

## THE 1ST INFANTRY DIVISION POST



1DivPost.com

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FORT RILEY, KANSAS



**Above:** Command Sgt. Maj. Dale Sump, incoming senior noncommissioned officer for 1st Armored Brigade Combat Team, 1st Infantry Division, participates in the brigade's change of responsibility ceremony Sept. 2 on Fort Riley's Cavalry Parade Field. Sump assumed responsibility as the brigade's top enlisted Soldier from Command Sgt. Maj. Michael Evans during the event. Sump said he was humbled and honored to be selected to be part of such a distinguished unit (Maj. Fredrick Williams | 1st ABCT). **Below left:** Col. Timothy Hayden, commander, 1st ABCT, 1st Inf. Div., pins the Legion of Merit medal on Command Sgt. Maj. Michael Evans, the outgoing senior noncommissioned officer for 1st ABCT, 1st Inf. Div., Sept. 2 on Cavalry Parade Field at Fort Riley. Evans was presented the award for his outstanding leadership during his 19 months as the "Devil" brigade's senior noncommissioned officer (Staff Sgt. Bernhard Lashleyleidner | 1st ABCT).



## 'DEVIL' BRIGADE WELCOMES NEW NONCOMMISSIONED LEADER

### Bids farewell to Command Sgt. Maj. Evans

By Maj. Fredrick Williams  
1ST ABCT PUBLIC AFFAIRS

The "Devil" Brigade bid farewell to Command Sgt. Maj. Michael Evans and welcomed Command Sgt. Maj. Dale Sump Sept. 2 on Cavalry Parade Field at Fort Riley.

Evans assumed duties as the senior noncommissioned officer for 1st Armored Brigade Combat Team, 1st Infantry Division, on Feb. 10, 2014.

"I am extremely proud of each and every one of our Soldiers for their commitment, not only our Army, but the 1st Infantry Division and, more importantly, each other," Evans said. "This is a special unit, filled with 'meat eaters' who love a challenge."

Evans, along with Col. John Reynolds III, former 1st ABCT commander, led the brigade on a nine-month deployment to Kuwait, returning March 8 to Fort Riley. The brigade served as U.S. Central Command's theater reserve and subsequently supported operations at the Baghdad Diplomatic Center in Iraq, in what would later become Operation Inherent Resolve.

"Our success during the deployment was due, in large part, to the determination, attitude and flexibility of the "Devil" Brigade Soldiers," Evans said. "I am very proud of all their accomplishments."

Col. Timothy Hayden, who took command of the brigade on June 26, said

See TRANSITION, page 12

## 'Gunfighter' mechanic receives award for maintenance excellence

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

The Army relies on the Boeing AH-64 Apache Longbow for reconnaissance and direct combat, but it's the hard work and dedication of mechanics like Staff Sgt. Zachery Kipp that keep the rotors spinning on the twin-engine attack helicopter.

Kipp's impact on safety and maintenance excellence as an AH-64 attack helicopter repairer with Company D, 1st Attack Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, recently earned him the 2015 Bob Wylie Award for Apache Maintenance Excellence. The "Gunfighters" Soldier was presented the award Aug. 26 at the Boeing Production Facility in Mesa, Arizona.

The award recognizes Soldiers for excellence in contributing to an Apache unit's maintenance mission, demonstrating respect for his or her fellow Soldiers and making a positive impact to the people they work with and for, according to information from the Apache program manager's office.

"I do work hard," said Kipp, the company's maintenance supervisor. "I'm very passionate about my job. That's probably the easiest way to describe myself."

The Ashland, Ohio, native said his company focuses on unscheduled maintenance on the battalion's Apaches, as well as other post-inspection repairs.

"We do a majority of everything on the aircraft," he said. "We do component replacements and things like that — drive train, engines, that sort of stuff."

It was a stressful job, Kipp said, but it was also rewarding and something he enjoyed doing.

"After reading Staff Sgt. Kipp's recommendation letter and working it through our board process, it was clear he would be the (noncommissioned officer) awardee this year," said Dan Patneade, Apache customer support and fielding contractor with Millennium Systems Services, Inc. "This award is designed for Soldiers and NCOs who exemplify excellence and work to make the aircraft better

See AWARD, page 12



J. Parker Roberts | 1ST INF. DIV.

Staff Sgt. Zachery Kipp, Company D, 1st Attack Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, is an AH-64 attack helicopter repairer and helps to maintain the AH-64 Apache Longbow helicopters in his company. Kipp is the recipient of the 2015 Bob Wylie Award for Apache Maintenance Excellence. "He's absolutely one of my hardest-working NCOs," said Capt. Michael Meyer, commander of Co. D, 1st ARB, 1st Avn. Regt.

The next USAG Resilience Day Off will be:

Sept

18

### SAFETY HOLIDAY

As of Thursday, September 3

017

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

### HIGHLIGHTS



**BABY STEPS: FITNESS CENTER TO OFFER EXPECTANT MOMS WEEKLY PRENATAL YOGA CLASS. SEE PAGE 13.**

### ALSO IN THIS ISSUE



**INTRAMURAL FLAG FOOTBALL SEASON BEGINS AT LONG FITNESS CENTER. SEE PAGE 17.**



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# Combat Aviation Brigade names Corps inductees

By **Sgt. 1st Class Rob Frazier**  
1ST INF. DIV. PUBLIC AFFAIRS

The Noncommissioned Officer Corps welcomed 28 new professionals to its ranks during the 1st Combat Aviation Brigade, 1st Infantry Division's induction ceremony Sept. 3 at Fort Riley.

Command Sgt. Maj. Michael A. Grinston, the 1st Inf. Div.'s top NCO, shared insight and personal stories from his 28 years of service and called attention to the importance of NCOs being the backbone of the Army.

"I tell people we're the greatest Army in the world because we have the best NCOs," Grinston said.

Sgt. Noll Beausoleil, an avionics mechanic with Company D, 3rd Assault Helicopter Battalion, 1st

Aviation Regiment, 1st CAB, said this day was something he's wanted for a long time.

After watching his father, Master Sgt. Russell Beausoleil, who has more than 20 years of service and supports the U.S. Army Recruiting Command at Fort Knox, Kentucky, Beausoleil said he valued the importance of providing good leadership.

"My father told me to never forget where I started," said the Elizabethtown, Kentucky, native. "The goal is to work hard so I can always provide good leadership."

Beausoleil said sergeants in his former unit motivated him to work hard to earn his stripes, and that support continues today through his NCOs in the "Big Red One."

See CORPS, page 11



Capt. Keith Thayer | 1ST CAB

**Command Sgt. Maj. Stephen H. Helton, left, senior noncommissioned officer, 1st Combat Aviation Brigade, 1st Infantry Division, presents Sgt. Sydne S. Tansiel, center, signals support specialist, HSC, 601st Aviation Support Battalion, 1st CAB, 1st Inf. Div., with a copy of the Creed of the Noncommissioned Officer Sept. 3 at the brigade's noncommissioned officer induction ceremony at 1st Inf. Div. headquarters at Fort Riley, Kansas. The newly inducted NCOs also received coins during the ceremony from Command Sgt. Maj. Michael A. Grinston, right, senior noncommissioned officer, 1st Inf. Div.**

## SOLDIERS INDUCTED INTO THE NONCOMMISSIONED OFFICER CORPS

Sgt. Phillip Barwick, Co. C, 3rd AHB, 1st Avn. Regt.  
Sgt. Noll Beausoleil, Co. D, 3rd AHB, 1st Avn. Regt.  
Sgt. Mineisi Benitezmatos, Co. D, 2nd GSAB, 1st Avn. Regt.  
Sgt. Kevin Brown, Co. C, 2nd GSAB, 1st Avn. Regt.  
Sgt. Michael Cissell, Co. B, 1st ARB, 1st Avn. Regt.

Sgt. Matthew Figueroa, Co. B, 3rd AHB, 1st Avn. Regt.  
Sgt. Shannon Flowers, HHC, 1st CAB  
Sgt. Joseph Green, Co. E, 1st ARB, 1st Avn. Regt.  
Sgt. Joshua Hull, Co. C, 3rd AHB, 1st Avn. Regt.  
Sgt. Scott Hutchinson, Co. B, 601st ASB  
Sgt. Michael Kendrick, Co. A, 2nd GSAB, 1st Avn. Regt.  
Sgt. Kaiiwi Laemoa, Co. B, 601st ASB  
Sgt. Sean Lane, Co. D, 1st ARB, 1st Avn. Regt.

Sgt. Eric Martin, Co. E, 3rd AHB, 1st Avn. Regt.  
Sgt. Matthew Parker, Co. C, 2nd GSAB, 1st Avn. Regt.  
Sgt. Dustin Payne, HHC, 1st Sqdn, 6th Cav. Regt.  
Sgt. Yahaziel Remigio, HHC, 1st Sqdn, 6th Cav. Regt.  
Sgt. Amber Reyes, Co. A, 601st ASB  
Sgt. Alejandro Rosado, HHC, 1st Sqdn, 6th Cav. Regt.  
Sgt. David Segura, HHC, 1st Sqdn, 6th Cav. Regt.

Sgt. James Soldat, Co. A, 1st Sqdn, 6th Cav. Regt.  
Sgt. Sydne Tansiel, HHC, 601st ASB  
Sgt. Robert Ware, Co. D, 1st ARB, 1st Avn. Regt.  
Sgt. Hunter Whirley, Co. B, 601st ASB  
Sgt. Anthony Wilder, HHC, 1st ARB, 1st Avn. Regt.  
Sgt. David Wilk, Co. B, 601st ASB  
Sgt. Jongseop Yun, Co. E, 3rd AHB, 1st Avn. Regt.  
Sgt. Zachary Zaldivar, Co. D, 1st ARB, 1st Avn. Regt.

# Permeable parking lot helps educate students at Seitz Elementary

By **Maria Childs**  
1ST INF. DIV. POST

The Environmental Protection Agency, U.S. Army Corps of Engineers, Department of the Army and USD 475 have partnered to find a way to help Seitz Elementary School solve a parking dilemma and be environmentally friendly while doing so.

The solution was the construction of a permeable parking lot, designed so rain water drains to a section of permeable interlocking concrete pavement, which looks like bricks, on the south end of the parking lot.

William Clark, Chief operating officer for USD 475, said the parking lot is sloped toward the brick pavers in such a way that it is easier to collect the rain water.

"Ninety percent of the parking lot is a typical asphalt parking lot," Clark said. "The northern part is asphalt and is just gently sloped so the last 10 percent is where the pavers are located. If you go and look at the pavers, you'll see they almost have a sand-like gravel mix. The water flows through that into the containers and sensors below it."

Construction on the permeable parking lot located behind Seitz Elementary School began November 2014 and was completed August 2015. The next step is to link the measuring devices which were put under the asphalt to moni-

tor the rain water collection with the weather station on the roof of the school.

During rain events, data trackers on the water tanks installed below the surface of the parking lot will be collected at 10-minute intervals. Measurements will be sent to the weather station. The EPA will use the supply and demand data to define storage demands in other locations.

"The permeable part of the parking lot actually measures quality and climate of the water," Clark said. "It's really linked through the Internet from sensors down to the classroom. Our kids can download that information on the computers they are working on to do some basic level analysis, and that is further sent forward as well."

Completion of the linkage is anticipated this October. Then for three years, the EPA has agreed to monitor the devices under the surface as well as the parking lot itself.

"They'll have people come out and make sure the parking lot remains properly cleaned, and make sure the sensors aren't being clogged up," Clark said.

Tony Cady, Corps of Engineers, said although permeable parking lots are common, this one is unique because of the partnership that was behind it.

"They are pretty common," Cady said. "The thing that makes this one special or

unique is the monitoring equipment that the EPA has asked us to install...all these little pieces of equipment that are inside here are to help them identify goals."

He said the school already uses the collected rainwater for cooling towers and toilet flushing, and this project furthers its commitment to being environmentally friendly.

Clark agreed that Seitz was built as an energy efficient building, and he is happy to see the school is incorporating that in the classroom. With the technology that exists from this project, the students can be involved every step of the way.

"A student can get on the computer, get the data that comes in tied to math and science, do some analysis on the computer and then they can take that and feed that up to EPA," Clark said.

Courtesy photos  
**Top: Shown under construction at Seitz Elementary School is the trench in which containers and sensors will sit. The containers will receive excess water from the parking lot.**

**Above: A portion of the permeable parking lot. Rain water drains into this section of the parking lot which features interlocking concrete pavement, resembling bricks.**



# Oshkosh wins contract to manufacture joint light tactical vehicle

By **David Vergun**  
ARNEWS

WASHINGTON — Oshkosh Defense was awarded a \$6.7 billion contract Aug. 25 for production of the joint light tactical vehicle.

Work will be performed in Oshkosh, Wisconsin. Army Contracting Command in Warren, Michigan, is the contracting activity.

Oshkosh was selected over Lockheed Martin and AM General, the latter of which produced the Humvee.

Col. John Cavedo, the former JLTV program manager, said the average

unit procurement cost will be below the original \$399,000 acquisition report, when all the kits are included, in base year 2012 dollars. The average manufacturing cost per

vehicle, minus kits and add-ons, will be below \$250,000, officials said.

Cavedo and others spoke during a media roundtable at the Pentagon Aug. 25.

