help you manage your expenses and avoid unnecessary out-of-pocket costs.

#### Save your receipts.

As you travel, you also face other expenses and may be reimbursed for many of them. Keeping everything together helps to ensure you will get back what you are due.

- When it's time to file those expense reports, pay close attention to what is covered by the incidental expense portion of per diem. Regulations have recently changed. Some items previously considered miscellaneous expenses are now incidental expenses. Expenses once considered travel-related, now may be mission-related and reimbursed outside the travel system.

**Prepare for tax filing now.** As January comes to a close, you will need another very important document – your

W-2. Starting today you can access your W-2 via myPay.

- Let your money serve you. April 15 is right around the corner. You can simplify your life by using the no-cost tax filing and preparation service offered through Military OneSource. This year, we've added the ability to accommodate tax situations regarding rental property, charitable deductions and mortgage interest. Tax filing doesn't need to be difficult, and you can relax knowing your taxes will be backed with a 100-percent accuracy guarantee.
- Be informed and tap into the resources through Military OneSource at [www.militaryonesource.mil](http://www.militaryonesource.mil). There is help every step of the way. Financial counselors are ready to help you decide how to best use your tax refund and reach your financial goals. Put these no-cost resources to work for you.



Cell phone use while driving is prohibited on post. Phone calls may be made only with a hands-free device. Texting is included in the ban. Failure to adhere to policy will result in a \$75 fine.



# Coalition military leaders discuss Operation Inherent Resolve

COMBINED JOINT TASK FORCE OPERATION INHERENT RESOLVE

SOUTHWEST ASIA – Military leaders representing member states of a combined joint task force to degrade and ultimately destroy the Islamic State and the Levant gathered Feb. 2 to 3 to discuss the way ahead in Operation Inherent Resolve, task force officials announced Feb. 8.

The U.S.-led coalition was estab-

lished after ISIL seized control of territory in Iraq and Syria.

Iraqi security forces have commenced offensive operations on multiple fronts in Iraq, officials said, with the U.S. and coalition partners supporting them with airstrikes and by training security force personnel and adviser teams.

Coalition forces have launched more than 2,000 airstrikes in Syria and Iraq since the beginning of Op-

eration Inherent Resolve.

**MAINTAINING COLLABORATION**

“Throughout the two-day event, we maintained coalition collaboration, (and) we encouraged candid views, discussions, sharing of ideas, challenges and successes. We also had the opportunity to hear from all of our coalition representatives,” said Canadian Army Lt. Col. Ryan Jurt-

kowski, combined joint task force’s deputy chief of plans.

Leaders in attendance used the conference as a platform to brief planners from around the world about the state of their respective nations’ support to the coalition and the mission, officials said. The conference focused on measuring the progress made so far in degrading ISIL in Iraq and collaborating on effective future opera-

tions.

“We continue to broaden our collective views of the mission and maintain the tremendous collaboration we’ve shared to date,” said U.S. Army Lt. Gen. James L. Terry, combined joint task force commanding general.

More than 20 nations sent military leaders to the conference, and the consensus of participants was the effort was successful, officials said.

# Ranger tabbed explosive ordnance disposal technician leads way

By Walter T. Ham IV  
20TH CBRNE COMMAND PUBLIC AFFAIRS

An Army Explosive Ordnance Disposal technician from Fort Riley earned his Ranger tab.

Staff Sgt. David Nakasone, 162nd EOD Company, graduated Jan. 23 from the Ranger School at Fort Benning, Georgia.

The 61-day Ranger School, which only has a 50-percent graduation rate, takes places in three phases in Georgia and Florida.

Nakasone is part of the 162nd EOD Co., 84th EOD Battalion, 71st EOD Group, 20th CBRNE Command (Chemical, Biological, Radiological, Nuclear, Explosives), the U.S. Army’s only command that combats global CBRNE threats.

Nakasone is also the 1st Infantry Division Noncommissioned Officer of the Year and a U.S. Army Combatives champion.

Nakasone said he became an EOD technician because he was drawn to its mission of protecting lives and property. He defeated 78 improvised explosive devices in Afghanistan.

According to Nakasone, the Ranger School is a crucible that forges stronger Army leaders.

“It will improve my ability to lead because I was able to lead in strenuous simulated environments,” said Nakasone, a native of Bethlehem, Pennsylvania. “I can directly use this knowledge to make my job as an EOD tech much easier. Being a good example is particularly critical in



COURTESY PHOTO  
Staff Sgt. David Nakasone, a Ranger School graduate, 162nd EOD Company (left) competes in an Army Combatives tournament.

an environment with adversity,” he said. “No one likes adversity, and the simple idea of choosing the hard right over the easy wrong must be practiced and preached.”

Inspiring his Soldiers to stay motivated is the key to leadership success, he said.

“Combat has no rules, many hardships, and no matter how bad things get, every leader needs



COURTESY PHOTO  
Staff Sgt. David Nakasone (center), EOD technician, 20th CBRNE Command, graduates from Ranger School Jan. 23 at Fort Benning, Ga.

to be able to provide the purpose, direction and motivation necessary to complete the mission,” he said. “Motivation is mighty. It will determine if a task or mission is accomplished more than ability, training or anything.”

Command Sgt. Maj. Harold Dunn IV, senior enlisted leader, 20th CBRNE Command, said Nakasone sets the pace for Soldiers across his one-of-a-kind responsibility.

“He is a great example of what an American Soldier can achieve,” said Dunn, a native of Fredericksburg, Virginia. “We have the greatest Army in world because we have noncommissioned officers like him in it.”

# CID seeks qualified candidates to become special agents

CID PUBLIC AFFAIRS

The U.S. Army Criminal Investigation Command, or CID, is seeking qualified applicants to become trained criminal investigators. Special agents are responsible for

investigating numerous types of felony-level crime of Army interest, conducting protective-service operations, and working with other Federal, state and local law enforcement agencies to solve crime and combat terrorism.

Agents receive training at the U.S. Army Military Police School and advanced training in specialized investigative disciplines. Selected agents receive advanced training at the FBI National Academy, Metropolitan Police Academy at Scotland

Yard, DoD Polygraph Institute and the Canadian Police College. Agents also have the opportunity to pursue a master's degree in Forensic Science from George Washington University. To qualify, applicants must be a U.S. citizen, at least 21-years-old,

have a minimum of two years and maximum of 10 years military service, and be a maximum grade of E-5. To view the full list of requirements and to apply, visit [www.cid.army.mil](http://www.cid.army.mil) or contact the local CID office at 785-239-2681.

# IMCOM human capital plan shapes 2025 workforce, builds legacy

By Amanda Kraus Rodriguez  
IMCOM

SAN ANTONIO – The newly developed U.S. Army Installation Management Command Strategic Human Capital Plan lays groundwork for re-shaping its workforce and culture to answer the future needs of the Army, provide premier installation management and become one of the premier federal workplaces by 2025.

Lt. Gen. David Halverson, IMCOM commander, approved the SHCP, the first plan of its kind, Jan. 29 with eyes on both today's challenges and tomorrow's installation workforce needs.

"We have to adapt ourselves," Halverson said. "The old ways of doing business no longer apply."

The plan is a critical first step in the "IMCOM 2025 and Beyond" strategic design, and its development was complex. IMCOM's workforce includes more than 54,916 civilian employees in 329 different occupational series, spanning 31 Army career programs globalwide. A new approach was required to include everyone – appropriated fund, local national, and non-appropriated fund employees, according to Brian Gormley, SHCP project lead.

