

THE

1ST INFANTRY DIVISION POST

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◀◀ FORT RILEY, KANSAS ▶▶

King Celebration



Cold temperatures did not dampen spirits at the 31st Annual Junction City-Geary County Dr. Martin Luther King Jr. Celebration and Commemoration Jan. 18 in Junction City, Kansas. Fort Riley Garrison Commander Col. Andrew Cole Jr. provided keynote remarks at the event, which featured a performance by the 1st Infantry Division jazz ensemble. The observance also included a heartfelt salute to two veterans of the famous 9th Horse Cavalry unit, also known as the Buffalo Soldiers: Nolan Self and Albert Curley. Pictured, standing left to right, are Spc. Brad Smith, the band's drummer; SSG Manuel Jimenez, who played guitar; Cole; Spc. Timothy Whelan, bass guitar; Cpl. Solomon DeBose, vocals; and Spc. Lawrence Evans, keyboards. Seated, left to right, are Self and Curley.

King, Buffalo Soldiers honored

“I challenge you to stay proactive — every day, in every situation — in improving relationships for everyone you interact with on a daily basis.”

COL. ANDREW COLE JR.  
FORT RILEY GARRISON COMMANDER

Story and photos by Andy Massanet  
1ST INF. DIV. POST

JUNCTION CITY, Kan — Scores of people braved extreme cold and turned out at the CL Hoover Opera House in Junction City for the 31st Annual Junction City-Geary County Dr. Martin Luther King Jr. Celebration and Commemoration Jan. 18.

Fort Riley Garrison Commander Col. Andrew Cole Jr. was on hand to provide keynote remarks and recognize the long and courageous service of retired Army 1st Sgt. Albert Curley and retired Army Master Sgt.

Nolan Self, both Buffalo Soldiers in the storied 9th Horse Cavalry unit.

Curley and Self were featured and honored guests of the commemoration.

“They paved the way for today’s Soldiers,” Cole said to the crowd, “and provided us all immeasurable opportunities to advance ‘The Dream.’ They are humble men who endured racial segregation and war, simultaneously. They served right here in Geary County at Fort Riley in the storied 9th Horse Cavalry unit ... They’ve travelled the world. Fought for freedom. And left a legacy that

See KING, page 7



Fort Riley Garrison Commander Col. Andrew Cole Jr. converses with retired U.S. Army 1st Sgt. Albert Curley before the beginning of the 31st Annual Junction City-Geary County Dr. Martin Luther King Jr. Celebration and Commemoration Jan. 18 in Junction City.



Maria Childs | POST  
Soldiers from Kansas Army National Guard, Battery A, 2nd Battalion, 130th Field Artillery, load a High Mobility Artillery Rocket System before heading out to the field to conduct a live-fire training exercise in 2015 at Fort Riley.

Thousands find Fort Riley best place to train

Training staff prepares Army Reserve, Air Force, Marines, Kansas National Guard, ROTC, other military units

By Maria Childs  
1ST INF. DIV. POST

Every year, Fort Riley staff communicates with and schedules Army Reserve, Air Force, Marines, ROTC and other military units to use the post’s classroom space, ranges and land to accomplish their training goals.

Dave Dawson, chief of the Mobilization and Reserve Support Branch, Directorate of Plans, Training, Mobilization and Security, is one piece of the training team. Dawson and his team communicate with the units and do whatever is necessary to get them prepared for training at Fort Riley. The team works about two years in advance to accommodate these units. In 2015, nearly 22,000 Soldiers from various units not associated with Fort Riley trained here using the equipment and staff provided.

“We have billets we provide them, classroom space, a motor pool and a DFAC (dining facility),” Dawson said. “They can set up their containerized kitchens and feed out of there. We have administrative facilities

See TRAIN, page 7



Maria Childs | POST  
Junnae Campbell, executive director of the Boys and Girls Club in Manhattan, Kansas, climbed into the turret of the simulated Humvee at the Mission Training Complex at Fort Riley Nov. 19. Campbell was visiting the installation with about 20 classmates as part of the Flint Hills Regional Leadership Program.

Regional program develops leaders

“Our hope for all of these participants is that they will go on and find their niche in their community and in this region.”

AILLEEN CRAY | FLINT HILLS REGIONAL LEADERSHIP PROGRAM EXECUTIVE DIRECTOR

Leadership Program and getting a feel for what it takes to work within businesses, non-profit organizations and communities throughout the area.

For more than 10 years, selected leaders from Fort Riley,

Manhattan, Junction City and surrounding communities have broadened their leadership experience and networking through participation in the Flint Hills Regional Leadership Program. This unique program objective is designed to

develop and motivate regional civilian community leaders by exposing them to the region’s assets.

Participants visit Pottawatomie, Riley and Geary counties, as well as Kansas State University, Fort Riley and Topeka. They start with an orientation retreat. Selected leaders who go through this program learn about regional strengths, resources, economic development challenges and efforts as well as to network

See LEADERS, page 8

The next USAG Resilience Day Off will be:

JAN.  
29

SAFETY HOLIDAY

As of Wednesday, Jan. 20,

031

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

HIGHLIGHTS

MISS KANSAS USA VISITS FORT RILEY POST EXCHANGE, SEE PAGE 9.

ALSO IN THIS ISSUE

FITNESS MARATHON HELD AT WHITSIDE FITNESS CENTER, SEE PAGE 11.



# Competition fierce at combatives tournament

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

Members of the 97th Military Police Battalion at Fort Riley dominated the gym of Long Fitness Center Jan. 13 as they yelled and cheered on Soldiers, noncommissioned officers and officers during a combatives tournament that drew blood and almost broke a nose.

For two days, 97th MP Bn. Soldiers battled mentally and physically through different courses for the NCO of the Quarter Competition.

“You should feel privileged to be chosen to compete,” said Lt. Col. Alexander Murray, commander, 97th MP Bn.

Competitors started the morning of Jan. 12 with a physical fitness test, and then moved on to a stress fire scenario. After lunch, they went on to Warrior Skills Training at the Mission Training Complex and then finally they executed Land Navigation. The next morning they started with a Ruck March.

Some of the competitors had taken part in the competition previously.

“I went through it the last time and I kind of learned a lot while I was doing it and I volunteered to go through it again,” said 2nd Lt. Alexandra Gutierrez, 116th MP Company, 97th MP Bn. “It refreshed ... skills that are very easy to forget. I feel a little bit more prepared for this one. Last time I had ... issues with LandNav and I’ve had some time to practice



Sgt. Sergio Bermudez, left and Sgt. Martin Galindo compete during the 97th Military Police Battalion combatives tournament portion of the NCO of the Quarter competition Jan. 13 at Long Fitness Center.

that a little bit and I think I’ll do a little better on that.”

Some of the tasks in the competition put people outside of their usual comfort zones.

“Being that I’m an intel analyst and not really ... a guy messing with weapons, (the) hardest part was assembling and disassembling weapons that I’ve never used before,” said Spc. Samuel Gelber, 300th MP Company, 97th MP Bn.

Gelber said the competition was important as it leads people to train and try to learn military drills and movements even though they don’t win and that it is something everyone should try to achieve.

The winners of the competition were Sgt. Louis Sandoval, 287th MP Co., Spc. Michael Jackson Jr. and 1st Lt. Mark Swisher, 977th MP Co.

# Leader development promoted with ‘Dagger’ Captains Conference



Sgt. Dana Moen | 2ND ABCT

Col. Miles Brown, commander of the 2nd Armored Brigade Combat Team, 1st Infantry Division, talks to captains from across the brigade Jan. 8 during a 3.5-mile history run around Camp Buehring, Kuwait, as part of the “Dagger” Captains Conference. The run gave participants an opportunity to reflect on the accomplishments of the Dagger brigade in its previous deployment to Iraq and stress the importance of knowing the unit’s history.

By Capt. Ed Alvarado  
2ND ABCT PUBLIC AFFAIRS

CAMP BUEHRING, Kuwait — More than 100 captains from the 2nd Armored Brigade Combat Team, 1st Infantry Division, attended the “Dagger” Captains Conference Jan. 8.

The conference facilitated leader development for current and future company commanders throughout the Dagger brigade. It provided a venue for officers to meet individuals from various branches and a place for them to share knowledge and understanding.

The conference began with a morning run, led by Col. Miles Brown, 2nd ABCT commander. During the run, the group stopped at locations in Camp Buehring to be presented with a piece of history so the officers could reflect on the accomplishments of the Dagger brigade and the 1st Inf. Div.

“Unit cohesion is a must, and what helps unit cohesion is history,” said Capt. Andrew Boorda, commander of Headquarters and Headquarters Company, 2nd ABCT, 1st Inf. Div. “It gives us a sense of belonging, it brings us together. It allows us to know where we came from, where we are now and where we’re going.”

The next event provided a classroom discussion on training management facilitated by Maj. Steven Veves, 2nd ABCT, 1st Inf. Div.,

plans officer. After the discussion, the captains were provided a practical exercise to collaborate in developing a monthly training calendar. Capt. Jess Letarte, 2nd ABCT, 1st Inf. Div., provost marshal and future company commander, is currently a staff officer and said she got ideas from people in her group because they have been in command.

“For me, getting that peer feedback and ideas by Maj. Veves will help in providing better planning and training for our Soldiers,” Letarte said.

Rounding out the day’s events was a breakout session that allowed the captains to interact with officers who have transitioned to functional areas or have served in broadening assignments. “Having those options to consider what’s best for you, what’s best for your family and what’s best for your career I think is awesome,” said Capt. Torius Davis, signal officer for 5th Squadron, 4th Cavalry Regiment, 2nd ABCT, 1st Inf. Div. “They showcased a lot of those (assignments) that maybe you weren’t thinking about or you’ve seen it in a different light, and maybe fits you better than you thought it did.”

The Captains Conference was one of many leader development programs conducted by the Dagger brigade. Other programs include the Circle of Sisters in Arms program, intended to empower and produce adaptive female leaders to reach their full potential in their military service, and major and captain peer development groups.

