

THE **1**ST INFANTRY DIVISION POST

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★

FORT RILEY, KAN.

Grigsby leads Total Army Conference

By Amanda Kim Stairrett
1ST INF. DIV. PUBLIC AFFAIRS

The 1st Infantry Division's commanding general told his guests Feb. 11 that Fort Riley was a big AstroTurf field — a place where their troops could train as they would fight.

Maj. Gen. Wayne W. Grigsby Jr. and Command Sgt. Maj. Joseph C. Cornelison led the “Big Red One's” first Total Army Conference, a gathering of National Guard and Reserve leaders from six states throughout the Midwest. The goal is strengthening the partnership between active-duty, National Guard and Reserve forces, making them all more operationally effective.

“It's really up to me as the active component commander here at the 1st

Infantry Division to communicate more on what our capabilities are here and what our schedule is here,” Grigsby said, “so we can help integrate and be better teammates to our partners.”

The conference included an extensive tour of Fort Riley training sites and facilities so adjutant generals from Kansas, Missouri, Nebraska, Oklahoma, Iowa and Minnesota could get a look at just what was available to them in the Central Flint Hills of Kansas. Kansas National Guard and Reserve forces are no strangers to Fort Riley, and the state's adjutant, Maj. Gen. Lee Tafanelli, who Grigsby referred to as his “battle buddy” during the TAC, touted the post's training capabilities throughout the day.

Joining Tafanelli were leaders from Army National Guard's 35th Infantry

Division from Leavenworth, Kansas, and the Army Reserve's 451st Expeditionary Sustainment command from Wichita, Kansas. Soldiers and leaders from the 35th Inf. Div. spent time at Fort Riley in January as the 1st Inf. Div. headquarters and units across the post conducted an extensive Command Post Exercise. The CPX was one of three training exercises to help prepare the division for this spring's Warfighter Exercise, a high-level training opportunity that will prepare the headquarters and subordinate units for upcoming missions. Participants from the 35th Inf. Div. served as observers and controllers, overseeing the scenarios presented to sections within the headquarters to test their readiness.

See TOTAL ARMY, page 7

Meet the new garrison
Command Sergeant Major

Command Sgt. Maj. James Collins assumed responsibility during a ceremony Feb. 3. For an introduction into his command, see page 6.

Document,
guidelines for
enlisted leaders
releasedBy Master Sgt. Michael Lavigne
1ST INF. DIV. PUBLIC AFFAIRS

At the end of January, 1st Infantry Division leaders released the “Big Red One” noncommissioned officer Big 5 guidelines, a document that provides guidelines of conduct and expectations of performance by noncommissioned officers serving in the division. To read the “BRO NCO Big 5,” see page 5.

The tenets of the “BRO NCO Big 5” are areas first-line leaders — sergeants and staff sergeants — need to zero in on, to prevent breaches of discipline and improve poor behavior by Soldiers, said Command Sgt. Maj. Joseph C. Cornelison, the division's senior noncommissioned officer and author of the document.

“The primary purpose of the “BRO NCO Big 5” is to set guidelines for professional development,” Cornelison said. “Our biggest risk right now is where the rubber meets the road — the first-line leader level. Sergeants and staff sergeants who are not performing the way their Soldiers need them to can place our readiness at risk. That's unacceptable.”

Cornelison came into his position as the division command sergeant major in late September, and since then has spent many hours moving through company, battery and troop areas, talking with and listening to Soldiers and taking what subordinate leaders are saying about leadership to heart.

Some of those conversations, along with some of his own observations, are where the “BRO NCO Big 5” began to take root.

The “BRO NCO Big 5” contains five tenets: set the example, foster discipline by enforcing standards, be accountable for your actions and your Soldiers' actions, train Soldiers and maintain the welfare of Soldiers.

While the policy went out through official channels, mid-level NCOs throughout the division are also spreading it through word of mouth.

“We have so many leaders out there that are the ‘do as I say, not as I do’ leaders,” said Sgt. 1st Class Adam Walsh, a platoon sergeant in Company B, 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Inf. Div.

He said “Set the Example” was the most important tenet on the list.