"We formed a tiger team of your peers," Gormley said, "a multi-disciplined team that represented all of IMCOM's functional responsibilities, from all regions and garrisons, to develop

and publish IMCOM's first-ever Strategic Human Capital Plan."

The team started with an assessment of the command, identifying opportunities for improvement using standards published by the Office of Personnel Management and the Government Accountability Office, along with employee feedback.

"We want employees to know that meaningful cultural change is coming," said Lois Keith, IMCOM Civilian Personnel chief. "It's important that the workforce knows that this is a group effort – a transparent data driven, fact based process. Through the Federal Employee View Point Survey, employees have a voice. They spoke and we listened."

Included in the assessment are annual Federal Employee Viewpoint Survey results, the Partnership for Public Service "Best Places to Work" rankings, historical data and demographics, as well as employee and supervisor interviews – from headquarters, region and garrison levels – that guided development of IMCOM's Strategic Human Capital Plan.

"You're making history, and it's a good history," IMCOM Deputy Commanding General for Support Brig. Gen. Jason Evans told the working group.

Dana Davis, financial management specialist, IMCOM Europe Region Headquarters, and a member of the SHCP working group, cited communication as the key to successful implementation.



IMCOM  
The first IMCOM Strategic Human Capital Plan working group, comprised of IMCOM employees from all regions, was tasked with developing a plan and accompanying actions that put people first in IMCOM and develops an agile professional installation workforce for IMCOM 2025 and beyond.

"I'm very hopeful that this effort will be sustained," Davis said. "With (Lt. Gen. David) Halverson getting out there and telling everyone that this is important, other leaders and the regional directors repeating it, the message – people are our focus – is going to filter out to the entire workforce."

The plan is scheduled for publication in February and includes specific action items to improve IMCOM practices and develop a people-centric focus. Employees can expect to see transparent, leader-led actions to achieve premiere workplace status and published results of progress.





# DAUNTLESS

Continued from page 1

The series of events required to execute an engineer breach, or the removing of a single or series of obstacles for forward mobility, is complex, but necessary for military operations, according to unit officials.

“This training is a unique opportunity for engineers at Fort Leonard Wood. Engineers provide support to mobility operations and a primary task to that mission is conducting combined arms breaching,” Thompson said. “This training allowed augmentation from companies in the 5th Eng. Bn. and the 92nd Military Police Battalion to maneuver units from the 1st Inf. Div. They were able to exercise the tasks of clearing obstacles, bridging gaps and clearing lanes alongside heavy infantry equipment that this installation typically doesn’t see.”

In addition to ground elements, like tanks, needed to accomplish the exercise objective, 1st Inf. Div. brought aviation assets from the 1st Squadron, 6th Cavalry Regiment, 1st Combat Aviation Brigade, and 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st CAB for aerial security during the breach.

“This is our bread and butter – working for the ground force,” said Chief Warrant Officer 2 Jon Abdo, helicopter pilot, Troop A, 1st Sqdn., 6th Cav. Regt. “It’s good to go outside of your

self-contained unit and help spread the wealth of knowledge so we’re all more mission ready.”

During an exercise rehearsal Jan. 28, tanks, helicopters and engineers ran through the scenario planned for the next day.

“We’re rehearsing and we are improving. We have some things we can do better,” said Pfc. Christopher Abbe, combat engineer, 515th Eng. Co., from the hatch of the M113 Troop Carrier vehicle he was riding in.

Students from the engineering captain’s career course also came out to watch the combined arms rehearsal.


“This exercise should also serve as an opportunity to educate the officers and senior noncommissioned officers on the conduct of combined arms operations” said Col. Antonio Munera, 4th MEB commander.

As senior Soldiers lined the banks of the training area to observe, some junior Soldiers were doing this for the first time.

“I’m going to be driving, and I want to maneuver the best I can, so we can train at destroying enemy forces and have fun doing it,” said Pfc. Delon Williams, tank driver, 1st Battalion, 18th Infantry Regiment, 2nd Armor Brigade Combat Team, 1st Inf. Div. “I haven’t done anything like this before except in gunnery training. This is a great experience, and I really enjoy being here.”



Staff Sgt. Kelly S. Malone | 1ST INF. DIV.  
Spc. Timothy Jones, a wheeled vehicle mechanic with Forward Support Co., 5th Eng. Bn., 4th MEB, 1st Inf. Div., clears the flight path of a UH-60 Black Hawk as it takes off with a sling loaded container of supplies in preparation for 5th Eng. Bn.-led combined arms breach exercise Jan. 27 to 29 at Fort Leonard Wood, Missouri.



### National Prayer Luncheon


Riley's Conference Center

Guest speaker will be the IMCOM Chaplain (Col.) David Giammona

## Enjoy Free Lunch

For tickets, contact your unit chaplain or Religion Support Office at 785-259-2379.

11:30 a.m. Monday, Feb. 23



### 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 prize, 2nd prize, 3rd prize, 4th prize, 5th prize, 6th prize, 7th prize, 8th prize, 9th prize, 10th prize, 11th prize, 12th prize, 13th prize, 14th prize, 15th prize, 16th prize, 17th prize, 18th prize, 19th prize, 20th prize, 21st prize, 22nd prize, 23rd prize, 24th prize, 25th prize, 26th prize, 27th prize, 28th prize, 29th prize, 30th prize, 31st prize, 32nd prize, 33rd prize, 34th prize, 35th prize, 36th prize, 37th prize, 38th prize, 39th prize, 40th prize, 41st prize, 42nd prize, 43rd prize, 44th prize, 45th prize, 46th prize, 47th prize, 48th prize, 49th prize, 50th prize, 51st prize, 52nd prize, 53rd prize, 54th prize, 55th prize, 56th prize, 57th prize, 58th prize, 59th prize, 60th prize, 61st prize, 62nd prize, 63rd prize, 64th prize, 65th prize, 66th prize, 67th prize, 68th prize, 69th prize, 70th prize, 71st prize, 72nd prize, 73rd prize, 74th prize, 75th prize, 76th prize, 77th prize, 78th prize, 79th prize, 80th prize, 81st prize, 82nd prize, 83rd prize, 84th prize, 85th prize, 86th prize, 87th prize, 88th prize, 89th prize, 90th prize, 91st prize, 92nd prize, 93rd prize, 94th prize, 95th prize, 96th prize, 97th prize, 98th prize, 99th prize, 100th prize.

Sponsors:  
Don't Worry About It  
Crown Container  
Yours Truly  
And Many More



### Fort Riley OCSC Presents the February Vera Bradley BINGO Luncheon

February 19, 2015  
11am-1pm  
Riley's Conference Center

Join us for a chance to win a signature Vera Bradley piece!

- Each member will receive one BINGO card.
- Non members may purchase a card for \$15.
- Additional cards may be purchased for \$10.

For more information or to RSVP:  
visit our website [www.fortrileyocsc.com](http://www.fortrileyocsc.com)  
or e-mail [reservations@fortrileyocsc.com](mailto:reservations@fortrileyocsc.com)  
To become a vendor please contact [programs@fortrileyocsc.com](mailto:programs@fortrileyocsc.com)



Learn About:

- The Tale of Two Brans

\*Why Does He/She Do That

- The #1 Key to Incredible Sex

LOLI

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



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

ACS

YMI



# DON'T return home WITHOUT it!

The 1st Infantry Division has about \$450,000 in unsubmitted travel vouchers owed to Soldiers. If you are in this group, take the time to claim your money. Don't let this opportunity pass you by!

