

THE **1**ST INFANTRY DIVISION POST

1DivPost.com

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FORT RILEY, KAN.



Maj. Gen. Paul E. Funk II



Brig. Gen. Eric J. Wesley

## Big Red One preparing for leader changes

1ST INF. DIV.  
PUBLIC AFFAIRS OFFICE

Maj Gen. Paul E. Funk II will hand over command of the 1st Infantry Division later this year to Maj. Gen. Wayne W. Grigsby Jr. The U.S. Army chief of staff announced March 30 that Grigsby will serve as the next commanding general of the 1st Infantry Division and Fort Riley.

An infantryman with more than 30 years of service, Grigsby is commander of Combined Joint Task Force-Horn of Africa. The Task Force supports partner nation military operations in East Africa to neutralize violent extremist organizations.

Grigsby's previous assignments with the division include serving as the "Big Red One's" operations chief from 2003 to 2005 and commander of 1st Battalion, 26th Infantry Regiment, 3rd Infantry Brigade Combat Team, 1st Inf. Div., from 2001 to 2003.

It was also announced March 30 that Brig. Gen. Eric J. Wesley, 1st Inf. Div. senior mission commander and deputy commanding general for support, will next serve as deputy director, program analysis and evaluation, Office of the Deputy Chief of Staff, G-8, U.S. Army, Washington, D.C.

## TANKS ON A PLANE



An M1A1/2 Abrams main battle tank is prepared to load onto a Lockheed C-5 Galaxy March 12 at Salina Regional Airport in Salina, Kansas. The tank was flown to the National Training Center at Fort Irwin, California, as part of an emergency deployment readiness exercise in conjunction with the 2nd ABCT, 1st Inf. Div.'s, training rotation there.

## Soldiers, Airmen exercise rapid deployment capabilities

Story and photos by  
Staff Sgt. Jerry Griffis  
1ST INF. DIV. PUBLIC AFFAIRS

SALINA, Kansas — The 1st Infantry Division's 2nd Armored Brigade Combat Team did something unprecedented for a Fort Riley unit on March 12.

For the first time and within a short amount of time, Fort Riley transported an M1A1/2 Abrams main battle tank to the National Training Center at Fort Irwin, California, with the help of the Air Force's 433rd Airlift Wing out of Joint Base San Antonio-Lackland, Texas, on a Lockheed C-5 Galaxy.

"The emergency deployment readiness exercise is really to show that even though we are an armored brigade combat team, we still have rapid deploy capability," said Capt. Brian Kossler, commander of Company D, 1st Battalion, 18th Infantry Regiment, 2nd ABCT, 1st Inf. Div.



A loadmaster guides an M1A1/2 Abrams main battle tank onto a Lockheed C-5 Galaxy March 12 at Salina Regional Airport in Salina, Kansas. The tank was being loaded onto the aircraft as part of an emergency deployment readiness exercise to demonstrate the deployment capabilities of heavy units located at Fort Riley.

The EDRE was part of the beginning phase in deploying the 2nd ABCT to NTC and could be a game-changer for the "Dagger" brigade and all units training and deploying from Fort Riley.

"The EDRE shows that even though Fort Riley and the 1st Infantry Division are in the middle of the country, we can still get where we need to be and get in the fight quickly," Kossler said.

See **READINESS**, page 8

## 'BRO' unit triumphs in facility hand-off

By Sgt. Takita Lawery  
4TH IBCT PUBLIC AFFAIRS

In preparation for its inactivation April 1 as part of the Army's plan to reduce the overall strength, Soldiers from the 1st Infantry Division's 4th Infantry Brigade Combat Team vigorously prepared and transferred 147 facilities to various units across the division.

Originally directed to transfer facilities in September 2015, Soldiers of the "Dragon" brigade have exceeded the timelines and expectations set early last year.

"Some of the bigger challenges that we initially faced were educating our team on (the Department of Public Works) facility transfer standards and understanding what work they could do themselves or how to go about getting assistance from DPW," said Maj. Forrest M. Taylor III, officer in charge of the 4th IBCT facility transfer project.

What made this a workable task was the quality of personnel and leaders in the 4th IBCT, said James L. McGuire, a DPW industrial engineer technician working with the brigade.

Dragon brigade Soldiers did not act alone, however. The brigade's achievement can be attributed to the hundreds of man hours spent working with Fort Riley's DPW, which is responsible for inspecting and preparing facilities before transferring. It is during that process a number of standards have to be met.

"Fourth IBCT has been professional, inquisitive and collaborative throughout this process," Kyle Ochs, DPW stationing manager, said. "Their ability to push left has been the keystone in giving the 1st Inf. Div. the ability to provide space for activating units."

The key to ensuring facilities were ready for transfer was the training of the brigade's repair and utility personnel. These Soldiers logged immeasurable hours painting offices and motor pools, replacing light fixtures and completing other projects to be in compliance with requirements.

The accelerated divestiture plan allowed Dragon brigade leaders to transfer facilities to

See **TRANSFER**, page 8

## Soldiers host Military Working Dog training

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

Soldiers from the 630th Explosive Ordnance Disposal Company hosted improvised explosive device training for Military Working Dog teams March 2 to 6 on Fort Riley.

The U.S. Army EOD technicians helped five Military Working Dog teams from the 523rd MWD Detachment hone their life-saving skills.

Accompanied by their handlers, three Belgian Malinois and two German Shepherds nosed their way around the simulated battle-

field, locating hidden explosive hazards.

"The MWD teams play a key role in keeping Soldiers safe downrange," said Staff Sgt. Gerald Desmond, the EOD team leader at the exercise. "EOD and military working dogs frequently cross paths as both our jobs involve the detection of improvised explosive devices and explosives."

"Often EOD teams are responding to devices that were found by MWDs, and by training together and understanding the other's role, we can facilitate a much more

See **DOGS**, page 8

### MEETING WITH THE PRESS



1ST INF. DIV. PUBLIC AFFAIRS OFFICE

Maj. Gen. Paul E. Funk II and Command Sgt. Maj. Michael A. Grinston, Combined Joint Forces Land Component Command-Iraq and 1st Infantry Division command team, speak to an Iraqi television news reporter March 22 at Camp Taji, Iraq. Funk and Grinston visited Camp Taji, one of four build partner capacity sites around Iraq, to watch as Iraqi soldiers graduated from a training course led by coalition advisers with CJFLCC-1.

The next USAG Resilience  
Day Off will be:

APRIL

6

### SAFETY HOLIDAY

As of Thursday, April 2

**086**

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

### HIGHLIGHTS

**LAW ENFORCEMENT, 84TH EOD BN, TEAM UP TO DISPOSE OF UNEXPLODED ORDNANCE, PAGE 3.**

### ALSO IN THIS ISSUE

**KIDS DISCOVER FUN-FILLED DAY AT EASTER EGG HUNT, SEE PAGE 9.**

1DivPost.com





2nd Lt. Heather Dunham | STB

A tour guide with the National World War I Museum in Kansas City, Mo., speaks to the members of the STB, 4th IBCT, 1st Inf. Div., and Rivers of Recovery Organization during their joint tour of the museum March 13. The Soldiers learned how their military occupational specialties or branches contributed to the war effort.

# ‘Wolverines’ join wounded veterans for museum tour

By Staff Sgt. Aaron P. Duncan  
4th IBCT Public Affairs

KANSAS CITY, Mo. – Senior leaders from across the Special Troops Battalion, 4th Infantry Brigade Combat Team, 1st Infantry Division, teamed with the Rivers of Recovery Organization March 13 for a day of learning about the past while maintaining an eye on the future.

Accompanied by four wounded warriors through the Rivers of Recovery organization, the STB Soldiers toured the National World War I Museum in Kansas City.

“We really wanted to give the leaders in the battalion an effective method to enlist military history in the cause of professional military education through the study of operations of opposing forces in an actual campaign,” said Maj.

Alexander L. Young, the executive officer of STB. “Leaders also examined World War I through the lens of their own branch, building an understanding of how their military specialty contributed to the overall mission.”

Rivers of Recovery was founded in 2008 to facilitate the recovery of combat veterans. The organization uses a medical-based curriculum and outdoor recreational activities to treat veterans suffering from post-traumatic stress, minor traumatic brain injury, stress, anxiety and depression, according to its website. Rivers of Recovery officials invited STB Soldiers to a dinner March 12 and a museum tour the following day. The attending veterans and organization members were presented ceremonial coins by Lt. Col. Dana T. Stowell, STB commander.

“It was great to have the Rivers of Recovery organization come and join us because it gave the battalion leadership an opportunity to interact with and give back to a community of veterans from across all of the services,” Young said.

The opportunity to interact with the wounded warriors, the historic perspective gained from the tour and the subsequent discussion gave at least one member of the group a renewed outlook on his everyday duties.

“The tour, along with the wounded warriors that joined us, reminded me how important it is that everyone does their duty to the best of their ability,” said Staff Sgt. Lee Sanders, Headquarters and Headquarters Company, STB. “It also let me see how those that came before me in my job contributed to wars in the past.”

## TRAFFIC REPORT

### CEMETERY ROAD REPAIRS

Road repairs at the cemetery began March 27 and will end April 14. This work will consist of mill and overlay. The eastern part, or drive two and the monument section, will be done first; then the drive one section will be completed.

### 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 3 and end July 1. Dickman Avenue will close at Pershing Avenue at the south end of the construction and just south of the AAFES gas station/Shoppette at Huebner and Dickman on the north end of the construction. Both entrances will remain open at the AAFES gas station/Shoppette. The designated detour between Huebner Road and Dickman Avenue 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 working on Trooper-McCormick is in progress and scheduled to 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 will also be

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

Detour signs will be in place. Access to Custer Hill Elementary School will be available from Ashby Avenue.

For more information or questions regarding the partial street closure, contact Corvias Military Living at 785-717-2200.

### ACP HOURS OF OPERATION

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.

### REVEILLE, RETREAT

Reveille and retreat signal the official start and end of the duty day. In an effort to pay respects during reveille at 6:30 a.m. and retreat at 5 p.m. Monday to Thursday and at 3 p.m. Fridays, military personnel in uniform, but not in formation, will face the flag and render a hand salute.

The salute should begin at the first note of reveille and end on the last note. This also will be done during retreat, ending after the sounding of “To the Colors.”

Family members, civilian contractors and retirees are highly encouraged to participate in this tradition by standing firm and upright with their hand over their heart and removing headgear, if applicable. While driving during reveille and retreat on the installation, drivers are required to bring their vehicle safely to a complete stop, as they would if an emergency vehicle were approaching, and place their vehicle in park.

Personnel in civilian clothing are to remain seated in their vehicle pulled off to the side of the road for the duration of the bugle call. Fort Riley’s guidance is that personnel turn off any music playing in their vehicle during this time.

If a group is in a military vehicle or bus, only the senior occupant is to exit the vehicle and render honors.



# Fort Riley clarifies commercial vehicle access changes

By Maria Betzold  
1ST INF. DIV. POST

Changes to commercial vehicle access to Fort Riley have been enforced since Jan. 20. In order to prevent unnecessary delays, drivers of commercial vehicles should be aware of the installation access guidelines.

A commercial vehicle is any vehicle not used primarily for transporting passengers and carries merchandise, equipment or materials for business

use. Construction trucks, moving trucks, semi-trucks, shipping and agricultural vehicles are examples of commercial vehicles.

McKenny Tremble, a security specialist with the Directorate of Emergency Services, explained it's not the size but the use of a vehicle that determines whether it is a commercial or personal vehicle.

An example of a vehicle required to go through commercial gates is a work truck or van

with materials or equipment going to a job site, Tremble said.