“If you are a leader and every single Soldier in your element, regardless of size, does not want to be you or look up to you, then you are doing something wrong in my opinion,” Walsh said.

Sgt. 1st Class Mark Krugh, a first sergeant in the 2nd Armored Brigade Combat Team, 1st Inf. Div., currently deployed to Southwest Asia, said tenet

See BIG 5, page 4

Fightin' Fire



A group of firefighters practice digging a line during a wildland certification course at Fort Riley Feb. 10. This is a technique firefighters use to designate where a prescribed burn will begin and end by scraping away the leaves and grass and exposing the dirt. It was one piece of the 6-day course offered.

Firefighters from eight installations certify
for wildland skills at Fort RileyStory and photos by Maria Childs
1ST INF. DIV. POST

“Deploy!” shouted a wildland fire instructor from Colorado State University as five firefighters raced toward him during a wildland fire course at Fort Riley Feb. 10.

The 25-second clock began at the start of the command for all five of them including Adam Peterson, a Fort Riley firefighter, who was now in the middle of the field practicing the use of his emergency shelter.

Peterson was one of about 25 firefighters and environmentalists from about eight installations who attended the 6-day course.

“It's a lot different than structural firefighting,” Peterson said. “A lot of the time, when you respond to a structural fire, you don't know all the hazards until you get inside. With wildland fires, everything is in the open — it's right there. It's a different type of methodology behind fighting structural and wildland fires.”

“The mission here is a lot different than other bases. We have ranges, so wildland fires are prevalent specifically at Fort Riley. This covers anything from prescribed burns to instances where it is not planned.”

ADAM PETERSON | FORT RILEY FIRE DEPARTMENT

Firefighters across the nation are certifying in multiple types of firefighting. Installation Management Command leaders decided to jump on board with this standardization and cross certify Department of Defense firefighters too.

Steve Gray, one of the instructors who visited Fort Riley, talks to a local representative from fire stations across the United States and makes plans to provide the course to that installation's firefighters. He said the standardization is for safety.

“I think the No. 1 reason is safety,” Gray said. “It's a foundation that every wildland

firefighter starts from ... fire still burns like fire burns.”

Vicki Edge, another instructor and Georgia state firefighter, said firefighters get the chemistry of firefighting from their educational background and their structural world, but that doesn't mean they know how to fight any fire.

“They just need to know how to apply it to a wildland fire,” Edge said.

Dan Grosboll, a fish and wildlife biologist from Joint Base Lewis-McChord, Washington, visited Fort Riley to obtain the certification. At his installation,

See FIRE, page 7

Soldier named
Air Traffic
Controller of
the YearStory and photo by Sgt. Jarrett E. Allen
1ST CAB PUBLIC AFFAIRS

Chief Warrant Officer 2 Ruben Ray Gutierrez, air traffic and airspace management technician, Headquarters and Headquarters Company, 1st Combat Aviation Brigade, 1st Infantry Division, received the Army Aviation Air Traffic Control Manager of the year award Feb. 2 at Fort Rucker, Alabama.

Gutierrez spent 16 years in the air traffic control community. He enlisted Sept. 2, 1999, as an air traffic controller and then transitioned to serve as an air traffic and airspace management technician. He became a warrant officer in the fall of 2012.

Gutierrez said he was surprised to hear he was nominated for the award, considering the nominees awarded in the past were typically deployed for the majority of the qualification period, which spans from Sept. 1 through Aug. 31 every year.

Sponsored by Raytheon, the award is presented annually to the Army Aviation ATC manager who has performed outstandingly in or contributed commendably to the air traffic control organization, according to the guidelines from the Army Aviation Association of America.

Gutierrez said being nominated for the award meant a lot and it felt good to be recognized for his hard work.

See AWARD, page 4



Chief Warrant Officer 2 Ruben Ray Gutierrez, air traffic and airspace management technician, Headquarters and Headquarters Company, 1st Combat Aviation Brigade, 1st Infantry Division, received the Army Aviation Air Traffic Control Manager of the Year award at a Feb. 2 ceremony at Fort Rucker, Alabama.

The next USAG
Resilience Day Off is

FEB.

