

THE **1**ST INFANTRY DIVISION POST

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★

FORT RILEY, KANSAS

‘Durable’ brigade conducts Soldier, NCO of the quarter competition

By Sgt. Takita Lawery
1ST INF. DIV. SUST.
BDE. PUBLIC AFFAIRS

Seven Soldiers within the 1st Infantry Division Sustainment Brigade, 1st Infantry Division competed in the Soldier and Noncommissioned Officer of the Quarter competition throughout the brigade's Aug. 24 to 27.

The four-day competition included four primary tasks: the Army Physical Fitness Test, day and night land navigation, warrior task skills test and a board appearance.

"I just want to test myself to see where I'm at physically and mentally," said Spc. Steven Gonzalez, a power generation equipment repairman assigned to 1st Sustainment Maintenance Company, 541st Combat Sustainment Support Battalion, 1st Inf. Div. Sust. Bde., 1st Inf. Div. "Competing brings out the best I have to offer, which allows me to learn and do better."

The physical portion tested competitors' fitness and endurance, while the land navigation course tested their ability to navigate the terrain using a map and compass.

Each Soldier was required to demonstrate basic warrior task skills in five areas: shoot, move, communicate, survive and adapt.

Sgt. Nancy Cardoza, a shower, laundry and clothing repair specialist assigned to 526th Quartermaster Company, 541st CSSB, described her experience throughout the event as a challenge and a learning experience.

"It challenges me a lot because now I'm able to take what I've learned back to my Soldiers and practice with them because there's a lot of perishable material that you forget and have to relearn," said Cardoza, a native of Nogales, Arizona.

The shoot portion included everything from performing function checks to employing hand grenades while the move portion focused primarily on performing individual movement techniques.

During the communicate area, Soldiers had to operate a Single Channel Ground Airborne Radio System. They focused on voice

[See COMPETITION, page 3](#)

Sgt. Takita Lawery | 1st Inf. Div. Sust. Bde. Public Affairs

Sgt. Nancy Cardoza, a shower/laundry and clothing repair specialist assigned to 526th Quartermaster Co., 541st CSSB, 1st Inf. Div. Sust. Bde., 1st Inf. Div., plots a point on a map using a protractor during the movement portion of the warrior task skills while competing in the brigade's Soldier and noncommissioned officer of the quarter competition Aug. 25 on Fort Riley's Pacesetter Field.

‘Big Red One’ Soldiers earn Expert Infantryman Badge

Sgt. Dana Moen | 2nd ABCT

Expert Infantryman Badge candidates with the 2nd ABCT, 1st Inf. Div., prepare range cards for M-240B machine guns Aug. 25 as part of the individual tactical testing of the competition. Candidates were tested on more than 30 individual tasks during the week-long event.

More than 30 events and a 12-mile foot march

By Staff Sgt. Tamika Dillard
2ND ABCT PUBLIC AFFAIRS

Of the 415 Soldiers to compete, only 18 rain-soaked and exhausted 1st Infantry Division infantrymen were left standing to receive the Expert Infantryman Badge during a ceremony Aug. 28.

Soldiers of the 2nd Armored Brigade Combat Team, 1st Inf. Div., hosted the competition, with past recipients providing guidance and testing oversight.

The Expert Infantryman Badge is awarded to Soldiers who hold infantry or Special Forces military occupational specialties and have mastered the tasks of being an infantryman, which include completing more than 30 events and a 12-mile foot march.

"The EIB identifies an infantryman as an expert in his field," said Command Sgt. Maj. Brian Gentry, senior noncommissioned officer for 2nd Battalion, 70th Armor Regiment, 2nd ABCT, 1st Inf. Div. "Making it through this competition definitely sets

them apart from their peers and helps further their careers."

These infantrymen started their journey Aug. 24 at one of Fort Riley's training areas, where they had to pass the Army Physical Fitness Test, a day and night land navigation course and three days of lane testing.

The lanes included proficiency testing on all infantry weapons, rifles, machine guns and hand grenades. Participants were also tested on communications skills, rendering first aid, calling for fire support and making tactical decisions under duress. They completed the competition Aug. 28 with a 12-mile foot march, wearing their combat kits and 35-pound loads.

"You have to be mentally and physically capable of performing your job as an infantryman," said Staff Sgt. Jose Varat, testing cadre member with 1st Battalion, 18th Infantry Regiment, 2nd ABCT, 1st Inf. Div. "This process requires you to pay attention to

[See BADGES, page 2](#)**‘Quarterhorse’ Soldiers hone skills at Wisconsin training exercise**

By Staff Sgt. Bernhard Lashleyleidner
1ST ABCT PUBLIC AFFAIRS

FORT MCCOY, Wis. — Soldiers of the 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, participated in 84th Training Command's Combat Support Training Exercise 15-03 Aug. 8-28.

More than 9,000 Soldiers from Army National Guard, Army Reserve and 1st Sqdn, 4th Cav. Regt., participated in the annual exercise, which featured a combined-arms-live-fire event.

The "Quarterhorse" squadron was the only active-duty unit that participated.

"CSTX is designed to prepare National Guard and Army Reserve combat service support Soldiers in planning, supervising and executing pre-mobilization training," said Col. Dave O'Donahue, commander, 157th Maneuver Enhancement Brigade, Wisconsin Army National Guard.

"In the past, this exercise has been primarily for sustainment units. Having the 'Quarter Cav' out of Fort Riley



Courtesy photo

Red Platoon Troopers with 1st Sqdn. 4th Cav. Regt., 1st ABCT, 1st Inf. Div., aboard an RB-15 assault boat prepare to destroy a fictitious enemy and secure an objective Aug. 21 during the Combat Support Training Exercise 15-03 at Fort McCoy, Wisconsin.

participate in this year's exercise has provided an element of realism to it."

Quarterhorse Soldiers worked alongside their Reserve and National Guard counterparts to ensure each component met its training objective.

"Our primary mission was to provide operational support to the 86th Training

Division," said Lt. Col. David Defelice, commander, 1st Sqdn. 4th Cav. Regt. "We had an opportunity to assist the National Guard and Reserve forces with planning, resourcing and executing mutually supported training objectives."

Defelice, a native of East Haven, Connecticut, said the exercise allowed his unit an opportunity to

test its systems to conduct a level III Emergency Deployment Readiness Exercise, plan and ship equipment and prepare and process orders to mobilize and deploy 75 percent of the squadron.

"We seamlessly integrated with the National Guard and Reserve staffs," Defelice said. "We helped them plan a maneuver and support-by-fire mission, which ties perfectly into the Army's Total Force Concept."

O'Donahue said because his unit is a MEB, his Soldiers rarely train for maneuver and support-by-fire missions. Since his unit doesn't have that expertise within the brigade, it was beneficial to have the 1st Sqdn., 4th Cav. Regt., staff assist with their planning efforts.

"The Quarter Cav has experience in areas that we do not," O'Donahue said. "That is the Army's Total Force Concept in action — all three components bringing something different to the fight."

Defelice said this was a very unique opportunity for his squadron and he felt all three

[See TRAINING page 10](#)**Army Aviation Restructuring Initiative modernizes “Demon” brigade’s aircraft fleet**

Capt. Keith E. Thayer
1ST CAB PUBLIC AFFAIRS

The 1st Infantry Division's Combat Aviation Brigade is undergoing aviation asset modernization as part of the Army's Aviation Restructuring Initiative.

The restructure will avoid about \$12 billion in costs and save more than \$1 billion annually once implemented, according to information from the offices of the secretary of the Army and Army chief of staff. The brigade process began earlier this year and involves receiving HH-60M Black Hawk medevac helicopters, AH-64D Apache helicopters, UH-60M and L model Black Hawk helicopters and additional Shadow unmanned aircraft systems. All aircrews and maintenance personnel will receive additional training and certification on the upgraded airframes.

The new equipment will expand the aviation brigade's combat power and fulfill the Army's required reduction in structure, sustainment and operating costs, according to information from the secretary of the Army and the Army chief of staff. There are several benefits other than cost savings associated with restructuring.

"Modernized aircraft have dual engines for greater survivability in the event of an engine failure," said Chief Warrant Officer 5 Scott A. Caves, the brigade's flight safety officer. "This is one fundamental difference in the OH-58D (Kiowa) that directly relates to the safety of aviators and their crew."

Also significant to the process is the number of

[See RESTRUCTURE 10](#)

The next USAG Resilience Day Off will be:

Sept
18

SAFETY HOLIDAY

As of Thursday, September 3



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

HIGHLIGHTS

1ST ARMORED BRIGADE COMBAT TEAM SOLDIERS GIVE THEIR BEST AT 7TH ANNUAL MILFORD LAKE COMPETITION. SEE PAGE 11.

ALSO IN THIS ISSUE

THE WHITSIDE FITNESS CENTER IS NOT JUST FOR SOLDIERS AND OFFERS AN EDUCATED STAFF AND A WIDE VARIETY OF FITNESS PROGRAMS. SEE PAGE 15



1DivPost.com

‘Big Red One’ Soldiers wildfire response

Fighting the wildfire in northeastern Washington state

1ST INF DIV PUBLIC AFFAIRS

Soldiers assigned to 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, are providing around-the-clock medevac support to civilian and military agencies fighting the wildfire in northeastern Washington state.

The unit is supporting Task Force First Round, which was formed around the 17th Field Artillery Brigade from Joint Base Lewis-McChord, Washington, to combat what is called the Tower Fire. About 95 large wildfires are burning 1.1 million acres in Oregon, Washington, Idaho, Montana, California, Nevada and Colorado, according to information from U.S. Northern Command.

“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.”

The National Interagency Fire Center in Boise, Idaho, mobilized active-duty Soldiers Aug. 17, 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.



1st Inf. Div. Public Affairs Photo

Soldiers assigned to 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division are contributing to the national effort to combat wildfires in northeastern Washington state. Thier mission is to provide around-the-clock medevac support to civilian and military agencies engaged in fighting wildfires.

Army civilian graduates with honors from drug testing collection course

By Maggie Ziffer
FORT RILEY PUBLIC AFFAIRS

Manhattan resident Tami Vanzandt upheld a Fort Riley Army Substance Abuse Program tradition when she became the most recent honor graduate at the Drug Testing Collection Course Aug. 21 in San Antonio.

The course, required by all Army drug-test collectors within nine months of being appointed, covers procedures on how to properly perform urinalysis collections and how samples are packaged and shipped for testing.

