

'Proud Americans' transfer prized artillery ahead of unit inactivation

Story and photo by Sgt. Takita Lawery  
4TH IBCT PUBLIC AFFAIRS

The first thunderous sound of an M119A2 howitzer's report rippled through the air back in 2007 when the "Proud Americans" battalion stood up its colors as a fully operating unit at Fort Riley.

Seven years later, Soldiers of the 2nd Battalion, 32nd Field Artillery Regiment, 4th Infantry Brigade Combat Team, 1st Infantry Division, prepared to transfer their main pieces of equipment, the M119A2 howitzer weapon system, to a civilian company based out of New Jersey.

The "Dragon" brigade will inactivate April 2, followed by the Proud Americans on April 10 as part of the Army's plan to reduce the overall strength of Soldiers.

The 2nd Battalion, 320th Field Artillery Regiment, 1st Brigade Combat Team, 101st Airborne Division, at Fort Campbell, Kentucky, is scheduled to reorganize and become 2nd Bn., 32nd FA Regt. in September 2016.

Staff Sgt. Shawn Nield, a gunnery sergeant assigned to Battery A, 2nd Bn., 32nd FA, and native of Sacramento, California, expressed his disappointment with the inactivation.

See PROUD, page 6



Spc. Anthony Garrett (left), and Pfc. Raymond Valdez, both assigned to Battery A, 2nd Bn., 32nd FA, 4th IBCT, 1st Inf. Div., exercise the recoil system of a M119A2 howitzer weapon system as part of the inspection criteria for Picatinny Arsenal at the battalion's motor pool Feb. 24 at Fort Riley.

DYNAMIC DUOS



Staff Sgt. Mark Patton | 4TH MEB  
Sgt. Nathaniel Beeghly, a combat engineer turned handler, runs the last stretch of a five-mile foot-march with his specialized search dog, Monica, by his side during the joint branch "Top Dog" competition Feb. 23-26 at Fort Leonard Wood, Missouri.

4th Maneuver Enhancement Brigade units compete for 'Top Dog' honors

By Staff Sgt. Kelly Malone  
4TH MEB PUBLIC AFFAIRS

FORT LEONARD WOOD, Missouri – K-9 teams with 4th Maneuver Enhancement Brigade competed in a joint branch "Top Dog" competition Feb. 23-26.

Teams consisting of engineer and military police handlers and their four-legged search specialists competed to earn bragging rights as the top search duo around. MP handlers teamed up with their patrol explosive detector dogs, or PEDDs, while specialized search dogs, or SSDs, made up the tail-wagging half of the engineer teams.

"This event is a good thing to have because the handlers don't know what to expect, and it lets them know their skill level compared to other people's skill level," said Staff Sgt. James Parr, noncommissioned officer in charge, 67th Engineer Detachment, 5th Engineer Battalion, 4th MEB, 1st Infantry Division. "This was all different, and it was all getting thrown at them. It's physically demanding and

"Just look at him. He is ready for anything at any time... he'll search to the end. He'd die before he gives up."

SPC. CORY COCHRAN  
67TH ENGINEER DETACHMENT



Staff Sgt. Kelly S. Malone | 4TH MEB  
Sgt. Michael Pendleton, specialized search dog handler with 67th Eng. Det., 5th Eng. Bn., 4th MEB, 1st Inf. Div., directs his partner Gus, to a military vehicle during a parking lot search.

there is environment-type stuff because they are going to get beat up like that (when deployed)."

The week's challenges and

events were extensive.

"We had an obedience challenge, several outdoor

See TOP DOG, page 3

'Big Red One' loses two D-Day heroes

By Amanda Kim Stairrett  
1ST INF. DIV.  
PUBLIC AFFAIRS OFFICE

FORT RILEY, Kansas – Soldiers of the 1st Infantry Division rendered final salutes last week to two "Big Red One" heroes who bravely fought on the beaches of Normandy, France, more than 70 years ago. Retired Command Sgt. Maj. William F. Ryan passed away Feb. 23 in Melbourne, Florida, at the age of 90. Retired Master Sgt. Homer P. Farley passed away March 1 in Newberg, Oregon, at the age of 93.

"Both of these warriors epitomize the resolve and strength of Big Red One Soldiers," Maj. Gen. Paul E. Funk II, 1st Inf. Div. commander, said from Iraq. "I spoke with Command Sgt. Maj. Ryan on many occasions and he was a true patriot to our country. Homer Farley's story of the Normandy invasion really connected with me – his thoughts of family, friends and home as the landing craft gate dropped on the beach."

Ryan served his country for more than 30 years, enlisting in 1943. He landed on Omaha Beach with his Big Red One brothers of the 16th Infantry Regiment during the first wave, fought through the Battle of the Bulge and served tours in Korea and Vietnam.

"Men like these two from our Greatest Generation are why I joined the Army and continue to serve," Funk said. "I hope everyone will take a moment to reflect on what they did for us over 70 years ago."

A highly decorated Soldier, Ryan earned three Bronze Stars for valor, a Legion of Merit, the French Legion of Honor, two Purple Hearts and the Combat Infantryman's Badge. After retiring in 1973, Ryan made regular trips back to Belgium and France to commemorate the battles and honor the lives of those lost there.

See HEROES, page 7

'Devil' brigade transfers mission to 4th Infantry Division

By Maj. Fredrick Williams and Capt. Shaun Manley  
1ST ABCT AND 4TH INF. DIV. PUBLIC AFFAIRS

CAMP BUEHRING, Kuwait – As the "Devil" brigade's Soldiers prepared to head home after a successful nine-month deployment to Southwest Asia and relinquish their duties in the U.S. Army Central area of operations, there was just one more mission they had to accomplish before returning back to Fort Riley – conducting a transfer of authority ceremony with the incoming brigade.

The 1st Armored Brigade Combat Team, 1st Infantry Division, conducted the ceremony March 4 with the 3rd Armored Brigade Combat Team, 4th Infantry Division, based out of Fort Carson, Colorado.

The ceremony, held at the Camp Buehring Oasis Stage, marked the beginning of the next chapter for the "Iron" brigade in the USARCENT area of operations.

Col. John Reynolds III and Command Sgt. Maj. Michael Evans, 1st ABCT command team, cased the brigade colors during the ceremony, indicating the

See TRANSFER, page 2



Staff Sgt. Grady Jones | 3RD ABCT  
Col. John Reynolds III and Command Sgt. Maj. Michael Evans, 1st ABCT, 1st Inf. Div., command team, cases the brigade's colors March 4 during their transfer of authority ceremony on Camp Buehring, Kuwait.

STRAIGHT FROM THE TOP



Lt. Col. Sean Ryan | 1ST INF. DIV.  
Sgt. Jodi Bradshaw, right, an intelligence analyst with DHHB, 1st Inf. Div., and a Bakersfield, Calif., native, receives a coin of excellence from Gen. Martin E. Dempsey, Chairman of the Joint Chiefs of Staff alongside Maj. Gen. Paul E. Funk II, third from left, and Command Sgt. Maj. Michael A. Grinston, far left, commander and senior enlisted leader of the Combined Joint Forces Land Component Command-Iraq and 1st Inf. Div., during Dempsey's visit to Baghdad March 8.

The next USAG Resilience Day Off will be:

MARCH  
20

SAFETY HOLIDAY

As of Thursday, March 12



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

HIGHLIGHTS



STAYCATIONS AND DESTINATIONS AT MARSHALL ARMY AIRFIELD. SEE PAGE 13.

ALSO IN THIS ISSUE



THE LATEST IN POST HOOPS. SEE PAGE 15.

# Fort Riley achieves new training milestone

Partnership with Fort Leavenworth yields dividends in new virtual training

By Maria Betzold  
1ST INF. DIV. POST

After working in partnership with the Global Simulation Center at Fort Leavenworth, Kansas, to test and improve the new Live, Virtual, Constructive – Integrating Architecture Version 1.3 software, Fort Riley became the first installation within the Army to conduct training using this new capability. LVC-IA enables efficient and effective, individual and collective integrated training, and it allows for interactive training with real-world scenarios before conducting live training. Fort Riley used this integrated architecture software for the first time while preparing Soldiers of the 1st Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, for an upcoming live training at the National Training Center at Fort Irwin, California. “We brought this capability into the Integrated Training Environment, or ITE, and one of our commanders was able to successfully train his Soldiers for upcoming live operations at the NTC,” said Bill Raymann,

“You’re almost suspending reality for the Soldiers being trained. They’re now immersed in this environment that we’ve created for them.”

BILL RAYMANN | CHIEF, TRAINING DIVISION,  
DIRECTORATE OF PLANS, TRAINING,  
MOBILIZATION AND SECURITY

chief, Training Division, Directorate of Plans, Training, Mobilization and Security. The ITE is composed of different “domains.” In the Live domain, units train in the field or on ranges. In the Virtual domain, Soldiers are in full mock-up simulators. In the Gaming domain, Soldiers are at a keyboard projecting themselves as avatars. And finally, in the Constructive domain, mission command is executed by the unit’s leadership. “If we do this correctly, you’re almost suspending reality for the Soldiers being trained. They’re now immersed in this environment that we’ve created for them. You get out of the various simulations and it takes your brain a few seconds to realize (where you are) because you’ve been somewhere else for hours. You’ve been in the headquarters. You’ve been in the fight. You’ve been doing something in an environment just the same way it would

look as if you were actually there; and then you walk out the door and you’re like, ‘Oh, I’m still in Kansas.’” Raymann said linking to an architecture is new because these systems were designed separately and over different time periods. Although they’ve been used together before, data had to be taken from one system and physically input into another. This proved to be very costly and time-consuming. This new software allows all ITE domains to seamlessly work together. By tying them all together, a commander can see and hear everything taking place on the battlefield and train all of his or her Soldiers at the same time. It also allows for multi-echelon training, which means that at the same time the battalion commander’s training his company commanders, he’s training his subordinate platoon leaders, and the platoon sergeants are training their Soldiers.

“This is giving Soldiers the opportunity to refine battle drills,” said Lt. Col. Andy Sanchez, battalion commander, 1st Bn., 18th Inf. Regt., 2nd ABCT, 1st Inf. Div. “It gives them the opportunity to train and not worry about their mistakes.” Sanchez described the training as a mounted digital rehearsal of the mission they will conduct at NTC. The rehearsal allows Soldiers time to practice before participating in the live training – saving time and money. “We’re leveraging technology and computer systems to train people, and we’re saving a bunch of costs because once they get to the live piece, they’re ready to train out there,” Raymann said. If you make an error in training, you have to stop, reset, refuel, reload your ammunition – you have to do all of this, he said. If you’re practiced, rehearsed and well-trained before you go, then you’re going to do this one time. You’re going to get it right without doing it repeatedly. “It’s less money, less damage to the environment, and less noise to the community,” Raymann said. Sanchez said the software also helps his Soldiers because it features a playback mode where he can discuss or review the training with them afterward.

## TRAFFIC REPORT >>>

### ESTES ROAD

The portion of Estes Road on the right side of Normandy is scheduled to be closed March 19. Traffic changeover will be conducted during a non-rush-hour time of day. Prior to the changeover, the Normandy left lane will be widened. No roads will be closed for the widening work on Normandy.

### DICKMAN AVENUE

Road repairs on Dickman Avenue are scheduled to begin April 1 and end July 1.

Dickman Avenue will close at Pershing Avenue at the south end of the construction and just south of the AFFES gas station/Shopette at Huebner and Dickman on the north end of the construction. Both entrances will remain open at the AAFES gas station/Shopette.

The designated detour between Huebner Road and Dickman Avenue is Holbrook Avenue. Detour signage will be posted. During the road closure, the GSA vehicle service facility, Bldg. 386, and the main post fuel point will only be accessible via Carr Avenue from Pershing Avenue.

### TROOPER - MCCORMICK

Phase 2 of work on Trooper-McCormick is scheduled to begin March 24 and end April 30. This will close the southbound side of Trooper, south of Fire Station Five to the intersection at Trooper and McCormick. All Trooper southbound traffic will detour at the roundabout at Trooper and Rifle Range Road to First Street. Phase 3 is scheduled to start April 30 and end May 7. This will close the

northbound side of Trooper for three days at the intersection of McCormick and Trooper. All northbound Trooper traffic will turn left onto First Street and use the roundabout at Trooper and Rifle Range Road. Drivers going eastbound on First Street to McCormick and Trooper will not be able to make a left turn onto northbound Trooper and should detour to the roundabout at Trooper and Rifle Range Road.

### HAMPTON PLACE

A portion of Hampton Place, from Jackson Avenue north to Ashby Drive, will be closed to thru traffic through May.

A pedestrian and bike detour is in place during this time. The closure is part of the demolition and construction project in the Warner Peterson Community.

Access to Custer Hill Elementary School will be available from Ashby Avenue. For more information, contact Corvias Military Living at 785-717-2200.

### ACP HOURS OF OPERATION

Access control point hours are:  
**Four Corners/Trooper/Ogden:** Open 24/7  
**Henry:** Open 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 Sundays and federal holidays.  
**Estes:** Open from 5 a.m. to 7 p.m., Monday to Friday; closed weekends and federal holidays.

