

THE

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ST INFANTRY DIVISION POST

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1DivPost.com

FRIDAY, NOVEMBER 20, 2015

Vol. 7, No. 47

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FORT RILEY, KAN.

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Sgt. Takita Lawery | 1ST SUST. BDE.

Soldiers of the 1st Infantry Division Sustainment Brigade marched Nov. 11 in the Eskridge Veterans Day Parade and Salute in Eskridge, Kansas. Soldiers of the 1st Inf. Div. Sust. Bde. are partnered with, volunteer for and support the schools in the local communities of Alta Vista, Alma, Paxico, Maple Hills, and Eskridge, all within Wabaunsee County, Kansas.



Capt. Keith E. Thayer | 1ST CAB

Students from several schools, ranging from elementary to area colleges, waved flags and held banners as they marched in the annual Veterans Day Parade Nov. 11 in Manhattan, Kansas.



Amanda Kim Stairrett | 1ST INF. DIV

With Maj. Gen. Wayne W. Grigsby Jr. on Boomerang and Command Sgt. Maj. Joseph Cornelison on Lexington, the 1st Infantry Division command team helped lead the Manhattan Veterans Day Parade on Nov. 11 in Manhattan, Kansas.

By Amanda Kim Stairrett
and Staff Sgt. Bernhard Lashleyleidner
1ST INF. DIV. AND 1ST ABCT PUBLIC AFFAIRS

Soldiers from the 1st Armored Brigade Combat Team, 1st Infantry Division, started the Veterans Day holiday by participating in a Veterans Day parade Nov. 7 in Wichita, Kansas. They were just one of the units from Fort Riley that sent Soldiers to their partner communities across the state of Kansas to represent the post and “Big Red One” for the national holiday.

The Flint Hills’ biggest Veterans Day celebration — Manhattan’s annual parade Nov. 11 — brought together members of the surrounding communities as they showed their appreciation for current and former servicemen and women. Maj. Gen. Wayne W. Grigsby Jr. and Command Sgt. Maj. Joseph Cornelison, 1st Infantry Division and Fort Riley command team, led the contingent of Fort Riley representatives on horseback, followed closely by the Commanding General’s Mounted Color Guard, the 1st Inf. Div. Band; and a formation of Soldiers from the 1st and 2nd Armored Brigade Combat Teams, 1st Combat Aviation Brigade, 1st Inf. Div.

Sustainment Brigade, 1st Inf. Div. Artillery, Irwin Army Community Hospital and the 10th Air Support Operations Squadron.

Manhattan’s celebration also included a veterans program at city hall following the parade.

“That our community comes together to honor our nation’s service members like this is breathtaking,” Grigsby said during the program. “That each of you took the time to recognize the things that our young men and women do every day in the service of freedom means so very much to all of us.”

Soldiers of the 1st Inf. Div. Sustainment Brigade traveled to one of their partner communities Nov. 11 to participate in the Eskridge Veterans Day Parade and Salute in Eskridge, Kansas. During the salute, Pfc. Joseph Abruzzese, 526th Quartermaster Company, 541st Combat Sustainment Support Battalion, 1st Inf. Div. Sust. Bde., was recognized as the youngest veteran at the event.

Troopers of the CGMCG and noncommissioned officers continued holiday support by attending the Nov. 12 Veterans Day Celebration on the Sprint Campus in

See VETERANS, page 7



Capt. Keith E. Thayer | 1ST CAB

Soldiers from the 1st Infantry Division march with students of Woodrow Wilson Elementary School during the Veterans Day Parade Nov. 11 in Manhattan, Kansas.

The next USAG Resilience Day Off will be:

DEC.

11

SAFETY HOLIDAY

As of Thursday, Nov. 12

035

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

HIGHLIGHTS



COCKTAILS AND CANVASES CLASS IS GROWING IN POPULARITY. A RECORD NUMBER OF PARTICIPANTS ATTENDED THE NOV 13 EVENT AT RALLY POINT, SEE PAGE 11

ALSO IN THIS ISSUE



POST BASKETBALL TEAM PLAYED WHITEMAN AIR FORCE BASE AND TINKER AIR FORCE BASE

Keep the Army safe: Soldiers wanted by Criminal Investigation Command

CID PUBLIC AFFAIRS

QUANTICO, Va — “Wanted.” The word placed in bold letters across a poster with the U.S. Army Criminal Investigation Command badge incites fear in criminals around the world.

The latest “Wanted” poster released by the U.S. Army Criminal Investigation Command; however, is seeking assistance of a different kind. It is seeking applications from qualified Solders to train and serve as sworn federal law enforcement agents.

The command and its agents support the Army in peace and war by investigating felony-level crime that has an Army nexus. From homicide to contracting fraud, CID’s reach covers the globe and helps keep the Army community safe with one of the highest crime solve rates in modern law enforcement.

“If you want to do real detective work, if that is where your heart is, Army CID is where you need to be,” said Chief Warrant Officer 5 John Welch, the command’s chief warrant officer. “That is what we do day in and day out.”



Special Agents are provided with the latest in criminal investigative tactics and techniques and training available in law enforcement today. Agents are supported by a world-renowned criminal forensic laboratory and have the opportunity to pursue education at the FBI National Academy, Metropolitan Policy Academy at Scotland Yard, and the Canadian Police College.

“Our mission is felony investigations and anything associated with Title 10 criminal investigations,” Welch said. “We work hand-in-hand with U.S. attorneys, local law enforcement agencies, the Federal Bureau of Investigation, the Drug Enforcement Administration and the Bureau of Alcohol, Tobacco, Firearms and Explosives.”

Special Agents also conduct computer crime investigations, polygraph services, criminal intelligence collection and analysis and provide personal security services, much like the U.S. Secret Service, for key Department of Defense and Army officials.


For many CID Special Agents like Welch; however, the mission is second to the difference they make.

“There is no better feeling than helping people through your



WANTED

BY THE U.S. ARMY CRIMINAL INVESTIGATION COMMAND



DESCRIPTION

Special agents from the U.S. Army Criminal Investigation Command are seeking your assistance in finding qualified Soldiers to become CID Special Agents and join the Department of Defense's premier investigative organization. CID Special Agents are highly-trained federal agents who conduct criminal investigations that range from homicide to fraud, and when appropriate, work in conjunction with local, state, and other federal investigative agencies.

CID Special Agents also conduct computer crime investigations, polygraph services, criminal intelligence collection and analysis, and provide personal security services, much like the U.S. Secret Service, for key DoD and Army officials. CID agents also provide a variety of other services normally associated with modern law enforcement activities.


SHOULD BE CONSIDERED EXTREMELY MOTIVATED

As a CID Special Agent you will be on the cutting edge of criminal investigative tactics and techniques and receive some of the best training in law enforcement today. CID agents are supported by a world-renowned criminal forensic laboratory and have the opportunity to pursue education at the FBI National Academy, Metropolitan Police Academy at Scotland Yard, the Defense Academy of Credibility Assessment, and the Canadian Police College.

REWARD

By joining CID you will be on the fast-track to become a sworn federal law enforcement agent investigating felony-level crime with training and experience second to none.

JOIN TODAY - GO TO WWW.CID.ARMY.MIL TO APPLY OR CONTACT YOUR LOCAL CID OFFICE



investigative efforts, whether it be helping an individual or helping a community,” he said.

Qualified Soldiers must be U.S. citizens at least 21 years old and a maximum rank of sergeant, non-promotable. Promotable sergeants and staff sergeants with one year or less time-in-grade may apply with a waiver. All applicants must have at least two years but not more than 10 years time-in-service, have a skilled technical score of 107 or higher — 110 or higher if tested prior to January 2, 2002 — have at least 60 college credit hours a waiver of up to half of this prerequisite may be considered and have normal color vision

and no record of mental or emotional disorders.

Candidates must also be able to speak and write clearly, attain and maintain a Top Secret-Single Scope background investigation security clearance, no record of unsatisfactory credit and no felony or court-martial convictions. Lastly, they must be able to complete 36 months of service obligation upon completion of the CID Special Agent Course.

Soldiers with a passion for real detective work and the above qualifications are “Wanted” by CID and can start the application process at www.cid.army.mil.

Staff Judge Advocate Claims division wins award for 10th year

By Maria Childs
1ST INF. DIV. POST

The Claims division of the Staff Judge Advocate for the 1st Infantry Division and Fort Riley joined four other offices by receiving the Claims in Excellence Award for the 10th consecutive year.

Jeff Fleming, chief of the claims division at Fort Riley, said the Fort Riley office primarily has four duties. These include personnel claims, tort claims, medical claims at Irwin Army Community Hospital and collecting money from insurance agencies on claims.

“Not every claims office does all those things,” Fleming said. “Maybe one third of the claims offices are judged on all of the criteria.”

Fleming said the Fort Riley office is unique because it is one of three offices that has won the award based on judgment in all four categories. The other two are at Fort Polk, Louisiana and Fort Knox, Kentucky. The other two offices that hold the award for 10 years are Monterrey, California, and an office in Japan, but they do not handle medical claims and are not judged on all four criteria.

“We’ve been judged in all four areas to be top-notch for 10 years in a row,” Fleming said. “Only three full-service claims offices worldwide can claim that.”

Each year, the staff has to fill out a packet of questions based on the type of claims they process. Because the Fort Riley office processes all of the types of claims, they must answer every question in the packet.

Fleming said it is important to recognize not only the work done in the claims division, but that their excellence is achieved because of a bigger picture at the Department of the Army level.

“We’re one small piece of this office,” Fleming said. “Not every section in the JAG office is judged by a Department of the Army award. We advise on environmental law, contracts, civilian labor, power of attorneys and support the command when they are conducting investigations. If there were a DA-level award for all the areas, they would win it too, but we are fortunate enough that our area is judged at the DA-level.”

Lt. Col. Joe Mackey, deputy Staff Judge Advocate, said this is the best claims office he has worked with in the Army, and he is pleased because the staff accomplishes their mission while displaying this kind of excellence.

“It is a phenomenal accomplishment that they were able to do this for 10 years in a row,” Mackey said. “It’s a very rare accomplishment and a reflection of just how professional and dedicated the entire team is.”

What the award cannot capture is personal dedication.

“What’s not reflected in the award is the personal service that they give,” Mackey said. “What takes them even beyond the other two offices is their high dedication to customer service. Anyone who goes in there, they go well above and beyond what the Army tells them to do to accomplish their mission. It’s rare that every single person in the office has that dedication.”

Unmanned aerial vehicles wings could flap for Soldiers

By David Vergun
ARNEWS

ABERDEEN PROVING GROUND, Md. — In the future, it's possible that some unmanned aerial vehicles might sport wings that flap like a bird or a butterfly.

The Army Research Lab is testing that concept at the Spesutie Island Robotics Research Facility on Chesapeake Bay.

John W. Gerdes III, mechanical engineer at the Vehicle Technology Directorate, has been testing such a UAV, known as Robo-Raven. He designed the vehicle in collaboration with the University of Maryland.

During an open house Nov. 3, Gerdes took Robo-Raven for three test flights. He held it aloft in his hand, sort of like a falconer might do. With the other hand, he switched on the transmitter — the sort found in hobby shops for drones and toy vehicles.

The wings started flapping immediately as soon as he threw it aloft. Up and away it went, flapping around in a light breeze more like a butterfly than a bird. A gust blew it backward, but Robo-Raven made course corrections on its own so that Gerdes continued to maintain nearly full control of its flight.

After a minute or two, a curious raptor, possibly a hawk, circled Robo-Raven from above. At this point, Gerdes decided to land his mechanical bird. He raised his arm and Robo-Raven obediently landed on his outstretched hand.

Raptors, if given the chance, will destroy Robo-Raven, he said. Once, he said he flew his bird up to about 300 feet and a falcon dive bombed it, destroying its gossamer wings.

Once the falcon disappeared, Gerdes launched a second flight. This time, a flock of seagulls circled it. Gerdes noted that non-birds of prey will come over to investigate but will not attack Robo-Raven — at least not yet.

Unfortunately, Gerdes' landing didn't go as smoothly as the first and it crashed into the grass nearby. Fortunately, his half-pound bird sustained no damage. Observers wore hard hats and goggles just to be safe.

Had his Robo-Raven been destroyed in a crash or by a raptor, Gerdes had two backups, each of which looked similar but were slightly different in shape and size for testing.

The third flight went well and landed back in Gerdes' hand.

WHY DESIGN A FLAPPY BIRD?

“Ultimately, what we’re trying to go after is a vehicle which, at least in part, duplicates some of the great things animals can do,” he said. “The benefit of the flapping air vehicle is obvious when you look at nature.”

Flying creatures are so good at what they do because of how well in harmony all their subsystems work, he said. “Everything is perfectly matched to itself so they are able to perform at the highest possible level given their size and weight. We’re curious to discover the tricks they’re using.”

The challenge is to engineer a system that can duplicate behavior, he added.

Gerdes provided another illustration.

A quad-copter is great for flying at slow speeds, hovering, maneuvering and avoiding obstacles, he said. On the other hand, an airplane is great at flying high, far and fast.

“When you take either of those platforms out of their intended mission space they do very poorly,” he said. “Animals, on the other hand, can do all these things quite well.” The reason why is they can reconfigure their wings and orient themselves to take advantage of the airflow. “All these different details we’re trying to learn about here.”

Animals that fly are able to do so because of an enormous number of muscles and nerves that control their flexible wing and body, he said. The slightest alteration of a wing can send a bird soaring hundreds of feet into the air on an updraft.

“It’s extraordinarily difficult to unravel all of the pieces of that problem,” where there are flexible wings, sensors and controls distributed everywhere, he said. “It’s just too difficult to engineer at this point. But, we can approach that solution at least.”

On the other hand, Robo-Raven has some advantages over real birds.