Scott Davis, program executive officer for combat support and combat service support, said, "the first contract was awarded, including a base contract

with eight options, to procure the first 16,901 vehicles for both the Army and Marine Corps."

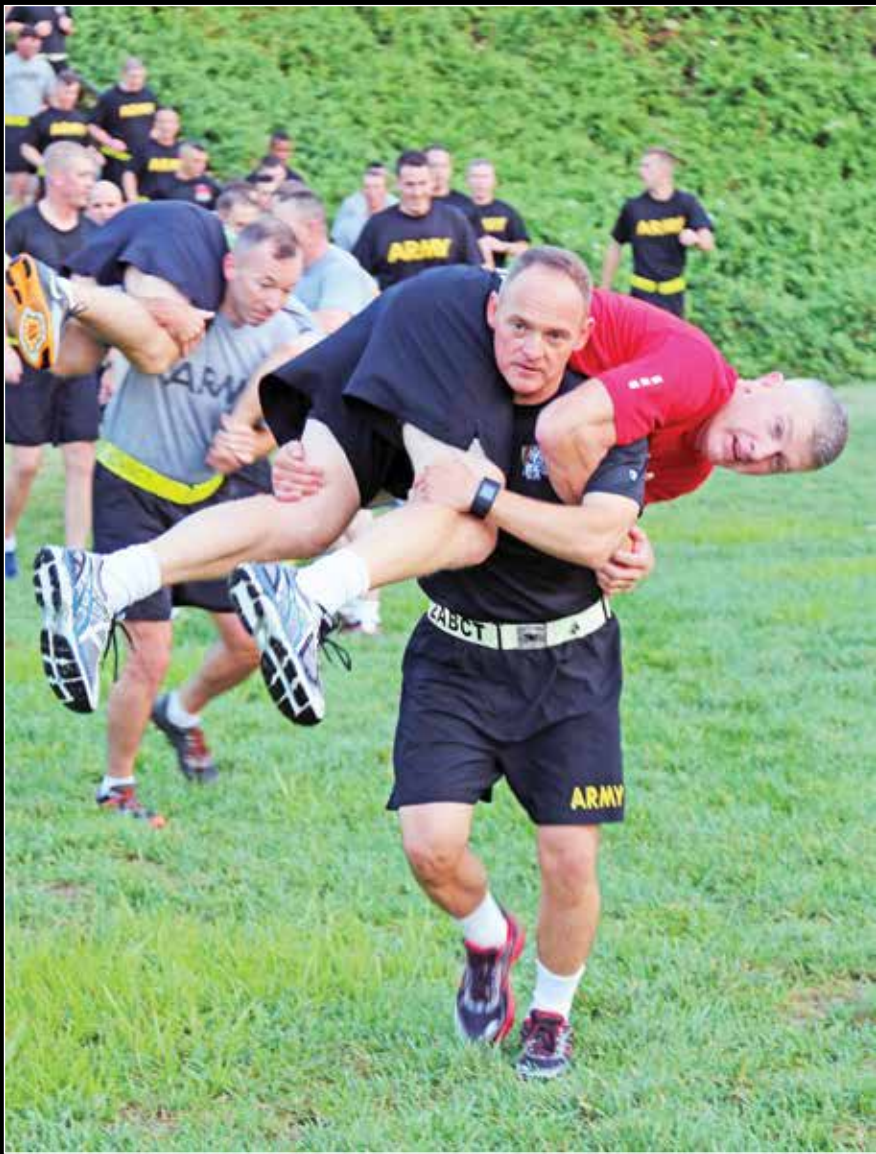
That purchase will include all of the Marine Corps' 5,500

vehicles through fiscal year 2022. The first JLTVs will be fielded to the Army in fiscal 2018, Davis said.

See VEHICLE, page 11



HISTORY RUN WELCOMES NEWCOMERS  
TO THE 1ST INFANTRY DIVISION



Capt. Ed Alvarado | 2ND ABCT

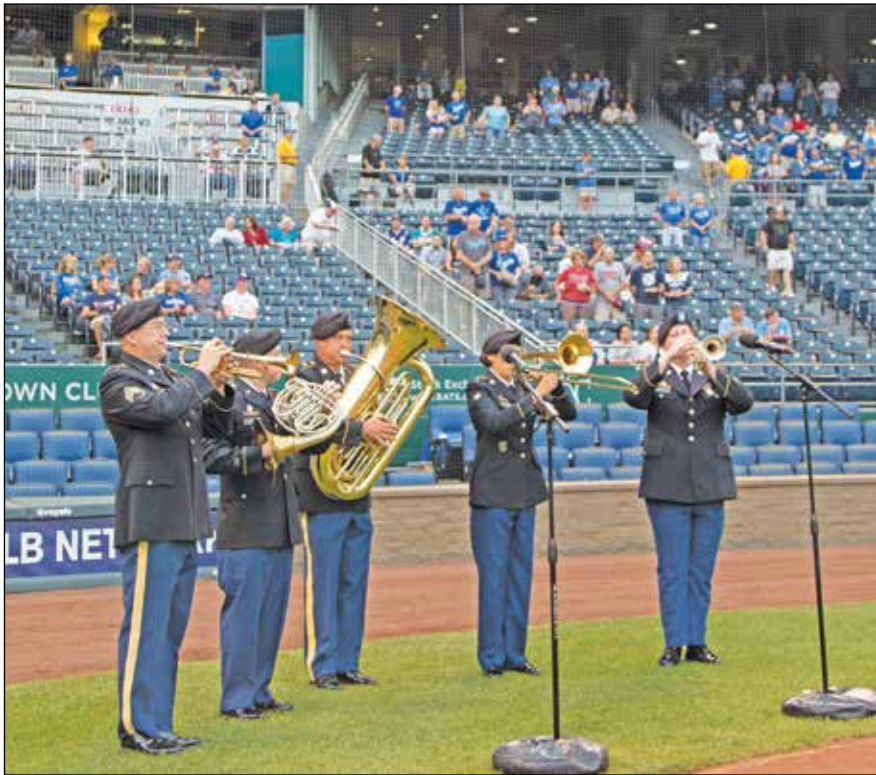
Col. Miles Brown, commander of the 2nd Armored Brigade Combat Team, 1st Infantry Division, buddy carries Maj. Gen. Wayne W. Grigsby Jr., 1st Inf. Div. and Fort Riley commanding general, during the Aug. 25 Dagger Orientation Run on Fort Riley. The buddy carry is one of many exercises performed at historical sites across main post during the run, which “Dagger” brigade leaders conduct to welcome newcomers to the “Big Red One” family.

New training program  
available for Soldiers



**Top:** James Fales (center), the field service representative for the Close Access Target Reconnaissance program on Fort Riley, instructs Spc. Adam Sonnek, a human intelligence collector assigned to 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, on soldering techniques during Close Access Target Reconnaissance Program training Aug. 18 on Camp Funston. **Above:** Fales (right) watches as Spc. Asya Haynes, a human intelligence collector assigned to 1st Eng. Bn., 1st ABCT, 1st Inf. Div., solders wires together during CATR training. The four-week course teaches students technical reconnaissance, surveillance and information collecting and how to build and repair components used in these applications.

A Royal reception



Amanda Kim Stairrett | 1ST INF. DIV.

Members of the 1st Infantry Division Band play “America the Beautiful” during the pre-game ceremony Sept. 7 at Kauffman Stadium in Kansas City, Missouri. Soldiers of the “Big Red One” and Fort Riley were at the evening game between the Kansas City Royals and Minnesota Twins to take part in Armed Forces Night. Soldiers from Division Headquarters and Headquarters Battalion, 1st Armored Brigade Combat Team, 2nd Armored Brigade Combat Team, 1st Combat Aviation Brigade, Irwin Army Community Hospital and the 97th Military Police Battalion were invited on the field where they participated in reenlistment and awards ceremonies and helped announce the Royals’ starting lineup. Maj. Gen. Wayne W. Grigsby Jr., 1st Inf. Div. and Fort Riley commanding general, accepted a game ball from Ned Yost, the Royals’ head coach. For more on this story, read next week’s Post.

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

Fort Riley Soldiers will have more training opportunities because of a new course that began Aug. 18 on Camp Funston.

The four-week course, Close Access Target Reconnaissance Program, teaches technical reconnaissance, surveillance and information collecting, and is integrated with hands-on skills such as building battery packs and soldering electronics. The course is recommended for infantrymen, cavalry scouts and military intelligence personnel, but other military occupational specialties may attend at their commanders’ discretion.

James Fales, field service representative for the CATR program on Fort Riley, said, “The intent of CATR is to provide a ground commander with an intelligence, surveillance and reconnaissance capability organic to their unit so they can cover intelligence gaps they identify.”

This is the first time Fort Riley will have its own field service representative to teach the course. Previously, the course could only be conducted by mobile training teams that would train Soldiers prior to a deployment.

“We need certified personnel to operate this equipment,” said Sgt. 1st Class Jaime Perez, a platoon sergeant from 1st

Brigade Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division. “This equipment belongs to our company, but no one was able to train on it.”

Soldiers taking the course learn to use the equipment, which consists of audio, video and GPS applications. Students also learn to build components to supplement their own equipment or to make needed repairs.

Spc. Paul Tinoso, a military intelligence systems maintainer/integrator from 1st Bde. Eng. Bn., 1st ABCT, 1st Inf. Div., said, “I think for (military intelligence), a lot of us will deal with electronics one way or another and you have to know the basics to understand what you are dealing with.”

Fales said many students ask why they need to know skills such as soldering or building battery packs.

“It’s because you have to be able to make non-standard power supplies or you’re using some nonstandard voltage around the device,” Fales said. “The Soldiers have to be able to do that so they don’t destroy their equipment.”

Tinoso said this course could also save the Army money because Soldiers will

have more respect for things they understand.

“They will benefit just from knowing this stuff is out there,” Tinoso said. “They will most likely come into contact with it when they deploy.”

Fales said having access to this information is the key to sustainability and institutional knowledge.

“It’s just like anything else,” Fales said. “You have to be able to sustain it, because that skill set falls way off when they return from their deployment and they haven’t used the equipment for a while.”

Once the students complete the four-week course, the resulting certification will allow them to take this knowledge along once they move to another unit or duty station.

Perez said the program could be implemented within the next two to three months to be incorporated into field training exercises and real-world situations and deployments.

“If you don’t have the certification to use it, you can’t gain intelligence out of it,” Perez said.

Fales said the Army plans to implement the CATR program into the Army Training Requirements and Resources System by this fall.



# Army satisfaction survey affords improved medical readiness

IACH PUBLIC AFFAIRS

If you receive a survey by mail after your outpatient appointment at an Army medical facility, and have the urge to throw it away — stop — you are throwing away an opportunity to improve medical readiness.

The Army Provider Level Satisfaction Survey gauges how well Irwin Army Community Hospital, Patient and Soldier Centered Medical Homes are performing in terms of patient satisfaction.

“APLSS allows the patient to let us know as a medical practice what areas we may need to improve on as well as the ability to comment if someone did something that was good or bad so we can make corrections,” said Capt. Tiffany Bujak, Team 5 Farrelly Health Clinic provider.

The survey is administered by the U.S. Army’s Office of the Surgeon General and demonstrates a commitment to the health readiness of our Soldiers and their families.

Patient feedback through APLSS helps Army medicine meet the specific needs of Fort Riley Soldiers and families.

Bujak said the best part of her job is being able to take care of Soldiers. But keeping Soldiers and families medically ready is a partnership, a conversation between patient and provider.

“Just as a patient’s good description of his or her symptoms helps the provider diagnose the condition, a good ‘After Action Report; through APLSS helps us know how we as an organization can better help patients,” said Felton Butler, IACH Community Outreach Division Chief.

Patients are randomly selected to take the survey a few days after their appointment. The survey asks about the quality of their visit such as provider communication, access, facility cleanliness, and staff courtesy. It is designed to take 5 to 10 minutes to complete. Personal information is not included.

Those who receive the survey by mail can log in to the website with the provided code to answer questions; call the toll-free number provided in the letter; or fill out the survey and return it in the pre-addressed envelope provided. All Soldiers will receive surveys via their mail.mil accounts for their own visits as well as those of their dependent children.

Each month about 3,500 surveys are sent out to Soldiers or family members about their outpatient appointment. Yet only 14 to 16 percent of the surveys are completed, said Butler.

“Completed surveys equal greater medical readiness. How else can we make the right changes without the patient’s input? It’s all about improving medical services to ensure mission readiness,” said Butler. “Our goal is to increase the response rate to more than 50 percent. The more surveys completed the better the data regarding services.”

For more information on APLSS, contact the IACH Community Outreach Division at 785-239-7103.



Tywanna Sparks | IACH PUBLIC AFFAIRS

**Capt. Tiffany Bujak, Team 5 Farrelly Health Clinic provider receives the Army Provider Level Satisfaction Survey Provider of the Quarter award from Irwin Army Community Hospital Commander Col. Risa Ware for having the highest total satisfaction scores by a provider over the past 90 days. Returned APPLS surveys provide Soldiers and family members an opportunity to improve medical readiness.**

## TRAFFIC REPORT

### CONSTRUCTION ON RIFLE RANGE ROAD HAS BEGUN

Construction on Rifle Range Road will affect traffic flow for approximately the next 374 days. As a result, the work will affect travel to the schools in the area. School officials have been briefed and can offer guidance. There are detour and guidance signs posted, including detour routes along tank trail purple and through the Forsythe Housing area. Motorists are asked to exercise patience and follow all guidance posted on signs.