26

SAFETY HOLIDAY

As of Wednesday, Feb. 17,

059

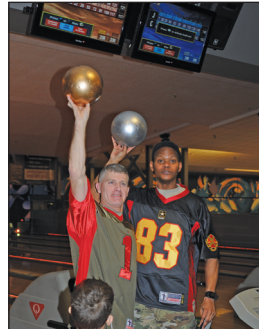
days have passed since the last vehicular fatality at Fort Riley. Fifty-two more and the post will celebrate with a safety holiday to take place at each unit's discretion.

HIGHLIGHTS



DIRECTORATE OF FAMILY AND MORALE, WELFARE AND RECREATION STAFF HOSTS SPONSORSHIP AWARDS IN JUNCTION CITY, SEE PAGE 9.

ALSO IN THIS ISSUE



GRIGSBY WINS GAME AGAINST COLE DURING GARRISON BOWLING DAYS CELEBRITY MATCHUP, SEE PAGE 13.



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‘Diehard’ Soldiers move earth in their first assault breacher vehicle training

Story and photo
by Spc. Derrik Tribbey
1ST ABCT PUBLIC AFFAIRS

“Diehard” Soldiers with the 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, trained with M-1 Assault Breacher Vehicles on Feb. 3 at Fort Riley.

This was the Diehard’s first time training on the vehicles. With these vehicles, they hope to increase mission readiness by destroying obstacles and reduce time on the ground for Soldiers.

Thom McCool, a training and integration developer with the Systems Training, Integration and Devices Team, said the ABV is a tracked, combat engineer vehicle designed to breach minefields and complex obstacles.

“These are a critical piece of equipment for us now,” said Capt. Jason Minor, commander of Company A., 1st Eng. Bn. “Before, breaching a minefield with an M58 mine-clearing line charge was a matter of putting Soldiers on the ground. Now, we can do it without doing that. It offers that extra level of protection and that extra amount of speed can be critical.”

The ABV sits at 40.5 by 26.5 feet and weighs in at 67.6 tons. The front end can be replaced with either a full-width mine plow or a combat dozer blade. The plow allows the vehicle to penetrate the ground to remove mines and munitions while the blade provides earthmoving capabilities and obstacle clearance to clear paths for tracked armored vehicles.

Equipment includes two MK155 linear demolition

charge systems and two lane-marking systems, smoke grenade system and more, McCool said. While downrange, the vehicles included reactive armor tiles mounted to the turret.

With this training, Soldiers will be provided the detailed knowledge of systems in the ABV, allowing them to integrate new capabilities into their units.

“Today was a good training,” said Sgt. Shane Gillam, an ABV commander with 1st Eng. Bn. “We got more hands-on experience, not just with the tank commanders but also with inexperienced drivers, to know and master our equipment.”

The ABV is capable of clearing obstacles including minefields, wire obstacles, tank ditches, jersey barriers and more, McCool said. It will also allow commanders to provide

multiple breach points to allow forces to move swiftly through the battlefield.

“This training is critically important to us,” Minor said, “because we are getting our leaders experience with the equipment with a little bit of institutional training which hopefully we should be able to carry forward within our formation.”

Soldiers will now be equipped with the skills, knowledge and ability to identify, clear and breach with the ABV, McCool said. This will allow the “Devil” brigade to clear suspected obstacles in order to protect friendly forces and assets.

“I am real excited; this is my first time ever using one,” said Staff Sgt. Kevin Casey, an ABV commander with 1st Eng. Bn. “I’m interested to see how quick we can be on target.”



“Diehard” Soldiers with the 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, man the Assault Breacher Vehicle and sweep for landmines during a training exercise Feb. 3 at Fort Riley. This ABV utilizes a full width mine plow in order to remove mines from the ground. The blades have three positions for depth.

Frank thanks personnel Soldiers for hard work with awards

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

Personnel Soldiers from across the 1st Infantry Division met Feb. 4 at Fort Riley’s Mission Training Complex for a quarterly symposium. Brig. Gen. Patrick Frank, the division’s deputy commanding general for support, spoke to the Soldiers and helped present awards for the best units and individuals of the quarter.