The expectations of Vanzandt were high, as every employee in the Fort Riley ASAP Lab is been the honor grad of his or her class.

Originally from Chewelah, Washington, Vanzandt spent five years on active duty, finishing her service at Fort Riley in June of this year.

While serving in the Army, Vanzandt was a Unit Prevention Leader, responsible for assisting the commander in running the unit’s drug testing and prevention programs. In that role, she was the subject-matter expert on ASAP, including urinalysis collections and alcohol- and drug-abuse training to the unit.

Vanzandt’s transition from active duty to Department of Defense civilian was seamless.

“When I got out, there was a job opening here (at the Army Substance Abuse Program), so it kind of just worked out perfectly,” she said.

Even though she gained valuable experience through military service, Vanzandt said the Drug Testing Collection Course still taught her new information specific to testing civilian employees.



Courtesy photo
Tami Vanzandt of Manhattan became the most recent honor graduate at the Drug Testing Collection Course on August 21 in San Antonio.

“There are a lot of details involved in the process, and missing a step can result in samples being discarded rather than being tested,” she said. “Everything has to be perfect.”

To become the honor graduate Vanzandt had to achieve the highest grade point average on daily tests, beating out 15 other civilian employees from across the United States and Germany.

‘Phantom’ Soldiers to earn Federal Aviation Administration certification

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

Air traffic control Soldiers at Marshall Army Airfield are nearing completion of the requirements necessary to earn their Federal Aviation Administration certification as air traffic controllers. Once certification is accomplished, these aviation brigade Soldiers will not only have an enhanced skill level and understanding of air traffic control practices but also will be able to pursue a civilian career in air traffic management.

During the past several months, the Soldiers assigned to Company F, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, learned how to control aircraft, provide flight-following services and conduct ground-control radar approaches to meet the commander’s requirements of the air traffic controller facility training program.

“Only our top Soldiers are selected to receive this training, which provides them with hands-on civilian air traffic control training at fixed base military installations,” said Capt. Brent Vann, commander, Co. F, 2nd GSAB, 1st Avn. Regt., 1st CAB, 1st. Inf. Div.

Soldiers selected must demonstrate competence and the ability to handle aircraft traffic under stressful conditions.

“This six-month rigorous training program supports military and civil air traffic control leader development



Capt. Keith E. Thayer | 1st CAB

Command Sgt. Maj. Jason Schmidt, Fort Riley garrison senior noncommissioned officer, got an overview of the air traffic controller training program from retired Sgt. Maj. Ralph Millard, air traffic control chief, Aug. 25 at Marshall Army Air Field, Fort Riley, Kansas. The air traffic control training program benefits Soldiers who choose to pursue a future career in civilian air traffic control.

and continuity for future air traffic controllers,” Vann said. “By training our Soldiers now, we are ensuring that we will have the capability to provide qualified personnel for future air traffic control positions.”

Spc. Luke Boggeln and Spc. Kaina Hinson began training in July. While in the program, the Soldiers are immersed in the study and practical application of air traffic management standards and procedures.

“There is a lot more training to be had up here,” Boggeln said, referring to the difference between being in a tactical air traffic control scenario versus being in the tower at Marshall Army Air Field. “You have much more control over what’s going on.”

Boggeln is from an all-Navy family, and Fort Riley is his first duty station. He intends to reenlist for his current military occupation specialty when he becomes eligible in the next six months.

See CONTROLLERS, page 7

Fort Riley Garrison Safety Office honored by Secretary McHugh

Story by Hannah Kleopfer
1ST INF. DIV. POST

The Secretary of the Army, John McHugh announced that the garrison safety office at Fort Riley was selected as this year’s Exceptional Organization in Safety award winner Aug. 25. This award is the highest safety honor conferred on a Garrison.

The nominees come from division, brigade, battalion and garrison level safety programs. Col. Andrew Cole Jr., Fort Riley garrison commander, nominated the safety office for the award.

The judges consist of a panel of at least four safety managers or safety directors from different Army headquarters or installations. The panel is convened by the Director of Army Safety or a designated representative. The criterion for the award is that the organization, as selected by its higher levels of command, has the most effective overall safety program.

“This award has been a long time coming,” said Rick Hearron, Garrison Safety Manager. “We won IMCOM in January, so I had a pretty good feeling.”

Hearron began his safety profession after serving 30 years in the Army. After a deployment to Iraq, he was assigned as the 1st Infantry Division deputy safety director, and then accepted a position on the garrison side. Hearron has been the garrison safety manager since 2007.

“The United States Army Garrison Fort Riley had to do a remarkable job to be considered for this prestigious award,” said Dawn Douglas, safety and occupational health specialist, who wrote the nomination packet for the commander to consider. Douglas went through documents depicting the work that the garrison safety specialists did in the past year while drafting the packet to nominate the safety office.

“It’s been a team effort, and it helped that six of our directorates on installation won the Army Risk Management Award,” said Hearron.

There was a lot done during the past fiscal year to be considered for the award. From 2011 to 2014 garrison directorates averaged a 98 percent participation rate in the Army Readiness Assessment Program. In 2014 the Garrison Safety Office had a 100 percent on-time response to all Interactive Customer Evaluation Responses. The system allows anyone who sees a safety concern to report it and provides the safety staff with the ability to respond quickly to concerns.

Also during 2014, the safety office submitted more than 50 safety articles to the 1st Infantry Division Post, Knowledge Magazine Online and Combat Readiness Center newsletter. Through these, a new article was created featuring a recognition article titled “Directors Who Get It,” which highlights directorate managers. The safety staff trained more than 100 col-

lateral duty, additional duty and contracted safety officers using developed training packages.

Hearron said he believes one program helped the safety office take the lead and it is two-fold. There is a 10-hour course through the Occupational Safety and Health Administration that is mandatory for directorate safety officers. Completion takes those representatives beyond the Army requirement for training and provides tools and resources to effect change in the organization. The second part is that Hearron assigned directorates to each of his office safety professionals. He said She believes that it personalizes the relationship between the directorate and the safety professional.

For example, Douglas, who is one of seven, covers the playgrounds, the Directorate of Human Resources, child-care facilities and the Civilian Personnel Advisory Center.

After all the work that put in this year and in years before, Hearron thought things were in the garrison’s favor.

“I have seen major improvement over the past 8-years,” said Hearron. “One area that has seen major improvement is the command emphasis on the safety program. The command emphasis has really grown and is a big reason why we have such a great program. Without command emphasis you will normally find a program that is underfunded, understaffed and more reactive versus proactive.”

BADGES Continued from page 1

the small things during the short time that you have because one misstep could cause you your EIB chances.”

Varat said the badge was a mark of excellence and wanted his fellow infantryman to wear their newly pinned badges with pride. It’s about leadership, excellence and readiness, he added.

This was their second or third time testing for many participants, but for one candidate, it was a new experience.

“This was my first attempt at competing and I am proud

to wear the badge today,” said 1st Lt. William George, the executive officer for Co. A, 2nd Bn., 70th Armor Regt., 2nd ABCT, 1st ID. “To be able to wear it is an honor and a privilege. I am a bona fide expert infantryman.”

The EIB was used to identify those who are masters in the infantry branch, Gentry said.

“The skills tested, while not geared to a specific deployment, enhanced the Soldiers’ ability to shoot, move and communicate on the battle-

field. The skills tested are seen in every environment that we will find ourselves fighting in. The individual Soldier going through the training may not have earned the EIB, but still gained and refined the skill sets that will prove lethal to our enemies.”

For more photos of the EIB competition, check out the 2nd ABCT Facebook page at www.facebook.com/2abct1id and the 2nd ABCT Flickr page at www.flickr.com/2abct1id.

CORRECTION
On page 11 of the August 28 issue of the 1st Infantry Division Post, Chris Hallenbeck’s position title was incorrect. The correct position title is Fort Riley Emergency Manager for the Directorate of Plans, Training, Mobilization and Security. The Post staff regrets the error.

COMPETITION

Continued from page 1

communication to send up various reports, including situational and spot reports and a nine-line medical evacuation. The survive area focused on reacting to chemical, biological, radiological and nuclear attacks/hazards and performing first aid and life-saving measures on simulated victims. The adapting portion closed out the skills test and required competitors to assess and respond to threats with proper escalation of force. The final phase consisted of each Soldier and noncommissioned officer appearing before a board to display their professionalism, military bearing and military knowledge. “The whole overall experience has been fantastic,” Gonzalez, a native of Brawley, California, said. “This gave me the opportunity to work on my weak spots and improve as an overall Soldier. The winning pair, Pfc. John-Keith S. Aldana, a signal support systems specialist with 267th Signal Company, Special Troops Battalion, 1st Inf. Div. Sust. Bde., 1st Inf. Div, and Staff Sgt. Allan Froa, motor transport operator, 24th Transportation Company, 541st CSSB, will go on to represent the brigade at the 1st Inf. Div. Soldier and NCO of the Quarter competition Sept. 14-18.



Sgt. Takita Lawery | 1st Inf. Div. Sust. Bde. Public Affairs
Spc. Steven Gonzalez, a power generation equipment repairer assigned to 1st Sustainment Maintenance Co., 541st CSSB, 1st Inf. Div. Sust. Bde., 1st Inf. Div., receives instructions from Sgt. 1st Class Bobby G. Ingram and Sgt. 1st Class Moses J. Torres during the shoot portion of the warrior task skills event during the brigade's Soldier and noncommissioned officer of the quarter competition Aug. 25 on Fort Riley's Pacesetter Field.



Sgt. Takita Lawery | 1st Inf. Div. Sust. Bde. Public Affairs
Spc. David Noser, a financial management technician assigned to Co. D, 230th Financial Management Unit, 541st CSSB, 1st Inf. Div. Inf. Div. Sust. Bde., 1st Inf. Div., provides combat care on a simulated casualty during the survival phase of the brigade's Soldier and noncommissioned officer of the quarter competition Aug. 25 on Pacesetter Field at Fort Riley.

WWW.FACEBOOK.COM/FORTRILEY


Contributions remembered at change of responsibility



Staff Sgt. Noel Gerig | 1st ABCT
Top: Command Sgt. Maj. Weston West assumes responsibility of the 1st Infantry Division's 84th Explosive Ordnance Disposal Battalion from Command Sgt. Maj. Tamiko Bogad during an assumption of responsibility ceremony Aug. 21 at the battalion headquarters at Fort Riley. During the ceremony West expressed his excitement at the opportunity to lead the battalion. “I am extremely humbled to be the ‘Crimson Talons’ next command sergeant major,” West said. “You are one of the best EOD battalions in the Army.” West is the battalion's fifth senior NCO since its reactivation in 2007.