RETRIEVING YOUR MONEY IS AS EASY AS 1, 2, 3.

- Go to [www.defensetravel.eod.mil/](http://www.defensetravel.eod.mil/)
- Log on with your CAC
- If you need assistance, contact your DTA



SUPPORT

Continued from page 1



Amanda Kim Stairrett | 1ST INF. DIV.

With a standing-room-only crowd inside the Geary County Convention Center at Courtyard by Marriott Hotel, additional community supporters stood outside Feb. 9, listening to a live broadcast of the U.S. Army Community Listening Session in Junction City, Kansas. Between 1,750 and 1,800 attendees filled the ballrooms of the convention center, hearing testimony from area officials and adding their voices in the “public comment” portion of the session. An estimated 4,200 citizens attended the event.

thousands more in civilian jobs and untold strife in the regional business community.

“This fight is personal to me,” Roberts said.

For Army officials from Washington, D.C. – Brig. Gen. Roger Cloutier, Jr., director, force management, Office of the Deputy Chief of Staff, and his staff of Col. Karl Konzelman and Command Sgt. Maj. Robert Novell – the session began at 3:30 p.m. and ended at 7 p.m.

“We came to understand and to hear your voice,” Cloutier said in opening remarks.

Maj. Gen. Paul E. Funk II, commanding general, 1st Inf. Div. and Fort Riley, who is in Baghdad leading the fight against forces from the Islamic State, provided a recorded message as well. Funk stressed teamwork and partnerships as being the backbone of support for the Big Red One. He added that “The fact is that Fort Riley is a national treasure.”

“Having served at other installations,” he said, “I know that Fort Riley is a premier training environment. It is likely only one of two division posts where you can conduct

a combined-arms live-fire in the maneuver area without being constrained by ranges or overburdened by environmental constraints. Fort Riley is the best place to train in our Army.”

Community leaders from across the region provided a comprehensive profile of what was described as synergy between the 160-year-old post and its long-supportive neighbors.

Joined by Brig. Gen. Eric Wesley, 1st Inf. Div., senior commander, the Army team listened while topics that affect life in and around Fort Riley were presented, beginning with Maj. Gen. Lee Tafanelli, the Kansas Adjutant General.

The theme of Tafanelli’s presentation was “a strategic partnership [between the Kansas National Guard and the 1st Inf. Div.] in service to the community, the state and the nation.”

Tafanelli pointed to joint training and joint-use facilities, and special training programs, all of which provide cost effective “real time” training for active duty and Reserve components.



Maria Betzold | POST

From left to right, Command Sgt. Maj. Robert Norvell, Brig. Gen. Roger Cloutier Jr., Brig. Gen. Eric Wesley and Col. Karl Konzelman, listen to comments from Kansas citizens Feb. 9 during the Fort Riley Army Listening Session in Junction City. Wesley serves as the 1st Inf. Div.’s senior mission commander and Norvell, Cloutier and Konzelman were part of the Army Force Management delegation that traveled to the Central Flint Hills of Kansas for the event.

Following Tafanelli were a host of community leaders including Kansas State University president Kirk Schulz, Unified School District 475 Geary County Schools super-

intendent Corbin Witt, various commissioners and council members detailing virtually every facet of life that is centered on three key aspects: shared Midwestern values, support for

1st Inf. Div. Soldiers, and the ability of the Big Red One to deploy anytime, anywhere, to protect the security interests of the U.S.

Covered were presentations on education (compulsory and post-secondary), health care, behavioral health, employment opportunities, housing and transportation, to include the ability to deploy the 1st Inf. Div. on rail lines and regional airports.

But if sequestration kicks in later this year, the deep cuts force the Army to reduce overall personnel strength from 490,000 to 450,000, and possibly as low as 420,000, to meet shrinking operating budgets. The personnel reductions would affect both military and civilian positions.

The Army is in the process of reducing end strength to 490,000 by 2017, but if sequestration is not repealed, the service will lose about \$95 billion over 10 years and will likely be forced to drop to 420,000 Soldiers by 2019, said Col. Karl Konzelman, chief of the Army Force Management Division.

Fort Riley is one of 30

Army installations across the U.S. facing possible troop reductions mandated by the Budget Control Act of 2011; the Listening Session was the next phase of the Army’s Force Structure and Stationing Decision process.

As for the business community, well-represented by Chambers of Commerce for Manhattan, Junction City, Salina, Council Grove and others, the support was unwavering.

One sentiment was best voiced by Aaron Apel, owner of the Big Poppi Bicycle Company in Manhattan.

“Of course the presence of the Soldiers helps us,” he said. “But I also feel that no segment provides the goods and services like we do here in this region.”

At the end of the day, Cloutier gave a brief closing comment.

“Fort Riley and the surrounding communities are a well-oiled machine.”

Cloutier said Army leadership and the Department of Defense won’t decide on which cuts will take place until late spring.

“No decisions have been made,” he said.

JAVELIN

Continued from page 1

the operator before the main rocket’s motors ignite, otherwise referred to as a “soft-launch arrangement.”

The FGM-148 Javelin missile system is usually carried by two-man teams consisting of an ammunition bearer and a gunner, but it can be fired by a single person. While the gunner takes direct aim and launches the missile, the ammunition bearer scans the perimeter for possible targets, various

threats, like enemy troops, equipment and vehicles, and to ensure personnel and materials are kept at an optimum distance from the launcher’s fiery back blast.

The training event was the first time troopers of the squadron fired the Javelin. Soldiers competed in the weeks leading up to the field event to determine who was the most proficient with the weapons system.

Those at the top got an opportunity to fire the five missiles allocated for the event.

“You can get a missile that, once it nears the end of its shelf life, may have a deficiency with its battery cooling unit or with the missile itself,” said Sgt. 1st Class Derek Lucero, cavalry scout who also served as the range safety officer during the training event. “Also things like misfires or

hang fires. There’s always precaution measures put into place to prevent these things from happening as much as we can.”

With the brigade’s inactivation scheduled for the summer, events like these will soon be a thing of the past. For Spc. Joeland Garcia, a cavalry scout who has served with the squadron for two years, field missions are always filled with new opportunities.

“Even though we’re breaking down, I’m happy that we’re still training,” Garcia said. “Being able to come out to the range and shoot javelins has been great.”

The idea of expanding a Soldier’s skill set also resonated with the squadron commander.

“No matter what we’ve got going on, we always find the time to train Soldiers,” Dente said.



# Community Life

## IN BRIEF

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

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

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

**CIF FACILITY CLOSING**  
The Central Issue Facility is closed for inventory. It will reopen at 7:30 a.m. Feb. 17.

**OH BABY, IT'S YOUR DAY**  
Children receive a free "ages and stages" assessment, which includes a vision and hearing evaluation Feb. 18 at Parent Central, 6620 Normandy Drive. Facilitator is Kathy Trujillo.  
Parents learn from their child's assessment, which enhances their skills in parenting their child's developmental growth. The screenings take between 30 minutes to an hour. Stop by Parent Central anytime between 1:30 and 4:30 p.m. Feb. 18 to receive a screening.

**MARDI GRAS MADNESS**  
Mardi Gras Madness is scheduled for 7 to 9 p.m. Feb. 21 at Eyster Pool. An evening of aquatic entertainment features underwater games, music and more for \$5 per person or \$10 per family. Free masks and beads for the first 200 guests. Pool passes do not cover this event. For more information, call 785-239-4854.