“What you do for the division each and every day down at the battalion and the brigade level — some of you at the division level — is exceptionally important for the readiness of this division,” Frank said. “Think about the scope of how you touch Soldiers and units across the 1st Inf. Div. It’s unbelievable how far you reach.”

Personnel offices at every level within the “Big Red One” are instrumental in accountability, promotions and deployment ability, the general said.

“There’s not a Solider in this division that’s not looking for that next promotion, because the 1st Inf. Div. is a division of leaders and future leaders,” Frank said. Personnel Soldiers are “helping to support and provide the infrastructure with what you do each and every

day to make that happen for our Soldiers and their families.”

Frank thanked the gathered Soldiers for their hard work and daily contributions to the division.

At the symposium, the 1st Combat Aviation Brigade was named the best brigade personnel office for the first quarter of fiscal year 2016, while 1st Battalion, 5th Field Artillery, 1st Armored Brigade Combat Team, was named the best battalion personnel office for the same timeframe.

Individual awards went to Capt. Rebekah Jadrnak, personnel officer for 601st Aviation Support Battalion, 1st CAB; Sgt. Eladius Smith, human resources noncommissioned officer with 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st CAB; and Paula McGuire, human resources assistant for the 1st Inf. Div. personnel office. The trio were recognized as best human resources officer, soldier and civilian of the quarter, respectively.

“We know how hard you guys work, and you definitely deserve to be awarded and be presented in front of as many of your peers as possible,” said Lt. Col. Trina Rice, the division’s senior personnel officer.



Brig. Gen. Patrick Frank, the division’s deputy commanding general for support, speaks to personnel Soldiers from across the 1st Infantry Division Feb. 4 at Fort Riley’s Mission Training Complex. The Soldiers gathered for their quarterly symposium, during which Frank helped present awards for the best units and individuals of the quarter. Personnel offices at every level within the “Big Red One” are instrumental in accountability, promotions and deployment ability, the general said.

A THANKSGIVING TO REMEMBER



J. Parker Roberts | 1ST INF. DIV.

Sgt. 1st Class Leonard Pierre-Louis, 601st Aviation Support Battalion, 1st CAB, and dining facility manager for the Demon Diner, accepts The BRO Thanksgiving Award of Excellence Feb. 9 in the 1st Infantry Division Commander’s Best Thanksgiving Dining Facility Competition in November 2015. On Nov. 25 and 26, Demon Diner and the Devil’s Den served traditional Thanksgiving meals to Soldiers and their families. During the meals, members of the 1st Inf. Div. and Fort Riley command teams visited each dining facility to serve food and decide the winner of the Senior Commander’s Best Culinary Dining Facility.

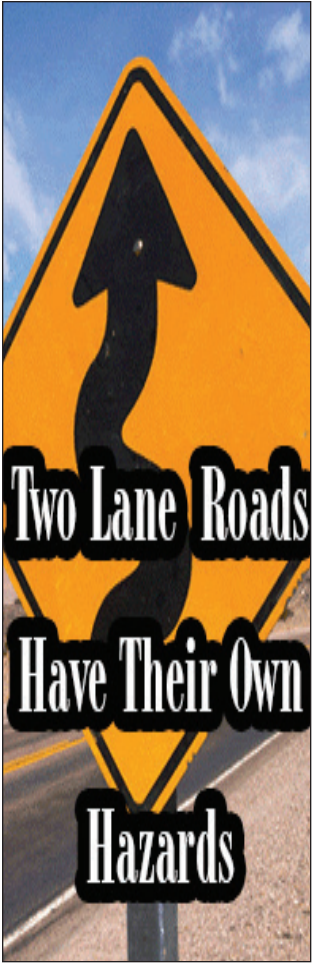
HARD WORK RECOGNIZED



COURTESY PHOTO

Lt. Col. Alexander Murray, commander of the 97th Military Police Battalion, recognized Spc. Michael Jackson Jr. Feb. 5 for his performance during the MP’s Soldier of the Quarter competition, which was hosted by the Soldiers of the battalion Jan. 13 at Fort Riley. Jackson won the brigade’s Soldier of the Quarter competition.