## TRANSFER Continued from page 1



Spc. Gregory Summers | 3RD ABCT

Maj. Gen. Dana Pittard (left), deputy commanding general for operations, U.S. Army Central, returns a salute and greeting to Command Sgt. Maj. Michael Evans, senior noncommissioned officer, 1st ABCT, 1st Inf. Div., following the transfer of authority ceremony March 4 on Camp Buehring, Kuwait. Pittard thanked Evans for leadership and for the efforts of the 1st ABCT Soldiers during the deployment.

completion of their mission.

Col. Gregory Sierra and Command Sgt. Maj. Todd Sims, 3rd ABCT command team, then uncased their brigade’s colors, signifying the mission’s transfer.

“It is great to be here today with two fine brigades,” said Maj. Gen. Dana Pittard, USARCENT deputy commanding general for operations. “It is an honor to say goodbye to one fine brigade and welcome yet another.”

Pittard said the 1st ABCT was one of the most versatile brigades he saw in USARCENT and wished the Soldiers “Godspeed and good luck.”

“The 3rd ABCT has big shoes to fill, but they

are ready for the task,” Pittard added, welcoming the new unit.

During their deployment, 1st ABCT Soldiers partnered with the Kuwaiti military, conducted more than 350 combined training events and provided combat forces to assist in the mission of building partner capacity in Iraq.

“Although partnering with the Kuwaiti military was a main focus for our partnership here in Kuwait, we didn’t limit ourselves to just one location,” Reynolds said. “Our Soldiers have enjoyed their time here and have experienced the true culture of this beautiful country. We are thankful to our Kuwaiti partners.”



# “LongKnife” achieves leadership excellence, earns Draper Award

By Maria Betzold  
1ST INF. DIV. POST

The 2014 Draper Armor Leadership Award was presented to “Blackfoot” Troop, 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, March 5 at Fort Riley.

Blackfoot Troop received the award for being the top armor or cavalry unit in the 1st Infantry Division between October 2013 through September 2014.

The Draper Armor Leadership Award is presented annually to promote, sustain and recognize excellence in leadership in cavalry and armor units. The award recognizes units who exhibit excellence in leadership, training or making significant contributions to the force.

Lt. Col. Wickliffe Draper established the award in 1924 as a way to competitively test the leadership of small cavalry units. The first Cavalry Leadership Test took place at Fort Riley, which was the home of the Cavalry School at the time.

Brig. Gen. Eric Wesley, 1st Infantry Division, and Fort Riley senior mission commander, presented the award.

“This is an absolutely outstanding and prestigious award that is awarded to the best troop in this division,” Wesley said. “This award originates here, and it’s only appropriate that you get it here at Fort Riley.”

Wesley said the measure of leadership is not the measure of unit performance, but the measure of what a leader brings to a formation so their performance becomes better.

“Leadership is a combat multiplier, so when you add up all the capabilities of that unit and then inject that leader, the unit is even better than they otherwise would be,” Wesley said.

During the time period for the award, the unit had 13 Excellence in



Staff Sgt. Grady Jones | 3RD ABCT

Brig. Gen. Eric Wesley, 1st Inf. Div., and Fort Riley senior mission commander, presents the 2014 Draper Armor Leadership Award to the “Blackfoot” Troop, 5th Sqdn., 4th Cav Regt., 2nd ABCT, 1st Inf. Div., and its former commander, Capt. Jabari Jackson March 5.

Armor Award recipients, two leadership awardees at Warrior Leader Course, 15 Squadron Soldier or NCO of the Month recipients, and a Division Soldier of the Quarter recipient. The unit was 12 months DUI free and earned 200 college credit hours and 500 hours of volunteer service.

The unit’s former commander, Capt. Jabari Jackson, accepted the award and said it is an honor for Soldiers and leaders to receive such a significant award.

“I’m proud of what the Soldiers did; they have left a legacy,” Jackson said.

Jackson said Blackfoot Troop was the only unit to win the 1st Infantry Commanding General’s physical training Streamer during Maj. Gen. Paul Funk’s

time as commanding general. Jackson said when he came into command in 2013, the troop set goals as a team. His goal was to achieve the Draper Armor Leadership Award, and the team stuck to it.

“It just means that if you set your mind to it, and work as a team, stick together like a family, you can do anything,” Jackson said.

Wesley spoke to the troops following the ceremony and thanked them for their hard work and dedication to the force and commended them for achieving leadership excellence.

“It’s not about performance, it’s about who you are,” Wesley said.



Spc. Jesus Paredes, military police working dog handler, 180th MP Det., 92nd MP Bn., 4th MEB, 1st Inf. Div., directs his patrol explosives detector dog, Roy, to sniff a doorway for explosives at the Counter Explosive Hazard Center, as part of a “Top Dog” competition Feb. 23 to 26 at Fort Leonard Wood, Mo.

Staff Sgt. Kelly Malone  
4TH MEB

## TOP DOG Continued from page 1

searches, a written test, a veterinary first aid station during the five-mile foot march and, on the final day, we did an endurance challenge, plus a venue or VIP search,” Parr said. “The dogs had to search a theater, making sure the building was secure. They’re trained to look for explosives, bombs or bomb-making material or anything of that nature.”

The 5th Eng. Bn. has hosted similar competitions in the past, but this was the first to also feature the MP K-9 teams.

“Specialized search dogs are off leash, so the search can be done faster than the MP patrol explosives detector dogs, which are still explosives dogs, but just have a different name,” said Sgt. 1st Class Craig Chambers, kennel master, 180th MP Detachment, 4th MEB. “We set up the different searches so that everybody has a fair shot across the board because every dog will search differently, but the parameters are the same.”

Working off-leash or on-leash, the competition was about the team as a whole.

“Everyone will find the training aids, but if you lose control of your dog, you will lose points,” Chambers said. “There are different ways we narrowed the gap so it’s easy scoring right down the middle for every team, regardless of the dog you handle.”

The teams battled each other during the competition in the bitter cold, trying to push themselves and their military working dogs to the limit. The coldest and snowiest morning of the week happened to be the day the teams ran the physical endurance course, or PECS, where the dog had to remain obedient while the handler performed pull-ups and other challenges.

“After running up the road and dropping your body armor, carry your dog to pick up the stake-out chain and

then carry them back to the pull-up bars,” Staff Sgt. Matthew Smeltz, a mine detection dog handler who helped run the event, dictated to the competitors.

Smeltz told the competitors they would then give their dogs the “down” and “stay” command, and if the “dog breaks the command, you will be assessed a 10-second penalty.”

The Soldiers were visibly drained after making their way through the military vehicle searches and a 10-foot tunnel near the end, crossing the course finish line. Some handlers noted that the dogs appeared excited and ready to go again.

“I’m tired — I am real tired,” said Spc. Cory Cochran, SSD handler with 67th Eng. Det., whose K-9 partner Dex, looked just the opposite. “Just look at him. He is ready for anything at any time. He’s 7. He’ll be 8 in April and he’ll search to the end. He’d die before he gives up.”

Cochran and Dex were named the top team of the competition as they earned the most points and had the most confirmed “finds.”

Capt. Peter Downing, commander of the Engineer K-9 Detachment, 4th MEB, said the competition showed the passion, expertise and willingness of engineer handlers and K-9s to give their best for the regiment.

“This competition was a huge success for the handlers and K-9s of both the 5th Eng. Bn. and the 92nd MP Bn.,” Downing said.

“The competition was fierce right down to the last event.”

Spc. Adrian Fernandez, 67th Eng. Det., and his partner, Mitch, took second place, but Spc. Jesus Paredes and PEDD Roy of the 180th MP Det., 92nd MP Bn., kept the engineers from sweeping the podium spots by capturing third place.

## HOMEBOUND



Corey Schaeidt | 1ST INF. DIV.

Spc. Joshua Hull, 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, mans his position aboard a UH-60 Black Hawk helicopter March 5 en route to Fort Riley, Kansas. Six Black Hawks picked up ROTC cadets from the University of Kansas in Lawrence, Kansas, and took them to Fort Riley and back to familiarize them with the aviation branch and 1st CAB’s mission.

# Keep gum disease at bay

By Lisa Young  
HEALTH EDUCATOR  
U.S. ARMY PUBLIC HEALTH  
COMMAND

The ability to speak, smile, smell, taste, chew, swallow and convey our feelings and emotions through facial expressions is an essential part of everyday life, but is easily taken for granted. These activities are dependent on having good oral health; however, oral diseases cause pain, impaired function and disability for millions of Americans. One oral disease that is frequently overlooked is gum disease.

If you think gum disease only happens to older people, think again. According to the American Dental Association, it only takes 24 hours for enough bacteria to form in the mouth to start causing gum disease.

Exactly what is gum disease? It is an inflammation of the tissues and bone that support the teeth. It is caused by a buildup of plaque, an invisible sticky layer that forms on the teeth and gums. Plaque contains bacteria, which produce toxins that irritate and damage the gums. If plaque isn't removed by daily dental care, over time it will harden into a crust called calculus (or sometimes tartar).

Initially, the plaque and calculus cause irritation of the gums. This is referred to as gingivitis. Over time, if not addressed, the gingivitis can progress until the gums detach themselves from the teeth, forming pockets. The body's attempts to fight off the bacteria also cause the bone that surrounds and supports the teeth to be lost. The irritation has now become gum disease, called periodontitis.

Untreated gum disease can cause problems ranging from the embarrassing, like bad breath, to the very serious and painful, like loose teeth

that may fall out. Gum disease may also be related to damage elsewhere in the body. Recent studies indicate associations between oral infections and type 2 diabetes, heart disease, stroke and lung infections.

What makes a person more likely to develop gum disease? Some people inherit an overactive immune cell tendency from their parents that makes them more susceptible. Despite genetic contribution, your behavior and environment can also significantly contribute to gum disease. Poor diet, not enough sleep and too much stress

leave your body vulnerable to infection, including your gums. A poor diet that is low in vitamin C, calcium, vitamin D or magnesium can compromise gum tissue's ability to heal and can speed up bone loss. Some medical conditions, including diabetes, and certain medicines increase the risk of gum disease. Girls have a higher risk of gingivitis due to female sex hormones that can make gums more sensitive to irritation. However, the most serious culprit is tobacco.

According to the American Dental Association, people who use tobacco have more plaque and tartar buildup and are three times more likely to have gum disease than people who have never smoked. If you do not use tobacco, don't start. If you smoke or chew, let 2015 be the year you choose to quit.

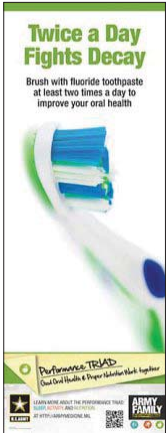
How do you know if you have gum disease? Gum disease can be sneaky, causing little or no pain or irritation before damage is done. Do your gums bleed when you

floss or brush your teeth? This is usually a sign of gingivitis, the mildest form of gum disease. Other warning signs include gums that are red,

swollen or tender, gums pulling away from teeth, bad breath that won't go away, painful chewing and loose teeth. If you are a Soldier, it is especially important for you to take good care of your teeth and mouth. Dental care may not be readily available when you are in the field or deployed, and a problem that seems small can escalate into a major health issue.

To reduce the risk of gum disease, follow these recommendations:

- Brush twice a day for at least two minutes each time with fluoride toothpaste, floss daily.
  - Use a toothbrush with soft bristle brush and replace your toothbrush every three to four months. Eat a healthy diet that includes foods rich in vitamin C, calcium and vitamin D. Avoid in-between-meal snacks and junk foods with sugar and starch that plaque-causing bacteria love to feed on.
  - Don't smoke or use smokeless tobacco.
  - Visit your dentist at least annually for check-ups.
  - Get your teeth cleaned once or twice a year to remove plaque and stubborn calculus that you might not be removing properly with your daily brushing or flossing.
- Fortunately, gum disease is preventable. Take care of your teeth and your children's teeth, to keep gum disease at bay for you and your family.



### March

**National Nutrition Month**  
Food is more than what is on your plate. With the Army Performance Triad, food is fuel that promotes regular activity, quality sleep, and optimal performance. Celebrate National Nutrition Month by giving your plate a performance makeover and fuel with foods that keep you energized, fit and strong.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Anybody want a Peanut?	2 Walk with Peanuts	3 Knowing you have something good to read before bed is among the most pleasurable of situations.	4 READY TO QUIT?	5 Light and temperature affect the quality and restfulness of your sleep.	6 Frozen vegetables are better than 40 vegetables.	7 To sleep up to 90 minutes deeper tonight.
8 Calm your brain	9 Take CARE of your TEETH	10 TOBACCO-FREE CAN PLUS	11 Every time you eat or drink, you are either feeding disease or fighting it.	12 BITE INTO A HEALTHY LIFESTYLE	13 A 30-minute workout is just 2% of your day.	14 10:30 PM OFF Turn OFF electronics before you go to bed.
15 Eat Healthy for Fresh Breath!	16 Drink 1 glass of lemon water everyday	17 Eat Green on St. Patrick's Day!	18 GET UP and GET MOVING	19 Abs are made in the Kitchen	20 SIT LESS, MOVE MORE!	21 FOOD IS FUEL NOT therapy
22 Avoid Mindless Eating	23 Eggs make a healthy breakfast	24 Peanuts are Heart Healthy!	25 Help your brain get enough sleep	26 I wish I had signed up for the crunch rather than going for a run.	27	28 THINK YOU CAN
29 Teens who get enough Sleep	30 EAT, DRINK & WALK in the PARK TODAY	31 EAT TO LIVE & LIVE TO EAT				

### Goals

armymedicine.mil

## IRWINFORMATION

What is my priority of care at a military hospital or clinic?