**COSMIC BINGO**  
Cosmic Bingo: Mardi Gras is scheduled for 7 p.m. Feb. 21 at Rally Point. Doors open at 6 p.m. Cost is \$15 per person and includes a bingo package, glow novelties and glow-in-the-dark bingo. The event is for those 16 years and older. For more information, call 785-784-5733.

**WHITSIDE OPENING**  
A ribbon-cutting ceremony for the new Whitside Fitness Center is scheduled for 10:30 a.m. Feb. 26 at the center. For more information, call 785-239-2573.

**LIBRARY MOVIE NIGHT**  
Movie Night is scheduled for 6:30 p.m. Feb. 28 at the Fort Riley Post Library. The movie "How to Train Your Dragon 2" will be shown. Popcorn will be provided. For more information, call 785-239-5305.

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

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

**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 for 9 a.m. to 2 p.m. April 22 at Riley's Conference Center, in Building 446 on Huebner and Seitz Drive.  
Come talk with DOD, 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, start networking now.  
For more information, contact Sylvia Parker at 571-372-2124 or [sylvia.o.parker.civ@mail.mil](mailto:sylvia.o.parker.civ@mail.mil).

## National Prayer Luncheon set for Feb. 23

Fort Riley having event as 'sign of patriotism'

By Maria Betzold  
1ST INF. DIV. POST

Fort Riley is hosting a National Prayer Luncheon 11:30 a.m. Feb. 23 at Riley's Conference Center.

The event is free and open to all, however, tickets are required. Tickets can be obtained from a unit chaplain or the Religious Support Office at 785-239-3359.  
A national prayer breakfast, luncheon or other series of events usually occur in February across the country. It's an opportunity for all to come together as a community for a day of

prayer for the nation, its government, leaders or any particular crisis.  
"It's surrounding the nation's dedicated day of prayer," said Col. Keith Croom, garrison chaplain. "We do it out of a sign of patriotism."  
Fort Riley usually hosts a National Prayer Breakfast, but this year, the event will be celebrated during the lunch hour to better accommodate

people's schedule, Croom said.  
The speaker for the event is Col. David Giammona.  
Giammona is the Installation Command Pacific Region chaplain and is responsible for all religious support personnel in the Pacific Region, which includes 11 garrisons in Hawaii, Korea, Japan, Kwajalein Atoll and Alaska.



Photos by Maria Betzold | POST  
Students, families and faculty of Ware Elementary School perform the "Chicken Dance" during the Barn Dance Feb. 5 in the school's gymnasium. The dance was available to Ware third-, fourth- and fifth-graders.

## Western Ware on display

Ware Elementary community celebrates Kansas Day with country-themed dance

By Maria Betzold  
1ST INF. DIV. POST

Ware Elementary School students, teachers and families showed off their cowboy boots, jeans and dance moves during a Barn Dance Feb. 5 at the school.  
The celebration was in honor of Kansas' birthday, which was Jan. 29.  
Line dances included "Boot Scootin' Boogie" by Brooks and Dunn and "Cupid Shuffle." Other songs included "Cotton-eyed Joe" by Rednex and "The Chicken Dance."  
"I liked the 'Cupid Shuffle,'" said fourth-grader MaKayla Flennour. "It was fun to dance with my friends."  
In January, third-, fourth- and fifth-graders learned popular

See DANCE, page 14



Constaleena Blanton (left), Kiersten Gray (center), and Inara Moody (right), all third-graders at Ware Elementary, perform the Chicken Dance during the Barn Dance Feb. 5.

## Lifeskills Assembly encourages students

Morris Hill Elementary children told value they bring as good citizens

By Cheyanna Colborn  
1ST INF. DIV. POST

Students at Morris Hill Elementary School were encouraged to be good citizens during a monthly Lifeskills Assembly Jan. 29.  
Staff Sgt. Matthew Johnston, non-commissioned officer in charge, 1st Infantry Division Band, asked the students why it was important to be good citizens. After students' responses, Johnston began to list reasons to do so.  
"For your school, for Kansas, for the United States of America," Johnston said.  
Giggles from students began to fill the gym, but Johnston went on.  
"For the planet Earth, for the Milky Way Galaxy," Johnston said.  
Johnston paused for a couple of minutes so he could again be heard by the crowd of students, with just more than 98 percent of the school at the assembly.



Cheyanna Colborn | POST  
Staff Sgt. Matthew Johnston, NCOIC, 1st Inf. Div. Band, calls on students during a Jan. 29 Lifeskills Assembly at Morris Hill Elementary School.

Greg Lumb, principal, Morris Hill Elementary School, said the assembly is conducted each month to

See LIFESKILLS, page 14

## Karaoke with band coming to Rally Point

Participants have rare opportunity to pretend they are rock stars

By Cheyanna Colborn  
1ST INF. DIV. POST

The Directorate of Family and Morale, Welfare and Recreation hosts a Rock Star Karaoke night Feb. 28 at Rally Point. Doors open at 7 p.m. and the event begins at 8 p.m.  
The event is open to those 18 years and older.  
"This event gives participants the opportunity to perform karaoke with a live band backing them, so it makes them feel like a rock star, instead of just going up there with a karaoke machine," said Taylor Ferrarin, recreational programmer, DFMWR.  
Members for the backup band are from Talent Plus in Missouri.  
"For most people, this is probably the only time they will ever get to pretend they are a rock star," Ferrarin said, adding rock star attire is encouraged.

**TO LEARN MORE**  
• For more information, call 785-240-2818, or check out Rally Point on Facebook at [www.rileymwr.com](http://www.rileymwr.com).

"We have props, like big crazy 1980s rock star wigs, hats, boas, inflatable guitars, the works, so people can really get into it as they go on stage," said Kimberly Wargo, DFMWR lead recreational programmer. If people choose not to perform, Wargo said trivia and other contests will also take place throughout the night, so people can show off their rock star knowledge or their Michael Jackson dance moves. Winners of the contests will win a pair of tickets to Dueling Pianos March 28 at Rally Point.  
"There will also be a green screen there as well, so people can take pictures in rock star poses, as well as select their background with a venue, if they want to be at a concert," Wargo said.  
Additionally, food and drink specials will be available during

See KARAOKE, page 14



COMMUNITY CORNER

# Valentine’s Day time to reaffirm love for family

By Col. Andrew Cole  
GARRISON COMMANDER

Another Valentine’s Day has come around, and I wish the best for you and those you love. Life in the Army is tough and demanding, and it is particularly so when it affects those you love. That is why Valentine’s Day can be particularly important for our Soldiers. It celebrates a deep, abiding connection between ourselves and those to whom we have professed our love, respect, fidelity and allegiance. But, for Soldiers, I hope that Valentine’s Day represents more than just those virtues. I hope so because life in the modern Army presents more than enough challenges to test the truest love. The long separations, the stress, the need

for sustaining connections that help us weather the turmoil we might experience during deployments – all these tax the bonds of love. And all these challenges come in addition to the grinds of daily, ordinary living. It can be jarring for a Soldier to go from the terrifying concerns of life down-range, to the more mundane, but still vital, business of life at home – tending to the needs of children, paying bills, planning for the future and sustaining the deep, personal bonds of love with our spouse. The Army places a high premium on the concept of resilience, yet it is hard to envision a



Col. Cole

resilient Soldier whose personal life with his or her significant other is less than healthy, respectful and satisfying. And while Valentine’s Day celebrates romantic love, those of us who have been together with our spouses for a while know that, with time, love changes, and we must change with it. Beyond ceremony and honeymoon, love and marriage is hard work, and seeing to the security and future of those we love can be worrying concerns. But the resilient Soldier can meet these challenges. According to Military OneSource, resiliency is a key to meeting the challenges of stresses in our lives and maintaining healthy family relationships. Resilience is the ability to grow and thrive in the face of challenges and bounce back from adversity.