WWW.FACEBOOK.COM/FORTRILEY



1

John Seitz: A ‘Big Red One’ Soldier

By Phyllis Fitzgerald
SPECIAL TO THE POST



THEN
& NOW



John Seitz, whose military career spanned from 1959 to 1988, comes from a family of devoted Army Soldiers and honorable service.

John’s Dad is the late Brig. Gen. John A. “Andy” Seitz, a Division Artillery commander with the 1st Infantry Division. Brig. Gen. Seitz was instrumental in familiarizing John with conducting artillery service practice and rifle marksmanship prior to attending ROTC summer camp. Once John was commissioned from ROTC at the University of Missouri, he entered the Army.

Brig. Gen. Andy Seitz’s service at Fort Riley included tours as Division Artillery and post commander. John’s uncle was Chief Warrant Officer 4 Ed Seitz, a maintenance warrant officer who was appointed the first Regular Army Chief Warrant Officer 4. Another of John’s uncles was Lt. Gen. Dick Seitz, who was an Army airborne infantry officer and was the youngest Army combat battalion commander during WWII, serving as the commander of the 2nd Battalion, 517 Parachute Infantry Regiment, throughout the European campaigns.

Seitz Elementary School and the Seitz Regional Training Campus were both named in honor of Lt. Gen. Dick Seitz.

John’s story with the Big Red One began July 10, 1966 when he arrived in Vietnam. John completed the Artillery Advanced Course at Fort Sill, Oklahoma, as an artillery captain and was sent to Vietnam as an unassigned individual replacement.

He was then assigned to the 1st Infantry Division in Di An, Vietnam under the command of Maj. Gen. Bill DePuy.

He was further assigned to DIVARTY and from there to Headquarters and Headquarters Battalion, 8th Battalion, 6th Artillery in Phou Loi.

John was initially slotted as the battalion assistant S-3 operations fire direction officer. But he joined the battalion forward headquarters in An Loc. The battalion commander was Lt. Col. John McGiffert, who assigned John as the battalion S-3, operations and fire direction officer.

He remained in that position long enough to receive an officer evaluation report, before being reassigned.

John Seitz participated in multiple major campaigns and operations while assigned to S-3 operations such as: Nui Bah Dinh, Iron Triangle and Michelin Plantation to name a few.

He worked for three battalion commanders: Lt. Cols John McGiffert, Mortimer Birdseye and Ben Safar. While serving with McGiffert and Safar, each commander told John it was essential he command a battery while in Vietnam — even though he had this duty two times in Europe.

With 63 days remaining in Vietnam, Safar assigned John Seitz to command “B” battery a unit he led through multiple combat operations until he left Vietnam July 10, 1967.

In total, John Seitz served two tours of duty in Vietnam. The first was with the 1st Infantry Division and the second was with XXIV Corps headquarters.

For two of the months with the XXIV Corps headquarters, John was the chief of current intelligence. Then, for the remaining ten months, he was Secretary, General Staff for XXIV Corps.

A special memory for John is the Battle of Nui Bah Dinh. He led centralized fire direction for ten batteries from multiple artillery units firing mixed calibers and cannons supporting the maneuver force.

“It proved that the ‘school solution’ really worked,” Seitz said.

During a brief period, we fired more than ten thousand rounds of ammunition.

Throughout his career following his Vietnam tour with the ‘Big Red One,’ John remained active in the Society of the 1st Infantry Division. He attended reunions and the Combat Veteran Officers Annual Dinner, whenever he was able.

His next association with the ‘Big Red One’ came in June 1982 when he was assigned as chief of the readiness group, Fort Riley, Kansas.

Then in May 1984, he was requested by the 1st Infantry Division commander, Maj. Gen. Neal Creighton, to be deputy post commander.

Seitz went to school to learn installation management and, upon his return, served as deputy post commander under a new commanding general of the 1st Infantry Division, Maj. Gen. Ron Watts, a position he held until May 1985.

He then departed to become the deputy chief of staff for operations and plans at Fourth Army at Fort Sheridan, Illinois.

During his time as Fort Riley deputy post commander, John wore the Big Red One Patch, as did those assigned to the garrison staff.

