

THE **1**ST INFANTRY DIVISION POST

1DivPost.com

FRIDAY, SEPTEMBER 25, 2015

Vol 7, No. 39



FORT RILEY, KANSAS

'First Lightning' Soldiers hit more with less ammunition

Story and photo by Sgt. Dana Moen
2ND ABCT PUBLIC AFFAIRS

Fort Riley's first Precision Guidance Kit-equipped rounds were fired by Soldiers of the 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, Aug. 29 at Fort Riley.

"The precision guidance kit uses the conventional round," said Capt. Joshua Cole, assistant fires support officer with 2nd ABCT, 1st Inf. Div., "and it is simply a fuse that is attached onto the head of a round and provides Global Positioning System guidance to that round."

The XM1156 PGK is an advanced fuse that provides GPS guidance to conventional 155mm ammunition, according to information from Orbital ATK, the component's manufacturer. The increased targeting precision can improve combat effectiveness while minimizing collateral damage and reducing costs

"It's basically a normal battle drill inside the gun," said Capt. Joshua Herzog, commander of Battery B, 1st Bn., 7th FA

See PRECISION, page 10



A Paladin crewman with Battery B, 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, uses an enhanced portable inductive artillery fuse setter to program a Precision Guidance Kit fuse during live fire training Aug. 29. The fuse setter is used to program the target location into the PGK fuse that will improve accuracy by guiding a conventional 155 mm artillery round to its target.

THE DRIVE TO EXCEL



Sgt. Johnathan Hagen, an M1 armor crewman with 1st Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, crawls under barbed wire at the Fort Riley confidence course during the NCO and Soldier of the Quarter competition Sept 15. Hagen said the competition made NCOs push themselves and develop skills to teach their Soldiers.

'Big Red One' Soldiers, noncommissioned officers, compete for best of quarter

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

The 1st Infantry Division's quarterly competition to determine the best of the best concluded Sept. 18 with an appearance before a board. Three noncommissioned officers and three junior enlisted Soldiers competed for the title of best of the quarter during the week-long competition.

"The competition was both well-rounded and a great test of Soldier skills," said Spc. Andrew Levinger, a health care specialist who represented the 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team.

The competition featured multiple physical and mental skills tests, including a physical fitness test, combatives, a confidence course, day and night land navigation, knowledge on warrior tasks, a rifle range and appearance before a board.

"I think it covered all aspects of what a Soldier should be," said Sgt. Johnathan Hagen, an M1 armor crewman who represented the 1st Combined Arms Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team. "It really covered a lot of physical (aspects) as well as your knowledge and it tested you in physical and mental ways."

For everyone who participates in the competition, there is usually one event that proves the most difficult or challenging.

See COMPETITION, page 12



Pfc. Sarah Westgate, a radiology specialist assigned to 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, climbs down a net on the "The Tough One" at the Fort Riley confidence course during the NCO and Soldier of the quarter competition.

Leaders, families attend overview of post

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

To familiarize incoming brigade and battalion leaders and their families with programs and agencies available on post, the 1st Infantry Division conducted a Fort Riley Command Team Overview Sept. 16 to 17. About 25 Soldiers and family members participated in the event, learning about the history of Fort Riley and the "Big Red One," visiting the post's training facilities and meeting with representatives from various organizations that provide support to Soldiers and their families.

Command team overviews "expose the commanders to the different services that the installation can provide to them to help their Soldiers and families," said Jill Glasenapp, Fort Riley Garrison operations officer. "We've helped the commanders set the tone for what their Soldiers have available to them."

Glasenapp said the group responded well to the Seitz Regional Training Campus, formerly the Mission Training Campus, which houses Fort Riley's high-tech training areas.

"For the spouses, just overall getting exposed to all the different services is huge," she said.

Those who serve Fort Riley Soldiers and families took the overview as an opportunity to connect Soldiers and family members with services and programs offered on post.

"It's an introduction for the incoming command teams to get a taste of what Fort Riley offers and provide information that they, in turn, can share with the people they are commanding," said Michelle Durgin, Fort Riley Child, Youth and School Services coordinator. "The command influence cannot

See OVERVIEW, page 12

1st Armored Brigade Combat Team goes 'all in' for better health

By Maj. Fredrick Williams
1ST ABCT PUBLIC AFFAIR

"The Army's fundamental task is like no other — to win in the unforgiving crucible of ground combat," wrote Gen. Mark Milley, the 39th Army Chief of Staff, in his initial message to the force.

"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 No. 1 priority," Milley wrote.

The 1st Armored Brigade Combat Team, 1st Infantry Division, began its support of the CSA's first priority by participating in the Army's Performance Triad Pilot initiative, which began Aug. 31 on Fort Riley.

The Performance Triad, or P3, is a comprehensive plan to improve readiness and increase resilience through public health initiatives and leadership engagement, according to the program's website. It focuses on achieving target behaviors in the areas of sleep, activity and nutrition to optimize Soldier performance and maximize unit personnel readiness.

"The Performance Triad is an initiative to help Soldiers, families, Army civilians and retirees lead healthier lives," said Col. Deydre Teyhen, director, Health and Wellness, System for Health and Performance Triad, Office of the Surgeon General. "There are trends in our country related to preventable disease and sed-

entary lifestyles. It is time we all take more action to sleep better, move more and eat healthier."

Teyhen and her team said because of the need to understand how to implement the effort Army-wide, the 2015 pilot starting in five

See TRIAD, page 11

Staff Sgt. Bernard Lashleyleidner | 1ST ABCT
Staff Sgt. Demarius Pringle, an information technology specialist with Headquarters and Headquarters Company, 1st Armored Brigade Combat Team, 1st Infantry Division, inventories his new personal readiness device Aug. 31 at Fort Riley.



The next USAG Resilience Day Off will be:

Oct

2

SAFETY HOLIDAY

As of Thursday, Sept. 17

031

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

HIGHLIGHTS



1ST INFANTRY DIVISION PUBLIC AFFAIRS PRODUCED A SPECIAL TWO-PAGE TRIBUTE TO DEPARTING DIVISION COMMAND SERGEANT MAJOR MICHAEL GRINSTON. SEE PAGES 4 AND 5.

ALSO IN THIS ISSUE



SAY SO LONG TO SUMMER 2015 WITH A TRIP TO THE FALL APPLE DAY FESTIVAL SEPT. 26. CHECK OUT THE MAP AND SCHEDULE OF EVENTS ON PAGE 7.



1DivPost.com

RILEY ROUNDTABLE

September is National Breakfast Month. What is your favorite breakfast?



“Biscuits, sausage gravy, bacon, French toast and eggs.”

PVT. JAMES BURNETTE
LIVINGSTON, TENNESSEE

101st Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division



“A Colorado omelet.”

PVT. DARRIUS PEARSON
ATLANTA, GEORGIA

Company C, 3rd Battalion, 66th Armor Regiment, 1st Infantry Division



“Apple smoked bacon and eggs.”

CPL. ALEJANDRO RODRIGUEZ
RIALTO, CALIFORNIA

Company C, 3rd Battalion, 66th Armor Regiment, 1st Infantry Division



“Omelet, turkey bacon and pancakes.”

PFC. CORY SMILEY

1st Squadron, 4th Cavalry Regiment, 4th Infantry Brigade Combat Team, 1st Infantry Division



““A sausage McGriddle. That’s where it’s at.”

SPC. DOMINIQUE SNEAD
PITTSBURGH, PENNSYLVANIA

Company C, 3rd Battalion, 66th Armor Regiment, 1st Infantry Division

Fort Riley hotel goes above and beyond for guests, environment

By Maria Childs
1ST INF. DIV. POST

Visitors to the IHG Army Hotels, Candlewood Suites on Fort Riley probably won’t realize what a difference the hotel is making in the environment.

However, Paul Oltmanns, general manager of the hotel, says the planet and environment definitely realize the difference.

By January 2016, all IHG hotels, including IHG Army Hotels, must be in compliance with the IHG Green Engage Program, which aims at reducing the impact of energy, water and waste on the environment.

Oltmanns said since the hotel at Fort Riley opened in December 2013, the staff have been striving to meet the standard.

“The Green Engage Program at IHG has four different levels that are progressively more intensive,” Oltmanns said. “We are currently at level 2 and are working on level 3 and 4. Each level has more responsibility and more reporting.”

Oltmanns said this program is focusing on “being good stewards of the environment.” By doing that, some of the noticeable differences for guests at the hotel include recycling bins in each room, a towel re-use program and the air conditioning smart system.

“The air conditioning will come on when you walk into the room,” Oltmanns said.

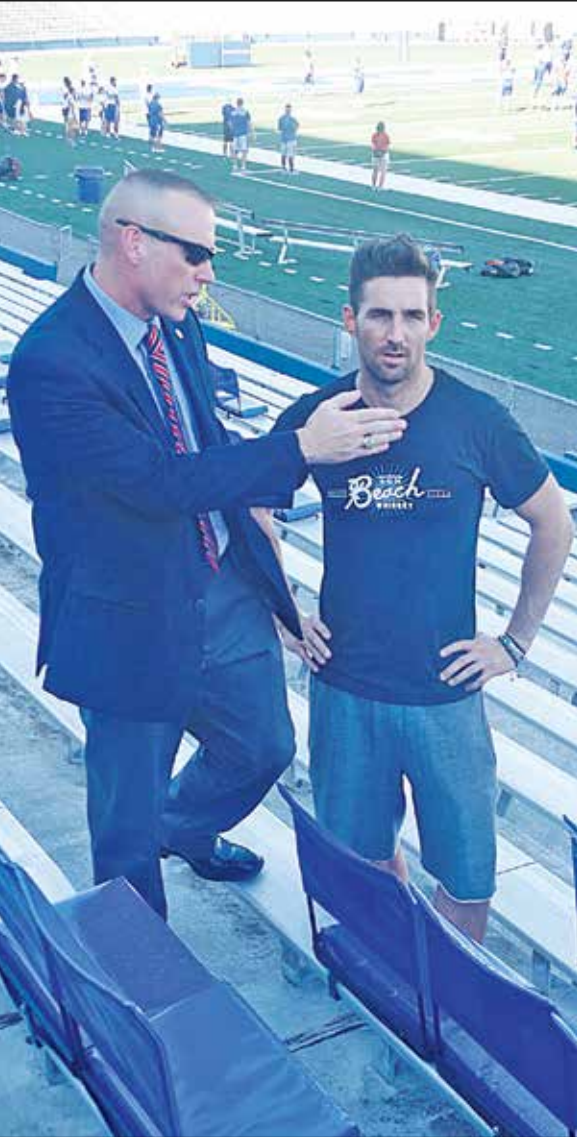
“Previous generations just noticed there was movement in the room so if you fell asleep the air conditioner turned off. We now have a smart system that notices that you come in the door and that there is motion in the room within the next 30 seconds of the door opening. It notices you’re in the room and if you go lay down and fall asleep it knows you’re still in there because you haven’t opened the door again.”

Oltmanns said the best part about the AC system is when the room is not occupied, the system goes to a standby mode that keeps the room at an appropriate temperature for the season. This saves energy.

The recycling program at the hotel is a partnership with the Fort Riley Recycling Center in Camp Funston. Oltmanns said if someone places something in the bin, the staff at the hotel

See HOTEL, page 6

Life skill training leadership seminar



By Maria Childs
1ST INF. DIV. POST

Better Opportunities for Single Soldiers staff at Fort Riley sponsored a trip to the University of Kansas for 48 Soldiers to participate in a Leadership Seminar Life Skills Training event Sept. 3.