For instance, Robo-Raven doesn’t need to eat or reproduce. “Animals make sacrifices that are different that don’t make sense from a robotics standpoint, so it gives me hope that one day we can do better than an animal,” he said.

RAVEN'S DESIGN

Robo-Raven’s design is a terrible approach from an efficiency standpoint, Gerdes said.

For one thing, it has two motors that independently control each wing. There are commercial flappy-bird designs that work more efficiently using just one motor



Todd Lopez | ARNEWS
John W. Gerdes III, mechanical engineer at the Vehicle Technology Directorate, prepares to fly Robo-Raven at Aberdeen Proving Ground's Spesutie Island Robotics Research Facility on Chesapeake Bay, Maryland, Nov. 3.

to control both wings. For example, “you wouldn’t drive a car with a different motor on each wheel. You’d be carrying unnecessary extra weight,” he said.

But from a scientific standpoint, this approach lets one learn a lot more about the platform and explore interesting spaces of the design, which wouldn’t be possible with a traditional flapping wing single-motor design, he said. With a single motor, one can only speed the wings up and slow them down, which doesn’t do much to inform learning of the system.

So, the goal is not to build the best flapping wing possible. “It’s our goal to build the most amount of knowledge about flapping-wing air vehicles as possible.”

Robo-Raven’s wings were designed with the help of ARL’s 3-D printer. Gerdes programmed a commercial-off-the-shelf Arduino micro-controller, which controls the flapping motion.

A hobby shop transmitter and receiver is used to send and receive commands to Robo-Raven. It can fly for 10 to 15 minutes before the motors overheat.

LOOKING AHEAD

Inside Gerdes’ lab is a breadboard with wires connected to sensors. In about a month, he said he hopes to have a more robust Robo-Raven that can carry this full suite of sensors, which will measure altitude, air speed, wing position, flapping speed, power draw, battery charge, acceleration, roll and so on.

These sensors will provide a huge body of data, he said, to begin to get at the “diabolically hard problem to solve” of flight similar to birds.

Down the road, he said ARL might come up with an innovative flexible material that would boost the chance of bird-like flight. He said the various labs across the Army collaborate very well on projects like this and others are aware of what he’s doing.

Ultimately in the future, Gerdes said he wants Soldiers to have a single platform that’s safer, quieter, stealthier, more versatile and can do a wide range of missions.

“It’s an exciting project, full of possibilities, but unfortunately right now, it’s not the finished product we’re after,” he said. That will be years from now.

Fort Riley Soldier competes in military-wide singing competition at end of month

By Maria Childs
1ST INF. DIV. POST

After taking third place in the online competition for Operation Rising Star, a military-wide singing competition, Spc. Xochilt Ramirez-Luna of the 97th Military Police Battalion at Fort Riley has received a second chance at becoming a star.

Ramirez-Luna was named an alternate at the end of the online competition at the beginning of October, but then found out she would be stepping in for another service member at the beginning of November. She will be representing Fort Riley, the 1st Infantry Division and her MP Brigade out of Fort Hood, Texas.

“I’m looking forward to winning,” Ramirez-Luna said. “I just want to put up the best show I can so they know that the 1st Infantry Division has the best Soldiers who can sing and perform. It’s great being able to represent my unit in that way. I think it’s cool that I am able to recognize my organization by doing something I really love to do, even though it’s not necessarily Army related.”

Ramirez-Luna will fly to San Antonio, Texas, for the competition, where she will train with a professional voice coach and choreographer before the performances. There will be four rounds in the finals. The first round begins Nov. 29. Online voting will be open 24 hours after the performances are posted online.

The finals will be streamed online at www.armymwr.com each day of the competition.

Ramirez-Luna said she needs the help of her community to advance in the competition. Half of the contestants’ scores will be from the viewing audience votes and the other half from the competition panel of judges.

For Ramirez-Luna, it was a challenge to become comfortable singing in front of others, but when she sang at her graduation from basic training, she faced her stage fright and that was the beginning of the road.

“In high school, I never sang for anyone, for any reason, ever,” she said. “I felt really insecure about singing until people starting telling me I sounded good.”

IF YOU GO

Operation Rising Star will be streamed online at www.armymwr.com the following dates:

- 1st round – Nov. 29
- 2nd round – Dec. 1
- 3rd round – Dec. 3
- Final round – Dec. 4



Amanda Kim Stairrett | 1ST INF. DIV.

Spc. Xochilt Ramirez sings for a variety of events at Fort Riley including change of command and Victory with Honors ceremonies.

At Fort Riley, she sings at a variety of events including change of command ceremonies and Victory with Honors ceremonies. Although she has experience singing in front of people, performing is another story.

“I can sing my heart out,” she said. “I think there’s a difference between putting up a performance and just singing. If I’m performing, I’m going to be dancing and moving. If I were singing, I would just be standing with a microphone.”

Ramirez-Luna said she is thankful to have a chain of command who supports her passion.

“The Battalion Commander and I are extremely proud of Spc. Ramirez; not only is she a gifted and talented singer but she is an outstanding Military Police Soldier,” said Command Sgt. Maj. Bill Ray Counts II of the 97th MP Bn. “She is a tremendous role model and I cannot think of a better Soldier to represent, not only the 1st Infantry Division and Fort Riley, but the 97th Military Police Battalion and the Military Police Corps Regiment as well.”

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 Forsyth 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.

ACP HOURS OF OPERATION

Effective Dec. 1, Fort Riley’s Grant, Estes and a portion of 12th Street

access control points will be closed Saturdays. The 12th Street commercial gate will remain open Saturdays for all commercial vehicles. The changes are necessary to maintain soldiers’ readiness for future training and deployment requirements.

Until Dec. 1, the 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.

WWW.1DIVPOST.COM

Fort Riley Dining facilities prepare for Thanksgiving meals

BY 1ST INF. DIV. PUBLIC AFFAIRS

To celebrate the season and show appreciation for all members of the “Big Red One” family, the 1st Infantry Division will serve first-class Thanksgiving meals on Fort Riley Nov. 25-26. During the meals, leaders from the division and Fort Riley will visit both participating dining facilities to determine the winner of the Senior Commander’s Best Culinary Dining Facility award.

The standard meal price is \$9.05 with a discounted rate of \$6.80 offered to family members of Soldiers ranked specialist and below.

On Nov. 25, the Thanksgiving meal will be served at Demon’s Diner from 11 a.m. to 3 p.m. Entrees will include

roasted and deep-fried turkey, carved steamship round, honey-glazed ham, rock Cornish hen, steamed crab legs and baked lobster tails. Additional meal options include green bean casserole, sweet potato casserole, candied yams, cranberry sauce, pumpkin soup and a full-service salad bar. Desserts include ranger pudding, holiday sugar cookies, cupcakes, pudding and assorted pies.

On Nov. 26, the Thanksgiving meal will be served at Devil’s Den from 11 a.m. to 2 p.m. The main courses are netted turkey, roast turkey, ham, steamship round, rotisserie chicken. Sides include mashed potatoes, corn on the cob and green beans. For dessert, assorted pies, cakes and cookies will be available.



J. Parker Roberts | 1ST INF. DIV..

Pfc. Alyssa Holbrook, 1st Sqdn., 6th Cav. Regt., 1st CAB, 1st Inf. Div., offers cuts of roasted pig to hungry guests at the Demon’s Diner dining facility Nov. 25, 2014. Every year, Soldiers at Demon’s Diner and Cantigny, Fort Riley’s dining facilities, pull out all the stops to serve 1st Inf. Div. Soldiers and their families with a first-class Thanksgiving meal, often staying up all night to get things just right.



J. Parker Roberts | 1ST INF. DIV..

Soldiers and family members sit down to a traditional Thanksgiving meal Nov. 25, 2014, at Fort Riley’s Cantigny dinning facility. Every year, Soldiers at Demon’s Diner and Cantigny, Fort Riley’s dining facilities, pull out all the stops to serve 1st Inf. Div. Soldiers and their families with a first-class Thanksgiving meal, often staying up all night to get things just right

Fort Riley weekend and Holiday Dining Facility Schedule

Two of Fort Riley’s three dining facilities will run on a holiday schedule throughout November and December. Please take note of updated hours.

Nov. 21-22: Devil’s Den and Demon’s Diner, open 9:30 a.m. to 1 p.m. and 5-6:30 p.m.

Nov. 26-29: Devil’s Den, open 9:30 a.m. to 1 p.m. and 5-6:30 p.m.

Dec. 5-6: Devil’s Den and Demon’s Diner, open 9:30 a.m. to 1 p.m. and 5-6:30 p.m.

Dec. 12-13: Devil’s Den, open 9:30 a.m. to 1 p.m. and 5-6:30 p.m.

Dec. 19-20: Devil’s Den and Demon’s Diner, open 9:30 a.m. to 1 p.m. and 5-6:30 p.m.

Dec. 24-27: Devil’s Den, open 9:30 a.m. to 1 p.m. and 5-6:30 p.m.

Irwin Army Community Hospital’s DFAC will be open regular hours through the holidays. The DFAC will host a Thanksgiving meal from 11 a.m. to 2 p.m. Nov. 26, Thanksgiving Day.

WWW.1DIVPOST.COM

Hospital’s secure messaging service assists patients

By Jorge Gomez
IACH PUBLIC AFFAIRS

In the year and a half that Juanita Boudreaux has been using Secure Messaging Service, she banked at least 30 hours back into her life. The retired military spouse lives east of Manhattan, Kansas, so a commute to Irwin Army Community Hospital requires planning.

“There’s nothing wrong with making the commute,” she said. “It’s only that I don’t always need an appointment.”

Boudreaux is one of a growing number of IACH patients who can’t imagine life without Army Medicine’s SMS. In September alone, Boudreaux said SMS gave her back at least eight hours. That’s time that would have been spent at the hospital or clinic for something that can now be addressed through Securing Messaging.

Army providers and nurses electronically communicate with their patients through SMS about issues that don’t require a face-to-face consultation. Medical teams answer questions about symptoms, fill prescriptions or review lab and test results with patients.

“I still remember the days (before SMS) when hearing back from the clinic could take two to three days,” Boudreaux said. “Receiving critical medical instructions from my provider within a matter of hours, not days, is crucial. For a patient with a serious condition, time is everything.”

Secure messaging service isn’t just tightening the gap between patient and provider. It’s also freeing up time for more important things in life.

Retired Lt. Col. Jon Hayward said the time he saves using SMS is time he can better spend with his grandchild or engaging in church activities.

On average Hayward reaches out to his

nurse or provider once a week. He estimates that within the last six months he was spared from scheduling at least four appointments.

“Most of the time the response I get through SMS is within hours the same day that I send a request or ask a question,” Hayward said.

Both Hayward and Boudreaux have stories describing the convenience of SMS. But that’s not all they have in common. They also have nonmilitary friends and family who envy this new form of connectivity.

“My family members are floored when I tell them about this service. None of them have (an electronic portal). When they call their clinic they speak with unrelated nurses who know nothing about their situation,” Boudreaux said.

“None of my civilian friends have anything like SMS with their health care,” Hayward said.

For others like Amanda Sweet, an active-duty spouse, SMS is comparable to social media.

“It’s as easy as texting a friend,” she said. “The big difference is you’re getting medical advice from a professional”

Sweet said five or six months ago she would have brushed off the idea of replacing an in-person appointment with electronic communication. But she registered at the prompting of the medical support assistant during a visit. Now she sees the value of saving time.

“I love it because instead of reaching out with a phone call, you can get a prompt response through SMS,” Sweet said.

Secure messaging service removes the burden of “playing phone tag” yet capitalizes on the speed of electronic communication. It integrates web and mobile device features while protecting a patient’s medical information.

To start messaging your medical team, register at app.relayhealth.com.



Jorge Gomez
IACH PUBLIC AFFAIRS
Jon and Jenny Hayward display their preferred mobile devices to communicate with their medical team at Irwin Army Community Hospital. Secure Messaging Service provides the technology to easily talk with their respective nurses and providers.

Home wanted

Meet Artie.

Artie can be a tad shy when he first meets new people, but usually warms up quickly. Once Artie feels comfortable around people, he shows off his silly kitty side. He has fur like silk and loves to sit on laps and be petted. He is a male cat, approximately 5-months old. Artie is neutered and up to date with shots. He is good with children, dogs and other cats.



If interested call 785-239-6183. If no one answers leave a message. You can also email nicole.p.storm@us.army.mil

Other shelter animals can be seen on www.facebook.com/fortrileypets. All animals picked up by the Military Police on Fort Riley are brought to the Fort Riley Stray facility. The animals are held for three business days to allow owners to claim their pets. After this, the animals may be adopted out or euthanized. Animals are usually only euthanized in cases of severe aggression or life-threatening illness. Animals must be registered, microchipped and up to date on vaccines before released to owners. Fort Riley Stray Facility, Building 226 Custer Ave., Main Post, 10 am – noon and 1 p.m.- 4 p.m., Monday through Friday 785-239-6183 or 785-239-3886.

RILEY ROUNDTABLE

What is your favorite food to eat at Thanksgiving Dinner?



"Green bean casserole."

BRITTANY GILBERT
NORWOOD, PENNSYLVANIA

Wife of Spc. Raymond Gilbert, 82nd Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division



"I like turkey."

LIAM GILBERT
NORWOOD, PENNSYLVANIA

Son of Brittany and Spc. Raymond Gilbert, 82nd Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division



"Cookies!"

SKYLAR GILBERT
NORWOOD, PENNSYLVANIA

Daughter of Brittany and Spc. Raymond Gilbert, 82nd Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division



"Pineapple Ham."

PFC. KEITH WRENN
MORO, ILLINOIS

2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division



"Turkey. Let's go with that."