### ALL SCHOOL ZONES IN EFFECT

School zones are now in effect. Tickets will be issued. Be vigilant. Some school zones have lights and others have posted times.

### ROAD STRIPING UNDERWAY

Road striping and crosswalk painting is underway. The work will involve all major thoroughfares on Fort Riley, then move onto secondary roads. In addition, stripes on parking lots at post schools will also be painted. Motorists may be re-directed to the road shoulders, but no roads are expected to close. All are asked to exercise extreme caution while driving in these areas.

### HAMPTON PLACE

A portion of Hampton Place, from Jackson Avenue north to Ashby Drive, will be closed to thru traffic through September. 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 5 a.m. to 7 p.m., Monday to Friday; 8 a.m. to 5 p.m., Saturday; closed on Sunday and federal holidays.  
**Rifle Range:** Closed to all traffic.  
**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; 8 a.m. to 5 p.m., Saturday; closed on Sunday and federal holidays.

## IRWINFORMATION

### Q: Does TRICARE cover emergency contraception?

A: TRICARE covers over-the-counter Plan B One-Step with no prescription for all female beneficiaries of child-bearing potential. You can get the medication at a military or retail network pharmacy for no copay. You can find over-the-counter Plan B One-Step on the shelf (check the family planning aisle). Take the medication to the pharmacy and ask them to process it under your TRICARE pharmacy benefit.

TRICARE covers all other emergency contraception medications only for females age 16 and younger with a prescription; copays apply.

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

Find Post photos on flickr. Log on to flickr.com/firstinfantrydivision

## TUESDAY TRIVIA CONTEST WINNER

The Sept. 8 question was: “Where can I learn more about Legal Services (Staff Judge Advocate) available on Fort Riley?”

Answer: [www.riley.army.mil/Units/Staff/StaffJudgeAdvocate.aspx](http://www.riley.army.mil/Units/Staff/StaffJudgeAdvocate.aspx)

The winner is: Laura Lozano. Her son is Pvt. Alejandro Ortiz, 3rd Battalion, 66th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division.

Pictured: Laura Lozano and Pvt. (PV2) Alejandro Ortiz

Every answer will be available somewhere on the official Fort Riley website at [www.riley.army.mil](http://www.riley.army.mil).

CONGRATULATIONS, LAURA!



# Natick scientists investigate ways to help Soldiers recover from stress

By Jane Benson  
NSRDEC PUBLIC AFFAIRS

NATICK, Mass. — Soldiers can’t avoid stress, but researchers at the Natick Soldier Research, Development and Engineering Center are leading a study to investigate ways to help Soldiers increase their cognitive resilience under stress.

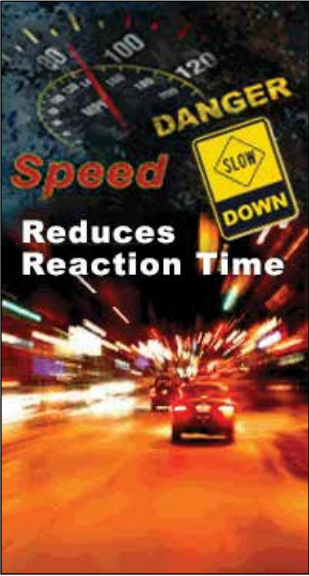
NSRDEC is working in collaboration with the Human Research and Engineering Directorate at the U.S. Army Research Laboratory Aberdeen Proving Ground, Maryland.

“A Soldier who is out in the field in a battle-type context is under very high demands — mentally, emotionally and physically,” said Dr. Marianna Eddy, a research psychologist on

NSRDEC’s cognitive science team. “They can be emotionally and physically fatigued. Cognitive resilience is the ability to perform well under those stressors. Performing well can mean a variety of things, such as making a good decision. For instance, deciding whether to call for reinforcements or making a split-second shoot or not-to-shoot decision.”

“We are interested in characterizing individual differences in the way that cognitive processes can break down under stress,” said Dr. Caroline Davis, who has a background in emotion, stress and anxiety research and is a research psychologist on NSRDEC’s cognitive

See STRESS, page 11





RILEY ROUNDTABLE

When did you first realize the significance of Sept. 11, 2001?



"I didn't understand until a few years after, because I was in second grade, so I was too young to fully get it."

SPC ALEX MORRISON  
HEARTLAND, WISCONSIN

5th Squadron, 4th Cavalry Regiment,  
1st Infantry Division



"It was a year or two after because I was too young and didn't realize that many people were really dying."

SPC. MARCUS MARINO  
QUEEN CREEK, ARIZONA

5th Squadron, 4th Cavalry Regiment,  
1st Infantry Division



"When I was in high school I understood it because I was older and more educated about world events."

SPC MATTHEW LAZOR  
SOUTH HAMPTON, NEW HAMPSHIRE.

5th Squadron, 4th Cavalry Regiment,  
1st Infantry Division



"I was sitting in American History when it was playing on the TV and we actually thought it was a movie. Watching the second plane hit the tower and realizing it wasn't a movie... at that moment, I realized our country was under attack."

ADAM ROTHGEB  
TECUMSEH, KANSAS

Firefighter



"I understood the impact immediately. I was in my second company command at Fort Campbell, Kentucky when the 9/11 attacks occurred. We were immediately required to take protective actions for the Soldiers and families on post."

LT. COL. L.J. BAKER  
SAVANNAH, GEORGIA

Garrison Plans Officer

SAFETY CORNER

Tips for hearing protection in the workplace

By Rod Cruz  
GARRISON SAFETY OFFICE

Hearing empowers and enriches lives. Hearing enables socialization, work, interaction, communication and relaxation. Good hearing helps keep one safe, warning of potential danger or alerting of someone else's distress.

Unfortunately, Soldiers, DA civilians and contractors engage in daily activities that could harm one of the body's most valued functions. Employees working with heavy machinery, high-powered tools and explosive noises such as firearms and fireworks, can experience immediate hearing loss without proper hearing protection. Even some recreational activities such as riding motorcycles, hunting, playing an instrument or listening to loud music full-blast with headphones can cause gradual hearing loss which may lead to irreversible permanent hearing loss.

Team Riley employees can work together to reduce occupational noise in the workplace by wearing proper personal protective equipment. "Secure Yourself First," means making sure to take the necessary precautions to protect health which

includes hearing so everyone can be "fit to fight" or "fit to support" the nation's finest fighting force. Personal risk management is the key.

Did you know Occupational Safety and Health Administration (OSHA) has an occupational noise standard? Occupational Noise Exposure, 29 CFR 1910.95 provides guidelines to protect employees. If an employee is exposed to noise for an 8-hour time-weighted average of 85 decibels, employers are required to administer a continuing, effective hearing conservation program. This program must include monitoring, employee notification, observation, audiometric testing, hearing protection, training and record keeping.

Occupational safety and health professionals use the hierarchy of control to determine how to apply feasible and effective controls. The preferred approach is to eliminate the source of hazardous noise. When elimination is not possible, substitution of the loud equipment for quieter equipment may be the next best alternative to protect workers from hazardous noise. If the hazardous noise

cannot be controlled through elimination of the source or substitution of quieter equipment, engineering controls may be installed to reduce noise to safer levels or remove noise at the source.

Engineering controls require physical changes to the workplace such as redesigning equipment to eliminate noise sources and constructing barriers that prevent noise from reaching a worker. If it is not possible to remove the hazard through elimination, substitution or engineering controls, the next step is to reduce noise exposure through the use of administrative controls. For example, an employer may change an employee's work schedule to avoid too much noise.

Personal protective equipment, such as ear plugs or other hearing protection devices, is the last option in the hierarchy of control. PPE is generally less effective than elimination, substitution, and engineering controls because they rely on human actions to reduce noise. Used in combination with other levels of control, such as administrative controls, PPE may provide worker protection when engineering controls do not adequately remove the noise hazard.

Consider these solutions when creating your hearing loss prevention program:

- Buy Quiet — select and purchase low-noise tools and machinery
- Maintain tools and equipment routinely (such as lubricating gears)
- Reduce vibration where possible
- Isolate the noise source in an insulated room or enclosure
- \* Place a barrier between the noise source and the employee
- Isolate the employee from the source in a room or booth (such as sound wall or windows)

The Garrison Safety Office provides general information concerning occupational safety and health standards for hearing conservation and mitigating noise exposure hazards in the workplace. The Fort Riley Hearing Program supports the installation with the tools necessary to protect and prevent hearing loss from noise exposure. Contact the Garrison Safety Office at 785-240-0647 and/or the Fort Riley Hearing Program 785-239-7042/7323 for more information.

HISPANIC HERITAGE MONTH

Time of year to time to reflect on values, service

By David Vergun  
ARNEWS

WASHINGTON — Col. James E. Saenz said he learned at an early age about family values from his parents and extended Family, growing up in Alhambra, California, several miles from downtown Los Angeles.

Later when he joined the Army, he said those same values he learned as a child matched the Army values of loyalty, duty, respect, selfless service, honor, integrity and personal courage.

Joining a values-based organization made him feel like he'd joined a second family, the Army, said Saenz, who is now the chief of the Strategic Initiatives Group, Office of the Assistant Chief of Staff for Installation Management.

As the Army and the nation celebrates National Hispanic Heritage Month, Sept. 15 to Oct. 15, he said it's a time to reflect on contributions and sacrifices Hispanics made to the United States, not just in the military but in all walks of life.

A significant number of Hispanics served in all of the nation's wars beginning with the Revolutionary War, he said.

"In our past history, diversity wasn't as appreciated as it is today and many experienced discrimination, but they still chose to serve their nation despite that," he pointed out.

"The Army has led the nation in showing the strength of diversity and how integration can be the strength and foundation of our democracy," Saenz said.

The Army strives to reflect the society it serves, he said.

Those who are Latino or Hispanic heritage make



Col. James E. Saenz | COURTESY PHOTO

Col. James E. Saenz, right, is shown at his outgoing change-of-command ceremony in U.S. Army Garrison Bavaria with his wife, Leslie, and children, Adams and Matthew, July 2, 2014. Saenz said Family is important to him as it is to others in Hispanic communities throughout the United States.

up about 16 percent of the U.S. population, according to the U.S. Census Bureau's 2010 survey. "Latinos make up about 13 percent of the Army, so I think that's a pretty good reflection" of that rapidly growing demographic, Saenz said.

The military, particularly the Army, is a good place for Hispanics to serve, he said

Once you become a Soldier, you're a Soldier for Life, he said, referring to the program that helps Soldiers start strong, serve strong and reintegrate back into their communities.

On a personal note, Saenz said his parents taught him to appreciate hard work and the value of education, both formal as well as life-experiences.

His father started at a low-level blue collar job with the Los Angeles Department of Water and Power and worked his way up to superintendent for one of the five power districts. His mom cared for the family and later became

a secretary for the city school district. His brother, Thomas, is a civil rights lawyer and is president of the Mexican-American Legal Defense and Education Fund, a national nonprofit organization that supports civil rights.

"It's service to country in a different way," he said.

Saenz said he sees a connection of his own family's values with not just the Army's values, but with other Hispanic communities, which also share these same values. He said he learned this from traveling around the world, experiencing Latino cultures other than his own.

Non-Latino Americans can celebrate this month as well, he said. He encouraged others to try to get an understanding of Hispanic culture and history and to also appreciate the service and sacrifices of its veterans.

"We all need to celebrate our own heritages, cultures and diversity as a nation," he said, referring to Hispanic

and other groups as well. "Much of the strength of our nation comes from our diversity and the multitude of cultures. The Army is a good reflection of diversity and has been very good at celebrating it. We led the way in integration in many ways by integrating military organizations in preparation to fight our nation's wars."

He said he hopes more Hispanics will serve and will seek higher levels of responsibility to become role models for others to follow.

"Hispanics have made significant contributions as leaders in government, academics and business," Saenz said. "Role models help show our youth that success in these areas is possible, so more are apt to seek careers in these areas. That increases diversity and strengthens the institution."

Saenz fulfilled his parent's wishes to get a good education. He attended the U.S. Military Academy at West Point, New York, and later went to graduate school. He also served in a variety of special operations assignments from detachment commander to group executive officer.

Recently Saenz served as the commander of U.S. Army Garrison Bavaria. He participated in Operations Desert Storm and Enduring Freedom, as well as numerous counter-narcotics missions in Central and South America.

Saenz said his father, who also served in the Army, is very proud of his military service.

THE 1ST INFANTRY DIVISION POST

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LETTERS TO THE EDITOR

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Sexual Assault Support for the DoD Community  
safehelpline.org | 877-995-5247

Riley Ride Schedule

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



Building 7003	10 p.m.	10:30 p.m.	3:07 a.m.
Bowling Center	10:03 p.m.	11:33 p.m.	3:04 a.m.
Warrior Zone	10:05 p.m.	11:35 p.m.	3:01 a.m.
Building 7000F	10:10 p.m.	11:40 p.m.	2:59 a.m.
Building 7000G	10:12 p.m.	11:42 p.m.	2:54 a.m.
Building 7000A	10:15 p.m.	11:45 p.m.	2:52 a.m.
Rally Point	10:20 p.m.	11:50 p.m.	2:48 a.m.
Building 210	10:25 p.m.	11:55 p.m.	2:45 a.m.
WTS Barracks	10:32 p.m.	12:02 a.m.	2:38 a.m.
Building 694	10:37 p.m.	12:07 a.m.	2:33 a.m.
12th and Bluemont (Aggieville)	11 p.m.	12:30 a.m. Bus waits until final return	Departs at 2:15 a.m. for final return to Fort Riley

NEW STOP!!