Soldiers from the ranks of private first class to sergeant were taught leadership skills similar to that which brigade leadership teams receive. Soldiers not only gained the knowledge of how strategic and organizational leadership works, but the training also gave them the skills to identify what type of leader they are and want to become, according to Sgt. Amber Minear, BOSS president.

“I learned a lot about myself as a leader,” she said. “It brought a new perspective to how I thought I was leading. It motivated me to try harder and do better for my Soldiers and myself.”

Minear defines a life skill as an activity that produces, but is not limited to, the ability to solve problems, make decisions, think creatively, cope with stress and build teamwork through an equitable balance of both cognitive and physical skills.

The purpose of this training was to provide single Solders the opportunity to become better Army leaders though a one-day leadership workshop and to build relationships, Minear said.

Spc. Luke Yang, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, was one of the Soldiers who attended. He said he learned a lot from the experience.

“I learned how to be a good leader,” Yang said. Spc. Jazmyn Riley, Medical Department Activity, Irwin Army Community Hospital, said she learned who a leader really is.

“It’s not the first person that stands up that’s the leader, it’s the second person that’s not afraid to stand up and follow, that’s the leader,” Riley said.

BOSS is a program for single Soldiers that promotes quality of life, community service and recreation. For more information, visit www.rileymwr.com/main/?page_id=9 or call 785-239-2677.

Maria Childs | POST
Garrison Command Sgt. Maj. Jason Schmidt talks to country music star Jake Owen as part of the Better Opportunities for Single Soldiers Leadership Seminar Life Skills Training event on Sept. 3.

Well-child visits promote thriving, resilient children

By Jorge Gomez
IACH PAO

A happy child may not necessarily equal a healthy child. Playful and smiley children could be masking developmental conditions hard to detect by the average parent.

“Well-child visits are designed to catch those conditions early and refer children for intervention or early childhood special education,” said Dr. Eva Ewers, a pediatrician with Irwin Army Community Hospital.

“We normally think of well-child visits as a time when kids are due their shots. That’s partly true, but well-child visits also assess a child’s growth and development. In addition, it’s an opportunity for parents to ask questions and learn about normal developmental milestones for their child,” she said.

“New parents may not be aware their child isn’t growing adequately, or perhaps the child is overweight due to formula feeding, or even underweight if they are not breastfeeding correctly,” Dr. Ewers said. “Following a child’s growth on a growth chart helps to know if a child is not eating enough or eating too much.”

“The goal for parents is to make eight well-child visits the first 18 months. Sticking to this program supports a ready and resilient family,” said Dr. (Maj.) Summer Bryant, IACH Chief of Primary Care.

“Healthy children keep Army families resilient and Soldiers focused on their mission. Well-Child visits are sometimes taken for granted. The reality is that parents play a central role in keeping with the schedule,” said Bryant.

Well-child visits at 2 weeks, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months and 18 months of age, are recommended by the American Academy of Pediatrics. If it seems like the visits are too close to each other, that’s on purpose.

“Babies grow fast and go through many developmental stages within the first few months,” said Ewers.

In addition to height and weight, providers check for communication skills, fine and gross motor skills, problem solving, social skills, and other functions that a baby should be performing by a certain age.

If early intervention is needed, providers will refer patients to a specialist.

Ewers said she remembers referring a child for therapy who showed signs of autism.

“After therapy the child caught up with his peers. The sooner you detect autism the better. Most children can improve dramatically and become very capable adults if treated early,” she said.

See CHILD, page 10

THE 1ST INFANTRY DIVISION POST

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Circulation 8,800 copies each week .

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

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SAFETY CORNER

Common sense approach to safety is not so common

Dawn J. Douglas
FORT RILEY SAFETY OFFICE

The French philosopher Voltaire, famous for his extraordinary wit, made an observation, “Common sense is not so common.” The concept of common sense is a long-standing term, based on human experience and people’s individual perceptions. Thus, common sense is different from person to person — common sense is not common.

A common sense approach to safety talks about behavior and attitude, more than equipment and signage. For example, to the experienced electrician who may have received a shock or two through faulty wiring or improper grounding, certain procedures will be more clear and present in his mind than the inexperienced person who is

just trying to figure out, “what’s that burning smell?” What is common to the professional is not common to the novice.

Perhaps; however, instead of relying on “common sense” to make risk decisions, workers should instead rely on building consensus for the best approach to risk management, and work with other people to reach a conclusion that most will support. Often assuming your position is “common sense” and acting upon it, results in the unintended consequences of an accident or mishap.

A more effective approach to “common sense” safety is collaborative safety. A job safety analysis is a procedure which helps integrate accepted safety and health principles and practices into a particular task or job operation. In a JSA, each basic step of the job is to

identify potential hazards and recommend the safest way to do the job. Other terms used to describe this procedure are job hazard analysis and job hazard breakdown. Using a JSA allows a “common sense” approach to safety because the JSA should be a collaboration of workers, supervisors and management coming together to figure out the “common” hazards associated with a particular job.

A JSA is most effective when it is developed while observing a worker actually performing the job. By using observation, the JSA is not reliant upon memory of a worker or supervisor sitting at a desk trying to remember the steps to a tasks. If observation is not feasible, another effective approach is to have a group of experienced workers and supervisors complete the analysis through discussion. An

advantage of this method is that more people are involved in a wider base of experience and promotes an acceptance of the work procedure.

Using JSA is a common approach to safety that can yield great benefits. Initial benefits from developing a JSA will become clear in the preparation stage. The analysis process may identify previously undetected hazards and increase the job knowledge of those participating. Safety and health awareness is raised, communication between workers and supervisors is improved and acceptance of safe work procedures is promoted.

A JSA, or better still, a written work procedure based on it, can form the basis for regular contact between supervisors and workers. It can serve as a teaching aid for initial job

training and as a briefing guide for infrequent jobs. It may be used as a standard for health and safety inspections or observations. In particular, a JSA will assist in completing comprehensive accident investigations.

Besides using the JSA, collaborative safety involves creating a work environment where safety is not just a goal, but incorporated in how business is done. Goals change with the mission and priorities shift when other things take precedent. When safety is embedded in the culture, it is not a goal or a priority, it is standard operating procedure. This cannot be accomplished unless there is buy-in from supervisors, employees and management.

Imagine if an employee wanted to stop an unsafe act and the supervisor chastised him for holding up production,

or an NCO briefed Soldiers on proper procedures, but the Soldier decided to cut corners to get the job done in a hurry. Or if both an employee and supervisor agreed new respirators were required, but management was unwilling to provide the funds. These are clear examples of what happens when safety is not supported at all levels.

Team Riley, collaborative safety begins with personal risk management. Soldiers, civilians, family members and contractors deciding within themselves not to take any unnecessary risks and ensuring those in their sphere of influence do not engage in risky behavior as well.

For assistance in developing a Job Safety Analysis, contact the Garrison Safety Office, 785-240-0647.

Division, Kansas State renew and strengthen ties

Story and photo
by Amanda Kim Stairrett
1ST INF. DIV. PUBLIC AFFAIRS

MANHATTAN, Kan. –The partnership between the 1st Infantry Division, Fort Riley and Kansas State University gets stronger, more in depth every year, just one of the things that shows the resilience of the program, the university’s president said Sept. 17.

Leaders from each organization gathered at K-State’s alumni center to reaffirm the one-of-a-kind partnership forged by the “Big Red One,” the post and the Big 12 school — a partnership that serves as models for other such institutions across the country, said Maj. Gen. Wayne W. Grigsby, 1st Infantry Division and Fort Riley commanding general. Grigsby took command in early August and this was the first major event in which he and his two new deputy commanders, Brig. Gen. John

S. Kolasheski and Col. Patrick D. Frank, participated.

Frank, the deputy commander for support, has experience with the K-State partnership — especially the close ties with the school’s athletic organizations — as he previously led the 1st Battalion, 28th Infantry Regiment, 4th Infantry Brigade Combat Team, 1st Inf. Div., and later served on the division’s staff.

Grigsby told the audience he was a Wildcat, and praised the teamwork between the division, post and university.

“This partnership is another important reason that Fort Riley is the best place to train, best place to deploy from, the best place to live and the best place to come home to,” he said. “I look forward to many years of continuing partnership and deepening our bonds, and continued collaboration of ways to benefit our Soldiers and our students.”

As part of the reaffirmation, Grigsby and Schulz signed a joint resolution — a symbolic gesture to show the bond created by two of the largest, most important organizations in the Central Flint Hills region of Kansas.

“I just today want to reassure all of you about our commitment on the university side to make this a successful partnership,” Schulz said.

During the event, Army and university leaders gathered to discuss their unique relationship, which, according to information from the K-State Military Affairs Office, has three goals: build a psychological sense of community, broaden institutional mindsets, enhance social and psychological capital and engage in leader development by broadening experiences.

For more information on the K-State Military Affairs Office, go to www.k-state.edu/militaryaffairs.



Maj. Gen. Wayne W. Grigsby Jr., 1st Infantry Division and Fort Riley commanding general, and Kirk Schulz, K-State president, sign a joint resolution between their organizations Sept. 17 on campus in Manhattan, Kansas. Leaders from each organization gathered at K-State’s Alumni Center to reaffirm the unique partnership forged by the “Big Red One,” Fort Riley and Big 12 school – a partnership that serves as models for other such institutions across the country.

Information for clearing without orders

Soldiers clearing without orders are required to meet certain requirements. The following are a few tips to help with that process.

- Medical and chapter separations require a Memorandum for Record from the Soldier’s command requesting authorization to clear without orders to be presented to the Transition Center.
- The memorandum must include Soldier’s name, unit and type of separation.
- Soldiers transferring from their unit to the Warrior Transition Battalion are required to include in the memorandum the date the Soldier is scheduled to report to the WTB. A call from the Soldier’s command to Central Issue Facility will further facilitate scheduling the WTB Soldier’s CIF turn-in.
- Every Soldier must have their installation clearing paper signed and stamped by CIF to include all separations as well as PCS moves. Once CIF is cleared, Soldiers will continue clearing their unit and if required the installation.



Master Sgt. Mike Lavigne | 1ST INF. DIV.



Sgt. 1st Class Abram Pinnington | 1ST INF. DIV.



Amanda Kim Stairrett | 1ST INF. DIV.

LEFT: Soldiers from 2nd Battalion, 34th Armored Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, trained members of the Iraqi army at Besmaya Combat Training Center, the former site of Forward Operating Base Hammer in Besmaya, Iraq. **CENTER:** Maj. Gen. Paul E. Funk II and Command Sgt. Maj. Michael A. Grinston, 1st Inf. Div. command team, led the entire division and other Fort Riley units and organizations on a morning run June 13, 2014, as part of the Victory Week 2014 celebration. The morning jog was one of the last events to culminate Victory Week 2014. **RIGHT:** Command Sgt. Maj. Michael A. Grinston, 1st Inf. Div. senior noncommissioned officer, gets a big hug from one of his daughters soon after they were reunited during a June 29 redeployment ceremony at Fort Riley. During the ceremony, Grinston and Maj. Gen. Paul E. Funk II, 1st Inf. Div. commander, uncased the Division Headquarters Headquarters Battalion colors, signifying the end of the headquarters' mission.

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

COMMAND SGT. MAJ. MICHAEL A. GRINSTON | 1ST INF. DIV.
Addressing the Manhattan Area Chamber of Commerce's Military Relations Committee Luncheon Sept. 2

LEADING FROM THE FRONT



Master Sgt. Mike Lavigne | 1ST INF. DIV.