The designated commercial vehicle access control points are 12th Street and Estes gates. All occupants of the vehicle must be vetted through the National Crime Information Center and have an installation access badge. The gates are open 5 a.m. to 7 p.m. Monday through Friday and 8 a.m. to 5 p.m. Saturday. Commercial vehicles must use Henry Gate

when commercial gates are closed.

Tremble said veterans or family members who possess DOD credentials but also drive commercial vehicles must have an installation access badge to gain entrance when acting on behalf of a commercial entity.

Commercial vehicles are logged on the installation and may require additional searches. The commercial gates are part of a larger traffic control plan and provide an area to

facilitate those searches away from the passenger vehicles. Drivers must provide a bill of lading or delivery invoice for the installation along with proper registration and insurance to gain access.

Tremble added it is important to note there are some exceptions to the commercial access procedures, usually in the case of an emergency. These exceptions are coordinated through the Directorate of Emergency Services, and the

drivers are still subject to 100 percent vetting and vehicle searches.

Motorcycles, passenger cars, taxicabs, passenger trucks, SUV style passenger vehicles, passenger vans, commercial buses and school buses are allowed to enter Fort Riley through any access control point.

For more information, contact the Fort Riley Access Control Branch at 785-239-3138.



Photos by Monte Volk | USAG PAO

## Fort Riley agencies dispose of unexploded ordnances in housing area



By Andy Massanet  
1ST INF. DIV. POST

The discovery of unexploded ordnance March 29 in the woods behind Fort Riley's Colyer Forsyth housing area led to the temporary evacuation of residents as a precautionary measure.

Responding agencies - which included personnel from Directorate of Emergency Services, the 1st Infantry Division's 84th Explosive Ordnance Disposal Battalion and Corvias Military Living - secured the scene and removed the threat of the UXO.

At approximately 1:30 a.m. March 30, the UXO was detonated without any complications. All residents were advised to return to their homes.

A subsequent sweep of the area found additional UXOs, which were then properly disposed. Controlled detonations began at approximately 3 p.m. and continued every 25 to 30 minutes, until approximately 7 p.m. No evacuation was implemented.

Controlled detonations of additional UXOs continued through March 31.

### TUESDAY TRIVIA CONTEST WINNER



The winner of the Tuesday Trivia is Megan Green, wife of 1SG David W Green, Fox Co., 2-1 General Support Aviation Battalion.

Megan correctly answered the question "Where can I find 2015 Fort Riley Tax Center Information?" on March 31.

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

**CONGRATULATIONS, MEGAN!**



# TRICARE’s Beneficiary Web Enrollment Portal now easier to use

## TRICARE

Eligible TRICARE beneficiaries can use Beneficiary Web Enrollment to update personal information and manage enrollments in TRICARE plans including US Family Health Plan, TRICARE Young Adult, and TRICARE dental plans.

Recently, the website underwent several changes

to make the site more user friendly. Among the new enhancements are 24/7 availability, greater security and expanded user features to make managing benefit information easier.

In the past year, BWE was upgraded to ensure functionality with multiple browsers, for example, Internet Explorer, Google Chrome and Safari, and added enrollment

options for TRICARE Young Adult.

Beneficiaries wanting to select a primary care manager will now find physician assistants and nurse practitioners listed under the available options.

Another site enhancement includes instructions on the portal. The wording on all instructions and alert notices is now more clear and concise, making the web site easier to navigate.

For families managing TRICARE options through BWE, the portal is easier to use when selecting a PCM for the family.

Now multiple children can be enrolled to the same PCM at one time instead of making the individual selection. Additionally, active duty service members can use BWE to request changes to or select a PCM.

The following features are available to beneficiaries but are only available in the continental U.S.

- Update information in the Defense Enrollment Eligibility Reporting System
- Select or make changes to assigned PCM
- View current enrollment status
- Request enrollment cards
- Transfer coverage

- Disenroll from TRICARE Prime or TRICARE Prime Remote
- Report other health insurance information

BWE is a tool for eligible beneficiaries looking to make changes to TRICARE benefits.

Visit TRICARE online to learn more about BWE’s features, or log on today to get started.

# Clinic staff available to serve mild traumatic brain injury patients

**Traumatic Brain Injury Clinic Staff,**  
IRWIN ARMY  
COMMUNITY HOSPITAL

This article, the fourth in a series about Traumatic Brain Injury, should clarify who would benefit from a formal evaluation and how to schedule an appointment at the Fort Riley mild TBI clinic.

The clinic evaluates and treats active-duty Soldiers, family members and retirees.

Clinics provide a complete evaluation and treatment plan for patients who were diagnosed with a concussion or TBI.

Staff members also see patients that have never received

a formal diagnosis. Many Soldiers do not have the opportunity to be evaluated while in theater. There is no time limit. Patients who were injured anywhere from a week to more than ten years ago may seek help.

The team consists of a primary care provider, a behavioral health specialist, a neuropsychologist, a case manager and support staff.

Team members offer cognitive rehabilitation and can refer off-post for additional necessary services. In some cases patients have been referred to the National Intrepid Center of Excellence in Bethesda, Maryland. A refer-

ral is needed to be seen in the clinic. Any medical provider on post can place this referral. We recommend initially speaking with your primary care manager or behavioral health specialist.

Once the referral is placed in the system a member of the TBI clinic’s team will schedule the next open appointment. Walk in appointments are not available.

Most patients have busy schedules and the staff will work with them as much as possible. A limited number of patients are seen per week, therefore cancellations or reschedules must be made early.

# Changes coming to ‘use or lose’ leave

**Story and photo by**  
**Gary Sheftick**  
ARNEWS

WASHINGTON – The temporary authority allowing Soldiers to carry over 75 days of leave from one fiscal year into the next will expire, Sept. 30.

Most Soldiers will only be allowed to carry 60 days of leave into the next fiscal year.

Soldiers will lose it, if they don’t use it by Oct. 1, Army personnel officials said of leave in excess of 60 days, unless special leave accrual, or SLA applies.

Under SLA Soldiers who have served in a mission where they were eligible for hostile fire pay or imminent danger pay for a continuous period of at least 120 days accrue leave. Under SLA, Soldiers can accumulate a maximum of 120 days of leave, 60 days of ordinary leave, plus 60 days of SLA.

Soldiers who meet the SLA provisions can still carry forward up to 120 days leave, if their leave and earnings statement, or LES, has 60 days of leave coded as SLA and the LES remarks block shows “Combat Zone Leave Carry-over Balance” with its expiration date.

“Each Soldier has an individual responsibility to monitor and manage their leave,” officials said in an all Army activities, or ALARACT, message, dated March 1.

The 75-day carry-over authority began with the 2008



Courtesy Photo

A Soldier logs in to check his leave accrual on the “My Pay” site, provided by the Defense Finance and Accounting Service.

National Defense Authorization Act, authorizing a two-year temporary authority.

Since then, Congress has extended the authority twice, adding four consecutive years.

The 2016 National Defense Authorization Act is not expected to extend the authority, officials said.

The Defense Finance and Accounting Service, is in the process of emailing a notice to all Soldiers projected to have more than 60 days accrued leave on Sept. 30, officials said.

DFAS will continue to include monthly notices on Soldiers’ LES that state: “Important: Manage your leave. On Oct. 1, 2015, you will lose all accrued leave over 60 days, unless SLA applies.”

## IRWININFORMATION

**Q: Is cosmetic surgery a covered TRICARE benefit?**

A: Only for birth defects, accidental injury or surgical trauma. TRICARE covers cosmetic, reconstructive and plastic surgery to improve the physical appearance of a beneficiary only under the following circumstances:

- Correction of a birth defect (includes cleft lip)
- Restoration of a body form following an accidental injury
- Revision of disfiguring and extensive scars resulting from neoplastic surgery (i.e., surgery that removes a tumor or cyst)
- Reconstructive breast surgery following a medically necessary mastectomy
- Reconstructive breast surgery due to a congenital anomaly (birth defect)
- Penile implants and testicular prostheses for conditions resulting from organic origins or for organic impotency
- Surgery to correct pectus excavatum
- Liposuction when medically necessary
- Panniculectomy (tummy tuck) performed in conjunction with an abdominal or pelvic surgery when medical review determines that the procedure significantly contributes to the safe and effective correction or improvement of bodily function.

To be covered, surgeries must be performed no later than Dec. 31 of the year

following the accidental injury or surgical trauma, except in the case of postmastectomy reconstructive breast surgery or cases involving children who may require a growth period.

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

- Dental congenital anomalies
- Elective correction of minor skin blemishes and marks
- Breast augmentation
- Face lifts
- Reduction mammoplasties (breast reductions), except in the case of significant pain due to large breasts
- Blepharoplasty (removal of excess skin of the eyelid)
- Rhinoplasties (nose surgery)
- Chemical peeling for the treatment of facial wrinkles or acne scars
- Hair transplants
- Electrolysis
- Removal of tattoos
- Liposuction for body contouring.

Disclaimer:

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

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

## HOME WANTED Sprout



Sprout is a 10 month old, very funny little “Micro-Boxer.” She weighs 26 lbs and we think she is a Boston terrier-boxer mix. Sprout is very active and in need of serious training. However, she is 95 percent housetrained.

Sprout knows no commands at all and is all over the place. Not surprising since she is still a puppy.

Sprout has the most adorable underbite and will make a perfect addition to a family with children over the age of 10.

Sprout’s adoption fee is \$162, which includes: spay, microchip, distemper and rabies vaccines, heartworm test and deworming. If interested, call 785-239-6183. If no one answers leave a message. You can also contact us via email at nicole.p.storm@us.army.mil.

WWW.1DIVPOST.COM



## RILEY ROUNDTABLE

### What's the best April Fool's prank you can remember?



"We changed the autocorrect options in Microsoft Word on our boss's computer. We set it so every time he typed 'the' autocorrect changed it to 'I'm an Oscar Meyer Weiner.'"

**KELLEY PEREIRA**  
**PORTERVILLE, CALIFORNIA**  
Management analyst,  
Resource Management Office



"I fell for an April Fool's joke when one of my coworkers taped the receiver button down on my phone. I couldn't figure out why my phone was still ringing."

**CHERYL CROFOOT**  
**JUNCTION CITY, KANSAS**  
Management analyst,  
Resource Management Office



"Holly, my lead customer representative, and I convinced people the copy machine in our office was voice activated. Holly put signs up with voice activation instructions. Other coworkers helped keep it going by convincing people they had to talk louder and talk directly toward the machine."

**TODD DIES**  
**HOT SPRINGS, ARKANSAS**  
Chief of financial operations branch, Resource Management Office



"I had a battle buddy who always left his keys laying around at work. So myself and another NCO took our buddy's car and moved it from where he parked it. It was a new car so he parked it secluded so it did not get damaged. A friend of ours came in with a story about his car being stolen and found in the training area. ... after about an hour of investigating and a lot of paperwork we told him it was a joke. He was not happy with us for almost a month."

**SGT. CODY BOWMAN**  
**VERDALE, MINNESOTA**  
97th Military Police Battalion



During a company field training exercise, I was walking around our assembly area and saw an Armored Security Vehicle sitting opened and unoccupied with weapons inside. I locked it up to make sure everything was secure but not before hiding it behind the fuel truck, which was about 500 meters away.

**1ST LT. WIL WHITE**  
**RIPLEY, WEST VIRGINIA**  
97th Military Police Battalion

## THE 1ST INFANTRY DIVISION POST

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**LETTERS TO THE EDITOR**

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

## Army reducing civilian strength, leaders say

By David Vergun  
ARNEWS

Reducing civilian end strength so it is commensurate with the drawdown of Soldiers is something the Army has been focusing on, but it's still a work in progress, noted Secretary of the Army John M. McHugh.