Access to care at a military hospital or clinic follows these priorities: active duty service members; active duty Family members and transitional survivors enrolled in TRICARE Prime; retirees, their family members, and survivors enrolled in TRICARE Prime; active duty fam-

ily members not enrolled in TRICARE Prime, transitional survivors not enrolled in Prime, and TRICARE Reserve Select members; and retirees, their family members, and survivors not enrolled in TRICARE Prime.

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

# Traumatic brain injury serious health concern, resources available

By Staff Sgt. Joseph Hill  
BEHAVIORAL HEALTH  
CARE SERVICES  
ABERDEEN PROVING GROUND

March is intended to remind us of the serious impact of traumatic brain injuries, or TBI, throughout our population. You may ask yourself, "Why is this important to me? Why should we be concerned about a TBI?"

The Center for Disease Control and Prevention, also known as CDC, reports that approximately 2.5 million emergency room visits, hospitalizations, or deaths were associated with a singular TBI or a combination of a TBI and additional sources of injury. TBI in itself is responsible for an estimated 50,000 deaths per year. The

Defense and Veterans Brain Injury Center, or DVBIC, tracks the total number of service members throughout the Department of Defense whom have been diagnosed with a TBI. Since 2000, over 313,000 service members have been diagnosed with a TBI. These statistical numbers reflect the relevance of TBI.

TBI-associated costs within the United States are estimated at \$56 billion annually. The DOD spends an estimated \$1.1 billion annually on TBI education and treatment. There are more than five million Americans living with a TBI that has resulted in a permanent need for assistance in daily functioning. These TBI survivors are left with severe behavioral, cognitive and communicative impairments. TBIs pose a

significant public health problem, especially for children age 5 years and younger, male adolescents and young adults ages 15 through 24, and the elderly who are 75 years or older. TBI is the most common cause of death and acquired disability among children and adolescents in the United States.

With awareness inherently comes prevention.

Dr. Carolyn Caldwell, a neuropsychologist assigned to Kirk U.S. Army Health Clinic, is far too familiar with the effects that TBI has on an individual and their loved ones. On a daily basis she treats the survivors of these traumatic injuries and the aftermath it creates within their occupational, social, family and interpersonal environment. She has

published multiple peer-reviewed articles on the subject.

According to Caldwell, the mechanism of injury in a mild TBI, the most common severity type, may be different, but in all cases the nerves or neurons in the brain, which are very elastic and stretch easily, can be stretched too far, and break. When neurons are stretched too far, the normal chemical and electrical functions of the brain are disrupted. This disruption can cause an individual to experience physical cognitive and emotional symptoms.

For example, following a mild TBI, it is common for individuals to experience headache, sleep disturbance, difficulty with balance, reduced attention and concentration, reduced memory ability, irritability

or mood swings. Regardless of age or type of injury, there is one common treatment for everyone following TBI: physical and cognitive rest.

With adequate rest, the brain will recover its normal chemical and electrical balance.

TBI poses a serious health concern not only for us, but for our loved ones as well. As a community we must remain cognizant of the seriousness of a TBI. It is within this awareness that we find a greater chance of preventing these injuries.

If you are in need of resources for education, treatment and prevention visit the CDC's website at <http://www.cdc.gov/TraumaticBrainInjury/index.html> and the DVBIC site at <http://dvbic.dcoe.mil/resources>.



## RILEY ROUNDTABLE

**In honor of Read Across America, what is your favorite childhood book?**



"Charlotte's Web - it was the first chapter book I ever read independently."

**MICHELLE PEDERGNANA**  
MANHATTAN, KANSAS

Librarian - Fort Riley Post Library



"Anything by William Joyce because his books are full of adventure and whimsy."

**BETHANY MATSUMOTO**  
SACRAMENTO, CALIFORNIA

Library clerk - Custer Hill Elementary School



"Favorite has to be Dr. Seuss's Sneetches - it is an excellent book about accepting people for who they are."

**JANA LAFFERY**  
CLAY CENTER, KANSAS

Library media specialist - Custer Hill Elementary School



"The Lion, the Witch and the Wardrobe - it got my imagination going and it's just a fun book."

**SPC. STEPHANIE SEYMOUR**  
MOUNTAIN HOME

AIR FORCE BASE, IDAHO  
1st Sustainment Brigade, 1st Infantry Division



"In the Big Woods by Laura Ingalls Wilder - it has always stuck with me and I read it, even now."

**TERRI SEAMAN**  
LAFAYETTE, INDIANA

Project manager - Fort Riley Post Library

## THE 1ST INFANTRY DIVISION POST

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## First Lady: Mental illness should carry no stigma

By Terri Moon Cronk  
DEFENSE MEDIA ACTIVITY

The military reaches out to assist troubled service members, and helping people with mental health issues "is what we've got to do for every single person in our own lives," First Lady Michelle Obama told attendees at a conference March 4.

As part of the White House's Joining Forces initiative, the first lady addressed mental-health professionals at the "Give an Hour" conference at the Newseum.

Give an Hour is a nonprofit organization that develops networks of volunteers to provide free counseling to troops, veterans and their families affected by the nation's wars and works toward eliminating the stigma attached to seeking help for mental-health issues.

Just as the military community has, Obama said, all Americans should learn to recognize the distress indicators in family and friends.

### ZERO ROOM FOR STIGMA

People who need help should not be afraid to seek it because of how it will look to those around them, the first lady said. Mental health conditions often are perceived differently from diseases such as cancer, diabetes or asthma, she added.

"That makes no sense," she said. "Whether an illness affects your heart, your leg or your brain, it's still an illness. So there should be absolutely no stigma around mental health. None. Zero."

Nearly one in five adults - more than 40 million Americans - experience a diagnosable mental-health condition



EJ Hersom | DOD

First Lady Michelle Obama speaks at the launch of the mental health initiative Campaign to Change Direction at the Newseum in Washington, D.C., March 4. The first lady, who co-founded the Joining Forces military community mental health program, spoke about the campaign's importance for the military community. The campaign is led by Give an Hour, which has a network of 7,000 mental health professionals who provide pro-bono services to veterans.

such as depression or anxiety every year, she noted.

"So it is really time to flip the script on mental health in this country," Obama said. "It's time. It's time to tell everyone who's dealing with a mental health issue that they're not alone, and that getting support and treatment isn't a sign of weakness. It's a sign of strength."

### ONE VETERAN'S STRUGGLES

To illustrate her point, Obama described the story of Ryan Rigdon, a Navy veteran who twice deployed to Iraq to disarm enemy bombs.

"[On] his first day on duty in Baghdad, Ryan and his team were sent out to dismantle explosives seven different times," the first lady said.

"Then Ryan encountered a live [improvised explosive device] that was camouflaged to look like a rock. Ryan didn't have his protective suit on, and he knew the device could

explode at any minute. So he flipped it over and disarmed it with his bare hands."

Eventually, Obama said, Rigdon began to experience mental-health symptoms such as extreme emotional highs and lows, severe headaches, ringing in his ears and panic attacks. Once out of the military and back at home, he faced additional struggles with family issues, a sick child and difficulty finding employment.

Another Sailor who noticed how Rigdon was struggling and encouraged him to seek help, the first lady said. After hitting bottom and nearly taking his life, she added, Rigdon sought help from Give an Hour through the Veterans Affairs Department.

### NATION'S VETERANS ARE NOT ALONE

"In Ryan's story we hear the story of far too many of our veterans - the struggle to adjust to a new life [and]

the terrors and anxieties that just won't go away, even when they're back home, safe in their own beds," the first lady said.

Not all veterans are plagued with mental-health issues, she added, but the veterans who do struggle are not alone.

Rigdon's story could have ended in heartbreak, but the people in his life wouldn't let that happen, the first lady said.

"The Sailor who reached out to him, the co-worker who supported him, his wife who was there for him every day ... they all showed Ryan that he didn't have to do this alone, and they helped him to change direction."

### LEARNING FROM THE MILITARY COMMUNITY

Offering support is something all Americans should do for people in their own lives, the first lady said.

"We've got to listen, connect with them, offer our compassion so that our friends, families, neighbors and our veterans can get the help they need, just like we would if they were diagnosed with cancer or heart disease or anything else - because we all know that our mental health is just as vital as our physical health," she added. "So it's time we started treating it that way."

As part of the effort, the first lady told the audience, Give an Hour is co-sponsoring the Campaign to Change Direction with the Substance Abuse and Mental Health Services Administration. SAMHSA will provide subject-matter expertise and will coordinate federal outreach through the Veterans Affairs, Defense and Health and Human Services departments, she said.

## Take on service, take on challenge, set yourself apart

By Sgt. 1st Class Jason Austin  
KANSAS CITY ARMY RECRUITING BATTALION

There is a point in a Soldier's career when you decide that a special duty assignment will do good things for your career. One is faced with the RRR options: ROTC, Reserve unit, or recruiting. If you consider yourself to be in the top 10 percent of NCOs in your MOS, recruiting should be your number one choice.

I joined the Army as an Infantryman at the height of hostilities in Iraq and Afghanistan, September 2005, and became a sergeant 31 months later. I have held the positions of Team Leader, Squad Leader, and Weapon Squad Leader. In 2013 I was selected to come to U.S. Army Recruiting Command and through numerous boards was selected as Recruiter of the Year for 2014.

If you had asked me when I started recruiting duty if I would permanently reclassify to MOS 79R, recruiter, the

answer would have been an enthusiastic no. Many Army-selected recruiters feel the same after a few weeks of teenagers telling you "No" over and over again. But the longer you work out here, respect and appreciation grow for the importance of the work recruiters do every day.

It's easier for some to believe the myths, to remember the silly movies like "Stripes" and chuckle away the possibility of coming out to recruiting duty. My opinion changed greatly about recruiting, as I have met outstanding leaders in my time here. My goal is to further change that perception through the example I set and it should be yours as well, if you decide to take on the challenge.

It is recommended that only the top NCOs in any MOS come to recruiting duty. Only the top five percent of MOSs are considered for Army selection as recruiter. This is because we need the absolute best of the Army. Consider that in most places, recruiters are the only face

of the Army to thousands of Americans. What image would you want portrayed of the Army? Are you up to that standard of service?

A recruiting assignment isn't "taking a break." Recruiting has its own set of challenges and the mission of recruiting the Army's future will never stop. You must be a self-motivated NCO to be successful out here. You will most likely be assigned in an office far away from a military installation, so maturity is of the utmost importance. Recruiters must possess the personal discipline to act as if the world is watching ... because it is.

Most every NCO I knew back in the TO&E Army would grumble at some point of the quality of Soldiers in their formation. Do something about that. Improve your promotion chances. Volunteer to come out here and enlist the next generation of platoon sergeants, first sergeants, and sergeants major. Somebody has to sign up a future Sergeant Major of the Army.

## Hammack tells Congress base realignment, closure needed

By J.D. Leipold  
ARMY NEWS SERVICE

The assistant secretary of the Army for installations, energy and environment was on Capitol Hill March 3 to discuss the Army's 2016 military construction



Katherine Hammack

budget and explain the need for base realignment and closure. "We need a round of base closure and realignment [BRAC] in 2017," said Katherine Hammack in testimony before the House Armed Services subcommittee on readiness. "Without a BRAC and the realized cost-savings, the only alternative is to make up for shortages in base funding by increasing risk in readiness."

Hammack told the committee that the Army believes it can meet the

primary missions of the Defense Strategic Guidance of today, but the future has become "tenuous," because fiscal challenges brought on by the Budget Control Act strain "our ability to bring into balance readiness, modernization and end strength."

"Even as demand for Army forces is growing, budget cuts are forcing us to reduce end strength and base support to dangerously low levels," she said. "We face a mismatch between requirements and resources."

The Army's military construction request was \$1.6 billion for fiscal year 2016 which is a 26-percent increase from FY15, but a 33-percent reduction from FY14 and a 55-percent reduction from FY13, she said.

"As force structures decline, we must right-size the supporting infrastructure and achieve a balance between the cost of sustaining infrastructure and Army readiness," she said. "Degraded readiness makes

it more difficult for us to provide for the common defense... the BCA [base closure act] increases risk for sending insufficiently trained and underequipped Soldiers into harm's way and that is not a risk our nation should accept."