Command Sgt. Maj. Michael A. Grinston, the senior enlisted leader for the Combined Joint Forces Land Component Command – Iraq and the commander sergeant major for the 1st Infantry Division, participates in a morning run with Iraqi Army trainees in Besimaya, Iraq, Jan. 28. Grinston was on hand to observe training and capture lessons learned to improve future iterations of the training. CJFLCC-I is responsible for developing, teaching and adjusting the program of instruction that is the basis for the Iraqi training program.

DANGER 6

Command Sgt. Maj. Grinston – a ‘Big Red One’ Soldier for life

A leader's story is told through the actions, bravery and duty to fellow Soldiers, nation, family

There are a number of words that I can use to capture exactly who Command Sgt. Maj. Michael A. ‘Tony’ Grinston is — coach, leader and mentor come to mind first — but if you ask him, he prefers a simple phrase — the man says he’s just a “Big Red One” Soldier.

He won’t talk about himself — most good leaders don’t like to — but since I’m the commanding general, I’m not going to miss this opportunity to let everyone know what an outstanding noncommissioned officer and leader Danger 7 is and what an incredible addition I Corps and Joint Base Lewis-McChord is about to receive.



Maj. Gen. Grigsby Jr.

After his arrival at Fort Riley in October 2013, freshly redeployed from Afghanistan, Grinston got to work assessing the division to see what programs were having an impact and what initiatives needed some work. He found a unit with a solid foundation, but needing a little polish, as the division headquarters was less than a year back from its own Afghanistan deployment.

Working closely with my predecessor, Maj. Gen. Paul E. Funk II, and the command teams of each of 1st Inf. Div.’s brigades, Grinston helped to reestablish leadership standards and reemphasize leader professional development programs on



Sgt. 1st Class Abram Pinnington | 1ST INF. DIV.

Command Sgt. Maj. Michael A. Grinston, the 1st Infantry Division senior noncommissioned officer, stands in formation June 4, 2014, before a parade in Carentan, France. American soldiers allied Soldiers from France and Germany marched through the city as French citizens lined the streets to pay their respects. The parade was part of the commemorative events celebrating the 70th anniversary of D-Day.

Fort Riley. Using an innovative platform known as Danger Net, Grinston was able to engage leaders throughout the division in a social media-like environment, allowing for discussion on topics from counseling to training management. He also did what good leaders do — he got down to the team and individual level, talking with Soldiers and their leaders, answering their questions and taking careful note of their concerns.

When President Obama awarded 24 Medals of Honor to troops previously overlooked due to their ethnicity in March 2014, the family of Sgt. Candelario Garcia asked for the division

to send a representative to the White House to receive the award on Garcia’s behalf. The only right answer was to select another valor award recipient: Tony Grinston. He not only stood in for the Big Red One in the Oval Office, but also with the Secretary of Defense at the Pentagon for Garcia’s induction into the Hall of Heroes. Three months later, he ably represented the division in France during the 70th anniversary of the Normandy invasion.

Tony Grinston was a linchpin to the division’s no-notice deployment to Iraq and Kuwait last October — his experi-

ence as a trainer in Iraq, combined with his established relationship with Iraqi officials, made him the subject matter expert. He wrote the first program of instruction that lead to elements of our 1st Armored Brigade Combat Team moving forward from Kuwait to Iraq, arriving one day and beginning training the next. His close, careful hand made the “build partner capacity” mission a success for the Iraqi army and the Big Red One.

It’s easy to describe people by what they do — harder yet to describe them how they are. Pictures are worth a thousand words, so I leave you with the photo below. It shows exactly who Command Sgt. Maj. Grinston is as an NCO and as a man. He’s physically fit and leads from the front, and is as comfortable interacting with our national leaders and decision makers as he is with the Soldiers of the Big Red One and Jundis of Iraq in this photo.

It’s apropos that he wore the BRO shirt that day — because in my eyes, he’s the epitome of a Big Red One Soldier, and the finest NCO in our formation. I’m going to miss his leadership, his calm, steady advice and, most of all, his friendship. My wife Cindy joins me in wishing him and his wife Alexandra the best, both personally and professionally. Command Sgt. Maj. Tony Grinston lives the Big Red One charge every day as the embodiment of Brave and Responsible, and he has always been “On point” for the 1st Infantry Division. God bless and good luck to him — he will always be a part of the Big Red One family.

*Duty First!
Wayne W. Grigsby Jr., 77th
Commanding General*



Amanda Kim Stairrett | 1ST INF. DIV.
Maj. Gen. Paul E. Funk II, 1st Infantry Division and Fort Riley commander; Command Sgt. Maj. Michael A. Grinston, 1st Infantry Division senior noncommissioned officer; and Command Sgt. Maj. Todd Nibarger, 1st Battalion, 28th Infantry Division, 4th Infantry Brigade Combat Team, 1st Inf. Div., senior noncommissioned officer, lead the Kansas State University football team out of the tunnel Oct. 4, 2014, at Bill Snyder Family Stadium in Manhattan, Kansas. Not pictured is Lt. Col. James Lander, 1st Bn., 28th Inf. Regt., commander.



Staff Sgt. Bernardo Fuller | U.S. ARMY
LEFT: Command Sgt. Maj. Michael A. Grinston, 1st Infantry Division senior enlisted leader, accepts the Medal of Honor flag from Secretary of Defense Chuck Hagel during the Hall of Heroes Induction Ceremony on March 19, 2014, at the Pentagon in Arlington, Virginia. Twenty-four Medal of Honor recipients were inducted, spanning three conflicts: Vietnam War, Korean War and World War II. Grinston accepted the flag on behalf of the family of the 1st Inf. Div.'s Sgt. Candelario Garcia. **RIGHT:** The 1st Infantry Division welcomed Command Sgt. Maj. Michael A. Grinston as the new senior noncommissioned officer for the "Big Red One" during a Victory with Honors Ceremony on Oct. 25, 2013, at Fort Riley's Victory Park. Grinston was the 23rd senior NCO for the division, coming to the division from Fort Campbell, Kentucky.



Sgt. Michael Leverton | 1ST CAB
LEFT: Command Sgt. Maj. Michael A. Grinston, senior noncommissioned officer of the 1st Infantry Division, participates in the 30th annual Army Ten-Miler Oct. 12, 2014, in Washington, D.C. Grinston's team, which included three other sergeants major from units across Fort Riley, placed first in their group. **RIGHT:** Command Sgt. Maj. Michael A. Grinston, right, senior noncommissioned officer with the 1st Inf. Div. and Command Sgt. Maj. Robert Keith, senior NCO with 2nd Battalion, 34th Armored Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div., listen as a Soldier with 2nd Bn., 34th Armor Regt, 1st ABCT, 1st Inf. Div., briefs them on a platoon live-fire demonstration Feb. 5 at Camp Taji, Iraq. The demonstration by U.S. forces in front of more than 1,000 Iraqi army trainees served as a precursor to an upcoming Iraqi-led live-fire exercise which will similarly require the use of complex maneuver and communication among units.



Sgt. 1st Class Mark Albright | 1ST INF. DIV.
LEFT: Maj. Gen. Wayne W. Grigsby Jr., 1st Infantry Division and Fort Riley commanding general, and Command Sgt. Maj. Michael A. Grinston, 1st Inf. Div. senior noncommissioned officer, share a moment together Sept. 21 before Grinston's departure to Joint Base Lewis-McChord, Washington. **RIGHT:** Command Sgt. Maj. Michael A. Grinston, senior noncommissioned officer of the 1st Infantry Division and Combined Forces Land Component Command-Iraq, visited Soldiers throughout the division's area of responsibility Dec. 24, 2014, in Iraq. Grinston shared meals and spent time with Soldiers in Taji and Baghdad to thank them for their service and to wish them a Merry Christmas.



WHAT THEY ARE SAYING ABOUT COMMAND SGT. MAJ. GRINSTON

“He’s the epitome of a ‘Big Red One’ Soldier — brave, responsible and on point for our nation — and will carry his inspirational leadership to I Corps. Duty First, CSM!”



MAJ. GEN. WAYNE W. GRIGSBY JR.
1ST INF. DIV.

“Command Sgt. Maj. ‘Tony’ Grinston is clearly the best division-level command sergeant major in our Army! He understands and embraces his role as the principle trainer at the individual, crew and small-team level. I know his deep personal involvement in designing the training plan for the Iraqi Security Forces for the ‘Build Partner Capacity’ effort in Baghdad. His hard work and focus paid off, as it’s thus far produced confident and committed security forces to the government of Iraq and to the fight!”

COMMAND SGT. MAJ. CHRISTOPHER K. GRECA
U.S. CENTRAL COMMAND

“The shining example of what right looks like, Command Sgt. Maj. ‘Tony’ Grinston is the quintessence of the Big Red One Soldier. He is a standard bearer and the walking illustration of how the standard should look, and how a man or woman should conduct themselves at all times. He is equal part warrior and follower, a true mentor and a disciplinarian. ... I am immensely proud to have served with this Big Red One Soldier!”



MAJ. GEN. PAUL E. FUNK II
76TH COMMANDING GENERAL OF THE 1ST INF. DIV.

TRAFFIC REPORT

CONSTRUCTION ON RIFLE RANGE ROAD CONTINUES

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.

3RD ATTACK HELICOPTER BATTALION WELCOMES NEW SENIOR NONCOMMISSIONED OFFICER



Capt. Keith E. Thayer | 1ST CAB
Incoming Command Sgt. Maj. Matteo Mancini stands in front of the battalion formation as Command Sgt. Maj. Philip Paniagua, senior noncommissioned officer, 3rd Attack Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, says his final farewell to Soldiers, family members and friends during the unit's change of responsibility ceremony Sept. 16 at Marshall Army Airfield on Fort Riley. Paniagua will depart will head to the 12th Combat Aviation Brigade, Katterbach, Germany, to be the brigade's operations senior NCO.

TUESDAY TRIVIA CONTEST WINNER

The Sept. 22 question was: Where do I find out about all the on post support venues like the Commanding General's Mounted Color Guard, the first territorial Capitol of Kansas and the park facilities and what they offer?

Answer: www.riley.army.mil/News/ArticleDisplay/tabid/98/Article/471358/on-post-support.aspx

The winner is: Jennifer "King" Ruffley. Her husband is Staff Sgt Matthew Ruffley who serves with the 601st Aviation Support Battalion "Guardians," 1st Combat Aviation Brigade, 1st Infantry Division

Every answer will be available somewhere on the official Fort Riley website at www.riley.army.mil.

Be the first to post the link from the official page in the comments section of the question. The one who answers the question with the link – and only

the link – and has not won trivia during four previous weeks will get a goody bag from our friends at USO Fort Riley and a congratulations salute in the 1st Infantry Division Newspaper.

CONGRATULATIONS, JENNIFER!



HOTEL Continued from page 2

sort that for the center and the center picks up recyclables twice a week.

"As our guests are here longer term, we'll see them start to put three glass bottles next to the bin and maybe a stack of newspaper in the middle and then aluminum cans in the bin so they actually get engaged in the Green Engage Programs," he said.

Being environmentally friendly isn't always visible.

"It's also what they don't notice," Oltmanns said.

He explained the shower heads at the hotel have the same output as a smaller shower head, but they provide three comfort settings for the guest. The toilet tanks in the bathrooms of the hotel hold less water than an average toilet.

"We're going to treat the guest great while at the

same time saving energy," Oltmanns said.

Oltmanns said he couldn't do it alone. The staff of the Directorate of Public Works team at Fort Riley helped him and his staff with the program.

"The partnership of Fort Riley has been critical to our hotel's success with the IHG Green Engage program" Oltmanns added. "For over one year, the environmental division at Fort Riley monitored our storm water runoff, and offered assistance and guidance to make the system 100 percent effective. The post worked continuously for two years to implement an effective energy use and consumption system, while also providing historical data on request."