McHugh and Chief of Staff of the Army Gen. Ray Odierno testified March 26, at a House Appropriations Committee, Defense subcommittee hearing on Army posture.

"There's lots of pressure on the services to reduce civilian end strength and we do believe the Fourth Estate – what we call the rest of the Department of Defense outside of the services – absolutely needs to be looked at in terms of growth," Odierno told lawmakers.

DOD defines the Fourth Estate as defense agencies, field activities and some other entities not falling under one of the services or under a combatant command.

The remarks were in response to comments by a lawmaker that "the ratio of civilian employees to active-duty personnel is at historic levels," meaning the number of civilians relative to uniformed personnel has gone up.

"Bringing that ratio down to the historic norm would save the Defense Department \$82.5 billion over the next five years," the congressman calculated. "All these savings could be reinvested to alleviate the impacts of [sequestration]."

The lawmaker then acknowledged that the Army did in fact shed 47,048 civilian employees recently.

Much of that civilian growth over the last decade was predicated on several things, McHugh said. "We were at war and ... because of the demand in-theater."

Many of the jobs taken on



Staff Sgt. Steve Cortez | ARNEWS

Secretary of the Army John M. McHugh and Army Chief of Staff Gen. Ray Odierno prepare to testify March 26, 2015, at a House Appropriations Committee, Defense subcommittee Army posture hearing.

by Army civilians and contractors had been previously held by those in uniform, he noted.

Through "some actions by Congress, we've been required to do a number of things that substantially increased civilian numbers," he said. "For example, there's a provision in law that inherently military activities must be in-sourced and can't be contracted out."

For example, the Army had to downsize its procurement and contracting officers after the Government Accountability Office found that "we didn't have enough civilian overseers and were relying too heavily on weapons contractors," he said.

Those factors "explain the growth in large measure," he said.

Since 2011, the Army civilian workforce has been drawn down some 14 percent, McHugh said, adding that "we've done some analysis [showing if or when] active end strength reaches 450,000, we'd have to continue to come down to about 239,000 civilians.

And, should sequestration occur, that will bring the needed drawdown of civilians to about 233,000, he said.

Summing up, McHugh said "we have a responsibility to balance our military reductions with our civilian reductions and we're attempting to do that and over time I think we'll get there. We can then hopefully reinvest those savings in military-based programs."

Odierno said Secretary of Defense Ashton Carter "pledged to take a hard look" at drawing down the Fourth Estate. When Carter was deputy defense secretary in 2013, he discussed the Fourth Estate at the National Press Club in Washington, D.C.

A DOD News release reported Carter's remarks: "We are placing a great emphasis on reducing the cost of what we in the Pentagon call the 'Fourth Estate,' which ... represents a fifth of the Department's budget, and it merits at least as much scrutiny as the military services' budgets. There are real savings to be realized here."

Carter added that DOD must "drive down tail to strengthen tooth."

Regarding the topic of female Soldiers, Odierno said, "we are modernizing the force and maximizing talent by opening more than 55,000 positions to women and are assessing the potential for opening as many as 166,000 additional positions across the force."

The Army is still in the process of doing studies regarding opening up positions to women, he said. Those studies are focusing on physical standards and impacts of gender integration across training, recruiting and other areas.

The integration studies include looking at what it takes to integrate women into "some organizations and setting them up for success," Odierno said, adding that he wants to ensure the process and requirements are fair for all Soldiers. "We don't want to create more un-readiness" than there already is due to the budget constraints. "So it has to be managed properly."

The Army is set to open up the engineer field to women "but has not yet made a determination on armor and infantry," the chief said. "We're still finishing up that assessment and expect it to be completed in the September time frame."

McHugh said the Army's goal is to set all Soldiers up for success and place them where they're best suited, male or female. "It's our bedrock principle."

While much of the focus has been on whether women can meet certain physical requirements in some military occupational specialties, McHugh offered that by some estimates, "about 10 percent of men currently in [certain] MOSs [or military occupational specialties] will probably have to think about being reclassified because they're unlikely to meet those standards."

## Driving while drowsy: It's Almost Intoxicating

Dawn J. Douglas  
GARRISON SAFETY OFFICE

While we all can agree that drinking and driving is bad, there is another more common activity that may not only rival the dangers of drinking and driving, but have a far greater impact on health and safety – driving fatigued or drowsy.

National Highway Traffic Safety Administration indicates drowsy driving caused more than 100,000 vehicle crashes a year, resulting in about 71,000 injuries and 1,550 deaths. Those numbers may be only the tip of the iceberg; however, according to NHTSA, drowsy driving is underreported as a cause of crashes. An American Automobile Association survey found that two of five drivers admitted to having fallen asleep at the wheel at some point, with one in ten drivers reporting they did so within the past year, and more than one-quarter of drivers admit they have driven while they were "so sleepy that they had a hard time keeping their eyes open" within the past month.

Driving while fatigued may seem like a function of being a working adult; however, driving while drowsy slows reaction times, decreases awareness, impairs judgment and increases the risk of crashing. Unlike alcohol-related crashes, no blood, breath or other objective test for sleepiness behind the wheel exists that investigators could give to a driver at the scene of a crash.

Therefore, people who frequently drive drowsy can go undetected until they crash. That makes driving drowsy more risky than driving intoxicated. A person is more likely to prevent a visibly drunk person from taking the wheel than someone who appears extremely tired.

In addition, most people deny how sleepy they really are and whether their sleepiness interferes with their driving. But there are signs that a person may be hitting the danger zone of driving drowsy enough to cause an accident:

- Frequent blinking, longer duration blinks and head nodding
- Yawning repeatedly
- Accidentally tailgating another vehicle
- Having trouble keeping eyes open and focused
- Memory lapses or daydreaming
- Drifting from a driving lane or off the road
- The key to avoid driving drowsy is sleep. There is no substitute for sleep. Those who are at the greatest risk for driving drowsy:

- Young drivers, especially men under 26 years old
- New parents
- People who work long shifts and/or more than 60 hours per week
- Swing shift workers
- Long haul commercial drivers
- People with undiagnosed or untreated sleep disorders

Soldiers returning from field duty, staff duty or charge of quarters; first respond-

ers and other emergency service workers; Soldiers traveling to physical training, or those who commute to work; and personnel driving distances for leaves and passes are especially at risk for drowsy driving.

Often driving while fatigued or tired cannot be avoided. While there is nothing that can replace the benefits of a good night's sleep 7 to 9 hours uninterrupted, there are some practices that can aid alertness for short periods of time:

- Plan trips in advance using TRiPS tool to mitigate risks before leaves and passes
  - Do not attempt long trips immediately after working a full day
  - Check to see if any medications you are taking causes drowsiness
  - Do not rely on over-the-counter stimulants to keep you awake and alert
  - Do not mix alcohol and sleepiness; follow the same precautions as you would if you were intoxicated – sleep, drink plenty of water, eat and give your keys to a friend
  - Taking a short, 15-20-minute power nap at a rest stop
  - Drink two cups of coffee or other caffeinated beverage. Caffeine will improve alertness only for a short period of time, and should not be relied upon to make up for a sleep deficit.
- Team Riley we want you to "remain alert" to "arrive alive" at your destination. If you have any questions or would like more information, please contact the Garrison Safety Office, 240-0647.



# Fort Riley delivers lifelike training to local agencies

By Maria Betzold  
1ST INF. DIV. POST

Part of the synergy between Fort Riley and the external community comes from the post’s ability to coordinate training and provide realistic training scenarios for military and law enforcement agencies.

Much of that training takes place on the installation’s 63 live-fire ranges, on more than 100,000 acres.

The majority of the live-fire training ranges are considered small arms ranges, according to Rick Bomia, range manager, Directorate of Plans, Training, Mobilization and Security. He said 54 small arms ranges are used throughout the year by a number of outside agencies, military and civilian.

Law enforcement personnel who train at Fort Riley include: Riley County Police Department, Junction City Police Department, Fort Riley Police Department, Fort Riley Special Reaction Team, Kansas City SWAT, Field agents from FBI from Topeka, Dickinson County Sheriff’s Department, Geary County Sheriff’s Department, Topeka Tactical Response Team, Kansas Bureau of Investigation and numerous units from the National Guard, Marines and Air Force.

A small arms range is a live-fire range where every type of smaller-caliber ammunition and weapons system can be used, Bomia said, including M9 pistols, M4 and M16 standard rifles, M107 and M110 sniper rifles, M203 and M320 grenade launchers, M249 squad assault rifle, M240 medium machine gun, M2 machine gun, MK 19 automatic grenade launcher, M500 shotgun, AK 47 assault rifles, PKM 556 assault rifles, M67 hand grenades and Semtex explosive charges.

The targets are adapted according to customer needs, Bomia said.

“My team maintains the range and tailors the manner in which the targets are exposed based off the training needs of the customer,” Bomia said. “We have both standard and non-standard ranges depending on whether or not the customer wants to just train or qualify with their weapons.”

The landscape at Fort Riley makes it suitable for small arms training because of its large open prairie land and lifelike shoot houses, Bomia said, where Soldiers and law enforcement can customize their training needs. He said personnel who operate the ranges are in tune with customer needs, and there has not been a single type of training requested that Fort Riley could not accommodate. This makes Fort Riley a one-of-a-kind training facility, Bomia said.

“Fort Riley installation training assets are beneficial to outside agencies that don’t otherwise have access to specified areas,” Bomia said.

### OUR SOLDIERS

Units at Fort Riley also train or qualify semi-annually on those weapon systems, however, they may train more frequently to support the installation law enforcement and Quick Reaction Force missions, according to Sgt. 1st Class Michael McMakin, 97th Military Police Battalion.

Selvaggio said weapons military police companies train on at the small arms ranges at Fort Riley include M9, M4, M320, M249, M240, M2, MK19, and M26.

“The small (arms) ranges help to ensure that the Soldiers maintain their basic qualification standards for those weapons systems to ensure basic requirements for deployment readiness,” McMakin said.

Along with the military police companies, the Fort Riley Special Reaction Team conducts training on the small arms ranges. According to Selvaggio, the team qualifies using the SRT qualification standards for the M9, M4, and M110 SAS, or semi-automatic sniper system.

These qualifications are done once per quarter for the M4 and M9 and familiarization. The M110 is qualified semi-annually with a familiarization done quarterly.

“Small arms training enables us to provide a wide range of support to Fort Riley,” McMakin said.

### LAW ENFORCEMENT

Bomia said 1st Infantry Division Soldiers are the priority when it comes to training, but Fort Riley supports local law enforcement between



COURTESY PHOTO

Fort Riley’s ability to provide realistic training scenarios is a key aspect of the overall support capability the post presents to local law enforcement agencies. Law enforcement personnel who train at Fort Riley include: Riley County Police Department, Junction City Police Department, Fort Riley Police Department, Fort Riley Special Reaction Team, Kansas City SWAT, Field agents from the Topeka FBI office, Dickinson County Sheriff’s Department, Geary County Sheriff’s Department, Topeka Tactical Response Team, Kansas Bureau of Investigation and numerous units from the National Guard, Marines and Air Force.

training times with our Soldiers. Law enforcement training is about challenging officers to be better and increasing reaction time, Bomia said. Training facilities at Fort Riley have a deployable range package, which means the targets can be picked up and moved anywhere.

“We bring the realism to their training,” Bomia said.

Lt. Greg Steere, tactical team leader, Riley County Police Department, said Fort Riley increased the training opportunities of the RCPD tactical response team, and facilities at Fort Riley support a wide range of

scenarios for which law enforcement routinely trains.

The installation has adjustable audio equipment to fit specific areas of training, live role-players and a targeting system that allows friend and foe targets, according to Steere.