Above: From left, Command Sgt. Maj. Bogad, Lt. Col. Gregory J. Hirschey, commander of the 84th EOD Bn. and Command Sgt. Maj. West, stand at attention during an assumption of responsibility ceremony. During the ceremony, Hirschey spoke of Bogad's contributions and achievements during her time as the “Crimson Talons” senior NCO. “Under your watch, the battalion executed an excess of 1,000 missions in support of civil authorities and 10 combined training center rotations,” Hirschey said. He also said Bogad inspired a deep sense of pride in the Soldiers of the 84th EOD and she would be truly missed.

The battalion is under the administrative control of the 1st Armored Brigade Combat Team, 1st Inf. Div., while its parent unit, the 1st Infantry Division Sustainment Brigade, is deployed to Kuwait.




National Preparedness Month - September 2015

This September marks the twelfth annual observance of National Preparedness Month. By fostering a culture of preparedness, our Army has made great strides in strengthening our ability to prepare for, mitigate, prevent, respond to and recover from the effects of natural or man-made disasters. From the 2015 winter storms to wildfires and spring flooding in the western United States, the decisive responses by our units and installations demonstrated the value of timely planning and partnership building with surrounding jurisdictions.


To ensure our Army remains ready to support the American people and our communities, and to reinforce individual responsibility for preparedness, we encourage the entire Army community to prepare by applying the Ready Army tenets: *be informed, make a plan, build a kit and get involved.*

As in past years, we will continue to work in concert with the Federal Emergency Management Agency by participating in the "America's PrepareAthon!" campaign and National Day of Action on 30 September. We encourage everyone to *take action, be counted and spread the word.* Your efforts have made a tremendous positive impact, and your continued participation in preparedness activities will posture the Army to better serve America in the future. Please visit the Ready Army website (<http://www.ready.army.mil/>) to join the "America's PrepareAthon!" campaign and find out more about supporting emergency preparedness and resilience.

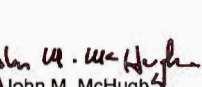
Responsibility for the safety and resiliency of our Army lies with each Soldier, Family member and Civilian. Our commitment to national safety extends beyond our ranks and into our communities. Again, during this year's observance of National Preparedness Month, we encourage leaders to promote an atmosphere of local hazard identification, risk mitigation and all-hazard planning. Army Strong!



Daniel A. Dailey
Sergeant Major of the Army



Mark A. Milley
General, United States Army
Chief of Staff



John M. McHugh
Secretary of the Army

National Prescription Take Back Day returns to Army garrisons

Army garrisons will once again participate in the Sept. 26 National Prescription Take Back Day campaign. The intent is to collect unwanted, unused prescription drugs and prevent accidental poisonings.

The event, which in the past was celebrated in April and September, did not occur last April because of a law Congress passed that directed the event be left up to local organizers. The Drug Enforcement Administration organized the events and were the final disposers of the drugs collected, are no longer taking a role and are not part of any national effort.

National Prescription Take Back Day has been an initiative of the DEA since 2010. It encouraged American citizens to turn in unused or expired prescribed medications at designated locations for proper disposal.

Army Installation Management Command, leaders who are committed to a drug-free community, supported the national campaign since inception.

"At past events the Army garrisons collected over 48,000 pounds of unwanted, unused prescription drugs," said Pamela Budda, IMCOM Army Substance Abuse Program Chief. "So we are very pleased that our garrisons to include Alaska and Hawaii will once again participate in National Prescription Take-Back Day."

Garrisons will provide drop off locations for all Soldiers, family members, civilian employees and retirees so they can anonymously turn in medications or prescription drugs. The staff at IMCOM will ensure garrison participation once again. The semi-annual event provides a safe, convenient and responsible means for disposing of prescription drugs while educating the public about the potential for abuse.

"This is a tremendous opportunity for Soldiers, families and civilians to safely dispose of their medications," Budda said. "I encourage all of you to support your local National Prescription Take-Back Day collection site and turn in your unused and unwanted medications. Help us eliminate the risk of prescription drug abuse or accidental poisonings."

Fort Riley's Army Substance Abuse Program will handle the campaign locally. Call Nicole Sizemore at 785 239-5075 for more information.

Those with additional questions can visit the DEA Web site at: www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html.

Additionally, interested parties can visit the 'It's a Thin Line' website at www.imcom.army.mil/ASAP/ArmyThinLine.aspx for resources dealing with prescription drug use, misuse and abuse.

News TRICARE pharmacy benefit effective Oct. 1

TRICARE

A policy going into effect Oct 1 requires most TRICARE beneficiaries to get brand name maintenance drugs from TRICARE Pharmacy Home Delivery or a military pharmacy. If beneficiaries keep using a retail pharmacy for these drugs, they will have to pay the full cost. Generic medications are not included in the policy.

Maintenance drugs are those taken regularly for an extended period of time, such as blood pressure or cholesterol medications. The policy doesn't apply to drugs taken for a short time, such as antibiotics. The policy also doesn't apply to beneficiaries living overseas, or who have another insurance plan with prescription drug coverage. Active-duty service members are exempt from the requirement.

"A military pharmacy is a great way to fill maintenance drugs, since you can get up to a 90-day supply, and there's no cost for TRICARE beneficiaries," said Capt. Emily Holcomb, chief of Pharmacy Services at Irwin Army Community Hospital. "Contact any IACH pharmacy

or the Express Scripts, Inc. website www.express-scripts.com/TRICARE to see if your prescription is available or for more information."

Beneficiaries affected by the change will get letters from Express Scripts, Inc., the TRICARE pharmacy contractor in early to mid-September. These letters will tell beneficiaries they are taking an affected drug and explain their options. Beneficiaries can also call Express Scripts at 1-877-363-1303 to see if they are affected.

After Oct. 1, Express Scripts will send another letter to beneficiaries who continue using a retail pharmacy for affected drugs. After that, beneficiaries have one more chance to fill these prescriptions at a retail pharmacy before they have to pay 100 percent of the cost of their medication.

TRICARE Pharmacy Home Delivery is a safe, convenient and low cost option to get maintenance drugs. The new TRICARE policy stems from the 2013 National Defense Authorization Act.

For more information about this change to TRICARE's pharmacy benefit, visit www.tricare.mil/RxNewRules.

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.

TUESDAY TRIVIA CONTEST WINNER



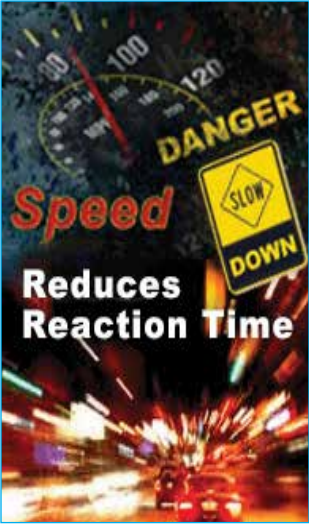
The Sept. 1 question was: "Where can I learn more about policies for Solicitation Permits and Home Businesses?"	spouse of Staff Sgt. William Suellentrop, 1st Combined Arms Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division	Parker, Matthew and Julie Suellentrop
Answer: www.riley.army.mil/AboutUs		Every answer will be available somewhere on the official Fort Riley website at www.riley.army.mil .
The winner is: Julie Suellentrop. Julie is the	In this photo from the left William Suellentrop,	CONGRATULATIONS, JULIE!

IRWINFORMATION

Q: Is there a TRICARE Retiree Dental Program enrollment card?

A: Yes. When you enroll you get a TRICARE Retiree Dental Program identification card. When you go to the dentist, show your dentist your card.

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



RILEY ROUNDTABLE

What is your best camping tip?



"Never forget what your tent looks like."

MERRICK BUSBY

Son of Sgt. James Roaché, 2nd General Support Aviation Battalion, 1st Combat Aviation Brigade, 1st Infantry Division Post and Sgt. Vanessa Roaché, 1st Combat Aviation Brigade, 1st Infantry Division



"Always bring a lantern because you're here at night."

STEPHEN FULLER

Son of Maj. Jeff Fuller, 1st Combat Aviation Brigade, 1st Infantry Division and Kate Fuller



"Don't forget a flashlight."

DAVID FULLER

Son of Maj. Jeff Fuller, 1st Combat Aviation Brigade, 1st Infantry Division and Kate Fuller



"Never camp on a windy night."

ALEC VANN

Son of Capt. Brent Vann, 2nd General Support Aviation Battalion, 1st Combat Aviation Brigade, 1st Infantry Division Post and Andrea Vann



"Always bring a first aid kit."

NIKOLAS HALL

Son of Sgt. TJ Hall, 1st Engineer Battalion, 1st Infantry Division and Sarah Hall

THE 1ST INFANTRY DIVISION POST

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LETTERS TO THE EDITOR

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



39th Chief of Staff of the Army Initial Message to the Army

We have the most skilled, ethical, and combat hardened Army in our Nation's history. No matter where we are around the world, America's Soldiers are displaying courage, commitment and character. We are demonstrating unparalleled competence and agility. And no matter the challenge, no matter how complex the environment, or how dangerous the situation, our Soldiers fight and win.

I am honored to lead this remarkable team.

I have three priorities:

#1. Readiness: (Current Fight) Our fundamental task is like no other – it is to win in the unforgiving crucible of ground combat. We must ensure the Army remains ready as the world's premier combat force. Readiness for ground combat is – and will remain – the U.S. Army's #1 priority. We will always be ready to fight today, and we will always prepare to fight tomorrow. Our most valued assets, indeed, the Nation's most valued assets, are our Soldiers and our solemn commitment must always be to never send them into harm's way untrained, poorly led, undermanned, or with less than the best equipment we can provide. Readiness is #1, and there is no other #1.

#2. Future Army: (Future Fight) We will do what it takes to build an agile, adaptive Army of the future. We need to listen and learn – first from the Army itself, from other services, from our interagency partners, but also from the private sector, and even from our critics. Developing a lethal, professional and technically competent force requires an openness to new ideas and new ways of doing things in an increasingly complex world. We will change and adapt.