He retired as a colonel in November 1988 in the Washington D.C. area.

“Although I served in four different divisions, I have always considered the Big Red One home,” John said. “After 23 years of living in the Washington D. C. area and numerous requests from my late uncle, I moved to Junction City, Kansas, and it has become my home ever since.”

Today, John is director of military affairs for the Junction City area Chamber of Commerce. He remains active in the community and with Fort Riley, working basis to build relationships between the Junction City community and Fort Riley.

He is at Fort Riley almost every day visiting and interacting with Soldiers, units and commanders, as well as attending military functions.

John also records the military affairs council minute for broadcast on KJCK radio every Friday at 8:30 a.m.

He also serves on the board of the Central Kansas Military Community Foundation, Association of the United States Army, YMCA, Rotary Club, Historical and Archaeological Society of Fort Riley, and is a trustee for St. John Military School in Salina, Kansas.

Editor Note: To submit your ‘Big Red One’ story, email fitzmiss@yahoo.com.

HOAH

send your vote home

Be Army strong on election day.

Go to FVAP.gov to learn more about absentee voting and ballot, or contact your Voting Assistance Officer for more.

MILITARY SAVES WEEK



Courtesy Photo

Maj. Gen. Wayne W. Grigsby Jr., 1st Infantry Division and Fort Riley commanding general, signs a proclamation declaring the week of Feb. 22 through Feb. 27 as Military Saves Week. Military Saves is a national marketing campaign to persuade, encourage and motivate service members and their families to take financial action in building wealth through saving money and reducing debt. Fort Riley is a partner in the Military Saves campaign and is committed to helping its Army family, including officers, Soldiers, family members, retirees and civil servants take immediate financial action to build wealth, not debt. See proclamation on page five of this edition of the paper.

TUESDAY TRIVIA CONTEST

The question for the week of Feb. 19 was “Where can the spouse of a new arrival to Fort Riley, Kansas, find consolidated information about the installation, to include Kid’s Corner, employment readiness and education, recreation, deployment readiness, links to helpful websites and more?”

Answer: www.riley.army.mil/NewArrivals/SpouseInformation.aspx.

This week’s winner is Meghan Iginoef. Megan’s spouse is Spc. Ben Iginoef, 1st Combined Arms Battalion, 63rd Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division. Meghan is pictured with Spc. Iginoef, son Ezekiel and dog Lucy.

CONGRATULATIONS MEGHAN!



BIG 5

Continued from page 1

number two — foster discipline by enforcing standards — resonates the most with him.

“The Army’s standards have not changed,” Krugh said. “We are still required to follow and enforce the same standards.”

Krugh said he believed NCOs were not making on-the-spot corrections anymore out of fear of being challenged, leading to a gradual decline of standards.

“Few NCOs will make the on-the-spot correction — most will let it walk by,” Krugh said. “When we do make the correction, we also fail to teach the Soldier why right looks a certain way. We also fail to reinforce the standard of on-the-spot corrections with the leaders that did nothing about it.”

Some junior leaders like Staff Sgt. Lee Sanders, a network management systems operator in the Division Headquarters and Headquarters Battalion, 1st Inf. Div., see fostering discipline as achieving another end — improving esprit de corps.

“Each unit is owned by the Soldiers in it and I don’t see that realization from many Soldiers,” Sanders said. “Encouraging them to be the best they can be and showing them the effect that has on the unit as a whole is the way to bring that pride back. Every Soldier should believe they’re in the best unit in the Army. If they don’t believe that, then their leadership needs to guide them and empower them to make it the best. That ownership is what breeds pride.”

Each of the five tenets is a bedrock leadership principle, but leaders should not read too deeply into them, Cornelison said.

“This isn’t rocket science,” the command sergeant major said. “This is a simple restatement of the basics, and to develop our junior leaders, we have to be masters of the fundamentals. We can do better, and using the ‘BRO NCO Big 5,’ we will do better.”