“It’s as close to real life as possible,” Steere said.

Steere said RCPD has gone to Victory Village – a cluster of target buildings on the training grounds – and practiced a variety of active violence training scenarios where there is a threat to a school, business or residence, S. Victory Village is set

up in such a way to imitate real-life situations, and Steere said that kind of training is invaluable for his team.

According to Steere, the atmosphere at Fort Riley is supportive because there hasn’t been a single person who did not go above and beyond to make the training successful. He added Fort Riley has a safety awareness that cannot be duplicated.

“(Safety) is just ingrained in how they do business,” Steere said. “They’ve got my trust that the protocols they have in place are top-notch.”



# CAPITOL RECOGNITION



Amanda Kim Stairrett | 1ST INF. DIV.  
March 25 was Military Appreciation Day in Kansas, home to Fort Riley, Fort Leavenworth, McConnell Air Force Base and various National Guard and Reserve units. Leaders of the “Big Red One,” including Brig. Gen. Eric J. Wesley, 1st Inf. Div. senior mission commander and deputy commanding general for support, were at the statehouse in Topeka for the signing of the Military Appreciation Day proclamation, after which the governor met with his military council. Kansas Governor Sam Brownback is seated; Brig. Gen. Wesley is standing left behind the Governor.

## Sexual Assault Prevention Chief Notes Progress, Need for More

By Jim Garamone  
DOD NEWS, DEFENSE MEDIA  
ACTIVITY

WASHINGTON – There has been progress in the Defense Department’s efforts against sexual assault in the military, “but we have to keep hammering away at the problem,” said Army Maj. Gen. Jeffrey Snow. “This is going to take time.”

Snow leads DOD’s Sexual Assault Prevention and Response Office, and while he said he’s encouraged at signs of progress, he’s not satisfied.

“This evil undermines the trust that holds our military together,” the career infantryman told DOD News. “It is morally wrong, and instances of sexual assault can also have an impact on readiness – on individuals certainly, but also on units.”

Snow is monitoring 50 initiatives put in place by past Defense secretaries Leon Panetta and Chuck Hagel.

“These initiatives changed how the military prevents, responds to and prosecutes sexual assault crimes,” Snow said. “I’m encouraged that Secretary [Ash] Carter has already announced his commitment to keep this program aggressively moving forward.”

Progress is undeniable. The most recent data, gathered last year, shows the prevalence of sexual assault is down significantly, Snow said. Estimates indicate there were 6,000 to 7,000 fewer sexual assaults in 2014 than in 2012. While there were fewer sexual assaults, more of them were reported.

“There was an unprecedented 50 percent increase in victims choosing to report the crime in 2013,” he said. “Last year ... even more chose to report.” This means authorities received reports from one in four victims in 2014 — up from 1 in 10 in 2012.

Changes in the military justice system give commanders tools they need to fight the crime. They also expand legal representation and protections for victims’ interests, rights and privacy, Snow said.

Overall, he said, 10 of 12 DOD-charted metrics demonstrate progress in sexual assault prevention and response.

The department-wide climate survey conducted by the Defense Equal Opportunity Management Institute found that most service members highly rate their commanders’ efforts to promote a healthy climate and discourage inappropriate gender-based behavior.

“We need to continue training efforts, information campaigns, whatever it takes to continue making progress,” Snow said.

Addressing sexual assaults against men is particularly challenging, he said. Given the preponderance of males in the military, the estimated number of men experiencing a sexual assault is actually higher than the estimated number of women — roughly 10,000 to 8,000, respectively. However, reporting of the crime shows an even greater disparity. Officials estimate about 10 percent of vic-

See PROGRESS, page 8



U.S. ARMY PHOTO

Maj. Forrest M. Taylor III, 4th IBCT officer in charge of the 4th IBCT, 1st Inf. Div., facility transfer project, gives information on the transferring of facilities across the “Dragon” brigade footprint during a Nov. 4 Combined Arms Rehearsal at the Close Combat Tactical Training Center on Fort Riley. Taylor is responsible for working with the Fort Riley Department of Public Works to prepare and transfer facilities across the brigade to units within the division ahead of the brigade's April 1 inactivation.

## TRANSFER Continued from page 1

other units across the division 120 to 180 days earlier than directed. By transferring three of its motor pools in March, the brigade set the conditions for six units from both 1st and 2nd armored brigade combat teams to move into their new motor pools early. This afforded 2nd ABCT Soldiers the opportunity to move into their new motor pools upon return from their rotation at the National Training Center on Fort Irwin, California.

## READINESS Continued from page 1

The preparation and coordination for the EDRE took more than four months and was nearly the sole focus for Capt. Dallas Rainey, a plans officer for 2nd ABCT.

“Part of our NTC training is practicing our deployment skills,” Rainey said. “We deploy things by rail, we deploy things by ground, but one thing we need to practice our skills on is to deploy things by air.”

Rainey said that heavy equipment such as tanks are rarely transported by air but can be if needed.

The ability to deploy a heavy combat brigade and its assets is crucial to the effectiveness and responsiveness of units that have traditionally been light units or airborne units.

“With enough aircraft, I can get a platoon of tanks anywhere in the world in a reasonable amount of time,” Kossler said.

The exercise allowed the Army and the Air Force to cooperate and synchronize their efforts in order to accomplish these goals.

“It’s a really great training opportunity to practice everything that is required to get us to the airfield and once we get to the airfield, getting us on the aircraft and on to our final destination,” Rainey said.

The exercise presented an opportunity for the Dagger Soldiers to research new areas.

“Primarily, we focused on load planning because nobody in our formation had ever loaded a tank onto a C-5 before,” Kossler said.

Kossler said that the company’s unit movement officer was an integral piece in researching what it would take to fly a tank to NTC.

“What we focused on was load planning, how we could expedite the process and help the Air Force get that tank secure so that we could take off,” Kossler said.

Rainey said the training event was significant because it shows Fort Riley’s capabilities.

“With this capability, it shows that even though we are in the middle of the country, we can still get where we need to be and get in the fight quickly,” Kossler said.

## DOGS Continued from page 1

efficient working relationship,” said Desmond, a Army combat veteran who deployed to both Iraq and Afghanistan.

Desmond said military working dogs save lives.

“Military working dogs are an invaluable tool to keep Soldiers a safe distance away from possible explosive hazards,” said Desmond, a Sparta, New Jersey native. “The dogs are able to smell things that no Soldier will ever be able to detect, even with our most advanced equipment.”

The 630th EOD Company is part of the 84th EOD Battalion, 71st EOD Group, 20th Chemical, Biological, Radiological, Nuclear, Explosives, the Defense Department’s formation that combats CBRNE threats.

In support of law enforcement officials, the Fort Riley-based 84th EOD Battalion conducts domestic explosive mitigation missions across 332 counties in Kansas, Missouri, Nebraska, North Dakota and South Dakota.

Stationed on 19 posts in 16 states, 20th CBRNE Soldiers and civilians train with allied, interagency and joint partners to confront and defeat global CBRNE hazards.

## PROGRESS Continued from page 7

timized military men report their assault, while roughly 40 percent of victimized military women report.

The department is developing new ways to reach out to men who have been sexually assaulted, Snow said.

Officials are looking at special information campaigns and special training for police, prosecutors and medical personnel, so they can recognize the signs of assault and act upon them, the general explained.

It is the department’s goal to encourage greater reporting as a way to provide victims with assistance and to hold offenders appropriately accountable, Snow said.

An unrestricted report allows a victim to get help and participate in the military justice process. Restricted reports do not trigger criminal investigation or command notification, but do allow victims to confidentially get help, Snow said.

“Our response system is designed to build a victim’s trust in the system and deliver immediate care while assisting with restoring resiliency after a sexual assault,” he said.

An outgrowth of the increased emphasis on the crime is an increased focus on combating retaliation, Snow said.

“Our victim and population-based surveys look to capture the kinds of stressors military members experience so that responders throughout the department can better meet their needs,” he said. “But we have more to do if we are going to keep people reporting this crime. We’ve found that service members can often perceive ‘social retaliation’ from peers after reporting.”

While these acts aren’t always criminal, Snow said, “they certainly can add to a victim’s feelings of alienation and complicate someone’s recovery.”

Sexual assault prevention and response officials will continue to drive forward, Snow said.

“We will keep working with people inside and out of the military to take on this problem,” he added.


Research indicates that sexual assault happens less often in commands with good climates and low rates of related problems, such as sexual harassment, he noted.

Snow added that prevention of sexual assault relies heavily on individuals’ efforts to take action if they see a situation at risk for sexual assault or disrespect being shown to a fellow service member.


He praised federal lawmakers for all they have done to highlight the crime and for the tools they have given the military to combat it.

Still, he said, the road ahead is not easy and will take time.


“It’s not successful until that last private in the smallest unit understands that sexual assault is a crime and that he or she will be held accountable for promoting a culture of dignity and respect,” Snow said. “We want service members to not only identify risky situations, but also to intervene and demonstrate social courage when they encounter inappropriate behavior.”



### SELF-DEFENSE CLASS




- Improve Street Awareness
- Increase Public Safety
- Boost Self-Confidence
- Maintain Physical fitness
- Learn About SHARP program
- Meet new people!



#### April is Sexual Assault Awareness Month

Join us for a Self-Defense Class  
April 14 or 15 from 6:30 to 8 a.m.  
Fort Riley Combatives Center  
Building 88312 (off of Wells Road)  
Instructors from 116th MP CO, 97th MP BN  
SFC Cheffey and SSG Sutterley

To learn more, contact  
1ID SHARP: 785-239-3379









COMMUNITY CORNER

# Fort Riley observes Easter holiday, encourages fun with friends, families

By Col. Andrew Cole  
GARRISON COMMANDER

As some families celebrate Easter this weekend, I want you to know that Fort Riley has several activities planned to celebrate with them.

Everything from a Sunrise Easter service to an event at the bowling alley is available to help you and your families build a memory over the holiday weekend.

But not all of this Army family observes the Christian holiday. So I ask you to be cognizant and kind when it comes to allowing every member of our Army family to exercise their freedoms to observe any or no religion.

What is important for everyone to observe, no matter what faith you follow, is safety.

With a division training holiday and a Garrison resiliency day off, many of you will have time to get out there and hike, camp, go off-roading or any activity we've missed participating in during the winter months.

When you get on that bike, strap on your helmet. When you plan your hike, tell someone your route. No matter what pursuit you choose, ensure you have the



Colonel Cole

right shoes, pack the right snacks, use the proper personal protective gear and make sure you carry enough water to stay well hydrated throughout your chosen weekend activity.

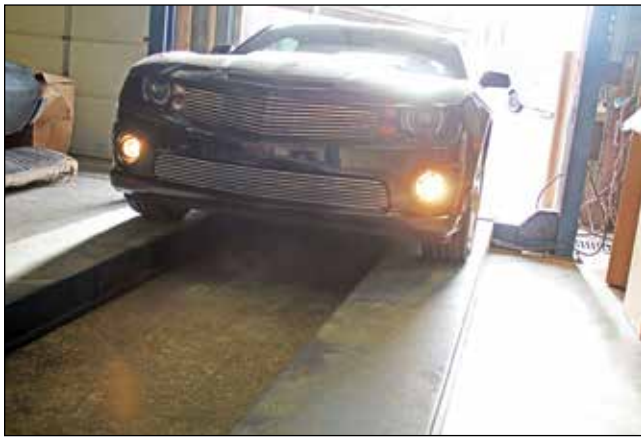
If you don't have anything planned, check out the events listed in this issue of your 1st Infantry Division Post. You can also check the Leisure Travel Center, the USO and the iSportsman website.