Hammack said the Army had conducted a facility capacity analysis based on its 2013 audited real property data and concluded that excess facility capacity will be at 18 percent when the active Army cuts down to 490,000 Soldiers by the end of 2015.

Just two weeks ago, Lt. Gen. Karen Dyson, military deputy to the assistant secretary of the Army (financial management and comptroller), said by the end of FY16, the active force would move to 475,000 Soldiers.

"As we shrink further, more excess capacity is created," said Hammack, adding that the impact of sequestration in fiscal years 2013 and 2014 created an increasing number of failing facilities and infrastructure.

"Right now 7 percent of the Army's facilities are in failing condition, yet we still have operating units in them," she said. "Twenty-four percent of Army facilities are in poor condition and the number of failing or poor increases every year."

Hammack told the committee members that sustainment is the lowest cost method of maintaining a building. If a structure is not sustained properly due to lack of investment, then it falls into restoration and modernization... "Instead of fixing one leak, you have to replace a roof," she said.

"We saw a 9 percent increase in requirements for restoration and modernization directly due to impacts of underfunding in '13 and '14 due to sequestration," she said. Buildings which are not maintained adequately, now due to constrained funding, may need to be replaced in the future at a much higher cost, she explained. "So we're increasing the cost for future generations due to sequestration right now."

# ‘Dagger’ captains search for solutions during symposium

Story and photo by  
Capt. Andrew Cochran  
2ND ABCT PUBLIC AFFAIRS

FORT RILEY, Kan. — The 2nd Armored Brigade Combat Team, 1st Infantry Division, held its first officer symposium Feb. 24 to 25 at Riley’s Conference Center.

Charged with the task of formulating and discussing a problem and proposing an appropriate solution, captains across the brigade focused on the following topic: “What is the biggest challenge facing the brigade, and how do we fix it using the 1st Infantry Division pillars?”

At the conclusion of the symposium, each group presented its proposed solution to Col. Miles Brown, “Dagger” brigade’s commander, and the seven battalion commanders.

“What you are involved in now is what you will be doing when you are a major or lieutenant colonel somewhere else in the Army,” Brown said. “I want to hear your feedback, good or bad, and your goal is to be an active thinker, not a cynic.”

The Army is a team where the players are in the game all the time, and the ability to reflect on issues is precious, Brown said.

The symposium was similar to others hosted by Army Chief of Staff Gen. Raymond

Odierno last July and, most recently, Feb. 27, at Fort Leavenworth, Kansas.

“The symposium provided an amazing opportunity to harness the intellect of our company commanders and staff captains from across the command to identify and address issues at echelon,” said Lt. Col. Tom Murtha, commander of 1st Battalion, 63rd Armor Regiment. “These aren’t wicked problem sets and they certainly aren’t unique to Fort Riley, but we have a collective responsibility as a brigade combat team to implement solutions for the betterment of the outfit.”

In January, the captains were organized into seven groups, each named after the Army values. Each group met since then on a weekly or bi-weekly basis with a battalion commander as a senior mentor.

Capt. Eric Nowak, from Bunker Hill, West Virginia, and commander of Company A, 82nd Engineer Battalion, talked about the value of the symposium.

“As a commander, I sit all day giving orders and telling others what to do,” Nowak said. “Here, I am surrounded by my peers, none of whom have any qualms questioning me and telling me I’m wrong, which helps me improve.”

“Iron sharpens iron. It matters when someone takes



Col. Miles Brown, 2nd ABCT, 1st Inf. Div., commander, lays out goals for the “Dagger” brigade’s captain symposium Feb. 24 at Fort Riley’s conference center. “I want to hear what you have to say and how you want to say it,” Brown said.

the time to tell you when you are wrong and, hopefully, how you can improve.”

The groups’ discussion topics ranged from ways to foster better communication and time management among staffs and companies to how to improve the brigade’s overall readiness and prepare for worldwide availability.

Maj. Chris Dempsey, 2nd ABCT’s executive officer, saw this as a unique opportunity

for both Brown and the assembled captains.

“This doesn’t always happen in every unit in the Army, where captains can collaborate with the brigade commander to solve issues brought up from the company level,” Dempsey said.

Likening the discussion to her time as a detachment commander at Fort Hood, Texas, Capt. Alexandra DeAngelis, human resources officer with

299th Brigade Support Battalion, said the symposium was a good informal sensing session and way to interact with peers.

“Many of the topics we are discussing here are things my fellow commanders and I saw as issues in 2011,” DeAngelis said. “Here, we have an opportunity to talk with the brigade commander in a more than one-on-one situation and recommend solutions to important problems we face

in the brigade.”

Symposiums like this could be done everywhere two or three times a year on issues affecting the Army as a whole, DeAngelis added.

Brown said he was appreciative of the hard work and thought his captains put into voicing problems they saw and potential solutions to make the brigade better, telling them he was “always available to answer questions.”

## PROUD Continued from page 1

“It’s getting very surreal now and I’m not too happy with the brigade’s inactivation because I got to work alongside great guys,” Nield said Feb. 24 at Fort Riley. “But big Army has a plan for everything.”

While the Dragon brigade is transferring equipment to various units across the division, the Proud Americans are handing over their most prized possessions to Picatinny Arsenal, an American military research and manufacturing facility.

Picatinny workers will upgrade the M119A2, which is the older model howitzer, into the new digital M119A3 systems.

“These weapon systems are in great condi-

tion, which makes our jobs easier,” said Joseph Leone, a project manager and technical site lead representative for Picatinny Arsenal. “We can now quickly inspect the equipment and get them to the refitting area.”

By the time all of the howitzers are turned over to Picatinny, 80 percent of 2nd Bn., 32nd FA’s equipment will be gone.

“I feel honored to have been a part of the unit and its history,” said Spc. Anthony Garrett, a cannon crewmember assigned to Battery A, 2nd Bn., 32nd FA, and native of Paducah, Kentucky. “I am confident that their legacy will continue and they will continue to do great things.”

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HEROES

Continued from page 1

Normandy on the 70th anniversary of D-Day is one of the highlights of my life as a Soldier,” Command Sgt. Maj. Michael Grinston, 1st Inf. Div. senior noncommissioned officer, said from Iraq. “He was larger than life and an example of what a Big Red One Soldier is and ought to be. I mourn his passing.”

Ryan’s memorial was March 7 at Our Lady of Lourdes Church in Melbourne, Florida. Ryan’s family asked donations be made in his honor to the Wounded Warrior Project.

Farley enlisted in 1940, also fighting in the first wave on Normandy Beach with the 16th Infantry Regiment and later participating in the Korean and Vietnam wars with the Army Air Corps. During his 25-year career, he received five Purple Hearts, three Bronze Stars and two Silver Stars.

Farley was featured in a special issue of “Duty First” magazine in June, commemorating the 70th anniversary of the D-Day invasion. He recounted what it was like to approach the beach on a landing craft.

“I just wanted to make sure that I didn’t do anything to let down my unit or my buddies,” Farley said.

Then the gate dropped.

“Good Lord, I’m in your hands,” Farley said. “I’m either dying or I’m going.”

Lt. Col. Sean Ryan, 1st Inf. Div. Public Affairs Officer, met Farley in October 2013.

“Watching Homer Farley and his son Steve marvel at the World War II monument in Washington D.C., was a father-and-son moment I will never forget,” Ryan said from Iraq. “The monuments in our capitol were built precisely for men like Homer, who dedicated their lives to serving the greatest country in the world.”



Sgt. 1st Class Abram Pinnington and Amanda Kim Stairrett | 1ST INF. DIV. Command Sgt. Maj. William Ryan (left) passed away Feb. 23. Master Sgt. Homer Farley died March 1. Both were decorated veterans of the D-Day Invasion and the 1st Inf. Div.

Farley was a hardened warrior in every sense of the word when it came to battle, Ryan went on to say, yet tears came to his eyes when we discussed the 1st Inf. Div., his love for the Big Red One and his family.

“There is no history book that can capture those personal moments or stories I experienced with him and I have nothing but respect for Homer and his generation of Soldiers,” Ryan said. “He will be missed.”

Farley was a treasure and hero, said

Sgt. Michael Leverton, 1st Combat Aviation Brigade, 1st Inf. Div., public affairs, who interviewed Farley for the magazine.

“I will always look up to him,” Leverton said. “His son said that even while lying in the hospital, he would still talk about the Big Red One. He was very proud of his time with the division.”

Farley’s funeral services were March 5 in McMinnaville, Florida. His family asked that contributions be made to Disabled American Veterans or the Wounded Warrior Project.

Housing Service Office

schedules home-buying seminar for March 17

By Marvin Springer, Sr.  
FORT RILEY HOUSING  
REFERRAL OFFICE

IF YOU GO

Home Buying Seminar  
for no-pressure home-  
buying guidance  
» 1 to 4 p.m. March 17  
» Building 210, Room 118D

Call the Housing Service  
Office at 800-643-8991  
or 785-239-3525 to  
reserve a spot. Walk-ins  
are welcome.

The Housing Service Office will have a Home Buying Seminar from 1 to 4 p.m. March 17 in Building 210, Room 118D.

The Home Buying Seminar is a quarterly event held during non-permanent change of station season and monthly during PCS season for active duty and retired Soldiers and DOD civilians within the Fort Riley local communities.

Attendees go over many aspects and considerations about buying a home. The seminar will feature the following topics by local licensed real estate specialists and lenders:

- real estate agent
- mortgage lender
- home inspector
- U.S. Department of Agriculture representative
- Veterans Affairs representative

The Housing Service Office partners with speakers who have professional knowl-

edge of purchasing real estate. Speakers will also go over the types of financing available through VA loans, USDA loans and conventional mortgage loans.

From beginning to end, Housing Service Office speakers will go through the entire home buying process, explain mortgage terminology and provide attendees with a comprehensive overview of mortgage programs and services.

These free seminars are helpful for first time buyers unsure about the home buying process. Topics listed above are just a few of the areas speakers will cover.







Capt. Elijah Barnes, STB, 1st Sust. Bde., 1st Inf. Div., prepares to hit the cue ball during a game of pool at Right Arm Night March 6 at Rally Point.

## Right Arm Night helps Soldiers bond with units

Story and photo by  
Maria Betzold  
1ST INF. DIV. POST

A Right Arm Night was hosted by the Directorate of Family and Morale, Welfare and Recreation March 6 at Rally Point.

It was the first of many future Right arm nights, said Christopher Downs, business manager of Rally Point, DFM-WR. He said Right Arm Night was designed as an opportunity for leaders to show appreciation for Soldiers in their units who are their "right arms."

Downs also added the frequency of the event is yet to be determined.

"It is important for the entire workforce to attend such events to build morale and camaraderie, while at the same time showing appreciation," he said.

The plan is to rotate between brains and muscle competitions during future Right Arm Night. This month featured a trivia challenge, but in future months Downs said

Rally Point will have sumo wrestling, jousting, a spelling bee and other similar activities.

Lt. Ryan Ward, Special Troops Battalion, 1st Sustainment Brigade, 1st Infantry Division, said he was at the Right Arm Night with his unit trying to build camaraderie. It was his unit's first time participating in the event, but he said it provided a unique opportunity for them.

"It's a chance to come together and socialize in a non-work setting," Ward said.

Capt. Kyun Choi, STB, 1st Sust. Bde., 1st Inf. Div., agreed. He said bonding with other units is a different experience for his Soldiers.

"This is a unique opportunity for the whole unit to meet other Soldiers," Choi said.

Right Arm Night is open to everyone. Downs said he encourages military and civilian participation in the event. For more information about events at Rally Point, visit <http://rileymwr.com/rallypoint/> or call 785-784-5733.

## Program brings out best in military couple

Story and photo by  
Cheyanna Colborn  
1st Inf. Div. Post

If one were to walk in the home of the Sence family and meet not-quite-two-month-old Colton Patrick Sence, they would be greeted by two duos. The first pair being Labrador Retrievers. While a duo of dogs in a house is fairly common, a couple, both in Army combat uniforms, may not be.

Sgt. 1st Class Patrick Sence, leader of Manhattan Recruiting Center, Manhattan Recruiting Company, Kansas City Recruiting Battalion, and Staff Sgt. Anna Sence, explosive ordnance disposal specialist, 84th Explosive Ordnance Disposal, 1st Sustainment Brigade, 1st Infantry Division, have found success being a dual military couple and are eager

to encourage other Soldiers and their spouses to consider the possibility of doing the same.

"We know the Army is not for everybody, but I know for me and my wife, it works," Patrick said. "Once you get used to it as a family, it is easy. What I want to do is put this information out; a lot of people don't necessarily understand the programs in-depth or the benefits of what it can do for their family."

One program Patrick said he is passionate about sharing is the Married Army Couples Program. MACP allows husbands and wives to serve in the Army, often at the same Army post.

A spouse can enlist whether the other spouse is in the Army or another branch of service, provided they have

See COUPLE, page 10



Sgt. 1st Class Patrick Sence, Center leader of Manhattan Recruiting Center, Manhattan Recruiting Company, Kansas City Recruiting Battalion and Staff Sgt. Anna Sence, explosive ordnance disposal specialist, 84th Explosive Ordnance Disposal, 1st Sustainment Brigade, 1st Infantry Division.

