

# THE **1**ST INFANTRY DIVISION POST

★ 1DivPost.com FRIDAY, APRIL 10, 2015 Vol. 7, No. 15 ★

◀◀ FORT RILEY, KAN. ▶▶



Photos by Corey Schaadt | 1ST INF. DIV.

Col. Peter G. Minalga, commander of the 4th IBCT, 1st Inf. Div., stands at attention following a speech to his Soldiers during the brigade's final casing ceremony April 2 at Fort Riley. The 4th IBCT will inactivate this summer as part of the Army's ongoing restructuring process.



Col. Peter G. Minalga (left), commander of the 4th IBCT, 1st Inf. Div., and Command Sgt. Maj. Joseph M. Dallas, the brigade's senior noncommissioned officer, fold the brigade's colors during a casing ceremony April 2 at Fort Riley.



Soldiers of 2nd Bn., 32nd FA Regt., 4th IBCT, 1st Inf. Div., fire a Howitzer during the brigade's color casing ceremony April 2 at Fort Riley.

## Leaving a Legacy

### 'Dragons' case colors for inactivation

By Staff Sgt. Aaron P. Duncan  
4TH IBCT PUBLIC AFFAIRS

On the same field they stood on nine years ago, Soldiers with the 4th Infantry Brigade Combat Team, 1st Infantry Division, cased the colors for the last time in an April 2 ceremony on Fort Riley ahead of the brigade's June inactivation.

The brigade's inactivation is part of Army leadership's plan to reduce the overall number of Soldiers. The colors of five battalions and one squadron that make up the brigade will be cased in separate ceremonies in the next few weeks.

The 4th IBCT, 1st Inf. Div., was activated on Jan. 12, 2006, at Fort Riley. Since then, the brigade deployed Soldiers

twice to Iraq and once to Afghanistan. Between Feb. 2013 and Feb. 2014, more than 1,200 brigade Soldiers deployed in support of Regionally Aligned Force missions across the continent of Africa. Brigade Soldiers performed 113 Theater Security Cooperation missions and two multinational exercises and served as the East Africa Response Force at Camp Lemmonier, Djibouti, during their tenure in Africa.

"The 9th Armored Division was a division formed for the sole purpose of WWII; akin to that, at the end of the war the 9th Armored Division ceased to exist," said Col. Peter G. Minalga, the commander of 4th IBCT. "Its exploits none the less

"There is a legacy, a legacy of discipline and excellence that the Dragons will leave behind ..."

COL. PETER G. MINALGA  
COMMANDER, 4TH IBCT

See DRAGONS, page 8

## Officer receives leadership award, national recognition

### Company commander says honor reflects values, Soldiers' hard work

Story and photo by Corey Schaadt  
1ST INF. DIV. PUBLIC AFFAIRS

Duty. Honor. Country. Capt. Joseph Paolilli's personification of these ideals has not gone unnoticed, gaining him national recognition as one of 28 Soldiers Army-wide to receive the Douglas MacArthur Leadership Award.

Paolilli, the commander of Company A, 2nd Battalion, 16th Infantry Regiment, 4th Infantry Brigade Combat Team, 1st Infantry Division, said the values of duty, honor and country established by Gen. Douglas MacArthur more than 50 years ago were standards that all Soldiers should seek to achieve.

"You can't lack in those areas in any way," the captain said.

Paolilli will join the other recipients, including Capt. James Cerrone of the 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div., of the prestigious award at a ceremony May 28 to 30 in Washington, D.C.

The award "recognizes company grade officers who demonstrate the ideals for which Gen. MacArthur stood" and "promotes and sustains effective junior officer leadership in the Army," according to the Army's personnel website.

"In 20 years, he's probably the best company commander I've seen."

LT. COL.  
ERIC BATCHELOR  
COMMANDER, 2ND  
BN., 16TH INF. REGT.

See RANGER, page 8



Capt. Joseph Paolilli, 2nd Bn., 16th Inf. Regt., 4th Inf. Div., 1st Inf. Div., is one of 28 company grade officers Army-wide to be awarded the 2015 Douglas MacArthur Leadership Award. The prestigious award recognizes junior officers who personify Gen. Douglas MacArthur's values of duty, honor and country.

## New first sergeant takes reins

By Kalyn Curtis  
1ST INF. DIV. POST

An official change of responsibility ceremony in which 1st Sgt. Jason D. Hasby assumed the duties of Headquarters and Headquarters Company first sergeant from 1st Sgt. Wayne M. Butterbrodt took place April 2.

An 18-year Army veteran, Hasby's assignments include Fort Knox, Kentucky, Fort Lewis, Washington, and now, Fort Riley.

Butterbrodt is scheduled for a permanent change of station to Fort Hood, Texas, where he said he looks forward to spending more time with his family.

Hasby said he brings with him a phrase he learned from his sergeant major upon his return from Army Leaders Course.

Hasby said his sergeant major told him he needed to do it all. If something needs done, do it.

"Whatever tools they give me to accomplish that mission, regardless [of what the mission is,] I will accomplish that mission," Hasby said.

As for advice from Butterbrodt to Hasby, he kept it short.

"Enjoy the time because it will go by fast," he said.



1st Sgt.  
Hasby

## Fire team wins prevention branch award

By Maria Betzold  
1ST INF. DIV. POST

Some of Fort Riley's Fire Department staff was recognized as the Installation Management Command Central Region Fire Prevention Program of the Year.

Two events were key in the submitted nomination package.

Ivan May, Lead Fire Inspector, Directorate of Emergency Services, said the prevention branch was the recipient of the Michelle Brenner Lifetime Achievement Award from the Fire Educators Association of Kansas. The award is given by the Kansas Fire Marshal each year.

See AWARD, page 8

## WELCOME TO THE TEAM



Staff Sgt. Daniel Stoutamire | 1ST INF. DIV.

Cpl. Timothy Grace, Division Headquarters and Headquarters Battalion, 1st Infantry Division, receives his "Big Red One" combat patch March 31 from Maj. Gen. Paul E. Funk II (right) and Command Sgt. Maj. Michael A. Grinston (left), Combined Joint Forces Land Component Command-Iraq and 1st Inf. Div. command team, in Baghdad, Iraq. Soldiers with CJFLCC-I received their Big Red One shoulder sleeve insignia for their service in Operation Inherent Resolve, becoming part of the division's long and storied tradition.

The next USAG Resilience Day Off will be:

APRIL

24

### SAFETY HOLIDAY

As of Thursday, April 9

093

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

### HIGHLIGHTS



PARADE, PANCAKE BREAKFAST BEGIN MONTH OF THE MILITARY CHILD CELEBRATION, PAGE 9.

### ALSO IN THIS ISSUE



FLAG FOOTBALL KICKS OFF, SEE PAGE 13.





# Military relations committee welcomes ‘Devil’ brigade commander during luncheon

Story and photo by  
Staff Sgt. Bernhard Lashleyleidner  
1ST ABCT PUBLIC AFFAIRS

MANHATTAN, Kan. – More than 120 community and civic leaders from Junction City and Manhattan came out April 1 to hear guest speaker Col. John Reynolds III, commander of the 1st Armored Brigade Combat Team, 1st Infantry Division, speak during the Manhattan Area Chamber of Commerce’s Military Relations Committee luncheon.

Reynolds began by showing the audience several short videos of senior Army leaders visiting the brigade during their recent deployment and their reactions to the “‘Devil’ brigade’s capabilities and fighting spirit.”

“Your brigade, the Devil brigade, did a phenomenal job during their nine-month deployment to Kuwait and Iraq in support of Operation Spartan Shield,” Reynolds said. “Our mission was to provide security, stability and structure to the region.”

Reynolds a native of Heidelberg, Germany, talked about how more than 1,100 family members assisted the brigade in deploying Soldiers to Kuwait, Iraq and Jordan.

“Having family members and the community partners supporting you while you’re deployed means a lot,” Reynolds said. “Receiving letters and packages helped keep Soldiers motivation, spirits and morale high.”

Reynolds said within 12 hours of the first element arriving in Kuwait, the brigade received orders and began sending Soldiers forward to Iraq.

“We are the first combat brigade to enter Iraq since the beginning of Operation Spartan Shield,” Reynolds said. “The division is instilling pride, reinsurance and confidence into the Iraqi Soldiers and politicians to win fight against the Islamic State.”



Col. John Reynolds III, commander, 1st ABCT, 1st Inf. Div., explains the various locations brigade Soldiers were assigned throughout the unit’s nine-month deployment to Southwest Asia April 1 during the Manhattan Area Chamber of Commerce’s Military Relation Committee luncheon in Manhattan, Kansas.

Reynolds said the brigade achieved success through their four lines of operation: mission readiness, community outreach, sustainment and resiliency.

Reynolds said the brigade partnership with military and civilian communities during the deployment allowed Soldiers an opportunity to embed and learn from partner nations within the countries they were deployed.

“We wanted to ensure Soldiers experienced different cultures while deployed,” Reynolds said. “Many of them had opportunities to attend camel races, amusement parks, water parks and ride Arabian horses that cost upward of a million dollars.”

The brigade’s Soldiers built relationships and acceptance through cultural exchanges in the states and abroad, which allowed them to achieve mission success.

“A key piece of our mission was to be ambassadors of strong values and cultural acceptance for America,” Reynolds said.

He also said how proud he was of the Devil Soldiers and of the local community members for the way they supported families of deployed Soldiers.

“It’s very important to have military leaders speak at the monthly meeting and luncheon,” said Janet Nichols, the chamber’s military community liaison. “It gives us an opportunity to interact and know Fort Riley commanders.”

Nichols said the liaison program has been around for about 11 years and has grown tremendously through partnership with Fort Riley.

“We are very military friendly and support military families,” Nichols said. “We want to know how units and Soldiers are doing and what kind of missions they are on while deployed.”

## April is reminder to stay prepared in case of disaster

### EMERGENCY MANAGEMENT

This April is America’s PrepareAthon! Month. Fort Riley has committed to participate in this nationally recognized event in order to increase preparedness throughout the installation.

According to the Federal Emergency Management Agency’s 2012 National Survey, 46 percent of respondents believed that a natural disaster would occur in their community; however, nearly 70 percent of Americans had not developed a plan or participated

in a preparedness drill in their home, school or workplace within the previous two years.

The Fort Riley Emergency Management staff wants to share important information to help residents be better prepared in case of a disaster.

Preparedness is a shared responsibility and it takes a whole community. By using the three main tenants of Ready Army program “Get a Kit, Make a Plan, and Be Informed” we hope to increase the overall preparedness and resiliency of our installation.