#3. Take Care of the Troops: (Always) Every day we must keep foremost in our minds our Soldiers, Civilians, and their Families. Our collective strength depends on our people - their mental and physical resilience is at our core. We must always treat each other with respect and lead with integrity. Our Soldiers are the crown jewels of the Nation; we must love them, protect them, and always keep faith with them.

I am honored and proud to serve with you. Thank you for your service and commitment to a cause larger than yourselves.

Army Strong! Mark A. Milley
MARK A. MILLEY
General, United States Army
39th Chief of Staff of the Army

'Big Red One' celebrates women's equality observance

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

Celebrating 95 years since the ratification of the 19th Amendment granted women the right to vote in the United States, the 1st Infantry Division and Fort Riley honored the contributions and struggles of women in and out of the armed forces during the Women's Equality Day Observance Aug. 26 at Riley's Conference Center.

The event featured music from the 1st Inf. Div. Band, trivia, a food sampling and remarks. State Rep. Susie Swanson, from Kansas' 64th District, served as the guest speaker for the event.

"I'd like to thank our distinguished guest for being here with us for such an important occasion," said Maj. Gen. Wayne W. Grigsby Jr., 1st Inf. Div. and Fort Riley commanding general, as he introduced Swanson. "It has taken long for women to gain equality at home and in the workplace, but now our society does recognize that women deserve the same opportunities as men ... but we still have work to do."

Grigsby said the nation's military is a reflection of its civil society and pointed to the achievements of Capt. Kristen Griest, a military police Soldier with 716th Military Police Battalion, Fort Campbell, Kentucky, and 1st Lt. Shaye Haver, an Apache pilot with 4th Combat Aviation Brigade, 4th Infantry Division, Fort Carson, Colorado, who became the first female Soldiers to graduate from the Army Ranger School Aug. 21.

"Our services are opening more and more occupational specialties to women, ensuring that we exercise the full strength of our most valuable resources – our people – to meet the challenges of an ever-changing world," the commanding general said. "Many of us here have seen the devastating effects of holding half of a nation's population back." Nations that educate their daughters and provide them the same opportunities as their sons, Grigsby said, simply do better for their people.

"As a father of four daughters – two of whom are in the Army – and a very strong wife, I am very proud to live



Photo courtesy, Col. James E. Saenz

Top: Maj. Gen. Wayne W. Grigsby Jr., 1st Inf. Div. and Fort Riley commanding general, speaks Aug. 26 during the Women's Equality Day Observance at Riley's Conference Center. **Above:** State Rep. Susie Swanson, from Kansas' 64th District, served as the guest speaker for the event.

in a country where I know all of my children will excel," he said. "Observances like these serve to remind us that our nation did not always value all members of our society equally, and reminds us we must continue to provide men and women the same opportunity to accomplish those great dreams."

Grigsby said Swanson was living the dream of many young people as a representative in the state of Kansas.

"It is an honor to represent you and Fort Riley in the legislature," Swanson said.

The 64th District includes Fort Riley, home of the "Big Red One."

"The original focus of the women's movement addressed three areas – social,

civic and religious rights," Swanson said. "But Frederick Douglass, the only African American to attend (the first women's rights convention in Seneca Falls, New York, in 1848), argued that the world would be a better place if women were involved in the political sphere, and I happen to agree with him."

As a result of Douglass' remarks, Swanson said, the right of women to vote was included in the Deceleration of Sentiments signed at the convention.

"A generation of strong, determined women, and a few men as well, fought, marched and even wielded axes to gain rights for women," Swanson said. "It would be 72 years before the 19th Amendment passed in Con-

gress and was ratified by the required states."

The representative pointed out that women in Kansas were on the forefront of women's rights, gaining the right to vote in school district elections in 1861 and in municipal elections in 1887. In addition, Argonia, Kansas, boasted the first woman elected to political office in the United States when Susanna M. Salter became mayor in 1887.

"Strong women need to be celebrated, rather than feared by their male counterparts," Swanson said. "Truly strong men want to surround themselves with other strong people, men and women alike."

"That only makes them stronger."

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Eye on civilian cuts tops agenda of Town Hall

BY ANDY MASSANET
1ST INF. DIV. POST

Presenters at a recent Fort Riley U.S. Army garrison town hall meeting Aug. 28 included division leaders, a motivational speaker, health experts and the garrison command team.

COMMANDING GENERAL COMMENTS

Two topics from Maj. Gen. Wayne W. Grigsby, Jr., commanding general of the 1st Infantry Division, occupy high positions on his list of priorities.

The first is learning the number of civilian positions to be eliminated through the force reduction initiative created by sequestration.

Second, is maintaining and enhancing the profile of Fort Riley in the Pentagon and Congress.

Where force reductions are concerned, Grigsby said, he is pleased. The upcoming round of reductions will trim 615 active-duty Soldiers, or 4 percent.

“We did kind of okay,” Grigsby said. “We hate to lose anything, but we did okay here. But the big question from everybody was, ‘what about the 17,000?’”

That number refers to civilian positions that could be axed across the Army. As of now, Fort Riley’s number is unknown.

After redeploying from East Africa he said he spent 30 days prior to arriving at Fort Riley contacting Kansas federal legislators and other leaders to find out what is in store for Fort Riley civilians. Grigsby is still in his first 30 days of command.

“This is where I’m embarrassed to be a senior leader in the Army,” Grigsby said, “because we figured out the green uniforms but we did not figure out the 17,000 and I’m embarrassed. But I’m a pain in the butt and I’ll be on the phone asking the Pentagon every day, ‘what do I tell my civilian leaders back at the 1st Infantry Division and Fort Riley?’ But I’ll tell you that when I find out I’ll be totally transparent.”

“I know,” he added, “that all of you are concerned about (force reductions) but just know that I’m fighting that and I’ll try to get that information to you as fast as I can.”

The second issue, Grigsby said, is enhancing the profile of Fort Riley with Pentagon decision makers.

“When I was back at the Pentagon no one was taking about how great Fort Riley was ... so my job is to make sure I communicate and set the conditions to make sure we get everything we need to keep these resources coming to Fort Riley,” said Grigsby. “So that means more work here because we’ll have those people out here to visit [so we can] get Fort Riley on the map back there so that decision makers understand just how great Fort Riley is.”

GARRISON COMMANDER COMMENTS

“At the end of the day when we look at the projected numbers that we will lose here,” Cole said. “We understand that 615 Soldiers will be our next and upcoming reduction, which amounts to 4 percent of those assigned. But 615 is a significantly less number than many other installations. We can handle that.”

Cole noted that the lengthy and detailed process of gathering input, conducting the listening session and communicating with legislators was vital in lessening the impact of proposed cuts to Fort Riley.

UPDATE ON SMOKING CESSATION

Col. Paul D. Benne, Chief of the Public Health Department at Irwin Army Community Hospital, discussed the ongoing changes in the smoking policy on the Irwin Army Community Hospital campus.



Andy Massanet | POST

Maj. Gen. Wayne W. Grigsby, Jr., commanding general of the 1st Inf. Div. and Fort Riley, addresses the garrison staff at the Town Hall Aug 28.

Irwin Army Community Hospital, Dental Activity, Veterinary Services and the American Federation of Government Employees Union signed a Tobacco-free Campus agreement May 20.

Benne said all Army Medical properties on Fort Riley will be tobacco-free by the time the new hospital opens. The opening is estimated to be Jan. 16.

According to AR 600-63, updated April 14, medical Soldier personnel are directed not to smoke while in uniform.

Moreover, installations will provide tobacco cessation programs for all health care beneficiaries. Civilian employees of AMEDD can seek tobacco cessation services through the Department of Public Health’s Occupational Health Clinic as resources permit, Benne said.

More for information on tobacco cessation, contact the Fort Riley Department of Public Health at 239-7323, or the Army Wellness Center at 239-WELL or 239-9355.

EMPLOYEE SATISFACTION IMPROVEMENT TEAM

Garrison employees are encouraged to take advantage of the ESIT. The team goals are:

- * To improve employee service and satisfaction and provide for overall employee well-being.
- * To create an avenue for employee participation in processes which influence employees.
- * To open a line of communication for individuals concerned about workforce development, career development, assignments, promotion opportunities, awards, and other programs which benefit employees of the Installation.
- * To create and maintain a fully developed, skilled, and diversified workforce.

THE IWATCH PROGRAM

As always, security is a top priority and was emphasized at the Town Hall. The iWatch program is a piece of that effort.

There are two main elements to the iWatch program: one passive and one active.

Ways to report suspicious activity through iWATCH:

Through telephone
Fort Riley Police 785 239–MPMP, or 785-239-6767; 785-240-WARN, or 239-9276

U.S. Army Cyber Command: 1-800-CALL-SPY, or 1-800-225-5779

Antiterrorism Office 785-239-6303
902nd Military Intelligence Detachment 785-239-2268

Through email
usarmy.riley.imcom-central.list.iwatch@mail.mil

Report on-line
www.riley.army.mil/Community/iWATCH/SuspiciousActivityReport.aspx

One is individual situational awareness, the other involves reporting suspicious activity or behavior to military police, local law enforcement or the installation antiterrorism office. Law enforcement personnel conduct investigations and integrated analysis with the installation antiterrorism office to share information with the installation Threat Working Group.

GARRISON ORGANIZATIONAL DAY

The Garrison Organizational Day is scheduled for Oct. 16 from 11 a.m. to 4 p.m. at Moon Lake. Rally Point is the inclement weather location.

All garrison military, civil service personnel and contractors on appropriate leave status are invited. Spouses and significant others are also welcome. Children are not included in this event.

THE RDO SCHEDULE

The 2016 Resiliency Days off schedule is published in operations order 15-041, dated July 13.

The RDO is not going away. Rather, Cole said, there is a need to maintain a mission capability that agrees with the rest of the post. In other words, the schedule cannot get in the way of the garrison mission: providing the best support possible to the Division, Soldiers and families.

“We are talking about having some kind of capability and not everybody has the same RDO all the time in some of those areas, but we need some measures in place so we can respond to when something significant really happens that we cannot wait until a long weekend is over to respond,” Said Cole.

According to deputy garrison commander, Tim Livsey, drafting the schedule was challenging because a concerted attempt was made to agree with the Division schedule of events. The issue is that the Division schedule of events will almost certainly change as the year unfolds.

As of right now, Livsey said, there are nine days in the upcoming year on which the division is working but the garrison has an RDO. In a show of hands, Livsey estimated 60 percent of the audience were on the RDO alternate work schedule.