## COMMANDING GENERAL VISITS KUWAIT



Sgt. Dana Moen | 2ND ABCT Public Affairs

Maj. Gen. Wayne W. Grigsby Jr., 1st Infantry Division and Fort Riley commanding general, visits Soldiers of the 82nd Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Inf. Div. and 1st Battalion, 18th Infantry Regiment, 2nd ABCT, 1st Inf. Div. The 1st Bn., 18th Inf. Regt., 2nd ABCT, 1st Inf. Div., Soldiers were conducting Expert Infantry Badge training during Sergeant’s Time Training.

## ‘DREADNAUGHTS’ SAY HELLO, BID FAREWELL TO COMMAND SERGEANTS MAJOR



Sgt. Sharon Samuel | 1ST SQDN., 4TH CAV. REGT

Command Sgt. Maj. Kevin Miller, the senior enlisted leader of 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, assumes responsibility of the “Dreadnaughts” during a ceremony Jan. 12 at Fort Riley. Miller enters the new unit with three deployments: two to Iraq in support of Operation Iraqi Freedom and Operation New Dawn and one to Afghanistan in support of Operation Enduring Freedom.

## DEPUTY COMMANDING GENERAL REPRESENTS ‘BIG RED ONE’



Amanda Kim Stairrett | 1ST INF. DIV.

Brig. Gen. John S. Kolasheski, 1st Infantry Division deputy commanding general for maneuver, talks with Kansas Gov. Sam Brownback Jan. 12 following the State of the State address in Topeka, Kansas. Kolasheski and Command Sgt. Maj. Jonathan D. Stephens, 1st Inf. Div. Artillery senior noncommissioned officer, represented the “Big Red One” and Fort Riley at the annual event.

### Irwin Army Community Hospital

PROVIDER

NO-SHOW PATIENT

WOULD BE PATIENT

WOULD BE PATIENT

WOULD BE PATIENT

**Missed appointments are missed opportunities for others.**



1



# Phil Irby: A ‘Big Red One’ Soldier

## THEN & NOW

By Phyllis Fitzgerald  
SPECIAL TO THE POST

Phil Irby’s story began in November 1975 in Memphis, Tennessee, at the recruiting depot where he entered the Army. The recruiter asked where he wanted to be stationed and Irby said he didn’t know. There happened to have been a military policeman from Fort Riley, Kansas, at the recruiting station that day and he said, “Why not go to Fort Riley?” Irby asked where Fort Riley is and how far it is from Kansas City. The MP told Irby “not far.”

Irby arrived at Fort Riley Nov. 30, 1975, where he was assigned to Battery B, 3rd Battalion, 6th Field Artillery, 1st Infantry Division Artillery, as a 13B, canon crewman. Prior to Irby’s arrival at Fort Riley, his dad had been there on his way to the Korean War. Irby’s dad shipped out of Camp Funston, Fort Riley. Irby’s dad also served in WWII.

He was stationed at Fort Riley four times for 17 out of 20 years in the Army. In addition to the initial assignment with 3rd Bn., 6th FA, he also served with 1st Battalion, 7th Field Artillery. Irby relocated to New Ulm, Germany, with the battalion, and finally with 1st Battalion, 5th Field Artillery, back at Fort Riley.

“One of the things I enjoyed at Fort Riley is the ranges and the training areas because there was and is enough space to train and fire our equipment,” Irby said.

Irby deployed to Desert Storm with Service Battery, 1st Bn. , 5th FA,. What Irby began to hear from the local citizens on the third and fourth time coming back to Fort Riley was “you’re back again” as Fort Riley and Junction City became a second home.

“After 15 years in the Army, we were informed that the 1st Infantry Division was deploying to Desert Storm,” Irby said. “At first I was shocked because I thought I was going to have an Army career without combat but this announcement and deployment of the 1st Infantry Division opened my mind that this was going to be a serious situation.”

He retired as a sergeant first class in 1995 from Fort Riley and Irby and his family stayed in the area. He had been an “Army brat” as a child, so he wanted his four kids to stay and finish school in one place. All four kids graduated from Junction City High School.

He now works as a military taxi driver on Fort Riley. Irby has held this job for 20 years and he says he loves it.

Irby is an active member of the VFW. He served as a past VFW state commander for Kansas from 2009 to 2010.

*Editor’s Note:* For more information email [fitzmiss@yahoo.com](mailto:fitzmiss@yahoo.com).



## Licenses from five states banned

By Jim Garamone  
DOD NEWS, DEFENSE MEDIA  
ACTIVITY

WASHINGTON — Defense Department installations will no longer accept driver’s licenses from Minnesota, Illinois, Missouri, New Mexico and Washington as proof of identity, DOD officials said.

The ban, which also includes licenses from American Samoa, is a consequence of the REAL ID Act of 2005.

The REAL ID Act grew out of the Sept. 11, 2001, attacks — most of the terrorists involved had driver’s licenses from Florida and Virginia. Congress tightened up issuance processes and documentation needed to get a driver’s license. Compliant cards must have specific security features to prevent tampering, counterfeiting or duplication of the document. The licenses also must present data in a common, machine-readable format.

The REAL ID Act affects only access control

policies where individuals are required to present an identification document for accessing federal facilities, entering nuclear power plants or boarding federally regulated commercial aircraft. The federal REAL ID Act implementation rules allow for exceptions, officials noted. For example, they explained, life or safety issues such as medical emergencies, and situations in which physical access is necessary to apply for benefits are two exceptions.

Those attempting to gain physical access to DOD installations must show an alternate form of identification, such as a passport, officials said. Service members, family members, DOD employees, and federal employees with the DOD common access card, DOD uniformed services identification and privileges cards, federal personal identification verification cards or transportation workers’ identification credentials

are not affected, officials said, as these cards are authorized in DOD policy to facilitate physical access to installations.

“All federal agencies including DOD must comply with the law regarding the use of REAL IDs for official purposes,” an official said. “For most DOD installations, an identification card or an installation pass is required to facilitate access. Hence, where an ID or an installation pass is used for physical access, DOD installations are prohibited from accepting driver’s licenses or state identification cards from states deemed non-REAL ID compliant.

“DOD policy allows commanders to waive the DOD access control requirements for special situations, circumstances, or emergencies,” the official said. “Therefore, installations may authorize other alternatives to facilitate installation access, such as a graduation ceremony guest list, escorts, etc.”

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Date

Feb 17-18, 2016

Time

9am — 3pm

Military Life  
Military Acronyms & Terms  
Chain of Command  
Customs and Courtesies  
Social Functions  
Benefits and Entitlements  
Military & Civilian Resources  
Intro to the FRG  
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signs

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and act on them.

  
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<https://cortely.army.mil>



# Tricare nursing hotline provides advice at no cost to patients

TRICARE

It's late at night and your child has a fever or ache. Deciding what kind of care they need can be confusing. As a TRICARE beneficiary, there is a resource to help decide the best course of action. TRICARE's Nurse Advice Line is available at no cost to TRICARE beneficiaries in the continental United States, Alaska and Hawaii. The NAL is available 24 hours a day, seven days a week. Call 1-800-TRICARE or 1-800-874-2273 and choose option 1.

The NAL has a team of pediatric registered nurses skilled in providing medical care for children of all ages in a variety of healthcare settings. Once a nurse is on the phone, they will ask a series of questions. The nurse will also answer questions about high fevers, allergic reactions, rashes or accidents, and advise on the clinically appropriate level of care for the child.

Make sure the child is present so an assessment can be made as the nurse asks



questions. Depending on the circumstances and age of the child, the nurse may ask to speak to the child directly. Feel free to stay on another line or use a speakerphone option. If self-care is recommended, the nurse may provide with in home treatments and remedies. If the child does need an appointment, the NAL will try to schedule one or will advise how to seek care within the network.

The NAL helps with getting access to the right type of care at the right time. To learn more about the services the Nurse Advice Line offers, visit us at: [www.tricare.mil/Home/ContactUs/CallUs/NAL.aspx](http://www.tricare.mil/Home/ContactUs/CallUs/NAL.aspx)

## Home wanted

Tigerlilly is a beautiful older lady, approximately 10 years old that is looking for her retirement home. She enjoys attention and snuggling with people of all ages. Tigerlilly is still active and likes to chase balls and mice. She also likes being inside, as well as outdoors. She will come when called and enjoys carrying on a conversation with people. Tigerlilly is not good with other dogs or cats and needs to be the only pet in the household. She does get along well with children. She only has a few teeth, but doesn't have a problem eating dry or wet food. Tigerlilly is spayed and declawed. She is a special needs pet and her adoption fee is \$62.



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

Other shelter animals can be seen on [www.facebook.com/fortrileypets](http://www.facebook.com/fortrileypets). All stray animals on Fort Riley are picked up by the Military Police and brought to the Fort Riley Stray facility. The animals are held for three business days to allow owners to claim their pets. After this time, animals may be adopted or euthanized. Animals are usually only euthanized in the cases of severe aggression or life-threatening illness. Animals must be registered, microchipped and up to date on vaccines before being released to owners.

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

# Researchers say teenager's speech may not affect language

K-STATE COMMUNICATIONS

MANHATTAN, Kan. — If you're too "basic" to "YOLO" or think slang is never "on fleek," fear not: How teenagers speak is not ruining the English language, according to Kansas State University linguistics research.

In fact, teenagers may not be causing language change the way we typically think, said Mary Kohn, assistant professor of English. Kohn studies language variation and how language changes over time.

Kohn's latest research found that teenagers are not solely causing language change. Rather, language changes occur throughout a lifetime and not just during the teenage years.

"Our research has shown teens are being dynamic with language, but not necessarily in a consistent way," Kohn said. "We aren't eliminating the possibility that teenagers are driving sound change, but we might be grossly overstating the role of teenagers."