## Plan ahead: DUI is safety, legal risk

*Editor's Note: This is part five of a seven-part series about traffic enforcement and regulations at Fort Riley.*

By Maria Betzold  
1ST INF. DIV. POST

Many units often give safety briefings before long weekends to advise Soldiers to exercise risk management by considering potential risks involved when making decisions, such as the decision to drink and drive.

Lt. Paul Davis, Fort Riley Police Department traffic supervisor, said Soldiers are encouraged to have a good time on weekends, but to also drink responsibly.

"Driving under the influence is a huge concern for us at the police department," Davis said. "It's a huge concern for the community as well."

Driving under the influence of alcohol or drugs is prohibited by Kansas state law. It can result in consequences such as fines, jail time, injury or death.

The state limit of a driver's blood alcohol concentration is .08. If a driver has a BAC of .08 or higher, he or she is considered legally drunk and, as such, becomes a safety risk to the community.

When going out to socialize in environments where alcohol is involved, have a plan, said Lt. Mike McLain, Fort Riley Police Department civil liaison supervisor.

Whether it be making arrangements with a designated driver or taking a cab, make

plans to get home safely prior to becoming intoxicated.

"The installation has programs to help Soldiers stay safe," Davis said.

An example is the Riley Ride program. Riley Ride is a safe transportation system offered to Soldiers on Fridays and Saturdays from Fort Riley to Aggieville in Manhattan or back after a night out.

For some Soldiers, Riley Ride may even come in handy when plans for a designated driver fall through. The program is run by the Leisure Travel Center and costs \$5 for two rides or \$10 for five rides in either direction.

Davis said the primary concern of law enforcement officers is keeping citizens safe. If drivers are swerving into opposing lanes or braking and speeding up erratically, Davis said these indicators are enough of a safety concern to make a traffic stop and determine whether the driver is under the influence of alcohol or drugs.

If drivers show signs of being under the influence, such as slurred speech, law enforcement can proceed with sobriety tests.

"If they are impaired, we can get them off the road before they hurt someone," Davis said.

Other drivers can also assist the police department by calling 911 or 785-239-6767 with a vehicle description and license plate number if they notice cars exhibiting erratic behavior or signs of driving under the influence.

# Back Safe and Sound



**ABOVE:** Larry Eaker holds a large cardboard cutout of the face of his son-in-law, 1st Sgt. Michael Fairbanks, Headquarters and Headquarters Company, 1st Armored Brigade Combat Team, 1st Infantry Division, as he and his family wait before a redeployment ceremony March 4 at Fort Riley. Fairbanks was among more than 250 Soldiers from the "Devil" brigade to return following a nine-month deployment to Southwest Asia. (J. Parker Roberts, 1st Inf. Div.)

**LEFT:** Brig. Gen. Eric Wesley, 1st Infantry Division senior mission commander, welcomes Col. John Reynolds III, 1st Armored Brigade Combat Team, 1st Inf. Div., home from Kuwait March 7 at Fort Riley. (Staff Sgt. Bernhard Lashleyleidner, 1st ABCT)

## COUPLE Continued from page 9

no children under the age of 18. However, if children are involved, that does not mean a spouse is no longer eligible to enlist; the couple is just required to obtain a waiver.

This is a small portion of the information that Patrick hopes to share with dependents about the perks of being a dual military couple, he said that he does not want spouses to think contacting a recruiter means they are signing a contract.

"Putting out the info to these dependents can really be something that benefits them because they can sit down as a family and see if it will be a benefit to their family," Patrick said. "I want to put the information in front of them, I want them to see the numbers, I want them to understand the positives. I like taking care of our own."

This goal to take care of the Army's own began with helping his wife reenlist in the Army in 2012.

Though neither of the couple had family who had served prior to them, both enlisted and began serving.

Patrick later met his wife while both were in the Army. In 2008, Anna decided to retire from the Army. Following this, the civilian world did not quite fit like she thought it would, so she asked her husband, as a recruiter, to reenlist her.

"Neither of us had anyone in our family who had ever served. We came in completely blind like a lot of new Soldiers," Patrick said. "This is why it is so important to us. I want other Soldiers to realize what is out there if they have a spouse sitting at home wondering what path they are going to take."

Anna, agreed, saying that a person can come from nothing and not have a super education, and the Army can teach a person what they need to know to serve.

"With the way it is now, we have a lot of 19-, 20- and 21- year olds coming into the military and they already have children," Patrick said. "A lot of Soldiers that come into the Army, their spouses are completely qualified to enlist – they just don't understand the military lifestyle."

Patrick added that either the husband or the wife will make the decision to enlist, go to basic and job training, and come back to their family.

"At this point, the spouse may realize that Army life is not as intense as they thought it was, and they can see the benefits in it and get more comfortable with the idea of the Army," Patrick said.

There is, Patrick added, often a fear that if a spouse enlists in the military, there is a potential that one will be stationed in a different location. This is not the goal. MACP is built on one's enlisted record brief and any time that one comes to an assignment change, when the brief is pulled, it will stipulate that one is part of a dual military couple.

The Army does not guarantee any assignment for couples in separate services and the needs of the Army prevail in determining if a couple can be stationed together.

Patrick said that as a permanent recruiter, and his wife as an EOD tech, means they can't go everywhere together.

"The army found a way for us to co-locate," he said.

Patrick added that being dual military does not hinder a spouse's ability to start a career. It actually helps because they can earn their own Montgomery GI Bill, money for retirement, and tuition assistance. It is also possible for a couple to double their income in less than a year.

WWW.1DIVPOST.COM





## IN BRIEF

### TRAFFIC UPDATES

For traffic updates, 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/usaceremonies](http://twitter.com/usaceremonies).

### AMEDD COMMISSIONING PROGRAMS BRIEFING

Briefings for Army Medical Department commissioning programs for military service members are scheduled for 9 a.m., 11 a.m. and 1 p.m. March 19 and 9 and 11 a.m. March 20 at the Fort Riley Education Center in Building 217, Room 219.

The educational opportunities discussed will include: Interservice Physician Assistant Program, AMEDD Enlisted Commissioning Program, Health Professional Scholarship Program, Physical Therapy Baylor Program, Masters of Social Work, and the Medical Service Corps.

Each program's qualifications, requirements and board dates vary; the briefings will provide the most updated information.

### CLOSURE

The Central Issue Facility will be closed for inventory at noon March 18 and reopen 7:30 a.m. March 23.

### HIRING HEROES

A Hiring Heroes Career Fair, featuring career opportunities for wounded, ill, injured and transitioning service members, their spouses and primary caregivers, is scheduled from 9 a.m. to 2 p.m. April 22 at Riley's Conference Center.

Come talk with federal agencies and private-sector recruiters about future opportunities in civilian career fields. Even if you're not getting out of the military for another six months or longer, come and talk with recruiters now. For more information, contact Sylvia Parker at 571-372-2124 or [sylvia.o.parker.civ@mail.mil](mailto:sylvia.o.parker.civ@mail.mil).

### NO MOTOR VEHICLE TRAFFIC NEAR NEW SCHOOL

The use of motor vehicles, including all-terrain vehicles, motorcycles, etc., is not authorized at or around construction areas at Fort Riley. This includes the area at and around the new Fort Riley Elementary School.

This area has been leased to USD 475 and is under development for the new school. People are asked to refrain from entering this area. The new school is about a half-mile west of Seitz Elementary School on Rifle Range Road.

### ALCOHOL SALE POLICY

All Army and Air Force Exchange Service locations at Fort Riley are no longer selling alcohol from 11 p.m. to 7 a.m. daily.

The 1st Infantry Division and Fort Riley policy was implemented to reduce alcohol-related incidents.

### PUBLIC WORKS SERVICE

In emergency utility service situations like power outages, contact the Fort Riley Public Works Service Desk at 785-239-0900 to report the problem. You also may call your neighborhood office, and the staff will report the outage for you. For your neighborhood office phone number, visit [www.rileypicrnc.com](http://www.rileypicrnc.com), click on "Residents" and "About Our Neighborhoods."

For tips on how to prepare and cope with a power outage, visit [www.acsim.army.mil/readyarmy/Power\\_Outage\\_Fact\\_Sheet.pdf](http://www.acsim.army.mil/readyarmy/Power_Outage_Fact_Sheet.pdf).

### SUBMITTING BRIEFS FOR THE NEWSPAPER

Individuals wishing to submit a news brief for publication in the newspaper should email [usarmy.riley@com.mbx.post-newspaper@mail.mil](mailto:usarmy.riley@com.mbx.post-newspaper@mail.mil) with all pertinent information no later than one week prior to the desired publication date.

Information required to print a news brief includes time, date, location and contact information for events.

## 'Dragon' brigade commander discusses mission

Manhattan committee hears details about 4 IBCT's regionally aligned force

By Capt. Keith Thayer  
4TH IBCT PUBLIC AFFAIRS

MANHATTAN, Kan. — In coordination with the Manhattan Military Relations Committee, Col. Peter Minalga, commander of the 4th Infantry Brigade Combat Team, 1st

Infantry Division, discussed March 4 the brigade's regionally aligned force mission and how his Soldiers performed a pivotal role in accomplishing the U.S. Army Africa mission.

Minalga spoke to a crowd ranging from Kansas State University ROTC cadets to Manhattan community leaders to Fort Riley personnel to Kansas National Guardsmen.

"It was interesting to hear what they're doing throughout the world," said Nathan Bergman, a civil engineer

and Manhattan resident. "We're pretty sheltered here in the Midwest. All you get is what's on the nightly news, so it's kind of interesting to hear an honest perspective of what's going on out there."

The monthly luncheon brings together local leaders and military personnel, providing an opportunity for those present to learn about the missions of Soldiers assigned at Fort Riley.

"I always learn something," Keith Westervelt, CEO of Blueville Nurs-

ery, said. "I really appreciate all the Soldiers coming. You get to know the Soldiers on the front."

The 4th IBCT deployed more than 1,200 Soldiers to more than 20 host-country nations. Through African contingency operations training assistance, theater security cooperation missions and multi-national joint exercises, the Dragon Soldiers impacted more than 14,000 partner-nation service members.

See DRAGON, page 14

## ESTABLISHING NEW PARTNERSHIPS



Photos by Corey Schaad | 1ST INF. DIV.

Brig. Gen. Eric Wesley, 1st Inf. Div. senior mission commander, shares 30 years of wisdom as a U.S. Army officer with ROTC cadets from the University of Kansas Feb. 27 in Lawrence, Kansas. The leaders of the "Big Red One" spent the entire day on the KU campus in order to further the establishment of a relationship between the university and Fort Riley.



Col. Miles Brown (center), 2nd ABCT, 1st Inf. Div., and Brig. Gen. Eric Wesley (right), 1st Inf. Div. senior mission commander, meet with deans and senior educators of the University of Kansas Feb. 27 in Lawrence, Kan.



## MORE INFORMATION

• For additional information on USD 475 and boundary changes, contact Hugh Davis at 785-717-4066.

## District easing into new school boundaries

Factors leading to change include Fort Riley housing area, plans and funding

By Hugh Davis  
USD 475 COMMUNICATIONS

The USD 475 Board of Education has voted to approve boundary changes for Fort Riley schools for the 2015-16 school year.

According to USD 475's communications office, as the district transitions to a new school, school boundaries were developed earlier than usual to better prepare families and staff on Fort Riley for the addition of the new Fort Riley Elementary School and the closure of Custer Hill Elementary School.

This was a complex decision that involved several factors:

- Building/Class size
  - School culture and community
  - Fort Riley housing areas
  - Current and future housing plans on Fort Riley
  - Busing
  - Funding
- USD 475 Administration looked at these factors and came up with several options, taking into consideration:
- Information from listening sessions with parents and staff from Custer Hill
  - Consultation with Fort Riley leadership
  - Input from Fort Riley principals

Boundaries approved allow the current students of Custer Hill to attend one school instead of being spread among different schools, keeping the connections and friendships already established. Additionally, based upon boundary adjustment, the new Fort Riley Elementary will be able to maintain their culture. Finally, the new boundaries provide flexibility for student transfers.

See BOUNDARIES, page 14

## Knowledge key to tornado safety

Peak time for twisters throughout Kansas occurs from late May to early June

STAFF REPORT

**Editor's note:** This is the second in a series of articles during March in observance of Severe Weather Awareness Month.

As tornado season approaches, it's important to know how to be prepared should disaster strike.

Kansas is part of a region nicknamed "Tornado Alley" for a good reason, said Chris Hallenbeck, emergency man-

### DID YOU KNOW?

• Kansas is part of a region nicknamed "Tornado Alley"

agement specialist, Emergency Management Office, Directorate of Plans, Training, Mobilization and Security.

"Kansas had 40 tornadoes last year, with the first tornado occurring April 2," Hallenbeck said. "Tornadoes can occur at any time of year, but for us, they are most likely to occur during the months of April, May and June. For our area, the peak time is late May into early June."