STAFF SGT. MATTHEW BRANDT
HOLLYWOOD, CALIFORNIA

Staff Sgt. Matthew Brandt, 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division

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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FROM DANGER 6

Wishing all a Happy Thanksgiving

The roots of the Thanksgiving holiday are traced to the 1621 celebration of an abundant harvest in Plymouth, Massachusetts. Those humble beginnings grew to our modern observance, where we express gratitude for our blessings of family, friends and food.

As the holiday approaches, Command Sgt. Maj. Cornelison and I want to offer our thanks to the Soldiers, Airmen, civilians and retirees of the 1st Infantry Division and Fort Riley who are focused on the mission and maintain

our steady pace of operations — both here and deployed in harm's way.

The Brave, Responsible and On-Point Soldiers who call Fort Riley and the Big Red One home continue to show the world their strength and resolve.

To those men and women, I'm exceptionally proud of



Maj. Gen. Wayne W. Grigsby Jr.

1ST INF. DIV. AND FORT RILEY COMMANDING GENERAL

your continued service and the sacrifices you make on behalf of your nation — often without the comforts of home and family. Your families also serve, and we couldn't do this without them. No matter where you are in the world, please join us in taking the time to offer thanks —

thanks for all we have, all our country has to offer us and for having the privilege to serve in our nation's First Division.

Wherever you are serving this Thanksgiving Day, in uniform or out, know that we are thankful for your service and your willingness to put "Duty First" this Thanksgiving. No Mission Too Difficult, No Sacrifice Too Great — Duty First!

Wayne W. Grigsby Jr.
Maj. Gen., USA
Commanding General

SAFETY CORNER

Lack of safety can take 'happy' out of the holidays

By Dawn J. Douglas
GARRISON SAFETY OFFICE

"Chestnuts roasting on an open fire, Jack Frost nipping on your nose, yuletide carols being sung by a choir and folks dressed up like Eskimos ..."

The winter holiday season should be a joyous time of year. However, every year festive activities are cut short when someone gets hurt. Let us keep the "Happy" in Holidays by recognizing and preventing holiday injuries before they happen.

FALLS

According to the Consumer Product Safety Commission more than 12,000 people were treated in U.S. hospital emergency rooms in 2012 for holiday decorating related falls. At some point, we have all stood on a chair or a table to hang decorations instead of using a stepladder. Fall injuries connected with using chairs, tables, benches and every other type of climbing object can cause serious injuries to include broken arms, shoulders, hips and spinal injuries, especially among our older population. Surprisingly enough, many injuries occur when people fall from ladders. According to the World Health Organization, the United States leads the world in ladder deaths. Each year, there are more than 164,000 emergency room-treated injuries and 300 deaths in the U.S. that are caused by falls from ladders. The most common injuries are broken ankles and feet from jumping off ladders or using a defective ladder. Ladders are the safest way to climb to an elevated height, but maintaining situational awareness and using

the appropriate ladder for the job is key.

FIRES

Fires during the holiday season are often caused by malfunctioning decorative lights on a tree, burning wrapping paper in a fireplace or leaving candles unattended. They are also often caused by kitchen accidents or other defective decorations. The U.S. Fire Administration reports that more than 400 people die each year in holiday fires and over 1,600 people are injured. Keep fire safety in mind when preparing for the holidays.

CAR ACCIDENTS

Wet, icy, snowy or other types of weather make holiday driving a challenge. Unfortunately, people are much more likely to travel during this dangerous season than during any other. Alcohol consumption during celebrations and festivities also increases the likelihood of accidents caused by drunk drivers.

BURNS

Burns happen all too often during the holidays. Whether from kitchen accidents, candles or other type of accidental fires, burns are one of the most common holiday-related injuries. To prevent burns when cooking, use kitchen mitts and hot pads to protect yourself from hot surfaces and never leave cooking food unattended. Don't leave candles burning unattended and make sure electric outlets aren't overloaded because the smallest spark could cause a big blaze.

CHOKING

With the amount of food being ingested and the small trinkets kids get their

hands on, it's no wonder choking is one of the biggest injuries during the holidays. Choking is a serious concern for families with small children and caution should be taken to make sure holiday decorations are baby-proofed. As tempting as it is to scarf down those holiday meals, make sure you take your time to chew and swallow properly so you don't choke.

ELECTRIC SHOCK

Electric shock is a legitimate concern and common injury when dealing with Christmas lights and other electronic products around the holidays. One way to reduce the chance of electric shock is to buy reputable Christmas lights and electric products that have a safety certification mark, such as Canadian Standards Association, Underwriters Laboratories or Edison Testing Laboratories. Also try using a ground-fault circuit interrupter to prevent electric shock, and always use safety certified extension cords and power strips to avoid electrical fires. When it comes to using Christmas lights and other electrical decorations, use caution and make sure you follow manufacturers' instructions.

SPORTS ACCIDENTS

A good clean game of football with the family can turn dangerous when someone pulls their hamstring or is concussed after a hard-hitting tackle. Sports injuries are very common around the holidays when families get together and challenge each other to a competitive game. Even

playtime for kids can result in injuries like bruises, cuts and broken bones. If you're going to play this holiday season, make sure you play nice and don't overexert yourself to avoid unintentional injuries.

CUTS

Cuts from rushed dinners and turkey-carving accidents happen a great deal around the holidays. Don't be careless in the kitchen, especially when knives are involved. Keep a close eye on the knife and the position of your fingers when chopping, slicing or dicing. Also, beware of sharp edges on containers, packaging and kitchen tools.

PLANT POISONING

The mistletoe you kiss under is the same plant that can cause illness if eaten by young children or pets. Mistletoe is just one of several holiday plants that can be hazardous if ingested. Poinsettia, holly berries, Jerusalem cherry and most Christmas trees can be toxic if eaten and cause nausea, vomiting, skin rashes and other adverse side effects. In order to prevent accidental ingestion of poisonous holiday plants, keep plants out of reach of children and pets and always have the local poison control center's number on hand.

Team Riley, keep the "Merry" in your Christmas and the "Thanks" in your Thanksgiving, by making sure to exercise personal risk management to protect those you love from common holiday injuries. For more information and tips on how to make your holidays safer, contact the Garrison Safety Office, 785-240-0647.

THE PRESIDENT OF THE UNITED STATES

Everyone Has Role in Serving Veterans, Obama says

By Cheryl Pellerin
DOD NEWS, DEFENSE MEDIA ACTIVITY

WASHINGTON —

Everyone has a role to play to ensure veterans have the opportunities and support they deserve, President Barack Obama said in his weekly address Nov. 14.

Obama said gratitude to veterans should extend beyond what they've done in the past.

"It should remind us of our responsibility to serve them as well as they have served us," he said. "It should compel us to keep our veterans central to the ongoing work of this nation."

In recent years, the nation has made historic investments to boost the Veterans Affairs Department's budget, expand veterans' benefits and improve care for wounded warriors, Obama said.

The disability claims backlog has been cut by nearly 90 percent from its peak, and veteran homelessness has been reduced as tens of thousands of them have been helped off the streets, the president said. The veteran unemployment rate is 3.9 percent, lower than the national average, he added.

"Of course we're not satisfied," he said. "We've still got more work to do, and I've directed my administration to keep doing everything it can to fulfill our promise to our veterans."

But this isn't a job for government alone, the president said.

Less than 1 percent of Americans are serving in uniform, Obama noted, so most don't see and appreciate the skills and assets that veterans offer. But every American should know that the nation's veterans are some of the most talented, capable people in the world, he said.

"They've mastered skills and technologies and leadership roles that are impossible to teach off the battlefield," he said. "Our veterans will tell you themselves, they're not finished serving their country." Veterans are teachers and doctors, engineers and entrepreneurs, social workers and community leaders, and they serve in statehouses across the country and in Congress, he noted.

The president said he regularly tells small business



Pete Souza | WHITE HOUSE

President Barack Obama, along with Army Sgt. Andrew Mahoney, adjusts the Medal of Honor on retired Army Capt. Florent A. Groberg in the Blue Room of the White House, Nov. 12.

owners and CEOs that if they want to get the job done, they should hire a veteran, adding that every sector, industry and community in the country can benefit from their talents.

Medically retired Army Capt. Florent Groberg proved that troops and veterans give the nation their very best, the president said.

Three years ago, on patrol in Afghanistan, Groberg saw a suicide bomber coming toward

his unit. Without hesitating, he grabbed the bomber by his vest and helped to push him to the ground. When the bomb went off, Groberg was badly injured and four of his comrades were killed in the incident, but his sacrifice saved many more soldiers.

Groberg represents the very best of America, the president said and this week Obama presented him with the Medal of Honor for his actions.

TUESDAY TRIVIA CONTEST



The Nov. 17 question was: Where do I find a schedule of Ethnic/Commemorative Observances and other information about 1st Infantry Division Equal Opportunity (EO) office, who is hosting an

observance Wed. for National Native American Heritage Month?

Answer: Well, we stumped the audience this week.

Correct answer was <http://www.riley.army.mil/Services/SoldierServices/EqualOpportunity.aspx> Meanwhile, because of early publishing deadlines for the Thanksgiving holiday, please be watching for a trivia question this weekend. Tuesday schedule will resume Dec. 1

Army uses technology to decode brain waves

Photo and Story by C. Todd Lopez
ARNEWS SERVICE

ABERDEEN PROVING GROUND, Md. — In an Army Research Laboratory facility called “The Mission Impact Through Neurotechnology Design Lab,” a desktop computer was able to accurately determine what target image a Soldier was thinking about.

“Mission Impact Through Neurotechnology Design” and Anthony Ries used technology in the lab to decode the Soldier’s brain signals.

Ries, a cognitive neuroscientist who studies visual perception and target recognition, hooked the Soldier up to an electroencephalogram — a device that reads brain waves — and had him sit in front of a computer to look at a series of images that flashed on the screen.

There were five categories of images: boats, pandas, strawberries, butterflies and chandeliers. The Soldier was asked to choose one of those categories, but keep the choice to himself. Then images flashed on the screen at a rate of about one per second. Each image fell into one of the five categories. The Soldier didn’t have to say anything or click anything. He had only to count, in his head, how many images he saw that fell into the category he had chosen.

When the experiment was over, after about two minutes, the computer revealed the Soldier had chosen to focus on the boat category. The computer accomplished that by analyzing brainwaves from the Soldier. When a picture of a boat was flashed on the screen, the Soldier’s brain waves appeared different from when a picture of a strawberry, a butterfly, a chandelier or a panda appeared on the screen.

TOO MUCH DATA

Ries said that a big problem he sees for the intelligence community is the vast amount of image information coming in to be analyzed — imagery from unmanned aerial vehicles or satellites or surveillance aircraft for instance. Everything must be looked at and evaluated.

“Our ability to collect and store imagery data has been surpassed by our ability to analyze it,” Ries said.

Ries thinks one day the intelligence community might use computers and brainwaves or neural signals, to more rapidly identify targets of interest in intelligence imagery in much the same way the computer in his lab was able to identify pictures of boats as targets of interest for the Soldier who chose to focus on the boats category.

“What we are doing is basically leveraging the neural responses of the visual system,” he said. “Our brain is a much faster image processor than any computer is. And it’s better at detecting subtle differences in an image.”

Ries said in a typical image analysis scenario, an analyst might have a large image to look over and might accomplish that by starting at the top left and working his way down going left to right. The analyst would look for things of interest to him. “It takes a long time. They may be looking for a specific vehicle, house or airstrip — that sort of thing.”

What Ries and fellow researchers are doing is cutting such an image up into chips, smaller sections of the larger image, and flashing them on a screen in the same way the boats, pandas and butterflies appeared on the screen for the Soldier.

“The analyst sits in front of the monitor, with the electroencephalogram on measuring his brain waves,” Ries said. “All the little chips are presented really fast. They are able to view this whole map in a fraction of the time it would take to do it manually.”

“We want to create a solution where image analysts can quickly sort through large volumes of image data, while still maintaining a high level of accuracy,” by leveraging the power of the neural responses of individuals

ANTHONY RIES
NEUROSCIENTIST, ABERDEEN PROVING GROUND,
MARYLAND

The computer would then measure the analyst’s neural response to each chip viewed.

“Whenever the Soldier or analyst detects something they deem important, it triggers this recognition response,” he said, adding research has shown as many as five images per second could be flashed on the screen while still getting an accurate neural response. “Only those chips that contain a feature that is relevant to the Soldier at the time — a vehicle, or something out of the ordinary, somebody digging by the side of the road, those sorts of things — trigger this response of recognizing something important.”

Images identified by the analyst’s mind as being of interest would then be tagged for further inspection.

The automated system could reduce the amount of time it takes to process an image, and that means a larger number of images — more of that gathered intelligence data — can be processed sooner, so that it can more quickly be of value to Soldiers on the ground.

When Ries and his fellow researches cut a larger intelligence image into smaller parts and display them in rapid succession to an analyst, the analyst still has to look at the entire image — the same number of square inches of image overall. But Ries said by cutting it into smaller chips and displaying it rapidly, they are taking much of the work out of accomplishing the analysis.

Instead of sliding his fingers over the image, marking on it, writing something or typing, the analyst has only to think “of interest” or “not of interest.” That kind of decision can be made



Dr. Anthony Ries instructs Pfc. Kenneth Blandon on how to play a computer game, using only his eyes to control the direction of fire of a bubble-shooting cannon at Aberdeen Proving Ground, Md., Nov. 3, 2015. Ries is a cognitive neuroscientist, who studies visual perception and target recognition. Blandon is a mechanic with the 20th Chemical, Biological, Radiological, Nuclear and Explosives Command.

almost instantly — and a computer hooked to an EEG can detect when that decision is made, what the decision is, tag the image with the result and present the next image in a split second.

ELIMINATING NOISE

Ries’ particular research is finding out how other things an analyst might be doing as he does image analysis might affect the neural signal his brain generates.