Kohn found there was not a consistent language path that a person took from childhood through adolescence and into adulthood.

Language change is more individualistic and varies for each person, she said.

"Very commonly, people think that teenagers are ruining language because they are texting or using shorthand or slang," Kohn said. "But our language is constantly developing and changing and becoming what it needs to be for the generation who is speaking it. As a linguist, I find this really exciting because it shows me that our language is alive."

Kohn used the Frank Porter Graham project, which is a database that followed 67 children from infancy to their early 20s. The database includes audio and interview recordings from nearly every year of the children's lives. It also has recordings of family members, friends and teachers — all valuable information for understanding how language changes as individuals grow up, Kohn said.



COURTESY PHOTO  
Teenagers may not be causing language change the way we typically think, according to Kansas State University linguistics research.

See TEENAGERS, page 6

## TUESDAY TRIVIA CONTEST



is Meghan, Spc. Igineof, their son, Ezekiel and dog Lucy.

The question for the week of Jan. 22 was: "Where is the submission form where I can report suspicious activities or behaviors that may indicate terrorist activity or ongoing criminal activity?"

Answer:  
[www.riley.army.mil/Community/iWATCH/SuspiciousActivityReport.aspx](http://www.riley.army.mil/Community/iWATCH/SuspiciousActivityReport.aspx)

This week's winner is Meghan Igineof. Meghan is the spouse of Spc. Ben Igineof, 1st Combined Arms Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division. Pictured

CONGRATULATIONS MEGHAN!

## TRAFFIC REPORT

### CONSTRUCTION ON RIFLE RANGE ROAD CONTINUES

Construction on Rifle Range Road will affect traffic flow. The work started in September and has been contracted for 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 posted guidance.

### ALL SCHOOL ZONES IN EFFECT

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

### ACCESS CONTROL POINT HOURS OF OPERATION

Until further notice, the Estes Access Control Point is closed permanently every Saturday and Sunday, but will remain open Monday through Friday to all traffic including commercial vehicles.

Also until further notice, 12th Street ACP is closed to privately owned vehicles on Saturdays. The commercial side remains open Saturdays. 12th Street ACP is closed to all traffic Sundays. 12th Street ACP is open to all traffic Monday through Friday. Effective Dec. 12, Grant Street ACP closes permanently every Saturday and Sunday, but remains open Monday through Friday to all privately owned vehicles. Motorists wanting access to Fort Riley on Saturday or Sunday should use Ogden, Henry or Trooper gates.

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 through Friday; closed to non-commercial traffic Saturdays; closed Sundays and federal holidays.

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

# WINTER SAFETY TIPS

### TIPS FOR YOUR HOME

**WINTERIZE HOME**

- Install weather stripping, insulation and storm windows
- Insulate water lines that run along exterior walls
- Clean out gutters and repair roof leaks

**CHECK HEATING SYSTEMS**

- Have your heating system serviced professionally to make sure that it is clean, working properly and ventilated to the outside
- Inspect and clean fireplaces and chimneys
- Install a smoke detector and test batteries monthly
- Have a safe alternate heating source and alternate fuels available
- Prevent carbon monoxide emergencies

**INSTALL CO DETECTOR**

- Check batteries regularly
- Learn symptoms of CO poisoning: headaches, nausea and disorientation

**PREPARE EMERGENCY KIT**

- Stock food that needs no cooking or refrigeration and water stored in clean containers
- Fully charged cellphone
- Battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio and lamps
- Extra batteries
- First-aid kit and extra medicine
- Baby items

### TIPS FOR OUTDOORS

**KNOW WEATHER OUTSIDE**

- Be aware of the wind chill factor
- Wear appropriate outdoor clothing: layers of light, warm clothing, mittens, hats, scarves and waterproof boots
- Work slowly when doing outside chores
- Take a buddy and an emergency kit when you are participating in outdoor recreation
- Carry a cellphone
- Sprinkle cat litter or sand on icy patches

### TIPS FOR YOUR CAR

**WINTERIZE VEHICLE**

- Service the radiator and maintain antifreeze level
- Check tire tread or replace tires with all-weather or snow tires
- Keep gas tank full to avoid ice in the tank and fuel lines
- Use a wintertime formula in your windshield washer

**PREPARE EMERGENCY KIT**

- Blankets; food and water
- Booster cables, flares, tire pump and bag of sand or cat litter
- Compass and maps
- Flashlight, battery-powered radio and extra batteries
- First-aid kit
- Plastic bags

### TIPS FOR TRAVEL

**ON THE ROAD**

- When planning travel, be aware of current and forecast weather conditions
- Avoid traveling when the weather service has issued advisories
- If you must travel, inform a friend or relative of your proposed route and expected time of arrival

**IF STRANDED**

- Stay with your car unless safety is no more than 100 yards away, but continue to move arms and legs
- Stay visible by putting bright cloth on the antenna, turning on the inside overhead light (when engine is running) and raising the hood when snow stops falling
- Run the engine and heater only 10 minutes every hour
- Keep a downwind window open
- Make sure the tailpipe is not blocked

For more information, you may contact the Garrison Safety Office at 785-240-0647.



## RILEY ROUNDTABLE

What do you do to stay in shape during the winter?



“Zumba because it's fun and you sweat a lot.”

**ASHLEY PETTIGREW**  
**FLORENCE, OREGON**

Wife of retired Sgt. Daniel Pettigrew



“Beach body workouts from DVDs. It's too cold to go outside.”

**TERI AIELLO**  
**HINESVILLE, GEORGIA**

Wife of 1st Sgt. Joseph Aiello, 2nd Battalion, 34th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division



“I don't change anything ... I don't stop. I just keep the same routine that way I stay strong.”

**CW03 TAMEKA DZURICKY**  
**HINESVILLE, GEORGIA**

1st Infantry Division Headquarters and Headquarters Battalion



“Visit a personal trainer at Whitside Fitness Center with my friend. We do one-on-one training. She gives us a workout plan for the rest of the week.”

**EDEN BRISCOE**  
**FORT WORTH, TEXAS**

Wife of Spc. David Briscoe, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division



“Come to the gym and work with a trainer one-on-one. I also attend classes.”

**SARAH RICCI**  
**YPSILANTI, MICHIGAN**

Certified Registered Nurse Anesthetist at Irwin Army Community Hospital

## THE 1ST INFANTRY DIVISION POST

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

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

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

## Fort Riley Tax Center opens for business

By Elizabeth G. Thurston  
CHIEF OF FORT RILEY TAX CENTER

Often things that seem too good to be true are not all they claim to be. Some fee-based companies advertise free income tax preparation and e-file. What they do not tell you is that you must qualify for the Internal Revenue Service Form 1040EZ.

To qualify to use form 1040EZ you must meet the following requirements:

- filing status must be single or married filing jointly,
- not claim any dependents,
- taxable income less than \$100,000,
- not claim any adjustments to income
- earned income credit is the only tax credit that can be claimed

Under these requirements only a small percentage of taxpayers are eligible to use Form 1040EZ. Even if you qualify, these free preparers will likely charge for you to claim the EIC or file a state return.

Some prepare taxes free, but then require you to listen to a sales pitch for their products. If you succumb to purchases from them, you might end up spending more than you would have by paying to get taxes prepared.

Companies that advertise free tax preparation, as well as fee-based companies, are located on and off post in the community.

The Fort Riley Tax Center is open for the tax season and provides services to Soldiers and their eligible dependents with no hidden charges! This is true regardless of how many or what forms the tax preparers complete. When completing your federal return, state taxes are also prepared with no charge regardless of how many are required. There are no sales pitches or gimmicks. The goal is to maximize your refund.

The tax center is staffed with civilian tax preparers trained by the IRS with a combined experience of more than 15 years, as well as two licensed attorneys.

The tax center has obtained more than \$17 million in refunds while saving more than \$3.6 million in preparation fees for tax year 2014. Clients usually elect to e-file their return, this results in obtaining refunds on average in less than 21 days. The tax center can prepare, among other forms, Schedule A for those wishing to itemize, Schedule E for rental property, Form 8863 for tuition credit, Form 2441 for dependent care expense and Schedule D for Capital Gains.

Some individuals will receive a smaller refund this year because of tax increases. Do not reduce your refund even more by paying for a free service.

The saying, “it is too good to be true” and “you get what you pay for” do not apply to the Fort Riley Tax Center. This service is available to all eligible clients by calling 785-239-1040 or coming by building 7034 on the corner of Normandy and Bullard streets.

### SAFETY CORNER

## Accidents happen: Look before you back up

By Dawn J. Douglas  
GARRISON SAFETY OFFICE

Vehicle accidents from backing up have risk, but they are happening with decreasing frequency due to rear-vision camera systems. In 2014, the U.S. Department of Transportation's National Highway Traffic Safety Administration issued a final ruling requiring rear visibility technology on all new vehicles under 10,000 pounds by May 2018. This new rule was authorized specifically to reduce the risk of fatalities and serious injuries caused by backing accidents.

According to NHTSA, on average, there are 210 fatalities and 15,000 injuries per year caused by backover accidents. NHTSA has found that children under 5 years old account for 31 percent of backover fatalities each year, and adults 70 years of age and older account for 26 percent. The rule is expected to reduce 50 to 60 backing accidents per year.

When it comes to backing, most every backing incident is the result of driver error. Most drivers do not even think about the act of backing up because they do it all the time in their personal vehicle with relatively good visibility. Looking in the mirrors before backing up only requires a second, but that second could save a life.

It also may seem tedious, but the best way to prevent backing accidents is for the driver to walk around their vehicle to make sure it is clear of obstacles. This is more important for those who drive commercial

trucks as they have a larger blind spot. A commercial driver should look for obstacles, low hanging wires, posts, poles, structures, people, other moving vehicles or vehicles likely to move.

Larger trucks have bigger wheel wells. If a small child reaches under these vehicles to retrieve a toy they may fit between the tire and the wheel well and become lodged.