A tornado is a violently rotating column of air, extending from a

thunderstorm to the ground, according to the National Weather Service website. They are capable of destroying well-made structures, uprooting trees and hurling objects through the air like deadly missiles.

The strongest tornadoes have rotating winds of more than 250 mph. Tornadoes can be one-mile wide and stay on the ground for more than 50 miles.

"It is important to be prepared and also be aware when a tornado might be imminent," Hallenbeck said. "Know the difference between a tornado watch versus a tornado warning because you may only have a short time to react."

See TORNADO, page 14

## NBAF construction project to begin in May

Officials estimate project's construction completion in December 2020

K-STATE MEDIA

MANHATTAN, Kan. — May will likely mark the start of the five-year construction to build the National Bio and Agro-defense Facility, or NBAF.

On March 3, the U.S. Congress passed a bill that included the remaining \$300 million to complete the \$1.25 billion premier animal disease research laboratory. Construction on the lab's central utility plant has been underway since 2013 and is about 90 percent complete.

The federal research lab will be on the northeast edge of Kansas State University's Manhattan campus.



K-STATE MEDIA

National Bio and Agro-defense Facility, or NBAF, will be located on the northeast edge of Kansas State University's Manhattan campus.

"NBAF is needed to confront foreign animal diseases that threaten America's agricultural economy and food supply," said Ron Trewyn, the university's NBAF liaison. "Building this lab is long overdue."

Construction of the lab will begin in May, with construction efforts projected to peak in 2018 and 2019 when

more than 875 construction personnel will be on site each day for several weeks. Lab construction is slated for completion in December 2020, but will likely take two years or more after that before NBAF is fully operational.

Once lab operations begin, the research facility will have about 400 employees and generate \$3.5 billion

into the Kansas economy in the first 20 years of operation.

NBAF will be the U.S. Department of Homeland Security and the U.S. Department of Agriculture's foremost animal disease research facility. The biosafety level-3 and 4 laboratory will research emerging, high-consequence livestock diseases that





COMMUNITY CORNER

# Remember helpful tips when making plans for St. Patrick's Day

By Col. Andrew Cole  
GARRISON COMMANDER

Wearing the green of St. Patrick's Day is one of the opening stanzas of spring, even if you're not Irish.

It can be a fun day to celebrate with friends and family. It is not the occasion to endanger others or threaten careers with over-consumption of alcohol then driving.

Elsewhere in this issue is an update on the potential risks of drinking and driving from the perspective of the Fort Riley Directorate of Emergency Services. Suffice it to say that getting intoxicated drivers off the roadways is job one for police, both on-post and off.

Whether your plans include attending a parade, festival, going to a friend's house, celebrating at a local bar or hosting a party, I want to remind everyone to designate a sober driver before alcohol is consumed.

According to the Centers for Disease Control and Prevention, in 2012, 10,322 people were killed in alcohol-impaired driving crashes, accounting for one-third of all traffic-related deaths in the United States. Of the 1,168 traffic deaths among children ages 0 to 14 years in 2012, 239 involved an alcohol-impaired driver. Of the 239 child passengers ages 14 and younger who died in alcohol-impaired driving crashes in 2012, over half were riding in the vehicle with the alcohol-impaired driver.

These are just a few of the dreary statistics associated with drinking and driving, and they do not even account for the ruined careers and lives associated with them.

Please consider the following tips before making your St. Patrick's Day plans:

- Designate a sober driver or have an alternate transportation

plan before the party begins.

- If you don't have a designated driver, ask a sober friend for a ride home; call a cab, friend or family member to come and get you; or just stay where you are and don't drive until you are sober.

- Never let a friend drive drunk. Arrange a safe way for them to get home.

- Don't ride in a vehicle with a driver who is intoxicated.
- Always buckle up. It's still your best defense against drunk drivers.

If you are hosting a party:

- Make sure all guests designate sober drivers in advance or help arrange alternate transportation.

- Serve plenty of food and non-alcoholic beverages at the party.

- Stop serving alcohol a few hours before the end of the party and begin serving coffee and dessert.

- Keep the phone number of local cab companies available and take the keys away from anyone who is thinking of driving drunk, and get them a cab ride home.

According to the National Highway Traffic Safety Administration:

- A person can be held liable and prosecuted if someone he or she served ends up in a drunk-driving crash.

- If an underage person drinks and drives, parents may be held liable for any damage, injury or death caused by the underage driver.

- Parents or other adults who provide alcohol to or host a party where alcohol is available to those younger than 21 could face jail time.

**TAKE THE RILEY RIDE**



Colonel Cole

Soldiers and dependents on post also can take Riley Ride, a shuttle service between Fort Riley and Manhattan, which operates from 10 p.m. to 2 a.m. Friday and Saturday nights.

The Riley Ride bus picks passengers up at several locations on post, like barracks buildings and common areas, including the Warrior Zone and Custer Hill Bowling Center. The Manhattan stop is located at 12th Street and Bluemont Avenue.

Soldiers and dependents can purchase tickets on the bus or at the Leisure Travel Center. Tickets cost \$5 for two rides or \$10 for five rides, and must be paid in cash.

A noncommissioned officer is stationed on the bus throughout the night to verify the eligibility of passengers, maintain order and ensure the safety of passengers, as well as others on the road.

For a full schedule of Riley Ride stops and times, visit [www.rileymwr.com/itr](http://www.rileymwr.com/itr).

For more information about Riley Ride, call the Leisure Travel Center, from 10 a.m. to 5 p.m., Monday to Friday, at 785-239-5614.

As with any weekend, the Fort Riley Police Department will have a presence on the installation to monitor for safety on the roads. For Soldiers, getting a DUI also involves their chain of command, which can affect their career.

So my advice to you is: Do not drive impaired and risk a driving under the influence charge – or worse, injuring yourself or others.

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



Giovanni Rey (left), Dodge City Youthville resident talks with Trooper Carlos Beltran, Commanding General's Mounted Color Guard, while visiting Fort Riley March 6 during the International and Operational Law Office of the Staff Judge Advocate-sponsored tour of Fort Riley. "It feels really good to be here. It makes me want to go do what they are doing," Rey said.

## Dodge City teen group visits Fort Riley

Story and photo by  
Staff Sgt. John H. Johnson III  
1ST INF. DIV. PUBLIC AFFAIRS

The Operational Law Office of the Staff Judge Advocate, 1st Infantry Division, sponsored a tour March 6 to assist 15 teenagers from the Dodge City Youthville group to learn about military life.

The youth participated in the event as part of a rehabilitation program to help transition them back into society.

"This is for kids who are in the juvenile justice authority system who have been part of the Department of Corrections because of trouble with the law," Robert Deleon, campus director for the Dodge City Youthville, said. "They are brought to us to live on our campus so we can help

them."

Deleon said he wanted to bring the teenagers to Fort Riley to show them something positive.

"Instead of taking them to a scared-straight program in a prison, which is just negative, I'd rather bring them to a military installation like Fort Riley that'll show them that there is so much more out there for them."

The law office assisted in taking the kids to the Commanding General's Mounted Color Guard, Fort Riley museums, a 1st Combat Aviation Brigade hangar and other places throughout Fort Riley.

"We were excited about this opportunity, and we just took on the task to organize it and sponsor it," said Capt. Stacy Birkel, chief of Interna-

tional and Operational Law Office of the Staff Judge Advocate, 1st Inf. Div. "We just love opportunities to give back to the community."

Giovanni Rey, Dodge City Youthville Group resident, visited Fort Riley during the sponsored event to tour the post.

"It feels really good to be here," Rey said. "It makes me want to go do what they are doing."

Staff Sgt. Daniel Snyder, CGMCG, gave the stable tour during the group's visit.

"I think it is amazing that we get to take part in their life so that they get to see what we do for the division," Snyder said. "It should help them out in the future, too. It's good for them to know that the Army is an option to help them progress in their lives."

## 'Oh the Places' a service dog will go

Library's Read Across America event draws 200 patrons, plus Louie

By Cheyanna Colborn  
1ST INF. DIV. POST

More than 200 patrons attended a Read Across America party hosted at the Fort Riley Library March 7, an event at which a service and therapy dog named Louie made an appearance to help the children.

The event was part of the National Education Association's annual Read Across America Day, an annual reading motivation and awareness program that calls for every child in each community to celebrate reading. Read Across America also celebrates the birthday (March 2) of children's author Dr. Seuss.

Louie, joined by his handler Paige Dixon, is a Shih Zhu and is trained to help with post traumatic stress disorder, anxiety and depression. His presence served to help the children understand the value of dogs like Louie.

Dixon said that Louie was an emotional support dog and that while he helps others learn, he also helps her family. Dixon said she was glad to come to the event. Louie just checked everyone out and ended up taking a nap while at the library.



FORT RILEY LIBRARY

More than 200 patrons, along with a therapy support dog named Louie, attended a Read Across America party hosted March 7 at the Fort Riley Library.

Librarian Michelle Pedernana said her team had read a few articles on service and therapy dogs and how they were used with people with PTSD. The team was trying to come up with an idea for Read Across America and thought it would be a good idea to bring a dog to the event. To further the education of the children, there were information and coloring

pages of service dogs for them to complete.

To recognize the birthday of Dr. Seuss, Pedernana read "Oh the Places You'll Go" by Dr. Seuss.

**FAMILY ADVOCACY PROGRAM**



**April 18**  
**2PM**  
**MAIN EXCHANGE**

**Family Fashion Show**



**Spring Into Fashion!**

Parents and kids, show off your spring outfits! Walk down the runway in your "Sunday best," athletic wear or something blue, in support of Child Abuse Prevention Month. Parents and expectant parents are invited. Clothing provided by the Exchange. Open to the public!

Sign up by contacting the Family Advocacy Program; registration deadline is March 31.



**785.239.9435**







David Bernard-Stevens, JCHS teacher and orchestra director, leads Junction City High School students at a performance at Custer Hill Elementary School March 5.

## Chamber orchestra performs on post

JCHS conductor:  
Concerts a way for  
group to give back

Story and photos by  
Cheyanna Colborn  
1ST INF. DIV. POST

Members of the Junction City High School Chamber Orchestra performed at several schools at Fort Riley March 4 and 5. Each day, around 15 students of the 30-member orchestra traveled to Fort Riley via bus to play their instruments and show what they have learned during the school year.

David Bernard-Stevens, JCHS teacher and orchestra director, said that performing concerts allows students to both give back to the community and create excitement about learning to play an instrument, ultimately helping to recruit future musicians.

While at Custer Hill Elementary School March 5, with all elementary students in attendance, the orchestra played a classical piece. JCHS Chamber Orchestra also demonstrated different sounds each instrument makes. Individual students were able to demonstrate how some instruments can be played with a bow or by picking the strings. The event ended with the students playing an orchestral version of "Dynamite," which is normally performed by



Jordan Dombrowski, 14, and freshman at Junction City High School plays the cello at Custer Hill Elementary school.

Taio Cruz, which turned into a school-wide sing-along.

Cellist Jordan Dombrowski, 14, and freshman at JCHS, said she enjoyed performing on post. Dombrowski was born in West Point, New York, and has lived in a variety of places because her dad is in the Army.

"It is fun to see how we as an orchestra affect people in this community," Dombrowski said. "To see young children learning things about things we have already been doing. You see how much music affects people."

Bailey Kappel, 14, and freshman at JCHS, played the violin.

"My little brother is in kindergarten and it is nice to see all the joy us playing brought," Kappel said. "I just love playing."

# Next stop ... Staycations and Destinations

## Expo offers families day out, provides vacation ideas

Story and photos by  
Cheyanna Colborn  
1ST INF. DIV. POST

The Fort Riley Directorate of Family and Morale, Welfare and Recreation hosted a tourism and travel expo, Staycations and Destinations, at Marshall Army Air Airfield March 7.

The hangar was packed with dozens of vendors, demonstration areas and activities for children and adults. Hundreds of people, military and civilians, attended.

Chris Mullins, DFMWR programmer and lead for Staycations and Destinations, said that after he was hired in December, he immediately began planning for the event. The day of the expo, Mullins said it was great to see everyone getting so excited.

Mullins said that people often think of Kansas as being flatlands with horses and buggies, and people often claim there is nothing to do in the state.

"There is a lot more to do in Kansas than what meets the eye, and this event was good for Soldiers coming on post to know what Kansas has to offer. There is a lot of history and nature in Kansas and great places to go."

Additionally, there was a scavenger hunt for all attendees. The hunt gave clues to lead them to various booths. Anyone who successfully completed the scavenger hunt was entered into a drawing for prizes.

The giveaways included VIP Country Stampede tickets, a stay at Chateau Avalon and a two-night stay at the Kansas City Holiday Inn which also includes two tickets to Worlds of Fun.

There were also interactive demonstrations throughout the day including one about raptors presented by the Milford Nature Center, another on mammals by Rolling Hills Zoo and Kansas Wetlands Education Center had a dem-



Victoria Cortes (right) listens as Milford Nature Center seasonal naturalist, Stephanie Vail-Muse, speaks to her about the live bird she is holding.