# Roadside inspections lead to safer roads at home, overseas

Story and photo by J. Parker Roberts  
1ST INF. DIV. PUBLIC AFFAIRS

Officials from the 1st Infantry Division's transportation and maintenance office conducted a monthly roadside inspection Aug. 21 at Four Corners on Fort Riley. The event, part of the Roadside Inspection Program, enhanced roadway safety for Soldiers by ensuring military vehicles were properly maintained and equipped before moving out to the post's training areas. "It's just to see if systems are in place at the unit level," said Chief Warrant Officer 3 Jeremy Clark, a maintenance technician with the 1st Inf. Div. logistics office, during the Aug. 21 inspection. "Dispatch process is one of those items that should be done at the lowest level." Inspectors look for everything from forms having prop-

er signatures to vehicles having first-aid kits, warning triangles and working fire extinguishers. "There should be no accidents, no safety violations on the vehicle, no chance of rollover or a flat tire or anything," Clark said. "Randomly we'll stop vehicles and check all that stuff." If a vehicle isn't safe to drive, inspectors will hold it at the checkpoint until it can be made roadworthy. The logistics office staff keeps track of monthly findings and looks for trends. "So far, it's steadily getting better and better," Clark said. "The units are starting to pay more attention to it." The chief warrant officer said Soldiers whose military vehicles were inspected have been receptive to the process. "They're good," said Sgt. Jacob Vincent, Company H, 2nd Battalion, 34th Armor

Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div., of the roadside inspection. "It'll teach you how to do it the right way." Vincent is a motor transport operator assigned to his unit's ammunition section. He regularly hauls ammunition to Fort Riley's ranges for his battalion. "This is my second time being inspected, and we're already 90 percent better," the sergeant said. "That's always good." The inspections add to roadway safety at Fort Riley, but Vincent said the emphasis on standards would be helpful to Soldiers when they deploy as well. "The rules change when you deploy by a lot," he said. But the inspections "will get us in the mindset of how to do it. If we do it right here, then we'll be more right overseas with all the stuff that needs to get done."



Sgt. 1st Class Demetrious Hughey, aviation maintenance noncommissioned officer for the 1st Inf. Div. logistics office, goes over a roadside inspection checklist with Soldiers on their way to Fort Riley's training areas Aug. 21 at Four Corners. Hughey was part of a team of inspectors on hand to make sure military vehicles on their way to Fort Riley's ranges were properly documented and equipped. The 1st Inf. Div. conducts monthly inspections to encourage safe practices for military vehicle operators.

# 'Diehards' learn how to become 'hard' targets for terrorism



1st Lt. Tyrell Foster | 1ST BDE. ENG. BN.  
Shawn Formanek, special agent, Fort Riley Field Office, 902nd Military Intelligence Group, instructs Soldiers of the 1st Brigade Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, on antiterrorism measures they can take on a daily basis to protect themselves, their teammates and family members Aug. 31 at the Main Post Chapel, Fort Riley, Kansas. The "Diehard" battalion planned the annual training event to coincide with August's Antiterrorism Awareness Month. Training is critical to the force's antiterrorism readiness and the hallmark of Soldiers' abilities to assess, detect, defend, warn and recover from acts of terrorism, according to information from the Army. Antiterrorism training. Whether at the individual or collective level, training is fundamental to preparedness and defense against the terrorist threat.





## MEETING THE CHALLENGE



Sgt. 1st Class Andrew Porch | 17TH FIRES BRIGADE

**Above left and below left:** Soldiers with the 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, are in Washington state to conduct medevac training with Soldiers from the 17th Field Artillery Brigade, 7th Infantry Division, and civilian agencies assigned to Task Force First Round. The task force was formed around the Joint Base Lewis-McChord-based 17th FA Bde. to combat what is being called the Tower Fire - about 95 large wildfires more than 1 million acres in Oregon, Washington, Idaho, Montana, California, Nevada and Colorado, according to information from U.S. Northern Command. Soldiers with the 2nd GSAB, 1st Avn Regt, 1st CAB, 1st Inf. Div., are in Washington state to conduct medevac training with Soldiers from the 17th Field Artillery Brigade, 7th Infantry Division, and civilian agencies assigned to Task Force First Round. Soldiers with the 2nd GSAB are based on the Kalispel Tribe of Indians Reservation, Washington.

**Above right:** Col. Andrew Gainey and Command Sgt. Maj. Freddie Barbary, command team, 17th Field Artillery Brigade, 7th Infantry Division, visit Soldiers of the 2nd GSAB, 1st Avn Regt, 1st CAB, 1st Inf. Div. The "Big Red One" Soldiers are providing around-the-clock medevac training and support to civilian and military agencies fighting the massive wildfire in northeastern Washington state. "The 1st Inf. Div. and Fort Riley are once again on point for our nation," said Maj. Gen. Wayne W. Grigsby Jr., commanding general of the 1st Inf. Div. and Fort Riley. "Fort Riley's central location in Kansas is key to the 'Big Red One's' ability to provide ready Soldiers to support operations on either coast or around the world. Our brave and responsible Big Red One Soldiers are proud to support this interagency effort - they can and will accomplish any mission set in front of them." On Aug. 17, the National Interagency Fire Center in Boise, Idaho, mobilized active-duty Soldiers to serve as firefighters to assist with wildfire suppression efforts, according to information from NORTHCOM. This is the first time since 2006 the NIFC has called upon active-duty Soldiers to assist in firefighting efforts.









# Air Force certifications earned at Fort Riley airfields



An airman from the 302nd Airlift Wing, Air Force Reserve, Peterson Air Force Base, Colorado Springs, Colorado, directs the humvee as it leaves the C-130 that landed at Savage Field near Fort Riley's Douthit Range, in the northwest part of Fort Riley, Sept. 2. In other photo, a C-130 touches down after the humvee was loaded. Upon completion, the Air Force crew earned Dirt qualification and Engine Running Onload and Offload certifications.

**Story and photos by Maria Childs**  
1ST INF. DIV. POST

Two C-130's from the 302nd Airlift Wing, Air Force Reserve, Peterson Air Force Base, Colorado Springs, Colorado landed at Savage Field, in the northwest part of Fort Riley, Sept. 2. This is the first time a plane has landed on the landing strip since October when it was validated by the Army.

The joint training opportunity allowed the air crew to conduct landings and take-offs as well as on-loading and off-loading a Humvee on the dirt surface of the landing strip. The airmen also conducted some approaches to Marshall Army Airfield. Upon completion, the Air Force crew earned Dirt qualification and Engine Running Onload and Offload certifications. During the trainings, the air crew practiced tactical

approaches. Matthew Zahler, Air Mobility Liaison Officer at Fort Riley, said this simulates combat in the most realistic way possible. "They were able to practice, not only, assault landings on an unprepared surface (the dirt landing strip), but they were able to practice tactical approaches in combination with those landings and ERO's (engine running onload/offload)," Zahler said.

Zahler said the engine running onload and offload is also very similar to real-life scenarios. "The engines will still be running and they have to push everything off as fast as they can, button everything back up and then take off like simulating war time where you would have minimum time on the ground or you want to minimize your time on the ground so that you don't have people trying to shoot at the

airplane on the ground," said Matthew Zahler, air mobility liaison officer at Fort Riley. Zahler said this is realistic to what the Air Force would do in a wartime scenario. The dirt surface allows the air crew to go through different procedures and become familiar with that checklist. "You only have 3,500 feet here — that's a lot shorter, so there's a different checklist they have to run," Zahler said.

Zahler said training on a dirt strip is unique for the Air Force, and now that Fort Riley can participate, units can train their air crews. "It's a huge capability because if you want AMC aircraft — C-130s and C-17s — to come down and start playing with us you have to have something to offer them," Zahler said. "Having a dirt strip is a huge deal because there's not a whole lot of them anymore. They're hard to find."

## 1st Combat Aviation Brigade members earn recognition for outstanding performance

Capt. Keith E. Thayer | 1ST CAB PUBLIC AFFAIRS



Members of the 1st Combat Aviation Brigade, 1st Infantry Division, watch as Pvt. Terry Cannon, AH-64 Apache crew chief, Company C, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st CAB, 1st Inf. Div., and Spc. Daulton Wallace, UH-60M Black Hawk helicopter mechanic, Company D, 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st CAB, are presented with coins by Maj. Gen. Wayne W. Grigsby Jr., the 1st Inf. Div. and Fort Riley commanding general, Aug. 31 at Marshall Army Airfield, Fort Riley, Kansas. The two were recognized for their outstanding performance during their battalions' July rotation to the Joint Readiness Training Center, Fort Polk, Louisiana. Grigsby and Command Sgt. Maj. Michael A. Grinston, far left, 1st Inf. Div. senior noncommissioned officer, visited the 1st CAB as part of the general's in-brief and familiarization to the brigade. Also during the division command team's visit, Grigsby and Grinston recognized Co. C, 1st ARB, 1st Avn. Regt., with the Sober Armies Bravely Expedite Readiness award. SABER is a program designed to enhance the spirit of competition and award units that are in strict compliance - no drug- or alcohol-related incidents - with the Army Substance Abuse Program.

## All cannon military occupational specialties could soon open to females

**By David Vergun**  
ARNEWS

WASHINGTON — Army leadership has recommended that field artillery military occupational specialties 13B cannon crewmember and 13D automated tactical data systems specialist be open to women, the Army's chief of field artillery said. "We are waiting on a Department of the Army decision in reference to Field Artillery MOS 13F (fire support specialist), which is specifically tied to the Infantry Career Management Field 11 and Armor CMF 19, which currently remain closed," said Brig. Gen. William A. Turner, chief of field artillery and

commandant of the U.S. Army Field Artillery School on Fort Sill, Oklahoma. The Army's chief of staff recently stated that the Army will not ask for a waiver to keep cannon MOSs closed to female Soldiers, said Lt. Col. Donald S. Potoczny, branch chief, Field Artillery Enlisted at Human Resources Command on Fort Knox, Kentucky. "This continues the effort of the field artillery branch toward full gender integration," Potoczny said. Last year, all operational assignments were opened for female FA officers, he said. "In short time, women have served in every possible assignment including as fire support officers in combat in Afghanistan."

Two years ago, the Army opened rockets artillery units to women, Potoczny said. Both multiple launch rocket system crew member (13M) and MLRS operations fire direction specialist (13P) were fully integrated. The Fires Center of Excellence on Fort Sill presently trains female Soldiers for these MOSSs, he said. Drill sergeants and instructors will soon be prepared to train the cannon MOSSs. Female platoon sergeants are serving, and are "postured to provide mentorship." Currently-serving Soldiers may be able to reclassify into 13B and 13D if their MOSSs are over-strength, he said.

"Opening these positions ensures the Army is properly managing talent of all our service members, balancing readiness and the needs of a smaller force, and positioning all Soldiers for success with viable career paths. Human Resources Command is prepared to continue to assist the recruiting, training, and assigning of all our Soldiers to meet future challenges," Potoczny said. "Each of our Soldiers makes tremendous contributions to our Army and the nation's defense, regardless of gender

or ethnicity. This is about increasing opportunities for all. If the Soldier possesses the necessary qualifications, they will be given the opportunity to perform that job. This will only make our Army stronger," Turner said. "We are in the business of recruiting the best Soldiers for the job," he said. Serving in the Army's field artillery is nothing new for American women, Potoczny said. Women have been in the artillery since before the nation earned independence

from Great Britain. Mary Ludwig, also known as Molly Pitcher, fought at the Battle of Monmouth in 1778. When her husband fell, she continued operating his cannon through the battle, Potoczny said. In the 1970s and 1980s, women served in Pershing and Lance missile units. Over the past few decades, they filled supporting roles in artillery units. As field artillery surveyors, they provided accurate unit locations and they gave accurate weather data as meteorological specialists.



# Sixty-one Soldiers graduate from Warrior Leader Course



Amanda Kim Stairrett, 1st Inf. Div.  
**Left:** Sgt. Robert C. Nickerson, Company A, 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, leads “Big Red One” and Fort Riley noncommissioned officers in reciting the NCO Creed Aug. 26 at Fort Riley during a graduation ceremony for Warrior Leader Course Class 704-Nickerson received the class’ Leadership Award. Sgt. Justin D. White, Company H, 101st Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Inf. Div., was named the Distinguished Honor Graduate and Spc. Joshua E. Jimenez, Headquarters and Headquarters Battery, 1st Battalion, 5th Field Artillery Regiment, 1st ABCT, 1st Inf. Div., earned the Iron Man Award. Sixty-one “Big Red One” and Fort Riley Soldiers were recognized during the ceremony.

## VEHICLEContinued from page 2

The evaluation process was based on “key performance parameters, key system attributes, cost and secondary technical” requirements, officials said.

Asked about a protest from one of the other two vendors and the impact of a possible continuing resolution, of the budget in the next fiscal year, an official responded that there’s no anticipation of a protest, and a possible continuing resolution should not affect the initial production since funds have been appropriated and authorized with FY15 money, he said. “It’s not a new start.”