America’s PrepareAthon! is a national, grassroots campaign for action to increase individual and community preparedness and resilience through hazard-specific information guides, group discussions, and exercises for hazards relevant to their area. Our goal is to help you:

- Understand which disasters could happen in your community;
- Know what to do to be safe and mitigate damage;
- Practice drills and share information to better prepare our

Soldiers, Family Members, and Civilian Employees, and

- Participate in community resilience planning.

The Fort Riley Emergency Management Office encourages all to visit [www.ready.gov/prepare](http://www.ready.gov/prepare) and [www.riley.army.mil/Community/ReadyArmy.aspx](http://www.riley.army.mil/Community/ReadyArmy.aspx) to learn more about America’s PrepareAthon! and the Ready Army program. Find out how you can improve your preparedness plan for your family and your community.

For more information, call 785-240-0400.

### TRAFFIC REPORT

#### ESTES ROAD

The portion of Estes Road on the right side of Normandy is scheduled to be closed March 19.

Traffic changeover will be conducted during a non-rush-hour time of day. Prior to the changeover, the Normandy left lane will be widened. No roads will be closed for the widening work on Normandy.

#### DICKMAN AVENUE

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

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

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

#### TROOPER MCCORMICK

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

Phase 3 is scheduled to start April 30 and end May 7. This will close the

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

#### HAMPTON PLACE

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

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

Access to Custer Hill Elementary School will be available from Ashby Avenue.

For more information, contact Corvias Military Living at 785-717-2200.

#### ACP HOURS OF OPERATION

Access control point hours are:

**Four Corners/Trooper/Ogden:** Open 24/7

**Henry:** Open 24/7

**12th Street:** Open from 4 a.m. to 7 p.m., Monday to Friday; closed on weekends and federal holidays.

**Rifle Range:** Open for construction vehicles only.

**Grant:** Open from 5 a.m. to 7 p.m., Monday to Friday; 8 a.m. to 5 p.m. Saturdays; closed Sundays and federal holidays.

**Estes:** Open from 5 a.m. to 7 p.m., Monday to Friday; closed weekends and federal holidays.

# Army program leads to nursing career

## Commissioning program gives Soldiers chance to work in medical field

By Gini Sinclair  
MEDICAL RECRUITING BRIGADE  
U.S. ARMY RECRUITING COMMAND

After eight years serving as a combat medic, Staff Sgt. Clinton Bunker decided to advance in his career, obtain his nursing degree and become an Army officer. As a nurse in the Army, 1st Lt. Bunker, now works in the intensive care unit at Blanchfield Army Community Hospital on Fort Campbell, Kentucky.

“I wanted to work in a hospital,” Bunker said, “and (as a combat medic) I worked with a couple of physician assistants who advised me to go into the Interservice Physician Assistant Program. But when I compared that program to the AECP (Army Enlisted Commissioning Program) I decided the AECP was a better fit for what I wanted to do.

“The nursing program allowed me the ability to choose the school I wanted,” Bunker contin-

ued. “It also gave me a chance to get my family together. I chose to go to a school near my home town of Cabot, Arkansas.”

Bunker graduated with a Bachelor of Science degree in Nursing from Arkansas Technical University Nursing School in 2012 with a grade point average of 3.7. He was inducted into the International Honor Society for Nursing upon graduation.

“Maintaining your grades while in nursing school is critical to remaining in the program,” said Maj. James Campbell, AECP manager, Health Services Directorate, U.S. Army Recruiting Command, Fort Knox, Kentucky. “While in school the student retains the rank they held when entering the program. They are assigned to a company at Fort Sam Houston, (Texas) but their only job is to be a student.”

As a program manager, Campbell isn’t responsible for recruiting participants. That is done by Medical Recruiting Brigade recruiters throughout the U.S., Germany and Puerto Rico. However, once in the program Campbell advises students on requirements and mentors them about opportunities and responsibilities as an Army nurse.

Since the program can take anywhere from 14 to 24 months to complete, the move to a university is considered a Permanent Change of Station. Those in school will receive up to \$18,000 per year for education. In addition, they continue to receive pay and benefits matching their rank.

“Each prospective candidate must have a conditional letter of acceptance from an approved university,” Campbell explained. “Once accepted, their application packet is then sent to a one-time-a-year board for approval. This way, once a person is accepted into the AECP they already have the college approval.”

Spec. Athanasia Ashley chose a university in South Carolina instead of one close to her home in Patterson, Georgia, when she found out Georgia had additional academic requirements that would have kept her in school longer.

“I just did a Google search for nursing schools and came up with Francis Marion University in Florence, South Carolina,” Ashley said. “I started

school in January 2013 and graduated on December 13, 2014. Right now I am waiting for a class date to go to Basic Officer Leader Course, then I will be on assignment as a nurse.”

According to Campbell all AECP graduates enter the Army Nurse Corps as a medical-surgical nurse. After one-and-a-half to two years they are eligible to move into a nursing specialty if they so choose. Both Bunker and Ashley say they hope to become a Certified-Registered Nurse Anesthetist in the future.

Campbell said the AECP is open to members of the National Guard, the Army Reserve, and the active-duty Army. While being a Soldier is a requirement of the program, having experience in a medical field is not. Although Bunker was a combat medic and Ashley joined the Army in 2009 as a medical laboratory technician, Campbell says anyone with a desire to become a nurse can apply as long as required prerequisites are met.

Since contacting a recruiter with the Medical Recruiting Brigade is the first step in this process, Campbell recommends interested candidates contact the local medical recruiting center. According to Campbell, recruiters from local recruiting centers will provide several briefings on the AECP at military installations in the months ahead. However, it is not necessary to wait for the briefing to begin the process. To find an MRB recruiter near you go to [www.healthcare.goarmy.com](http://www.healthcare.goarmy.com) and select “Contact a Recruiter.” Then choose AMEDD (medical) in the “My Interest” drop down menu, put in your zip code and click “Search.”

Upon completion of the program, AECP graduates owe the Army four years of service. Although Guard, Reserve and active-duty Army service members are all eligible to enter the program, Campbell states that the four years after graduation must be completed as an active-duty U.S. Army health care provider.

An overview of the program is posted at [www.youtube.com/watch?v=QqqcXjUsirs](http://www.youtube.com/watch?v=QqqcXjUsirs). Contact information is included and Campbell is available to talk with anyone who calls for information. The application deadline for a completed AECP packet in FY15 is July 1.

“The nursing program allowed me the ability to choose the school I wanted. It also gave me a chance to get my family together.”

1ST LT. CLINTON BUNKER  
NURSE, BLANCHFIELD ARMY  
COMMUNITY HOSPITAL  
FORT CAMPBELL, KENTUCKY



**Spc. Athanasia Ashley graduated from Francis Marion University, Florence, S.C. in December 2014. Ashley chose the Army Enlisted Commissioning Program because it allowed her to become an Army nurse while staying in the Army.**

Spc. Ashley

**1st Lt. Clinton Bunker graduated from Arkansas Technical University Nursing School and the Army Enlisted Commissioning Program at the same time. The AECP allowed Bunker to transition from working as a combat medic to a nurse in the Army.**



1st Lt. Bunker

### TUESDAY TRIVIA CONTEST WINNER

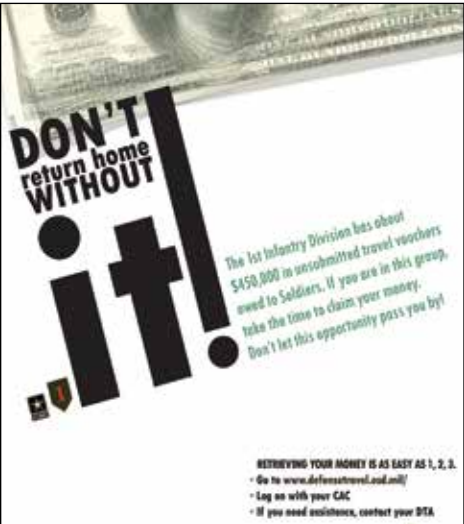


The winner of the Tuesday Trivia is Lena Hall, wife of Sgt. Samuel Hall with the Headquarters and Headquarters Battery, 1st Battalion, 161st Field Artillery Regiment, an Army National Guard unit out of Hutchinson, Kansas.

On April 7 Lena correctly answered the question “Where can I find the Fort Riley government phone list or phone directory?”

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, LENA!





# Can supplements affect your mood?

By Jessica Ford, Ph.D.,  
Psychologist  
U.S. ARMY  
PUBLIC HEALTH COMMAND

Depression is called the “common cold” of behavioral health issues. Almost one in five people will have depression during their lives.

Signs of depression are losing interest in things you used to enjoy or feeling sad most of the time for two or more weeks.

If you are concerned about your mood, reach out. In fact, finding help for issues, like depressed mood, is an important part of personal readiness.

When seeking resources, you may feel overwhelmed. Often, people seek advice from friends, family, coworkers and the Internet. Some recommendations will be helpful, but others could be harmful.

Some sources may recommend dietary supplements as a quick and easy fix. Dietary supplementation may seem like an easy fix because you do not have to invest a lot of time or money and they can be taken without anyone knowing. Unfortunately, there is no quick fix for depression. Although there is some evidence that having low levels of certain nutrients (for example, folate, B-12, calcium,



**SpC. Alexis Harrison | ARNEWS**  
**Despite evidence that vitamin supplementation can be helpful for people without depression, the Department of Health and Human Services and the U.S. Department of Agriculture's dietary guidelines for Americans advise that nutrient needs be met primarily through the food that you eat.**

vitamin D, iron, selenium, zinc, and N-3 fatty acids) contribute to some mood problems, there is very little evidence that dietary supplements help most people who are depressed.

Scientists have found that vitamins can be helpful for some women with hormone-related depression symptoms, and for those who do not have a nutritional deficiency or depression, multi-ingredient vitamin supplementation has been shown to improve mood and reduce stress and anxiety.

Despite evidence that

vitamin supplementation can be helpful for people without depression, the Department of Health and Human Services and the U.S. Department of Agriculture's dietary guidelines for Americans advise that nutrient needs be met primarily through the food that you eat. These guidelines only recommend supplement use in addition to a nutrient-dense diet if you are over the age of 50, a woman of childbearing age or if you have dark skin/are not exposed to enough sunlight. The Food and Drug Adminis-

tration warns against taking in too many vitamins since there are upper limits of safety.

At the end of the day, taking supplements without a healthcare provider's help may result in wasted money or time because it is hard to tell the difference between a mood disorder and normal, everyday sadness related to a stressful situation.