A good rule to follow is that no driver should back his or her truck without the assistance of a ground guide. A ground guide does not eliminate the driver's responsibility to back their vehicle carefully, but the assistance of a ground guide does increase the ability to see objects the driver might not see.

Some additional safety tips can prevent accidents:

- Think in advance: If possible, avoid situations that will cause you to have to back your vehicle up.
- Park defensively: Choose easy-exit parking spaces that do not crowd neighboring vehicles. Park in the center of your parking space.
- If needed, take extra measures when parking in an alley: If an alley does not permit driving all the way through or room to turn around, back into the alley parking space. That way, when you leave you can drive forward to pull into the street.
- Perform a walk around: Sometimes it's best to get a firsthand view of the back area. Check for not only children, but

muddy areas, potholes, tire hazards and other dangers.

- Know the clearances: When performing a walk-around, check for obstructions, low hanging trees and wires and other potential clearance-related problems.
- Remember that every backing situation is new and different: You may back out of the same spot day after day, but do not allow yourself to get complacent and relax. Be watchful each time for changes and new obstacles.
- Use a ground guide or spotter: Don't be afraid to ask for someone's help when backing. Use hand signals that are understood by both parties. Do not have the guide or spotter walk backwards while giving instructions or positioned behind the vehicle. The spotter should be clearly visible and to the side of the backing vehicle to be able to observe the driver and watch for hazards.
- Use technology: Rear camera and backing alarms can warn both drivers and pedestrians. However, do not become overly reliant on these advances. Along with cameras and alarms, still be diligent in using all mirrors, looking and listening for danger.

Prevent backing accidents and protect our vulnerable communities by using these common sense tips. If you have any additional questions, contact the USAG, Fort Riley Safety Office, 785-240-0647.

## Secretary of defense: Martin Luther King Jr. Day message

By Ash Carter, Washington, D.C.  
SECRETARY OF DEFENSE

Dr. Martin Luther King Jr. was a man of deep and abiding faith, compassion and dedication. He reminded us all that “human progress never rolls in on wheels of inevitability,” and that “the time is always ripe to do right.” He challenged us all to live up to the ideals enshrined in our founding documents — that we are all created equal, endowed with



Ash Carter

unalienable rights to life, liberty, and the pursuit of happiness.

At the Department of Defense, we are committed to honoring Dr. King's legacy. That means recognizing the

human dignity in all of the people we serve. It means protecting the right to vote for all of our service members. It means ensuring that those who serve are judged not based on who they are or where they come from, but rather what they have to offer to help defend this country.

As we remember Dr. King on his birthday, let's recommit ourselves to the standard he set, the legacy that lives on, and the challenge that remains.

## Federal Real ID affects access to Fort Riley

FORT RILEY PUBLIC AFFAIRS

In order to comply with federal Real ID Act standards, Fort Riley will require additional identification for visitors with an Illinois, Minnesota, Missouri, New Mexico or Washington driver's license, starting March 1. People from these five states visiting the installation will need to provide

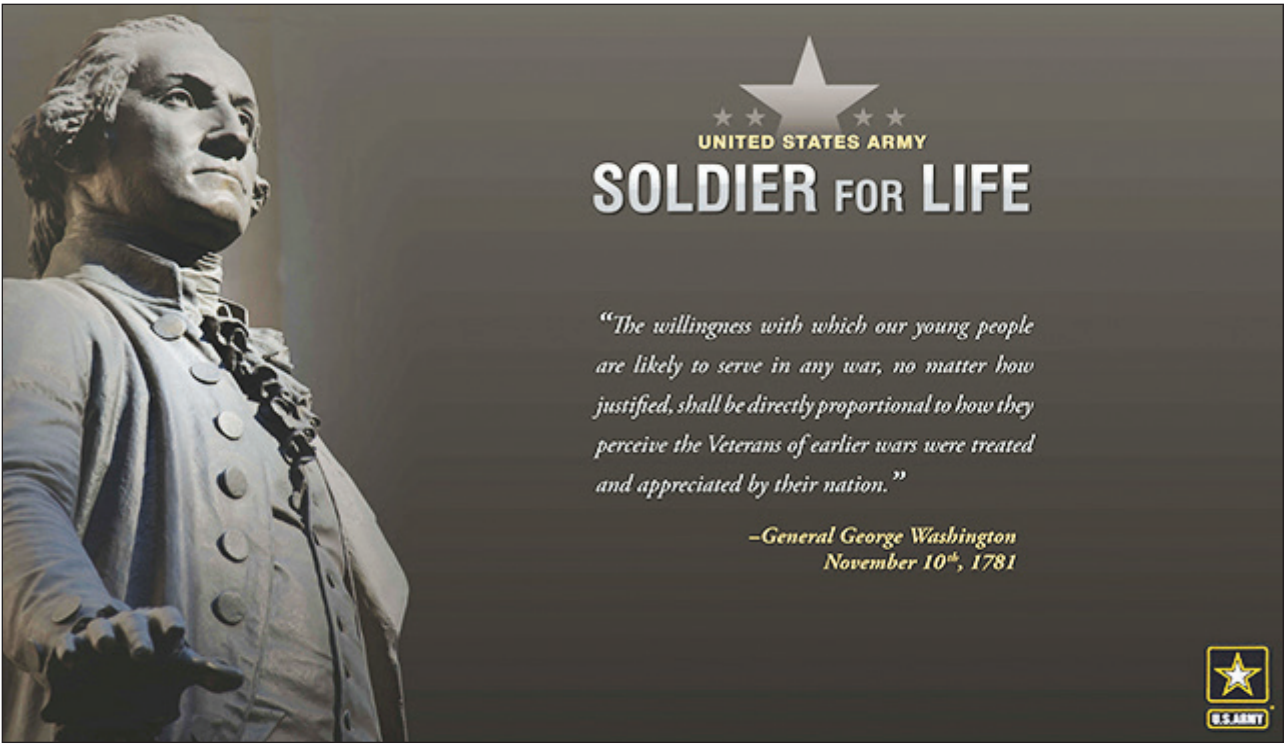
an alternate form of identification for unescorted access.

Acceptable forms of ID include a U.S. passport, permanent resident card / Alien Registration Receipt Card (Form I-551), foreign passport with a temporary I-551 stamp or visa or an employment authorization document that contains a photograph (Form I-766).

Visitors with a valid Department of Defense-issued ID card are not affected by this change.

For more information about Real ID, visit [www.dhs.gov/real-id-public-faqs](http://www.dhs.gov/real-id-public-faqs).

For information about visiting Fort Riley, go to [www.riley.army.mil/](http://www.riley.army.mil/) and click on the yellow “Accessing Fort Riley” tab on the right-hand side of the page.





# New Career Skills Program soon available at Fort Riley

By Andy Massanet  
1ST INF. DIV. POST

A new career skills program is near to becoming reality and could offer a great employment opportunity for transitioning Soldiers, Chief Warrant Officer 5 Carlos M. Jimenez of the 1st Infantry Division’s “Big Red One” Soldier for Life Transition Assistance Program Team announced Jan. 20.

The training program will eventually be held under the auspices of the Fort Riley Garrison. As such the program was subject to approval by Garrison Commander Col. Andrew Cole Jr. That approval was granted.

The program outline was briefed by Jason Lewis, Veterans Administration program manager, to senior leadership of the 1st Inf. Div., Cole, Director of Human Resources Kenneth Steggeman and Glennwood McLaurin, transition service manager for the Directorate of Human Resources and others involved with the program.

According to Steggeman, the training will prepare students, which will be transitioning Big Red One Soldiers, for entry into the federal employment system as VA employees, GS-07 developmental level Service Representatives. They will help manage Soldier disability claims.

The training will come at no cost to the Soldiers. Only the Soldiers, not their spouses, are eligible for this program.

Successful candidates will have the opportunity to move up based on additional training and performance to the potential promotion level of GS-10. Also, telework will be offered several days a week, meaning workers will be allowed to perform some of their duties at home.

“They will be regular government employees,” Steggeman said, “and will be subject to all the rules, and eligible for all the benefits regular GS workers are entitled to.”

The program details will be communicated to unit commanders via the

division’s Big Red One Soldier for Life Team. There are two program options, Jimenez said, only one of which will be employed. Option one would feature a 14-week course with students in class three days a week, 9 a.m. to 5 p.m., with an hour lunch break.

Option two features a 10-week course with classes held five days a week, 9 a.m. to 5 p.m. with an hour lunch break.

While no firm decision has been made as to which option will be used — that will come after unit commanders have had a chance to review the program — the most favorable one, according to Jimenez and Steggeman, is option one, in which the Soldiers would be in class three days per week. That would allow Soldiers to still meet their other weekly professional obligations.

Not all Soldiers who apply will be granted automatic entry into the program, Steggeman said. Each Soldier must apply. The application is then vetted by the VA. If

the Soldier is deemed a good fit for the VA, he or she will be enrolled.

Another positive aspect is there will be a ratio of five students to every one VA instructor. The Fort Riley garrison would supply rooms, buildings, etc. and the VA will supply the teachers.

The inaugural classes are tentatively scheduled to start on or about April 12 to 19. Employment with the VA as a GS-07 will be offered upon completion of training.

An initial assessment involving 400 Soldiers was performed via email to gauge program interest. Responses had a 93 percent interest rate on Fort Riley. Moreover, the program has had high success rates at Forts Carson and Belvoir, while only a hand full of Soldiers did not complete their training due to their own volition, medical issues, other employment offers and so forth.

“We think this will be another great employment opportunity for our transitioning Soldiers,” Jimenez said.

# TEENAGERS

Continued from page 4

Using this database, Kohn studied sound waves—a precise measurement of how people pronounce words. She focused on 20 individuals during four different periods: fourth grade, eighth grade, 10th grade and post-high school at age 20. Kohn measured pronunciations to see if the participants dramatically changed during the teenage years. Her longitudinal approach offered a before and after look at linguistic pronunciation during the teenage years.