So I encourage all Soldiers to take time this Valentine’s Day and assess your life with your loved ones. Work together to accomplish the daily tasks of living so you can have time for each other. Be respectful always. Demonstrate kindness, patience and flexibility. Stay positive and have an encouraging and thoughtful word. Finally, remember you are part of the Army family. You are not alone. There are programs and support for you at Fort Riley to help you achieve a more supportive and harmonious life with your loved ones.

*If you would like to comment on this article or suggest a topic for Community Corner, email [usarmy.riley.imcom.mbx.post-newspaper@mail.mil](mailto:usarmy.riley.imcom.mbx.post-newspaper@mail.mil) or visit my Facebook page at [www.facebook.com/fortrileycg](http://www.facebook.com/fortrileycg).*

# In the dark: using resiliency to find light

Speaker discusses importance of being more than victim

BY Staff Sgt. Jerry Griffiths  
1ST INF. DIV.

When some people think of tragedy and loss, they might be inclined to compare it to darkness and misery. One young man has taken both and turned them into hope and a lifelong journey to help others. Jared Estes is a motivational speaker who talked to senior leadership and their spouses Feb. 2 at the 1st Infantry Division Headquarters. “My hope with going out and speaking is that I hope to use my story to kind of shine a light on the fact that we don’t ever have to be victims to our circumstances,” Estes said. Estes and his wife were traveling back from a hockey game with friends in 2005, when they were hit from behind by a drunk driver. Estes was burned on more than 50 percent of his body, and his wife, Paige, was killed in the crash. Estes had to endure a grueling recovery, which included almost 50 surgeries. When he woke up from a coma two weeks after the accident, Estes said he realized his whole life had changed. “I was asking God to just let me die,” he said, referring to how he felt at the time. His wife was buried while he was in a coma, Estes said, so he never got the opportunity to attend her funeral or begin the grieving process. “So when I didn’t die that day, I made a promise to myself, and I set a goal that I was going to make it to the cemetery and make it to Paige’s grave, so that I could grieve,” he said. After this, Estes said he began to change his perspective on life and how to relate



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

Jared Estes, a motivational speaker, talks to senior command leaders at 1st Infantry Division headquarters at Fort Riley Feb. 2. Estes was badly burned and lost his wife in 2005 when a drunk driver struck his vehicle. Estes now gives motivational speeches to teach about resiliency in his presentation, titled “Fire Back.” tion was touching and chilling. “It touched me in so many ways because of how well he represented himself and the tragic event that touched him,” she said. The theme of letting go and using teamwork as a foundation to rebuild lives is one Cole said she could relate. “We really are united as one family, whether you believe in religion or not, we really are united,” she said. Estes told the audience they don’t have to be victims during a tragedy. “My hope with what I am doing with speaking is to use this story to try to shed a light on the fact that we don’t ever have to be victims to anything,” Estes said. “We can rebel against our circumstances, and we can rebel against those negative inner voices that hold us back.” Estes reminded his audience to not give up when things look gloomy and the future looks dim. “I named my presentation ‘Fire Back’ because I believe for all of us, at some point in life, life is going to knock us down,” he said. “And while we are

“My hope with what I am doing with speaking is to use this story to try to shed a light on the fact that we don’t ever have to be victims to anything.”

JARED ESTES  
MOTIVATIONAL SPEAKER

down, it’s often going to take a few more shots at us, so it’s important for us to not just get back up, but we get back up, and fire back and take a few shots of our own.” Estes shared his fundamentals of recovery and resilience that cover seven topics: grace, attitude, teamwork, setting goals, perspective, gratefulness and letting go. He said for him it also takes looking outward for support. “When I dug down into myself, all I found was darkness and despair,” he said. “I was so down and so beaten. What I like to do is stop looking inside myself and look outward toward others.” Estes said he can take a lot of things, but one thing he can’t take is pity. “I think pity is a noose that we can hang ourselves with,” he said.

# Military shoppers have chance to win \$10K grand prize

AAFES thanks military with ‘Because of You’ Spending Spree Contest

MORE ONLINE

Complete contest rules can be found at [www.shopmyexchange.com/BecauseOfYou](http://www.shopmyexchange.com/BecauseOfYou)

AAFES PUBLIC AFFAIRS

A \$10,000 grand prize is up for grabs in the Army and Air Force Exchange Service’s latest “Because of You” contest. And, for authorized shoppers, entering is as easy as visiting [www.shopmyexchange.com](http://www.shopmyexchange.com). With the Spend Free Spree contest, military shoppers have the opportunity to win a \$10,000 Exchange gift card or a \$2,000 gift card for second place. From Feb. 13 to 28, authorized Exchange shoppers can enter at [www.shopmyexchange.com/Be-](http://www.shopmyexchange.com/Be-)

causeOfYou. The contest is part an Exchange yearlong effort to recognize service members’ unique contributions to our country. “This \$10,000 prize could change someone’s life,” said Chief Master Sgt. Sean Applegate, Exchange senior enlisted adviser. “This is the Exchange’s way of thanking military members and their families for their service and sacrifice.” Complete contest rules can be found at [www.shopmyexchange.com/BecauseOfYou](http://www.shopmyexchange.com/BecauseOfYou). Winners will be notified on or about March 15.

NOW SHOWING

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Tickets cost \$5.50 for adults and \$3 for children  
Tickets for 3-D and first-run movies cost extra.  
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FRIDAY, FEB. 13  
• Selma (PG-13) 7 P.M.

SATURDAY, FEB. 14  
• Woman in Black – Angel of Death (PG-13) 2 P.M.  
• Taken 3 (PG-13) 7 P.M.

SUNDAY, FEB. 15  
• Taken 3 (PG) 5 P.M.

For movie titles and showtimes, call  
**785-239-9574**

## 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/>



WWW.1DIVPOST.COM



# Instructor draws inspiration from transitioning Soldiers

New position leaves veteran feeling like he's 'still serving'

By Ganesa Robinson  
IMCOM MARKETING COMMUNICATIONS

SAN ANTONIO – When veteran William McLaurin left the Army in 1985, he never imagined he would have another opportunity to serve 27 years later.

“I am extremely grateful,” said McLaurin, Heating, ventilating, air-conditioning and refrigeration instructor, United Association’s Veterans In Piping program, Joint Base Lewis-McChord, Washington.

As one of the Army’s industry partners, the program provides Soldiers an opportunity to learn a new skill prior to leaving the service and offers entry to paid apprenticeship programs in welding, plumbing, heating, ventilation, air conditioning and refrigeration.

“It’s a great opportunity for me to help our Soldiers transition into the real world. I feel like I’m still serving,” McLaurin said.

According to the Department of Defense, 130,000 Soldiers will transition annually from the Army to the civilian workforce over the next 10 years. Even with the current unemployment rate and the high numbers of transitioning service members, McLaurin believes graduates from the UA VIP program should not have any problems finding employment.