Oltmanns said the program is something the hotel staff has to adjust to when they first begin working there. The hotel staff is

trained to explain to guests how the program works and why it is beneficial. In the end, the staff realizes the benefit too.

"If you're a housekeeper, you have to haul less laundry if you assist a guest with becoming part of our Green Engage program," he said.

Although being part of the IHG Green Engage Program is a core responsibility for IHG Army Hotels, Oltmanns said everything the staff at the hotel does to be good stewards sparks an interest among guests when they notice. For example, the hotel does not provide full service housekeeping on the weekends and "guests ask about that," according to Oltmanns.

"It educates guests on things we can do to be better stewards of our environment," Oltmanns said.

Get ready for the Fall Apple Day Festival with a map, schedule of events



| Schedule of Events | |
|--|---------|
| Military Dog Demo | 10:00am |
| SKIES Performance | 10:00am |
| ATA Manhattan Performance | 10:35am |
| Cavalry Demo | 11:00am |
| Pie Eating Contest | 11:00am |
| Kansas City Chiefs Cheerleaders | 11:15am |
| SKIES Performance | 11:30am |
| ATA Manhattan Performance | Noon |
| Military Dog Demo | Noon |
| Pie Eating Contest | 12:15pm |
| Spouse Choir | 12:30pm |
| Cavalry Demo | 1:00pm |
| Kansas City Chiefs Cheerleaders | 1:45pm |
| Military Dog Demo | 2:00pm |
| Big Red One Band | 2:15pm |
| Cavalry Demo | 2:30pm |
| Stage Area Cavalry Area Military Dog Demo Area | |

DoD

Safe Helpline

Sexual Assault Support for the DoD Community

safehelpline.org | 877-995-5247



PRECISION

Continued from page 1

Regt., 2nd ABCT, 1st Inf. Div. “They’re just putting a different type of fuse on, setting it using the electronic fuse setter then loading and shooting it.”

The M109A6 Paladin self-propelled Howitzer is capable of getting rounds on targets up to 18 miles away. The PGK is designed to get the rounds within 50 meters of a target. PGK technology incorporates a fail-safe option that prevents the round from detonating will miss the target by more than 150 meters. This can increase the ground troops’ confidence when calling for close fire support, according to Orbital ATK.

Soldiers used Fort Riley’s artillery firing area 98 and observation point C for the live-fire exercise. This put the target about 6 miles away from the Paladins and 1.5 miles from the observers.

The live fire exercise was the culmination of six days of PGK training provided by a New Equipment Training team based at Fort Sill, Oklahoma. The PGK team’s training included system management, fuse programming, fire-mission processing and dry-fire simulations.

“In artillery, our goal is to always have first-round effects on the target,” Cole said. “What this ammunition allows us to do is to have first-round effects on the target so the commander can engage the enemy before the enemy has a chance to move.”



Sgt. Dana Moen | 2ND ABCT

Maj. Gen. Wayne W. Grigsby Jr., 1st Infantry Division and Fort Riley commander, and senior leaders from 2nd Armored Brigade Combat Team watch a 1st Battalion, 7th Field Artillery Regiment, 2nd ABCT, 1st Inf. Div., M109A6 Paladin self-propelled Howitzer fire Aug. 29 on Fort Riley. The leaders were at the range to see how Soldiers were employing the new Precision Guidance Kit in preparation for an upcoming deployment.

Bi-lateral training kicks up Savage field dust

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

Two C-130s from the 29th Weapons Squadron, Missouri Air Guard, St. Joseph, Missouri landed at Fort Riley’s forward landing strip near the Douthit Range Complex on Highway 77 Sept. 15.

Air traffic controllers from Company F, 2nd General Aviation Support Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, conducted local control duties and issued air traffic control instructions to maintain safe distances between the aircraft as they landed. They also communicated to the aircraft while they were landing and taking off from the unimproved dirt strip.

This was the third time the landing strip was used at Fort Riley since it was validated in October 2014.

Soldiers from the 1st Armored Brigade Combat Team also provided scouts to secure the landing strip before any training began.

Capt. Matthew Zahler, Air Mobility Liaison Officer, said students from the Air Force Weapons School were

on the aircraft so the training was customized to what they needed to train on.

“Everything (the students) are doing is nonstandard so (the instructors) can get their students to train what they need,” he said.

The students trained on assault landings and tactical approaches while the pilots also received their dirt qualifications for landing the plane on an unimproved surface.

Zahler said Fort Riley’s landing strip provides a unique training experience for tactical

See LANDINGS, page 12



Two C-130s from the 29th Weapons Squadron, Missouri Air Guard out of St. Joseph, Missouri, trained at Fort Riley’s forward landing strip near the Douthit Range Complex on Highway 77 Sept. 15. **Photo left:** Brig. Gen. John S. Kolasheski (standing left), deputy commanding general for maneuver, 1st Infantry Division, speaks with Chief Warrant Officer 2 Ruben R. Gutierrez, platoon leader, Company F, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, during his visit to the field site.

CHILD

Continued from page 2

Early intervention also provides parents with the resources, support and training to work and play with their child more effectively. Problems can be better managed or avoided altogether by sticking to the well-child visits schedule.

The challenge for Army families moving in or out of Fort Riley is to stay current with the advised schedule. Mobile apps on both the iPhone and Android platforms may help digitally-driven parents. The American Academy of Pediatrics has its own share of mobile apps such as the Bright Futures VisitPlanner and the Healthy Children apps.

For parents who prefer a traditional note for their refrigerator, medical homes will hand them a chart on their first visit with a customized schedule of due dates.

To get the most out of a visit, parents are advised to prepare a list of questions.

“Starting a dialogue can lead to a healthy and thriving child, and that is the ultimate goal,” Bryant said.

Well-child appointments can be booked online. Visit www.tricareonline.com or request an appointment via text messaging. Register for texts at app.relayhealth.com.

Post photos, are on flickr! flickr.com/firstinfantrydivision

COMMANDING GENERAL, BATTALION COMMANDERS RUN AND REFLECT ON BIG RED ONE HISTORY



Sgt. Dana Moen | 2ND ABCT

Maj. Gen. Wayne W. Grigsby Jr., 1st Infantry Division and Fort Riley commanding general, leads battalion commanders of the “Big Red One” in a history run Sept. 9 on Fort Riley. The run included points on the route where Soldiers from the 2nd Armored Brigade Combat Team, 1st Inf. Div., reflected on the history of the nation’s 1st Division, from its beginnings in World War I to current operations.

TRIAD

Continued from page 1

brigades across U.S. Army Forces Command, including the “Devil” brigade.

Soldiers of the 1st ABCT were recognized during their most recent deployment to Kuwait and Iraq in 2014 by then-Army Chief of Staff Gen. Ray Odierno for having a 95 percent medical availability rate, the highest in the Army at that time.

“Having the highest medical readiness rate was incredible, but we are looking forward now,” said Maj. Amy Thompson, brigade surgeon, 1st ABCT. “We still have a lot we can improve on in terms of health and readiness and I believe the Performance Triad is going to ignite a spark in 1st Brigade towards improved health of individuals and families, and ultimately increase combat power for mission success.”

Teyhen said the initiative was first envisioned by Lt. Gen. Patricia Horoho prior to her appointment as the Army Surgeon General. After assuming command, she created a working group that began to develop the basis for the current curriculum in the summer of 2012.

“The focus of the current curriculum is on improving the health readiness and resilience of the total Army family by making small changes that make a big difference,” Teyhen said. “It also supports the Army’s Ready and Resilient campaign and the five dimensions of strength: physical, emotional, social, family and spiritual.”

Teyhen said the overarching goal of Performance Triad was to maximize physical, emotional and cognitive health with the science-based formula of sleep, activity and nutrition information the Performance Triad provides.

“Optimal performance is achieved when all three components are addressed simultaneously,” Teyhen said. “The Performance Triad is for everyone — Soldiers, Army civilians, families and retirees — we all can benefit from making small changes to our daily lives to optimize our sleep, activity and nutrition.”

PREPARING FOR IMPLEMENTATION

The Performance Triad team conducted a site visit to Fort Riley in July to familiarize “Devil” brigade commanders, Soldiers and family members with the initiative.

During the three-day visit, the team provided an overview of the initiative and conducted assessments of key facilities located within the brigade area to assess the health of the environments in which they live, work and play.

“I am very optimistic and so excited the Army is ‘all in’ for a culture change to promote health behaviors and emphasize long-term health and lifestyle improvements to Soldiers,” Thompson said. “There is so much all of us can improve on regarding sleep, activity, nutrition and focusing more on our basic health needs.”

Leading up to implementation in the brigade, the unit’s

surgeon section held meetings every week for two months and partnered with Fort Riley’s Irwin Army Community Hospital, the 1st Inf. Div. surgeon’s office and the Surgeon General’s medical teams to make sure the Performance Triad training was maximized across the formation, ensuring the goals are attained once implemented.

Members of the P3 team said success for the pilot meant having it become part of the Army’s DNA like the Army values.

“We have a lot of work to do still,” Thompson said. “But our momentum is strong and we look forward to engaging in every aspect of the training moving forward.”

The P3 team visited Fort Riley the first two weeks in September to conduct baseline assessments and also for “Performance Triad University.” This trained designated Soldiers in the brigade to teach the P3 tenants of sleep, activity and nutrition to all Soldiers in the brigade to maximize readiness. The two-week coach, teach and mentor session officially began the implementation of the Army-wide initiative in 1st ABCT and at Fort Riley.

Soldiers were given a physical assessment and an initial Knowledge, Attitudes and Beliefs survey prior to the baseline and they will receive additional surveys midway through and at completion.

The team of experts and scientists who designed the initiative will eventually analyze the data from this effort for future Army-wide implementation.

LEADERS EXCITED TO PARTICIPATE

Many leaders in the “Devil” brigade said they looked forward to learning how to increase their own individual readiness and that of their units through better health, and think P3 will have long-lasting, progressive effects on the brigade going forward.

“P3 is ultimately about readiness; this is training and certifying individuals and leaders to do their part to build individual readiness,” Col. Timothy Hayden, commander, 1st ABCT, said. “I’m absolutely confident the “Devil” brigade combat team will see the return on this investment, but more importantly, Soldiers and their families will see the same return on their individual and family readiness as well. We are excited to do this and building it into our culture.”

First Sgt. Gina Curry, senior noncommissioned officer for Company E, 1st Engineer Battalion, 1st ABCT, said P3 was a worthwhile endeavor and she was eager to create a healthier culture in her company.

“I am definitely excited; I believe it is going to increase readiness within the brigade,” Curry said. “I am going to promote it in my company by leading by example, by eating more nutritious foods, talking about it and then having my NCOs do the same. During

PT time, I plan to throw a ‘food for thought’ fact out every morning for my Soldiers to think about.”



Curry said she planned to share helpful tips about sleep, activity and nutrition found in the literature she received during Performance Triad University for her Soldiers during physical training.

Teyhen said Army families were also encouraged to participate and could lead the way to help inspire and change this part of their culture.

“The Army asks so much of the family members and this is one way the Army continues to say ‘thank you’ and that it cares deeply about the health and well-being of Army families,” Teyhen said. “Everyone, regardless of age or occupation, benefits from taking care of themselves and, when the families are ready, it helps our Soldiers be even more ready to fight and win our nation’s wars.”




Maj. Fredrick Williams | 1ST ABCT
Rita Powell and Bryon Gagnon, both clinical workflow analysts with Irwin Army Community Hospital, assist Maj. Gen. Wayne Grigsby Jr., commanding general, 1st Infantry Division and Fort Riley, as he registers for a Relay Health account during his visit to Performance Triad University Sept. 10 at Fort Riley.