If your activity is indoors and includes consuming adult beverages, be responsible – for yourself and a battle buddy to those around you. Whatever you do, enjoy it completely and do it safely so we won't have an empty space in any workcenter because you didn't make it back.

# Automotive Skills Center hosts clinic for military spouses

In addition to basics, attendees learn how to operate car lifts

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



Alex Bender, safety and occupational health specialist with Fort Riley Garrison Safety Office, drives his car onto the ramps of a four post lift in preparation to teach the Auto Skills Clinic attendees how to use the lift properly. The clinic was hosted at the Automotive Skills Center. Bender said that he volunteers to teach this class to give back to the community.

Soldiers and their spouses.

"The class helps them know where things go and other safety things like what to do if oil spills," Bender said.

In addition to learning these basics, the class learned how to lift vehicles with both two and four post lifts.

Timmie Carter, outreach program coordinator for Army Community Service, said this class also gives spouses an opportunity to network and build camaraderie.

One military spouse in attendance, Laura Day, said she came to the class because she wanted to learn how to fix

basic things on her car to save some money.

The safety portion of the event lasted more than an hour. Following this, attendees learned the location of everything in the shop and toured the tire, body, mechanic and engine rebuild shops.

Though ASC is specifically a self-help shop, Kimble said mechanics on staff have recently started doing oil changes for customers – though it is required that one stays with their vehicle while the change takes place. There is a cost, although it is cheaper than going outside the gates.

# Fort Riley celebrates Earth Day with waste collection

Hazardous waste collection event offers disposal for household chemicals

By Maria Betzold  
1ST INF. DIV. POST

Earth Day, celebrated April 22, is an annual observance that raises awareness for the environment and recycling efforts.

Members of the Fort Riley community can celebrate Earth Day this year by disposing of leftover or unwanted household chemicals. The pollution protection branch of Directorate of Public Works staff will host a household hazardous waste collection event April 18 at the Fort Riley Main Post Exchange at 2210 Trooper Drive. The event will run from 8 a.m. to 3 p.m.

Household hazardous waste products contain hazardous substances and are chemicals that can be bought at places like a grocery store, said Rick Doll, environmental protection specialist, DPW. It's important to dispose of hazardous wastes properly because they can eventually cause harm to the environment.

Improper disposal of chemicals include throwing products in the dumpster or down

**MORE INFORMATION**

- For more information about recycling or disposal of products, contact Rick Doll, DPW, at 785-239-6929.

the drain. Doll said this can lead to polluting the ground and surface water as well as household plumbing issues.

Proper disposal keeps the land and water from accumulating hazardous items, Doll said. If a large quantity of hazardous wastes fill the landfill, soil will become contaminated, and these items can eventually pollute drinking water supplies, exposing people to health risks.

Hazardous household product collection accepts items such as toilet cleansers, disinfectants, window and rug cleaners, aerosol cans, bleach, household soaps and moth balls. Automotive products, car wax, grease, oil, anti-freeze, tires, batteries and windshield washer fluid are also accepted.

Paints, pesticides, plant food and bug sprays will also be accepted at the hazardous waste collection event.

Items not accepted include radioactive material, explosives, military items, ammunition, medical waste, needles or syringes and medications.

E-Waste will not be accepted. E-Waste includes anything electronic, such as DVD players and televisions.

The event is open to all Department of Defense identification cardholders.

Fort Riley has a recycling program for the Fort Riley community, too. The recycling program will be available at the collection event.

"If you bring in a bottle of Windex and it's still usable, we'll put it on a shelf and another family member can sign it out," Doll said.

The pollution protection branch staff hosts collection events routinely during April and June. Doll said the branch is exploring a fall event.

Members of the Fort Riley community can also dispose of household waste year-round at the Environmental Waste Management Center at Building 1945 on 4th Street in Camp Funston.

The EWMC is open 7:30 a.m. to 4 p.m. Monday through Friday. The center is closed during Garrison Resiliency Days Off and weekends. For more specific questions about products accepted, call the center at 785-239-6797.

For more information about recycling or disposal of products, contact Doll at 785-239-6929.

### Riley Ride Schedule

Looking for a safe ride on Friday or Saturday night to Aggieville? Pick up a ticket at Leisure Travel or bring cash (exact change only) to the bus. Tickets are \$5 for two rides in either direction or \$10 for five rides in either direction. For more information, call 785-239-5614.

Building 7003	10 p.m.	10:30 p.m.	3:07 a.m.
Bowling Center	10:03 p.m.	11:33 p.m.	3:04 a.m.
Warrior Zone	10:06 p.m.	11:35 p.m.	3:01 a.m.
Building 7000F	10:10 p.m.	11:40 p.m.	2:59 a.m.
Building 7000G	10:12 p.m.	11:42 p.m.	2:54 a.m.
Building 7000A	10:16 p.m.	11:45 p.m.	2:52 a.m.
Rally Point	10:20 p.m.	11:50 p.m.	2:48 a.m.
Building 210	10:25 p.m.	11:55 p.m.	2:45 a.m.
WTB Barracks	10:32 p.m.	12:02 a.m.	2:38 a.m.
Building 694	10:37 p.m.	12:07 a.m.	2:33 a.m.
12 <sup>th</sup> and Bluemont (Aggieville)	11 p.m.	12:30 a.m. Bus waits until final return	Departs at 2:15 a.m. for final return to Fort Riley

←NEW STOP!!

## Earth Day HOUSEHOLD HAZARDOUS WASTE Collection Event

Celebrate Earth Day by properly disposing of leftover and unwanted household chemicals.

Proper disposal of Household Hazardous Waste prevents pollution that could endanger human health and the environment.

DAY	DATE	TIME	LOCATION
Saturday	April 18, 2015	8 a.m. to 3 p.m.	Fort Riley Main Post Exchange, 2210 Trooper Drive

#### ACCEPTABLE ITEMS

**Household Products**

- Soaps
- Toilet Bowl Cleaners
- Disinfectant Cleaners
- Bleach
- Moth Balls
- Rug Cleaner
- Window cleaner
- Aerosol Cans
- Air Freshener
- Paints
- Stains
- Varnish
- Latex Paint
- Spray Paint
- Oil-Based Paint

**Automotive Products**

- Car Wax
- Grease
- Transmission Fluid
- Starter Fluid
- Anti-Freeze
- Protectant Sprays
- Tires
- Car Batteries
- Brake Fluid
- Rust Solvents
- Used Oil
- Car Cleaning Kits
- Lubricant Sprays
- Windshield Washer Fluid

**Lawn and Garden**

- Pesticides
- Plant Food
- Bug Sprays
- Recyclables
- White Office Paper
- Plastics
- Glass (all colors)
- Newspaper
- Cardboard
- Toner Cartridges
- White Styrofoam
- Aluminum Cans
- Steel Cans
- Scrap metal
- Used Cooking Grease

**Electronics**

- Phones
- Batteries
- Light Bulbs
- Incandescent light bulbs
- Fluorescent Lights
- Mercury Light Bulbs
- Mercury Switches
- Ballasts
- Fuels
- MRE Heaters (unused)
- Gasoline
- Camping Fuel
- Kerosene
- Charcoal Lighter Fluid
- Propane Cylinders

**UNACCEPTABLE ITEMS**

- Radioactive Material
- Explosives
- Military Items
- Ammunition
- Medical Waste
- Needles or Syringes
- Other "Sharps"
- E-Waste
- Medications

**Fort Riley Recycles**

**PUBLIC WORKS**  
Fort Riley, Kansas

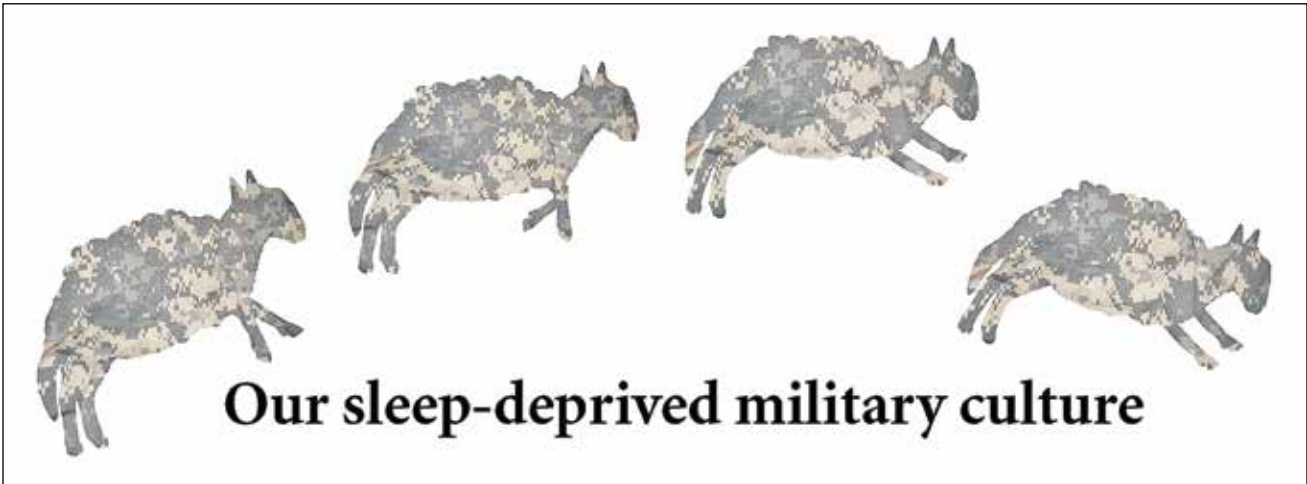
Come and learn about the recycling programs Fort Riley has to offer and be sure to register for **FREE DOOR PRIZES!**

Open to residents of Fort Riley (DOD ID card holders)

Due to federal regulations, we cannot accept waste from contractors or businesses.

Questions may be addressed to Rick Doll, DPW Environmental Division, Pollution Prevention and Cleanup Branch; 785-239-6929 or [james.r.doll.civ@gmail.com](mailto:james.r.doll.civ@gmail.com)





Graphic by Helen Klein | JOINT BASE MYERHENDERSON HALL PAO  
Sleep is as important as food and water, yet many military service members wrestle with insomnia or wake too early; the result can be serious health problems and reduced readiness, according to health officials.

WWW.1DIVPOST.COM

# Assisting a sleep-deprived military

Avoiding stimulants, eating healthy and doing exercise help

MILITARY HEALTH SYSTEM COMMUNICATIONS OFFICE

ARLINGTON, Va. – Sleep is as important as food and water, yet many military service members wrestle with insomnia or wake too early. The result can be serious health problems or reduced readiness.

The good news is, even with the demands of military service, many sleep problems may be avoided or resolved, said U.S. Public Health Service Cmdr. Tony Satterfield, a psychologist with the Defense Health Agency.

There are several measures service members can follow to prevent piling up sleep deficit hours, said Satterfield, DHA's Deployment Psychological Health program manager. It may take some convincing for the troops, though.

"Some service members may feel they don't need much sleep to function effectively. They often view sleep as an unproductive use of time – it's undervalued," he said.

The amount of sleep required varies with individuals. Most people need seven to nine hours of sleep, some do fine with six hours per night – but the number should not dip below six hours, said Satterfield.

Service members can get "wound up" from periods of stress and boredom throughout the day. Satterfield's first piece of advice to warfighters is to unwind by practicing relaxation techniques, such as controlled breathing.

"It can be difficult to shut down the brain especially if you have the habit of worrying, but shifting your focus to thoughts that are relaxing or neutral can help. Listen to calming music or sounds," he said.