When Ries’ Soldier volunteer initially put on the EEG sensors, he put up on the computer screen the output of the device — a series of what looked like sine waves moving across the screen. When he asked the Soldier to clench his jaw, the waves on the screen changed immediately and dramatically. This was due to the extraneous noise induced by muscle activity in the jaw picked up by the EEG sensors.

While what was on the screen was the Soldier’s brainwaves, jaw clenched or not, the extra stimulation of a clenched jaw on the output of the EEG could make it difficult for the researcher’s software to detect the important neural signals when accompanied by extraneous noise. Ries called the extraneous signals “artifacts.”

What Ries is looking at is how other types of tasks influence the neural signals related to target recognition. For example, what happens to the neural signal as a result of the analyst having to listen to somebody talk while they are at the same time trying to do image analysis work? He wants to figure out what needs to be done and what information needs to be gathered so the algorithms that make their work possible can be adjusted to remain effective.

“Maybe you have an analyst who is looking at an aerial image but is also listening to auditory communications,” Ries said. “How does multi-tasking affect the target recognition response? If we can characterize the way different task loads affect the response, we can update our classification algorithms to account for that.”

Ries and fellow researchers are also working on a way to incorporate eye movement.

Where one Soldier volunteered to look at an array of images on a screen, another volunteered to play a game on a nearby computer. The goal was to shoot a “bubble” of one color at a cluster of other bubbles at the top of the screen. Where multiple bubbles of the same color touched, they would fall away. Typically, the game would be played with a mouse or keyboard. But in this instance, it was the Soldier’s eyes that told the bubble where to go.

Ries told the Soldier to simply on the screen at where he wanted the game to “hoot the bubble and that would be where the bubble went. That’s what happened.

Like a clenched jaw, eye movement also introduces artifacts into a neural signal. But if Ries and fellow researchers can feed into their algorithms when an analyst’s eyes are moving and also where an analyst’s eyes lock in on a computer screen, that can help improve intelligence work.

“One thing we have done is instead of having people view images at the center of the screen, we’re leveraging eye-tracking to know whenever they fixate on a particular region of space,” he said. “We can extract the neural signal, time-locked to that fixation, and look for a similar target response signal. Then you don’t have to constrain the image to the center of the screen. Instead, you can present an image and the analyst can manually scan through it and whenever they fixate on an item of interest, that particular region can be flagged.”

“We want to create a solution where image analysts can quickly sort through large volumes of image data, while still maintaining a high level of accuracy, by leveraging the power of the neural responses of individuals,” he said.

VETERANS Continued from page 1

Overland Park, Kansas. The event included equipment displays and appearances by local professional athletes. Members of the CGMCG also provided wagon rides to visitors.

Veterans Day, formerly known as Armistice Day, began Nov. 11, 1918, to honor the end of World War I, according to the Veterans Affairs website. On June 1, 1954, Nov. 11 became the official day to honor American veterans of all wars.

For the past 13 years, Wichita sponsored a Veterans Day parade to honor its veterans. The 1st ABCT Soldiers were joined in Wichita by JROTC cadets, troops from the 2nd

Combined Arms Battalion, 137th Infantry Regiment, Kansas Army National Guard and airmen from McConnell Air Force Base, Kansas.

“This was an opportunity to support our community partnership with the city of Wichita,” said Lt. Col. Charles Slagle, duty commanding officer with 1st ABCT, 1st Inf. Div. “We were able to show the public the Army’s total force concept with the active, Reserve and National Guard component working together.”

Slagle said the Wichita parade was a good event to bring out some of the brigade’s equipment.

“Seeing people interacting with our Soldiers and being able to not only view, but climb on and into their equipment strengthens the public support for the military,” Slagle said.

Capt. Mark Graham, an intelligence officer with 101st Brigade Support Battalion, 1st ABCT, 1st Inf. Div., said the parade was a fantastic experience for him and his Soldiers.

“I am honored to be able to meet all the veterans that have come before me,” Graham said. “This is really humbling, to see the gratitude of the American people for our veterans.”



Staff Sgt. Bernhard Lashleyleidner | 1ST ABCT
Capt. Mark Graham, an intelligence officer with 101st Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, leads more than 50 Soldiers in a Veterans Day parade Nov. 7 in downtown Wichita, Kansas. For the past 13 years, the city of Wichita has sponsored a Veterans Day parade to honor their veterans.

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Soldiers compete for Army’s best medic award

By **Spc. Derrik Tribbey**
1ST ABCT PUBLIC AFFAIRS

Soldiers with the 1st Armored Brigade Combat Team, 1st Infantry Division, participated in the 2015 Jack L. Clark Jr. Army Best Medic Competition Oct. 27 to 30 at Fort Sam Houston and Camp Bullis, Texas.

The event challenged Expert Field Medical Badge and Combat Medic Badge recipients in a two-Soldier team competition.

Sgt. Bjorn Carlson, a healthcare noncommissioned officer with Headquarters and Headquarters Company, 2nd Battalion, 34th Armor Regiment, and Spc. Michael Dymond, a combat medic with Company C, 101st Brigade Support Battalion, represented the “Big Red One” in the competition.

Dymond, a native of South Jordan, Utah, has the Expert Field Medical Badge and Carlson, a Minneapolis native, the Combat Medic Badge. After their Best Medic Competition victory at Fort Riley, they went against other qualified competitors from around the Army.

“It was nice to get out there and be constantly aware of our surroundings,” Carlson said. “Going out there and doing our best was a lot of fun. We knew we were competing against some

Rangers and Special Forces medics, but our goal was to have fun and make sure we finished.”

They were among 32 teams to finish the competition.

Dymond said one of the challenges they faced — the evacuation lane — was their best event. On the lane, Soldiers took a simulated casualty down a cliff and carried them about three-quarters of a mile to the landing zone. Then they called in a helicopter and loaded the casualty to safety.

The team performed flawlessly, Dymond said of the lane.

“It was fast and smooth,” he said. “It was pretty epic.”

One of the other challenges of the competition was wearing 80-pound rucksacks and rucking for 36 miles.

“I feel that we did pretty well,” Dymond said. “It was rough, but both of us are pretty good medics. We did some things we never did before and we rocked it.”

Dymond and Carlson prepared for the competition by studying their warrior task and battle drills, medic tasks skill levels one through four, mountaineering, reading manuals, rucking and working out at the gym.

Carlson said they also studied medical standards, trauma assessments, pulling security

and weapons. They put in 25 hours a week, including training at the division and the brigade level.

“Their medical knowledge was more advanced than previous division winners,” said Master Sgt. Luis Labrador, the 1st Inf. Div. medical operations noncommissioned officer. “Physically, they were awesome.”

After the competition, the 1st ABCT medics took home lessons like teamwork and work ethic, they said.

“Growing in a relationship with Sgt. Carlson was valuable,” Dymond said. “I met him at the division competition, we got partnered up that day and we knocked it out and began training for the Army competition. It was good building that battle buddy, team member relationship and meeting a new good friend.”

Carlson said the two found out a lot about themselves and what they could do.

“And we are excited because we want to do it again next year,” he said. “I know better ways to train my Soldiers. A lot of the events were set



Phil Reidinger | ARMY MEDICAL DEPARTMENT CENTER

Sgt. Bjorn Carlson, a healthcare noncommissioned officer with Headquarters and Headquarters Company, 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, and Spc. Michael Dymond, a combat medic with Company C, 101st Brigade Support Battalion, 1st ABCT, 1st Inf. Div., board a UH-60 Black Hawk helicopter Oct. 27 that took them from Fort Sam Houston to Camp Bullis, Texas. This was part of the 2015 Jack L. Clark Jr. U.S. Army Best Medic Competition.

up really well and I was really happy about that.”

Before next year’s competition, Carlson said he wanted to prepare more in-depth by studying the fine points and specifics of being the best medic. He advised future competitors to start preparing now and know everything to standard.

“It’s not just medical stuff you’re worried about,” Carlson said. “Don’t quit, keep going and be that ‘Big Red One’ Soldier.”

Catching 7th most wanted fugitive in the Army

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

Cpl. Justin Hawks helped catch the 7th most wanted fugitive of the Army thanks to his persistent efforts in finding Facebook profiles and phone numbers for relatives of the fugitive, Maurice Crutchfield. Hawks has been on the job since July 1 and was looking for Crutchfield during the majority of his time here so far.

“I started going through files we have and I found his, and it just looked like a gold mine because so many people have been looking for him,” Hawks said. “So I started trying to find different avenues that no one had gone down before.”

Crutchfield was wanted for aggravated battery after shooting an Uzi into a crowd of Soldiers at Fort Carson in the 1990s and has been hiding from authorities for more than 20 years. He was living under an alter-ego, which Hawks had to find in order to get a warrant.

“His ex-wife was an instrumental part in finding him,” Hawks said. “I had found his alter-ego, but I needed proof in order to get a warrant. His ex confirmed that it was him so we could get the warrant.”

During the three months Hawks spent trying to find Crutchfield, he said he spent many tedious hours on the computer and calling friends and family of Crutchfield. He said having good social skills was beneficial to talking when people who

were strangers and getting them to trust him. He finds having the right people skills is important to his job.

However, it was not all smooth sailing while looking for Crutchfield. While working with the United States Marshals from the Pentagon who were looking for Crutchfield as well, Hawks came across his Facebook page. He sent him a message from an anonymous account and Crutchfield then blocked his account, which stopped the marshals from subpoenaing the account.

“I just wanted to give up after that,” Hawks said. “But then the marshals told me not to quit because I was dedicated to going out and finding information and I was becoming an instrumental part in finding him.”

When marshals contacted Hawks saying they had captured Crutchfield, he said it felt great.

“I mean being told by marshals that you were an instrumental part in finding someone, I think anyone would find that cool,” Hawks said.

Hawks’ boss, Lt. Michael McLain said he was proud of all the work and effort Hawks had done.

“We’re 100 percent for finding runaways from the 1st Infantry Division, but it’s not very often that we actually capture a fugitive in the Army’s top 25,” McLain said. “This is a great achievement.”

Black socks authorized for physical training uniform

By **Gary Sheftick**
ARMY NEWS SERVICE

WASHINGTON — Soldiers are now authorized to wear either black or white socks with their Army physical fitness uniform.

Effective immediately, black socks can be worn with either the gray-black physical training uniform or the new gold and black uniform.

Like white socks, the black socks must be plain with no logos. The socks can be calf-length or ankle-length but must at least cover the entire ankle bone, said Sgt. Maj. Eva M. Commons, Army uniform policy sergeant major with G-1.

The new policy comes as a result of Soldiers requesting the change over the last several months, Commons said.

“The senior Army leaders will go out to various installations and receive questions from the field,” Commons said. “ ... One of the ones brought back was the request to be authorized to wear black socks.”

The Army staff then examined the request, she said. The black sock question was also placed into a uniform item survey completed in August by 18,588 Soldiers. Almost 67 percent of respondents, or

12,408 said that black socks should be authorized.

Since the black socks are optional, there was no production requirement, no cost associated and the logistical aspect was minimal, so this change was able to go through an abbreviated board process, Commons said, but added all of the steps of the Uniform Board process were still completed before the change was considered by the Army chief of staff.

“We were able to get through all of the steps much more quickly and get it approved and get it implemented so Soldiers can start operating under this new guidance,” she said.

The new guidance is outlined in an Exception to Policy memorandum signed by Lt. Gen. James McConville, Army G-1, Nov. 5. That memo will serve as the authorization for Soldiers to wear black PT socks until DA Pam 670-1 is updated in a few months, Commons said.

Another change to the DA Pam 670-1 is the elimination of all reference to the dress green Army Service Uniform. Sept. 30 was the wear-out date for the green Class A jacket, she explained. All Soldiers should now have the blue ASU.

IN BRIEF

TRAFFIC UPDATES

For traffic updates, see the Traffic Report on page 3 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 EVENTS

- Dec. 7: Start date of Commercial Driver's License class sponsored by ABF Freight. To apply, contact David Miles at david.m.miles2.civ@mail.mil or 785-239-2193
- Dec. 7: 1 to 2:30 p.m., Employer Workshop, Fort Riley Transition Center, building 212, room 201

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-ucc@mail.mil

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

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

Please visit our website at www.riley.army.mil/Units/GarrisonCommand/EmergencyServices/AccessInformation.aspx.

NO DOUGH DINNER UPDATE

Those wishing to attend the the USO Fort Riley No Dough Dinner for November should know the date has changed. It is now scheduled for Nov. 16 at the Culinary Arts bldg., 251 Cameron Ave, Fort Riley.

CHILD, YOUTH AND SCHOOL SERVICES

The CYSS fees for the 2015 to 2016 school year scheduled to go into effect Nov. 1 will be delayed. The fees are now scheduled to be implemented Jan. 1, 2016.

EYSTER POOL CLOSURE

The pool will be closing for renovations beginning Dec. 18. The estimated re-opening date is Jan. 13, 2016. During this time all programs including physical training programs supported through Irwin Army Community Hospital and the Warrior Transition Battalion, pregnancy PT, lap swim, recreational swim, etc., will be held at Long pool. This pool is not equipped with a computer system so all daily entry fees and pool passes will need to be paid by either cash or check.

For unit PT requests for Thursdays' only will be accepted during this time to decrease maximum occupancy with the early morning lap swim program. The aquatics office at Eyster Pool will be open Monday through Friday from 8 a.m. to 4 p.m. For questions or information call the aquatics program manager at 785-239-9441.

HOLIDAY MAILING SCHEDULE

Dec. 15 - Standard Post
Ground service for less-than-urgent deliveries and oversized packages.

Dec. 19 - First Class Mail

Service for standard-sized, single-piece envelopes and small packages weighing up to 13 ounces with delivery in 3 business days or less.

Dec. 21 - Priority Mail

Domestic service in 1, 2, or 3 business days based on where the package starts and where it's being sent. Includes variety of Flat Rate options.