WANTED

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COMPETITION

Continued from page 1

Pfc. Sarah Westgate, a radiology specialist assigned to 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, said although the obstacle course was the most difficult for her, the combatives was definitely a wake-up call.

“I wasn’t prepared for that, but it was great because they brought us in and they questioned us on what we should have known and then they came back and trained us afterwards, said Westgate, who is from Candor, New York.”

For others involved in the competition, the events provided an opportunity for additional learning.

Staff Sgt. Allan Froa, a motor transport operator from Bulacan, Philippines, who is assigned to the 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade, said he is learning constantly.

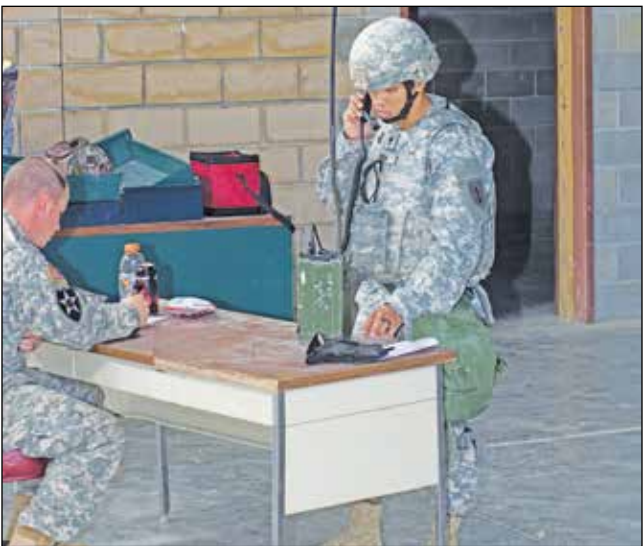
“I am a staff sergeant and I am still learning,” said Froa. “ ... and try to share this knowledge with my Soldiers.”

For the junior enlisted competing for the title of Soldier of the Quarter, the competition provided new prospects for training on tasks they had not encountered since basic training.

“A lot of it did become eye opening because for certain things you just don’t practice all the time, but you figure it out as you go along for this competition and you just kind of have to adapt to it,” said Levinger, a native of Buffalo, New York.

For Sgt. Nicole Ney, the adaptations came in the form of mentorship. Ney, who is a medical logistics specialist assigned to 299th BSB, 2nd ABCT, took up the task of sponsoring and helping Westgate compete.

“It’s kind of rewarding to see how she progressed from ‘I don’t really know this’ to being able to go out on her own and just do it by herself” said Ney.



Staff Sgt. Jerry Griffiths | 1ST INF. DIV.

Staff Sgt. Allan Froa, a motor transport operator assigned to 541st Combat Sustainment Support Battalion, 1st Sustainment Brigade. 1st Infantry Division, tests a radio during the NCO and Soldier of the Quarter competition Sept. 16 at Fort Riley.

Soldiers from various units within the battalion came together to help Westgate learn different tasks , Ney said.

“It was all of us getting together as a big family and kind of raising our little PFC to learn all this stuff,” Ney said. “It was really great to see.”

While the rivalry was Soldier vs. Soldier, the competition also fostered cooperation and teamwork.

“If I am in that kind of competition, yes, it’s an individual effort, but at the same time I am going to encourage that person to do 100 percent while I am competing,” said Froa.

Pfc. John Aldana, a signal support systems specialist representing Special Troops Battalion, 1st Inf. Div. Sust. Bde., said it just took the right attitude and mentality to make it through the competition.

“I feel relieved and also at the same time I feel like for me it’s an accomplishment just reaching this far and, win or lose, I proved to myself that I did it and I know anybody else can do it,” said Aldana, who was born in Yijo, Guam.

Hagen said the competition provided an

opportunity for NCOs to push themselves and develop skills to teach their Soldiers.

“I think it is important to do things like this because it sets Soldiers apart that are trying to better themselves and set the example for their Soldiers,” Hagen said. “It really shows them leadership skills and makes that NCO or Soldier develop further to progress their career.”

The competition provided an opportunity for Soldiers to learn lifelong skills.

“All of the stuff that I learned, especially the medical part, it can really help me, especially when we deploy and something does happen,” said Aldana. “I know what to do and I could eventually save that person’s life.”

Westgate said it all came down to doing one’s best and encouraging others to do their best.

“That’s what’s important and that’s what the Army is all about,” Westgate said. “It’s about teamwork.”

The winners of the competition were announced during a Sept. 24 ceremony. Sgt. Jacob May, 1st Squadron, 4th Cavalry Regiment, 1st ABCT, was named NCO of the Quarter and Aldana was named Soldier of the Quarter.

OVERVIEW

Continued from page 1

be underestimated in getting participation and the word out about what’s available to support families.”

Durgin said overviews like this one emphasize the importance of the programs and services on Fort Riley.

“They get a lot of this information in a number of different venues,” Durgin said, “but actually taking them to the locations and putting them in front of the people who can answer their direct questions ... it’s a unique opportunity.”

CYSS offers programs for children to reduce the conflict

between mission readiness and parental responsibility, according to the organization’s website. Services range from fitness programs to date-night babysitting.

“People always want to know what there is for families,” Durgin said. “We’re lucky that way. What we’re selling isn’t a hard sell, because it’s for the kids.”

Other stops on the overview included Fort Riley’s recycling center and the post’s Victory Center, where Soldiers and their families can learn about a range of mental and physical fitness programs.

“We love it,” said Lauren Boland, wife of Col. Tom Boland, who will command the Big Red One’s new Division Artillery unit when it activates in October. “You can tell (Fort Riley) is a really family-oriented place.”

Boland said she found the overview smooth, informative and fun.

“It’s been wonderful,” she said about the overview. “It’s been really informative and it has given me a lot of information that I can take and pass on to the families to help support them.”



J. Parker Roberts | 1ST INF. DIV.

Michelle Durgin, Fort Riley Child, Youth and School Services coordinator, speaks to a group of incoming 1st Infantry Division brigade and battalion leaders and their families Sept. 17 at Parent Central on Fort Riley. About 25 Soldiers and family members participated in the Fort Riley Command Team Overview Sept. 16 to 17.

LANDINGS

Continued from page 10

approaches because of its gravel surface.

“At a normal airfield, they wouldn’t do the tactical approaches,” Zahler said. “So they get to practice the tactical approaches like they would if they were in a desert or an uncontrolled airfield.”

Brig. Gen. John Kolasheski, deputy commanding general for maneuver, took part in the training event. He said it was exciting to be part of the training opportunity at Savage Field because it is just one example of the training ability Fort Riley has.

“This is an example of the capabilities we have here at Fort Riley — they are incredible,” Kolasheski said. “They are a magnet for our joint and intergovernmental partners to come train. For this particular exercise, we have the Air National Guard partnering with our Combat Aviation Brigade as well as one of our Combined Arms Maneuver Battalion from 1st Brigade.”

The joint training capability Fort Riley showcased is the reason Zahler

is stationed at the 1st Infantry Division. He is the direct liaison authority between the 1st Inf. Div. and the Air Force. He said he strives to tell the Air Force about the capabilities at Fort Riley.

“This is huge for Fort Riley,” Zahler said. “We’ve got local guard and reserve air force wings that are out there looking for something like this to do their training at. The field landing strip is something the services don’t have very many out there of anymore.”

IN BRIEF

TRAFFIC UPDATES

For traffic updates, see the Traffic Report on page 6 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.

SOLDIER FOR LIFE TRANSITION ASSISTANCE PROGRAM UPCOMING EVENTS

- 9 to 11 a.m., Friday, October 2nd: Vinnell Arabia Employer Day, am, Bldg 210, Rm 118D, Fort Riley.
- 10 a.m. to 2 p.m., Monday, October 5th: Weld Now Job Fair, Manhattan WFC, 205 S 4th St Suite K, Manhattan, Kan.
- 1 p.m. to 2:30 p.m., Monday, October 5: Monthly Employer Showcase, Fort Riley Transition Center, Bldg 212, Rm 201.
- 10 a.m. to 2:00 p.m., Tuesday, October 20: Industry Workshop featuring Westar, Kiewit, and Flint Hills Technical College, Education Center Bldg 217 Room 202.
- 10 a.m. to 3 p.m., Thursday, October 22: ACS Hiring Fair, Riley Conference Center.
- 6:30 p.m. to 8:30 p.m., Thursday, October 22: Bradley Morris Seminar, Courtyard Marriott, 310 Hammons Dr., Junction City, Kan.
- 8:30 a.m. to 4 p.m., Thursday, October 29th: Salina Police Department Employer Day, Bldg 210, Rm 118D, Fort Riley.

CHAPEL VOLUNTEER TRAINING

Chapel volunteer training is scheduled 9 a.m. to 12 p.m. Saturday, September 26, at Victory Chapel. Chapel Volunteers are needed to help with children and teen programs, and is mandatory for anyone working with children and youth.

Sunday programs require Catholic CCD Teachers and assistants from 10:40 to 11:40 a.m.; Protestant Sunday School, from 9:15 to 10:15 a.m.; AWANA from 3:15 to 5 p.m.; and Youth of the Chapel late afternoon-early evening.

Chapel Watch Care contract workers are needed. Scheduled events are:

- PWOC 8:30 a.m. to 12 p.m. on Tuesdays.
 - CWOC 8:30 a.m. to 12 p.m. on Wednesdays.
 - Sunday Services and Programs 8:30 a.m. to 2 p.m.
- To reach the Funds Office call (785) 239-8088. The Watch Care Coordinator is Patricia Hayhurst at 812-306-3727.

Those interested in Chapel volunteer training must register by September 22.

Child care and lunch is provided for those who pre-register.

To register, contact Roxanne G. Martinez, 785-240-1443 roxanne.g.martinez.civ@mail.mil

IMPORTANT REMINDER

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



Buyers find treasures at Post-Wide Yard Sale

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

The Fort Riley bi-annual Post-Wide Yard Sale was Sept. 19 from 8 a.m. to noon. Participants sold everything from baby clothes and furniture to tires. All over the installation people had signs and balloons to direct shoppers to their sales.

“I love going shopping, but this year I can’t,” said Dunja Mandley, wife of Cpt. Todd Mandley. “But cleaning everything out is probably the best part.”

Like Mandley, many residents cleaned out their extra belongings for the yard sale.

Boy Scouts who live on post also set up in neighborhoods to sell popcorn as part of their troop fundraising.

The yard sale was a business opportunity for some. Staff Sgt. Jody Staggs and his wife Crystal refurbish furniture.

“It’s been successful,” said Crystal Staggs. “People have really liked our custom pieces, and people have been taking our names and numbers for it.”

Staggs said her outdoor furniture set that she had finished that morning and claimed lots of people had interest in that as well as some of their other work. The Post-Wide Yard Sale was open to off-post shoppers and Department of Defense ID cardholders.



Dunja Mandley, spouse of Cpt. Todd Mandley, and her daughter greet post wide yard sale shoppers Saturday.



Lt. Col. Clint E. Tracy, 1st Sustainment Brigade, the 1st Infantry Division rear detachment commander (left), Greg Hoyt, Manhattan High School principal (center) and Robert Shannon, Manhattan-Ogden USD 383 superintendent, cut a cake using a saber Sept. 11 at Low Lane Field during the charter-signing and cake cutting ceremony signifying their union at the Indians football game halftime.