“There are some that take the RDO and some can’t,” Livsey added. “This RDO schedule is the best we can do with what we know about the Division calendar.”

Cole pointed out important visitors to Fort Riley often make plans and give the garrison short notice.

“So your flexibility and your patience with the process is appreciated,” Cole said.

CONTROLLERS

Continued from page 2

Command Sgt. Maj. Jason Schmidt, Fort Riley garrison's senior noncommissioned officer, visited the airfield facilities Aug. 25 to observe the training.

"It's a great accomplishment to have facilitated the certification of 30 Soldiers to date through this program," Schmidt said.

It is challenging too, Schmidt added.

"It's a balance when you have to lose a Soldier for six months," he said. "I think it's good, though — the commander and the first sergeant investing the time in their Soldiers' futures. It shows the Soldiers that you care for them long term. It also pays a dividend back to the unit in a better trained Soldier."

The process begins with a letter of agreement between the company commander

and the air traffic control chief to establish and train the Soldiers.

"It has been said that Fort Riley is a model for the training of Soldiers," said retired Sgt. Maj. Ralph Millard, air traffic controller chief. "It's a long process and is very similar to the officer world where you leave to earn your master's degree," he said. "You're gone, you just have to write that Soldier

off until they return, but when they come back to the unit they are a combat multiplier. That's quite frankly what this unit has done. It is a license that says you are certified to control aviation traffic from the Federal Aviation Administration."

"When you get tremendous Soldiers like these two (Bogeln and Hinson), it makes the training much easier," Millard said.

The progress made by the program since 2006 emulates the Army's renewed efforts to equip veterans with the tools necessary to transition effectively in today's difficult job market.

"Although not necessarily something everyone can sign up for because it's unique to the unit, this is another example of a program that assists with providing Soldiers an av-

enue for a future career after transitioning from service," Schmidt said. "It can kind of be tied to the BRO Soldier for Life concept in that regard."

The Marshall Army Air Field air traffic control training program staff's goal is to continue providing supplemental training, normally not found in a tactical environment, for Army Air Traffic Controllers.

FOOD SERVICE PROFESSIONALS REMAIN AT THE TOP OF THEIR GAME



Left: Spc. Marquez Chever, 1st Infantry Division Artillery, sautés garlic for the end-of-course luncheon Aug. 28 during the most recent Food Service Refresher Training Course held at Fort Riley's Food Service Lab. Thirteen students participated in the training, which reintroduced basic to advanced culinary skills for the chefs to employ in their regular dining facilities. To showcase their skills, the Soldiers prepared a four-course meal including seared scallops with stir-fried shrimp and snap peas, sautéed chicken Saint-Lambert and an apple strudel with vanilla bean ice cream. Right: Sgt. Michael Allen, the 1st Infantry Division's senior culinary instructor, speaks to Refresher Training students ahead of their end-of-course luncheon.





RESTRUCTURE

Continued from page 1

Shadow UASs added to the brigade, which will be employed with the AH-64D Apache to fill the role formerly assigned to the Kiowa.

The determination to decommission the Kiowa in the Army inventory under the ARI prompted the 1st Squadron, 6th Cavalry Regiment, 1st CAB, 1st Inf. Div., to divest 29 Kiowa helicopters in July. The squadron is now set to receive 24 Apaches and 12 Shadow unmanned aircraft systems to conduct its attack and reconnaissance battlefield duties.

“Although the OH-58D has been an extremely capable platform that has historically maintained an incredibly high operational readiness rate when compared to the other platforms, there is a gain in the AH-64Ds capability with dual engines to be able to operate at higher altitudes,” said Lt. Col. Andrew M. Beyer, commander, 1st Sqdn., 6th Cav. Regt. “The most significant gain will be in the improvements in systems through the combined usage of the Fire Control Radar and UAS sensors powered by cavalry scouts.”

Once the restructure is complete, the 1st Sqdn., 6th Cav. Regt., will be a heavy attack reconnaissance squadron.

Maj. Sean P. McBride, the brigade’s executive officer, provided perspective about the additional UASs the brigade will receive and what these enhancements provide the division.

“Unmanned aircraft systems have a greater ability to support the warfighter in that they can stay on station longer at a higher altitude under hotter conditions,” McBride said. “Ultimately, the restructuring ensures the division commander has the ability to conduct reconnaissance across the battle space. The aviation restructuring initiative equates to speed, survivability and long-term cost savings across the aviation enterprise.”

The aviation restructure is the most cost-effective way the Army will be able to meet the expense of modernization for the Total Army fleet while providing trained and ready aviation capabilities to meet Combatant Commander Requirements, according to information from the secretary of the Army and the Army chief of staff.

“Demon” brigade leaders expect to have 24 AH-64Ds from the Army National Guard and be fully operational by 2017. Across the force, the restructure will be completed over the next five years.



Capt. Keith E. Thayer/1st CAB

Chief Warrant Officer 3 Kerry Hall and Chief Warrant Officer 2 Patrick Reger, UH-60 Black Hawk pilots with Co. C, 2nd GSAB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., attend the new equipment training course to learn how to operate the modernized heads-up display controls of the UH-60M model Black Hawk helicopter Aug. 25 at Marshall Army Airfield, Fort Riley, Kansas. The classes are part of the 1st CAB's aircraft and equipment modernization process. The new equipment training team course educates the aviators on the latest upgrades for the UH-60M model Black Hawk helicopter.



Capt. Keith E. Thayer/1st CAB

Eric Turner, senior instructor, UH-60M Black Hawk new equipment training team, points at Marshall Army Airfield on a touch screen teaching monitor as he walks the 1st CAB, 1st Inf. Div., pilots through a class on the many new system features of the aircraft during class Aug. 25 at Marshall Army Airfield, Fort Riley, Kansas. The new equipment training team course educates the aviators on the latest upgrades for the UH-60M model Black Hawk helicopter.

TRAINING

Continued from page 1

components benefited from the joint training.

O'Donahue, a native of Ashland, Wisconsin, and former “Big Red One” Soldier, said when his Soldiers saw the Abrams main battle tanks and Bradley Fighting Vehicles at the start of the exercise, many were happy.

“When I saw the tanks driving around I was very excited,” said Sgt. Amy Dunlevy-Niedfeldt, a motor transport operator with the 157th MEB. “I knew this year’s training would be full of surprises and much different from previous year’s training.”

Dunlevy-Niedfeldt, a Milwaukee, Wisconsin native, said she enjoyed working with active-duty Soldiers and hoped they would continue joint training events like this for years to come.

“This was my first time training with National Guard and Reserve Soldiers and I was impressed,” said Staff Sgt. Calvin Smith, a section sergeant with 1st Platoon, Troop C, 1st Sqdn. 4th Cav. Regt. “They don’t do this every day like we do, but they come out here ready to train.”

Smith, a native of Montclair, New Jersey, said he thought it was challenging for Guard and Reserve Soldiers to do their jobs part-time and applauded them for their commitment.

“Over the last three weeks, I have learned as much as I taught,” Smith said. “The best way to learn is by teaching.”

The culminating event was a live-fire combined arms breach, which allowed the chemical teams to verify areas for contamination, the artillery and tank units to shell the fictitious enemy with smoke and rounds,

the engineers to remove obstacles and the military police to provide security and detainee support.

“This event ties all three components together as one active unit,” said Brad Stewart, director of plans, training, mobilization and security, Fort McCoy, Wisconsin. “It is total Army integration.”

This was the first time in 10 years that a combined-arms breach was included a live-fire event during the CSTX.

Col. Timothy Hayden, commander, 1st ABCT, 1st Inf. Div., said training with the National Guard and Army Reserve was an incredible opportunity to build teams and relationships and achieve training objectives.

“We have mutually supporting training objectives and training together allows us to achieve them, build interoperability and leverage resident skill and expertise across the components,” Hayden said. “Training in a multi-component environment is absolutely the right thing to do. We deploy as one force and we must train as one force. CSTX 15-03 has enabled that.”

Hayden, a native of Montclair, Virginia, said the Army’s Total Force approach was critical readiness.

“We are members of the same communities and teams, and it’s absolutely essential to create and take opportunities to train together to build readiness,” Hayden said.

Stewart, a native of Sparta, Wisconsin, said Fort McCoy’s goal has been total force training for the last 20 years and he would like to see more active-duty units come train with National Guard and Reserve forces.

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IN BRIEF

TRAFFIC UPDATES

For traffic updates, see the Traffic Report on page 4 or visit 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 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.imcentral.mbx.des-ucc@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/GarrisonCommand/EmergencyServices/AccessInformation.aspx.

SPOUSES' SIP AND CHAT

Spouses of active duty service members are welcome to join USO Fort Riley for coffee, snacks, friends and fellowship from 9:30 to 11 a.m. on the third Wednesday each month. USO Fort Riley is located at 6918 Trooper Drive. For more information, call 785-240-5326.

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.



Post Wide Yard Sale set for Sept. 19

By Hannah Kleopfer
1ST INF. DIV. POST

Fort Riley's bi-annual Post Wide Yard Sale is scheduled for Sept. 19 from 8 a.m. to noon in the housing areas of Fort Riley.

Families of the on-post communities will have items for sale at their

homes. Every housing community has participants and the event has drawn large crowds from both the military and the surrounding populations.

"It gives families the ability to make additional money and purge unwanted items," said Curtis Wood, Directorate of Plans, Training, Mobilization and Security.

Woods is helping to plan September's post wide yard sale.

The yard sale is open to the public. Those without post access can get an installation access pass prior to the event. To obtain a pass, and avoid a longer wait on the day of the event, go to the Visitor's Center by the Henry Gate at exit 301 off I-70.

PUBLIC INVITED

• Those without post access can get an **installation access pass** prior to the event. To obtain a pass, and avoid a longer wait Sept. 19, go to the Visitor's Center by the Henry Gate at exit 301 off I-70.



COURTESY PHOTO

From left, Spc. Anthony Downs, a geospatial engineer; Spc. Jacob Brooks, a geospatial intelligence imagery specialist; Spc. Andrew Wood, a geospatial engineer; and Spc. Matthew Chenault, a geospatial engineer, all with HHC, 1st ABCT, 1st Inf. Div., pose for a photo prior to putting their boat in the water during the seventh annual Float Your Boat race Aug. 15 at Milford State Park in Milford, Kansas. All race participants were required to build boats using only cardboard boxes and duct tape and had to navigate a 300-meter course containing three obstacles. The Corps of Engineers created the event in 2009 as a fun way to emphasize water safety.