“The teenager subgroup did not stand out as a group from the rest of the subgroups, meaning there was nothing special about being a teenager,” Kohn said. “Just because you are a teenager doesn’t mean you will change your language. Perhaps our stereotypes about how teenagers speak are often based on subgroups of teenagers that stand out to us as most distinct. We notice the kids who make bold fashion statements, so we also might notice the kids who are making dramatic linguistic changes.”

Other subgroups experience language change, Kohn said, and she suggests that sources of

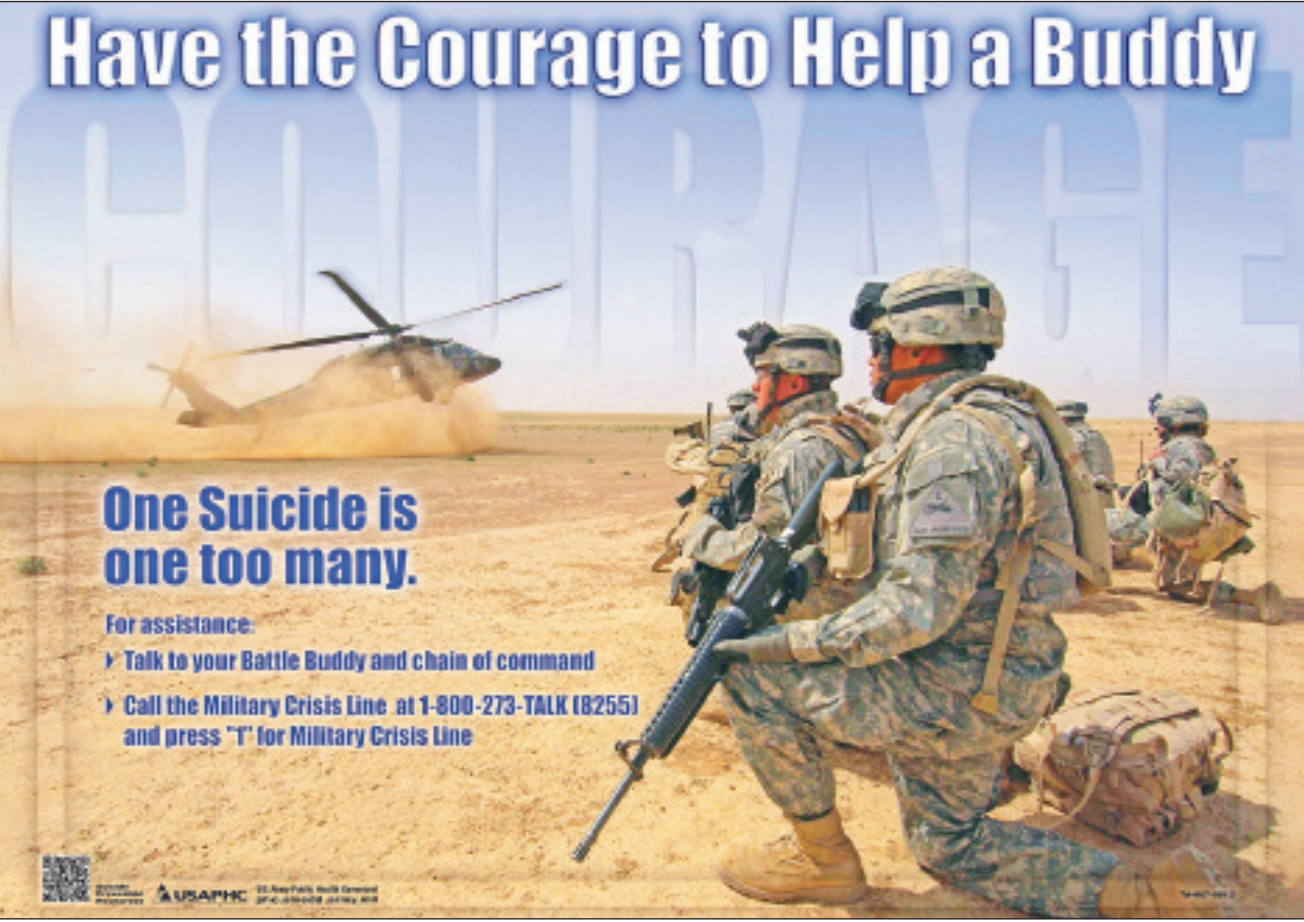
language change may happen in younger children. Children turn away from adult influence when they get to school, which may be the crucial point when language starts to shift.

During high school, teenagers often explore their own identities and may again choose to change their pronunciations and use language as a part of their identities. When these teens grow up and graduate from college or get a job, they may change their language again to sound more professional and meet the demands of their jobs and pressures of the workplace, Kohn said.

“All languages, throughout history, change as generations grow up and move through life,” Kohn said. “As long as there are people who are living and breathing and speaking, we’re going to invent new words. We’re going to invent new ways of speaking.”

The research was a collaboration with researchers at North Carolina State University, including Walt Wolfram, Janneke Van Hofwegen, Charlie Farington and Jennifer Renn.

# Have the Courage to Help a Buddy



**One Suicide is one too many.**

**For assistance:**

- ▶ Talk to your Battle Buddy and chain of command
- ▶ Call the Military Crisis Line at 1-800-273-TALK (8255) and press "1" for Military Crisis Line

USAPHC 100 Army Parks Health Command 2016-01-01-01-01-01

# YOUTH HIRING & EDUCATION FAIR

**Attention all youth ages 14 to 21: Come visit with employers, volunteer organizations and educational institutes!**

**5 March 2016 • 10am-1pm**

**Fort Riley Teen Center**

**5800 Thomas Drive • Fort Riley, KS 66442**

For employment related questions, call Employment Readiness at 785-239-9435 and for education related questions, call Education Services at 785-239-6481





# KING

Continued from page 1

few others can match. They have overcome significant challenges to become successful military enlisted men, then went on to contribute to the betterment for the people of Junction City, Geary county and the Flint Hills Region.

Yet it was the spirit of Martin Luther King Jr. that shined over the proceedings. The strains of his voice rang throughout the venue as people filed into the opera house.

His name “invokes images of protest, movements, speeches, hope and proactive progress,” Cole said. “An entire life full of doing what’s right — when it was most difficult — for the greater good. There’s no better legacy to leave your fellow Americans ... and to all of humankind.”

At the same time, however, Cole noted recent events have cast a shadow of uncertainty on the continuing efforts to secure lasting justice for all people.

“If you focus on all the headlines in the 24-hour news-cycle you’re apt to believe that race relations are the worst ever,” Cole said. “There’s no doubt that 2015 had some very low points — Trayvon Martin, Freddy Gray, Michael Brown, Eric Garner, Ferguson, Missouri, Baltimore, Maryland, Confederate flags, Black Lives Matter. It was a tough year for many people ... and it would seem, a tough year for Dr. King’s dream of racial equality.”

But Cole urged the crowd to not lose the faith King exemplified and to continue working for King’s dream.

“Don’t let the headlines cause you to be jaded,” Cole said. “Don’t let the perceptions or actions of the few change the movement of the many. At the same time, I challenge you to not ignore the problems that persist in our communities. Ignoring problems doesn’t make them go away. And I assure you, for every negative headline and every bad news story, there are a thousand positive stories across our country. I challenge you to stay proactive — every day, in every situation — in improving relationships for everyone you interact with on a daily basis.”



Andy Massanet | POST

**Members of the Junction City Children's Choir give a performance during the 31st Annual Junction City – Geary County Dr. Martin Luther King Jr. Celebration and Commemoration Jan. 18 in Junction City. Gregory Gooden is the director.**

The spouse of Curley, Consuelo, and the spouse of Self, Wilma, were also honored this day. Each received the Coretta Scott King Humanitarian Award for exemplifying the courage of Martin Luther King Jr.’s late spouse. The awards were presented by Daphne Maxwell of the Martin Luther King Jr. Celebration Committee and legal support specialist for the Fort Riley Staff Judge Advocate. Ms. King passed away Jan. 30, 2006.

Also on hand to provide music apropos of the event was the 1st Infantry Division jazz ensemble featuring Cpl. Solomon DeBose on vocals. The band also included Spc. Lawrence Evans on keyboards; SSG Manuel Jimenez on guitar; Spc. Brad Smith, drums and Spc. Timothy Whelan on bass guitar.

King was felled by an assassin’s bullet in Memphis, Tennessee April 4, 1968. He was 39 years old when he died. Within days, Congress passed the Civil Rights Act of 1968, which barred discrimination in housing. In 1983, President Ronald Reagan signed legislation creating a national holiday in his honor.

On April 5, 1968, Murray Schumach, a reporter for The New York Times, wrote that to black Americans, King was “the prophet of their crusade for racial equality. He was their voice of anguish, their eloquence in humiliation, their battle cry for human dignity. He forged for them the weapons of nonviolence that withstood and blunted the ferocity of segregation.”

King would have turned 87 years old on Jan. 15.

# TRAIN

Continued from page 1



Maria Childs | POST

**Kansas National Guard 2nd Combined Arms Battalion, 137th Infantry Regiment conducted a live-fire qualification operation at the Digital Multi-Purpose Range Complex at Fort Riley in 2015.**

they can use to set up operations. They can do whatever they want to do here. They can act like a battalion.”

The process begins when a member of the unit fills out Fort Riley form 1104 and submits it to Dawson and his team. Once they receive it, Dawson assigns the units facility space if they need it.

While active-duty Soldiers at Fort Riley have priority for training land space, larger units who are going to train with gunnery events coordinate with the Range Scheduling Officers at the 1st Infantry Division to ensure it fits in the schedule. For other smaller units, Dawson and his team coordinate with the range scheduling staff with routine meetings.

Dawson said in the last year, about 400 training events were scheduled at Fort Riley.

“We have about 45 habitual units that come here to train,” Dawson said. “They mostly come from Kansas, Nebraska and Missouri.”