The best person to discuss changes in mood is your primary healthcare provider, who can help you determine if your mood change or problem is the result of depression, a normal situational response or a physical problem. If they do find that you have a mood disorder, like depression, the current gold standard treatment for depression is a type of therapy called cognitive-behavioral therapy along with a prescription antidepressant.

Additionally, you may want to have lab tests to check for a deficiency and discuss the use of vitamins or perhaps herbal remedies with your provider.

Ultimately, only you and your healthcare team (which may include your primary healthcare provider and a behavioral health specialist) can make the best decision regarding nutritional supplementation and treatment planning for mood concerns.

## IRWINFORMATION

### Does TRICARE cover breast implant removal?

It depends. TRICARE covers the removal of silicone or saline breast implants if the initial silicone or saline breast implantation was or would have been a covered benefit and signs or symptoms of complications must be present and documented.

If the initial silicone or saline breast implant surgery was not covered or coverable by TRICARE, the implant removal may

be covered only if it is a necessary treatment of a complication which represents a separate medical condition. Implant damage, hardening, leakage and autoimmune disorder do not qualify as separate medical conditions.

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

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

## HOME WANTED

Captain Kaos is a one-year-old German Shepherd mix. He weighs 56 pounds. He loves everything and everyone and is playful with other dogs. He also seems interested in playing with cats.

Kaos is somewhat housetrained (he really tries) and knows sit – if you can get beyond his hyperness.

Kaos will need very patient family members who know how to control and manage his energy. He has no formal training and obedience classes are a great idea.

There's no doubt he'll be a fast learner based on his desires to please his handler and he is very smart. Captain Kaos is not a beginner's dog. He needs someone with experience.

His adoption fee is \$82 and includes microchip, distemper and rabies vaccines, heartworm test and deworming.

If interested call 785-239-6183. If no one answers, leave a message or email [nicole.p.storm@us.army.mil](mailto:nicole.p.storm@us.army.mil).

Other shelter animals can be seen on [www.facebook.com/fortrileypets](http://www.facebook.com/fortrileypets).

Stray animals on Fort Riley picked up by the Military Police are brought to the Fort Riley Stray Facility. The animals are held for three business days to allow owners to claim their pets. After this, animals may be adopted out or euthanized. Animals are usually only euthanized in the cases of severe aggression or life-threatening illness.

Animals must be registered, microchipped, and up to date on vaccines before being released back to their owners.

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



# Avoid risk of sexually transmitted infections

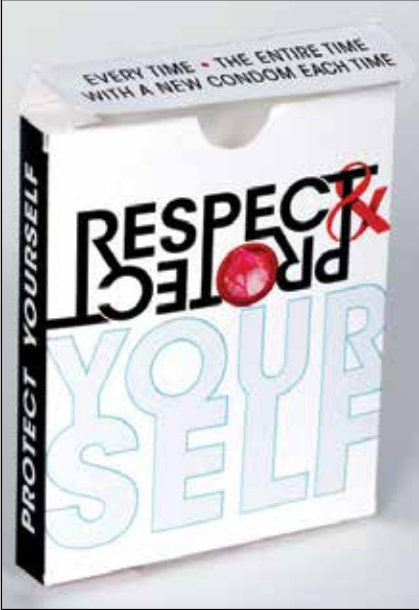
By Miranda Andrews  
and Nikki Jordan  
Disease Epidemiology Program, U.S. Army  
Public Health Command

Statistics provided by the U.S. Centers for Disease Control and Prevention reflect that more than 20 million new sexually transmitted infections occur annually in the United States, contributing to roughly 110 million total infections and \$16 billion in medical costs each year.

Common STIs include human papillomavirus, or HPV, chlamydia, trichomoniasis, gonorrhea, herpes simplex virus, or HSV, syphilis, hepatitis B and human immunodeficiency virus, or HIV. About half of new STIs occur in youth who are 15-24 years old.

STIs are also common among the military active duty population, where more than a third of service members are under 25. Risk factors for infection and disease trends tend to mirror those observed nationally.

Depending on the STI, symptoms can include painful urination, itching, discharge, painful or swollen testicles, bleeding between menstrual cycles, painful intercourse, abdominal or pelvic pain or rashes. More often, an STI may not have noticeable symptoms. Chlamydia, for example, is known as the “silent infection,” and fails to show symptoms in about 80 percent of infected women and 50 percent of infected men. Likewise, syphilis is another STI that often goes unnoticed in



early stages. It is on the rise in both civilian and military communities, especially among men who have sex with men. And having an STI can make it easier to get another. In several major U.S. cities, about half of MSM with syphilis are co-infected with HIV. Periodic STI testing is often the best way to identify infections.

Common high-risk behaviors include having unprotected sex, inconsistent condom use, multiple partners, one night stands, soliciting sex and being under the influence of alcohol or drugs. Technology such as “hook-up” apps has also increased STI risk by linking anonymous partners for casual sex. Online profiles can be

deceptive, setting you up for a dangerous situation and leave lingering uncertainty about STIs. The anonymous encounters make it challenging to notify a partner of a positive STI test.

All STIs are preventable, many are curable and all can be treated to manage symptoms. Prevention starts with communicating with intimate partners and taking charge of one's sexual health. Effective ways to reduce your risk include:

- Using a condom correctly every time when engaging in oral, vaginal or anal sexual activity
- Reducing the number of sexual partners and the number of high-risk partners, situations and sex acts
- Being in a mutually monogamous relationship with an uninfected partner
- Talking to a medical provider about getting tested every three to six months
- Getting the HPV and Hepatitis B vaccines

If you are concerned about your STI risk, you can request testing through your primary care clinic. Military treatment facilities offer free, confidential testing, treatment and counseling for TRICARE beneficiaries. Local public health departments also offer low cost testing and treatment. In some cases you can even collect the sample at home.

For additional information about STIs, HPV and Hepatitis B vaccination, contact your primary care provider or Preventive Medicine Clinic. Prevention starts with you.



## RILEY ROUNDTABLE

### What's the best thing about being a military child?



"I love playing with the people who live on post with me."

**ZARRIA YOUNG**  
**JUNCTION CITY, KANSAS**  
Student, age 5,  
Custer Hill Elementary School



"It is great because we have a lot of things provided and there are a lot of kids and I have friends all over the world. One in Washington, D.C., some in England and a bunch at Fort Riley."

**HUGH GHIKA**  
**JMERTON, GERMANY**  
Student, age 7  
Fort Riley Elementary School



"I get to meet new friends and I get to learn about new places and go to new schools and make new friends"

**ALLIE HOLLAND**  
**SIERRA VISTA, ARIZONA**  
Student, age 8  
Fort Riley Elementary School



"I like pretending I am in the Navy and seeing our teacher's dog on post."

**ADAEZE OBINNA**  
**JUNCTION CITY, KANSAS**  
Student, age 6  
Custer Hill Elementary School



"I am near my dad's office and it is quick to get to the PX [the Exchange] and I like that, because it has a ginormous food court."

**COOPER COUSINS**  
**OVERLAND PARK, KANSAS**  
Student, age 6  
Fort Riley Elementary School



"You get to move around a lot and meet a lot of new friends."

**RYANN SETTJE**  
**FORT CARSON, COLORADO**  
Student, age 11  
Fort Riley Elementary School

## Message from Carter: Sexual assault undermines basic military values

DOD NEWS, DEFENSE MEDIA ACTIVITY

WASHINGTON – Sexual assaults and retaliation against people who report them undermine the military's values of honor and trust, Defense Secretary Ash Carter said in a message to the Defense Department's workforce. Here is the text of the secretary's message:

This April, the Department of Defense observes Sexual Assault Awareness and Prevention Month. While we must spread awareness and prevent these crimes each and every day, this is an important opportunity to remind ourselves why ridding our ranks of sexual assault and sexual harassment is so critical.

The values of honor and trust are the lifeblood of our military, and every act of sexual assault directly undermines those values. So too does every act of retaliation against those who report these crimes.

This year's theme, "Eliminate Sexual Assault: Know Your Part. Do Your Part." reminds us that we all have a responsibility to prevent these crimes and support the survivors not only to live our core values and protect one another, but also

to ensure our people can focus on the mission.

This is an issue our force, both of today and tomorrow, cares deeply about. When I spoke at my high school earlier this week, a young student asked me about the issue of sexual assault and wanted to know what we were doing to ensure our military is "a safe and welcome place."

That is why it is the responsibility of every service member to help make our military the last place a sexual offender wants to be.

Together, we must assure an environment where sexual assault is neither condoned nor ignored; we must reinforce a culture of prevention, accountability, dignity, and respect throughout our ranks; and we must advocate for and staunchly support all who courageously report this crime.

Our nation looks to us to lead boldly on this front and to care for our fellow men and women who bravely serve. Every single one of us must know our part, do our part, and keep doing whatever it takes to eliminate sexual assault in the military.



DOD PHOTO  
**Defense Secretary Ash Carter wears the teal pin that recognizes the observance of Sexual Assault Awareness and Prevention Month, April 2. The theme for this year's observance is "Eliminate Sexual Assault: Know Your Part. Do Your Part."**

## Perkins: Too much wasted time in meetings

Photo and story by  
**David Vergun**  
DEFENSE NEWS

FORT LEAVENWORTH, Kan. – One of the most precious commodities a Soldier has is time, and a lot of time is wasted in person-to-person exchanges and group meetings, Gen. David C. Perkins said.

Perkins, who serves as commander of U.S. Army Training and Doctrine Command, along with other Army leaders, met with and heard the opinions of 84 majors during Colloquium 2015, here, March 30.

The topic of wasted time at meetings came as an aside after Maj. James Gibson told Perkins that it is a challenge for the Army to support Soldiers' self development with limited resources.

Perkins agreed with Gibson's thoughts that self development is one of the most essential components of leader development and that it is also, "one of the most underutilized domains we have."

But Perkins also said it does not take much in the way of resources to self develop.

There are basically two ways a Soldier can develop themselves, Perkins said. One of those is reading up on areas of expertise. The second is through face-to-face meetings with leaders, peers, subordinates or subject matter experts.

But today, Perkins said, too much time is spent in individual or group meetings where discussions take place on things that are already known or on topics that can easily be accessed online.

"There are some things you can only get face-to-face," Perkins said. "For other things, you don't need it. So when you do a face-to-face [meeting], don't talk about things read-



**Gen. David C. Perkins, commander of U.S. Army Training and Doctrine Command, makes a point during Colloquium 2015 on Fort Leavenworth, Kan., March 30, 2015.**

ily available to you in writing. We're very bad about that. We waste a lot of time."