Boats 'N BROs

1st Armored Brigade Combat Team Soldiers float their boat in seventh annual Milford Lake competition

By Staff Sgt. Bernhard Lashleyleidner
1ST ABCT PUBLIC AFFAIRS

MILFORD, Kan. — Five geospatial intelligence Soldiers with 1st Armored Brigade Combat Team, 1st Infantry Division, won second place in the extreme division of the annual "Float Your Boat" event Aug. 15 at Milford State Park.

"We were shocked that our boat was able to float carrying all four of our team members," said Warrant Officer Courtney Meyer, geospatial intelligence officer in charge with Headquarters and Headquarters Company, 1st ABCT, 1st Inf. Div.

Meyer, a native of Vermilion, Ohio, said most of her team members and their families didn't believe their craft would float since it would be carrying more than 400 pounds and was made of cardboard and duct tape.

"I knew our boat would float because I worked as a civil engineer prior to coming to the Army. This is a great event because it builds teamwork and trust."

SPC. MATTHEW CHENAULT
1st INF. DIV.

COURTESY PHOTO
Four geospatial intelligence Soldiers assigned to HHC, 1st ABCT, 1st Inf. Div., get help launching their cardboard boat into Milford Lake.



See BOATS, page 14

Couple wins \$5,000 at Monster Jackpot Bingo

More than 170 people attend Rally Point's biggest bingo event of the year

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

Sicilee Lansbury, spouse of a Fort Riley Soldier, didn't think she would go home a winner until the last few minutes of the final bingo game.

The game was sponsored by Rally Point Aug. 29 during their Monster Jackpot Bingo. Quinton Williams, assistant manager of Rally Point, said this is their biggest bingo event each year.

"I was watching that card the whole time and I was thinking 'it's going to be that card,'" Lansbury said as her heart was racing from winning the game.

NO GRAND PRIZE

• The original jackpot of the final game was **\$25,000**, but for players to win that jackpot they had to get a coverall bingo within the first 50 numbers being called.

The original jackpot of the final game was \$25,000, but for players to win they had to get a coverall bingo within 50 numbers being called. After 50 numbers were called, Lansbury had three spots still open on her winning bingo card.

She and her husband won the consolation prize of \$5,000.

"This builds my savings back up," Lansbury said.

More than 170 people attended the bingo event, and more than 200 packets were sold.



Soldiers, families and civilians gather to play the last game of Monster Jackpot Bingo August 29 at Rally Point. The jackpot prize was \$25,000, but participants had to get a coverall bingo within 50 numbers being called. The consolation prize of \$5,000 was given to Sicilee Lansbury, spouse of a Fort Riley Soldier.

COMMUNITY CORNER

Combined Federal Campaign provides choices for donating

Soldiers, civilians can target charities that are close to the heart

By Col Andrew Cole
GARRISON COMMANDER

Each fall Soldiers and civilians are invited to donate to one or more charities and causes through the Combined Federal Campaign. The most inclusive workplace giving campaign in the world has more than 20,000 worldwide, nonprofit agencies to choose from. CFC was established in 1961 and since then federal employees have donated more than \$7 billion to make a difference in small and large agencies including locally and worldwide organizations. This is the only official workplace giving program for all federal employees.

The CFC provides the opportunity to choose the charity or issues you care deeply about and donate to those organizations. There are a wide variety to choose from including organizations that support military members and families, the hungry, the homeless, the sick, the disabled, children and families in need and environmental causes. Nonprofit organizations apply annually and a group of Federal employees on the Application Review Committee determine which will be accepted. Only those organizations that meet the high standards set by the employee-led committee are accepted into CFC.



Colonel Cole

HISTORY OF GIVING

• CFC was established in 1961 and since then, federal employees have donated more than \$7 billion.

For donating employees, the easiest way to give is through payroll deduction where you pledge a specific amount to be withheld regularly from your paycheck beginning in January and continuing through December. This provides a way to donate to the charity and the direct deductions keep overhead costs down allowing more dollars for the organization's mission.

Donations collected through payroll deductions are paid to the charities throughout the year as they are collected. This allows the recipient organization staff and volunteers to budget resources, qualify for grant funding and implement programs consistently.

You may also make a one-time donation if the payroll deduction method is not for you.

The CFC representatives have information on how to find a list of charities and how to donate. Our Soldiers and civilians are renowned for their generosity, so I encourage everyone to participate as they see fit in this year's CFC campaign. Help your CFC reps get 100 percent contact. If you haven't seen your rep yet, find out who it is and don't wait for them – reach out and let them know your participation plans as early as possible.

— To comment on this article or to suggest a topic for Community Corner, email usarmy.riley.imcom.mbx.post-newspaper@mail.mil or visit my Facebook page at www.facebook.com/fortrileygc.

'DRIVE-THRU' PARTNERSHIP



Courtesy photo | 97th MP BATTALION

Soldiers from the 97th Military Police Battalion volunteer with their local community partners, the people from the Flint Hills Breadbasket in Manhattan, Kansas. The organization is funded on volunteer help and donations to hand out food in their "Drive-Thru" event Aug. 25. There were stations set up along the warehouse with different types of non-perishable goods. Each Soldier posted at a station, divided out food based on the household size, and placed it in the recipients' cars. This is an excellent opportunity afforded to our Soldiers to actively give back to the community, said battalion commander Lt. Col. Alexander Murray.



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University, city partnership lures business

MediVet Biologics opening Manhattan lab in early October

KANSAS STATE NEWS SERVICE

MANHATTAN — A global company is using animal health technology developed at Kansas State University to create a new laboratory in Manhattan.

MediVet Biologics, an animal health company in Australia and Kentucky that specializes in veterinary regenerative medicine and biological solutions for equine and small animals, is opening its Manhattan-based laboratory in early October. It will be the company's second U.S. lab and will be located in Manhattan's Kansas Entrepreneurial Center on Hayes Drive, which is managed by the Manhattan Area Chamber of Commerce. MediVet has signed a short-term lease with the Kansas Entrepreneurial Center, or KEC, and is exploring options for a permanent facility in Manhattan.

MediVet's new lab is the result of an ongoing collaboration between the Kansas State University Institute for Commercialization, or KSU-IC, and the Manhattan Area Chamber of Commerce through its involvement in the



KANSAS STATE NEWS SERVICE

The Kansas Entrepreneurial Center in Manhattan, Kansas, is housing MediVet Biologics. In early October, the global animal health company is opening a lab in the center that will test and commercialize a Kansas State University technology that has potential for animal and human health applications.

Knowledge Based Economic Development partnership.

"We are pleased that the city and chamber were able to provide space in the KEC facility and are proud of the close collaboration with Kansas State University to attract MediVet to the community," said Lyle Butler, president and CEO of the Manhattan Area Chamber of Commerce. "These unique partnerships in our community create opportunities for innovative biological veterinary companies like MediVet to quickly establish a presence in Manhattan."

MediVet's Manhattan laboratory will focus on commercially producing and clinically testing an allogeneic

stem cell therapy product with the potential for orthopedic and internal medicine applications for both veterinary and human clinical use.

Mark Weiss, professor of anatomy and physiology at Kansas State University, invented the product.

"I'm very excited about having our commercialization of the product result in a local startup," Weiss said. "It's going to help the local economy and biotech jobs."

Weiss' invention was patented by the Kansas State University Research Foundation, or KSURF, which handles research disclosures and the patent process, and was licensed by the KSU-IC, which works with

public and private industries to license the university technology.

"This success story really speaks to the talent and innovation at Kansas State University," said Kent Glasscock, president of the KSU-IC. "Having a global animal health company spin up a lab in Manhattan underscores its interest in pursuing the type of quality research that we see happening at the university as well as the infrastructure the city has worked to create that makes Manhattan welcoming to entrepreneurs and new businesses."

Jeremy Delk, MediVet Biologics CEO, said the company's new lab would help it expand into the equine marketplace. It also would accelerate development and testing of a therapeutic canine cancer vaccine with Raelene Wouda, assistant professor of clinical sciences at Kansas State University, and would be a channel for future collaborations with researchers in the university's College of Veterinary Medicine.

"Our company has grown by providing veterinarians affordable, progressive treatment options for their patients," Delk said. "We envision this second laboratory facility as a place of education and collaboration and look forward to including the local and regional veterinary community in the continued development of our animal health product line."



Members from Pack 260 line up to show potential new members and their families the different uniforms while explaining the levels of Cub Scouts.

Fort Riley Cub Scout groups hold drives for recruitment

Pack activities to help kids rise in rank, earn badges

Story and photo by
Hannah Kleopfer
1ST INF. DIV. POST

The two Cub Scout Packs of Fort Riley held an informational recruitment night Aug. 27 at elementary schools on post.

The troop leaders informed attendees about rankings within Cub Scouts and led the Scouts and potential new members in songs. Parents and kids were free to ask questions.

The packs have activities planned for the year that will help the scouts earn their badges and move up into the different rankings.

"The boys learn a lot of different things, even though they might not realize they're learning it," said Committee Chair Sarah Groefsema of Pack

"The boys learn a lot of different things, even though they might not realize they're learning it."

SARAH GROEFSEMA |
Committee chair, Cub Scouts

260. "For example, when we have them do a song or skit in front of the pack, that's teaching them public speaking."

Pack 260 meets Wednesday nights at 6 p.m., and Pack 660, meets Monday nights at 6 p.m. Both packs hold their meetings at the Scout Hut on post.

To contact Pack 260, email Pack.260.Fort.Riley.KS@gmail.com. Their webpage is www.Facebook.com/Pack260friley. To contact Pack 660, email ftrileypack660@gmail.com.

Pools close, lifeguards reflect on season

'Important' position involves responding to incidents every day

By Maria Childs
1ST INF. DIV. POST

Lifeguards respond to many incidents, from giving an adhesive bandage to a child who scratched a knee to a drowning patron who needs CPR. During the summer season, Corvias lifeguards responded to about five major saves that included Emergency Medical Service being called.

One incident at the Forsyth Community Center pool involved a young patron who went underwater. The first-year lifeguard who responded pulled him out of the water and he was blue. The lifeguard immediately designated someone to call 911 and began rendering aid.

"I could not have been more proud of my guards in that moment," said Jordan Hatch, Corvias assistant area supervisor for the

"To me, it's really important because we are literally guarding people's lives. It is so important because things can happen in a split second."