Other tips from Satterfield:

- Military life can be unpredictable, but when possible, keep a similar bedtime and wake time each day of the week to help maintain a consistent pattern of sleep.
- While some people may

"... Shifting your focus to thoughts that are relaxing or neutral can help."

CMDR TONY SATTERFIELD  
DHA

find a brief rest or "power nap" helpful, napping can also disrupt normal sleep patterns and make it more difficult to fall asleep at night. If you do take a nap, keep it brief, less than an hour and well before regular bedtime.

- Avoid stimulants such as caffeine, nicotine and alcohol, large meals and exercise within

a few hours of bedtime.

- Find a quiet, comfortable place to sleep free of distractions, such as TVs and video games.
- Use ear plugs and a sleep mask to block out distractions. These aids may take a period of time to get used to, but give them a try.

- Eat healthy foods and exercise, which can help regulate sleep. Check Operation Live Well at [www.health.mil/Military-Health-Topics/Operation-Live-Well](http://www.health.mil/Military-Health-Topics/Operation-Live-Well) for tips on maintaining your overall health. See [afterdeployment.org](http://afterdeployment.org) for video tips on getting a better night's sleep.

If these suggestions don't solve a sleep problem, service

members should consult their primary care doctor. A more serious sleep disorder, such as sleep apnea or a contributing health condition, may be present. In any case, a good night's sleep is critical to a service member's health and to mission success.

HOUSE  
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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, APRIL 3

• Focus (R) 7 P.M.

SATURDAY, APRIL 4

• The Duff (PG-13) 2 P.M.

• Fifty Shades Of Grey (R) 7 P.M.

SUNDAY, APRIL 5

• The Duff (PG-13) 5 P.M.

For movie titles and showtimes, call

785-239-9574

ARMY  
EARTH DAY  
2015


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REMEMBER  
& HONOR





GOLD STAR WIVES' DAY

April 3, 2015

The gold star symbol represents a life that was lost in service to our nation.  
REMEMBER and HONOR  
Surviving Military Spouses.



To learn more about the symbols of honor Surviving Military Families wear, visit [GoldStarPins.org](http://GoldStarPins.org)



Army Survivor Outreach Services  
[www.sos.army.mil](http://www.sos.army.mil)



# EASTER

Continued from page 9

“ ... The kids were like a vaccum going through the grass getting eggs”

MARIA BERRIOS  
THE EXCHANGE

The day of the event, set up began at 8 a.m. Sales associates set the area where eggs would later be hunted at 10 a.m. by approximately 400 children.

“Sales associates volunteered to help, most were off the clock and donating time,” Berrios said.

Angela Geary, services business manager for The Exchange, said that the volunteers were great.

“Associates were so excited and so willing,” Geary said. “Many of them are children of military persons, spouses and have the same thrill we do seeing the families happy.”

One change to the hunt, Berrios said, was parents were not allowed on the field where the hunt took place. Instead, the Easter Bunny and associates assisted the younger children.

Berrios said another change to help with the event flow was sectioning children into age groups. The age ranges were 3



Cheyanna Colborn | POST  
Kiera Wenham, 2, (left) and Jada Applewhite, 3 give high-fives to the Easter Bunny mascot at the Easter Egg Hunt hosted at the grassy area by The Exchange.

and younger, 3 to 6, 7 to 9 and 10 to 12.

“The weather was nice and we were successful at dividing the kids and the kids were like a vaccum going through the grass getting eggs,” Berrios said.

The event would not have been possible, Berrios said, without the services manager, the team from the Exchange and vendors.

“It was a team effort and that is how we like it,” Berrios said.

Other table prizes – in ad-

dition to the big prize – were bags of candy, books, balloons and coupons. All the eggs grabbed by children on the field were filled with candy that had been donated and stuffed by the Exchange vendors and their employees.

To complete the event, there were coloring pages for a contest and face painting.

“It was so great to see the joys of service members and their families,” Geary said.

One family in attendance, the Dwyers, visited from their

new location, Wright-Patterson Air Force Base, Ohio, for the birth of a friend’s baby. The family had previously lived on Fort Riley and came to help watch the family’s older children as the father was deployed for training at the National Training Center, Fort Irwin, California, with the 2nd Armored Brigade Combat Team, 1st Infantry Division.

“We wanted to the get the kids out so mom and baby could have some time together,” said Megan Dwyer, military spouse.



Check out Custer Hill Bowling Alley’s specials by going to [www.rileymwr.com](http://www.rileymwr.com) and clicking on “Bowling.”

# CORVIAS

Continued from page 9

Field Exercise is an energetic, four-hour seminar series designed to empower and rejuvenate military spouses by providing them a time to connect, share support, obtain resources and enjoy camaraderie. Spouses attending the events experience networking opportunities, dinners and in-

teractive discussions related to challenges and opportunities faced by military spouses. The network began holding events in 2007 and has organized the Field Exercise series at 15 Army posts across the country.

The exercises are aligned with AWN’s mission is to empower military families with

comprehensive information, programs and opportunities. The partnership with Corvias Military Living will continue that mission with military families everywhere, including Corvias residents.

In its inaugural year of partnership, Corvias and Army Wives Network brought the

Field Exercises: Battle Buddies seminar to Fort Bragg, Fort Meade and Fort Sill.

To keep up-to-date with the partnership, visit [corvias-militaryliving.com](http://corvias-militaryliving.com) and follow @CorviasGroup on Twitter. You will find more information about AWN at [www.armywivesnetwork.com](http://www.armywivesnetwork.com)


# HIRING FAIR


Continued from page 9

Children, Youth and School Services is one agency that uses an official process hiring youth through the federal system US-Ajobs. Nyoka Johnson, Program Operations Specialist for CYSS, said CYSS hires qualified applicants 18 or older with a high school diploma. If the applicant is younger than 18, there are volunteer opportunities available. She said this gives youth the chance to interact with other youth and participate in activities that not only interest them but impact others.

Johnson said the hiring fair helps prepare them for the real world by practicing interview skills.

“It gave youth and their parents an opportunity to see what was out there for youth to learn job skills,” Johnson said. “It also gave them opportunity to know what kinds of things to be prepared for when looking for a job.”





A GLOBAL LEADER  
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For more than 85 years, Caterpillar Inc. has been making progress possible and driving positive and sustainable change on every continent. Fortune Magazine released its 2013 ranking of America's largest corporations and named Caterpillar in the top 50 companies. Following a year of record sales and profits in 2012, Caterpillar ranked No. 42 on the list - a four place improvement over last year. Caterpillar was also recognized as a Fortune 500 "social media star" for its corporate social media profiles, including Facebook and YouTube.

**Employer Day:**

- When: April 9
- Time: 9 a.m. to 3 p.m.
- Location: Building 210 Custer Ave, Room 118D, Fort Riley, KS 66442

**Careers:**

- Production / Manufacturing
- Welding
- Machinist
- Electrical

**What to bring:**

- Great Attitude
- Résumé
- Prepared to meet the hiring manager

## FORT RILEY CYSS AFC DISCOUNTS

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

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

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

- Free Saturday Deployment Care, one four hour session monthly in the Child Development and School Age Services Centers.
- Free Hourly Care in the Child Development Center, School Age Services, or Family Child Care. Reservations must be made in advance at the center or the FCC office.
- Hourly care beyond the 16 hours free respite will be charged at \$2.00 per hour.

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

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

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

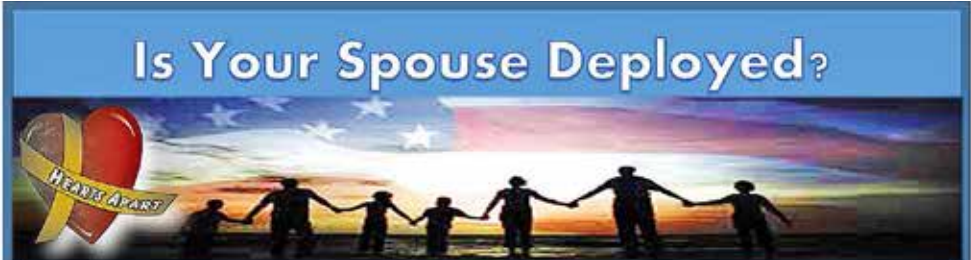
Access to child care services and discounts may be coordinated directly with the CDC or SAS centers for those already registered with CYSS.

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

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

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

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



## HEARTS APART


### Services for Waiting Families

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

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

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

To register for Hearts Apart send an email to [usarmy.riley.lmcom.mbx.acs@mail.mil](mailto:usarmy.riley.lmcom.mbx.acs@mail.mil) or 785-239-9435



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





# Sports & Recreation

★ APRIL 3, 2015

HOME OF THE BIG RED ONE

PAGE 13 ★

## IN BRIEF

### GOLF TOURNAMENT

Tee off in the twilight. Custer Hill Golf Course will host its first-ever Night Golf Tournament March 28.

Registration for this nine-hole tournament begins at 6 p.m., and play starts at 7 p.m. with a shotgun start. Registration costs \$30 per player, or \$25 per club member, and includes night sticks and glow golf balls.

For more information, call 785-784-6000 or visit [rileymwr.com/golf](http://rileymwr.com/golf). Keep up with the latest golf news by following CHGC on Twitter at [www.twitter.com/custerhillgolf](http://www.twitter.com/custerhillgolf).

### FLAG FOOTBALL

Hit the gridiron with Fort Riley Sports, Fitness and Aquatics. The Flag Football Tournament is coming to Long Fitness Center at 9 a.m. April 25.

The tournament is open to all DOD ID holders ages 18 and older. Registration costs \$150 per team and closes April 22. For more information, call 785-239-2813 or visit [rileymwr.com/sports](http://rileymwr.com/sports).

### CINCO DE BOWLING

Celebrate Cinco de Mayo at Custer Hill Bowling Center's Cinco de Bowling from 6 p.m. to midnight May 2. For just \$9 per person, guests get three hours of bowling with shoes included, along with games and contests, door prize drawings and a festive atmosphere. Custer Hill Bowling Center is located at 7485 Normandy Drive.

For more information, visit [rileymwr.com/bowling](http://rileymwr.com/bowling) or call 785-239-4366.

### SOFTBALL TOURNAMENT

It's time to register for the Spring Fling Softball Tournament, presented by Fort Riley Sports, Fitness and Aquatics.

This year's tournament will take place May 9 at Sacco Softball Complex, with the first game at 8 a.m. Registration is open to all DOD ID card holders ages 18 and older and costs \$50 per team.

Registration is free for company-level teams of active-duty Soldiers. The deadline to sign up is May 6. Team slots are limited, so sign up soon. For more information, visit [rileymwr.com/sports](http://rileymwr.com/sports) or call 785-239-2813.

### FUN IN THE SUN

Join the Fort Riley Marina for Fun in the Sun from 10 a.m. to 3 p.m. May 16 and check out all the marina has to offer. Take advantage of free water craft rides, free canoe and kayak usage, inflatable playstations and even free food.

The Fort Riley Marina opens for the season April 24 and offers more than 20 rental water crafts, primitive camping and more.

The Fort Riley Marina is located at 7112 Highway 82 on Milford Lake. For more information, visit [rileymwr.com/odr](http://rileymwr.com/odr) or call 785-239-2363.

### YOUTH SPORTS OFFICIALS

Child, Youth and School Services is looking for officials for youth outdoor and indoor soccer, flag football, basketball, baseball and softball.

Volunteer and paid positions available. Training provided and experience is not necessary. A background check is required.

For more information, call CYSS Sports at 785-239-9223 or 785-240-5207.

### LOOKING FOR A WAY TO SERVE VETERANS?

Team Red, White and Blue is a national veterans outreach organization enriches lives of America's veterans by connecting them to their community through physical and social activity.