Although the majority of units come from surrounding states, Dawson said in the past there have been many states represented; it just depends on what the unit wants to do while they are here.

The coordination and communication varies with each unit because each unit has a different objective.

“It just depends on what they want to do,” Dawson said. “Every unit is doing a different thing.”

Dawson said the DPTMS staff tries to make the process simple.

“They like to come here because we make it really easy on them,” Dawson said. “We don’t ask them to do a lot of stuff. By the time they show up here to train, all they have to do is get into the barracks and head out to the training area.”

WWW.TWITTER.COM/FORTRILEY



LEADERS Continued from page 1

with people from the Flint Hills region. The goal is to commit to servant leadership and complete a class project that benefits the region at the end of the year.

Ailleen Cray, program executive director, visits each participant community. She said she tries to find ways to bring participants back to the region long after their involvement with the program.

“I really try to give them three things that will draw them back to wherever they are visiting,” Cray said. “There are lots of things that can draw you back. We want them to become explorers and get to know their region better, which is why we take them to those places.”

Not only do they get the first steps of continued exploration, they also take away lessons that last.

Daphne Maxwell, legal support specialist for the Fort Riley Staff Judge Advocate, is one of the more than 435 regional leaders who have participated in this program. She said her experience was valuable because she learned how to be a more effective leader — personally and professionally.

Maxwell said she has shared leadership skills learned in this program with members of her church and community. She serves as a leader by volunteering more within her community.

“Depending on who you are, you see it differently and think it differently ... this experience allowed me to grow personally and professionally and be able to expand my thought process,” Maxwell said. “Being able to really understand how we uniquely fit, connect, influence and benefit the entire Flint Hills region, our communities and the State of Kansas was key for me.”

Maxwell graduated from the program in February 2013. Maxwell’s class project was building two pedestrian bridges behind Sunset Zoo on the land west of the Zoo and Sunset Cemetery, also known as Wildcat Creek Linear Park. The area is home to hiking trails and picnic areas.

The participants asked Manhattan, Junction City and Riley County to provide high school students in the 8th or 9th grade to help with the project so



**Randy Curry, director of the Mission Training Complex, teaches the participants of the Flint Hills Regional Leadership Program about the software Soldiers use to train virtually at Fort Riley Nov. 19. The participants visit Fort Riley each year as well as other surrounding communities.**

Maria Childs | POST

the participants of the program could use their leadership skills learned throughout the course. The class worked with about 35 students from the high schools.

Angela Stewart, current chair of the program and another graduate of 2013, said participants in the class identified the Sunset Zoo as regional attraction where people from surrounding, smaller towns come seeking activities that are not available to them in their hometown.

“You’re asked to pick from a group of children to influence as a leader,” Stewart said. “They want you to pick people who are grounded in this region. We asked the schools to pick leaders within the school so we are already pulling people who are seen as leaders and developing them as future regional leaders.”

“We picked the location because it was right behind the zoo and the zoo draws people to this region,” Stewart said. “It was improving a walking trail behind the zoo.”

Stewart said the runoff from the pipes of the zoo was washing away the running trail, and the bridges cross over the gaps where the water runs. Stewart said participants used leadership skills during the project including team building and servant leadership because the

high school students needed guidance and support while working alongside participants.

Maxwell said a key to the success of the program is the selection of people in the region who have demonstrated leadership potential.

“Those of us who were selected for the class weren’t trying to become leaders, we were already leaders,” Maxwell said. “Everybody came in with a resume of many things they were tied to. Not only were they directors and supervisors in their careers, they were leading extracurricular organizations, they were involved in volunteer activities and they were very active in their communities.”

And that’s the point.

Cray said she hopes each participant continues to grow within their community following their experience with the Flint Hills Regional Leadership Program.

“Our hope for all of these participants is that they will go one and find their niche in their community and in this region,” Cray said. “They can offer their leadership skills and tools and pass them on ... You want them to be the people who are going to help lead in the future.”

For more information about the program, costs and schedule, visit [www.fhrlp.org](http://www.fhrlp.org).

No excuses – voting assistance available

By Hannah Kleopfer  
1ST INF. DIV. POST

It is 2016, which means it’s time for another Presidential election. According to Kevin Walker, Fort Riley voting assistance officer, Soldiers and their families need to register quickly so they will be eligible to vote.

The Installation Management Command recently recognized Walker with a certificate for his dedication to voting assistance. Over the summer, Walker set up a large banner for voting that was taken up in a Sikorsky UH-60 Black Hawk and flown around post by members of the 1st Combat Aviation Brigade, 1st Infantry Division. Walker said he plans to use tanks in the future.

In February and March, 19 states will begin their elections. If a Soldier wants to vote in their home state, they will need to request absentee ballots soon.

The states with presidential primaries coming up in the next two months include South Carolina, Virginia, Arkansas, Vermont, Massachusetts, Georgia, Oklahoma, Texas, Tennessee, Alabama, Louisiana, Mississippi, Michigan, Ohio, Florida, Missouri, North Carolina, Illinois and Arizona.

Members of Fort Riley community should have received a postcard in the mail the beginning of January, giving them instructions on how to register to vote.

An easy way for a Soldier to get more information and register is to go to their battalion voting assistance officer.

“Soldiers can exercise their right to vote and the opportunity is right here,” Walker said.

Another simple solution is to go to [fvap.gov](http://fvap.gov). The website will have the appropriate paperwork to help Soldiers register. It also has up to date lists of voting schedules of each state.



COURTESY PHOTO

**A large banner was flown around post in the summer of 2015 by a Sikorsky UH-60 Black Hawk by members of the 1st Combat Aviation Brigade, 1st Infantry Division.**





## IN BRIEF

## TRAFFIC UPDATES

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

SOLDIER FOR LIFE  
TRANSITION ASSISTANCE  
PROGRAM EVENTS

Information and application session scheduled for Jan. 19 and 20 between 1 and 3 p.m. Written and physical testing scheduled for 8:30 a.m. Jan. 22.

Jan. 28: Salina Police Dept. Information session 10 to 11:30 a.m.; testing and interviews 1 to 4 p.m. Building 210, room 118D, Custer Avenue, Fort Riley.

Feb. 1: 1 to 2:30 p.m. Employer Workshop, Fort Riley Transition Center, building 212, room 201, Fort Riley.

Feb. 15 to 19: 8 a.m. to 5 p.m., Project Management Professional Transition Boot Camp. Hilton Garden Inn Hotel, Manhattan, Kansas, Register at [www.vets2pm.com](http://www.vets2pm.com).

Feb. 18: 10 a.m. to noon, Industry Workshop, Trade and Vocational, Education Center, Custer Avenue building 217, room 202, Fort Riley.

Feb. 23: 6 p.m., Bradley Morris Live Webinar. register at <http://bit.ly/bmiregister> or contact Donna Zielke 678-819-4138 or [Dzielke@Bradley-morris.com](mailto:Dzielke@Bradley-morris.com)

March 1: 9 a.m. to noon, Soldier For Life Transition Forum, 1st Infantry Division headquarters, building 580, room 110, 1st Division Road, Fort Riley. Spouses are invited.

## IMPORTANT REMINDER

Visitors 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 recommended to get a temporary badge or pass early at the Visitor Control Center by calling 785-239-2982 or emailing [usarmy.riley.imcom-central.mbx.des-vcc@mail.mil](mailto:usarmy.riley.imcom-central.mbx.des-vcc@mail.mil).

There are longer wait times for passes during periods of higher traffic, especially weekday mornings and weekday afternoons.

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 [www.riley.army.mil/Units/GarrisonCommand/EmergencyServices/AccessInformation.aspx](http://www.riley.army.mil/Units/GarrisonCommand/EmergencyServices/AccessInformation.aspx) for details.

COMMUNITY EMERGENCY  
RESPONSE TEAM  
TRAINING CANCELED

The Emergency Response Team Training originally scheduled beginning Jan. 26 and continuing to March 22 has been canceled.

It will be rescheduled. Those new dates have not yet been determined.

## LIBRARY MOVIE NIGHT

The Fort Riley library will show the movie “Inside Out,” Jan. 23, 6:30 p.m. Admission is free and snacks are provided. The library is at 5306 Hood Drive. For more information visit [riley.armymwr.com](http://riley.armymwr.com) or call 785-239-5305.

BOSS 2016  
X-GAMES TRIP

The staff of Better Opportunity for Single Soldiers have planned a trip to Aspen Snowmass Village for winter sports fun Jan. 28 to 31. Base cost is \$400; with rentals, the cost is \$450. Includes lodging for four days and three nights, transportation and two-day all-mountain lift ticket.

For more information call 785-239-2677.

## THIRD TIME'S A CHARM



Photos by Maria Childs | POST

Miss Kansas USA 2016, Victoria Wiggins, daughter of retired 1st Sgt. Jeffrey Wiggins and stepdaughter of Staff Sgt. Doralene Griffin-Wiggins, 101st Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, sits with 2-year-old Norah Williams, daughter of Sgt. Charles Williams, 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Inf. Div., at the Post Exchange Jan. 15 during a meet-and-greet hosted by Miss Kansas.

## Persistence *pays off*

After three attempts, Victoria Wiggins' dreams came true: She earned the Miss Kansas USA title

By Patti Geistfeld  
1ST INF. DIV. POST

In Mulvane, Kansas, on an icy, cold evening in early December 2015, Victoria Wiggins, Miss Kansas USA 2016 would try for the third time in the Miss Kansas USA 2016 pageant competition. This time, she was crowned Miss Kansas USA 2016 from a group of 27 contestants.

The first time Wiggins competed in the Miss USA pageant, she was chosen first-runner-up. She decided to try again but this time only achieved second runner-up. Surely, that would be enough to convince her to give up, but persistence is a strong part of Wiggins' philosophy of life.