"There is a lot more to do in Kansas than what meets the eye, and this event was good for Soldiers coming on post to know what Kansas has to offer."

CHRIS MULLINS | DFMWR

onstration on reptiles and amphibians.

Other activities attendees took part in included a fish tank provided by the Public Works - Environmental Division and Fort Riley Outdoorsman Group, so children could practice their fishing skills.

The Fort Riley Auto Cross Club had two cars and two karts on display.

The Kansas Bow Hunter Association brought bows and targets for people to practice archery.



Photos by Cheyanna Colborn | POST Staff Sgt. Bo Feitshans, (far right) treasurer for Better Opportunities For Single Soldiers volunteers by helping 6-year-old Natalie Hockensmith catch a fish at Staycations and Destinations. Hockensmith's dad, Sgt. Travis Hockensmith, combat engineer in 1st ABCT, 1st Inf. Div., said that he and his family attended the event because they are looking for vacation ideas because he is getting ready to start block leave following his redeployment. The fishing tank and supplies were provided by Public Works - Environmental Division and Fort Riley Outdoorsman Group.



Eli Witcher (right), 3, and Kendall Witcher, 7, pet a snake while a handler from Kansas Wetlands Education Center holds the reptile. The Witcher family has been stationed at Fort Riley since January. Kathleen Witcher, military spouse, said this is the second time her husband has been stationed here and that they are excited to see some of things they never got around to see the last time they were stationed in Kansas.

## K-State professor's patented process builds better semiconductors



Jim Edgar, university distinguished professor of chemical engineering at Kansas State University, has received a patent for his process that can build better semiconductors and improve electronic devices.

### Edgar's research may improve electronic devices, help industry

K-STATE MEDIA RELATIONS

MANHATTAN, Kan. — Through a surprise research discovery, a Kansas State University chemical engineer has found the icing on the cake for electronic devices.

Jim Edgar, university distinguished professor of chemical engineering, has received a patent for his invention "off-axis silicon carbide substrates," which is a process for building better semiconductors.

The research may help improve electronic devices and

could benefit the power electronics industry and manufacturers of semiconductor devices.

Electronics are made of semiconductors crystals that must be layered perfectly for the electronic device to work.

"It's like a stacked cake separated by layers of icing," Edgar said. "When the layers of semiconductors don't match up very well, it introduces defects. Any time there is a defect, it degrades the efficiency of the device."

Edgar's research has developed a better way to build semiconductors and layer them to

minimize potential defects — an important discovery for manufacturers.

Edgar describes the research discovery as serendipitous. Several years ago, when Yi Zhang, a 2011 doctoral graduate in chemical engineering, was working in the laboratory, she found a substrate sample that was very smooth.

Collaborative researchers at the State University of New York at Stony Brook and the University of Bristol in the United Kingdom later confirmed the layer's presence and

proved that it had fewer defects than on the standard substrate.

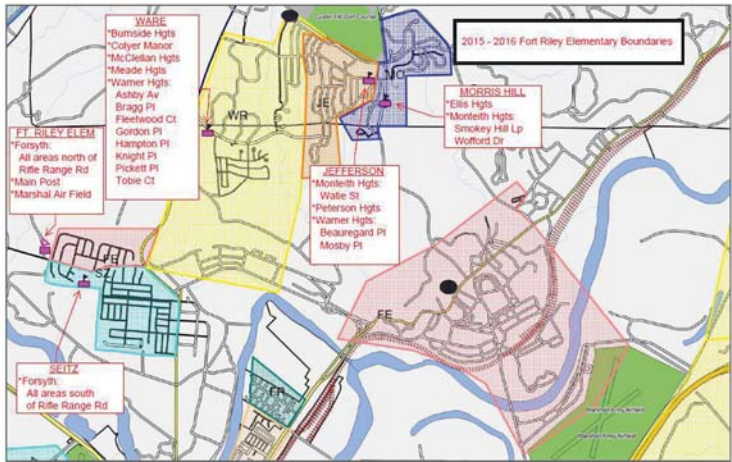
"We have applied this process to other systems," Edgar said. "We are working on verifying that it is not just these specific materials we started with, but that it can be applied to a lot of different materials."

Some of Edgar's latest research focuses on two different boron compounds: boron phosphide and icosahedral phosphide.

The researchers received support from the National Science Foundation.



2015-2016 – Fort Riley Elementary Attendance Boundaries



Parents with elementary school children (Grades K-5) living on Fort Riley will enroll their student at the following locations according to areas, unit numbers or streets. The new boundaries provide flexibility for student transfers.

BOUNDARIES Continued from page 11

USD 475 has more planning to do; this is one phase of the transition process. With the addition of the new Fort Riley Elementary School this coming school year, completion of Fort Riley Middle School, the earlier addition of Seitz Elementary School, and the expansion of Ware Elementary School, USD 475 and

Fort Riley are committed to educational excellence. These new changes provide new opportunities for learning that were not available just three years ago. Additional information will be coming over the next several months. For more information, contact Hugh Davis at 785-717-4066.

<b>Fort Riley Elementary at 28000 Rifle Range Road</b> <ul style="list-style-type: none"><li>Forsyth:<ul style="list-style-type: none"><li>All areas north of Rifle Range Road</li></ul></li><li>Historic Main Post including Barnes and Kimball Hall (guest houses)</li><li>Marshall Air Field – Ray Road</li></ul>	<b>Ware Elementary</b> <ul style="list-style-type: none"><li>Colyer Manor</li><li>Burnside Heights</li><li>McClellan Heights</li><li>Meade Heights</li><li>Warner Heights<ul style="list-style-type: none"><li>Ashby Ave.</li><li>Bragg Place</li><li>Fleetwood Ct.</li><li>Gordon Place</li><li>Hampton Place</li><li>Knight Place</li><li>Pickett Place</li><li>Tobie Ct.</li></ul></li></ul>
<b>Jefferson Elementary</b> <ul style="list-style-type: none"><li>Monteith Heights:<ul style="list-style-type: none"><li>Watie St.</li></ul></li><li>Peterson Heights</li><li>Warner Heights:<ul style="list-style-type: none"><li>Beauregard Place</li><li>Mosby Place</li></ul></li><li>Will Hall (guest house)</li></ul>	<b>Seitz Elementary</b> <ul style="list-style-type: none"><li>Forsyth:<ul style="list-style-type: none"><li>All areas south of Rifle Range Road</li></ul></li></ul>
<b>Morris Hill Elementary</b> <ul style="list-style-type: none"><li>Ellis Heights</li><li>Monteith Heights:<ul style="list-style-type: none"><li>Smokey Hill Loop</li><li>Wofford Drive</li></ul></li></ul>	



Nutrition remains important element for brain health

Brain's declining performance not only due to advancing age

**DID YOU KNOW?**

- The brain uses more than 50 percent of the carbohydrates that individuals consume.

ANS

FORT LEE, Va. – In recognition of National Nutritional Awareness Month and Brain Injury Awareness Month, here is some nutritional information for that grey matter between your ears.

The human brain is the most complex structure in the universe with countless neurons. The brain has the ability to hold more information than all the libraries in the world. However, people do not always feel as if their brains are up to speed, especially as they reach their senior years. A brain's declining performance is not only due to age. Nutrition and health are important for keeping the most important "muscle" in the body healthy.

For starters, do not skimp on the carbohydrates. The Acceptable Macronutrient Distribution Range, or carbohydrates, is 45 to 65 percent of the daily caloric requirement. While people constantly view carbs in a negative light, they often forget how important they are for exercise and the brain. The brain is only about 2 percent of an individual's total body weight, but it is a very greedy organ.

The brain uses more than 50 percent of the carbohydrates that individuals consume. The brain also is picky. The only source of energy the brain wants is that which comes from carbohydrates. People may find that as the brain is deprived of carbohydrates, thinking becomes difficult and memory fades. These symptoms are present in a state known as hypoglycemia.

Drink water. The average adult needs roughly two to three quarts of water per day, or much more if exercise is performed regularly. Being properly hydrated allows the hypothalamus, a key part of the brain, to regulate body temperature. The hypothalamus uses a variety of cues that tell the blood to shunt away from the core (in the presence of heat) and shunt blood to the core (in the presence of freezing temperatures).

If one is not properly hydrated, the blood is thicker and has a slightly lower volume. With temperature regulation hindered, the brain's temperature will increase in hot environments, bringing about a possible heat illness. Heat exhaustion and heat stroke can cause muscle fatigue, dizziness, vomiting and even death.

To wrap things up, people should make sure to eat for success every day. Not only will their bodies appreciate it, so will their minds.

TORNADO Continued from page 11

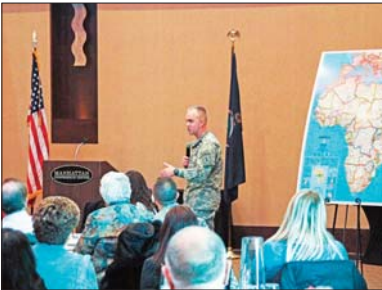
According to the National Weather Service:

- Listen to local news or National Oceanic and Atmospheric Administration Weather Radio for emergency updates. Watch for signs of a storm, like darkening skies, lightning flashes or increasing wind.
- If you can hear thunder, you are close enough to be in danger from lightning. If thunder roars, go indoors. Don't wait for rain. Lightning can strike out of a clear blue sky.
- Avoid electrical equipment and corded telephones. Cordless phones, cell phones and other wireless handheld devices are safe to use.
- Keep away from windows.
- If driving, try to safely exit the roadway and park. Stay in the vehicle and turn on the emergency flashers until the heavy rain ends.
- If you are outside and cannot reach a safe building, avoid high ground; water; tall, isolated trees; and metal objects such as fences or bleachers. Picnic shelters, dugouts and sheds are not safe.

"While tornado numbers the last two years have been below average, the National Weather Service is urging us all to avoid feeling complacent," Hallenbeck said. "Developing a plan for you and your family and putting that plan into discussion and practice with frequent drills is important. Have a family emergency kit ready, and be sure to have a way of receiving severe weather information and alerts."

Fort Riley provides several alert systems to communicate storm threats, and the installation was declared Storm Ready by the National Weather Service in the fall of 2013 as a result.

For more information about how to build a kit, make a plan or receive severe weather alerts at Fort Riley, visit [www.riley.army.mil/Community/Ready-Army.aspx](http://www.riley.army.mil/Community/Ready-Army.aspx).



Capt. Keith E. Thayer | 4TH IBCT  
Col. Peter Minalga, commander of 4th IBCT, 1st Inf. Div., speaks to Manhattan Military Relations Committee luncheon attendees March 4 at the Hilton Garden Inn in Manhattan, Kan. The event allowed Minalga to highlight unique aspects of the brigade's regionally aligned force mission.

DRAGON Continued from page 11

"I would definitely say that our Soldiers knowing that their efforts, hard work and training being highlighted to their community provides them a sense of value," said Capt. Matthew Fox, a battery commander with the 2nd Battalion 32nd Field Artillery Regiment. "It gives them justification and adds meaning to some of the things we do."

Before conducting operations in Africa, the brigade partnered with Kansas State University to create Dragon University – a program that helped train the Soldiers on what they could expect in the African countries to which

they were deploying.

"If it had not been for K-State, we could not have made it as professional and rewarding as it was for our Soldiers," Minalga said. "They got a true appreciation from some of the students and the faculty for what they were going to encounter on the continent of Africa. They embraced it. The Soldiers loved it. They chomped at the bit because they were excited, once they had some of these classes from K-State, to get out and see what Africa was about."

The significance of Fort Riley's close relationship with the Manhattan community was evident at the luncheon.

"Today was a little bit about 4th Brigade and the Dragon Soldiers, but it's also about the community relationships and partnerships," Minalga said.

**NOW SHOWING**

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

**FRIDAY, MARCH 13**  
• Spongebob Squarepants Movie: Sponge Out of Water 3D (PG) 7 P.M.

**SATURDAY, MARCH 14**  
• Spare Parts (PG-13) 2 P.M.  
• Seventh Son 3D (PG-13) 7 P.M.

**SUNDAY, MARCH 15**  
• Spongebob Squarepants Movie: Sponge Out Of Water (PG) 5 P.M.

For more information, call  
**785-239-9574**



# Sports & Recreation

## IN BRIEF

**BOWLING SPECIALS**  
Pizza and Salad Buffet  
Monday to Friday, 11 a.m. to 1p.m., \$6.99.  
• Afternoon Specials  
Monday to Friday, 11 a.m. to 1:30 p.m., \$2 games, \$2 shoes.  
Wednesday to Friday, 1 to 6 p.m., \$2.50 games, \$2 shoes.  
Saturday, 11 a.m. to 6 p.m., \$2.50 games, \$2 shoes.  
Sunday, Family Fun noon to 6 p.m., \$35 per lane, 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 6 to 9 p.m., \$1 games, \$1 shoes.  
Thursday, Quarter Mania, 6 to 9 p.m., \$5 cover, includes shoes, 50¢ games.  
Friday, Red Pin, 6 to 9 p.m., \$10 for three games with shoes and prizes. Extreme, 9 p.m. to midnight, \$9, includes shoes and up to three hours of bowling, \$7 for children.  
• Saturday  
Extreme, 6 p.m. to midnight, \$9, includes shoes and up to three hours of bowling.