TRAFFIC REPORT

HENRY DRIVE-RAY ROAD ROUND-ABOUT CONSTRUCTION TO SLOW TRAFFIC

Traffic changes originally scheduled for Feb 19, have been rescheduled for Feb. 22, at which time, and lasting until approximately May 15, vehicles will be required to slow to 20 miles per hour on both Ray Road and Henry Drive to accommodate the continuing work.

ESTES ACCESS CONTROL POINT CLOSED TO COMMERCIAL VEHICLES BEGINNING MARCH 7.

Use of the Estes Access Control Point by commercial vehicles will be prohibited starting March 7. The closure is due to an upgrade project and will be in effect until the project is complete, a period of time that could be several months. During this time all commercial vehicles will need to enter the installation through 12th Street during duty hours and through Henry during non-duty hours.

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 guidance posted on signs.

CONSTRUCTION ON CAMERON ROAD WALL

Work will be done on Cameron Road Wall starting approximately Feb. 25. The

buildings and parking area that will be affected are 210, 211, 212 and 213. Personnel will need to make arrangements to park away from the wall.

ACCESS CONTROL POINT HOURS OF OPERATION

Until further notice, the Estes Access Control Point is closed every Saturday and Sunday, but will remain open Monday through Friday for privately owned vehicles only.

Also until further notice, 12th street ACP is closed to privately owned vehicles on Saturdays. The commercial side remains open Saturdays. 12th St. 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 vehicle traffic. Motorists wanting access to Fort Riley on Saturday or Sunday should use Ogden, Henry or Trooper gates.

The access control point hours are now as follows:

Four Corners/Trooper/Ogden: Open 24/7

Henry: Open 24/7
12th Street: Effective Dec. 5, open from 5 a.m. to 7 p.m., Monday to Friday; closed to non-commercial traffic Saturdays; closed Sundays and federal holidays.

Rifle Range: Closed to all traffic.

Grant: Until further notice, open from 5 a.m. to 7 p.m., Monday to Friday; closed Saturdays, Sundays and federal holidays.

Estes: Until further notice, open from 5 a.m. to 7 p.m., Monday to Friday; closed Saturdays, Sundays and federal holidays.

AWARD

Continued from page 1

“It means that I’m doing the right thing,” Gutierrez said. “It means executing the mission and ensuring our Soldiers get the opportunity to leverage any afforded training opportunities to become more proficient at their skill sets.”

Warrant Officer Tory A. Kirk, air traffic and airspace management technician, Company F, 2nd General Support Aviation Battalion, 1st Aviation

Regiment, 1st CAB, 1st Inf. Div., worked with Gutierrez for the past year and says he was a driven individual.

“To say that he is compassionate about what he does would be an understatement,” Kirk said.

Kirk said he has always been able to count on Gutierrez when needing help with something.

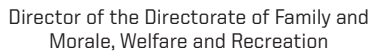
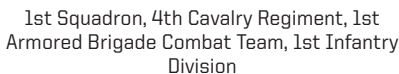
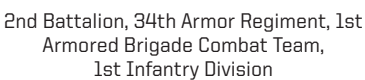
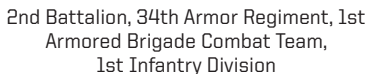
“Since I’ve known him, even when I first got here,

and being new to what was going on, he has always been the person I have ran toward for answers,” Kirk said. “He has always known the answer to whatever question I had for him.”

Members of the ATC community submit names for those they feel deserve the award, Kirk said, so Gutierrez’s win “is a big deal.”

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What is your best tip for saving money?



**Check Your Meds
Before Your Trip**

Keep Your Family Safe

Fort Riley garrison welcomes Collins

By Andy Massanet
1ST INF. DIV. POST

In the late summer of 1990, Saddam Hussein directed his forces to invade his small, oil-rich neighbor, Kuwait. At that time, James Collins was a young man, a civilian, driving a truck in his home state, Connecticut.

“It (the invasion) was the catalyst of my joining the Army at that time,” he said.

In the winter of 1991, Collins enlisted in the Army and left for basic military training. He did not see action in either Operation Desert Shield or Operation Desert Storm.

“It was over before I got there,” he said.

Twenty-five years later James Collins is now Command Sgt. Maj. James L. Collins, the new senior enlisted leader of the Fort Riley Garrison. Over that time, he served around the world and became a highly trained, decorated combat Soldier.