“I’m glad the Army is preparing these Soldiers for civilian life. When I reflect on the time, I separated from the Army, there’s no comparison,”



COURTESY PHOTO

Former Soldier turned instructor William McLaurin, refrigeration and HVAC instructor, poses with new apprentice program graduates. Soldiers received quality training from United Association’s program adapting service members’ duty work tasks.

McLaurin said. “There wasn’t a real push to ensure you transitioned well, you did your time and then you got out.”

With the motto, “Start Strong, Serve Strong, Reintegrate Strong and Remain Strong,” the Army is working to ease the transition into civilian life with a program that helps Soldiers plan ahead for their whole career: Soldier for Life.

The program is based on the Soldier lifecycle. Soldiers start strong, serve strong and reintegrate strong, and, ultimately, remain strong as Army ambassadors to their communities.

The Soldier for Life concept is a holistic approach to this entire cycle, which ensures veterans connect to resources and their communities as they

make the important transition from active duty back to the Army Reserve, National Guard or become a part of the civilian workforce.

The Army collaborates with training and employment programs to help Soldiers learn occupational skills to become career ready through employment skills training, credentialing and apprenticeships. When Soldiers and their families leave the service, they leave prepared with a network of people and organizations that will connect them to employment, education and health care – Soldier for Life’s three pillars of successful reintegration.

“(The Soldier for Life) Career Skills Programs marry our Soldier’s talent and experience with the demands and employment opportunities available

in a variety of industries nationwide,” said Marnie Holder, Chief, IMCOM Soldier for Life Fusion Cell. “It’s truly a win-win for all involved.”

As an instructor, McLaurin uses every opportunity to draw from his experiences in the Army to inspire his students to remain Army Strong.

“When my students ask me if I was scared when I left the Army, I say yes, and explain to them that they did not have all of the training programs and resources they have now,” he said.

McLaurin tells his students that UA VIP is a way for them to start a new successful career and avoid unemployment which is common among many veterans. After teaching civilians for 12 years and now teaching

RELATED INFORMATION

- **U.S. Army Soldier for Life:** [www.soldierforlife.army.mil](http://www.soldierforlife.army.mil)
- **Soldier for Life Transition Assistance Program:** [www.acap.army.mil](http://www.acap.army.mil)
- **STAND TO! Soldier for Life:** [www.army.mil/standto/archive\\_2014-01-17](http://www.army.mil/standto/archive_2014-01-17)
- **Department of Veteran Affairs:** [www.va.gov](http://www.va.gov)
- **The Veterans Employment Center:** [www.army.mil/standto/archive\\_2015-01-09/?s\\_cid=standto](http://www.army.mil/standto/archive_2015-01-09/?s_cid=standto)
- **Hero 2 Hired:** [www.h2h.jobs](http://www.h2h.jobs)
- **Credentialing Opportunities Online:** [www.cool.army.mil](http://www.cool.army.mil)

transitioning Soldiers, he said there is a difference in the caliber of military students.

“Military people are always noticeable,” McLaurin said. “Soldiers come with a ‘Can Do’ attitude. On the job and in the classroom you can tell who was in the military before even confirming the answer. I see it in my UA VIP students, they have a unique experience that really develops their skills a lot faster than their civilian counterparts. They have leadership skills and are hungry, ready to transition.”

“On the job and in the classroom, you can tell who was in the military before even confirming the answer ... They have leadership skills and are hungry, ready to transition.”

**WILLIAM McLAURIN**  
REFRIGERATION AND HVAC INSTRUCTOR

have the training and jobs to step into when they separate from the Army. Service members from any military occupational specialty are eligible for the program.

There are four UA VIP programs located on Army installations: Joint Base Lewis-McChord, Washington; Fort Campbell, Kentucky; Fort Carson, Colorado; and Fort Hood, Texas, with many more programs in the pipeline to follow. For more information about the U.S. Army’s Soldier for Life program, visit [www.soldierforlife.army.mil/](http://www.soldierforlife.army.mil/) employment.

# K-State institute to evaluate Marine Corps couples program

K-STATE MEDIA RELATIONS

MANHATTAN – The Institute for the Health and Security of Military Families at Kansas State University has received a grant for more than \$271,000 to evaluate an educational workshop designed to help Marine couples with reintegration following deployment.

The program, Marine Corps Mobilization and Deployment, Reintegration:

Strong Marine Couples, targets couples 45 to 60 days following a Marine’s return from deployment.

The institute, part of the School of Family Studies and Human Services in the university’s College of Human Ecology, is collaborating with the Office of Military Community and Family Policy, Department of Defense.

The program includes workshops on topics such as understanding common

changes that result from deployment, stressors and how to overcome them, communication, renegotiation of roles and responsibilities, finances, and how to address a variety of individual and couple needs throughout the reintegration process.

Evaluation of the program will help ensure that service members and their families – the ultimate audience – are better prepared for the challenges of military life, fulfill-

ing the family readiness programs’ mission of promoting personal, financial and deployment readiness, according to Briana Nelson Goff, director of the Institute for

the Health and Security of Military Families.

The award is a subcontract from the Military Family Research Institute at Purdue University. This is the first direct

collaboration between the two institutes, Goff said. The project includes a systematic review and evaluation of four Department of Defense programs targeted for program evaluation.

Fort Riley students make dean’s list at Barton

BARTON COMMUNITY COLLEGE

Barton Community College in Great Bend, Kansas, has named 261 students to the dean’s list for the fall 2014 semester. To qualify for this honor, students must have been enrolled in a minimum of 12 credit hours and maintained a grade point average of 3.5 to 3.99 on a 4.0 or “A” letter scale.

From the Fort Riley area: Chelsea Baccam, Carmen Beaver, Kevin Campbell-Lopez, Tracy Caple, Chad Carmichael, Kristie Carrasco, Lindsey Denton, Clyvens Exantus, Matthew Green, Taylor Grisham, Amanda Harland, Mary Hedenberg, Shauna Hollingsworth, Ronnie Hoover, Micayla Hull, Amy Kampas, Christina Kilroy, Linda Lavigne, Joseph Marks, Francesca Palos, Shametra Stoxstill, Anthony Taddeo, Addolorata Tranfice-Wright, Kimberly Underberg, Roman Walton, Chelsi Warden, Taylor Werner, Kayla Wilkinson and Kamy Wolaver.

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# Job placement rates rise again for K-State students

94 percent of 2013 to 2014 grads getting higher degree or employed

K-STATE MEDIA RELATIONS

MANHATTAN – Kansas State University students are landing jobs soon after graduation, according to a university report.

Kerri Day Keller, director of the university’s Career and Employment Services, notes that 94 percent of the university’s

graduates in 2013 to 2014 are employed or pursuing advanced degrees. That’s up 1 percent from the previous year’s report.

“We have seen a gradual increase,” Keller said. “It’s probably explained through some of the slowly recovering economy. It is notable that our seeking percentage – the number of students still seeking employment six months after graduation – was only 4 percent this year, which is the lowest it’s been in the past five years. Five years ago, it was twice that.”

An additional 2 percent

of the university’s graduates were occupied in other non-career activities.

“There is a lot of scrutiny right now on whether a college degree is worth it,” Keller said. “When you look at the fact that our students are getting jobs, and you see the kind of professional jobs that many of our graduates are going into and see the salary statistics, you’ll see that our graduates are going on and really making a good investment in their future by getting a degree from Kansas State University.”