Dec. 23 - Priority Mail Express

Fastest domestic service, with guaranteed overnight scheduled delivery to most locations.

Care teams aid families of fallen, injured Soldiers

Teams provide short-term support until extended family arrive to take over

By Sonya Brown and Maria Childs
ACS OUTREACH PROGRAM COORDINATOR
AND 1ST INF. DIV. POST

The injury or death of a Soldier is a tragedy and when it occurs volunteers at Fort Riley will have a network of support and assistance available to the family members im-

pacted. Several official organizations are designated to assist families including the Chaplains Office.

The Soldier's family is also given the option to receive support from the unit's care team. Care team support is not mandatory; however, if the family accepts this help, the commander or rear detachment commander during deployments, will assemble a team of three to six individuals who the family most likely would be comfortable with. These teams consist of pre-trained volunteers who provide specific sup-

port based on the family's needs and desires.

"The team provides short-term, usually no more than 48 to 72 hours of support," said Sonya Brown, outreach program coordinator for Army Community Service at Fort Riley. "The assistance is only intended to be until the arrival of the extended family."

Brown said although care team members are usually family members in the unit, they are not the Family Readiness Group. Leaders and volunteers of a unit's FRG

should not be on the care team but will absolutely be asked to provide support to the family in other ways. Proactively speaking, and especially before a deployment, it would be ideal if commanders would have at least one roster of trained team members.

Army Community Service staff members provide official training on the roles, responsibilities and expectations of a care team member. Once an individual completes the

See CARE TEAMS, page 14



Cari Davis, wife of Sgt. 1st Class Daniel Davis, 778th Transportation Company, 130th Field Artillery Brigade, Kansas National Guard, paints her canvas blue at the beginning of the Cocktails and Canvases event Nov. 13 at Rally Point.

Room with a View

Cocktails and Canvases event growing in popularity; Rally Point to increase seating capacity

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

Paintbrushes and blank canvases were set up at each chair in Rally Point prior to the Cocktails and Canvases event Nov. 13. As people came in and sat down with their drinks, the artist and staff from Rally Point began distributing the plates with each color of paint needed to create the image of a tree in the moonlight.

The class is taught by artist Melissa Lesondak, wife of Chief Warrant Officer 2 Ben Lesondak, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division.

"The majority of people who come to my classes have never touched a brush or canvas in their lives, and it's a totally new experience for them," Lesondak said, "I love coaching, guiding and encouraging them along their way."

Kathy Mead, wife of Lt. Col. Jason Mead who is out-processing from Fort Riley, was one of those 37 participants.

"We wanted to do something different and fun," Mead said. "I've never painted before. I'm not artistic, so I thought it would be fun."

Mead sat in the back of the room with her friend Cari Davis, wife of Sgt. 1st Class Daniel Davis, 778th Transportation Company, 130th Field Artillery Brigade, Kansas National Guard. They both agreed sitting in the back, they began to see everyone else's paintings coming to life.

See CANVASES, page 13



Melissa Lesondak, wife of Melissa Lesondak, wife of Chief Warrant Officer 2 Ben Lesondak, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, shows the Cocktails and Canvases participants how to start painting the tree in the painting during the event Nov. 13 at Rally Point.

Cub Scouts help honor veterans

Area packs place flags on Post Cemetery graves before Veterans Day

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

The Fort Riley Post Cemetery was filled with American flags at every tombstone in remembrance of the efforts and work done by those Soldiers for the United States. Cub Scouts of packs 268, 269 and 64 of Junction City, Kansas, went out to the Fort Riley Post Cemetery to place the flags on the graves the morning of Nov. 10 in honor of Veterans Day the next day.

"Part of our Cub Scout training is to honor and serve the flag and our country," said Kari Carpenter, Committee Chair of packs 268 and 269 and Den Leader of pack 264. "We

"Part of our Cub Scout training is to honor and serve the flag and our country. We thought this was a good way to show service to (Soldiers) who have come before"

KARI CARPENTER | PACK 264

thought this was a good way to show service to (Soldiers) who have come before."

The Scouts were excited to be there and doing something kind for the Fort Riley community in honor of Veterans Day.

"I think that planting these flags in the graves will let people know

that us very brave Cub Scouts will always honor all these Soldiers who risked their lives to save America," said Jett Feider, 8, son of Kate and 1st Sgt. Peter Feider, Warrior Transition Battalion.

By doing this, the cub scouts were following along with their values of reverence and respect.

"It's really a big thing that our troop focuses on," said Caleb Plumb, Cub Scout Master of packs 268 and 269. "It puts what we try to teach them in action."

Placing the flags on the graves also gave some of the Cub Scouts a chance to show appreciation to their families or Soldiers who they know today.

"I know a lot of the boys, their fathers are military and a lot of them are either deployed or it's around that time of the year," Plumb said. "It shows not only respect for what their parents do, but reverence for people who have done it in the past."



Jett Feider, 8, son of Kate and 1st Sgt. Pete Feider, Warrior Transition Battalion, places a flag at a grave in honor of Veterans Day Nov. 10 at the Post Cemetery.

"I think it's important to make sure our service members receive holiday cheer even if they don't have family or friends in the area."

JESSICA WESSON | USO

Holiday cards spread the gift of cheer

United Service Organization will use tens of thousands of donated cards until all are gone

Story by Hannah Kleopfer
1ST INF. DIV. POST

The volunteers and staff of USO Fort Riley are inviting people to come fill out holiday cards for service members of Fort Riley and McConnell Air Force Base, Kansas.

"I think it's important to make sure our service members receive holiday cheer even if they don't have friends or family in the area," volunteer Jessica Wesson said.

Wesson creates the cards for people to fill out and sign. The cards that welcome new Soldiers and their families to Fort Riley.

Crystal Tinkey, programs manager of USO Fort Riley, explained the cards were donated and they continue to use them until they are gone.

"We received tens of thousands of cards," Tinkey said. "So we're using them to spread cheer year to year."

Approximately 7,500 signed Christmas cards have been sent to the American Red Cross of Fort Riley this year for its Holiday Mail for Heroes campaign, Wesson said. While the Red Cross sends some of their cards to Soldiers who are deployed, the cards created and distributed through USO Fort Riley are mainly kept in the community and sent to families on post.

"We use the cards for the in-processing Soldiers and we also use them in the homecoming kits for Soldiers through the months of December and January," Wesson said. "We also send them to McConnell since we cover them as well."

People can go to the USO, 6918 Trooper Drive, Fort Riley, to fill out cards anytime up until Christmas Eve.

No matter what construct, Soldiers’ families help insure mission success

Col. Andrew Cole Jr.
FORT RILEY GARRISON COMMANDER

It isn't just the Soldier who wins our battles it is the Soldier, with the support from the ones who make it possible for them to do what the Army asks of them, who makes for successful missions. Our families come in all sizes. They are either traditional or unconventional. And they include close friends and neighbors. No matter the construct — they are vital and appreciated. While we appreciate military families at all times during the

year — November is the month where military families are officially recognized and thanked for what they contribute and sacrifice throughout the year. Often people will stop a military member and thank them, but there is a key group of individuals who sometimes get overlooked for their contributions and they are the military family.



Colonel Cole

While people recognize what the Soldier does for the security of this country, the military family plays a role no less important. The strength of our Soldiers to be able to carry out the mission is related to the support they receive at home. There are many challenges to being a military family that civilian families will never experience, including frequent moves, separations, school changes for children and job changes for spouses. During deployments, the spouse has to fill the role of both parents,

sometimes while trying to balance work or education. Children miss out on sharing events and time with deployed parents. The frequent moves require them to make adjustments such as saying goodbye to friends and making new ones all while adjusting to a new community, school, educational standards and teachers. When Soldiers return, family members have to take on extra support for the Soldier as they transition back from the deployed status. For some, the transition is just a time of readjustment

back to the non-deployed battle-tempo, but for other Soldiers that return may be accompanied by emotional or physical injuries that require extra effort. When we stop to thank family members, we should also remember an overlooked group who are impacted by the service of our Soldiers, parents and siblings. They also miss opportunities to spend time with the Soldiers, spouses and children as they travel where the country needs them to serve. Even when Soldiers are not in a deployed status they may have to miss out on

family celebrations and events as they are often far from home and don't get the opportunity to visit frequently. During this month and throughout the year, I say thanks to the contributions the military family makes for the success of Soldiers and the security of this country. — To comment on this article or to suggest a topic for Community Corner, email usarmy.riley.imcom.mbx.post-newspaper@mail.mil or visit my Facebook page at www.facebook.com/fortrileygc.

Dream turns into 2,000 holiday cards

Manhattan resident paints, writes cards for Red Cross program

Story by Hannah Kleopfer
1ST INF. DIV. POST

One night, Myrna Filion had a dream she was in Iraq handing out Christmas cards to Soldiers during wartime and trying to spread holiday cheer. The next day, she called her daughter to tell her about the dream. Her daughter said she should do that, and so Filion started her endeavor painting and writing 2,000 holiday cards for Soldiers for the American Red Cross’ program Holiday Mail for Heroes. Filion is a resident of Via Christi, an assisted living facility in Manhattan, Kansas. While at Via Christi, Filion started taking painting classes. “I’ve never painted before in my life,” Filion said. “I used to be a very angry person, but painting has made me become less angry.” Filion started painting her cards in August with a goal of 500 cards. Then after getting through them so quickly, she upped her goal to 1,000. After finishing those, she then turned her goal to 2,000 cards. On



COURTESY PHOTO

Myrna Filion, a resident of Via Christi assisted living facility, Manhattan, Kansas, hand paints and donates holiday cards to the American Red Cross Holiday Mail for Heroes program. She painted 2,000 cards this year and hopes to double the amount for next year. Besides volunteering to paint cards for the American Red Cross’ program, she also volunteers with Manhattan Parks and Recreation Barrier Free Theater, an arts program for children and adults with disabilities. She is pictured here in a production of “Robin Hood.”

each card she paints a wreath or another Christmas-themed decoration, then she writes a short note telling the Soldier she supports them and wishes them well. “It is good to make sure they know people are thinking of them,” Filion said. Filion said she enjoys being able to use her art to give to

others and said she also donates some of her paintings to programs in the community. “Myrna has been giving out Christmas cards to all of the staff here at Via Christi every year,” said Vernita Lackey, programs director of Via Christi. Filion wants to make 1,000 more holiday cards to donate to Soldiers, but staff of Via Christi

have asked her to hold off as it has put a physical strain on her. But that isn't slowing down her spirit. Instead, she plans to double her goal for next year by starting to make cards in January and continue throughout the year, hoping to make more than 4,000 cards. “I don't feel old, I feel young still,” Fillion said.

NOW SHOWING

Barlow Theater is now in digital!
Tickets cost \$6.00 for adults and \$3.50 for children
Tickets for 3-D and first-run movies cost extra.
Children younger than 5 are admitted free.



FRIDAY, NOVEMBER 20
• The Martian (PG-13) 7 P.M.

SATURDAY, NOVEMBER 21
• The Intern (PG-13) 2 P.M.
• Bridge Of Spies (PG-13) 7 P.M.

SUNDAY, NOVEMBER 22
• The Martian (PG-13) 5 P.M.

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



COURTESY PHOTO

The homes on the Historic Homes Tour feature holiday décor throughout and are opened up to the public by families who volunteered on Historic Main Post. This year the tour will be Dec. 5 from noon to 4 p.m.

Historic Home Tour set for Dec. 5

By Hannah Kleopfer
1ST INF. DIV. POST

The 32nd Annual Historic Homes Tour will be Dec. 5 from noon to 4 p.m. The tour is hosted by volunteers and members of the Historical and Archaeological Society of Fort Riley. Tickets are \$10 and are available at Magnolia's in Junction City, Kansas, Gatherings on the Prairie in Manhattan, Kansas, and at the Cavalry Museum on post. Tickets will be \$12 the day of the event and can be bought at Custer House. The event is for ages 13 and older. The tour will include eight homes on Historic Main Post as well as St. Mary's Chapel and Main Post Chapel.

"A lot of people have decorations like family heirlooms or something with a great story," said Stacey Uhorchak, co-chair of the event. "I always look forward to that."

Uhorchak and co-chair Tara Combs have been working on getting the tour organized by accepting volunteers and meeting with the families participating. The event is a self-guided tour through the homes which families have graciously volunteered to open to the public.

IF YOU GO

32nd Annual Historic Homes Tour

- » Noon-4 p.m. Dec. 5
- » Eight homes on Historic Main Post, St. Mary's Chapel and Main Post Chapel
- » Tickets \$10 at Magnolia's in Junction City, Gatherings on the Prairie in Manhattan, Cavalry Museum on post and \$12 day of event at the Custer House

Event is for ages 13 and older

In addition to what the families and volunteers have done, members of HASFR also provided the history of each home on the tour.

"This event reinforces our commitment to the historic preservation of Fort Riley," Uhorchak said.

The money raised will go toward HASFR scholarships awarded in the spring as well as footprint projects that the board plans for each year to leave their mark of preserving history. Previous footprint projects include putting historical plaques on buildings and the restoration of a historic tombstone in the Fort Riley Post Cemetery.

Families flock to No Dough Dinner

Event held in honor
of the Month of the
Military Family

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

Families of the Fort Riley community gathered at the Culinary Arts building on Cameron Avenue where the smell of smoked ham filled the rooms decorated with sunflowers on tables wrapped in red handkerchiefs.

"This dinner is special in the fact that we are partnering with Army Community Services for the Month of the Military Family to show appreciation to Fort Riley troops and their families," said Jill Iwin, Director of USO Fort Riley. "And this dinner is sponsored by the Central Kansas Fort Riley Chapter of the Association of the United States Army."