**INTRAMURAL VOLLEYBALL, SOCCER**  
Intramural volleyball and soccer leagues begin March 23.  
For both leagues, registration is free and open to company-level teams of active-duty Soldiers. Registration deadline is March 17. Leagues run through April 20. Both leagues qualify for Commander's Cup points. Call 785-239-2813.

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

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

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

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

**LOOKING FOR A WAY TO SERVE VETERANS?**  
Need a workout partner? Want to get more involved in the community? Team Red, White and Blue is a national veterans outreach organization with the mission of enriching the lives of America's veterans by connecting them to their community through physical and social activity.  
For more information about Team RWB, visit [www.teamrwb.org](http://www.teamrwb.org). For upcoming local chapter events with Team RWB Fort Riley, search "Team RWB Fort Riley" on Facebook.

**SKET AND TRAP CLINIC**  
A skeet and trap introductory clinic is offered by appointment only to learn the basics of the sport of shooting. Rental gun, ammunition and personal protective equipment are provided. Cost is \$11.25 per round and \$6.25 for ammunition. For more information, call Outdoor Recreation at 785-239-2363.

**GOLF COURSE HOURS**  
Winter hours: The golf course is open 9 a.m. to 5 p.m. Monday to Friday, and from 8 a.m. to 5 p.m. Saturdays, Sundays and holidays. Follow [@custerhillgolf](https://twitter.com/custerhillgolf) on Twitter for up-to-the-minute happenings with closures.



Photos by Maria Betzold | POST  
Spc. Derek Slaughter (second from left), 1st Squadron, 4th Cavalry Regiment, 4th Infantry Brigade Combat Team, 1st Infantry Division, tries to shoot the ball while Pfc. Isaac Wommack (23) and Pvt. Reginald Brown (34), both with 258th HR Company, 1st Sustainment Brigade, 1st Infantry Division, try to block Slaughter's shot. Slaughter's team won by one point, 43-42.

## Hoopin' It Up



Pfc. Eric Youngblood (11), 1st Sqdn, 4th Cav. Regt., 4th IBCT, 1st Inf. Div., and Pvt. Reginald Brown (34), 258th HR Company, 1st Sust. Bde., 1st Inf. Div., fight for a rebound during a March 5 basketball game at Whitside Fitness Center.



Spc. Dominique Dennard (7), 1st Sqdn, 4th Cav. Regt., 4th IBCT, 1st Inf. Div., drives toward the basket for a lay-up while Spc. Calvin Inman (10), 258th HR Company, 1st Sust. Bde., 1st Inf. Div., defends him. Dennard's team won by one point, 43-42.

## Female athletes prepare for summer Olympics



SCREEN SHOT  
Spc. Melissa Parker works out on a punching bag during an episode of iSoldier featuring the World Class Athlete Program in Colorado Springs, March 7. The World Class Athlete Program boxer is a hopeful for next year's Olympic games.

By David Vergun  
ARMY NEWS SERVICE  
WASHINGTON – Three female Soldiers have their sights set on going to the Olympics next summer in Brazil – two boxers and one wrestler.  
Gail McCabe, of Army Broadcasting, interviewed the Soldiers and others March 3 - 5 in Colorado Springs, Colorado, where they are training, as part of the Army's World Class Athlete Program, or WCAP. McCabe's interview with the WCAP chief, Willie Wilson,

can be viewed on the iSoldier program on YouTube. It can also be watched on the ARNEWS video player.  
All three of the female Soldiers expressed a great deal of commitment and passion for their sport and for the Army, McCabe said. "They want to become Olympians," she said. "They're very proud that they're able to represent the Army and that they're Soldiers as well."  
The two boxers are Spc. Alexandra Love, who is in the 112-pound weight class, and Spc. Melissa Parker, a member of the 132-pound class. The wrestler is Staff Sgt. Iris Smith, who happens to also be a two-time national champion.  
The training for all three of them is really intense, she said, with a typical training day being from 8 a.m. to 5 p.m. During that time, they lift weights, practice their sport and receive mental training, which allows them to focus and keep positive.  
"All of these women have a strong competitive edge. They want that medal," McCabe said.  
See OLYMPICS, page 16

## Wounded warriors show healing power of sports

Story and photo by  
Pamela Kulokas  
ARMY NEWS SERVICE

FORT BENNING, Ga. – Wounded warriors all have injuries. Some are apparent, such as a missing limb or visible scar, other wounds are not so obvious. But it is not the disability that defines them, it is their ability to adapt to extreme challenges successfully, like they did at the 2015 Army

Regional Trials here.  
"They've all been doing a great job," said Scott Winkler, two-time Paralympian and field coach. "They've been pushing their bodies. Actually, every day they get better and better. If you believe, you can achieve anything you want in life."  
The 30 Soldiers and veterans from Fort Stewart, Georgia; Fort Gordon, Georgia; Fort Campbell, Kentucky;

and the Fort Benning community, who competed in the Southern Regional Medical Command's East regional trials, Feb. 23-27, demonstrated competitive sports can be a powerful catalyst in the rehabilitation and healing process.  
After many months of training, participants were put through a rigorous qualification process in track and field, air rifle, air pistol, cycling,



Retired Sgt. 1st Class Kevin Holland ignites the track at Lake Bottom Park, Feb. 23, during the Fort Benning 2015 Army Regional Trials.

See TRIALS, page 16

# Army shooter wins gold, earns Olympic quota slot

By Sgt. 1st Class Raymond Piper  
USAMU PUBLIC AFFAIRS

FORT BENNING, Ga. – U.S. Marksmanship Unit shotgun shooters led Team USA to gold and bronze medal victories for Men’s Double Trap during the 2015 International Shooting Sports Federation Shotgun World Cup in Acapulco, Mexico, March 5.

Sgt. 1st Class Jeff Holguin’s 52-target shoot-off against teammate Sgt. Derek Haldeman placed him in the gold medal match against China’s Hu Binyuan.

“I didn’t know if I was ever going to make it,” Holguin told reporters after the match. “First the qualifications, then the semi-final, a shoot-off, the medal match, and another shoot-off ... I don’t know how many targets I had to break. It has been tough, but



Jim Steers | ANS

Sgt. 1st Class Jeff Holguin won gold and brought home the second and final Men’s Double Trap Olympic quota slot during the International Shooting Sport Federation Shotgun World Cup in Acapulco, Mexico, March 5.

I was confident all the way through.” The gold-medal competitors would tie with 28 hits, and Holguin went into his second shoot off of the day. He would come out ahead eight

to seven – winning the gold medal. “After the semi-final, during the shoot-off with my teammate Haldeman, for a moment I thought I was going to be tired at the end, but I stopped myself immediately, because I knew it was going to hurt me,” Holguin said.

He explained that the last time he went through a long final, similar thoughts led him to perform poorly in the medal match. He said this time he told himself he was shooting great and to keep going.

The victory earns the United States its second and final Olympic quota slot for Men’s Double Trap. Sgt. 1st Class Josh Richmond earned the first quota in the 2014 International Shooting Sport Federation, or ISSF, World Championship in Granada, Spain. Slots are awarded to national teams based on wins at qualifying

international marksmanship events. Team members will be selected by a national committee before the 2016 games. A shooter can earn a spot on the team through points by winning international competitions.

“At least one Olympic quota will go back to our selection process, so we have to shoot for it back home,” Holguin said. “But if one of us can do really well at World Cups this year, he can qualify for one of the two quota spots by points. I just got a pretty good score today, I believe, so this has been a very good first step.”

Holguin is scheduled to compete in the next two ISSF Shotgun World Cups in Al Ain, United Arab Emirates, and Larnaca, Cyprus.

During his first World Cup final, Haldeman met and beat Kuwait’s 2000 Double Trap Olympic bronze medalist and 2012 Trap Olympic Sil-

ver medalist Fehaid Aldeechani in the bronze medal match. The two medal contenders ended up tied with 28 hits each at the end of the round, and it was once again a shoot-off – leading to Haldeman’s victory with 12 to 11 hits.

2008 Olympic Gold Medalist Staff Sgt. Glenn Eller, Team USA’s third semi-finalist, finished in sixth place with 25 hits, while Great Britain’s first-time finalist Matthew French closed the semi-final in fifth with 26 hits.

USAMU is part of the U.S. Army Accessions Brigade, Army Marketing and Research Group, and is tasked with enhancing the Army’s recruiting effort, raising the standard of Army marksmanship and furthering small arms research and development to enhance the Army’s overall combat readiness.

## OLYMPICS Continued from page 15

In addition to their training, which is considered a full-time job, they also have to meet all of their military requirements, she added.

Besides normal military requirements, including physical fitness tests and inspections, they also visit schools and attend special events where they represent the Army to the local community, she said.

During these special event visits, young girls come up to them and want to talk, McCabe said. They look at these Soldier athletes as female role models.

Smith, 35, is the oldest of the three, McCabe said. She realizes that this is her last shot at making the Olympics because of her age and like the others, she is giving it her all.

To make it to the Olympics, the three must compete at a number of state and national events and when it is all over, the Olympic committee will make the final selection, she said.

The thing that sets the three apart from other athletes, McCabe said, is that they developed a high level of confidence that they

didn’t have prior to joining the Army. “Being part of this sports training program has given them an even higher level of confidence in themselves and what they can accomplish.”

Their coaches believe these women have what it takes to make it and they are highly confident that they will, she said.

The three Soldiers will be featured in separate iSoldier segments during the next month, the show’s producer said.

Besides the female Sol-

diers, McCabe also spoke with Marko Lara, who is trying out for the men’s wrestling team. Lara enlisted in the Army and is now an NROTC cadet, she said.

In her interview with the WCAP director, Wilson said that since 1997, WCAP has developed 65 Soldier-athletes who became Olympians.

Wilson related to her that the Army has a long history of producing Olympians, dating from the early 20th century. 1st Lt. George Patton competed in the pentathlon in the 1912 Olympics. He would

later become a famous general during World War II.

And now, these female Soldier-athletes have a chance to make history as well, McCabe said.

### OTHER ISOLDIER SEGMENTS

In addition to the interview with the WCAP chief, the recent iSoldier features two other news segments:

One shows Operation Spartan Pegasus, in which Soldiers of the 40th Cavalry Regiment, 25th Infantry Division, jump into Dead Horse, Alaska – the

closest U.S. Army airborne operation to the Arctic Circle in 10 years.

The other, Operation United Assistance, features Maj. Gen. Gary Volesky and the 101st Airborne Division headquarters casing their colors in Liberia and heading home to Fort Campbell, Kentucky, at the completion of their humanitarian assistance mission to help West African nations affected by the Ebola outbreak.

Sgt. Rachel Badgeley produced the newscast and Sgt. Audrey Santana anchored the program.

## TRIALS Continued from page 15

“Sports help you mentally, physically and emotionally,” Winkler said. “Everybody has hidden talent in their body, it’s just learning where it’s going to come out.”

For Sgt. Joshua Wirth of Fort Gordon, participating in adaptive reconditioning has brought a positive energy and outlook on life, he said.

“I don’t know what it is about competitiveness, but if I can’t compete, it kills me,” Wirth said. “When you compete with other people, even if you

lose, if you do your best, you feel good when you leave.”

Staff Sgt. Gregory Quarles of Fort Benning’s WTB, was also aided in his recovery by competitive sports.

“[After] being injured and then taken out of being a leader, having a mission and a job to do, I kind of felt like I didn’t have a place or a purpose,” he said. “Being able to do the adaptive sports and compete has given me that feeling again like I have a purpose and a belonging. It takes my mind off of

the injuries and what I can’t do, and makes me focus on and push toward what I can do.”

Quarles, who has been training for four months for the regional trials on Fort Benning, said he enjoys the camaraderie and boosted morale he feels being with other wounded warriors.

“You don’t always talk about your [injuries], but you know each one of you has things wrong and you’re able to come together,” he said. “It’s real inspiring, it gives me a lot of hope and

makes me feel a lot better.”

Lt. Col. Elaine Freeman, WTB commander, actively attended sporting events throughout the week and congratulated all participants in the regional trials.

“I’m extremely proud of all of our Soldiers and veterans that are here to compete,” she said. “For some, the goal was to participate this week, for others it will be to ultimately make the Army’s Warrior Games team. I’m confident that through adaptive sports,

they will become better husbands and wives, mothers and fathers, and they will be able to successfully accomplish whatever goals they set now and in the future.”

Regional trial scores are being evaluated to decide who will advance to the next round of competition. The 2015 Army Trials will take place on Fort Bliss in El Paso, Texas, from March 29 to April 2, to determine who will compete this summer in the 2015 Department of Defense competition.