The university’s report is based on information collected from students receiving bachelor’s, master’s and doctoral degrees – or more than 3,000 undergraduates and 1,000 postgraduates.

Keller said about 60 percent of the graduates stayed in Kansas and 77 percent in the nearby region.

Texas and California also attracted a rising number of the university’s graduates, and there was a slight increase in students gaining employment overseas.

Career and Employment Services helps students with such skills as interviewing and resume-writing, and hosts campus career fairs to help students meet prospective employers and vice versa. Still, Keller said it’s up to the students to go get the job.

“One of the things that the new report probably says about this generation and about K-State students is that while a degree is a pretty good investment, it still does take additional effort on an individual’s part to be marketable in today’s

economy and the world we live in,” she said. “That’s another great thing about K-State; many of our students pursue internships and leadership involvement on campus, and pursue study abroad and other experiences that complement their academic experience. They’re very marketable in the eyes of employers.”

The university annually publishes employment and salary statistics of recent graduates. The report is available at [www.k-state.edu/ces/students/hiringsalaryinformation.html](http://www.k-state.edu/ces/students/hiringsalaryinformation.html).



Cheyanna Colborn | POST  
Sgt. Jose Hernandez, 1st Inf. Div. Band, plays the tuba for students at Morris Hill. Hernandez played a sound that could be used in a cartoon for a bear walking.

## LIFESKILLS

Continued from page 11

congratulate students who consistently make good choices and are responsible throughout the month.

“Kids enjoy being here and have a sense of pride when they earn their ticket to the Lifeskills Assembly,” Lumb said.

Assemblies vary each month; sometimes there are high school groups, athletes or orchestras that perform.

For January, the 1st Inf. Div. Band performed a variety of music for the students, showed the students the sounds each individual instrument makes, and in between each song, there was a message to encourage students to follow the PAWS model, which prompts students to do their personal best, always be a leader, work well with others and show pride.

The goal, Johnston said, was to integrate life skills into the program the 1st Inf. Div. Band organized for the students.



Photo by Maria Betzold | POST  
Sara Hayes, third-grader, dances during “YMCA” by the Village People at the Ware Elementary Barn Dance Feb. 5. The celebration was in honor of Kansas’ 154th birthday, which was Jan. 29.

## DANCE

Continued from page 11

line dances from their music teachers, Drew Horton and Susan Gillespie, to share with their peers and families.

The teachers introduced some new songs during the dance, but most of the songs were taught during music class, Gillespie said.

“I thought it would take them time to warm up, (but) they jumped right in,” Horton said.

Dance teaches students to be active and social, according to Gillespie.

“It’s a really good way to burn calories,” Gil-

“It’s a really good way to burn calories. It also teaches social skills.”

**SUSAN GILLESPIE**  
WARE

lespie said. “It also teaches social skills.”

Additionally, the PTO served pizza and juice during the event, and prizes were given away during Cowboy Bingo.

To play Cowboy Bingo, a grid was created on the floor, and each student drew a number out of a hat. The cowboy, in this case a teacher, was blindfolded and spun around a couple of times. The teacher then walked around and dropped a foam ball. The number the ball landed on was the winner.

The dance is an annual event for third-, fourth- and fifth-graders at Ware. This was the first year the barn dance took place in Ware’s new gymnasium.

## KARAOKE

Continued from page 11

the event. Any profit generated during DFMWR events goes back into programming, according to Heather Wilburn, marketing director, DFMWR.

Child care is included in the ticket price and is available on a first-come, first-served basis from 6:30 to 11:30 p.m. at the Forsyth Child Development Center. All children must be pre-registered with Child, Youth and School Services in order to receive child care during the event. Registration must be completed by Feb. 20. If children are not already registered with CYSS,

registration must be completed at Parent Central, 6620 Normandy Drive. Those utilizing child care are required to have a ticket number as proof of purchase. Walk-in child care will not be provided the night of the event.

Tickets are on sale and are \$12 in advance. Tickets can be purchased at Rally Point, the Warrior Zone, Leisure Travel Center, Habaneros, Riley’s Conference Center, DFMWR Headquarters, Custer Hill Golf Course and Custer Hill Bowling Center. Tickets are \$15 at the door the night of the event.

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\$12 IN ADVANCE,  
\$15 AT DOOR

**RALLY POINT**  
**ROCK STAR**  
**KARAOKE**

**FEBRUARY 28, 8PM - DOORS OPEN 7PM**

COME SHOW US YOU ROCK WHILE YOU KARAOKE WITH A LIVE BAND!  
COMPETE IN CONTESTS AND WIN LEGENDARY PRIZES AS YOU PERFORM FOR FAMILY AND FRIENDS. MUST BE 18 OR OLDER.

Tickets available now at Rally Point, Leisure Travel, Warrior Zone, Habanero, Riley's Conference Center, MWR Headquarters, Custer Hill Golf Course & Bowling Center.

Child care included in ticket price, available to DOD cardholders. Reservations required before February 20.

INFORMATION: 785-239-2807

FOR CYSS REGISTRATION AND RESERVATIONS: 785-240-2818



# Sports & Recreation

## IN BRIEF

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

**MIDNIGHT BASKETBALL**  
Midnight Basketball is scheduled for 8 to 10:30 p.m. Feb. 20 at the Middle School Teen Center. The event is open to teen center members and their guests in sixth to 12th grade. Cost is \$1 for players and \$2 for spectators. For more information, call 785-239-9222.

**FAMILY CLIMB TIME**  
Family Climb Time is scheduled for 2 to 4 p.m. Feb. 21 by reservation at Craig Fitness Center. Trained staff will belay family members or friends. Advance registration and payment is required. Cost is \$5 per person. Those planning to attend must be 10 years and older. For more information, call 785-239-2363.

**FITNESS MARATHON**  
A Fitness Marathon is scheduled for 10 a.m. Feb. 28 at Whitside Fitness Center. Try out new fitness classes in a new location for free. For more information, call 785-239-2573.

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

**LINE DANCING CLASSES**  
Line dancing classes are scheduled from 7:30 to 8:30 p.m. every Monday at the Warrior Zone. Each class is \$5, the first class is free. No partner required and no experience is necessary. Class instructor is Tamar Williams.

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

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

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

## VISIT FROM A PENNANT WINNER



Corey Schaadtt | 1st Inf. Div.  
Jill Iwin (left), director, USO Fort Riley, presents Kansas City Royals pitcher Jeremy Guthrie (second from right) with a pair of custom “Big Red One” combat boots Feb. 2. Guthrie, accompanied by Major League Baseball Hall-of-Famer George Brett (second from the left), Royals Hall of Fame pitcher Dennis Leonard (center) and TV broadcaster Rex Hudler, toured the 2nd General Support Aviation Battalion, 1st Aviation Regiment hangar.