Pfc. Keith Wrenn, 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division goes through the line taking some of the mixed vegetables which are always in supply at the No Dough Dinners. The dinner was hosted by volunteers of the USO Fort Riley and sponsored by Army Community Services and the Association of the United States Army. It took place in the Culinary Arts building Nov. 16.

Volunteers came to assist with the dinner from all over the state.

“It’s just nice being able to give back to Soldiers and do something for them because

they do so much for us," said Betty Wright, a volunteer for USO Fort Riley from Shawnee, Kansas.

Wright wanted to take part in volunteering for this

dinner because her husband
is a Vietnam veteran and her
son was also Soldier.

Veterans of AUSA were there as well to serve ham and mashed potatoes while others handed out boxes of Girl Scout cookies that USO Fort Riley has on hand for each of their events.

"We have AUSA sponsor one (dinner) every year," said veteran Phil Mattox, president of the Central Kansas Fort Riley chapter of AUSA. "We're here to help Soldiers and their families and what better way than to feed them on a cold, cloudy, rainy night. It builds camaraderie amongst ourselves."

The volunteers greeted every Soldier and family member with a warm smile and friendly small talk for each brief moment someone went through the line to get their food including the veggies with Chef Dave's famous dip.

"It's just fun helping the Soldiers," Mattox said.

CANVASES Continued from page 11

"We get to see all the creativity of the room," Mead said. "Even though we get the same directions, everybody's paintings are completely different."

"I think everybody's personality are coming out in their paintings," Davis added.

Lesondak teaches each Cocktails and Canvases class at Rally Point. She also hosts private parties in her basement on post. Her first class at Rally Point had about 16 people in attendance.

With the growing popularity of the event, Rally Point business manager Diana McGee said they will be increasing the number of seats by five for the Dec. 11 event.

"I see what they are creating, and it is beautiful," McGee said. "Some of them have



Maria Childs | POST

Women begin to paint their canvases Nov. 13 at Rally Point for Cocktails and Canvases. About 37 people participated in the class taught by Melissa Lesondak, wife of Melissa Lesondak, wife of Chief Warrant Officer 2 Ben Lesondak, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division.

never painted before. I love it when they at least try to make like a Monet."

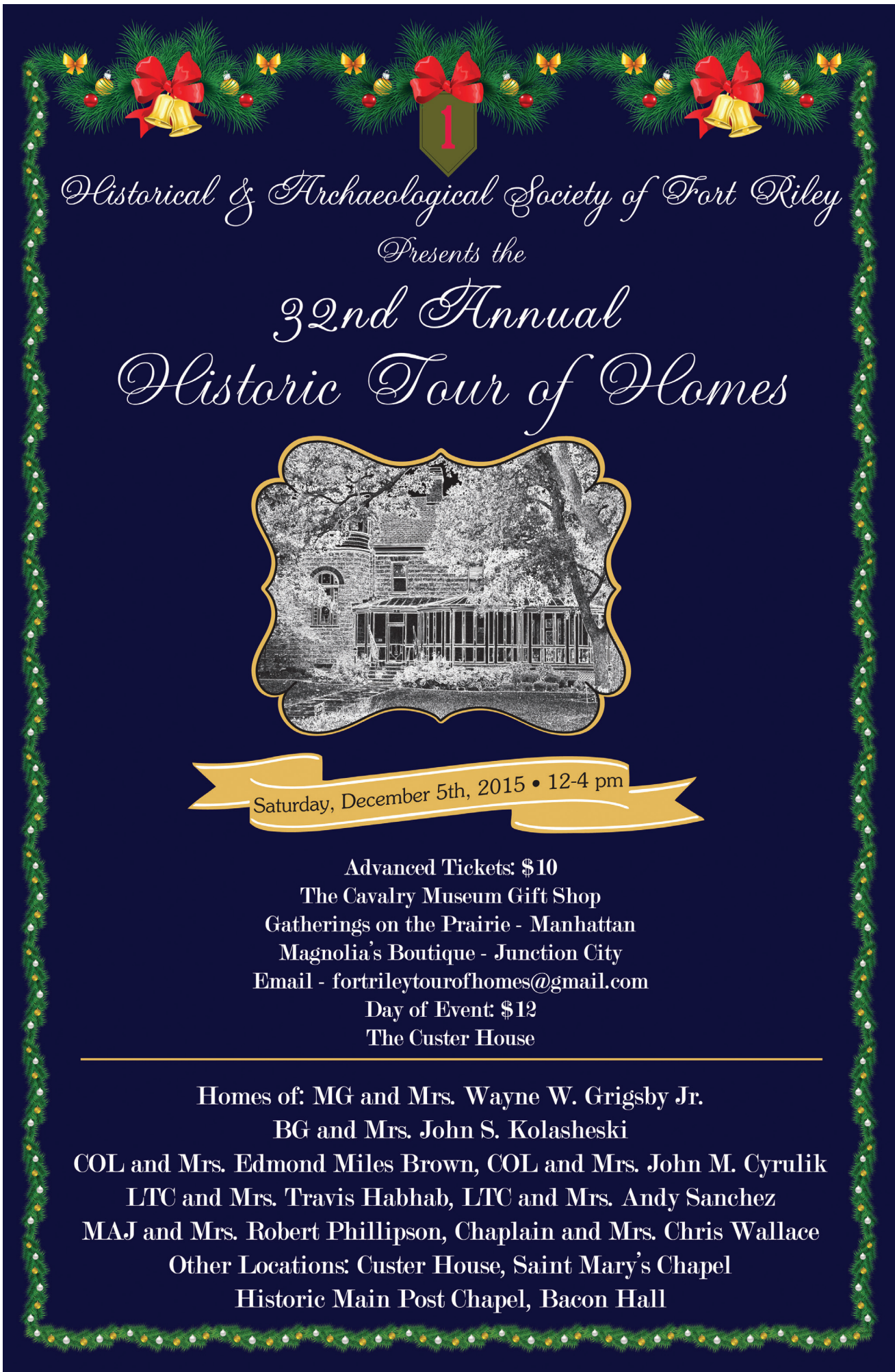
McGee began her job as the business manager about a month ago and wants the Fort

“I see what they are creating, and it is beautiful.”

DIANA MCGEE
RALLY POINT

Riley community to know that Rally Point is here to provide a fun, relaxing atmosphere.

"I know what it is to be an Army spouse," McGee said. "I know how it feels being around kids all the time. Making sure they do ... homework. Making sure that dinner is on the table at 6 p.m. Women and men in this community need an escape venue from all that. They need to feel alive and also relaxed. Well, we provide that here at Cocktail and Canvases."



Expert gives tips to avoid recipe disasters

Thanksgiving meal will be success with properly cooked food

By Greg Tammen
K-STATE NEWS
AND COMMUNICATIONS SERVICES

OLATHE, KAN — This Thanksgiving many Americans may find one uninvited guest at their meal: food poisoning. A Kansas State University food safety expert shares some food preparation tips for home cooks that will ensure guests pile their plates with safe food dishes and forgo a side of food poisoning.

“Thanksgiving is a time when many cooks turn to those old family recipes and preparation methods when making the meal,” said Bryan Severns, manager of food programs and services at the Kansas State University Olathe campus. “I have seen many instances in which those traditional methods clash with safe food preparation and family members end up sick.”

SEASONING IS IN, STUFFING IS OUT

Turkey, duck, quail and other game birds are simple to prepare. Those familiar images of a golden brown turkey filled with stuffing,



K-STATE COURTESY PHOTO
Turkey and side dishes cooked to 165 degrees Fahrenheit is one of the many tips a Kansas State University food safety experts shares with home cooks this Thanksgiving.

though, are a recipe for disaster, Severns said.

“For a great tasting bird, rub the inside of the cavity with a seasoning/spice blend made from some salt and pepper and maybe a diced onion or fruit,” Severns said. “Meanwhile, stuffing and dressing should be cooked separately to ensure the bird cooks all the way to 165 degrees Fahrenheit and that your dressing isn’t based in raw turkey juices.”

Also, never wash turkey or other raw poultry in the sink to prep it for cooking, Severns says. There is no safety benefit to rinsing poultry. Instead, washing raw poultry greatly increases the chances of food

poisoning as water with the raw juice is likely to splash the cook and the cooking area.

YOUR GOOSE COOKED – TO FOOD SAFE LEVELS

Juices, joints and timers cannot tell when turkey and other game birds are fully cooked. A calibrated meat thermometer can, Severns says. Use the thermometer to take temperatures in the thickest areas of the bird, such as the breast, thigh and leg. The bird is safe to serve once it reaches 165 degrees Fahrenheit.

Severns also suggests the following to keep holiday cooking efficient and food safe.

- Raw turkey juice as salad dressing? No way, Severns said.

“Meanwhile, stuffing and dressing should be cooked separately to ensure the bird cooks all the way to 165 degrees Fahrenheit and that your dressing isn’t based in raw turkey juices.”

BRYAN SEVERNS |
KANSAS STATE UNIVERSITY

Never use the same cutting board for poultry, raw meats, eggs and vegetables without cleaning and sanitizing between projects.

- Plan your preparation by grouping similar items together to improve efficiency and food safety.

“If you’re doing the bird first, clear the counters and sink areas,” Severns said. “Set up your sudsy sink and a sanitation sink with bleach solution. Do all the raw bird prep and then clean and sanitize thoroughly, especially knives and cutting boards. Then move on to the veggies.”

JACKPOT WINNER



COURTESY PHOTO
Deborah Jackson, visitor from Junction City, Kansas, won the final round of Monster Jackpot Bingo Nov. 14 at Rally Point. The grand prize was \$5,000.

CARE TEAMS Continued from page 11

training they still must be appointed by the commander to become an official care team member.

The purpose of the training is to prepare volunteers for the roles, responsibilities and expectations of a care team member,” Brown said. “During the ACS training, the attendees receive specific guidance on the roles and tasks performed by a care team including, the roles of each support person. ACS provides support to them to ensure that they can perform their service to their maximum potential.”

These roles typically include answering phone calls and taking messages, screening calls per the family’s guidance, a meal support person to coordinate with the FRG and others. There may also be a need for childcare, transportation coordination and house sitting.

The care team may also provide assistance to visiting extended family members. A chaplain or other military person will usually be the lead at the house to interact with the family, but care team members are also trained to deal



Maria Childs | POST
Sonya Brown, outreach program coordinator at Army Community Service, teaches the Care Team training at ACS Nov. 4.

with events at the family’s house and to have an awareness of the emotional, physical and behavioral reactions that may be displayed by a family member.

Brown said all functions of the care team training are important but one vital part of the training is the specific guidance regarding the casualty notification process. Care team members are not involved in the notification process and are only contacted after the extensive primary

next of kin notification process has taken place and only if the family requests support.

Megan Krogman, wife of Sgt. 1st Class Christopher Krogman, 82nd Engineer Battalion, 1st Infantry Division, attended the most recent care team training class Nov. 5 at Army Community Service. She said the desire to help others was what solidified her decision to become certified as a care team member.

“I’m an Army brat and a military spouse,” Krogman

WANT TO HELP?

- To view the schedule and register for **care team** and other FRG-related training, please visit www.riley.army.mil/Services/FamilyServices/ArmyCommunityService.aspx or call the **ACS Outreach Program** at 785-239-9435.

said. “I’ve been in the military for so long, it felt like I could really make a difference because of that.”

She said what inspires her to continue volunteering within her husband’s unit is “the satisfaction of knowing that you did something to help.”

Brown said being a care team volunteer can be very demanding and stressful. Care team members must take care of themselves to ensure they can perform the requirements of assisting a family.

Brown said she advises all volunteers to consider how their schedule may affect their ability to step into the role quickly if notified. Because these events can expose an individual to many stressors, including being in a chaotic environment, long hours, compassion fatigue and their personal reaction to the incident, attendees are informed of self-care strategies to use to manage stress while performing their duties and after the incident.

Like all volunteers, care teams are a valuable asset to their units and the community, Brown said. The staff at ACS is here to provide support for them to ensure they can perform their service to their maximum potential. To view the schedule and register for care team and other related training, visit www.riley.army.mil/Services/FamilyServices/ArmyCommunityService.aspx or call the ACS Outreach Program at 785-239-9435.

Enjoy a German holiday tradition with family and friends at Fort Riley's 7th annual Christkindl Market!

Christkindl MARKET

RILEY'S CONFERENCE CENTER

SATURDAY, DECEMBER 12

10AM-4PM

- OVER 50 VENDORS
- FREE PHOTOS WITH SANTA
- GERMAN FOOD AND GLUHWEIN
- CHAINSAW SCULPTING DEMOS
- FUN FAMILY ACTIVITIES

\$1 EACH

- REINDEER TRAIN RIDES
- FROZEN BOUNCE HOUSE

INFORMATION: 785-239-8990

LIBRARY MOVIE NIGHT

NOVEMBER 21 AT 6:30PM!

The Book of Life

IN BRIEF

GOBBLE WOBBLE FUN RUN
Turkey trot on down to the Gobble Wobble and catch a meal on the run. It's all happening at 10 a.m. Saturday, Nov. 21 at Riley's Conference Center.
On-site registration will begin at 9 a.m. Gobble a full Thanksgiving meal over the course of a 2-mile run, including turkey, gravy, mashed potatoes, dinner rolls, stuffing and pumpkin pie. Stop at each station along the route to enjoy the next course.
Participation is free and open to the public; however, feel free to bring a non-perishable food item to donate to area families in need for the upcoming holidays. Riley's Conference Center is located at 446 Seitz Drive. For more information about the Gobble Wobble, call 785-239-8990 or visit rileymlr.com.

ARMY VS. AIR FORCE FLAG FOOTBALL GAME
The Fort Riley Post football team is scheduled to play McConnell Air Force Base Nov. 21 at 3 p.m. at Sacco Softball Complex. Come out and support the Fort Riley team.