‘Durable’ partners

Sustainment Brigade, Manhattan High renew Adopt-A-School charter

Story and photos by Sgt. Takita Lawery
1ST INF. DIV. SUST. BDE. PUBLIC AFFAIRS

MANHATTAN, Kan. — Representatives from the 1st Infantry Division Sustainment Brigade and Manhattan High School solidified their partnership during an Adopt-A-School charter signing Sept. 11 at Low Lane Field. More than 50 Soldiers from the “Durable” brigade came out to support the Indians in their football game against the Seaman Vikings.

The 1st Inf. Div. Sust. Bde’s headquarters, including Col. Allen T. Cassell, 1st Inf. Div. Sust. Bde. commander, and Command Sgt. Maj. Stephen M. Harris, the brigade’s senior noncommissioned officer, are deployed to Kuwait in support of Operation Spartan Shield and Operation Inherent Resolve.



Lt. Col. Clint E. Tracy, 1st Sustainment Brigade, the 1st Infantry Division rear detachment commander, and Greg Hoyt, Manhattan High School principal, sign the Adopt-A-School charter Sept. 11 at Low Lane Field during the charter-signing and cake-cutting ceremony signifying their union at the Indians football halftime.

“I am humbled and extremely pleased and excited to enter into this partnership ...”

GREG HOYT | MANHATTAN HIGH SCHOOL

See PARTNERS, page 16

Army Wife Network brings laughter

Corvias invites group to help military spouses to build new network systems

By Hannah Kleopfer
1ST INF. DIV. POST

Corvias Military Living staff brought Army Wife Network facilitators to Fort Riley Sept. 17 and 18 for a conference called Field Exercise: Battle Buddies. The goal was for military spouses to learn how to adjust to being an Army wife and finding friends and new network systems.

The workshop was an event where wives of the Fort Riley Soldiers came together to bond and to connect over their experiences with friendships, relationships and family on Thursday evening and Friday morning.

“It’s an opportunity for spouses to come together and not just learn

DID YOU KNOW?

- The Army Wife Network team has been to installations all over the country including Forts Stewart, Bragg, Drum, Eustis, Hood, Campbell, Sill, Bliss, Carson, Meade, Knox, Wainwright, Polk, Gordon and Leavenworth.

about Army Wife Network and what we can offer them as a resource, but it’s an opportunity for them to build connections here and make this journey at Fort Riley easier for them, but also learn tools for when they PCS again,” said Janet McIntosh, Cofounder of Army Wife Network.

The Army Wife Network team has been to installations all over the country including Forts Stewart, Bragg, Drum, Eustis, Hood, Campbell, Sill, Bliss, Carson,

“I’m really enjoying myself, it’s fun, hilarious and informational.”

STEPHANIE POWER
MILITARY SPOUSE

Meade, Knox, Wainwright, Polk, Gordon and Leavenworth. Their past conferences included the themes of Field Exercise: Priceless Package and Field Exercise: Love Military Life. The Army Wife Network staff caters to the needs of attendees with emotional support, connection resources and integrated installation services.

The conference consisted of a meal, three workshops and dessert. Each workshop had a different theme. The first was Battle Buddies:

See ARMY WIFE, page 16

GETTING INVOLVED

- Become part of the community planning process. Contact your local emergency management office at 785-239-0400 to find ways to help the community plan for an emergency.
- Fort Riley’s Red Cross Chapter is always looking for volunteers. For more information about volunteering with the Red Cross, call 785-239-1887.
- Visit www.ready.gov to locate preparedness programs in your zip code.
- Support major disasters by donating items that may help the community in emergencies.
- Join or start a preparedness project. A good example of a preparedness project is making a kit. To get more information about making a kit, visit www.ready.gov.
- Sign up for alerts in your area. For more information about what alerts are available in your area, call 785-239-0400 or visit www.ready.gov.

Red Cross effort puts emphasis on preparedness

Pillowcase Project helps kids with awareness of area hazards, coping skills

By Maria Childs
1ST INF. DIV. POST

Ten years ago, 15-year-old Leslie Jones evacuated her hometown of Slidell, Louisiana, located about 30 miles northeast of New Orleans, when her family learned the news about the approaching Hurricane Katrina. Her family packed up the car and left the area not knowing when they might return to their home.

Jones brought her school books and her mother grabbed family items, but looking back now Jones would do at least one thing differently — be prepared.

“I remember watching my family freak out and really struggle with ‘what are we going to do now. We have to leave, this is serious,’” Jones said. “We just had so much stuff that we didn’t even need to bring. We were in the car for 27 hours and we didn’t have any water.”

Jones, a Fort Riley Red Cross volunteer and regional program specialist, is now using her experience to bring the Pillowcase Project to children in the Fort Riley community.

The Red Cross Pillowcase Project is a free, interactive preparedness program designed to teach children in elementary school about hazards in their area as well as coping skills, safety and awareness. The New Orleans chapter originally developed the program after Hurricane Katrina, according to the Red Cross’ website. It has now expanded across the United States.

Patti Gubbels, regional trainer for the Pillowcase Project, taught five Red Cross volunteers how to give a presentation to children about the program to help them better understand preparedness.

“I think it’s important to teach about the Pillowcase Project because all of us need to be prepared for emergencies,” Gubbels said. “We hope we are never in the situation, but we have to be ready — emergencies happen. We want

See PILLOWCASE, page 16

COMMUNITY CORNER

Preparedness not just a monthlong event

Col. Andrew Cole Jr.
FORT RILEY GARRISON COMMANDER

The end of Preparedness Month does not mean the end of being prepared. Take action now. Teach your family, build a kit together and make a plan.



Colonel Cole

It is difficult to prepare for every possible situation in an emergency.

The hardest thing is to take the first step in getting a plan together. Will it be perfect? Probably not, but it's a start.

Disasters could include but are not limited to natural and weather-related disasters, technological and accidental hazards, terrorist hazards, pandemics or home fires.

Discuss the plan with all family members. In an emergency situation, it is difficult to predict the different problems you and your family might face. Practice the plan and that way you can find inconsistencies that can be adjusted.

You should have a good plan, but it is also important to have alternatives because when a disaster occurs, a plan might have to change quickly. Everyone should know what to do if the initial plan doesn't work. What is the backup? Talk about "what if" situations.

Some emergencies require sheltering in place and others evacuation.

Since the family members might not all be in the same location when a disaster occurs, talk about how you will communicate with each other — keeping in mind that cellphones and internet might not be working or be extremely slow.

GETTING STARTED

• The hardest thing is to take the first step in getting a plan together. Will it be perfect? Probably not, but it can be a start.

Have your kit packed and ready to go. Check the kit periodically to make sure items have not expired and batteries work. Also occasionally consider if any requirements for items in the kit have changed. Is there a new baby or pet in the family or has anyone developed any medical needs. If so, the kit might need additional items to accommodate these changes.

During an emergency, stay updated by following the appropriate broadcasts and alerts for your area. Emergency management officials will provide guidance — follow it quickly and safely.

Knowing what to do before, during and after an emergency is a critical part of being prepared and may make all the difference when seconds count.

After the disaster is over, there is a recovery period. Stay safe physically and mentally. Don't go into areas officials declared unsafe such as buildings that might be damaged or locations with down power lines. Wait for emergency personnel directions regarding when it is safe to re-enter an area.

Stay prepared and stay safe!

— 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/fortrileycg.

OPERATION CENTRE OF ATTENTION



Photos by Capt. Ed Alvarado | 2ND ABCT

Spc. Ivan Barboza, a generator mechanic assigned to Company B, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, receives a handmade gift from a student Sept. 10 during an assembly at Centre School in Lost Springs, Kansas. Barboza, along with the other Soldiers in the company, ate lunch and attended classes with the students. The partnership represents one of 22 the 2nd ABCT actively participants in as part of the Adopt-A-School Program and includes schools from Clay and Dickinson counties.



LEFT: Sgt. Cory Barnett, an armament noncommissioned officer assigned to Company B, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, receives a handmade gift from a student Sept. 10 during an assembly at Centre School. Barnett, along with the other Soldiers in the company, attended an assembly that included students singing patriotic songs, cheerleaders leading chants and a schoolwide dance session. RIGHT: Spc. Nathan Medina, a wheeled vehicle mechanic assigned to Company B, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, eats lunch Sept. 10 with students at Centre School. The visit, Operation Centre of Attention, was a full-day event that ended with Soldiers giving the students grab bags of goodies donated by USO Fort Riley.

Theme lunch begins Spouses Club year

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

Members of the Fort Riley Spouses Club began the new club year with a “The Price Is Right” themed luncheon Sept. 17 on tables covered with gold, red and glitter Price Is Right decorations including mini prize wheels at Riley’s Conference Center.

The club is a group for spouses who share similar experiences to meet and develop friendships.

“I just like being with my other Army spouses, it’s just comfortable to be with people who are living the same kind of life I am,” said Sarah

Harrison, two-year member of the Spouses Club and spouse of Lt. Col. Matthew Harrison, Division Surgeon, 1st Infantry Division. Before the lunch event started, vendors were set up around the room showcasing other events, organizations, jewelry and products. The vendors were fellow Spouses Club members showcasing their ventures.

Veronica Lane, 1st Vice President and spouse of Sgt. 1st Class David Lane, 1st Sustainment Brigade, 1st Inf. Div., announced new board members before the meal, including the new club president Sheila Kay Weaver.

“I’m fairly new to military life, and I’m very new to Fort Riley,” said Weaver. “I wanted to throw myself into military life. I came to the membership drive and I absolutely fell in love with everything they presented to me that day and the people.”

Event organizers also highlighted the Geary County United Way Food Pantry, the club’s charity of the month. Members could bring in canned goods and other non-perishable items to donate to the food pantry. There were also jars on the tables for monetary donations during lunch.

Robin Anderson, special events coordinator, reminded members to RSVP for the wine pairing night at Della Voce and other upcoming events such as their Fight Against Cancer Ticketmania

The final event included Price Is Right games where those who wanted to participate came up to bid on different prizes and then played games similar to Hi Lo as seen on “The Price Is Right.” Prizes included gift cards, board games and fall decorations.

For more information about joining the club go to www.fortrileyspousesclub.org/index.html.



Ladies at the luncheon playing “The Price Is Right” games and estimating the price of the fall decorations in the hands of Misty Waits, 2nd Vice President of the Spouses Club.

GOOD BOOK CLUB FALL DISCUSSION SERIES

Library’s book discussion series returns

MANHATTAN PUBLIC LIBRARY STAFF

MORE INFORMATION

• For more information, visit the **Manhattan Public Library** at 629 Poyntz Ave., call 785-776-4741, or visit the library’s website at www.MHKLlibrary.org.

“The Other Wes Moore” by Wes Moore, a dual biography of two men with the same name who grew up in the same struggling neighborhood in Baltimore. One went on to be a Rhodes Scholar, decorated veteran, and business leader while the other is serving a life sentence in prison. Moore explores each of their lives, discussing their families, friends, and the choices they each made, allowing the readers to come to their own conclusions about what made the difference. “The Other Wes Moore” is compelling and enjoyable.

On Oct. 22, the library also will be cooperating with K-State to bring Notre Dame associate history professor Linda Przybyszewski to Manhattan to discuss her book “The Lost Art of Dress: The Women Who Once Made America Stylish.” In the first half of the 20th century a remarkable group of women, pioneers in Home Economics as an academic field, spearheaded a nationwide movement

toward beautiful, economical, and egalitarian fashion. In her witty and intelligent book, Przybyszewski explores how these women, including early home economists from K-State, reached out in particular to rural and small-town women and taught them the principles and skills for bringing thrifty yet stylish fashion into their lives. The author will make a presentation and lead the discussion on Oct. 22 at 7 p.m. The Chapman Center for Rural Studies along with the KSU University Archives and the Department of Apparel, Textiles, and Interior Design is co-sponsoring Dr. Przybyszewski’s visit to Manhattan.