Wiggins said, what if I don't try again, I will never know if this could have been the one where I go all the way. She will tell you the

See TITLE, page 10



Miss Kansas USA 2016 Victoria Wiggins, autographs five photos for Sgt. 1st Class Patrick Bushman, student detachment at Irwin Army Community Hospital, at the Post Exchange Jan. 15 during a meet-and-greet hosted by Miss Kansas. Bushman took all five photos back home to his daughters.

## DUTIES INCLUDE

• Victoria Wiggins will represent the Miss Kansas organization's state charity – **Warriors for Ross** – which raises money for families that have children going through pediatric cancer treatment. She also will be an ambassador for the **Dads Care 2** organization. It promotes relationships between fathers and their children, particularly in situations where the father is not living in the home.

“What I love to see is that light-bulb moment when they now truly understand something they worked to achieve and are ready to set their next goal.”

SHELLEY ANDERSON  
DIRECTOR, SCHOOL OF  
KNOWLEDGE, INSPIRATION,  
EXPLORATION AND SKILLS  
UNLIMITED

## School in need of teachers

SKIES the limit for people looking to be instructors

By Hannah Kleopfer  
1ST INF. DIV. POST

With the School of Knowledge, Inspiration, Exploration and Skills Unlimited, children and youth of all ages on post can learn a new language, how to sew a quilt and even scuba dive. The only problem is that SKIES is in need of instructors.

The major areas where SKIES director Shelley Anderson is advertising for instructors include gymnastics, cooking, piano, violin, drums, voice, advanced guitar, digital photography, robotics, acting, public speaking, sign language, journalism and infant massage. There is also an immediate need for instructors in all the academic classes they offer.

See SKIES, page 10



Jeff Williamson, director of the Directorate of Public Works, left, and Tim Livsey, deputy garrison commander, stand with their trophies and certificates after their “celebrity” bowling match during the Garrison Bowling Days event Jan. 14 at Custer Hill Bowling Alley.

## Garrison bowling day strikes gold

Celebrity showdown highlights social event

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

Garrison employees gathered at the Custer Hill Bowling Alley Jan. 14 to cheer and trash talk all in good fun. Employees of all departments of the Fort Riley Garrison were able to come enjoy a few hours of bowling together before the long weekend. The highlight of the second bowling day was the “celebrity” matchup between Tim

See BOWLING, page 10

## Manhattan Library connects users to technology

Tech Tuesday to offer 2-hour workshops twice a month through April 19

Story by Danielle Schapaugh  
MANHATTAN PUBLIC LIBRARY

MANHATTAN, Kan. — Manhattan Public Library will offer a wide range of workshops to help beginners explore the world of technology.

Twice a month through April 19, Tech Tuesday workshops will help people learn about a variety of subjects, ranging from beginning ancestry to basic PowerPoint skills.

The two-hour workshops are free, but registration is required to guarantee small class sizes and plenty of time for questions. Register online using the library's website [www.MH-KLibrary.org](http://www.MH-KLibrary.org), call 785-776-4741 ext. 300 or visit the public library at 629 Poyntz Ave.

The spring season of Tech Tuesdays began Jan. 12, with the download eBooks and audio books workshop at 2 p.m. Participants will learn how to find free eBooks through Sunflower eLibrary including how to search, borrow, and download digital books to a computer or mobile device. Participants are asked to bring their devices.

Learn to use a smartphone for calendar reminders, games, email, text messages, and how to access eBooks & audio books. General set-

tings and clean-up options will also be covered.

The next course, Facebook fundamentals, is scheduled Feb. 2, at 2 p.m. This workshop provides a guided tour of Facebook's features. Participants will set up a Facebook profile and learn to use features to post photos and share news with others while maintaining personal security.

See TECH TUESDAY, page 10





“I just want people to see that you can come from anywhere and still achieve your goals. You can find the strength within yourself.”

VICTORIA WIGGINS | MISS KANSAS USA 2016

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decision was difficult, but she knew if she didn't try, she would always wonder if this could have been her opportunity to win. This win makes her eligible to represent Kansas in next year's Miss USA Pageant. A win there would make her eligible to compete at the national level where she would represent the United States at the Miss Universe Pageant.

“My dream is coming true,” Wiggins said. “It's really about drive and perseverance.”

Wiggins was at the Fort Riley Post Exchange Jan. 15 for a “meet and greet” with Soldiers and families. She said she was excited to meet everyone and thank them for their service.

Wiggins was born as an Army child in Hawaii. She spent part of her childhood at Fort Sill, Oklahoma and the other part at Fort Riley. She is the daughter of retired 1st Sgt. Jeffrey Wiggins, and stepdaughter of Staff Sgt. Doralene Griffin-Wiggins, 101st Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division.

Her sister, Leilaninicole Wiggins, a staff member at Warren East Child Development Center at Fort Riley, started competing first and Vicki followed her example and has competed in pageants since the age of 15.

As part of her reigning obligations, she will travel throughout Kansas this year and wants to focus on getting to small towns. She also intends to continue working at a boutique, pursue her modeling career and volunteer in the local area including occasionally the Fort Riley USO.

“I grew up in a small military town in Oklahoma,” Wiggins said. “I just want people to see that you can come from anywhere and still achieve your goals. You can find the strength within yourself. Just always remember where you're wanting to go and don't get mad about the failures. They're just little lessons and it's going to help you along the way.”

She also will represent the Miss Kansas organization's state charity — Warriors for Ross — which raises money for families that have children going through pediatric cancer treatment. She is also an ambassador for the Dads Care 2 organization. It promotes relationships between fathers and their children particularly in situations where the father is not living in the home.

Wiggins said she feels it is important to encourage children to strive to meet their goals and dreams. They should know that it takes persistence to get there. They won't always achieve success the first time. She has demonstrated that by the time and persistence it took to achieve this title.

She also thinks being a military dependent can help one cultivate the skills to enable more success in life. The challenges faced by moves and deployments can make you stronger and more resilient in pursuing your goals in life.

“It really made me independent,” Wiggins said.

For those unfamiliar with pageants it may seem like a shallow endeavor but Wiggins says it has served to groom her into a self-confident and competent adult. Wiggins paid for her undergraduate degree with scholarship money awarded in pageant competition.

“You have to learn a lot about yourself,” Wiggins said.

The advice she shares is to have dreams, work hard and don't give up. You never know when success is right around the corner. No matter the outcome, along the way you will grow and gain from the experiences.

There is no official date or location set as of now for the Miss USA Pageant, but Wiggins says she is keeping her fingers crossed for Las Vegas.

Persistence, patience will help your self-improvement plan

Col. Andrew Cole Jr.  
FORT RILEY GARRISON COMMANDER

The first round of the Performance Triad is about to begin. How are you keeping yourself on track with your new year self-improvement plan?

You can make excuses for why you can't improve or you can make it a priority to improve. No matter where you are starting from, you can improve on your weight, fitness or health. Even if you didn't set any goals yet or if you made them and already decided you can't accomplish them — it is not too late to start because it is still a new year. Here are some things to consider that might help you make and stick to some goals to improve in this new year.

Set a realistic goal. An unattainable goal is a sure way to quit. For instance, if you resolve not to ever eat your favorite food again, you are probably setting yourself up to fail. Strive for an attainable goal perhaps by setting a limit to how often or when you will allow yourself to eat or how many times a month you can skip working out from your schedule. Give yourself permission to make missteps along the path, but still stay committed.

Decide ahead of time how you are going to handle temptation. Rest assured you will be tempted to either stay with



Colonel Cole

your program or skip your exercise class and have a piece of cake. Determine how you will respond. Maybe you can call a friend for help, practice positive thinking or self-talk. You might remind yourself of how this will affect your goal. However, remember one infraction does not have to lead to quitting. It is only a temporary setback — acknowledge what you should have done and put it behind you and get back on course.

Write down your goals. It may help you keep your motivation strong by seeing them on paper. But keep in mind that even though they are written down, it does not mean they can't be refined. Feel free to change your goals and revise what you want to accomplish. Look at your list when you need help keeping your resolve.

Don't keep your goals a secret. Tell friends and family members so they can be there to help support you as you work to improve. Find a friend who shares your enthusiasm for improvement and work together as a team to motivate each other.

Reward yourself for your accomplishments, but that doesn't mean you can eat an entire box of chocolates. If you chose to improve your diet, celebrate success by treating yourself to something you enjoy that does not involve food. For instance, you could get some new fitness clothes or go to a movie with a friend — without the popcorn.

Keep track of each success. Short-term goals are easier to keep and will help you stay motivated. Don't focus on a

large loss such as 30 pounds, just work for smaller increments such as five pounds at a time. Keep a food journal so you can stay on track and reward yourself at the end of the five-pound loss.

Most of all don't obsess over the occasional slip from your goals. Do the best you can and take one day at a time. Studies indicate it takes about 21 days for a new activity to become a habit and six months for it to become part of your routine. It won't happen overnight, so be persistent and patient.

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

TECH TUESDAY  
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A basic PowerPoint workshop will be available on Feb. 16, at 2 p.m. to help beginners learn how to create a PowerPoint presentation. The course will offer instruction on creating slides by adding text, inserting pictures, and changing backgrounds. Students will leave with a better understanding of PowerPoint as well as a means to learn more on their own.

MORE INFORMATION

• For more information, visit the **Manhattan Public Library** at 629 Poyntz Ave., call 785-776-4741 or visit the library's website at [www.MHKlibrary.org](http://www.MHKlibrary.org).

Look for more workshops coming up in March and April. The Riley County Genealogy Society will teach a course on basic an-

cestry and a Pinterest workshop is planned for later in the season. Look for basic computer, iPad, and other workshops by checking the

library's monthly events calendar.

Tech Tuesdays are an ongoing series of workshops at the Manhattan Public Library designed to provide the community with introductory technology instruction on a range of topics. For more specific technology training set up an appointment for a free hour of one-on-one, help through the

Technology Training Center. These events are free and open to the public.