BUTTERBALL BLAST SKEET AND TRAP
Bring home the turkey at the sixth annual blast 10 a.m. Nov. 21 at the Fort Riley trap and skeet range. Use range guns and ammo to shoot paper targets. Pick your best and turn it in. One in 10 will win a turkey. Cost is \$5 per attempt.

TURKEY BOWL FLAG FOOTBALL
A flag football tournament will be held at Long Fitness Center Nov. 25 starting at 8 a.m. It is open to active-duty Soldiers and there is a limit of 10 teams. Registration is free.

YOUTH SPORTS OFFICIALS
Child, Youth and School Services staff are 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.

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.

Fort Riley basketball team takes three of four home games



Capt. Richard Shaw, 1st Armored Brigade Combat Team, 1st Infantry Division, drives for a lay-up during a Nov. 14 basketball game at King Field House against Whiteman Air Force Base. The Fort Riley team won the game, 79-68.

Series featured teams from Whiteman Air Force Base, Missouri and Tinker Air Force Base, Oklahoma

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

In the final seconds of the last game at King Field House Nov. 15 against Whiteman Air Force Base, Missouri, Spc. Montanize Woods, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, took a chance on making a 3-point shot as the buzzer went off.
Woods made the shot, tied the game and sent it into overtime, eventually winning, 95-91.
The Fort Riley basketball team hosted two teams from the Central U.S. Military Basketball Conference Nov. 14 and 15: Whiteman and Tinker Air Force Base, Oklahoma.
Maj. Gen. Wayne W. Grigsby, 1st Infantry Division and Fort Riley commanding general, attended each game.
Fort Riley's team met each team twice and won three of the four games slated for the two-day event. The team won both games against Whiteman, 79-68 in the first match-up and 95-91 in the second. The group went on to take Tinker Air Force Base, 91-71, but lost 78-84 on the event's final day.

Many things contributed to the Fort Riley success, said head coach Command Sgt. Maj. Darryl Dunbar, Division Headquarters and Headquarters Battalion, 1st Infantry Division.
"We were down by, I think, 14 points around the 6-minute mark," Dunbar said. "What helped us win the game was our full-court press defense and our transition offense."
Woods said the team played pretty well in the first game against Whiteman.
"I think we played pretty good," Woods said. "We were slacking off in the end. Overall, we played pretty good."
This was not the first time the team faced Whiteman. The first game they played of the season was against Whiteman at Fort Sill, Oklahoma.
"It's always a battle," said Demarea Howard, 601st. "I thought we played better this time around. In Missouri, we were always battling to get back."
Dunbar said the team's overall record within their league is 5-3. He has seen an improvement among his players and that is what he attributes to their success.

See HOOPS, page 17



Maj. Gen. Wayne W. Grigsby Jr, 1st Infantry Division and Fort Riley commanding general, and Division Command Sgt. Maj. Joseph Cornelison were in attendance for the Fort Riley basketball team's first game Nov. 14. The team hosted two squads from the Central U.S. Military Basketball Conference Nov. 14 and 15: Whiteman Air Force Base, Missouri, and Tinker Air Force Base, Oklahoma.

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LUCK OF THE DRAW: Fort Riley Soldiers get chance at once-in-a-lifetime hunting opportunity

By Maria Childs
1ST INF. DIV. POST
Maj. Matt LeBlanc, 97th Military Police Battalion, crouched into a spruce tree the second week of September with the goal of successfully hunting a bull elk – a once-in-a-lifetime opportunity at Fort Riley.
"The wind was in my face, the sun was at my back and I was tucked into a spruce tree," LeBlanc said. "Just as it was getting light out, I used my elk call. I heard the milo moving as if deer were walking through it that I couldn't see. I used my call again and it got much louder. When I looked out over the field, about 150 yards away a bull elk was

running right at me. He was coming at a dead charge to see where that call was coming from. He stopped at about 60 yards away and turned broadside and I was able to take the shot."
Two years ago, LeBlanc was drawn for a cow, or antlerless, elk. He spent time with other hunters who were more familiar with elk and how to hunt them on post. He spent more than 200 hours in the field hunting elk, but it wasn't until the final day of the hunting season, with only a couple of hours left, that he successfully bagged his cow elk.
For LeBlanc, being drawn for the bull tag this year was a stroke of good luck.



Maj. Matt LeBlanc of the 97th Military Police Battalion successfully bagged a bull elk in early September. LeBlanc had the good fortune of being drawn for the bull tag this year. Drawings are held that allow hunters to pursue elk on Fort Riley.

See LUCK, page 18

K-STATE BASKETBALL

Wildcat men, women win early season games

K-STATE SPORTS INFORMATION

MANHATTAN, Kan. — The K-State Wildcat men's and women's basketball teams were victorious in respective contests earlier this week. The wins featured outstanding performances by Justin Edwards and Wesley Iwundu of the men, and Megan Deines and Breanna Lewis of the women.

MEN DISPATCH
COLUMBIA

Edwards paced five Wildcats in double figures as Kansas State defeated the Columbia Lions, 81-71, in front of 11,368 fans in Bramlage Coliseum Nov. 16. The five Wildcats in double figures were the most since Nov. 14, 2014, when K-State had six players reach double figures against Southern Utah in the 2014 season opener. Edwards' 19 points marked a career-high for the senior at K-State, while freshmen Dean Wade and Kamau Stokes each added season-highs in points, scoring 17 and 11 respectively. Iwundu posted his second straight double-digit scoring night notching 16 points to go along with four rebounds and four assists. Senior Stephen Hurt tacked on 10 points marking the 23rd time in his career he has scored in double figures. K-State (2-0, 0-0 in the Big 12) is now 21-5 when hitting 50 percent or better from the floor under head coach Bruce Weber. The Wildcats shot 50.0 percent from the floor in the win. Hurt scored the first points of the game, hitting a jumper to give the Wildcats the early lead. K-State eventually took a double-digit lead,

19-8, at the 14:38 mark on the strength of an Iwundu layup. An Edwards' jumper gave K-State its largest lead, 33-20, with 6:49 remaining in the first half. K-State led 40-35 at halftime as the Wildcats connected on 48.5 percent from the field. Iwundu led all scorers at the half with 10 points, while Edwards and Wade each added 7 points. K-State got off to a quick start in the second half, going on an 11-4 run in the opening three minutes to extend its lead to 51-39. Columbia cut the lead to 64-61 with 5:45 remaining in the game after hitting three-straight 3-pointers over three possessions. D.J. Johnson's dunk on the following possession extended the lead to 66-61 and sparked a 9-0 run by the Wildcats to push the lead back to 73-61. K-State hit 9-of-11 free throws in the final minute of the game to seal the victory. The Wildcats have posted back-to-back 80-point games since the first two games of the 2014-15 season. Head coach Bruce Weber is now 13-1 when scoring 80 points or more. The win moves Weber to 46-7 in his career in Bramlage Coliseum. K-State held a 25-14 advantage in points off turnovers and a 16-8 edge in second-chance points. "I told you guys all along, the K-State fans and the Catbacker tour that we have a good team," head coach Bruce Weber said. "I do not know if we have as much talent as we did a year ago, but we have the same experience. We have a better team that gets along together, they enjoy each other, they play hard and practice hard. I think the big thing is we have to do a good job in playing the bench. We did not play the bench much today, but we have to, especially when you play

Friday, Monday and Tuesday next week. We have to keep those guys heads up – keep talking to them." K-State concludes its three-game homestand to start the season on Nov. 20 at 7 p.m., as it hosts South Dakota at Bramlage Coliseum. **WOMEN DOMINATE ABILENE CHRISTIAN** Deines and Lewis helped the Wildcats cruise past Abilene Christian Nov 16 as K-State opened the home portion of its non-conference schedule with a 75-46 win at Bramlage Coliseum. K-State has now won 22 of its last 24 home openers and secured the 475th career win for head coach Jeff Mittie. Deines and Lewis combined for 39 points to lead the Wildcats. Deines finished with 20 points and three steals, while Lewis added 19 points, five rebounds and five blocks. The first quarter featured seven lead changes with neither team leading by more than four points. Abilene Christian held an 18-17 lead at the end of one. K-State began dominating ACU in the second period. Deines led the Wildcats to a 20-7 advantage, scoring 12 of her 18 points in the second frame. For the first two and a half minutes of the second period, Deines outscored Abilene Christian 10-2. The Wildcats kept ACU from scoring a field goal for five and a half minutes of the second quarter enroute to a 37-25 halftime lead. In the second half, the Wildcats continued to put the defensive clamps on while maintaining offensive pressure, outscoring ACU, 39-20, over the final two periods. Since the 2001-02 season, K-State owns a winning percentage of .875 when leading at the break.



Lewis registered nine of her 19 points in the third period, including eight straight for K-State. The Wildcats would build their lead to a high of 36 before the final margin of 76-45 was decided. K-State shot 29 of 59, including 8-of-20 from beyond the arc. The Kansas State defense held Abilene Christian to a .212 field goal percentage, including 7-of-33 from behind the 3-point line. Kansas State dished out 23 assists while forcing 23 Abilene Christian turnovers. The Wildcats blocked nine shots and improved their season total to 23. Deines reached double figures for the second straight game for K-State. Her 20 points were a new personal season-high.

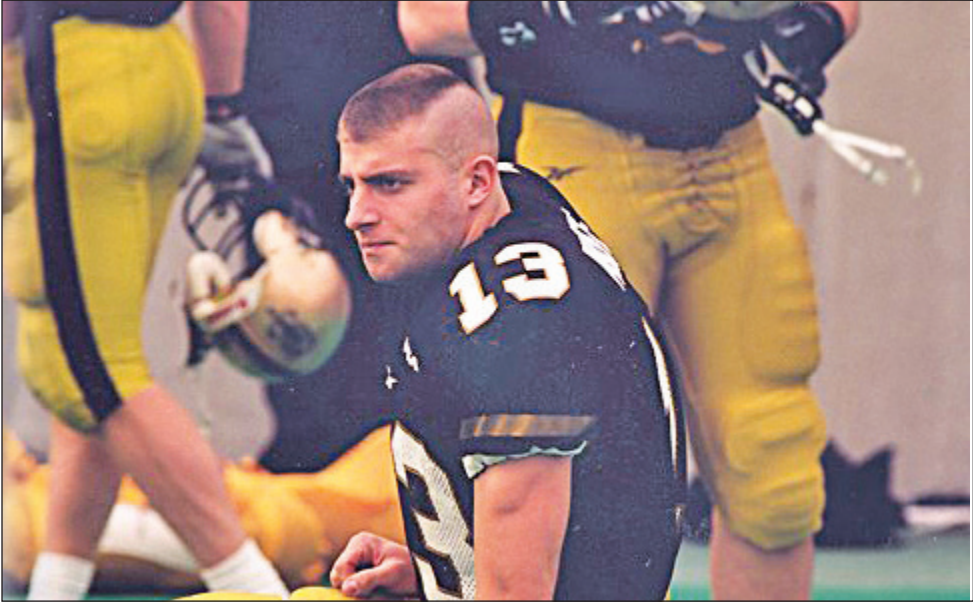
Lewis registered her 40th career game with two or more blocked shots and the 17th game of her career with four or more and her 10th with five or more to rank second in school history for games with five or more blocks. With her five blocks, she remains third in program history for career blocks with 152. She also posted her 26th career game with 10 or more points. The Wildcats are 39-9 in home openers and have won 22 of its last 24 home openers. K-State is 24-4 all time in home openers in Bramlage Coliseum. Head coach Jeff Mittie is 22-2 in his career in home openers. Kansas State is 286-112 all-time inside Bramlage Coliseum, including a 156-26 mark against non-conference opponents.

West Point grad to be awarded Distinguished American Award

Football fostered superior leadership in Graham White

UNITED STATES MILITARY ACADEMY SPORTS INFORMATION

IRVING, Texas — Former Army punter Major Graham White will be honored by the National Football Foundation and College Hall of Fame as one of three recipients of the 2015 Distinguished American Award, it was announced Nov 16. The NFF and College Hall of Fame will salute the thousands of student-athletes who have played football at the nation's military academies over the years by honoring one representative of each branch as a co-recipient of the 2015 NFF Distinguished American Award. White joins Rear Adm. Bill Byrne, a graduate of the United States Naval Academy who starred quarterback for the Midshipmen, leading the team in passing each season from 1984-86. Also honored is Capt. Jared Tew a graduate of the United States Air Force Academy where he was a three-year letterman. Tew led Air Force to a 25-14 record from 2008-2010 while rushing for 1,897 yards and 17 touchdowns on 416 carries in his career. "The goal in honoring these three outstanding former football players is to clearly demonstrate football's role in de-



Former Army punter Major Graham White will be honored by the National Football Foundation and College Hall of Fame as one of three recipients of the 2015 Distinguished American Award.

veloping our nation's military's leaders and that our country is better because of their football experiences, which have prepared them to defend our nation," said NFF President and CEO Steve Hatchell. "These three exceptional leaders serve as shining examples of football's role in the educational mission at our nation's military academies. We take great pride in honoring them and their exceptional records of achievement." One of the most prestigious honors presented by the NFF, the Distinguished American Award recognizes former military academy football players who have maintained a lifetime of interest in the game and who, over a long

period of time, have exhibited enviable leadership qualities and made a significant contribution to the betterment of amateur football in the United States. Each of the three award winners will be honored at the 58th NFF Annual Awards Dinner Dec. 8 at the Waldorf Astoria in New York City. "These gentlemen embody the NFF's motto of Building Leaders Through Football," said NFF Chairman Archie Manning. "As athletes, warriors, scholars and always as leaders, they have served their nation and fellow Soldiers well in both war and peace. And each attributes their football experiences as having played a big role in their successes. The