JORDAN HATCH | CORVIAS

neighborhood pools. "Because everyone reacted exactly how they were supposed to."

Lifeguards at the neighborhood pools are required to go through training during their hiring process with American Pool Enterprises. The company employs lifeguards at Corvias pools. This includes being able to swim and learn all the retrieval techniques for a drowning patron. The American Red Cross also helps with lifeguard training.

With the end of the pool season in sight, Hatch said she couldn't be more proud of her lifeguards. She said in the past she had lifeguards who didn't take their job as seriously as they should, but this year she used outside re-

sources to teach her guards the importance of the job.

"I definitely feel like I have a group of guards who take their jobs very seriously," Hatch said.

The neighborhood pools include Ellis Heights, McClellan, Forsyth and Warner Peterson. Each pool has a team of lifeguards. Hatch is called when anything major is happening at any of the pools and oversees lifeguard staff.

Hatch also hosts in-services for the lifeguards at the neighborhood pools so they can continue to learn more about their job.

"To me, it's really important because we are literally guarding people's lives," Hatch said. "It is so important because things can happen in a split second."

DID YOU KNOW?

• This summer, **Corvias lifeguards** responded to about 5 major saves that included EMS being called.

For Eyster Pool and Custer Hill Pool, which fall under the Directorate of Family and Morale, Welfare and Recreation, there were no major saves this summer. Hedy Noveroske, Aquatic Program Manager, said her lifeguards respond to incidents every day that are minor. She also said it is hard to define what a 'save' really is.

"We did not have anything major happen," Noveroske said.

Hatch said lifeguarding is a job often overlooked because it is usually high school and college students who are the face of the job. She said it's a job that is hard to understand unless you are part of it.

"You have to be very fast on your feet and you have to be very aware of what is going on," Hatch said.

Operation Gift the Gown helps spouses



Courtney McDaniel, wife of Sgt. 1st Class Jason McDaniel, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, looks through the racks of ball gowns the Fort Riley USO provided during Operation Gift the Gown Aug. 29. The ball McDaniel is preparing for is scheduled for Oct. 2.

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

Abi Graunke, wife of Staff Sgt. Barron Graunke, 299th Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, tried on dress after dress until she decided the dark blue colored gown with flowers on the front was the one she wanted to wear to her next military ball.

She heard about Fort Riley USO Operation Gift the Gown from her neighbor on post. She came in the door just before 11 a.m. Aug. 29 with the goal of finding a gown.

"They were patient while I tried them on and helped me zip up the back and everything," Graunke said about the event staff.

She also brought her 5-month-old son with her the day of the event. She said the staff volunteers at Fort Riley USO are welcoming to families at all their events, and that

stood out to her as a resident of the community.

"It was OK for me to bring my son while we were looking at dresses," Graunke said. "The staff was friendly and holding him for me."

Gift the Gown was started about four years ago in Junction City. It was designed as a way for military spouses and high school students to find a less expensive solution for purchasing prom and military ball dresses. At the USO, the event is completely driven by donations.

Each spouse who attends Gift the Gown is given a personal shopper who helps her find a dress that accommodates her needs. During this event, the staff helped more than 25 women and more than half walked away with a dress.

Jessica Wesson, wife of Staff Sgt. Greg Wesson, 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, is one of the many volunteers.

"I love it because I think it's a great way for spouses to get a new ball gown without spending a lot of money," Wesson said. "And our dresses are extremely beautiful."

She said the event is done twice a year at the USO building. The staff asks local vendors to assist with giving hair and makeup tips for the spouses. Army Community Service staff and the Fort Riley Spouses Club attend to answer more questions.

Wesson not only volunteers, but she has been part of the event herself. After being stationed at Fort Riley for two years, she used Gift the Gown to swap her gown for a different one.

"It's nice because you can give back and in turn someone else gave so you could have one too," Wesson said.

For more information about donating a gown or other Fort Riley USO events, call 785-240-5326.

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Marla Matkin, as Libbie Custer, speaks to audience members during her Aug. 24 performance. She has been performing as Mrs. Custer for more than 20 years.

A chat with Libbie Custer

Story and photo by
Hannah Kleopfer
1ST INF. DIV. POST

Members of the Fort Riley community got some insight into the life of Libbie Custer, wife of Bvt. Maj. Gen. George Armstrong Custer, Aug. 24. The Historical and Archaeological Society of Fort Riley President Sara Devine started the historical chats after being inspired by Fort Leavenworth's talk series.

"I want the community to have the opportunity to learn about Fort Riley's rich and diverse history," said Devine.

Libbie Custer actor Marla Matkin has been doing her Libbie Custer show for more than 20 years, performing in places such as national parks and museums in North Dakota and Wyoming. She also performed at the Smithsonian in Washington, D.C. For Matkin, a native Kansan, it lets her combine her two loves of history and theater.

"I love the places and people and being able to share my passion," said Matkin.

Matkin attended Fort Hays State University where the Custer name is prominent.

"When I started I wanted to use someone who had name recognition," said Matkin.

She majored in education, which helps her use her performance to educate, inform and entertain.

Matkin's act captures the life and marriage of Libbie Custer and George Armstrong "Artie" Custer. She incorporates bits about how they met at a young age, their wedding and life while General Custer was away at battle. Her performance includes conversations with historical figures such as Abraham Lincoln, and it maps out different battle grounds and Army forts around the nation where Libbie and the general were assigned.

The HASFR volunteers have hosted Historical Chats since November 2014 and schedule them quarterly. The next chat of the series is planned for November, with guest John C. McManus who will speak on his new book "Hell Before Their Very Eyes: American Soldiers Liberate Concentration Camps in Germany, April 1945."

Speaker: Tell somebody 'Nice Bike' today

Message stresses acknowledging and connecting with others

Story and photo by
Hannah Kleopfer
1ST INF. DIV. POST

Mark Sharenbroich shared his "Nice Bike" motivational speech Aug. 28 at the Barlow Theater with the Soldiers and civilians who work on Fort Riley. This was Sharenbroich's second time speaking at Fort Riley and the only Army installation that he has spoken at.

Kathy Bassett, the program manager for Civilian Leader and Workforce Development, heard Sharenbroich speak at a conference in 2000 while working as the school liaison for Fort Riley.

"He was an exceptional speaker," Bassett said. "After I heard him speak to the small groups at the conference, I asked him for his card."

Bassett says this is the fifth or sixth time she has hired him for events at Fort Riley and the schools in the surrounding communities.

Bassett decided to ask Sharenbroich back to Fort Riley because it had been a while since they had a motivational speaker. Bassett believes the messages his speeches give are universal to both Soldiers and the civilians who work at Fort Riley.

The current "Nice Bike" theme, which is also the concept and title of his new book, came from a trip Sharenbroich took to Milwaukee in 2003. While there, Harley Davidson was having its 100th Anniversary celebration. Sharenbroich was driving through, when he heard someone say "Nice bike."



Mark Sharenbroich shares his speech, "Nice Bike," to civilians and Soldiers of Fort Riley Aug. 28 at Barlow Theater.

DID YOU KNOW?

• Mark Sharenbroich's key elements of "Nice Bike" are to acknowledge, honor and connect.

What he took away from that was the acknowledgement and appreciation that someone could have for a complete stranger.

"There was just this connection there," Sharenbroich said.

To him, the concept of appreciation between two strangers was something people should share with each other every day. During the speech, Sharenbroich used personal stories to exemplify what "Nice Bike" meant and that the Fort Riley community could connect to. He talked about a flight attendant who told him how grateful she was that he consistently used their airline. He also used a touching memory of his father hugging another veteran at

the Vietnam Memorial in Washington, D.C.

His key elements to the speech and concept of "Nice Bike" are to acknowledge, honor and connect.

"People need to know that who they are and what they do matters," Sharenbroich said. "These people are here to support the Big Red One and that matters, and they need to be told 'Nice Bike.'"

"His speech is universal," Bassett said. "You can apply it to work as well as your personal life."

Sharenbroich's public speaking career stems from his high school days. Instead of starting a band with his friends, they started a comedy group together. From that, public speaking became something that stuck with him. After college, Sharenbroich decided to commit to being a public motivational speaker after reading the book "What Color is Your Parachute?"

"I got my diploma and I didn't know what I was going to be," Sharenbroich said. "I picked up the book 'What Color is Your Parachute?' which is about where you want to be with your career. Your parachute opens when you know where you want to go."

BOATS Continued from page 11

"I knew our boat would float because I worked as a civil engineer prior to coming to the Army," said Spc. Matthew Chenault, a geospatial engineer with HHC, 1st ABCT, 1st Inf. Div. "This is a great event because it builds teamwork and trust."

The Float Your Boat race was part of the Milford Lake Extreme Outdoor Water Festival. Participants were required to build boats using only cardboard boxes and duct tape and had to navigate a 300-meter course containing three obstacles.

"This is the seventh year we've held this event," said Connie Hall, director of the Geary County Convention and Visitors Bureau. "The Corps of


Engineers created this back in 2009 as a fun way to emphasize water safety."

Hall said competitors were judged on design, floatability and looks with points being awarded in those areas, as well as the time it took to cross the finish line. Contestants could only use paddles or oars to propel their boats through the water.

Hall said this was a free event and 18 teams participated in the four divisions.

"This was a great team-building event," Chenault said.

Chenault, a native of Franklin, Kentucky, said his team members were disappointed they didn't win first place and predicted a first-place win in next year's race.



Stay Cool

Prevention is the first line of defense against summer heat

- Pay attention to weather reports and adjust daily routines accordingly.
- Schedule physically strenuous activities for cooler times.
- Allow several days to adjust to hot environments.
- Dress in light, loose, cotton clothing. Wide-brimmed hats help keep you cool as well.
- When working outside, take periodic breaks in a cool area.
- Drink plenty of noncarbonated fluids before, during and after physical activities. Avoid alcohol and caffeine, which are diuretics – substances that increase water loss via the urine.
- If you are taking medication, ask your doctor about its side effects.
- Keep cool with fans, air conditioning and cool baths or showers.
- Get plenty of sleep and eat light, nutritious and non-fatty meals.
- Never leave anyone in a closed, parked vehicle. Did you know that even with the windows cracked, the interior temperature can rise almost 20 degrees within the first 10 minutes?
- Rest in shaded areas often and don't forget your sunscreen.