## Royals welcome Soldiers back home

By J. Parker Roberts  
1st Inf. Div. Public Affairs

Army green blended with Royals blue Feb. 2 as the Kansas City Royals Caravan pulled into Fort Riley. Members of the Kansas City Royals got a taste of Army life as the team’s caravan, which annually travels to communities throughout the Midwest, toured the post.  
Royals pitcher Jeremy Guthrie, Hall-of-Famer George Brett, Royals Hall-of-Fame pitcher Dennis Leonard and Royals broadcaster Rex Hudler attended a redeployment ceremony for 86 members of the 4th Infantry Brigade Combat Team, 1st Infantry Division, eating lunch and meeting fans at the Demon’s Diner dining facility and getting an up-close look at Army

helicopters flown by the 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Inf. Div.  
“It really is a nice treat to come here and welcome Soldiers home, as well as get this VIP-type tour,” said Guthrie, who helped the Royals go to the World Series last season. “It’s a huge honor to be able to thank the troops face-to-face for what they do.”  
The Royals made national headlines last year when the team made its way to the playoffs for the first time since 1985.  
After defeating the Oakland Athletics in the Wild Card Game, the Royals swept both the Los Angeles Angels and the Baltimore Orioles, before facing the San Francisco Gi-

See ROYALS, page 16



Corey Schaadtt | 1ST INF. DIV.  
Sluggerrr, the Kansas City Royals mascot, hugs a fan at a 2nd Bn., 16th Inf. Regt. redeployment ceremony Feb. 2 at Fort Riley.



## 601ST AVIATION SUPPORT BATTALION TRIUMPHS



Photos by Maria Betzold | POST  
LEFT: Pvt. Dontarrius Pugh, above, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division, looks to shoot the basketball during a Feb. 4 game at Whitside Fitness Center. ABOVE: Spc. Joshua Moody, shoots a lay-up during a Feb. 4 basketball game at Whitside Fitness Center. The 601st won the game 80-31.



# Dodgeball tourney builds unit camaraderie

By Maria Betzold  
1ST INF. DIV. POST

Intramural sports provide more than just a weeknight or weekend game for Soldiers, according to Staff Sgt. Wayne McTeer, battalion sports representative, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division. McTeer and Soldiers in his unit participated in a dodgeball tournament Feb. 7 at King Field House. McTeer said he tries to get Soldiers in his unit to be as involved in intramural sports, like dodgeball, as much as possible. “I try to have a team for every sport,” McTeer said. “I think it builds unit camaraderie.” McTeer said his battalion won the Commander’s Cup last year. Units receive points for participation in intramural sports and winning games, and when those points are added up, the winner receives the Commander’s Cup, he added. “It’s something we can do to get away from work and have fun,” McTeer said. Renee Satterlee, intramural sports coordinator, Whitside Fitness Center, Directorate of

Family and Morale, Welfare and Recreation, said the winning team consisted of Soldiers with the Special Troops Battalion, 4th Infantry Brigade Combat Team, 1st Inf. Div. According to Satterlee, 11 teams participated in the tournament. “Intramural sports help Soldiers by giving them an outlet through sports,” Satterlee said. “It gives them a chance to know their peers outside the work environment.” Sgt. Shawn Runnells, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, participated in dodgeball and said he is a fan of the intramural sports program. Runnells also plays intramural basketball during the week. His favorite thing about dodgeball, he said, is catching the ball and turning around to hit the next player. He also said it was easy for him to get involved when his friend texted him about not having enough players to register for the tournament. “It definitely helps the team building,” Runnells said. “Whatever sport they have a spot for me, I’m going to do it.”



Maria Betzold | POST  
Spc. Steven Randolph, Co. E, 1st CAB, 2nd GSAB, 1st Avn. Regt, catches the ball during a dodgeball tournament Feb. 7 at King Field House. According to game rules, when the ball is caught, a team member can return from the sideline.

## ROYALS Continued from page 15



Corey Schaadt | 1ST INF. DIV.  
George Brett, , MLB Hall of Fame inductee and former Kansas City Royals player, signs a baseball for a 2nd Bn., 16th Inf. Regt. Soldier after a redeployment ceremony Feb. 2 at Fort Riley. Brett, along with KC Royals pitcher Jeremy Guthrie, former KC Royals pitcher Dennis Leonard and TV broadcaster Rex Hudler visited Fort Riley as a part of the team's annual caravan..

ants in the World Series. The Giants won the series in the seventh game. “We found some baseball fans – some local, some not – but it’s always great to help build the morale of the troops,” Guthrie said about the visit. The starting pitcher said the season has changed the conversation in the team’s hometown. “Within KC, the recognition level is the same, but certainly, there’s more to talk about,” Guthrie said. “A lot more ‘thank you’s’ rather than just saying hello. People obviously want to talk about the season and what it meant to them personally.” While on post, the team presented a \$10,000 check to the Fort Riley USO. “Today was a special opportunity to bring the Royals’ charities to Fort Riley and for the players to show their support to the Soldiers and their families,” said Jill Iwen, director, USO Fort Riley. “It’s a little way for them to give back.” Iwen said the donated funds would help the USO throughout the year with No-Dough Din-

ners, welcome-home ceremonies and kits for returning single Soldiers packed with toiletries, candy and other personal items. “The money goes a long way,” she said. “It’s an amazing gesture for a team of that stature and that popularity and celebrity to take time out of their day to come and help the USO recognize and remember our Soldiers and their families.” While lunching at Demon’s Diner DFAC, several Soldiers and their family members were able to meet the Royals players and personalities, and get a few autographs. “That was really interesting,” said Spc. Matthew Bueche, 601st Aviation Support Battalion, 1st CAB, 1st Inf. Div., whose son, 4-year-old Liam, asked Guthrie to autograph his baseball. “It’s not every day you get to meet professional MLB players.” The San Antonio native said he was trying to get his son interested in baseball, something with which he thought the ball autographed by a World Series starting pitcher may help.

# Zorbball Bubble Soccer tourney on tap for Feb. 28

By Cheyanna Colborn  
1st Inf. Div. Post

Outdoor Recreation, Directorate of Family and Morale, Welfare and Recreation will be introducing a new sport to Fort Riley with the first Zorbball Bubble Soccer Tournament 1 to 4 p.m. Feb. 28 at Whitside Fitness Center. Participants must be Department of Defense cardholders, 18 years or older. Travis Engle, recreation specialist, Outdoor Recreation, DFMWR, said spectators are welcome. Cost for the initial Zorbball Bubble Soccer Tournament is \$5 per person or \$25 per team of five. Registration deadline is Feb. 27 at Outdoor Recreation, 1806 Buffalo Soldier Road. “Zorbball is a giant plastic bubble with a harness on the inside that a person slips into, and they run around playing soccer,” Engle

said. “At least that is what we are doing with them to start with. There are other applications that we are looking into that will increase the playable options for the Zorbballs.” Participants are advised to wear workout clothes because they will be lugging around an extra 15 to 20 pounds of plastic bubble. Shoes must be appropriate for a gym floor. Zorbball Bubble Soccer is a high-energy innovative team sport, where it is almost as much fun hitting the winning goal, as it is hitting an opponent and blasting them across the playing field, Engle said. Zorbball Bubble Soccer tournaments are also scheduled for March 21 and April 11 at the Whitside Fitness Center. Additionally, Engle said, DFMWR is looking at offering it as a league during the winter and fall. “Look to the near future for Zorbball Bubble Soccer being offered for unit activities, family functions and parties,” Engle said.

# ZORBBALL

## BUBBLE SOCCER

**SATURDAY, FEBRUARY 28**  
**10AM-4PM • WHITSIDE FITNESS CENTER**

**REGISTRATION DEADLINE: FEBRUARY 27**  
REGISTER AT THE OUTDOOR RECREATION CENTER, 1806 BUFFALO SOLDIER ROAD

**\$5 PER PERSON • \$25 PER TEAM OF 5**  
OPEN TO ALL DOD CARDHOLDERS 18 YEARS AND OLDER

**INFO: 785.239.2363**





# CLASSIFIEDS