Army funds in the amount of \$114,669,605 were obligated at the time of the contract award. It was a firm-fixed-price contract for low-rate initial production of the JLTV and full-rate production with options.

Davis said the gap in today’s lightweight vehicle capabilities has meant commanders often have to choose their vehicles based on payload, performance and protection. The JLTV balances those things.

The JLTV will provide similar protection as one of the mine-resistant, ambush-protected vehicles. The MRAP All-Terrain Vehicle was also developed by Oshkosh Corp.

The JLTV will have protection substantially greater

than the Humvee, Davis said. The JLTV will provide this protection with only about two-thirds the weight of the M-ATV, which improves mobility and transportability.

Other advantages over the Humvee, he said, are reliability, payload capacity and ease of repair.

The JLTV can be transported by CH-47 Chinook and CH-53 Super Stallion helicopters as well as amphibious transport, Davis said. M-ATVs cannot be transported in this fashion.

In terms of network connectivity, the JLTV is the first vehicle purpose-built for the network, he said.

There was a collaboration between the warfighters and the acquisition community in scoping the requirements to meet affordability constraints and other requirements, Davis said.

A lot of discussions took place upfront between the Army and Marine Corps about “harmonizing the requirements.” Cooperation took place throughout the development process, he said.

“The biggest winners of this are Soldiers and Marines, who need a new capability to fill a gap in today’s light tactical vehicle fleet,” Davis said.

## STRESSContinued from page 4

science team. “During an acute stressor, some people are able to maintain peak performance much better than others. Our goal is to identify metrics that predict such individual differences, and to use this information to develop training strategies that will allow all Soldiers to maintain optimal cognitive performance both during and immediately following extreme stress.”

NSRDEC and Tufts University, which jointly created the Center for Applied Brain and Cognitive Sciences, are also conducting a parallel effort examining cognitive resilience in the civilian population.

“The work at the center can be used as a foundation for the work we are doing in collaboration with ARL-HRED,” Eddy said.

“The studies we are conducting at the Center for Applied Brain and Cognitive Sciences are being conducted in a lab where we have tight experimental control,” Davis said. “Our collaboration with the Cognitive Assessment and Simulation Engineering Laboratory at ARL-HRED allows us to move these laboratory-based studies into a somewhat more realistic, Soldier-relevant environment.”

Stress affects a Soldier’s memory and decision-making as well as the ability to act and react.

“We want to know what it is that allows some people

to overcome these challenges and perform well,” Eddy said. “People can tell us about their coping mechanisms, but we are also interested in what is going on in their brains. To do this, we are running an electroencephalography study in collaboration with the Translational Neuroscience Branch at ARL-HRED. We outfit the Soldiers with an EEG cap and some other sensors that measure physiological responses to emotional stimuli, such as changes in breathing patterns, sweat responses and facial muscle activity.”

“We are also looking at the way that personality traits, such as impulsivity or emotion-regulation style, interact with an individual’s biological stress response to promote resilience,” Davis said.

Finding ways for Soldiers to become more cognitively resilient may help increase Soldier performance and possibly improve decision-making, effectiveness and survivability.

“We have a unique ability to impact the Soldier,” Davis said. “I am excited to be entering this rapidly growing field that has recently started to attract a lot of attention, and I think that we have real potential to improve life for the Soldier.”

“It’s rewarding to interact with Soldiers and see that they are excited about what we are doing,” Eddy said.

## CORPSContinued from page 2

Grinston challenged the Army’s newest NCOs to not lose focus, work on their personal and professional development and always put their Soldiers first.

“You are brave, responsible and on point for your nation, and you’re now a part of the NCO Corps,” Grinston added. “Remember, you are members of an elite group.”



AWARD

Continued from page 1



Courtesy photo

Staff Sgt. Zachery Kipp, Company D, 1st Attack Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, is recognized Aug. 25 during an Arizona Diamondbacks baseball game at Chase Field in Phoenix. Kipp was in Arizona to receive the 2015 Bob Wylie Award for Apache Maintenance Excellence at the Boeing Production Facility in Mesa, on Aug. 26. The award recognizes Soldiers for excellence in contributing to an Apache unit’s maintenance mission, demonstrating respect for his or her fellow Soldiers and making a positive impact to the people they work with and for, according to information from the Apache program manager’s office.

through their efforts. They show respect for others and make a difference to the people they work for and with.” Kipp joined the Army in 2006 and arrived at Fort Riley in March, 2007. Since then he’s deployed twice to Iraq and once to Afghanistan with the 1st CAB. “He’s absolutely one of my hardest-working NCOs,”

said Capt. Michael Meyer, commander of Co. D, 1st ARB, 1st Avn. Regt. “He’s been outstanding with ... being able to push through an incredible amount of work in a short time.” Meyer said he wasn’t surprised to learn Kipp was selected to receive the Bob Wylie Award.

“He’s truly one of the guys that produces results for me, and one of the few guys that will produce results rather quickly, always beating my expectations,” the captain said. “He’s an outstanding person, an outstanding Soldier, and definitely one of the shining stars in Army aviation, in particular the Apache community.”

TRANSITION

Continued from page 1

he was impressed with Evans’ leadership and knowledge base. “Although we have served together only a short time since I took command, I have learned an incredible amount from him,” Hayden said. “Command Sgt. Maj. Evan’s impact, both on me as a commander and on this formation over his tenure here, has been absolutely first class.” The 26-year veteran will officially retire in May 2016 and said he and his wife, Cheryl, will move to Phoenix. “Cheryl and I wish the ‘Devil’ Brigade continued success as you all prep for upcoming

missions,” Evans said. “You are in great hands with Col. Tim Hayden and Command Sgt. Maj. Dale Sump.” Evans, a native of Columbus, Georgia, thanked all the command teams and Soldiers within the brigade for their professionalism. “It has truly been a pleasure to coach, teach, mentor and stand beside a great group of professionals,” Evans said. “I am confident you will continue doing great things in the future and the Army is in great shape because of you.” Evans said there was no doubt he was a “Big Red One” Soldier. Prior to his appointment as the brigade’s senior noncom-

missioned officer, Sump served as the top enlisted Soldier for the 2nd Battalion, 10th Infantry Regiment, located at Fort Leonard Wood, Missouri. “I am humbled and honored to be selected to lead such a distinct unit as the 1st Armored Brigade Combat Team,” Sump said. “You have a distinguished lineage that we will continue to build upon.” Sump, a native of Cherokee, Iowa, said this was his second assignment in the 1st Inf. Div., having served in the 1st Battalion, 34th Armor Regiment, from 1993 to 1997. “I am happy to be, once again, a ‘Big Red One’ Soldier,” Sump said.



## IN BRIEF

### TRAFFIC UPDATES

For traffic updates, see the Traffic Report on page 4 or visit [www.riley.army.mil](http://www.riley.army.mil) and click on “Advisories.”

### GENERAL INFORMATION

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

### POST-WIDE YARD SALE SET FOR SEPT. 19

The ever-popular Fort Riley Post-Wide Yard Sale is set for Sept. 19 from 8 a.m. to noon.

Non ID-cardholders must get a visitor's pass before the event.

Those who wait until the day of the yard sale can expect delays at the Visitor Control Center. Up to 2,000 people are expected to come to Fort Riley.

Those planning a visit are encouraged get their passes in advance.

Also, only post residents can sell items. Those coming onto the post are not allowed to bring items on post to sell.

### FORT RILEY SPOUSE CHOIR

The Fort Riley Spouse choir is accepting new members. If you love to sing and want to spend time with other Army spouses, then this group is definitely for you. Practices are at the band rehearsal hall at 8630 Sustainment Drive at 6:30 p.m. Thursday nights.

### IMPORTANT REMINDER

Visitors to Fort Riley are reminded that a temporary Fort Riley Access Badge or Pass is required for anyone without a Department of Defense ID card. If you know the exact date of your visit, it is highly recommended to get a temporary badge or pass early by stopping by the Visitor Control Center, calling 785-239-2982 or emailing [usarmy.riley.imcom-central.mbx.des-vcc@mail.mil](mailto:usarmy.riley.imcom-central.mbx.des-vcc@mail.mil)

Please note there are longer wait times for passes during periods of higher traffic-especially weekday mornings and weekday afternoons-when Soldiers and civilian employees are traveling to work and physical fitness activities.

If you're unable to get a pass early, make sure to allow extra time the day of your visit to get through processing at the Visitor Control Center.

Please visit our website at [www.riley.army.mil/Units/Garrison-Command/EmergencyServices/AccessInformation.aspx](http://www.riley.army.mil/Units/Garrison-Command/EmergencyServices/AccessInformation.aspx).

### SOLDIER FOR LIFE TRANSITION ASSISTANCE PROGRAM UPCOMING EVENTS

- 9 a.m. to 11 a.m., Thursday Sept. 17: General Electric Transition Workshop, in Bldg 210, Rm 118D
- 11 a.m. to 4 p.m., Tuesday through Wednesday September 22 to 23: Kansas State All University Career Fair, Bramlage Coliseum, Manhattan, Kansas.
- 1 p.m. to 2:30 p.m., Monday, October 5: Monthly Employer Showcase, Fort Riley Transition Center, Bldg 212, Rm 201.
- 10 a.m. to 3 p.m., Thursday, October 22: ACS Hiring Fair, Riley Conference Center.

### RILEY RIDE

Heading to Aggieville for drinks? Get home to Fort Riley safely with Riley Ride. The transportation service is open to all Department of Defense ID cardholders and runs Friday and Saturday evenings. For more information, call 785-239-5614.

### ALCOHOL SALE POLICY

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

### PUBLIC WORKS SERVICE

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

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



Tasha Trump, wife of Capt. Jon Trump, Division Headquarters and Headquarters Battalion, 1st Infantry Division, practices balance during prenatal yoga Sept. 3 at Whitside Fitness Center.

## Baby steps

### Fitness center to offer expectant moms weekly prenatal yoga class

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

Jo Woods, fitness instructor at Whitside Fitness Center at Fort Riley, is now offering a weekly prenatal yoga class. Overall, the class is slower and gentler than a regular yoga class.

The class is scheduled for Thursday mornings at 9 a.m.

Woods has been a certified yoga teacher for about two years, and she is one of many yoga instructors on post. However, she is the only one with her prenatal certification. She also teaches

Flow yoga, which is designed to break a sweat while also stretching and relaxing your body, and gentle yoga, which is slower and more suitable for beginners.

“I enjoy teaching all yoga, but especially prenatal because it's a special time in a woman's life,” Woods said. “Pregnancies can be both cherished and challenging, and yoga is a great way to connect with your changing body as well as the baby inside.”

#### MORE INFORMATION

- For a complete list of fitness classes, visit [rileymwr.com](http://rileymwr.com) or call 785-239-2573.

See YOGA, page 14

“I enjoy teaching all yoga, but especially prenatal because it's a special time in a woman's life. Pregnancies can be both cherished and challenging, and yoga is a great way to connect with your changing body as well as the baby inside.”

JO WOODS |  
WHITSIDE FITNESS CENTER

“Leaders need to be able to convey to their units that people can bounce back from their stress issues and that they're not always terminally broken.”

DR. KEITA FRANKLIN | DEFENSE  
SUICIDE PREVENTION OFFICE

## Suicide prevention, the Power of 1 Campaign

Suicide prevention – listening to those in need, seeing warning signs

By Katie Lange  
DOD NEWS, DEFENSE MEDIA ACTIVITY

Thoughts of suicide are not necessarily something people explicitly announce to the world, which means loved ones often have no idea that their friend or family member is contemplating it. But there are signs and risk factors, and while you might be thinking you can't make a difference by yourself, you're wrong. Experts say that's sometimes all it takes.

That's the point of the Power of 1 Campaign, launched by the Defense Department and Department of Veterans Affairs in observance of National Suicide Prevention Month.

“One smile, one conversation, one comment, one caring gesture toward somebody at risk can make a difference in their experience and perhaps instill hope and get them to help,” said Dr. Keita Franklin, the director of the Defense Suicide Prevention Office.

The No. 1 thing to know: Suicide is preventable. Warning signs are just missed sometimes.

“Inevitably, we always know that somebody has told somebody that they were struggling,” Franklin said of her office's research. “Unfortunately, that person may not have known the extent of the risk.”

To be better prepared, here are signs you can look for:

- Expressing sadness often
- Anxiety and agitation
- Deteriorating physical appearances and neglect of personal welfare
- Sleeping all the time, or having trouble sleeping
- Withdrawing from friends and family
- Losing interest in hobbies; loss of appetite
- Performing poorly at work or school
- Dramatic and frequent mood changes
- Acting recklessly; showing violent, self-destructive behavior

See PREVENTION, page 16

## Schools, units prep for school-year partnerships

### Annual meet-and-greet session in Ogden allows for calendar coordination

By Capt. Keith E. Thayer  
1ST CAB PUBLIC AFFAIRS

OGDEN, Kan. — Area school administrators and faculty members and unit representatives from the 1st Infantry Division and Fort Riley attended a meet-and-greet session Sept. 2 at the Ogden Community Center to discuss details for the upcoming school year's Adopt-A-School program and hand off new partnership signs that will be posted at each school.