For more safety information, visit the USAG Safety Office at www.riley.army.mil/Units/GarrisonCommand/Safety.aspx

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RUGBY

Continued from page 15

“There’s no such thing as a ‘superstar’ in rugby,” Army Capt. Simona Shipp said, emphasizing it takes the entire team working together to win.

Shipp, a staff judge advocate attorney on Fort Wainwright, Alaska, plays with a Fairbanks club when not on duty.

She said rugby develops confidence, on the pitch, and in other fields.

“In the middle of calamity, you have to keep a straight head,” she said.

Army Capt. Ashley Sorensen is nicknamed “Viking” because she sometimes wears her blonde hair in two braids. Sorensen, who serves with the 303rd Ordnance Battalion, Explosive Ordnance Detachment, at Schofield Barracks, Hawaii, broke the Guinness world record for fastest mile run in a full bomb suit.

She ran the mile in 11 minutes, 6 seconds and broke the EOD record by more than 2.5 minutes. She brings that speed and endurance to rugby, though she is recovering from a knee injury suffered last year while playing for the Hawaii Harlequins.

Air Force 2nd Lt. Emily Raney serves on Hill Air Force Base, Utah, and plays for the Salt Lake City Slugs recreational team. She also plays as wide receiver, safety and kicker for the Utah Falcons, a semi-pro women’s tackle football team.

Sgt. Cerrin Allyn Eldridge was one of only three enlisted players at the training camp. She’s a parachute rigger for the 725th Brigade Support Battalion on Fort Richardson, Alaska.

“I’d like to see the sport grow in the military,” said Eldridge, adding that she was delighted that the Armed Forces women’s rugby program has gotten underway, as her opportunities to play in Alaska were limited.

“This gives us an opportunity to come down here and play in beautiful



Gary Sheftick | ARNEWS

Capt. Ashley Sorensen kicks the ball back to her teammate after a player is tackled during a drill at the first-ever Armed Forces women’s rugby training camp, Fort Indiantown Gap, Pa., Aug. 25, 2015. Sorensen holds the world’s record for running one mile in a full bomb suit.

weather against really good teams and meet ... really good rugby players,” she said.

The female players came together to play a team in a few days, she said.

“Any kind of rugby team, usually the minute we meet, we all of a sudden start bonding,” Eldridge said. “We all play one of the roughest sports out there.

Navy Petty Officer 3rd Class Mallory Michaels, a corpsman, was another enlisted player at the training camp. She serves as a full-timer at a Navy Reserve Operational Support Center in New Hampshire.

Michaels said she has broken her wrist and all 10 of her fingers at one time or another playing rugby. Sometimes she just splints them in cardboard to get back in the game that she says she loves so much.

As a corpsman, Michaels said she often helps treat other

players injured at rugby club games, even though she’s off duty. She said the sport not only provides her fitness training, it also provides training in her rate or military occupational specialty.

Michaels began playing rugby at Lock Haven University in central Pennsylvania. She said she felt right at home on Fort Indiantown Gap as Black Hawk helicopters flew along a ridge of the Blue Mountains in the background.

None of the players seemed to notice the helicopters landing and taking off as they practiced scrums, rucks, mauls, passing and tackling on this warm August afternoon. They were preparing to scrimmage against several of the Armed Forces Men’s Rugby Teams to help with practice.

WHITSIDE

Continued from page 15

of ten or unlimited class attendance monthly passes.

A personal trainer is available for an hourly charge and can do individual sessions or one to two friends may join in to share the cost.

Beyond the classroom are a number of circuit machines, treadmills, stair climbers, elliptical trainers and free weight options. If needed, the staff is available to instruct and assist in their use.

The New You class is a good starting point for those wanting to set and achieve personal goal such as weight loss, overall toning or targeting specific areas.

Kathy Mead, wife of Lt. Col. Jason Mead, Division Headquarters and Headquarters Battalion, 1st Infantry Division, is one participant of the many who attended the New You class.

“It is similar to having a personal trainer, but in a group setting,” Mead said. “It is a whole body fitness workout that is never the same. The people in the group are great to workout with and newcomers are always welcome.”

Even though it is in a group setting, individuals are given specific tasks to accomplish to reach their goals.

“The group has a common goal and they have formed a bond,” said Lisa Medrano, another participant in the New You class.

Also families or groups can use the gym on a space available basis to play impromptu games of basketball or volleyball. For runners or walkers there is an outdoor and an indoor running track.

A unique feature at Whitside Fitness Center is the indoor rock climbing wall. Individuals over 35 pounds can wear a safety harness and try to make it to the top. If they reach it, they get to ring the bell to sound out the personal fitness victory

The center is open Monday through Friday 5 a.m. to 9 p.m. and Saturday, Sunday and Federal and training Holidays 9 a.m. to 6 p.m.

For a complete list of classes and a schedule, visit rileywmr.com or call at 785-239-2573.

MARKSMANSHIP

Continued from page 15

ons, some two and others only one.

Horner, from Suffolk, Virginia, became a Soldier nine years ago, and he said the Army has been his life since he joined after completing high school.

“It is pretty much all I know,” said Horner, who has been the 3-gun national champion three times, among other national titles. “The Army has helped me in a ton of different ways, as far as education, experiencing new things and traveling the world. It has helped me in almost every aspect of my life.”

He said all of the stages of the Rocky Mountain 3-Gun Championship have something to offer, but the last stage, which was all-pistol and had shooters moving down a rocky ravine at break-neck speed, was his favorite.

“The long gully run with the pistol with 56 rounds and an almost 200-meter run – that was my favorite stage – because it was really complex, trying to remember everything and find the targets,” Horner said, adding he has been competing with a pistol since he was 12 years old.

Browning agreed that the all-pistol stage showed competitors how well they can shoot on the move.

Another member of USAMU’s action shooting

team, Pfc. Katie Harris, also said she liked the all-pistol stage. However, she had a mishap during her run.

“I actually fell and still shot while I was sitting down and then continued to go,” she said.

Despite the trip, she hit her targets, recovered her footing and completed the stage successfully.

Another fan of the all-pistol stage, Payne, of Princeton, Minnesota, said that although all the stages were set up well, the all-pistol stage was not only his favorite, but one where he had the fastest time in the group.

“It was a really long stage, and you had to remember where all the targets were, and it was really, really difficult not to blow past the target,” he said.

Horner said these types of stages make marksmen think on-the-fly and combine continuous movement in the New Mexican landscape - making it essential competitors employ alternate or hastily-made positions.

“It boils down to practice, but you have to have your mind right,” said Browning, a rookie on the action shooting team, but a pro at the Rocky Mountain 3-Gun Championship, having competed in it four times. “(The Rocky Mountain 3-Gun Champion-

ship) is pretty demanding - it’s a lot of marksmanship mixed with knowing where to move and how to move and executing everything smoothly.”

Because of the challenges the championship offers, Browning, who transferred from the Marine Corps as a competitor and instructor for their combat shooting team, said he rehearsed the stages multiple times - building mental images of each - and memorized them. He then practiced these images in his mind as he waited his turn.

“When it’s time for me to shoot and the timer goes off, I know exactly what I need to do, exactly where I need to go and, at the end of that, you have a contingency for stuff that goes wrong,” Browning said. “So, even if you don’t execute the plan perfectly, you know how to recover from it and get back on the plan. The walkthroughs and rehearsals set you up for success.”

Turner said participating with the action shooting team taught him more than any other assignment in the Army.

“The Army is such a great place to (learn),” Payne said. “You shoot with the best shooters in the world, literally, every day. So, every day that you shoot, you’re going to learn something new, pick up small tips and techniques that make a big difference.”



Travel & Fun in Kansas

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Water Safety

Boating

- Never mix alcohol and boating
- Always wear an approved life jacket
- Obey all state boating laws and buoys
- Keep a sharp lookout for floating debris, shallow areas, and other boating hazards
- Be alert for changing weather conditions, and head for shore immediately if bad weather threatens

Swimming

- Swimming is encouraged at designated beaches only
- Never swim alone
- Never dive in the lake
- Watch children closely
- Never swim around launching ramps and docks

Skiing

- Stay in open water and out of restricted areas
- Stay away from swimmers and other boats
- Always wear an approved life jacket

Story by Hannah Kleopfer
1ST INF. DIV. POST

For those who enjoy spending time outdoors or taking a day to be in the sun, The State Park at Tuttle Creek Lake is worth visiting.

During the warmer months, the lake is a favorable spot for swimming and boating. There are beaches where people are permitted to swim. Along with boating, visitors can also ski in certain areas of the lake. This popular activity brings in members from the Manhattan and surrounding communities, all over Kansas and the country.

Tuttle Creek Lake is a popular spot for those who enjoy fishing. The people from the Kansas Department of Wildlife, Parks and Tourism keep the lake full through their stocking program and harvest regulations. Fish species at Tuttle include white bass, crappie and channel and flathead catfish. There are also 4,500 acres of land. Specialists from the Army Corps of Engineers maintain the wildlife habitat. This land is also open to the public for hunting during the appropriate seasons. Typical wildlife in the area are turkey, white-tailed deer, quail, pheasant and waterfowl.

Visit the Kansas Department of Wildlife, Parks and Tourism website, ksoutdoors.com, for season schedules.

Tuttle Creek Lake State Park also features trails for off-road motorized vehicles, mountain bikers, hikers and equestrians.

For the horseback set, there are five miles of loop trails and a 12-mile linear trail to Garrison Lake. Along the trail are scenic views of the tallgrass prairie and the Tuttle Creek Lake.

Hiking the Blue River Trail, you might see deer, turkeys and other wildlife, and the Cedar Ridge Trail is accessible to those with disabilities. Still other trails let you explore a wooded ravine.

The Spillway Cycle Area is a 45-acre park with miles of trails specifically for all-terrain vehicles, motorcycles and mountain bikes.

If you are looking to turn Tuttle Creek into a weekend-long destination, there are camp grounds with utility hookups, cabins and picnic shelters.

If a hotel is your ideal campground, Manhattan is eight miles from Tuttle Creek Lake and there are a variety of restaurants, lodging and entertainment options for those looking to spend the days at the lake and their night in the comforts of civilization.



Courtesy Photo U.S. Army Corps of Engineers

The Off-Road Vehicle Area is a 310-acre park open to all vehicles. It features many miles of steep and rugged trails and is open during daylight hours.



Courtesy Photo U.S. Army Corps of Engineers

Fall colors at Tuttle Creek Cove Park. This is a 252-acre park north of the dam on the west side of the lake.