For more info, visit [www.teamrwb.org](http://www.teamrwb.org). For Team RWB local chapter events, see "Team RWB Fort Riley" on Facebook.

### SKEET AND TRAP

An introductory clinic is offered by appointment covering basics of sport of shooting. Gun rental, ammo and 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.

## K-State football partnership passes to 'Iron Rangers' 'Black Lions' entrust relations with Wildcats team to new unit before April 2 inactivation

Story and photo by Capt. Keith E. Thayer  
4TH IBCT PUBLIC AFFAIRS

MANHATTAN, Kan. – The long-running partnership between the Kansas State University Wildcats football team and the "Black Lions" spans nine years and was entrusted March 25 to the "Iron Rangers."

Leaders from the 1st Battalion, 28th Infantry Regiment, 4th Infantry Brigade Combat Team, 1st Infantry Division and 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div., met with the team's coaching staff at Bill Snyder Family Stadium during an informal handover ceremony.

Bill Snyder, the Wildcats' head coach, described the partnership between his team and the Black Lions as an enduring force.

"It's just been a great cooperative effort," Snyder said.

The Black Lions' parent unit, the 4th IBCT, is scheduled for inactivation April 2. Of the brigade's many inactivation priorities, one has been safeguarding the numerous community partnerships established during the brigade's nine-years at Fort Riley.

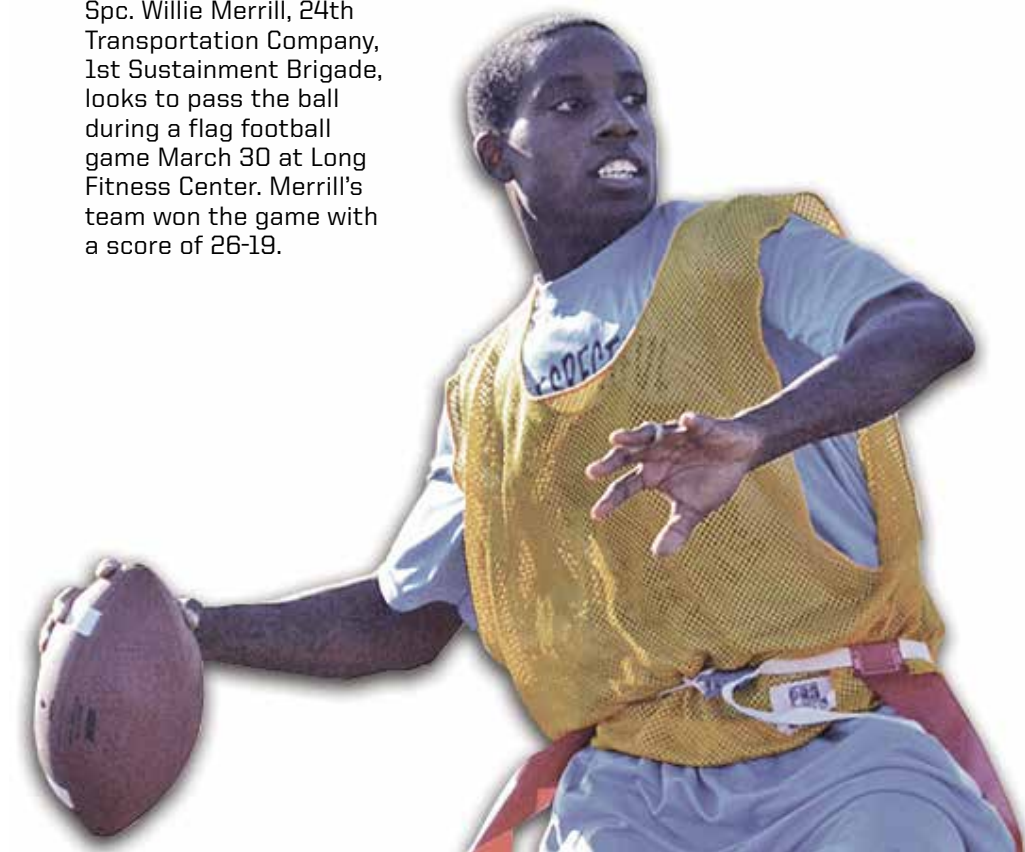
"The K-State football program has been a fantastic partnership," said Lt. Col. James Lander, the commander

See PARTNERSHIP, page 14



[From left] Sean Snyder, K-State football associate head coach, special teams coordinator and director of football operations, and his father, Bill Snyder, K-State football head coach, talk with Lt. Col. James D. Lander and Command Sgt. Maj. Todd R. Nibarger, the command team of the 1st Bn., 28th Inf. Regt., 4th IBCT, 1st Inf. Div., March 25 at Bill Snyder Family Stadium in Manhattan, Kansas.

Spc. Willie Merrill, 24th Transportation Company, 1st Sustainment Brigade, looks to pass the ball during a flag football game March 30 at Long Fitness Center. Merrill's team won the game with a score of 26-19.



## GET IN THE GAME



Photos by Maria Betzold | POST

**ABOVE:** Spc. Versean Ponds, 172nd Chemical Company, 1st Sustainment Brigade, avoids his opponent Pfc. Malik Singletary, 24th Transportation Company, 1st Sustainment Brigade during a flag football game March 30 at Long Fitness Center

**LEFT:** Pfc. Rihied Harris, 24th Transportation Company, 1st Sustainment Brigade, and Sgt. Eddie Frazier, 172nd Chemical Company, 1st Sustainment Brigade, jump to catch the ball during a flag football game March 30 at Long Fitness Center. Harris' team won the game with a score of 26-19.



David Vergun | ARNEWS

For little more than a year, the Army has been promoting a website called ArmyFit, a resource that provides Soldiers, family members and Army civilians with information regarding their physical, spiritual, emotional, family and social status.

## Site provides resources for total wellness

ArmyFit website offers information on achieving, sustaining lasting fitness

By Eric Kowal  
PICATINNY ARSENAL PUBLIC AFFAIRS

PICATINNY ARSENAL, N.J. – For little more than a year, the Army has been promoting a website called ArmyFit, a resource that provides Soldiers, family members and Army civilians with information regarding their physical, spiritual, emotional, family and social status.

The site allows the user to take a confidential, brief survey through a global assessment tool, GAT 2.0, which tracks results in a resource known as a Performance Triad. The triad consists of the following categories: sleep, activity and nutrition.

Once someone completes the GAT 2.0, they land on a new website by Comprehensive Soldier and Family Fitness, or CSF2, known as ArmyFit, where they will have full access to all the self-development resources, including tailored videos, information and people or organizations to follow, all based on their GAT 2.0 scores.

Matthew Stracco, one of four master resiliency trainers in the Army Ar-

See ARMYFIT, page 14

## Cyclists receive performance training throughout Army Trials

Story and photo by Stefanie Pidgeon  
GI

Having optimal performance, especially in competition, takes more than personal strength and ability. It also requires mental competency.

Soldier and Veteran athletes participating in the Army Trials at Fort Bliss, Texas, receive performance training in addition to physical training leading up to competition.

Master Resilience Trainer-Performance Expert, Adam Skoranski, with the Fort Bliss Comprehensive Soldier and Family Fitness Training Center, worked with the athletes each day, offering them mental skills, reinforcing their training before heading out for a ride.

One skill Skoranski emphasized throughout training was Integrating Imagery, which is mentally rehearsing successful performances to program the mind and body to performance automatically and without hesitation.

"When you're cycling, sitting on the bike, specific things are happening to get your body moving a certain way," said Skoranski. "When you

"As I started the race, I visualized the entire race, to include the win. I found a way to pace myself, control my heart rate and control my stamina throughout the race so I could finish strong."

**CHIEF WARRANT OFFICER  
TIMOTHY SIFUENTES  
HEADQUARTERS AND  
HEADQUARTERS COMPANY,  
COMBAT AVIATION BRIGADE**

imagine yourself going through those same motions, you're activating the same levels of your brain."

Skoranski helped the athletes identify and practice the three factors that contribute to effective imagery: perspective, vividness and controllability.

"The more you practice [imagery], the more the brain-performance pathways fire and more communication goes back and forth. That communica-



Master Resilience Trainer-Performance Expert Adam Skoranski speaks to Chief Warrant Officer Timothy Sifuentes before the cycling competition begins at the Army Trials, March 29, Fort Bliss, Texas.

tion becomes smoother, and it will be easier to cycle and do the right things," said Skoranski. "That's why [mental] practice makes you better," he said.

The Army Trials competition began March 29 with the cycling competition. Chief Warrant Officer Timothy

Sifuentes, a helicopter pilot with Headquarters and Headquarters Company Combat Aviation Brigade at Fort Riley, Kansas put the skills into practice during the competition.

See CYCLISTS, page 14





Kansas State all-purpose All-American Tyler Lockett has been named the winner of the 2014 Johnny “Jet” Rodgers National College Football Return Specialist Award

# Wildcat senior leads nation in punt-return average

K-STATE ATHLETICS

MANHATTAN, Kan. – Kansas State all-purpose All-American Tyler Lockett has been named the winner of the 2014 Johnny “Jet” Rodgers National College Football Return Specialist Award, the award’s committee announced March 19.

Known as “The Jet Award,” the honor was established in 2011 to recognize the best return specialist in NCAA Division I.

The award is named in honor of Johnny Rodgers, a wide receiver and return specialist for the University of Nebraska who won the Heisman Trophy in 1972 and is a member of the National College Football hall of Fame.

A product of Tulsa, Oklahoma, Lockett led the nation in 2014 with a 19.1-yard

punt return average, while he ranked third nationally in total receiving yards (1,515) and all-purpose yards per game (176.6). He led the Big 12 in all three categories, including the latter by more than 25 yards per game.

Lockett’s 2,296 all-purpose yards in 2014 ranked second in school history to Darren Sproles (2003), while he also finished second to Sproles with 6,586 in his 47-game career. The school’s career record holder for receptions, receiving yards and receiving touchdowns, Lockett finished second in school history to Jordy Nelson in single-season catches (106) and receiving yards.

Lockett was named a 2014 Consensus All-American as a kick returner/all-purpose player, while he is the

school’s first four-time All-American. To be considered for the Jet Award, players must be a primary kick or punt returner for their team and be among the national leaders in return categories. They must also show leadership, courage, desire and respect for authority and discipline. A selection committee consisting of Rodgers and football writers and broadcasters from around the country selected the 2014 winner. Previous winners are Ty Montgomery of Stanford (2013), Tavon Austin of West Virginia (2012) and inaugural winner Joe Adams of Arkansas (2011).

An awards ceremony for the 2014 Jet Award will take place April 2, in Omaha, Nebraska. Two-time Heisman Trophy winner Archie Griffin of Ohio State will be the keynote speaker.

## PARTNERSHIP Continued from page 13

of the 1st Bn., 28th Inf. Regt. “The Black Lion Soldiers have benefitted tremendously from the various opportunities this partnership has brought forth over the years. The staff, coaches and players have been classy and have treated us as part of the K-State football family.”

The partnership has given the Black Lions and K-State an opportunity to experience what it is like to live in the other’s shoes.

“They came to Fort Riley and we had them out to the firing range,” said Capt. Sean M. Wolodzko, the 1st Bn., 28th Inf.

Regt., adjutant. “We also had them do a full-morning PT session with us. What was unique about both of those experiences was that it allowed us to interact a little bit more personally with the players. The players were there on the ground with us. At the firing range they were paired up with a Soldier so a Soldier and a player really got to know a little bit more about each other.”

In the future, the new partners of the K-State football team see potential for growth and building upon the relationship that exists between the military and the team.