The meet and greet, which occurs annually and has been taking place since 2009, provides an opportunity for school and unit representatives to coordinate calendars. It also allows the adopt-a-school partners to talk about required training to make sure that when Soldiers go into the classrooms, they and the teachers both know what they can and can't do, said Michelle Durgin,



Capt. Ed Alvarado | 2ND ABCT

Capt. Jacob Sass, right, commander of Troop C, 5th Squadron, 4th Cavalry Regiment, 2nd Aviation Brigade Combat Team, 1st Infantry Division, speaks with Cindy Markley, principal of Chapman Rural Elementary School, Sept. 2 during the Adopt-A-School Program Meet and Greet at the Ogden Community Center in Ogden, Kansas.

Child, Youth and School Services coordinator, Directorate of Family and Morale, Welfare and Recreation.

Durgin works with Fort Riley school support services, an

organization that helps facilitate the Adopt-A-School partnership between the 1st Inf. Div., the post and schools of the central Flint Hills region.

#### DID YOU KNOW?

- The Fort Riley Adopt-A-School program has 78 partner schools ranging from pre-kindergarten to high schools.

Fort Riley Soldiers “are here to really act as mentors for the young people and expose them to Army values,” Durgin said. “Really, the military lifestyle is unique to a lot of what people in the heart of America are not necessarily exposed to. So when we bring the military community outside the gates, it's an opportunity for one to expose them to the tradition that surrounds the services and to build partnerships with the community that helps to keep Fort Riley a strong and a visible presence.”

Soldiers will visit schools across the central Flint Hills area school districts this year, including St. John's Military School in Salina, Kansas.

“There's not a lot of age difference between a private in the Army and

See PARTNERSHIPS, page 16



COMMUNITY CORNER

# Remembering the reason our nation remains vigilant

By Col Andrew Cole  
GARRISON COMMANDER

For anyone old enough to know what was happening — where they were and what they were doing on 9/11 is imprinted in their memory. We watched in horror as our country came under attack from terrorists. This was something that had never happened here. It was a pivotal time in history.

A large number of Individuals were compelled to sign up for military service in the aftermath. They were determined to serve their country and protect against this happening again. Many of our Soldiers have dedicated the past 14 years and many deployments to the goal of keeping us safe from subsequent terrorist attacks.

We don't know the final outcome of the history of that day because the history is still being written by our Soldiers. What we do know is that we remember, train and deploy for the purpose of protecting against terrorists being able to launch another large-scale attack on this country in the future.

Yes, there have been changes to how we do things in this country and on our military installations since that day. But even though it was tragic, people came together and did not let the events of that day define who we are. But that doesn't mean the



Colonel Cole

enemy has given up seeking ways to make a statement by further attacks both small and large against us. As patriotic Soldiers and citizens, we need to remain focused on staying vigilant and well-trained to prevent that from happening. We remember radicals have not given up and constantly strive for more members to further advance their agenda.

The events of 9/11 are something we need to remember to stay vigilant. We need to remember that over 3,000 people were the victims of mass murder. We need to never forget the heroic actions of the emergency personnel and average citizens on that day. And we need to never forget our Soldiers and all they have sacrificed since that day.

The September 11 memorial now stands where the towers once stood. It is designed to help visitors remember that historic day.

We still have lessons to learn and the job is not yet complete, and we will strive onward to someday seek an end to this story in history. Even though this is a sad remembrance there is hope. We have many dedicated Soldiers and civilians serving each day, keeping vigilant to ensure everyone in this country can maintain their way of life into the future.

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

# Grinston thanks community at luncheon

Points to partnership with community as a Fort Riley foundation

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

MANHATTAN, Kan. — Cheers and applause erupted from the audience after Command Sgt. Maj. Michael A. Grinston, 1st Infantry Division senior noncommissioned officer opened with, “I am Sgt. Maj. Grinston and I am a ‘Big Red One’ Soldier,” Sept. 2 during the Manhattan Area Chamber of Commerce’s Military Relations Committee luncheon.

The Manhattan MRC is an affiliation of Manhattan locals and Fort Riley Soldiers and spouses interested in the military, said Janet Nichols, military community liaison for the Manhattan Area Chamber of Commerce. Nichols said the MRC is made up of everyone from bank presidents to school bus drivers and from the most senior personnel on Fort Riley to enlisted Soldiers.

“The MRC was thrilled to have Grinston present to the group about his time as the division command sergeant major,” Nichols said.

During his remarks, Grinston joked about being the “guy that follows the commanding general around” before showing a video highlighting the 1st Inf. Div.’s recent deployment to Iraq.

“I can tell you I am proudly serving in the nation’s First Division,” Grinston told the crowd.

The command sergeant major spoke about the status of deployed Soldiers in the 1st Inf. Div. and emphasized ongoing operations from Fort Riley to locations abroad.

“What is important to know is that we still have Soldiers that are deployed today and we are still a nation at war,” Grinston said.

Nichols liked hearing Grinston talk about his two



Command Sgt. Maj. Michael A. Grinston, right, 1st Infantry Division senior noncommissioned officer, speaks to Maj. Gen. Wayne W. Grigsby Jr., 1st Inf. Div. and Fort Riley commanding general, center, prior to speaking to an audience at the Manhattan Area Chamber of Commerce’s Military Relations Committee luncheon Sept. 2 in Manhattan, Kansas. “Sometimes people say, ‘thank you, sergeant major, for your service,’ ” Grinston said. “I say thank you for letting me be a part of your community and looking out for my family.”

years at Fort Riley, which ran the gamut from ceremonial events abroad to deploying with the division to Iraq.

“He relayed a sense of the great things accomplished during his time with the 1st Infantry Division,” Nichols said.

Grinston told the attendees Soldiers were able to do their jobs because of the support the surrounding community provided.

“We do what we do because we have great partnerships with our community,” he said.

Grinston said he was proud of the Soldiers at Fort Riley and the accomplishments they have achieved.

“These are your Soldiers,” Grinston said. “We are America’s Army — these Soldiers are brave, responsible and on point for the nation.”

Grinston said the partnership between Fort Riley and the local communities was what made Fort Riley the best place to train, to deploy from and to come home to.



Command Sgt. Maj. Michael A. Grinston, 1st Infantry Division senior noncommissioned officer, tells the audience that he is proud of the Soldiers at Fort Riley and the accomplishments they have achieved.

“Sometimes people say, ‘thank you, sergeant major, for your service,’” Grinston said. “I say thank you for letting me be a part of your community and looking out for my family.”

Nichols said anyone with an interest in the military and military-themed subject matter was invited to attend the luncheons.

“We cannot thank (Grinston) enough for taking time from his busy schedule to speak to the MRC,” she said.

The MRC hosts a luncheon from 11:30 a.m. to 1 p.m. the first Wednesday of every month — except July and January. It is held at various locations around Manhattan. For more information on the organization and luncheons, go to [www.manhattan.org](http://www.manhattan.org).



Maria Childs | POST

Attendees of the prenatal yoga class listen as their instructor guides them through the class. Jo Woods, fitness instructor at Whitside Fitness Center at Fort Riley, is now offering a weekly prenatal yoga class at 9 a.m. Thursdays.

## YOGA Continued from page 13

Woods said the physical difference between flow and prenatal yoga is not only the pace, but also the movements. Balance changes because of hormones, so in prenatal yoga the women are encouraged to take wider stances when stretching as well as avoiding deep twists. It is designed to be more suitable for an expecting mother, she said.

“Yoga is a good way to connect with your body and your baby,” Woods said. “As a pregnant woman’s body changes, she’s often experiences a lot of emotions. Yoga can help you trust your body, which in

turn can help you trust your instincts during delivery.”

For Tasha Trump, wife of Capt. Jon Trump, Division Headquarters and Headquarters Battalion, 1st Infantry Division, meeting her new baby is not far away. Although it was not her first time doing yoga while pregnant, it will be her last class before she has her baby.

“It’s one of the very few prenatal fitness classes that is offered,” Trump said. “It makes me feel very relaxed and energized.”

Woods said yoga is a passion of hers, but she also has

a passion for helping those in her classes.

“While pregnant women are always welcome in my flow classes, I wanted a prenatal yoga class for them so every pose is safe and accessible,” Woods said. “I was inspired to receive my certification because I have a special place in my heart for expectant mothers and saw a need in my classes.”

For a complete list of fitness classes, visit [rileymwr.com](http://rileymwr.com) or call 785-239-2573. Passes for one time use are \$3, \$25 for 10 passes, or a monthly unlimited is \$40.



Play a round at Custer Hill Golf Course.  
Winter hours are weather dependent. Call ahead at 785-784-6000.



# Four Fort Riley spouses receive Corvias Foundation grant

Story by **Hannah Kleopfer**  
1ST INF. DIV. POST

The Corvias Foundation awarded four spouses of Fort Riley Soldiers each a \$5,000 grant toward their schooling. The Foundation gave out 20 educational grants to Army and Air Force spouses this year. Grant recipient Alyssa Jackson, spouse of 1st Lt. Philip Jackson, 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, is pursuing

her master’s degree in security studies. She wants to gain experience as a security analyst. “Whether through writing reports, assisting with overseas projects or editing current policies for new situations, I’m excited to help with the process of creating good foreign policy,” Jackson said. Shametra Stoxstill, spouse of Spc. DeAndre Stoxstill, 24th Transportation Company, 541st Combat Sustainment Support Battalion, 1st Sustainment

Brigade, 1st Infantry Division, is currently working on her Associate of Science for Secondary Education and her major is liberal studies. She would like to work in a preschool classroom after finishing her associate’s degree while continuing work toward obtaining a bachelor’s degree. “Once done with that, I’ll become a middle school teacher while working toward my master’s and once I get my

masters I plan on finally starting my career as a counselor or social worker,” Stoxstill said. The other two recipients are working toward a nursing degree from Washburn University. Both women commute at least three times a week between the Fort Riley area and Topeka for classes and clinicals. Queentar Ochanda, spouse of Spc. Murry Lewis, 299th Brigade Support Battalion, 1st Infantry Division, is enrolled in a two-year program to get her Bachelor of Science and will graduate May

2017. After graduating, she wants to work as an ER Nurse, specifically in a Military Hospital. “Alongside my work, I would like to further my education and become a Nurse Practitioner,” Ochanda said. “I enjoy working and caring for people and this is one of the many reasons that have driven me into nursing.” Sina Carwell, spouse of Sgt. 1st Class James T. Carwell, Division Headquarters and Headquarters Battalion, 1st Infantry Division, also wants to keep working for the Army

through her profession. She is working at Geary County Hospital as a Certified Nursing Assistant. Carwell will graduate with a Bachelor of Science December 2016. “I’m hoping to continue serving the Geary County community,” Carwell said. “Each of these women should be commended for their determination to better prepare themselves to achieve their professional goals,” said Maria Montalvo, Foundation Executive Director.

# Musicians bring healing to wounded warriors

Duo from Army band begin music therapy outreach program

By **Julia LeDoux**  
PENTAGRAM

FORT MEYER, Va. — Volunteers from the U.S. Army Band “Pershing’s Own” are using their musical skills to help their fellow service members cope with mental and physical challenges. Master Sgt. Leigh Ann Hinton and Staff Sgt. Christy Klenke began a music therapy-informed outreach program that has been visiting wounded warriors on Fort Belvoir, Virginia, and Walter Reed National Military Medical Center in Bethesda, Maryland, once a month since July 2014. “It’s not about learning to sing or play an instrument or being a better musician or sounding great, it’s more about the power of music and how it makes your brain function and how you can achieve goals that are not music goals,” said Klenke, who plays the French horn with the U.S. Army Ceremonial Band. Technically speaking, music therapy is defined as the use of music to achieve non-musical goals, said Klenke, a board-certified musical therapist. The use of musical therapy by the military can be traced back to 1945, when the U.S. War Department issued Technical



Nell King | PENTAGRAM

**Master Sgt. Leigh Ann Hinton and Staff Sgt. Christy Klenke, of the the U.S. Army Band “Pershing’s Own,” began a music therapy outreach program to help fellow service members cope with mental and physical challenges.**

Bulletin 187, which outlined a program for the use of music for reconditioning wounded service members in hospitals during World War II. It demonstrated how music could be used in multiple therapeutic services, including recreation, education and occupational and physical therapy. Former U.S. Army Band Commander Col. Thomas Palmetier knew of Klenke’s background in musical therapy and of Hinton’s interest in it and put the two together early last year. The program has developed slowly for a couple of reasons, the first one being the operational tempo of the band itself. “This is all happening on top of all the other duties we have at the Army Band,” Hinton said. “I must say, it’s one of the more

fulfilling things I’ve done since I’ve been here.” The program’s mission statement reads that it is an effort by Soldiers to help Soldiers. Volunteers will next meet with wounded service members, Sept. 11. “We try to have a conversation about music, how music makes you feel and how you can use it as a healing tool and how it can help in your recovery,” Hinton said. Participants in the program listen to a piece of music and then are asked how it made them feel, or what they pictured in their minds as they listened. “There is no wrong answer to what music evokes in you,” Hinton said. “I think it’s encouraged a lot of the people to rediscover their musical interests.”