For more information, visit the Manhattan Public Library at 629 Poyntz Ave., call 785-776-4741 or visit the library's website at [www.MHKlibrary.org](http://www.MHKlibrary.org). The library is also on Facebook, Pinterest, Twitter, Tumblr, and Instagram.

BOWLING  
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Livsey, deputy garrison commander, and Jeff Williamson, director of the Directorate of Public Works.

“I was under duress with my performance appraisal,” Williamson said.

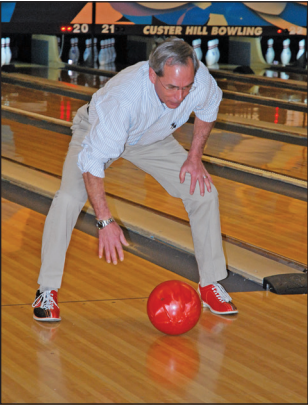
Livsey won 56-47 by completing different challenges during the game such as bowling backwards and between another teammate's legs.

“It builds camaraderie between all the civilians here,” said Casey Houghton, operations specialist of the DPTMS. “You know we probably spend more time together than we probably do with our families

if you think about it. Being able to get out here in our free time and half some fun, joke, laugh at each other, talk a lot of trash of course, that's a lot of good for the team.”

Employees also brought spouses, kids and other family members to the afternoon bowling event. Kids took turns learning to bowl as their parents were able to enjoy relaxed time with their co-workers.

It was a good opportunity for everyone to enjoy recreation and food specials offered by the Custer Bowling Alley. The next Garrison bowling night is scheduled Feb. 11.



Hannah Kleopfer | POST  
**Tim Livsey performs one of his challenge tosses for a “celebrity” bowling match during the Garrison Bowling Days event Jan. 14 at Custer Hill Bowling Alley.**

SKIES  
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“I hope (instructors and students) learn to work together but also learn individual responsibility,” Anderson said. “Students get to explore their interest and grow. What I love to see is that light-bulb moment when they now truly understand something they worked to achieve and are ready to set their next goal.”

Young people spend 80 percent of their waking time

outside of the classroom. According to the SKIES press release, these instructional programs foster the development of critical life, leadership and social skills for children and youth.

Positions for instructors are contracted and offer flexible scheduling. There is also free CPR and First Aid training for hires. Anderson said she would like to see

instructors with education and experience in the subject matter they are teaching, as well as a passion for working with children and youth.

The staff of SKIES are also open to hearing any new ideas for classes. For more information call Anderson at 785-239-9885 or email her at [shelley.m.anderson2.naf@mail.mil](mailto:shelley.m.anderson2.naf@mail.mil).

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SATURDAY, JANUARY 23

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• Star Wars: The Force Awakens (PG-13) 7 P.M.

SUNDAY, JANUARY 24

• Star Wars: The Force Awakens (PG-13) 5 P.M.



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# West Point Cadet named one of 30 candidates for prestigious award

UNITED STATES MILITARY  
ACADEMY SPORTS INFORMATION

OVERLAND PARK, Kan. – Army West Point women’s basketball senior guard Kelsey Minato was one of 30 NCAA women’s basketball student-athletes named as a candidate for the 2015-16 Senior CLASS Award in collegiate basketball.

An acronym for Celebrating Loyalty and Achievement for Staying in School, the Senior CLASS Award honors the attributes of NCAA Division I senior student-athletes in four areas: community, classroom, character and competition.

The award program is designed exclusively for college seniors who are utilizing their complete athletic eligibility, remaining committed to their university and pursuing the many rewards a senior season can bring.

Award winners are determined by a selection process that includes NCAA Division I college coaches in each respective sport, national media and fans.

Public fan voting on the Senior CLASS Award website takes place each year during the month leading up to the NCAA Championship. To be eligible for the award, a student-athlete must be classified as an NCAA Division I senior and have notable achievements in four areas of excellence: community, classroom, character and competition.

One of four team captains this season, Minato has played and started in all 111 games since arriving at the Academy prior to the 2012-13 season. She is a three-time All-Patriot League first-team selection and has twice col-



Army West Point women’s basketball senior guard Kelsey Minato has been named a candidate of the 2015-16 Senior CLASS Award in collegiate basketball. An acronym for Celebrating Loyalty and Achievement for Staying in School, the Senior CLASS Award honors the attributes of NCAA Division I senior student-athletes in four areas: community, classroom, character and competition, Minato is one of 30 NCAA Division I senior student-athlete from across the nation to be so nominated.

lected Patriot League Player of the Year honors.

This season, she leads the conference with 23.3 points per game and ranks seventh nationally in scoring. She broke the program’s career points record earlier this year and became just the fourth player in Patriot League women’s history to reach the 2,000-point plateau. Minato currently has 2,185 points for her career.

A native of Huntington Beach, Calif., Minato is one of only six active players in the NCAA Division I ranks to have at least 2,000 points for her career. Along with scor-

ing, she is also Army’s career leader in three-pointers (267) and free-throws (514) and is five field goals shy of becoming the team’s all-time leader in that category.

From the list of 30 candidates, a national media committee will select 10 finalists for the 2015-16 Senior Class Award in Men’s and Women’s Basketball. Those 10 names will then be placed on the official ballot for a nationwide vote. Fan balloting will be coupled with votes from coaches and media to determine the recipient of the award.

Of the 60 total candidates in men’s and women’s basketball, 25 have grade-point averages of 3.5 or higher, four are returning All-Americans and eight are on the preseason watch list for the Missouri Athletic Club’s Hermann Trophy, which recognizes the top player in collegiate soccer. Outside of academics and athletics, all candidates also have been consistently involved in community service on their campus or in their communities.

For more information on all the candidates, visit [www.seniorclassaward.com](http://www.seniorclassaward.com).

## FITNESS Continued from page 11

chosed to attend body pump and spinning, neither of which she had ever experienced. She said she was motivated to attend by her co-worker who is an instructor at the fitness center, and thought it would be a fun, new experience.

“Body Pump works your whole body,” Blackwell said. “I mostly lift weights so I don’t usually get into the cardio, (Body Pump) incorporates weightlifting and cardio together...the spinning will help me run further and a little faster.”

This was the first time Body Pump was offered at a gym on post.

Blackwell said she enjoyed the marathon, and would participate in the classes again. “I like this because you get a snapshot of each class,” Blackwell said. “It’s more fun in a class. It’s more motivating.”

Jocelyn Heminitz, fitness specialist, instructed HIIT, or high intensity training, and Core classes during the marathon. She said she enjoyed seeing new faces at the gym.

“Seeing participants try things they wouldn’t otherwise

try — it’s so great to see that,” Heminitz said.

She said she suggests anyone trying to get more involved at the gym to check the fitness class schedule and attend one that sounds fun.

“The classes provide guidance so you’re not walking in a weight room and become overwhelmed with the equipment,” Heminitz said.

Spencer said for anyone interested in going to the gym, showing up is the first step.

“You just have to show up,” Spencer said. “From there, you have all the resources at the gym. If you ask anyone, they will help you move in the right direction.”

DoD

# Safe Helpline

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Sexual Assault Support for the DoD Community

[safehelpline.org](http://safehelpline.org) | 877-995-5247

## HOOPS Continued from page 11

For the teenagers who also play at school, the monthly tournament is a carefree way to keep playing ball.

“I get a lot more freedom here than school ball,” said Jeremy Starkes, 15, son of Tomika and Staff Sgt. Chauncey Garrison. “At school everything’s a lot more controlled and locked down.”

Starkes also said he likes that the monthly games are a good way for him to get out of the house.

Alicia Doriot, CYSS training specialist agrees that the tournament is a good outlet for many of the youth in the community.

“I think it’s important to give youth something to look forward to. They live very stressful lives with school and planning for the future. So just giving them a little bit of structured downtime, I think, is a positive thing for them,” Doriot said.







# Travel & Fun in Kansas



**ABOVE:** Winter sports enthusiasts who enjoy ice skating will be happy to know that the closest rink to Fort Riley is located at City Park in Manhattan, Kansas. It is in the Jon and Ruth Wefald Pavilion on the east side of the park. During the weekdays the rink is open from 3 to 7 p.m. and 1 to 7 p.m. on the weekends. If you or your children are new to skating, lessons are available. The ice rink can be rented for groups during hours when it is not open to the public. For additional information, visit the website [mhkprd.com](http://mhkprd.com).



By Hannah Kleopfer  
1ST INF. DIV. POST

As the temperatures drop it gets more difficult to find activities that are fun for the whole family. However, the best part of winter is the timeless sport of ice-skating, and there are several rinks in the area.

The closest rink to Fort Riley is at City Park in Manhattan, Kansas. It is in the Jon and Ruth Wefald Pavilion on the east side of the park. During the weekdays the rink is open from 3 to 7 p.m. and 1 to 7 p.m. on the weekends. The rink is a good spot for beginners and younger children. Lessons are also available. The ice rink can be rented for groups during hours when it is not open to the public. For additional information, visit the website [mhkprd.com](http://mhkprd.com).

Afterwards families can head to any of the coffee shops in Aggieville only two blocks away for hot chocolate. The rink is open through the end of February.

Wichita, Kansas is home to the Wichita Ice Center where patrons can skate on a full size indoor hockey rink during public admissions. There are full-length viewing windows for those that just want to watch family members skate. Parties can also be booked. For more information visit [wichitaicecenter.com](http://wichitaicecenter.com).

The Wichita Thunder hockey team plays at the Wichita Ice Center and a full list of games are at [witchitathunder.com](http://witchitathunder.com).

For those looking for a long day or weekend getaway, the ice skating rink in Kansas City, Missouri at the Crown Center Ice Terrace is another great stop. This is Kansas City's only public outdoor ice skating rink is open for

its 43rd season of skating fun. The area has restaurants, shops, the Sea Life aquarium, Legoland and theaters. So once the skating

is done there are entertainment choices and activities for all ages. The Ice Terrace is open through mid-March.