“It’s a great opportunity to build off of the great partnership that the Black Lions have been working with,” said Lt. Col. Trent Upton, commander of 1st Bn., 16th Inf. Regt. “Be it on the practice field, the field of play or out on the battlefield, we’re working with a very similar demographic – Soldiers or players, in their case. So I think there’s a lot to learn from each other with regard to leader development and building winning teams, which cross over lines between the military and, in this case, a big-time sports program like the KSU football team.”

## ARMYFIT Continued from page 13

mament Research, Development and Engineering Center, or ARDEC, said it is recommended that someone takes the test quarterly, since it tracks and compares where they are progressing and digressing.

The test results also provide areas for improvement, tips and tricks.

Soldiers are required to take the survey annually. However, it is only a recommendation for family members and civilians.

The tracking system “provides for validation in a lot of ways,” Stracco said.

Results will tell someone’s “real age” versus their “actual age.” A real age identifies a person’s “physiological age” based on the information they have entered into GAT 2.0 as compared with their calendar or birth age. Their “real age” or “physiological age” is a direct reflection of their day-to-day habits.

It also provides recommendations on how to improve health when appropriate.

For example, a person may have been born on Nov. 1, 1975, which makes him or

her about 40 years of age.

However, if they drink alcohol in excess, smoke, have poor eating habits and inadequate workout routines, their “real” age may be closer to 45.

“If an individual can improve, ultimately it should have an impact on family life and work ethic,” Stracco said.

A 10-year Armament Research, Development and Engineering Center strategic plan includes the goal of fostering an enterprise culture built on trust, empowerment, collaboration and

workforce well-being, Stracco said. Resiliency programs and monthly health and wellness seminars are offered for the workforce.

“If you have any interest in your own well being, the Army Fit tool is a great starting point,” Stracco said.

To take the voluntary assessment, visit <https://armyfit.army.mil>.

Information will remain confidential. However, people have the option to change privacy settings to share information with others.

## CYCLISTS Continued from page 13

“As I started the race, I visualized the entire race, to include the win,” said Sifuentes. “I found a way to pace myself, control my heart rate and control my stamina throughout the race so I could finish strong.”

Sifuentes, who is also competing in swimming, discus and shot put during the Army Trials, added that he uses the skills daily to “just to keep a positive and a professional forward movement in my career and in life.”

Sgt. Josh Wirth also found the skills useful on day one of the competition.

“I definitely used [the skills] today; I got my breathing and my form down,” Wirth said.

Wirth, a Soldier with the Warrior Transition Battalion at Fort Gordon, Georgia, believes sports, like cycling, are more mental than physical.

“[Cycling] is like 99 percent mental. If you get the mental part down, the physical will come with time,” he said.

When putting Integrating Imagery to use on competition day, Wirth said the skill helped him remember and visualize what he needs to do and what he needs to

focus and concentrate on while he’s racing, noting it’s important to focus on things you need to think about before the race, not while you’re in the race.

Wirth plans to compete in the 100 and 200 shot disc competition during the Army Trials and the 1500 meter aquatics, wheelchair basketball and archery using a recurve bow, but says these skills are useful for more than sports.

“Sports are just like life. You have to practice how you play, just like in real life. Practice to live, make good habits and just go with them,” he said.







# Travel & Fun in Kansas

IN BRIEF

For links to attractions and events in the Central Flint Hills Region, visit [www.rileymur.com](http://www.rileymur.com) and click on the Fort Riley and Central Flint Hills Region Calendar.

**OTTAWA**  
Come see corvettes from six generations representing 60 years of automotive history and performance at the Annual All-Corvette Show April 11. This is a free spectator event. Participant registration is \$10 per car. Every corvette is welcome, regardless of year or condition. All proceeds will be donated to Prairie Paws Animal Shelter.  
**Venue:** Ottawa and Franklin County Visitor Information Center  
**Address:** 402 N. Main St., Ottaw, KS 66067  
**Time:** 9 a.m. to 3 p.m.  
**Admission:** Free  
**Phone:** 785-418-6844.

**ELLIS**  
The Cedar Bluff Open House is scheduled for April 25. There will be refreshments, Cabin Tours, a meeting with the Cedar Bluff Staff, and the ability to plan for a summer at Cedar Bluff State Park. Free entrance to the park all day. Bring your favorite flowering plant – annual or perennial. We are going to be putting in a new flower bed in the grassy area between the road and the office parking lot. Because this is your park, we want to include you in the design. So come to the open house, enjoy free entry to the park, free hot dog feed and bring your favorite flowering plant for us to plant at Cedar Bluff.  
**Venue:** Cedar Bluff Reservoir, State Park, and Wildlife Area  
**Address:** 32001 147 Hwy, Ellis, KS 67637  
**Time:** 8 a.m. to 4 p.m.  
**Admission:** Free  
**Email:** [cedarbluffsp@ksoutdoors.com](mailto:cedarbluffsp@ksoutdoors.com)  
**Phone:** 785-726-3212

**GREAT BEND**  
Get ready for the Wings and Wetlands Birding Festival April 24 to 26. Both experienced and novice birders will enjoy this weekend which includes meals, guided van tours, education and a chance to socialize with other enthusiasts.  
**Venue:** Kansas Wetlands Educational Center  
**Address:** 592 NE K-156 Hwy, Great Bend, KS 67530  
**Time:** All day  
**Phone:** 785-656-3283

**MONTEZUMA**  
50 Greatest Photographs from National Geographic showcases some of National Geographic's most compelling photographs from its more-than-120-year history.  
In addition to photographs from the magazine, visitors learn the stories behind them and more about the photographers.  
For some images, visitors will be able to see the sequence of images made in the field before and after the perfect shot.  
Exhibit on tour through National Geographic Traveling Exhibit Service.  
**Cost:** Free but donations are appreciated  
**Address:** 111 N. Aztec St., Montezuma, Kansas.  
**Hours:** Tue-Sat 9:00-12:00, 1:00-4:30, Sun 1:30-4:30. Closed Mondays & major holidays.  
**Phone:** 620-846-2527

FLINT HILLS DISCOVERY CENTER

## Flint Hills Festival

### Celebration brings concert, activities, food to Discovery Center April 26

The annual Flint Hills Festival is noon to 6 p.m. April 26 at the Flint Hills Discovery Center in Manhattan, Kansas. A variety of attractions, music performances and food vendors will be available.

Regional performers Annie Wilson and Tallgrass Express String Band will start the day's festivities at noon and play until 3:30 p.m. Original songs about the land and life of the Flint Hills, as well as bluegrass, folk ballads, Western swing tunes and Celtic melodies are scheduled into the performance.

Kelley Hunt, American blues pianist, singer and songwriter, performs at 4 p.m. at the Manhattan Conference Center at the Hilton Garden Inn Hotel.

Local storyteller, Steve Keck, is scheduled to provide three 30-minute performances that include stories and sing-a-longs for preschoolers and younger children, scheduled for 1 p.m., 2 p.m. and 3 p.m. Children of all ages can decorate an apron and build their own guitar.


Attendees can tour two temporary exhibits on the second floor. Save the Last Dance features photographs of North American Grassland Grouse by award-winning photographer, Noppadol Paothong. The second, Wild Weather, uses hands-on exhibits focusing on wind and water, air and heat, light and sound. All permanent exhibits, the Immersive Experience Theater and the Family Fun Zone are included with admission.

Visit [www.flinthillsdiscovery.org](http://www.flinthillsdiscovery.org) to purchase tickets. For more information, call 785-587-2726.

ADMISSION

\$4 for children ages 2 to 17; \$9 for ages 18 to 64; and \$7 for educators, students, military and seniors 65 or above.





## Go See It!

### Spring lectures begin April 16, open to public

FLINT HILLS DISCOVERY CENTER

MANHATTAN, Kan. – For those wanting to plan an adventure in Kansas, Go See It! lectures are back for the spring at Flint Hills Discovery Center. Learn more on destinations to visit and explore all there is to see in the Flint Hills by attending a lecture.

The first Go See It! lecture is 6:30 to 7:30 p.m. April 16. Those who attend will hear about historical and cultural events in and around the Council Grove area. A guest historian from the Council Grove area will share stories unique to Morris County, including the Santa Fe Trail and famous trees in Kansas.

Join the Flint Hills Discovery Center and a historian from the Chase County Historical Museum to learn what Chase County has to offer. This Go See It! lecture is scheduled for 6:30 to 7:30 p.m. May 21. The historian will discuss the sites, attractions and events in and around Cottonwood Falls.

Upcoming Go See It! lectures scheduled for the summer include topics on winemaking, home brewing and sustainable food. For more information on upcoming lectures, visit [www.flinthillsdiscovery.org](http://www.flinthillsdiscovery.org).

Go See It! lectures are free and open to the public. They are designed to prepare participants to plan an adventure of their own in the Flint Hills and go see it.

The Flint Hills Discovery Center offers a unique tourism and community experience that inspires people to celebrate, explore, and care for the Flint Hills. Visit [www.flinthillsdiscovery.org](http://www.flinthillsdiscovery.org) or call 785-587-2726 for more information about programs or events at the Flint Hills Discovery Center.

## Visit, experience K-State campuses April 11

### School's open house gives prospective students chance to explore Wildcat life

MANHATTAN, Kan. – Students, visitors and community members are invited to Kansas State University April 11. The Manhattan and Salina campuses will offer activities, learning, fun and food as part of the annual All-University Open House.

The open house is scheduled for 9 a.m. to 3 p.m. on the Manhattan campus and 9 a.m. to 2 p.m. on the Salina campus. It's an opportunity to discover how K-State can help students' stories unfold while exploring some of the university's 475-plus clubs and organizations and 250 majors and options.

"Open house is a wonderful way to experience what it means to be a Wildcat," said Emily Lehning, assistant vice president for student life. "K-State is a leader in teaching, research, outreach and extension. We're excited to highlight the opportunities available to future students, as well as the excellent work of current students, faculty and staff."



Eight colleges are represented at the Manhattan campus open house, offering activities, projects, displays, food and entertainment. The College of Engineering invites visitors to bring canned food donations to Fiedler Hall and help build a canned food skyscraper. Don't miss the College of Agriculture's soda pop geyser demonstrations on the Call Hall lawn, and take the shuttle to the grain science department's north complex for a free lunch. Many additional dining and snack options are available across campus.

Chill out at the College of Human Ecology's ice-carving demonstration as hotel and restaurant management

students transform a large block of ice into sculptures on the patio of Justin Hall. Graduate students in communications sciences and disorders will provide free hearing screenings at 127 Campus Creek Complex.

The College of Arts and Sciences will feature displays on the first floor of the K-State Student Union, including art students printing objects with 3-D printers and the English department's custom poetry from the poet-in-a-box. While visiting the College of Business Administration at Calvin Hall, learn about the college's new building opening in 2016.

See history come to life at the College of Education's wax museum. Step

MORE ONLINE

[www.k-state.edu/openhouse](http://www.k-state.edu/openhouse)

For a complete list of K-State's All-University Open House events, click [Events Schedule](#).

on the button of a motionless wax figure and watch it come to life and speak. The College of Architecture, Planning and Design's many events include BOXhattan, allowing visitors to try their hand at city planning.

Take a stroll to the College of Veterinary Medicine complex to see a variety of exhibits and activities. Children may bring their stuffed animals in for "treatment," and visitors of all ages can learn about anatomy on the painted horse and palpation pony.

Journey across the Manhattan campus to the Marianna Kistler Beach Museum of Art and wander the wonders of the galleries. View watercolor and oil paintings from the 2015 Friends of the Beach Museum of Art Gift Print Artist, Dean Mitchell, as well as other galleries. The museum is open 10 a.m. to 5 p.m.

Visit K-State Salina to check out the dancing robot and participate in wild chemistry demonstrations.