“Any type of music, any style of music can be used in music therapy,” Klenke said. The volunteer musicians even dress the part when they visit the wounded warriors — wearing more casual uniforms instead of the dress uniforms they wear when performing for an audience. “I think it helps them to see us as service members, just like them,” Klenke said. “We don’t often get to interact with Soldiers, who have different jobs in the Army. It’s really great for us to be able to have those discussions, to share common experiences and to share really different experiences.” A book entitled “Heart Strings” by the Madison Symphony Orchestra served as the catalyst and gave Hinton and Klenke an idea of how to best organize their effort. “It’s a book about how professional musicians can use their skills in conjunction with a music therapist to different outreaches other than music education,” Klenke said. Hinton said people are becoming aware that music is more than just a bunch of “pretty sounds.” “It affects our entire body; it’s part of everybody’s life,” she said. “I think people are becoming more and more aware of the power of music.”

NOW SHOWING

Barlow Theater is now in digital!  
Tickets cost \$6.00 for adults and \$3 for children  
Tickets for 3-D and first-run movies cost extra.  
Children younger than 5 are admitted free.



FRIDAY, September 11

• Mission Impossible: Rogue Nation (PG-13) 7 P.M.

SATURDAY, September 12

• Pixels (PG-13) 2 P.M.

• Mission Impossible: Rogue Nation (PG-13) 7 P.M.

SUNDAY, September 13

• Ricki and the Flash (PG-13) 5 P.M.

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



# Be prepared for emergencies

By Hannah Kleopfer  
1ST INF. DIV. POST

Kansas weather can present a variety of hazards. Depending on the season, one may encounter hazards such as tornadoes, snow, ice and severe thunderstorms. Such weather can cause power outages and other destruction. Therefore, it is imperative that residents be prepared for any scenario.

When putting an emergency kit together, the basics come to mind. For instance, gather a flashlight, blanket, non-perishable food and water. This is a good start, but there are a few key elements people tend to forget.

“Things people always forget when making their kit is pets and special needs,” said Chris Hallenbeck, of the Fort Riley Emergency Management Office for the Directorate of Plans, Training, Mobilization and Security.

While making sure you and your family have what is needed, don't forget about what your pets might need. Pet essentials include a pet crate or carrier, water, food and any medicine your pet might be taking. Also keep a copy of the most recent vaccine and veterinarian records. Most shelters will not accept a pet without those records.

Also keep in mind anyone who may have allergies, specific medical conditions or medication requirements. Make sure the kit provides the items to meet those needs.

“What we try to tell folks is the first kit is for the house, to include a kit for the children, and a kit for your car,” Hallenbeck said.

More essentials include documents such as birth certificates and insurance, cash, diapers and formula, maps and a first aid kit. An emergency could last anywhere from a few hours to a week. While your kit may seem over excessive, it is better to be over prepared than underprepared.

You can find out more at the Fort Riley Ready Army homepage [www.riley.army.mil/Community/ReadyArmy.aspx](http://www.riley.army.mil/Community/ReadyArmy.aspx), or call the Fort Riley Emergency Management Office at 785-240-0400.

All personnel should maintain a basic level of preparedness for all potential hazards.

You are encouraged to get an emergency supply kit, make a family emergency plan and be informed.

## WHAT TO PUT IN YOUR BASIC HOME KIT

- Water — at least one gallon per person per day for at least three days
- Food — nonperishable food for at least three days (select items that require no preparation, refrigeration or

cooking such as high energy foods and ready-to eat canned meat, vegetables, fruit)

- Manual can opener (if the food is canned), preferably on a multi-tool
- Reusable plates, cups, utensils, saucepan (note, a metal bowl can double as a cup or plate)
- First aid kit
- Prescription medications and medical equipment/care aids
- N95- or N100-rated dust masks
- Personal sanitation supplies, such as moist towelettes, garbage bags and plastic ties
- Hand-crank or battery operated flashlight
- Hand-crank radio or battery operated cell phone charger
- All-hazards NOAA (National Oceanic and Atmospheric Administration) weather radio
- Extra batteries at the size required
- Brightly colored plastic poncho (can be used as shelter, clothing or a marker)
- Weather appropriate clothing to keep your family warm and dry
- Cash
- Any tools needed for turning off utilities
- Local maps and your family emergency plan
- Your command reporting information — know the Army Disaster Personnel Accountability and Assessment System (ADPAAS)
- Important documents, including will, medical and financial power of attorney, property documents, medical instructions
- Emergency preparedness handbook

## ADDITIONAL CONSIDERATIONS

- Infant formula and diapers if you have young children
- Pets supplies, including food, water, medication, leash, travel case and documents
- Disinfectant
- Matches or flint in a water-proof container
- Sleeping bag or other weather-appropriate bedding for each person
- Coats, jackets and rain gear
- Fire extinguisher
- Paper and pencil
- Books, games, puzzles, toys and other activities for children
- Any items necessary for a specific type of disaster

## ESSENTIALS FOR THOSE STATIONED ABROAD

- Passports
- Birth abroad certificates for children born overseas
- Cash in the local currency
- Card with local translations of basic terms
- Electrical current converter

## PORTABLE EMERGENCY KIT

Take this kit with you when you are ordered to evacuate.

Place items in a designated area that will be easily accessible in the event of an emergency.

Make sure every member of your family knows where the kit is.

If you are required to shelter in place, keep this kit with you.

Consider adding enough supplies to last two weeks.

## WORKPLACE EMERGENCY KIT

This kit should be in one container to be kept at your work station in case you must evacuate from work.

Make sure you have comfortable walking shoes at your work place in case you have to walk long distances.

This kit should include at least food, water and a first aid kit.

Make sure you include your family's communications procedure.

## VEHICLE EMERGENCY KIT

In the event that you are stranded while driving, keep this kit in your vehicle at all times.

This kit should contain at a minimum food, water, a first aid kit, signal flares, jumper cables and seasonal clothing (coats, rain gear).

Make sure you include your family's communications procedure.

## MAINTAINING YOUR KITS

Routinely evaluate your kits and their relevance to the threats in your area.

Throw away and replace any expired or damaged medications, food or water.

## WHERE TO FIND MORE INFORMATION

- Ready Army: [www.riley.army.mil/Community/ReadyArmy.aspx](http://www.riley.army.mil/Community/ReadyArmy.aspx)
- American Red Cross: [www.redcross.org](http://www.redcross.org)
- Department of Homeland Security (Ready.gov): [www.ready.gov/america/getakit/index.html](http://www.ready.gov/america/getakit/index.html)
- [www.ready.gov/america/\\_downloads/checklist.pdf](http://www.ready.gov/america/_downloads/checklist.pdf)
- Federal Emergency Management Agency (FEMA): [www.fema.gov/plan/prepare/supplykit.shtm](http://www.fema.gov/plan/prepare/supplykit.shtm)
- [www.fema.gov/plan/prepare/kitlocation.shtm](http://www.fema.gov/plan/prepare/kitlocation.shtm)
- [www.fema.gov/plan/prepare/kitmaintain.shtm](http://www.fema.gov/plan/prepare/kitmaintain.shtm)

# PREVENTION

Continued from page 13

- Expressing feelings of guilt, shame or failure
- Desperation — feeling like there's no way out or no solution to the problem
- Giving away prized possessions
- Making out a will or otherwise getting his or her affairs in order
- Trying to secure weapons, pills or other things that can be used for harm

Common risk factors for suicide include relationship, financial or legal struggles.

Franklin said a big part of suicide prevention in the military is making sure those at risk feel like they belong and are valued in their roles. That means making sure the at-risk person knows his or her chain of command cares and is willing to help — that it's OK to “not” be OK.

“Leaders need to be able to convey to their units that people can bounce back from their stress issues and that they're not always terminally

## AVAILABLE RESOURCES

- For more resources on how to support military members and veterans in crisis, visit [Veteranscrisisline.net](http://Veteranscrisisline.net) or the Defense Suicide Prevention Office website. Service members and veterans who need help can call the Military Crisis Line and speak to a counselor by dialing 800-273-TALK and pressing 1. If you're overseas, you can still get help by calling:
  - In Europe: 00800 1273 8255 or DSN 118\*
  - In Korea: 0808 55 118 or DSN 118
  - In Afghanistan: 00 1 800 273 8255 or DSN 111

broken,” Franklin said.

She said it's important for at-risk people to know that getting help with mental health issues is a sign of strength, not weakness.

“It's a big first step, and it can save a life, whether you're the person at risk or the person helping the person at risk,” Franklin said.

She said service members are also provided peer-to-peer training that focuses on them looking for signs and risk factors and, more importantly, asking the question, “Are you thinking of killing yourself?”

“We won't know if people are at risk until then,” Franklin said.

DoD statistics show that in 2014, there were 268 confirmed suicides among active-duty military members, 79 confirmed in the reserves and 87 in the National Guard.

If you're a veteran and concerned about your own welfare, there's also a quiz you can take.

— See more at: [www.dod-live.mil/index.php/2015/09/suicide-prevention-how-1-person-can-make-a-difference/#sthash.mRRixaKk.dpuf](http://www.dod-live.mil/index.php/2015/09/suicide-prevention-how-1-person-can-make-a-difference/#sthash.mRRixaKk.dpuf)

# PARTNERSHIPS

Continued from page 13

a high school student,” said retired Sgt. 1st Class Robert Cruce, operations officer and faculty member representing St. John's Military School. “The boys at the school are looking to see what life is like two years down the road for them if they were to join the military.”

Regardless of what the St. John's students decide to do after graduating, it is important for them to find out what the military is like, Cruce added.

“Just telling the cadets about their day,” Cruce said of the Soldiers, “they (the cadets) like to hear that. They like to hear those stories. That helps them a lot actually.”

Brigades across the 1st Inf. Div. send Soldiers to their partner schools to carry out activities ranging from reading to kindergarteners to instructing gym class

## “They truly adopt a school versus the unit viewing the program as just another tasker.”

SGT. MAJ. WILLIAM DIXON  
1ST INF. DIV.

to presenting the colors at ballgames, said Master Sgt. Justin Coffey, civil affairs senior noncommissioned officer, 1st Inf. Div.

“Units are required to conduct one event with the school each month,” Coffey said. “One event a month is all they're required to do. A lot of units and a lot of schools do much more than that.”

The Fort Riley Adopt-A-School program has 78 partner schools ranging from

pre-kindergarten to high schools. Many units exceed the standard and go above and beyond the minimum requirement, said Sgt. Maj. William Dixon, information senior noncommissioned officer, 1st Inf. Div.

“They truly adopt a school versus the unit viewing the program as just another tasker,” Dixon said. “

Sometimes, you get the hard-headed Soldier who complains about everything when it comes to certain tasks, but that will be the very same Soldier that is the first to go to the school next time because it's positive. It is positive for both the Soldiers and the students.”

Dixon said participation at this year's meet-and-greet was good.

“It shows that the commanders are placing some emphasis on the program.”

WWW.1DIVPOST.COM



# Sports & Recreation

## IN BRIEF

**BOWLING SPECIALS**

Monday to Friday: From 11 a.m. to 1 p.m., pizza and salad buffet, \$6.99

Monday to Friday afternoon specials: From 11 a.m. to 1:30 p.m., \$2 games and \$2 shoes.

Wednesday to Friday: From 1 to 6 p.m., \$2.50 games and \$2 shoes.

Saturdays: From 11 a.m. to 6 p.m., \$2.50 games and \$2 shoes.

Sundays: From noon to 6 p.m., family fun, \$35 per lane, which includes two hours of bowling, one large two-topping pizza, two pitchers of soda and shoes for up to six people.

Wednesday – Dollar Night: From 6 to 9 p.m., \$1 games and \$1 shoes.

Thursday – Quarter Mania: From 6 to 9 p.m., \$5 cover, which includes shoes and 50¢ games.

Friday – Red Pin: From 6 to 9 p.m., \$10 for 3 games with shoes and prizes

Extreme: From 9 p.m. to midnight. Cost is \$9, which includes shoes and up to three hours of bowling. Cost is \$7 for children.

Saturday – Extreme: From 6 p.m. to midnight. Cost is \$9, which includes shoes and up to three hours of bowling.

**SPEEDOS AND FIDOS**

Bring your dog and enjoy a nice swim with your pooch! Come to Custer Hill Swimming Pool from 11 a.m. to 2 p.m. September 13. This event is open to all DOD ID cardholders and is free. The only requirement is current proof of vaccination for pets to participate.

For more information, call 785-239-4854.

**COMMUNITY LIFE VOLLEYBALL**

A Wednesday night Volleyball League is scheduled to begin Oct. 21 at Whitside Fitness Center. Coaches meetings are scheduled for Oct. 1 and 8 at 5 p.m.

Registration ends Oct. 15. This league is open to all DOD cardholdres 18 years or older.

For more information, call 785-239-2813.

**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 are 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 information, 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.

**ISPORTSMAN SYSTEM**

Fort Riley has an automated check-in-out system, iSportsman. Individuals can register at the Fort Riley iSportsman webpage at [www.fortriley.isportsman.net](http://www.fortriley.isportsman.net).

Everyone recreating in a Fort Riley training area must use the iSportsman website. Check-in and Check-out may be done with any personal device with Internet access or visit the iSportsman Kiosk at 1st Division and Vinton School roads or the Environmental Division Office, Building 407, during normal business hours.

For more information, contact the Environmental Division at 785-239-6211.



Maria Childs | POST  
Spc. Christian Wright, Company A, 1st Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, dives for the ball during a Sept. 1 flag football game at Long Fitness Center. Wright's team fell to Soldiers from 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division.

## KICKIN' IT

### Intramural flag football season begins at Long Fitness Center

By Maria Childs  
1ST INF. DIV. POST

Spc. Richard Alonzo, Company A, 1st Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, plays football for more than himself. He also plays football for his teammates.