On Nov. 19, the fall Good Books Club series will conclude with “State of Wonder” by Ann Patchett, named one of 2011’s best books of the year by Time Magazine and Publisher’s Weekly and short-listed for the Orange Prize for Fiction.

Patchett’s novel tells the story of Dr. Marina Singh, a pharmacologist who is sent to the Amazon to check in on her mentor, Dr. Annick Swenson. Swenson has been studying a tribe in the rainforest whose women bear children well into old age. Marina’s journey is full of adventure and unexpected revelations. Rhonna Hargett, Adult Services Librarian at Manhattan Public Library, will lead the discussion Nov. 19 at 7 p.m.

“The Other Wes Moore” and “The Lost Art of Dress” can be accessed by placing a hold in the library’s catalog. “State of Wonder” will be available at the Reference Desk in October. Refreshments will be served at all events.

In January The Good Books Club will start a series of Native American mysteries from the Kansas Humanities Council’s T.A.L.K. program.

For more information visit the Manhattan Public Library at 629 Poyntz Avenue, call 785-776-4741, or visit the library’s website at www.MHKLlibrary.org. Find the library on Facebook, Pinterest, Twitter, Instagram and Tumbler.

NOW SHOWING

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



FRIDAY, SEPTEMBER 25

• Straight Outta Compton (R) 7 P.M.

SATURDAY, SEPTEMBER 26

• Fantastic Four (PG-13) 2 P.M.

• Straight Outta Compton (R) 7 P.M.

SUNDAY, SEPTEMBER 27

• The Gift (R) 5 P.M.

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

TOUCH-A-TRUCK



COURTESY PHOTO

The 300th Military Police Company, 97th MP Battalion, 89th MP Brigade from Fort Riley, Kansas, in conjunction with the Dorothy Bramlage Public Library in Junction City participated in the annual Touch-a-Truck community event Sept. 12. Soldiers and leaders of the 300th MP company participated by showcasing a Hum-vee and M1117 Assault Security Vehicle.



Hannah Kleopfer | POST

Tara Crooks, Cofounder of Army Wife Network, talks to the women at the conference about their Battle Buddies: Self-Discovery workshop.

ARMY WIFE Continued from page 13

Self Discovery where women talked about finding their “normal” and the types of friends they need in their life. It was a night for the women of Fort Riley to come with friends or to meet other women in the community. “My neighbor actually brought me here,” said Stefanie

Brown, wife of Chief Warrant Officer Kevin Brown, Division Headquarters and Headquarters Battalion, 1st Infantry Division. “I’m really enjoying myself, it’s fun, hilarious and informational,” said Brown’s neighbor Stephanie Provost, wife of Caleb Provost, 5th Squadron,

4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division. “It is an empowering and rejuvenating night focused on spouses for opportunities to network,” said Tara Crooks, Cofounder of Army Wife Network.

PARTNERS Continued from page 13

During the halftime ceremony, Lt. Col. Clint E. Tracy and Sgt. Maj. Daniel L. Leasor Jr., the 1st Inf. Div. Sust. Bde. rear detachment command team, along with Robert Shannon, Manhattan-Ogden USD 383 superintendent, and Greg Hoyt, Manhattan High School principal, signed a charter and participated in a cake cutting ceremony to signify their union. “Manhattan is a unique community in that it combines an institution of higher learning with the presence of a major military installation,” Hoyt said. “I am humbled and extremely pleased and excited to enter into this partnership as I look forward with anticipation of great things to come.”

The Adopt-a-School program is a division-wide initiative which enables brigade and battalion commanders to provide communities in



Sgt. Takita Lawery | 1ST INF. DIV. SUST. BDE.

Lt. Col. Clint E. Tracy, the 1st Infantry Division Sustainment Brigade rear detachment commander, speaks to Manhattan High School students Sept. 11 at Lew Lane Field in Manhattan, Kansas, during a charter-signing and cake-cutting ceremony during halftime at the school’s football game.

the Fort Riley and Central Flint Hills Region with an understanding of their division and Army post and allows the community to give back to the Soldiers.

“We look forward to our partnership because this community is the reason Fort Riley is the best place to train, deploy from and come home to,” Tracy said.

PILLOWCASE Continued from page 13

children to have confidence that they know what to do in order to be safe.” The curriculum for the training course includes how to address children’s concerns with natural hazards and teaching children how to best be prepared for an emergency when it happens. Jones said with September being National Preparedness Month, this is perfect timing for this training. “We’re teaching these coping mechanisms to these kids,” Jones said. “Not just emergency preparedness, but ways to cope with hazards.” Gubbels said Red Cross teaches this program at a national level. The agency’s goal is to reach more than 225,000 children this year. By teaching instructors for the project, more children will be reached.

“It’s a well-designed program so it sells itself,” Gubbels said. “Kids get a pillowcase and a workbook so they have something tangible they can take home and say ‘we need to put a flashlight in this.’” Jones said it took her years to actually deal with the memory of Hurricane Katrina, and she is happy that she found a way to help the community in which she lives while also sharing her experience. “I think that coming back to it more now and being able to highlight through my job with the Red Cross has been an honor,” Jones said. “And I’ve been able to meet volunteers who served in my hometown ... it was a really emotional experience for me to say ‘thank you.’” For more information about the Pillowcase Project or to schedule a presentation, call 785-239-1887.



Maria Childs | POST

Patti Gubbels, regional trainer for the Pillowcase Project, teaches Fort Riley community Red Cross volunteers about coping skills the pillowcase project helps teach children. The Red Cross Pillowcase Project is a free, interactive preparedness program.



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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Sports & Recreation

★ SEPTEMBER 25, 2015

HOME OF THE BIG RED ONE

PAGE 17 ★

IN BRIEF

PAY DAY SCRAMBLE

It's time to get into the swing of things!

Grab your golf bag and head to Custer Hill Golf Course Thursday, Oct. 8 for the Pay Day Scramble. Play begins at 1 p.m.

Registration is under way and costs \$40 per player, including greens fee, cart rental and range balls. Spaces for this four-person scramble will fill up fast; the field is limited, so register today.

Custer Hill Golf Course is located at 5202 Normandy Drive. For more information, visit rileymwr.com/golf or call 785-784-6000.

GLOW SWIM

Don't miss your chance for a one-of-a-kind pool party experience: Eyster Pool presents the second annual Glow Swim Saturday, Oct. 17.

From 7-10 p.m., have fun in the floating pumpkin patch, take a tour of the underwater glow garden and swim the night away.

Admission costs \$10 per family or \$5 per individual. Pool passes do not cover this event.

Eyster Pool is located at 6940 Warren Road. For more information, visit rileymwr.com/sports or call 785-239-9441.

PAINTBALL SHOOTOUT

Dress up and get painted up with Outdoor Recreation. Themed games and scenarios are on the menu for this blacklight-infused, glow-in-the-dark zombie extravaganza.

The Zombie Paradise Paintball Shootout is set for 6 p.m. Saturday, Oct. 24 at the Outdoor Recreation Center paintball course. It's open to participants ages 13 and older. For minors ages 13 to 17, parents must be present during the event.

All equipment and supplies are provided, or use your own equipment. Sign up in three person teams, or individually – Outdoor Rec can create teams! Advance registration is required and costs \$25 per person.

The Outdoor Recreation Center is located at 1806 Buffalo Soldier Drive. For more information, visit rileymwr.com/odr or call 785-239-2363.

YOUTH SPORTS OFFICIALS

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

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

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

LOOKING FOR A WAY TO SERVE VETERANS?

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

For Team RWB local chapter events, see "Team RWB Fort Riley" on Facebook.

SKEET AND TRAP

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

Cost is \$11.25 per round and \$6.25 for ammunition. For more information, call Outdoor Recreation at 785-239-2363.

ISPORTSMAN SYSTEM

Fort Riley has an automated check-in-out system, iSportsman. Individuals can register at the Fort Riley iSportsman webpage at www.fortriley.isportsman.net.

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

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

HOOPIN' IT UP

Post basketball team plays pre-season games against McConnell, Fort Carson

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

The Fort Riley basketball team played their pre-season games at King Field House Sept. 19. The Fort Riley team played teams from Fort Carson, Colorado, and McConnell Air Force Base, Kansas.

In the first game, Fort Riley defeated McConnell AFB 69-58. Head coach Darryl Dunbar was pleased with that first team performance.

"I think we did very well. We started off slow, then we started rotating the offense and we started working as a team," Dunbar said. "This is our first year, and first year all together, so we're building from the ground up."

In game three of the day, the home team momentum slipped and Fort Riley lost to Fort Carson 59-71.

The Sept. 20 games continued with Fort Riley facing Fort Carson again, but with a tighter score. Fort Carson won the game in overtime 79-75. In the final game, Fort Riley lost in another nail biter against McConnell 62-63.

There was a total of five games played during the weekend, with Fort Riley playing four games, and McConnell and Fort Carson each playing in three.

"I think everything went smooth. We could've had better communication and played harder," said Pfc. Alexander Allen, 24th Transportation Company, 1st Sustainment Brigade, 1st Infantry Division. "I want to work on offense better and at least make it to playoffs."

The Post basketball team's next game will be at the Whiteman Air Force Base, Missouri, Oct. 10. The season goes through April with the final games before the Conference Final Tournament being April 2 and 3. The home team will host games here Nov. 14 and 15 as well as March 5 and 6 at the King Field House.

Spc. Davontae Robinson shoots his second free throw in a game against the McConnell Air Force Base basketball team.



Spc. Davontae Robinson, forward for the Fort Riley Basketball Team and a Soldier from the 82nd Engineer Company, 2nd Armored Brigade Combat Team, 1st Infantry Division, shoots the ball during a Sept. 19 game against McConnell Air Force Base at King Field House.



Pfc. Dontarrius Pugh, point guard for the Fort Riley basketball team and Soldier from 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division, attempts to make a lay-up during a Sept. 19 basketball game against McConnell Air Force Base at King Field House. Fort Riley won the game 69-58, and played them again Sept. 20.



Pfc. Alexander Allen, center for the Fort Riley basketball team and a Soldier from 24th Transportation Company, 1st Sustainment Brigade, 1st Infantry Division, goes for the basket during a Sept. 19 game against McConnell Air Force Base at King Field House.

Leavenworth's commanding general influence goes beyond the court

By Mike Vaccarro
ARMY WEST POINT ATHLETICS

FORT LEAVENWORTH — There have been many recruiting victories in the years since, many times when Mike Krzyzewski walked into a living room, or into a gymnasium, or onto an outdoor court at a summer basketball camp and pitched to the very best players in America why they should attend Duke University and not another school. Yet there may have been no more unlikely coup than the one Krzyzewski pulled off in the spring of 1977.

Krzyzewski was in his second year coaching basketball at West Point, he had just turned 30 years old, and he was coming off a 20-8 season with a good roster returning in the fall. One of his targets that spring was a 6-foot-5 shooter out of Grosse Pointe Woods, Michigan who was good enough to be first team all-state, and good enough that the University of Michigan wanted him to spend his college years in Ann Arbor.

"For a kid in Michigan," Lt. Gen. Robert Brown says, some 38 years later, "what could be better than playing for the Wolverines, playing in the Big Ten? Who doesn't dream of something like that?"

And yet, when Brown received a letter from Krzyzewski, he was oddly intrigued. His father was a Marine during the Korean conflict. The Browns were a family imbued with traditional Midwestern values

and that meant a deep appreciation for the military.