Perkins said that one of the biggest impediments to an officer's self development is a lack of a self-development strategy. He also said self development must be an active personal quest - it cannot happen passively.

"Becoming informed is a proactive sport," he said. "You can't just sit there in the office and say, 'inform me.' You have to go out and do it. People complain that 'no one is self developing me.' What [is it] about the word 'self' don't you understand? You've got to come up with a personal strategy. It takes great discipline to do that. Usually the biggest problem is people don't have discipline and they don't have a plan. It's a missed opportunity."

Lt. Gen. Bob Brown, commander of the Combined Arms Center, said he agreed that self development is a critical component of leader development. But he disagreed that it's the single most important element.

"You learn and develop most in the operational domain," by interacting with

others, he said. "You can learn from both the good and bad leadership you're exposed to."

Brown said that although self development does not take much in the way of resources, the Army could do a much better job with the resources it does provide.

He said there is a lot of information available to Soldiers for use in self development. But that information is not all in one place, so it is not readily accessible. "In many areas we're resource-rich and knowledge-poor. Folks don't know where to go."

The Army Training Network, or ATN, is a good start, Brown said. But that resource does not yet consolidate every type of knowledge necessary for self development. Additionally, the ATN requires a Common Access Card, or CAC, making it difficult for Soldiers to access on personal devices.

Maj. Phil Hensel said the last 14 years of warfare provided officers at the most junior level a chance to interact with joint, multinational and interagency partners. As opportunities become more limited, he said the Army should assign Soldiers to other services or

agencies, possibly as part of an exchange program.

Even an exchange on a small scale would "permeate knowledge throughout the force," he said.

One of the problems is that the year-group structure, with its time-in-service limits on promotions, forces Soldiers to move between what are considered required assignments with little time for broadening through outside the Army assignments.

Perkins said Hensel hit the nail on the head with the problem of not having more in the way of an exchange-type program. It is difficult to manage talent when the "timeline is what everyone talks about," Perkins said.

Unfortunately, he said, year groups are set in law by the Defense Officer Personnel Management Act of 1980.

"If we could, we'd probably not manage you by year groups," Perkins said. "We'd manage you by where you are in your leader development process. We're looking hard at other options. We're working hard to change the law."

Soldiers should not suffer negative consequence for taking longer for their leader development process and broadening experiences, he said.

Soldiers should be able to do the jobs they normally do plus train with industry or go to graduate school, for instance, between those other assignments.

Perkins said Human Resources Command is already challenged to manage more than a million Soldiers on a known timeline.

A new management model would make it even more difficult for them, he said.

"But I think that's where we have to go," he said.

## Disaster preparedness mirrors military readiness

By Terri Moon Cronk  
DOD NEWS, DEFENSE MEDIA ACTIVITY

WASHINGTON – Defense Department leaders take pride in the readiness to defend the nation against threats, and in the role of partner in emergency and disaster response, a DOD official said.

In an interview with DOD News on the April observance of the "America's PrepareAthon!" campaign, Robert G. Salesses, deputy assistant secretary of defense for homeland defense integration and defense support of civil authorities, talked about the importance of being prepared for unexpected events such as storms.

A grass roots, national campaign through the Federal Emergency Management Agency, "America's PrepareAthon!" involves all federal agencies, state and local governments, the private sector and individuals, Salesses explained.

DOD wants its people to realize, they have an "important role to play in bolstering our preparedness for hazards of all types – from hurricanes to wildfires – to strengthen our collective security and resilience," Deputy Defense Secretary Bob Work wrote

in a recent DOD-wide memo,

And, "safeguarding U.S. security depends on ensuring the strength of our 3.2 million-strong workforce" of military and civilian employees," he wrote.

"A priority of this department," Work continued, "is focusing on the well-being and safety of each member of our workforce and their families, so that we can continue to safeguard U.S. security."

The preparedness campaign addresses emergencies and disasters from the community to the national level. Community preparedness can take form in neighborhood hazard-specific drills, group discussions and exercises, according to the PrepareAthon! website.

While most people might not give much thought to preparing for emergencies and disasters, Salesses said, the nation's two-month-long observance serves as reminders



so people can be ready for the unexpected every day of the year.

"It gives folks the opportunity to take a step back and consider hazards they may encounter, and [to] begin to build a plan," Salesses said.

Preparedness focuses on natural disasters such as floods, fires, earthquakes and hurricanes, he noted, adding different parts of the world give rise to different types of storms. Other disasters could be "man-made" occurrences that can often strike with little notice, he said.

## THE 1ST INFANTRY DIVISION POST

This civilian enterprise newspaper is an authorized publication for members of the Department of Defense. Contents of The 1st Infantry Division Post are not necessarily the official views of, or endorsed by, the U.S. Government, or the Department of the Army. The editorial content of this publication is the responsibility of the 1st Infantry Division and Fort Riley PA Officer and printed by Montgomery Communications, Inc., a private firm in no way connected with the U.S. Government under exclusive written contract with Fort Riley.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement of the products or services advertised by the U.S. Army or Montgomery Communications, Inc.. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher will refuse to print advertising from that source until the violation is corrected.

Circulation 8,800 copies each week.

A licensed newspaper member of the Junction City and Manhattan chambers of commerce.

**COMMANDING OFFICER AND PUBLISHER**  
Maj. Gen. Paul E. Funk II

**PUBLIC AFFAIRS OFFICER**  
Lt. Col. Sean Ryan

**PRINTER**  
John G. Montgomery

**FORT RILEY EDITORIAL STAFF**

**EDITOR**  
Angelique N. Smythe

**ASSISTANT EDITOR**  
Andy Massanet

**STAFF WRITERS**  
Maria Betzold, Kalyan Curtis and Cheyanna Colborn

**MEDIA SALES MANAGES**  
Melissa Tyson

**MEDIA SALES REPRESENTATIVES**  
Jessica Wineinger, Susan Jacobs, Kim Maguire and Shannon Fritz

**CONTACT US**  
For business or advertising matters, call The Daily Union in Junction City at 785-762-5000.

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

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





EASTER SERVICE DOWNRANGE



COURTESY PHOTO

Service members and contractors with Combined Joint Forces Land Component Command-Iraq and the 1st Infantry Division sing a hymn during an Easter service at Union III, in Baghdad, Iraq, April 5. Services were organized by Chaplain (Lt. Col.) Lou Deltufo, 1st Inf. Div. chaplain.

# Perkins: 'We want to put you outside your comfort zone'

By David Vergun  
ARNEWS

FORT LEAVENWORTH, Kan. – In making assignment selections, the Army is looking to broaden experience. “We want to put you outside your comfort zone,” said Gen. David C. Perkins.

Perkins, commander of U.S. Army Training and Doctrine Command, and other leaders spoke during Colloquium 2015 here March 30 attended by 84 majors.

The general was responding in agreement to input from Maj. Harold Morris, who advocated for Soldiers getting a broad range of joint, interagency, intergovernmental and multinational assignments.

Morris said when Soldiers were in Iraq and Afghanistan in large numbers, they were getting a lot of JIIM experience, but over time and as the drawdown has continued, the Army is losing those valuable skills that come from interacting with those outside the Army who they would likely need to interact with in a time of war.

Although participating in a regionally-aligned force tour would likely result in JIIM experience, there should be more available and promotion boards should not penalize Soldiers for having broadening assignments, Morris said.

Perkins said he agreed but corrected him, saying board guidance, in fact, does take into account a broad range of experiences and imposes no such penalty.

The general then went on to illustrate the Army leader's thinking on what having a broad range of experience actually means.

If an officer works for three years in the Office of the Chief Legislative Liaison, then follows that with a congressional fellowship, that is not a broad range of experience, he said, because it is basically doing the same thing and not growing.

On the other hand, if three years in the infantry is followed by a congressional fellowship, that is broadening one's range of experiences, he said.

“We put you in a job not to promote you, but as a vehicle to help you develop,” he said. “So there's a misperception that when you're in a broadening job, that job will get you promoted. It won't. It's your file. You might not get promoted regardless of where you went.”

And, there are people who will get promoted no matter where they go, he continued. The fallacy is that many Soldiers “associate their last job with why they did or did not get promoted. It's not. It's your whole file.”

“One of the challenges in the Army is we had a broad range of jobs, but we weren't selecting the right people” to put in those jobs, Perkins said. “We were putting people in jobs where we probably shouldn't have because they weren't going to get promoted anyway. So one of the ways we're going to fix that is we're going to be more selective of who gets promoted and who is going where.”

Perkins then provided an example of how a broadening experience works.

If the Army sends an officer to the Ethiopia desk at the State Department, it's not because a future Royal Air Force unit is slated to go to Ethiopia, he said. The reason is “we want to put you outside your comfort zone. We want to put you in a place people don't think like you think and don't make decisions like you do.”

The Army wants to know if you can operate in a world that is very different from your own, he said.

Can you describe your visualization of the world in a way that resonates with them and makes them understand? “That's essential to mission command: understand, visualize and describe,” he said, referring to communicating with others.

“For instance, if we send you to the State Department, can you describe a problem set to a Foreign Service officer, who thinks that Leavenworth is only a prison?” he asked. “That's the skill set you need because when you do go to Ethiopia or wherever, you can describe things to people without the same frame of reference you have.”

Perkins then gave another reason Army leaders want Soldiers to have a broadening of experiences.

That reason is empathy, he said. Not sympathy, empathy. The two are very different.

Empathy means understanding how someone else can see a problem or solution differently than you can, he said. Empathy also means “I see how it's possible you feel pain; I'm just not feeling it. Sympathy means I feel your pain.

“We want you to have empathy in that you don't have to agree with them, but you can see how they look at the world differently, he said, so when you sit down and work with them you have to take that into account.”

That's what a broad range of experiences does, Perkins said. “It puts you in very different environments where you develop skill sets so when you walk into a very strange situation, you can operate effectively. That's why we don't want you to get too comfortable in just one domain.”

Perkins then talked about another way Army leaders want Soldiers to get out of their comfort zones. He said if you are, for example, on the staff in a brigade for five or six years with the same commander, you establish rapport with him and get into a comfort zone.

“After a while, if it's too long a relationship, it's dysfunctional for both you and him,” Perkins said. “That person's not getting others' points of views, just yours.”

If you've worked for a person for a very long time and are getting high evaluation ratings, the promotion board may say, “I've got this. This person likes you. Probably, unless you screw up, your next three OERs [Officer Evaluation Report] will be good. But if you have five OERs and one is from an SES [Senior Executive Service], one is a political appointee, one is a National Guard guy and one is from a Marine; and they all say you're the best thing since sliced bread,” then that's looked on very favorably and is also a good broadening of experience, he said.