“It’s important to me because it brings guys together and builds morale,” Alonzo said. “I have been playing in this league for three years now and this sport always brings good times with guys I work with.”

Alonzo was part of the first game of the 2015 flag football intramural league at Fort Riley.

His team played Soldiers from the 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division Sept. 1 at Long Fitness Center. While the first game also warranted figuring out the rules and regulations for this year, Alonzo said his team still found time to have fun.

Alonzo said he enjoys the moment when the first play begins during a game

See FOOTBALL, page 18



Maria Childs | POST  
Spc. Christian Wright, Company A, 1st Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, catches the ball near the end zone during the first half of a Sept. 1 flag football game at Long Fitness Center. There is a total of 20 teams in this league.

## Second Soldier named to U.S. Olympic Team

By Tim Hipps  
U.S. ARMY INSTALLATION MANAGEMENT COMMAND

FORT SAM HOUSTON, Texas — Rapid-fire pistol shooter Staff Sgt. Keith Sanderson is the second Soldier from the U.S. Army World Class Athlete Program to be named to the 2016 U.S. Olympic Team.

Sanderson, 40, a native of San Antonio stationed at Fort Carson, Colorado, secured his early nomination by meeting three criteria: a minimum qualification score; an Olympic quota spot for Team USA; and a qualifying number of points on the 2015 World Championship and World Cup circuits.

He joins WCAP Spc. Nathan Schrimsher, who recently earned his berth into the 2016 Rio Olympic Games in men’s Modern Pentathlon at the 2015 Pan American Games in Toronto.

“The past several weeks, it’s started to hit me a little bit more,” said Schrimsher, 23, a native of Roswell, New Mexico. “A lot of people are telling me that now I can relax because I don’t have the pressure of qualifying anymore. But now the pressure to compete, and go win that gold, that’s on. It’s another set of pressures, but I’m ready for it.”

“The goal was to make the team on points. There are the ones who are along for the ride, and those who are there for the medal. I wanted to (be) part of that special club that made it on points.”

STAFF SGT. KEITH  
SANDERSON | SOLDIER FROM  
FORT CARSON, COLORADO

A different kind of pressure awaits former Olympian Sgt. 1st Class Michael McPhail of the U.S. Army Marksmanship Unit, who will compete with three-time Olympic medalist Matt Emmons to be named to Team USA after the men’s prone rifle showdown at the World Cup season finale in Munich, Germany.

“Really, there will be nothing more entertaining in our sport than to watch these two great competitors battle it out for an Olympic opportunity,” said former WCAP rifle coach Dave Johnson, a retired Soldier and Director of Operations for USA Shooting. “Certainly, it’s not as fun for them as it will be for us, but anytime you get to watch the very best compete with so much on the line, it is something special. This is a result of two people who know what it takes to perform at the highest level and doing all they can to put themselves in spots just like this.”

Sanderson’s breakthrough moment also came at an earlier World Cup

See OLYMPICS, page 18

## Post’s 6th Annual Dove Hunt is a family affair

By Hannah Kleopfer  
1ST INF. DIV. POST

### DID YOU KNOW?

• Fort Riley Outdoorsmen Group is sponsoring a youth deer hunt Oct. 9 through 12. This is a special season for Fort Riley authorized by the Kansas Department of Wildlife and Parks. This is open to all children 15 years and younger. To register your child, email [frog@fortrileyoutdoorsmengroup.com](mailto:frog@fortrileyoutdoorsmengroup.com).

The Fort Riley Outdoorsmen Group’s 6th Annual Dove Hunt Sept. 4 was a hit among hunters of all ages.

Soldiers brought family and pets out to kick off the hunting season. Fort Riley’s annual hunt is modeled after a similar successful hunt event at Fort Leavenworth.

Melanie Kaldor, spouse of Maj. Jacob Kaldor, 1st Armored Brigade Combat Team, 1st Infantry Division, was looking forward to getting the hunt, as well as hunting season, started.

“This is my second season and I’m just trying to beat my husband at dove count,” joked Kaldor.

Kaldor was one of many spouses in attendance at the event.

Kids were also welcome to attend the hunt. Children 16 and under are not required to have a hunting license as long as they are hunting with an adult who does have a license.

“This gives us a chance to get the kids out hunting doves for the first time,” said Lt. Col. Clint Tracy, 1st Armored Brigade Combat Team, 1st Infantry Division.

Tracy brought his kids Jackson, 5, and Taylor, 7, out to enjoy their first ever bird hunt.

“Last year I went deer hunting with my father,” Taylor said. “We saw a mama deer, a doe, stick her head out of the grass.”

Tracy’s wife, Shannon, who is not new to hunting, came along as well.

“I’ve hunted on and off with my dad and Clint, but today I’m just helping,” Shannon said before she

See DOVE HUNT, page 18



## DOVE HUNT

Continued from page 17

went to help her kids set up their chairs and get ready to wait for the doves.

To begin, Oliver Hunter, chairman of FROG, led the group with the 10 Commandments of Firearm Safety, which was read by the kids in attendance. Then Mike Houck, Threatened and Endangered Species Biologist, went over some of the state and post hunting regulations and explained isportsman.net, which explains what areas of the 110,000 acres of recreational land are useable, and also allows hunters to note what and how much they hunted that each day.

To find out more information about FROG and their activities, information is available at visit [www.fortrileyoutdoorsmengroup.com](http://www.fortrileyoutdoorsmengroup.com).



Hannah Kleopfer | POST

**Lt. Col. Clint Tracy, 1st Armored Brigade Combat Team, 1st Infantry Division, and his family practice patience as they wait to catch sight of doves.**Tracy brought his kids Jackson, 5, and Taylor, 7, out to enjoy their first ever bird hunt.



Hannah Kleopfer | POST

**Oliver Hunter, chairman of the Fort Riley Outdoorsmen Group, welcomes a group of hunters to the 6th Annual Dove Hunt.** The group was split into three seperate groups for the hunt, and each group had about 10 hunters.

## FOOTBALL

Continued from page 17



Maria Childs | POST

**The 1st Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division team prepares to head down the field with the goal of a touchdown during a Sept. 1 flag football game at Long Fitness Center.** The team was defeated by Soldiers from 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division.

of football, and he also enjoys that his team came together despite their challenges.

“I liked how my guys were always aggressive on every play even though we have never played together before,” Alonzo said.

Renee Satterlee, intramural sports coordinator, said there are about 20 teams in this league, and she expects it to be a good season.

Spc. Steven Randolph, Company E, 2nd GSAB, 1st Avn. Regt. 1st CAB, 1st Inf. Div., said he enjoys the football intramural league because he can play the sport he loves.

“I enjoy the overall fun and competition of it,” Randolph said. “Football is important because I grew up with it — it’s life.”

For more information about intramural sports, call 782-239-2813 or visit [rileymwr.com](http://rileymwr.com)

## OLYMPICS

Continued from page 17



Tim Hipps | IMCOM Public Affairs

**Rapid-fire pistol shooter Sgt. 1st Class Keith Sanderson, seen here practicing at the U.S. Olympic Training Center in Colorado Springs, Colo., is the second Soldier from the U.S. Army World Class Athlete Program to be named to the 2016 U.S. Olympic Team.**

stop in Munich, where he won a three-way shoot-off for the silver medal.

Sanderson then sealed his nomination in mid-August with a sixth-place finish at the World Cup finale for pistol and shotgun shooting in Qabala, Azerbaijan.

“It was pretty stressful because that was my Olympic Trials,” said Sanderson, who knew by making the final at Azerbaijan that he would secure the berth. “I’ve been talking about it for a couple months. The goal was to make the team on points. There are the ones along for the ride,

and those who are there for the medal. I wanted to (be) part of that special club that made it on points.”

Securing an early nomination will make Sanderson’s Olympic year a lot less stressful.

“It allows me to plan out my training year to do my best at the Olympic Games instead of at the Olympic Trials,” he said.

Sanderson plans to compete in three World Cup events next year against may of the same shooters who will compete in Rio with his “focus on the actual mission,

which is to medal at the Olympics.”

“That should set me up for best success in Rio,” he said. “I want to be the best U.S. pistol shooter in history. I already have the most World Cups. The only thing I’m missing is that Olympic gold medal.”

As for Schrimsher, on the verge of making his Olympic debut, it’s business as usual.

“I just want to go and compete and do the best I can,” Schrimsher said. “I just feel like regular old Nathan from New Mexico, just doing my thing. I’m going to give it my best like I’ve always done.”







# Travel & Fun in Kansas

## KANSAS STATE FAIR

### KANSAS STATE FAIR PAYS HOMAGE TO AGRICULTURAL ROOTS

KANSAS STATE FAIR COMMUNICATION

Hutchinson, Kan. — It’s always a blast at the Kansas State Fair. From the opening bell to the final grandstand blockbuster. So head for the world-class midway, blue-ribbon animals and family-friendly activities. It’s pure Americana — an event not to be missed. Party with your pals and hear the hottest performers at the Nex-Tech Wireless Grandstand. Tour the many agricultural and educational displays. Win prizes. Brave heart-pounding carnival rides. Sample some fried ’n’ joy — and other culinary delights. Enormous vegetables, odd artifacts, homemade crafts and the famous butter sculpture provide something for everyone. Non-stop fun from Sept. 11 through 20, the event is the largest in the state of Kansas with crowds numbering more than 350,000. The fairgrounds are centrally located in Hutchinson, Kansas. Mark your calendars now and plan to join Kansans from across the state — along with visitors of true discernment from around the world.

State fairs first began with livestock competitive exhibits and displays for the purpose of promoting the state. Through the years, the Kansas State Fair has experienced numerous additions and renovations to accommodate a growing event, but one aspect that stands tried and true is its focus on agriculture.

From competitions like the Grand Drive to exhibits like Agriland, the fair provides a one-stop-shop to better understand agriculture and the impact it has on our daily lives.

Be on the lookout for the largest pumpkin, breadbaskets made from homegrown wheat and more. With more than 16 agricultural divisions at this year’s Kansas State Fair, you won’t have to wander far before stumbling across a commodity.

#### AGRILAND EXHIBIT

At the Agriland exhibit, fairgoers will have the opportunity to view growing crops, touch grains, “drive” a combine, and weigh in on a cattle scale and compare weight to that of a calf and other young farm animals. It is an interactive exhibit that gives Kansans of all ages and backgrounds an opportunity to learn about the largest industry in Kansas — agriculture.

The exhibit will be in the Pride of Kansas Building and open Sept. 11 – 11 a.m. to 9 p.m., Sept. 12 through Sept. 19 – 9 a.m. to 9 and Sept. 20 – 9 a.m. to 7 p.m.

#### SEED SURVIVOR

Agrium’s Seed Survivor is a curriculum-based mobile display, which encourages kids in first through sixth grade to learn the elements in which plants need to grow. Kids will be encouraged to learn exactly where their food is produced.

Located in the Technology Building, kids will have a chance to play at each station. Stations focus on water, light, soil, nutrients and growth

and are complete with exploring multi-media and virtual reality games, a sunflower seed planting station and even talking walls.

Check out this exhibit, which is open daily from 9 a.m. to 7 p.m. in the Technology Building.

#### GRAND DRIVE 2015

The annual Grand Drive, which will be held on September 12 at 6 p.m. in the Prairie Pavilion, helps the Kansas State Fair promote and showcase Kansas agriculture, industry and culture.

The 2015 Grand Drive will showcase the following market categories: beef, hogs, lambs and goats; and in the breeding category: heifer, sheep and swine. There will also be a showmanship contest that is sponsored by High Plains Journal, which will award \$100 to each top-winning showman.

For more information on the Grand Drive, please visit [bit.ly/KSFGRANDDRIVE](http://bit.ly/KSFGRANDDRIVE)

#### MARKET WHEAT SHOW

The Market Wheat Show at the Kansas State Fair is a county-driven show, as county extension agents throughout Kansas run market wheat shows prior to the Fair. Around the top 10 percent of the winning wheat entries from these county shows are displayed at the Fair. The winner of the 2015 Market Wheat Show was Chase Betz of Ness County. This year, over 160 entries will be exhibited.

Wheat, a main commodity in the state, pays tribute Kansas roots and will be displayed in the Pride of Kansas building throughout the Fair.

For a complete list of entertainment and the daily schedule to plan your trip to the state fair at: [kansasstatefair.com/dailySchedule.php?d=1](http://kansasstatefair.com/dailySchedule.php?d=1) or Facebook: [www.facebook.com/kansasstatefair](http://www.facebook.com/kansasstatefair) or call (620) 669-3600, toll free at 800-362-FAIR.

The Kansas State Fairgrounds is located at 2000 N Poplar, Hutchinson, Kansas 67502



Sydney Breault | KANSAS STATE FAIR COURTESY PHOTO  
**Pigs compete during the first day of the 2014 Kansas State Fair.**



Minelli Valencia | KANSAS STATE FAIR COURTESY PHOTO  
**A crowd of fairgoers enjoy the great weather the first weekend of the 2014 State Fair.**



Dustin Sheppard | KANSAS STATE FAIR COURTESY PHOTO  
**A goat stands before entering the arena at the 2014 Kansas State Fair.**



Miranda Ulrich | KANSAS STATE FAIR COURTESY PHOTO  
**Riders of all ages enjoy Pharoah's Fury at the 2014 Kansas State Fair.**