So Brown decided, why not? "It seemed like an adventure," Brown says today, laughing, from his office in Kansas, where he is Commanding General, United States Army Combined Arms Center and Ft. Leavenworth.

And the moment he walked onto post, he realized it was something else: namely, a pathway to the rest of his life. That was the weekend of the annual boxing "smoker," and Brown was instantly taken by the camaraderie of the cadets, the fierce competitions buffered by genuine concern for their comrades. He was intrigued by the history that seemed to collide with each of his steps that weekend. He was taken by Krzyzewski, who made him no promises, offered him no guarantees, but presented an unyielding affinity for the Academy and for his place in it.

"This is the greatest leadership laboratory in the world," the coach told the player at one point. "If you want to be a leader, why wouldn't you come here?"

Not long after, he received word that he would have no problem being admitted, and a few years later Krzyzewski conceded there was never an issue with his grades.

"Always coaching," Brown says today. "Always teaching."

All these years later, Brown and Krzyzewski have become close friends, have inspired each other with their respective successes.

"He's built a skyscraper with his career," Krzyzewski says from his office on Duke's Durham, N.C., campus. "He hasn't built a home, he's built a skyscraper and he keeps building. That's what sets Bob apart, is that he always wants to learn more and that's why he's current and why he's adaptable and why he's as good as he is, yearning to learn more and more about leadership. He and I have learned together across these last few decades since he played for me."

Brown had a terrific basketball career at West Point, scoring 1,282 points for a 13.8 average, twice scoring more than 30 points (his career high, 35, came against Manhattan during his sophomore year), participating on the 1977-78 team as

"It's not just that he's a general. It's that he's one of the best leaders in our country. I'm so proud of that."

MIKE KRZYZEWSKI |
FORMER WEST POINT
BASKETBALL COACH

K-State kicker named "Star of the Week"

MANHATTAN, Kan. — Kansas State place kicker Jack Cantele collected his second accolade following a stellar performance against Louisiana Tech as he was named a Lou Groza Award "Star of the Week," the Palm Beach County Sports Commission has announced.

Cantele, who was also named the Big 12 Special Teams Player of the Week, went 4-for-4 on field goals in Kansas State's 39-33 triple-overtime victory over the Bulldogs. His field goals came from distances of 33, 38, 20 and 44 yards, the latter coming in a "must-make" situation to send the game to a third overtime where the Wildcats eventually won.

A product of Wichita, Kansas, Cantele's four made field goals tied his career high originally set on Nov. 16, 2013, vs. TCU and were the second most in school history for a game. The 44-yard field goal he made in overtime tied his career long set on Nov. 2, 2013, against Iowa State.

Cantele now has 23 career field goals made to rank 10th in school history as he is 7-of-7 on field goals this season and 23-of-29 in his career. He has also made 56 career extra points to rank 10th in K-State history.

Kansas State will enjoy a bye week prior to traveling to Stillwater, Oklahoma, to take on Oklahoma State on Saturday, October 3, at Boone Pickens Stadium. The game, which kicks off at 3 p.m., will be shown nationally on FS1.

See WEST POINT, page 18

Soldiers, family members take part in Co-ed softball tournament

By Hannah Kleopfer
1ST INF. DIV. POST

Members of the Fort Riley community came out to the Sacco Softball Complex Sept. 19 to participate in the Co-Ed Softball tournament as part of the Morale Welfare and Recreation intramurals. “The tournament went very well,” said Renee Satterlee, intramural director. “We had eight teams which is up from previous years. And going against the post yard sale I think the team participation was great.” The teams consisted of 14 players and were open to all Department of Defense ID cardholders 18 years of age and older. The tournament was also free to all active-duty teams. In the double elimination tournament, Snatch ‘n

Balls won in a championship game against the SWAT with a score of 11-6. “The tournament went good, it was fun, and we had a good time,” said captain of Snatch ‘n Balls, Staff Sgt. Brian Czaplicki, 1st Armored Brigade Combat Team, 1st Infantry Division. “We play intramurals every Wednesday and I think we’re like second in the league.”

Community Life co-ed softball league is played every Wednesday at the Sacco Softball Complex, with games starting at 6 p.m. For

more information about intramurals and other sports and fitness activities offered by MWR, visit rileymwr.com/sports.



Hannah Kleopfer | POST
Team members of Yard Goats and the Punishers battle for home plate.



Renee Satterlee | SPORTS COORDINATOR
The winning team, Snatch N Balls, poses with their championship medals and t-shirts after completing the tournament.

WEST POINT Continued from page 17

a freshman that played in the Cadets’ most recent appearance in the National Invitation Tournament. Despite occasional clashes, Brown understood he was being coached by a master tactician, technician and motivator — although, he says with a chuckle, “I’d like to tell you I knew he’d be the first coach to reach 1,000 wins, but I can’t say that. I knew he was good. I don’t know that I knew he would be the best ever.” That’s what made the announcement a few weeks after Brown’s junior season so bittersweet. Tom Butters was the athletic director at Duke, and he was in the market for a new coach that spring of 1980. Bob Knight, who’d recruited Krzyzewski to West Point out of the Chicago parochial league 15 years earlier, had

strongly recommended him, and though the Cadets had grinded through a 9-17 rebuilding year there was little question Krzyzewski was ready for a bigger job. “It was very dramatic, very emotional, when he told us he was leaving for Duke,” Brown remembers. “Honestly, to us, his players, it was on some level the equivalent if the troops had lost Dwight D. Eisenhower during World War II — we respected him that much. I mean you hear about players who would run through a brick wall for a coach? That was real for us. We absolutely would have. We were sad. But we were also so, so proud of him.” Brown’s senior year didn’t end as he would’ve hoped — he hurt his knee during a game at Niagara. But it also offered some clarity: whatever dreams he

still harbored about playing basketball professionally crystallized to reality he wanted a military career and he has never looked back. Earning three stars and the universal respect as a soldier makes Krzyzewski beam whenever they cross paths or join forces, which to both men’s delight happens frequently. “I’m the only player he recruited that made General,” Brown says. “I think there’s something about that that’ll always bond us. That means so much to him, because of how much the Army means to him.” Says Krzyzewski: “It’s not just that he’s a General. It’s that he’s one of the best leaders in our country. I’m so proud of that. He has an enthusiasm that keeps growing and a humility. I’m just proud of the magnificent man he’s become.”

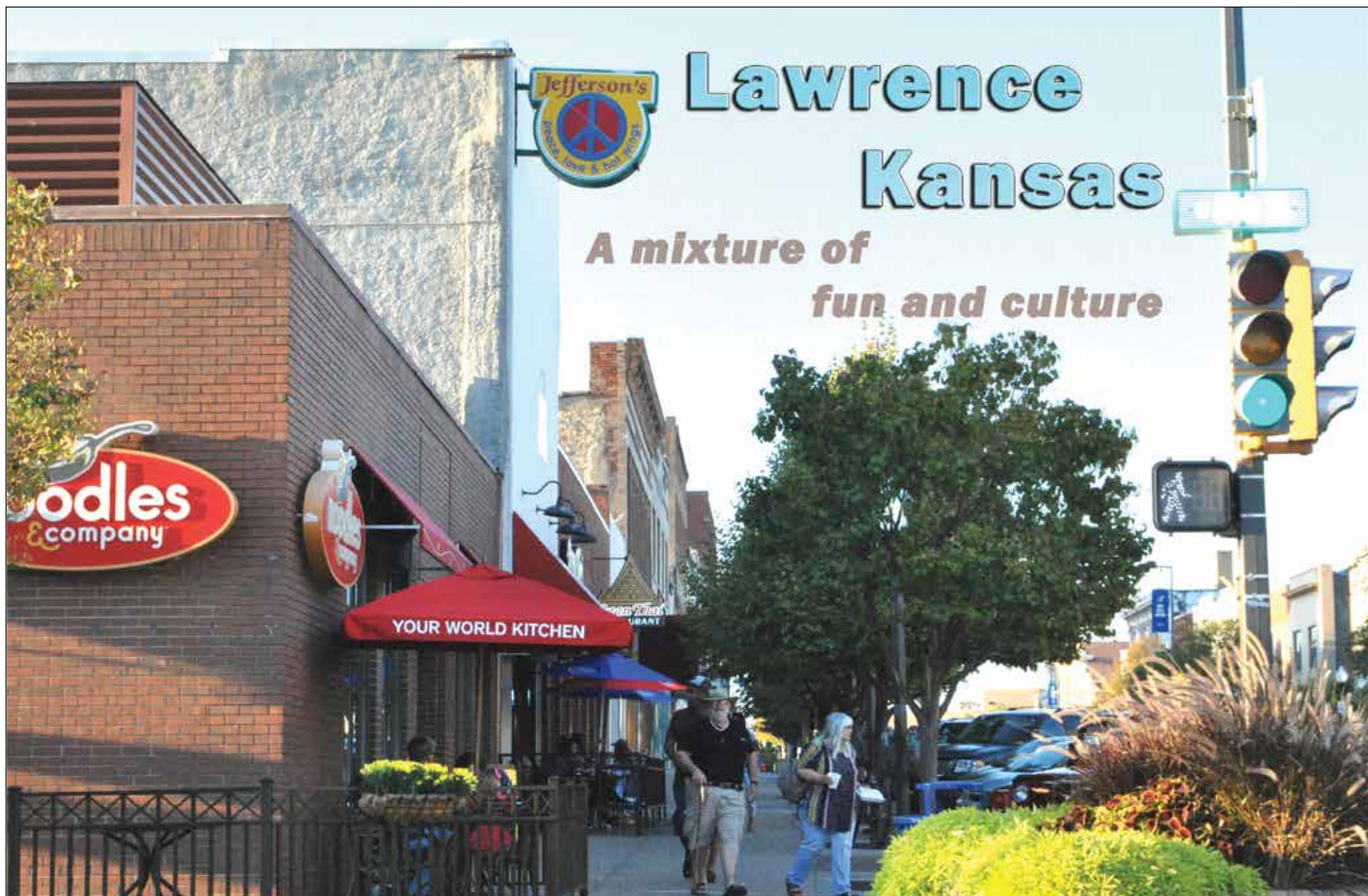
FINGERTIP CATCH



Maria Childs | POST
Pfc. Rahsaan Brown, Company B, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, jumps to catch a football in the end zone during a Sept. 17 flag football game at Long Fitness Center against Division Headquarters and Headquarters Battalion. Brown's team defeated DHHB.



Travel & Fun in Kansas



Story and photos by Hannah Kleopfer
1st Inf. Div. Post

When most local people think of Lawrence, Kansas, the crimson and blue of the University of Kansas comes to mind. But there is so much more to Lawrence than national titles and Final Four basketball championships. There is a mixture of culture and fun for residents and visitors.

Massachusetts street, or Mass street as the locals call it, has everything from bars and restaurants to shopping and entertainment. The variety of boutiques and shops add to the authentic, local atmosphere. Many of the restaurant owners use fresh, local and seasonally available products in their fare.

The restaurant experience range from fine dining to pizza by the slice.

Mass street and the areas around it contain several venues for music lovers. The variety of music includes rock, country and hip-hop. Two main venues are the Granada and the Bottleneck. The Granada features a wide variety of artists while the Bottleneck has become known as a rock 'n' roll historical landmark. The Bottleneck also has open mic nights every Monday.

Also in the neighborhood is the Lawrence Arts Center another addition to the music scene with a healthy dose of fine arts. Performances include musical genres, films and exhibits that add to the must-see attractions in this artistic area.



Restaurants and shopping – Mass street, downtown Lawrence.



Street performers – Mass street, downtown Lawrence.



Lawrence Kansas – fun and culture for all.