Perkins concluded with a caution for Soldiers to stay out of their comfort zones and hunt for challenging assignments that help with growth.

# Army launches 'not in my squad' initiative

By J.D. Leipold  
ARNEWS

WASHINGTON – The Army's senior non-commissioned officer announced an initiative to rid the ranks of sexual assault and harassment by giving responsibility for zero tolerance to first-line squad leaders.

“Not in my squad' is not a bumper sticker; it's an anthem, a call to duty,” said Sgt. Maj. of the Army Daniel A. Dailey during a Pentagon courtyard observance March 31 beginning Sexual Assault Awareness and Prevention Month.

“Not in my squad' is a promise that each leader must take in order to care for those in his or her charge...” Dailey said. “Not in my squad' is about junior leaders taking ownership of solutions.”

The Army's leaders are working a plan to have division-level and corps sergeants major identify their best squad leaders and select a diverse group of 32 squad leaders from across the force who exemplify the Army profession, Dailey said. These squad leaders will discuss and develop recommendations on how junior NCOs can further build and sustain a climate of dignity, respect, trust and inclusion, he said.

Citing statistics outlined in the 2014 Department of Defense report to the president on sexual assault prevention and response, Dailey said the reporting of sexual assault in the Army increased by 12 percent, a statistic he viewed as a vote of confidence.

“We are headed in the right direction to change the culture of reporting and ultimately preventing sexual assault and harassment,” he said. “We must remain committed to making further advances along our five lines of effort - prevention, investigation, accountability, advocacy and assessment and we must continue to work on fostering a climate where individuals

are not afraid of retaliation or the stigma of reporting a crime.”

Army Chief of Staff Gen. Ray Odierno followed Dailey, telling the audience of Soldiers and civilians about a video he watched during the Sexual Harassment/Assault Response and Prevention, or SHARP, summit of senior leaders he hosted in February. The video was shot shortly after the Soldier and NCO of the Year had just finished an obstacle course.

“They were tired and were given a pop question - how do you think the Army should deal with sexual assault and sexual harassment - their answers got to the core of everything we believe in - they talked about the core of a squad, the importance of each other, relying on each other and the importance of eradicating this from our Army... and that told me our Soldiers understand what's right,” Odierno said. “This is really about the core of who we are and making sure everybody underneath us understands we will not tolerate these acts.”

“Not in my squad, not in our Army: we are trusted professionals, so I know all of us will join together and continue to tirelessly and tenaciously focus on the well-being, safety and dignity of our Soldiers and equally dedicated civilian corps,” Army Secretary John McHugh said.

“Sexual assault and sexual harassment shatters good order - it shatters discipline, but more than anything else it shatters the lives of our Soldiers and our larger Army family, and for all those reasons and so many more, we've got to do everything we can, day after day, hour after hour to stamp out sexual assault and reprisal,” McHugh said. “We have to instill trust and confidence in our Soldiers and our civilians so they know they can come forward to leaders and when they do, they won't be victimized again.”



OFFICIAL VISIT



Staff Sgt. Daniel Stoutamire | 1ST INF. DIV.  
Rep. Eric Swalwell of California's 15th District, greets Spc. Jesus Vazquez, an information technology specialist with Division Headquarters and Headquarters Battalion, 1st Infantry Division, and an Orocovis, Puerto Rico, native, April 6 at the U.S. Embassy in Baghdad, Iraq. Swalwell and Rep. Mike Pompeo of Kansas' 4th District had breakfast with a group of Soldiers from DHHB, 1st Inf. Div., who are currently deployed to Iraq in support of Operation Inherent Resolve.



David Vergun | ARNEWS  
A Soldier displays his tattoos grandfathered in under the current Army Regulation 670-1. The number and size of tattoos on the arms and legs will be less restrictive under an updated policy, Army Chief of Staff Gen. Ray Odierno says will soon take effect.

Army to revise tattoo policy

By C. Todd Lopez  
ARNEWS

HUNTSVILLE, Ala. – Army leaders will update the policy on tattoos during the coming weeks, making it more accommodating to social norms, the Army’s chief of staff said.

At a press conference during the Association of the United States Army Global Force Symposium and Exposition here, Army Chief of Staff Gen. Ray Odierno said the service regularly reviews and makes updates to Army Regulation 670-1.

“As part of the regular process that we go through in reviewing regulations, covering the wear and appearance of the Army uniform, and the appearance of our Soldiers, we will be releasing in the coming weeks, an update to that policy, and the most notable change is going to be the change in the tattoo policy in the Army,” Odierno said.

Soldiers will no longer be limited to a particular size or number of tattoos permitted on the arms or legs, Odierno said, provided those tattoos are not extremist, indecent, sexist or racist.

The policy will, however, continue to prohibit tattoos above the T-shirt neckline, on the head, face, wrists and hands. There will be an exception allowing one ring tattoo on each hand.

Odierno said changes to the policy came after listening to feedback from Soldiers and after discussion with senior enlisted leaders.

“We have listened to the Soldiers,” Odierno said. “I’ve talked to our sergeants major and our non-commissioned officers and some of our officers and frankly, society is changing its view of tattoos, and I think we need to change along with it.”

During an interview last week, Sgt. Maj. of the Army Daniel A. Dailey discussed the upcoming change to the Army tattoo policy. He said the message from Soldiers he talks to is clear: Soldiers have tattoos, tattoos are acceptable now, and the tattoo policy might affect a decision to re-enlist.

“You can’t go anywhere without hearing about the Army’s tattoo policy,” Dailey said. “It came up when I was at the U.S. Army Sergeants Major

Academy too. So it’s not just Soldiers, but leaders as well.”

The sergeant major said American culture has changed and that tattoos are more accepted now. The Army is a reflection of American society and American society, he said, accepts tattoos.

“I think this is a realization that we are in a different generation,” he said. “Tattoos are more prevalent in young Americans than I think they have ever been throughout American history.”

When it was implemented, the current Army tattoo policy did not force out Soldiers who had tattoos below the elbow or knee or above the neck line. However, the policy did require Soldiers to have those tattoos documented. It also limited additional tattoos in those places.

“These Soldiers understand that, they know they are grandfathered in,” Dailey said. “But they have fears. We have

documented every one of those tattoos, and they expect that could one day be used against them with regards to promotions or things like that.”

Dailey said he asked Soldiers about how the current tattoo policy might affect their decision to separate from military service. He said “overwhelmingly,”

Soldiers have said the policy would play a role in their deciding to stay in or to leave.

Dailey said he did not want the tattoo policy to be the deciding factor for why a good Soldier might decide to leave the Army. He said he felt the policy might in some way be at odds with the requirement to maintain an all-volunteer force.

“So then we struggle with - do the standards of discipline we’ve established override the needs of what we need to maintain the all-volunteer force and the quality all-volunteer force even more so as we draw down,” he asked. “When we move this standard too far to the right can we actually maintain the all-volunteer force in the future?”

Dailey’s discussions with Soldiers and his concerns regarding the effects of the existing tattoo policy on the Army’s ability to maintain the all-volunteer force, were included in his own recommendations regarding the tattoo policy that he made to the Army chief of staff and the Army secretary.



## 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
- Polishes
- 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

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 Troll, DPMW Environmental Division, Pollution Prevention and Cleanup Branch: 785-235-6929 or [james.r.troll.civ@mail.mil](mailto:james.r.troll.civ@mail.mil)







THANK YOU FOR YOUR SUPPORT



Staff Sgt. Daniel Stoutamire | 1ST INF. DIV.  
Service members with Combined Joint Forces Land Component Command-Iraq and the 1st Infantry Division take a moment to thank those who've sent care packages April 2 at the U.S. Embassy complex in Baghdad, Iraq. Religious organizations, veterans' groups and private citizens have sent dozens of packages to the area since the 1st Inf. Div. arrived in October.

RANGER Continued from page 1

Lt. Col. Eric Batchelor, commander, 2nd Bn., 16th Inf. Regt., described Paolilli as “physically fit, professional and tactically unmatched” and considers him to be a “rare breed of officer.”

“In 20 years, he’s probably the best company commander I’ve seen.”

The Louisville, Colorado, native said he enlisted with no plans to make the Army a career. But less than

six months after joining the military, the terror attacks of Sept. 11, 2001, took place and “war was on the horizon,” Paolilli said.

He subsequently went to college and, in 2005, commissioned as an officer from the University of Colorado at Boulder. Since commissioning, Paolilli has led men on deployments to Iraq twice, Afghanistan four times and Africa once.

“I feel extremely humbled to have been chosen for the award,” Paolilli said. “You have to be successful to receive this award and I have been very successful in the last two years with this unit.”

He credited his success as a company-grade officer to the Soldiers under his command.

“My lieutenants, first sergeants, platoon sergeants and all of the Soldiers are a very cohesive team,” he said. “We

have figured out a way to solve any challenge and solve it well.”

He refused to take any personal credit, insisting that it was a combination of the company’s efforts that led to the nomination.

“I think my Soldiers should be proud I’m getting this award,” Paolilli said, “because it’s a reflection of all their hard work and sweat.”

AWARD Continued from page 1

The prevention branch also received a perfect score on the Department’s recent Fire and Emergency Services Program Assessment which ultimately helped in the overall score of a 99.51 percent for the organization.

Just as each inspection is a process, so it is with award nominations.

The nomination is written and receives approval from installation leadership before being forwarded to the region leads for consideration. Once at the regional level, there is a panel of experts who review submissions and select a winner from the central region. All regional winners are then eligible for the national award – the Department of Defense Fire Prevention Branch of the year. That announcement is expected April 17.

May said the primary mission of the prevention branch is to provide oversight for facility fire safety inspections at Fort Riley and review construction projects. He also said the prevention branch is responsible for educating Soldiers, family

members, patrons of the installation and people from the surrounding community.

“We work with the entire installation and regional partners, ranging from fire safety briefings to the newest soldier arriving on Fort Riley to providing fire safety recommendations to the Garrison and Division Commanders,” May said. “We also work closely with the Inspector General’s staff by assisting them with their high risk inspections. Additionally, we provide fire safety training to USD 475 schools on and off the Installation.”

William Hadley, Assistant Fire Chief, said the fire department also partners with the Corps of Engineers and Directorate of Public Works to ensure buildings meet fire codes.

“This award shows the hard work and dedication given by the Fort Riley Fire Department members and is a reflection of the constant teamwork through all the branches efforts in making a successful Fire and Emergency Services program here at Fort Riley,” Hadley said.