National Football Foundation is honored to recognize them as 'Distinguished Americans.'" First bestowed in 1966, the NFF Distinguished American Award is presented on special occasions when deserving candidates emerge. Byrne, Tew and White will become the 43rd, 44th and 45th recipients of the award, joining an impressive

list of previous honorees that includes George Bodenheimer, Major Gen. Charles F. Bolden, Jr., Tom Brokaw, Lt. Gen. William Carpenter, Bob Hope, Vince Lombardi, General Ray Odierno, Alan Page, T. Boone Pickens, Jimmy Stewart, Pat Tillman and Gen. James A. Van Fleet. Having a father with more than 31 years' experience in the U.S. Army, Graham White was destined to follow in his footsteps. A Johns Creek, Georgia, native, White joined the Georgia National Guard at the age of 17, and he volunteered for Airborne School training under a program called "Split Option." He completed basic training during the summer between his junior and senior year at Chattahoochee High School. In his final year at Chattahoochee, White served as the Cougars' starting punter, and he was a First Team All-State selection and the team's Offensive Player of the Year. He was later inducted into the Chattahoochee Cougar Gridiron Hall of Fame. White went on to be a two-year letterman as a punter at Army West Point, and he holds the school record for career

punting average (44.1 yards). A 1998 First Team All-Conference USA honoree, he was invited to play in the 1999 Blue-Gray Classic. White ranks second in academy history in single-season punting average (44.7) and ninth in single-season punting yards (2,711 in 1999) and career punting yards (4,812). He graduated from the U.S. Military Academy with a B.S. in Military Arts & Sciences in 2000. After training for a year to be an infantry officer in Fort Benning, Georgia, White spent 15 months as an assistant operations officer and airborne platoon leader with the 3rd Battalion, 504th Parachute Infantry Regiment. His first deployment lasted two years as a captain and ranger platoon leader with the 3rd Battalion, 75th Ranger Regiment in Afghanistan. In 2004, White returned to Fort Benning for another year of training. He spent a year as an assistant operations officer with the 2nd Brigade Combat Team before a two-year deployment to Iraq as commander and fusion cell

See AWARD, page 18

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Soldiers vie for Team USA rugby spots, Olympics at stake

Story and photos by Tim Hipps,
U.S. ARMY INSTALLATION
MANAGEMENT COMMAND

SAN ANTONIO — Several Soldiers in the U.S. Army World Class Athlete Program are vying for spots on the Team USA rugby sevens squad, which will compete when the sport makes its Olympic debut in Rio de Janeiro in 2016.

1st Lt. William Holder, 1st Lt. Ben Leatigaga and Sgt. Mattie Tago are among a pool of 23 players being considered

by USA Rugby. Twelve players will be selected for the U.S. men's Olympic team scheduled to compete Aug. 9 to 11.

The sport of rugby is not a measured or timed event. Rugby is a team sport that requires a wide range of individual skills that combine to form effective units. A USA Rugby committee will use discretionary criteria such as speed, aerobic and anaerobic fitness, strength and power, technical and tactical rugby skills and psychological and social skills to help select

the team. The last category includes being respectful, exhibiting integrity and leadership, being coachable and having a mindset for growth.

Committee members evaluate potential players at international competitions in the years prior to the Olympic season. Contested every four years, one year before the Summer Olympics, the Pan American Games are Team USA's unofficial precursor to the Summer Olympic Games. Holder and Leatigaga helped

Team USA win a bronze medal at the 2015 Pan American Games in Toronto.

Holder, originally from Palo Alto, California, spent two summers playing for the U.S. national 15-under rugby team before entering the United States Military Academy where he played football and rugby.

"They wanted me to play linebacker, and I wasn't big enough to be a linebacker," Holder said. "Then they wanted me to play safety, and

I wasn't quick enough to be a Division I safety, so I just switched over to rugby."

Two years ago, while playing for the all-Army squad at the 2013 Armed Forces Rugby Sevens Championships, Holder discussed the possibility of getting into the U.S. Army World Class Athlete Program and contending for a spot on the U.S. Olympic Rugby Sevens Team.

"It's been a dream of mine since I was a little kid," said Holder, 24, who began play-

ing rugby in the third grade. "It truly is a dream come true to be able to play in the Pan Am Games and get a taste of what the Olympics is all about. To play my sport full time while representing my country and the Army is a huge honor."

Leatigaga, 27, who entered U.S. Army World Class Athlete Program in January 2014, also played rugby for two years at West Point.

See RUGBY, page 18



U.S. Army World Class Athlete Program, or WCAP, 1st Lt. Ben Leatigaga passes the ball during the 2015 Armed Forces Rugby Championships at Infinity Park in Glendale, Colo., as WCAP teammates 1st Lt. William Holder and Capt. Andrew Locke trail the play.

HOOPS Continued from page 15

"All of them stepped up," Dunbar said. "From the first game of the season when we played Whiteman at Fort Sill and when we played at Salina, we have improved dramatically — our team cohesion, our offense and most of all, our defense."

For Woods, he said being at home made the difference for these games.

"It's always different when you play at home because you have home court advantage," Woods said. "The crowd always makes the difference in a home game."

Dunbar said each member of the audience was not only supporting basketball, but also the 1st Infantry Division and Fort Riley.

"It's supporting the Soldiers who are at Fort Riley," Dunbar said. "If you come out and watch the game, it will make you want to come back because of the excitement the game brings. It's seeing another side of them, not just as a Soldier, but as an athlete."



Maria Childs | POST

Spc. Montanize Woods, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, dribbles toward the basket during a Nov. 14 basketball game at King Field house against Whiteman Air Force Base. The Fort Riley team won, 79-68.

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RUGBY

Continued from page 17

“That was the first time I ever touched a rugby ball,” he said. “I only played because of the culture that was at West Point: being able to play for each other; knowing that a jersey really means something; knowing that guys have been deployed and have died and you’re wearing that same jersey.”

“Showing up at the Olympic Training Center (in Chula Vista, California) and being part of WCAP is really when I actually started to learn the game,” Leatigaga said. “At West Point, I played winger: catch the ball and try to run over somebody, and that was it. But coming to WCAP with this opportunity the Army has given me and playing for Team USA under (coaches) Mike Friday and Chris Brown, it’s definitely made me learn the game, grow my rugby IQ and skills.”

The WCAP is a group of Soldier-athletes, who are nationally and world-ranked in their respective Olympic sports. They train full time and compete on the national and international levels with a goal of making Olympic, Pan American Games and World Championship teams.

“I had no idea that my Army career was going to lead into a World Class Athlete Program,” Leatigaga said. “I thought I was going to go in, become a lieutenant, and do ‘hooah’ things. I think it’s awesome that the Army

is supporting me to play for the Olympic team.”

Tago, 24, a native of Pago Pago, American Samoa, has helped all-Army win three consecutive Armed Forces Rugby Sevens Championships.

“He’s a special guy to us,” said Utah Army National Guard Col. Mark Drown, head coach of the All-Army Rugby Sevens Team. “He’s going to do nothing but grow and mature. I think he’s going to be a phenomenal asset (for the U.S. national team.)”

Tago is the only rugger who has played all four years for the All-Army Team since the Armed Forces Championships switched from 15-man rugby sides to the seven-man format.

Drown said all three Soldiers have realistic shots at making the Olympic team.

“Ben Leatigaga, Mattie Tago and Will Holder are definitely fighting for spots on Team USA,” Drown said. “The national program’s style and pattern of play is exactly what our boys are training to do, so the coaches can see if they have the size, speed, strength and discipline to play that system.”

The players won’t know their fate until next summer.

“No one is a lock on that team,” Holder said. “It really comes down to who’s in form at the right time going into Rio. We’re all very, very close. We’ve got about (10) months to compete for those spots. We’ll know about a week before we leave.”



Tim Hipps | IMCOM Public Affairs
U.S. Army World Class Athlete Program rugger 1st Lt. William Holder, a bronze medalist for Team USA at the 2015 Pan American Games, scores a try during all-Army’s 26-5 victory over all-Coast Guard at the 2015 Armed Forces Rugby Sevens Championships at Infinity Park in Glendale, Colo.

AWARD

Continued from page 16

director of the 2nd Brigade Combat Team.

White served nearly five years as the commander of the 3-75th Ranger Regiment in Afghanistan before returning to the U.S. to earn his master’s in American foreign policy from Johns Hopkins University in Maryland in 2013. He spent four months as a special operations liaison for the Army in Washington

D.C. and 18 months as a battalion executive officer in Hawaii. He then served as a major and brigade operations officer for the 3rd Brigade Combat Team. His service includes 10 combat deployments totaling 39 months divided between Iraq and Afghanistan. His numerous awards and decorations include the Bronze Star Medal for Valor, the Purple Heart

and the Combat Infantry Badge. White is a charter member of the Georgia Military Veteran’s Hall of Fame.

“The parallels between football and soldiering are striking,” White wrote upon learning he would be accepting the 2015 NFF Distinguished American Award. “Football taught me how to deal with stress and how to rise to the occasion (an impor-

tant play or critical game); the importance of timing (seconds matter); the value of preparation (every rep counts); and the necessity to trust in and play for the man on the left and right (the brotherhood). As a Soldier, these same lessons manifested themselves hundreds of times throughout my career, allowing me to follow, lead and survive – particularly in combat.”

LUCK

Continued from page 15

“I was really in shock and disbelief to have this kind of luck,” LeBlanc said. “I was excited at the opportunity and challenge to pursue a bull elk on Fort Riley, knowing that two years earlier in the hundreds of hours I spent looking for a cow I only saw one bull. I had a greater appreciation for the work ... ahead of me.”

Each year at Fort Riley, about 25 elk tags are given. Once a hunter accepts a cow tag, that hunter cannot be drawn again for five years. When a hunter is drawn for a bull tag, that hunter can never receive a bull tag again.

Master Sgt. Thomas Niederquell, Division Provost Marshall Office, has been drawn for three elk tags while being stationed at Fort Riley. His wife was also

drawn for one. His first tag was in 2009, when he shot a small bull elk. In 2010, his wife accepted the bull tag, and he declined a cow tag. This year, Niederquell shot his cow elk the second day of hunting season, Sept. 2.

He said he didn’t expect to shoot his elk that soon into the season, and it was quite a lucky shot.

“I pulled up and started walking toward the woods where I saw them the day before,” Niederquell said. “I looked up and they were walking toward me.”

Hunting is something Niederquell shares with his family. Niederquell and his 16-year-old son recently were drawn for bear tags in Michigan. He said his passion for hunting started when his dad took him

duck hunting when he was 5-years-old and has only grown as he was presented opportunities.

This includes the opportunity to hunt elk at Fort Riley.

“Some people thought I was cheating,” Niederquell joked. “The same year it happened to me it happened to the division chaplain.”

More than 1,000 civilians apply for the elk tag each year as well as more than 100 service members. About half of the tags are given to military and the other half civilians.

But LeBlanc said it is all about the luck of the draw.

“(Niederquell is) the luckiest person I know,” LeBlanc said.

Fort Riley Holiday Services

Catholic Masses

24 December: 1630 at Victory Chapel
24/25December: 0000 (Midnight) at St. Mary’s Chapel
25 December: 0900 and 1200 at St. Mary’s Chapel

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Travel & Fun in Kansas

★ NOVEMBER 20, 2015

HOME OF THE BIG RED ONE

PAGE 20 ★

North Topeka Arts District

Story and photos by Hannah Kleopfer
1ST TNE. DIV. POST

In a little corner of north Topeka, Kansas on Kansas Avenue next to the historic Union Pacific railroad lies the North Topeka Arts District, where there is vintage shopping, local products, art from Midwest residents and be entertainment of hometown bands.

The location of north Topeka was laid out as a small town known as Eugene in 1865. Less than a year later on New Year's Day it welcomed the first train from the Union Pacific Corporation. The advent of the railroad assured that this area would remain a bustling part of Kansas for much of the 19th century.

In April 1867, southside Topeka annexed Eugene. At the time, both parts of town were fairly evenly matched in population and economy. Thus, the north and south parts of town played tug-of-war for industry and commerce for the remainder of the 1800s. In 1903, North Topeka suffered a devastating major flood. However, many of the fine buildings dating from that period survived.

Restorations are now taking place that will make North Topeka a showplace of Victorian-era commercial and residential architecture.

The two-block district has shops, restaurants and art galleries. Shopkeepers greet visitors with a friendly welcome. They are willing help to navigate their shop as well as provide information about other stores in the district.

Pinkadilly is a shop that holds a little bit of everything, including home décor, furniture, clothing, accessories and other treasures. The vintage vibe of the old bicycle out front invites visitors into the store which has a 1950s refrigerator displaying magnets and soda from a local company. In the back are antique signs hanging from the ceiling and displayed against the brick walls.

Next door is Rusty Haggles Antiques, where store owners display items such as vintage movie posters, model planes and even an antique apple press, which is the first piece you see when walking into the store. In the loft upstairs is an art gallery with paintings for sale by a local artist. Antique furniture and collectibles help display the art.

Many of the other shops in the NOTO district feature displays from local artists for at least week in their shops, including paintings, pottery and sculptures. Galleries in the area also feature weekend art shows.

Need a break from shopping and browsing? Visit NOTO Burrito, which also serves up coffee from Bunker Coffee Co. This eclectic eatery is a terrific place to start the day with a cup of "joe" or end it with a giant burrito.

The most vibrant time to visit NOTO is Thursday to Saturday. The district is also the location for First Fridays in Topeka, which include sidewalk sales, art shows and bands on the first Friday of every month.

To find out more about what you can find in the NOTO Arts District, go to notoartsdistrict.com.



Pinkadilly in the North Topeka Arts District, unique, one-of-a-kind pieces for home decor such as wall hangings, magnets and organizing pieces can be found.



The shops in the North Topeka Arts District feature home decor, art and antiques. The NOTO District is bright and colorful where shop and restaurant owners are friendly and available to their customers as soon as they walk into the door.

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