DRAGONS Continued from page 1

significant, just like 4th brigade. The contribution of the brigade to our nation and the global war on terrorism has been unparalleled.”

In addition to their warfighting accomplishments, 4th IBCT Soldiers became valuable community partners. The brigade Soldiers partnered with community members from Clay Center, Ogden, Wakefield, Riley and even Kansas State University during their time at Fort Riley. They also formed partnerships with students from 18 local schools. This gave Soldiers a chance to interact with young people and future leaders in local communities.

“From the friends made, community ties and partnerships developed and sustained, our formations and ‘Dragon’ families have taken great pride in the fact they’ve been welcomed with open arms into the hearts and lives of the citizens of the Flint Hills Region,” Minalga said.

The Soldiers that make up the brigade will be going to a variety of locations and units. Some will conduct a permanent change of station move to meet the needs of the Army, but others will conduct an intra-post transfer to units located at Fort Riley. Brigade members worked overtime to ensure that Soldiers departing the

unit are fully trained and ready for any mission set their future unit may require.

“There is a legacy, a legacy of discipline and excellence that the Dragons will leave behind beyond just the nine years of service and sacrifice we’ve had during a period of war and our time on the continent of Africa,” Minalga said.

Although the brigade will soon be no more, it’s the history will live on. A record of the accomplishments and select historical items will be preserved at the Fort Riley 1st Infantry Division Museum.

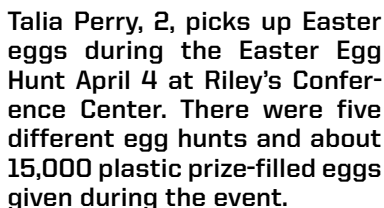
“We will live on within the leaders and the

Soldiers that will continue to serve here in this community, within the 1st Infantry Division and across the United States Army,” Minalga said.

The April 2 ceremony included the Commanding General’s Mounted Color Guard and 1st Infantry Division Band. Brig. Gen. Eric J. Wesley, the division’s senior mission commander, and Col. Peter G. Minalga, the 4th IBCT’s commander, gave remarks. Wesley also read a message from Maj. Gen. Paul E. Funk II, division commanding general, who is serving in Iraq.



Rally Point is located at 2600 Trooper Drive. For more information, visit [rileymwr.com/rallypoint](http://rileymwr.com/rallypoint) or call 785-784-5733.



"It's just fun to find things in them," North said.

Mark Spurgeon, 2, prepares to eat his pancake at the Month of the Military Child breakfast April 4 at the Child, Youth, and School Services Parent Central at 6620 Normandy Drive, Fort Riley.

See CHILD, page 12

If people would like specific information or resources about autism, please contact Garza at 785-239-9435 or stop by Army Community Service.



COMMUNITY CORNER

# Take time, tell your military kids they matter

By Col. Andrew Cole  
GARRISON COMMANDER

April is full of things to observe. We increase our awareness for several worthy causes like emergency preparedness, autism, sexual assault and child abuse prevention. I want to focus this week on just one. The month of the military child.

Throughout the month you'll see many of our military kids featured in this newspaper and on our social media sites.

Events that began around Easter and continue through the month are planned for our kids. But the most important way we can recognize our children is to give them an undivided piece of our most valued resource. Time.

It can be as simple as a hug, a game or even a special outing just for them – appreciate them for the sacrifices they make and the fears they face that many of their friends from civilian families won't understand.

They leave their friends to follow where the Army needs us. They worry if mom, dad or both have to deploy to somewhere that the television news says is a war zone. And they have to live without our time at some of the most important events of their lives.

We can't help when we miss birthdays, recitals, concerts,



Colonel Cole

plays and graduations. We can make sure that the time we do spend with them is good. We can build memories to sustain them – and us – whenever we are apart.

I can't tell you how important it is to me that our kids know that what they go through is seen, their concerns valid and they have my respect for their ability to adapt and overcome.

Here are some things you may not know:

More than 900,000 children have experienced the deployment of one or both parents multiple times.

There are 1.8 million military children. About half are younger than 11.

As parents, we are responsible for giving them those resiliency tools. There are some

*The average child in a military family will move six to nine times during a school career. That's an average of three times more frequently than nonmilitary families.*

Source: Department of Defense Education Activity

great resources available to parents to help them build the resiliency of their kids. Check out the following links for ideas to help your military child:

- [www.nctsn.org/resources/public-awareness/month-military-child](http://www.nctsn.org/resources/public-awareness/month-military-child)
- [www.defense.gov/home/features/2015/0415\\_militarychild/](http://www.defense.gov/home/features/2015/0415_militarychild/)

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



Collin Heiniger, third-grader at Morris Hill Elementary School, recites his speech to a guest during the Presidential Museum presentation April 1 at the school's library.

## Presidents take over Morris Hill library during presentation

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

On a normal Wednesday afternoon, 8-year-old Collin Heiniger is sitting in Melanie Wall's third grade classroom at Morris Hill Elementary. But the afternoon of April 1 wasn't normal. Heiniger was posing as former president James Polk in the presidential museum displayed in the library down the hall.

Each third-grader was assigned a president to research and make a poster to help them imitate the president. The research topics were life of the president before, during and after his time in office. Within each section, the students had to identify specific information such as where the president was born and how many siblings he had.

"We worked hard on these and we finally get to talk to people and give our speeches," Heiniger said. "My favorite part is when people come by and we get to say our speeches."

Melanie Wall, a third grade teacher at Morris Hill Elementary School, said the students worked on their projects every day since the beginning of

February. The purpose was to educate students about their assigned president enough to act as if they were that president by giving a speech about themselves.

"Students and adults benefitted from this project because they were able to attend our wax museum, where they could walk up to any president and listen to their speech," said Wall. "Their speeches gave a lot of information about the president and their impact on American history."

Wall said the project was also beneficial for the third graders because it taught them research skills. The students learned where to find information, how to filter it for importance and how to complete project requirements. The students also learned keyboarding skills because it was a requirement to type the speeches.

Parents, teachers and other students lined up outside the library at Morris Hill Elementary during the presidential museum presentation. Heiniger said he enjoyed acting like the president he was assigned.

"I like how we made speeches and we were acting like that president," he said.

## Second hourly child care center opens

### Whiteside North location to help reach more families on post

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

The first parent checked their child into the new Whiteside North Child Development Center at 7:30 on the morning of April 1. The new facility will provide hourly care for children ages 6 weeks to 5 years.

Christian Bishop, the CDC director, said the new facility will satisfy a growing need for care at Fort Riley. She said the main goal is to provide for all families on post, and the new location will help accommodate that. Warren East is the only other hourly care provider on post.

"With a new hourly care facility opening on this side of post, it allows convenient, close drop-off care for those parents using the Whiteside gym, hospital and WTB appointments," Bishop said. "We are now able to provide more care for more families."

The new building has a small playground suitable for preschool children, a nursery for infants and a large activity room for children of all ages to play and enjoy their visit to the day care.

Five-year-old Justin Regland said his favorite part of Whiteside North CDC is the costumes provided during free-



LEFT: Children play with plastic food toys at Whiteside North Child Development Center April 1, which was the center's first day of business. RIGHT: Kevin Saroye, 2, slides on the outdoor play equipment at Whiteside during its first full day of business. The center has several play rooms and two outdoor play areas for children ages 6 weeks old to 5.



#### IF YOU GO

**Whiteside North Child Development Center**  
» 7:30 a.m.-4 p.m. Monday through Friday  
» 678 Warrior Road, Fort Riley

To make a reservation for childcare, call 785-240-6739.

play time. Regland spent his play time wearing a policeman uniform. His peer, Kendall Campoverde-Arevalo, 4, said his favorite part of the new center is playing with the trucks and blocks.

The center has the feel of a home, which makes it cozier for the children, Bishop said. She said hourly care provides the opportunity for parents who need childcare for an appointment, a work out or to give their children time to interact with others.

"We are now able to provide more care for more families."

**CHRISTIAN BISHOP**  
DIRECTOR, CDC

The center has trained staff who assist with social, emotional, cognitive and physical development through peer to

peer and peer to teacher interactions just like the post's full day centers.

Whiteside North is at 678 Warrior Road. It is open from 7:30 a.m. to 4 p.m. Monday through Friday. To make a reservation for childcare, call 785-240-6739. Same-day or walk-in reservations may be accepted on a space-available basis.



# April raises sexual assault awareness

Program aims to end sexual offenses within U.S. Army

By Maria Betzold  
1ST INF. DIV. POST

April is sexual assault awareness month, and the Sexual Harassment Assault Response and Prevention staff at Fort Riley is increasing efforts to educate the community.

The SHARP program is aimed toward eliminating sexual offenses within the Army through cultural change, prevention, intervention, investigation, accountability and advocacy/response. One of the most important missions of the program is the response to survivors, said Debbie Thornton, the garrison sexual assault response coordinator, or SARC, with Army Community Service.

“I think the number one thing a command or unit can do is support the survivor,” Thornton said.

Thornton said most often a survivor does not report the incident because they think they will not be believed. There may be some drinking involved or some self-blaming leaving them feeling alone and helpless. A victim advocate is available to any person who has been sexually assaulted, and can help a victim learn about the resources that are available to them. She said resources are available to help get them on the road to healing after an incident whether it occurred an hour ago or five years ago.

Each unit has advisers available to help the commander when a sexual assault is reported. Each battalion and brigade has a victim advocate and sexual assault coordinator available for reporting purposes. There are two reporting options for a survivor of sexual assault: restricted and unrestricted. Both types

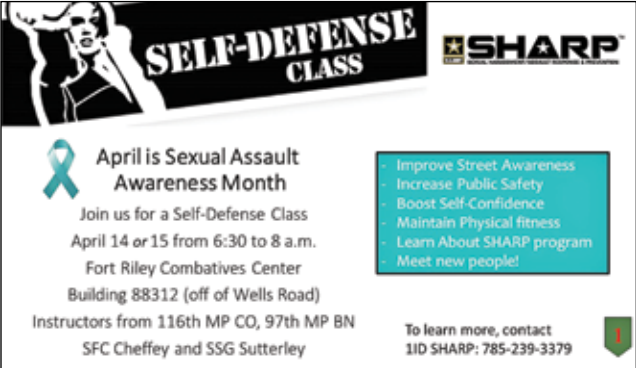


IMAGE COURTESY OF SHARP

## SEXUAL ASSAULT AWARENESS APRIL EVENTS

Several events are scheduled to raise awareness about sexual assault.

- Every Tuesday in April from 10 a.m. to 2 p.m., there will be a sexual assault awareness booth in the Main Post Exchange at 2210 Trooper Drive.
- The military police will teach self-defense classes for women only at 6:30 p.m. on April 14 and 15.
- Dr. Jackson Katz will speak at Riley's Conference Center April 15 and 16. He is recognized as one of America's leading anti-sexist male activists. April 16 is an open session for all members of the community from 1:30 p.m. to 3:30 p.m. at the conference center.
- There will be a Fun Run on April 18. Pre-registration begins at 8 a.m. and the race starts at 10 a.m. It is free to the military community.

## MORE INFORMATION

- Victims can call the Department of Defense SAFE hotline at 1-877-995-5247 or the Fort Riley 24/7 hotline at 785-307-9338. If you would like to talk to someone from SHARP, call 785-239-2277 or 785-239-3379.

of reporting allow the survivor the choice of having a victim advocate.

Restricted reporting is available to military personnel, and dependents. It allows the victim to receive medical treatment and counseling without launching an official investigation or notifying the command. With both reporting options there is confidentiality between the victim and the victim advocate. A victim can report to the SARC/VA, or medical personnel – all of which are included in the protective sphere, Thornton said.

Unrestricted reporting is available to all service members, dependents and Department of Defense civilians over

the age of 18. In an unrestricted report situation, a victim can receive medical treatment and an official crime investigation begins. A victim can report through their chain of command, victim advocate, law enforcement or to the SARC.

Thornton said during an unrestricted report, the commander within a unit has a significant role in helping Soldiers who are survivors of sexual harassment or assault.

“If you're supporting them they can start on that road to healing knowing that they have people in their corner to turn to and often times they are going to be more likely to let you know what is going on

“I think the number one thing a command or unit can do is support the survivor.”

DEBBIE THORNTON  
ARMY COMMUNITY SERVICE

with them throughout their journey” Thornton said. “If you don't support them, you're not only setting the mindset of the Soldier in front of you, but you're setting that example for all other survivors you may have within your unit. They are going to be looking at how you're treating that survivor to determine if they should come forward or just try to deal with it on their own.”

Thornton added if the chain of command team is behind a Soldier and supportive during such a difficult time, the road to healing can be smoother.

“It shouldn't be a fight,” Thornton said. “We're all here for the same thing. The mission is less likely to suffer if we can get that Soldier on the road to healing by helping them feel safe and getting their needs addressed.”

Thornton said the army community can also play a role in preventing sexual assault. She said bystander intervention is key when someone in the community sees a Soldier struggling or may be a potential victim while at a bar or in other social situations.

“We don't want people to walk away from those kind of instances,” Thornton said. “It doesn't even have to be someone you know. We should all be willing to protect someone from a sexual predator”

Victims can call the Department of Defense SAFE hotline at 1-877-995-5247 or the Fort Riley 24/7 hotline at 785-307-9338. If you would like to talk to someone from SHARP, call 785-239-2277 or 785-239-3379.

## EASTER SUNRISE SERVICE



Myron Brubaker | USAG PAO

Participants of the annual Easter Sunrise Service bow their heads as Chaplain (Maj.) Sean Phillips, deputy division chaplain, delivers the invocation April 5 at the Fort Riley Outdoor Chapel. The early morning non-denominational Christian worship service began with a prelude by the 1st Infantry Division Brass Quintet and included prayer, hymns and scripture reading. The Easter sermon was delivered by Garrison Chaplain (Col.) Keith Croom.

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 10  
• Run All Night (R) 7 P.M.

SATURDAY, APRIL 11  
• The Duff (PG-13) 2 P.M.  
• Unfinished Business (R) 7 P.M.

SUNDAY, APRIL 5  
• Run All Night (R) 5 P.M.

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



CHILD

Continued from page 9

children participating, which is a fraction of the many children affected by military family sacrifices.

Johnson said although she is the one teaching children every day, she too learns from military families.

“The military children do a lot of things that the community children do not,” said Johnson “So this is a great way to show that we really appreciate them. I can’t compare to their experiences, but they’re always nice enough to share with me what I need to do or what I should do.”

Michelle Durgin, a Child Youth Services Coordinator and former Military Child, said things are different from when her father was in the military.

“The kids have been in a state of constant war and deployment,” said Durbin. “When I was a kid your parents were in constant training, they were gone. Now it’s dealing with the aftermath of how deployment affects families while they are separated. The soldiers come back



Kalyn Curtis | POST

**Children from the Forsyth Child Development Center lead their classmates during the Month of the Military Child Parade April 3.**

and they see things that they have to incorporate back into everyday life and their kids have been without a parent. They’ve grown and developed and changed over time, and making all of the pieces fit is a challenge.”

Durgin said although military children make a significant amount of sacrifices, there are several benefits to being a military child, one is the support

from other military kids and community members.

“They are used to moving, they are used to having to deal with situations that civilian kids do not face, going through 10 different elementary and high schools over their schooling career [...] all those things that just are different because you are a military kid, but you have the resources because the kids that you go to school with,

the kids in the community, they know what you’re going through. The Army has really taken it upon themselves to ensure that families are not going through this stuff alone.”

For more information about the CYS program and upcoming events visit [www.rileymwr.com](http://www.rileymwr.com). Visit [www.armyonesource.com](http://www.armyonesource.com) for more information about Month of the Military Child.

PANCAKE

Continued from page 9

During Cole’s opening remarks he reminded the community that approximately 1.7 million children in the United States younger than the age of 18 have a parent in the military. He said it is important to remember the sacrifices that families make for Soldiers and military life.

“We would like to say thank you to all of our Fort Riley kids during the month of the military child,” Cole said.

Cheryl Greathouse, with Child, Youth and School Services, said it’s important to celebrate military children during the month of April because it’s often forgotten

how much military children endure.

“Not everybody remembers or thinks about how military life impacts children,” Greathouse said. “We know that it is different and there are certain challenges that they face that others don’t, but it’s important to stop and recognize that.”

Greathouse said she wants to see a month of recognition as well as appreciation for military children and families.

There are many events to follow the pancake break-fast. For information about MOMC events, visit [www.rileymwr.com](http://www.rileymwr.com) or [facebook.com/rileycyss](https://www.facebook.com/rileycyss).



Family Advocacy Program workers handed out more than 200 blue ribbon pins April 2. These ribbons were designed to heighten community awareness and highlight the commitment to reduce cases of child abuse.

Blue ribbons find new use

**Pins designed to raise community awareness of child abuse**

**WHAT YOU CAN DO**

- If you suspect child abuse or neglect please report to the 24-hour report center 1(800) 922-5330.

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

Family Advocacy Program employees distributed blue ribbon pins at Ogden and Trooper access control points April 2. Pins were handed out from 7:30 a.m. until all 200 were gone. The pins were given to raise awareness about child abuse as part of Child Abuse Prevention Month.

These blue ribbons were designed to heighten community awareness and highlight the commitment to reduce incidents of child abuse and neglect and protect the safety and well-being of military children.

The goal, printed on the cards handed out, was for people to wear the blue ribbon to show support for raising strong families.

The Strengthening Families Approach, developed by people from the center for the Study of Social Policy, promotes five

protective factors that shift the focus of prevention efforts from risks and deficits to strengths and resiliency. These include nurturing and attachment, knowledge of child/youth development, parental resilience, social connections and concrete supports for parents.

Childwelfare.gov states that National Child Abuse Prevention Month is a time to acknowledge the importance of families and communities working together to prevent child abuse and neglect, and to promote the social and emotional well-being of children and families.

During the month of April and throughout the year, communities are encouraged to share child abuse and neglect prevention awareness strategies and activities and promote prevention across the country.



# Sports & Recreation

## IN BRIEF

### SOFTBALL LEAGUE

The Intramural Softball League runs from May 4 to Aug. 13 at the Sacco Softball Complex. Registration is free and open to company-level teams of Soldiers only, with at least 18 players per team. The registration deadline is April 24. Participation qualifies team members for competition in the Commander's Cup. For more information, call 785-239-2813.

### 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.

## Long Pass



Photos by Maria Betzold | 1ST INF. DIV. POST  
1st Lt. Ryan Ward, 267th Signal Company, 1st Sustainment Brigade, throws the football during a game April 1 at Long Fitness Center.

## FLAG FOOTBALL KICK- OFF



ABOVE: Pfc. Tremaine Clay, 24th Transportation Company, 1st Sustainment Brigade, intercepts the ball during a flag football game April 1 at Long Fitness Center. LEFT: Sgt. 1st Class Willie Merrill, 24th Transportation Company, 1st Sustainment Brigade, runs with the ball during a football game April 1 at Long Fitness Center.



Shawn Stratton | COURTESY PHOTO  
Youth hunters and mentors pose at ground school April 2 before the annual Fort Riley Outdoorsmen Group turkey hunt begins. Youth were paired with mentors, given a safety briefing and shot their guns for patterning on targets.

## Outdoorsmen host youth turkey hunt

By David McNeal  
FORT RILEY  
OUTDOORSMEN GROUP

Nine-year-old Dillon Schembera's eyes grew large at the sight of the huge gobbler approaching the decoys. Coached by his mentor, Dillon held his breath and his shot until he the bird was squarely in his sights. Then he squeezed the trigger and had his first spring turkey. The annual Fort Riley Outdoorsmen Group, spring youth turkey hunt had begun. The event is designed to introduce children of active-duty, DOD civilians and deployed family members to outdoor recreational opportunities on Fort Riley. Through the year volunteers hold special events for

youth like deer hunts, fishing events, water fowl and dove hunts and teach gun safety, hunter education, archery, skeet and trap shoots. This year, nine participants from age nine to fifteen hunted; Olivia Drummond, Sadie and Lauren LeBlanc, Cody Robison, Bailey Fernandez, Zack Fredmonski, Trevor Erickson, Hunter Sheffield and Dillon Schembera. The event was also supported by the Directorate of Family Morale, Welfare and Recreation staff and F.R.O.G mentors; Don Wright, Ollie Hunter, John Adams, Gordon Allen, Kyle Stellpflug, Jon Vaughan, Steve Capizzi and Roy Rikoric from MWR. Thursday evening the youth were paired with mentors for a safety course at the

Fort Riley Trap and Skeet Range. Some were unable to hunt during the scheduled Friday and Saturday hunt will go with a mentor at a later date.



Brian Schembera  
COURTESY PHOTO  
Steve Capizzi, volunteer F.R.O.G. mentor helped nine-year-old Dillon Schembera bag his first spring wild turkey.

## Soldier's ninth title fuels Olympic dreams

By Tim Hipps  
ARMY INSTALLATION  
MANAGEMENT COMMAND

DENVER, Colo. – Twenty-year-old Pfc. Rianna Rios won her ninth Golden Gloves state crown March 27, and has begun focusing on the long road to the 2016 Summer Olympics in Rio de Janeiro. Rios earned a unanimous decision over Katina Melendrez in the women's 132-pound division of the 2015 Colorado Golden Gloves Championships at the Crowne Plaza Convention Center. Rios won seven Golden Gloves belts in Texas before joining the U.S. Army World Class Athlete Program, or WCAP, at Fort Carson, Colorado, where she is training for a shot at making Team USA for the Olympic Summer Games. "It's my time, definitely," she said. "It's time for Rios in Rio." The first victory of Rios' amateur career came at age 11 in a Texas Golden Gloves competition at 106 pounds. "I went 0-and-3 my first three fights," said Rios, a native of Ben Bolt, Texas. "And then I got my first win at the Golden Gloves when I was 11. It was pretty sweet." Rios won more Texas Golden Gloves belts at ages 12, 13, 14, 15, 16 and 17. She missed the annual tournament at age 18 to attend Army Basic and Advanced Individual Training. At 19, she became a Colorado Golden Gloves state champion.

At the 2015 Colorado Golden Gloves Championships, Rios pressured Melendrez into taking two standing-eight counts in the first of four two-minute rounds. "She was really not wanting to let go tonight - just holding and holding, but that's part of boxing," Rios said. "That's part of trying to stay on the outside, though. When they get inside, they start holding. I'm a little shorter, so they always want to keep me on the outside. That's something I'll have to get used to, being at a heavier weight class." Rios recently completed a five-week strength and conditioning program with WCAP strength and conditioning coach Maj. Jason Barber. She bulked from 125 to 140 pounds before cutting to her current competitive weight of 132 pounds for the 2016 U.S. Olympic Team Trials. "Maj. Barber did an awesome job with our strength and conditioning program," Rios said. "I felt a lot stronger at this tournament than I did in January when we fought at nationals." Earlier in the evening Army World Class Athlete Program head boxing coach Staff Sgt. Charles Leverette was inducted into the Colorado Golden Gloves Hall of Fame. With Rios in control of her bout throughout, the WCAP duo shared a double celebration in the ring.

See GLOVES page 14



# GLOVES

Continued from page 13

“Coach Lev keeps it fun,” Rios said. “He doesn’t put a lot of pressure on you. He doesn’t yell at you. He motivates you in different ways coaches don’t usually motivate you.”

“Being in there laughing with him, I was so relaxed and calm. I was able to stay patient and calm in the ring, also. When I went back to the corner, he was laughing and taking selfies with me. It kept me calm and kept me composed. It’s just the way he coaches. And it works.”

Rios was proud to be a part of Leverette’s Hall of Fame induction night, and even more content to add another Golden Gloves belt to his coaching resume.

“Instead of napping or resting, I was here watching him receive his Hall of Fame ring,” she said. “It’s awesome to see a coach get that. He works hard, so definitely I’m going to get to where I want to be because of him.”

Her championship bout went the distance, but Rios took it in stride almost as if she was working out at WCAP’s “House of Pain” boxing room on Fort Carson.

“I was trying so hard to finish it,” Rios said. “I should have been able to stop her, but there were circumstances where she would hold me most of the round. I had to realize that I wasn’t going to stop her and just work.”

“I was definitely in control. I did what I wanted.”

Rios estimated that she is about 80 percent where she need be to earn a berth on the U.S. Olympic Team.

“It’s all based on how your camp goes,” she said. “When we get back into camp, it’s going to be 110 percent the whole way through. I feel I’ll be at my best at our next qualifying tournament [for the U.S. Olympic Team Trials for Boxing], so I’m definitely going to qualify at the next one.”



Photos by Tim Hippias | IMCOM Public Affairs  
U.S. Army World Class Athlete Program boxer Pfc. Rianna Rios, right in red, of Fort Carson, Colorado, wins a unanimous decision over Katina Melendrez in the women’s open 132-pound division finale of the 2015 Colorado Golden Gloves Championships at the Crown Plaza Convention Center in Denver March 27.

On the long road toward Rio de Janeiro, Rios said she appreciates support from family, friends, fellow troops, the U.S. Army Installation Management Command and WCAP.

“This was awesome,” she said. “I had my teammates here backing me up. It’s always nice to win and see your improvements and see what you need to improve on. So we’re going to go back, look at the tape, and then build up from there.”



Army World Class Athlete Program boxer Pfc. Rianna Rios, in red, won the title of 2015 132-pound class Colorado Golden Gloves Champion. She had to reach for the title over her taller opponent. “I should have been able to stop her,” said Rios, “but there were circumstances where she would hold me most of the round. I had to realize that I wasn’t going to stop her and just work.”

## Performance expert: Leaders should foster culture of fitness

By David Vergun  
ARNEWS

FORT LEAVENWORTH, Kan. – Today, 43,000 Soldiers are not ready to deploy because they are not physically or mentally fit. That is 13.5 brigades worth of unready Soldiers, Col. Deydre Teyhen said.

Teyhen serves as lead for the Performance Triad program, part of the Army Office of the Surgeon General. She spoke to an audience of 300 ROTC and U.S. Military Academy cadets from West Point, New York, March 31 during the George C. Marshall Awards and Leadership Conference here.

There are many reasons a Soldier might be non-deployable. But one way Soldiers can stack the deck in their favor - to stay world-wide deployable so they can be an active, supporting member of their unit - is to maintain their resilience through the three prongs of the Performance Triad: getting the proper amount or quality of sleep, activity and nutrition.

“We found during our first Performance Triad pilot” with a battalion at Joint Base Lewis-McChord, Washington, 18 months ago, “that only five percent of Soldiers met the [optimum] sleep goals, 40 percent met the activity goals and five percent met nutrition goals. Only one Soldier met all three,” she said.

A Soldier cannot just be physically fit to be ready, she

said. It is a balance of all three, including sleep and nutrition.

“You are America’s sons and daughters,” she said as she stressed the importance of the triad to mental and physical fitness and injury reduction.

“But six months from now, you will be responsible for America’s sons and daughters.”

### SLEEP

Teyhen said people spend about a third of their lives sleeping. It is not time wasted. Sleep improves memory and decision-making functions that cannot be done during the day when the brain is engaged in conscious decision making.

Most of those improvements come during the fourth, or last, cycle of sleep, she said. If you are not getting at least seven hours of sleep, eight optimal, you are probably not reaching the fourth cycle and that impacts performance.

“If you get less than five hours sleep for five days in a row, you’ll have a 20 percent deficit in your cognitive functioning, which is equivalent to a .08 blood alcohol level,” she said. “You wouldn’t allow your Soldiers to drive under the influence but you might allow them to drive fatigued.” That is why safety briefings before a long weekend are so important.

Last year, there were 122 Soldier vehicle fatalities, she said. The number killed in Afghanistan was 69. In about

25 percent of those accidents, fatigue was a factor.

By and large, the vast majority of Americans are getting their seven or eight hours of sleep, she said. But in the Army, only 41 percent are.

For Soldiers with post-traumatic stress, anxiety or traumatic brain injury, sleep deprivation worsens symptoms and makes medication less effective, she said.

Lack of sleep is sometimes unavoidable, she said, such as during military exercises and operations. But new research shows that it is actually possible to “bank” sleep, meaning sleeping extra hours up to two weeks before a period of sleep deprivation. Leaders can build that into planning, she said.

At Fort Carson, Colorado, leaders switched their physical training regimen from early morning to later in the afternoon, so they could get an extra hour of sleep, she said. They found a huge improvement in productivity.

Another finding is that caffeine can improve performance, but only if taken more than six hours before bedtime, she said. If taken right before bedtime it disrupts the sleep cycle.

Lastly, during a particular strenuous deployment with little or no sleep, leaders should be looking for gaps in training or operations to allow for sleep. A 20-minute daytime nap has been shown to improve performance.

### ACTIVITY

Activity not only improves mood and bodily functions, it increases problem-solving ability, Teyhen said. She suggested cadets might study for their final exams by reading class notes or listening to audio of the subject matter while walking. Or, walking with a classmate and discussing the material.

Following strenuous exercise, 75 percent of Soldiers do not know how to refuel. “Do any of you?” she asked.

A couple hands went up and one cadet said to drink chocolate milk.

“Correct,” she said. It is relatively cheap and available. No need for protein powder, power drinks or other supplements. If you are lactose intolerant, a banana and peanut butter sandwich will work too.

She then described an ideal activity regiment: 150 minutes of moderate exercise like walk-

ing and 75 minutes of vigorous exercise like running or weight lifting a day. Here is where Soldiers beat the average Americans, 63 percent to 44 percent. But 63 percent for Soldiers is still “not a stellar number.”

Physical activity can reduce the signs of depression and anxiety by up to 75 percent, she said. “Our bodies are meant for motion. Endorphins released during exercise are critical to happiness production.”

### NUTRITION

In the early 1990s, 15 percent of Americans were obese, Teyhen said. Today, that percentage is 34.

Even more surprising, she said, 12 percent of active-duty Soldiers are clinically obese and 66 percent not at their ideal height and weight ratio.

Americans by and large, are overweight and undernourished, with 34 percent of their diet coming from sugar and fats, she said. Research has shown that a person needs about eight servings of fruits or vegetables a day.

The average American eats just one portion of fruits or vegetables every three to six days, she said.

Although the brain’s weight is just 2 percent of the entire body, it consumes 20 percent of the food taken in. Proper fueling of the brain is needed for good executive decision making.

Food is also a big factor in injury rates, she said. People who are slightly overweight have a 15 percent greater chance of being injured and people who are obese are 48 percent more likely to be injured.

Muscular-skeletal injuries are one of biggest factors in Soldiers not being ready, she said. And, 80 percent of those injuries are preventable.

The Army is taking bite-sized steps in increasing proper nutrition, she said.

In South Korea, for example, three types of post-workout lunch boxes are provided following physical training, one designed for strength training, one for road training and one for a little of both.

At Fort Campbell, Kentucky, the dessert bar, which had been at the front of the dining facility, was moved to the back where the salad bar used to be. That move rose consumption of fruits and vegetables, she said, calling it “choice architecture.”



David Vergun | Army News  
Col. Deydre Teyhen, lead for the Performance Triad program, Army Office of the Surgeon General, speaks to 300 ROTC and U.S. Military Academy cadets from West Point, N.Y., on Fort Leavenworth, Kan., March 31, 2015.