Collins has — as have the garrison’s senior enlisted leaders before him — served as team leader, squad leader and platoon sergeant. He spent time as assistant operations sergeant. He’s been an observer, coach and trainer, spending time as trainer-mentor for the Joint Readiness Training Center at Fort Polk, Louisiana. He served as an infantry first sergeant and as an embedded trainer with the Afghan Border Patrol in eastern Afghanistan.

And with all that experience is the regard for, and loyalty to, the Soldiers he leads, his peers and the officers with which he serves. Collins also credits the mentoring provided from, and examples set by the squad leaders and platoon sergeants who he

served with as a young noncommissioned officer learning his profession.

From them, he said, he learned his leadership philosophy: set the example and show the way.

The ensuing months will be busy ones for him. But he understands what most concerns Soldiers and their families.

“As far as Soldiers and families go, it is access to medical care and quality of medical care for their families,” Collins said. “Secondary to that is recreational and family entertainment in the surrounding community and on the installation.”

He also understands that off-duty recreation and entertainment opportunities are a concern for single Soldiers.

“Professionally, Soldiers are concerned with gaining job skills,” he said. “Are military schools and training being equitably distributed amongst the Soldiers? Also, with the drawdown, are they going to be able to reenlist? Not everyone will be able to be retained.”

Collins will be following in the footsteps of top-flight senior NCOs who have served with the Fort Riley garrison in the past, but Fort Riley Garrison Commander Col. Andrew Cole Jr. said what qualifies him to assume his duties is his experience as a leader of Soldiers.

“Command Sgt. Maj. Collins has a vast broad background in light infantry units, to include the 10th Mountain, 101st and 75th Ranger Regiment; as well as some 1st Division time when attached to our 3rd Brigade in Afghanistan,” Cole said. “As a former observer controller at Fort Polk, Louisiana, we know he knows what right looks like, and I fully expect him to transition promptly into our Garrison Leadership Team.”



Maria Childs | POST
Garrison Command Sgt. Maj. James Collins brings extensive experience as a professional Soldier to his new position as the garrison's senior enlisted leader.



Maria Childs | POST
LEFT: Pfc. Clarissa Nazario of Headquarters and Headquarters Company, United States Army Garrison, presents a bouquet of yellow roses to Kindra Collins, the spouse of the new Fort Riley Garrison Command Sgt. Maj James L. Collins, during a change of responsibility Feb. 3. Collins' daughter, Alexsis, to the right of Kindra, received a single yellow rose. The roses are in anticipation of her dedication during her husband's hours of duty to the officers, noncommissioned officers, Soldiers, families and civilians. **RIGHT:** Command Sgt. Maj. Melissa Judkins, left, the senior noncommissioned officer of the Installation Management Command's Central Region, greets Fort Riley Garrison Command Sgt. Maj. James L. Collins.

TOTAL ARMY

Continued from page 1

“We are one Army,” Grigsby said. “We have to train the way we fight and fight the way we train.”

He echoed the message sent down from the Army’s top leaders. U.S. Forces Command is, by design, a Total Force command — Army National Guard, U.S. Army Reserve and the active component, Gen. Robert B. Abrams, U.S. Army Forces commander has said in past reports.

“We are one Army,” Abrams said. “We are one Army working together, shoulder to shoulder, to build and sustain highly trained and disciplined Soldiers and formations in accordance with Army standards. We are experts in our war fighting skills, ready to deploy and win in ground combat against any enemy.”

According to the 1st Inf. Div.’s Campaign Plan 2020, a roadmap for the division and post’s future, the Big Red One is a leader within III Corps in executing the Army Total Force policy. About 22,000 joint, inter-organizational and multi-national partners from 30 states train at Fort Riley each year. Grigsby said he hoped the conversations started at the TAC would increase that number.

“I hope we get more,” Grigsby said, “because this whole thing about being an observer, coach and trainer — as we go through things, that’s a win-win for everybody.”

Events like the TAC are important, said the Nebraska Air National Guard’s Maj. Gen. Daryl L. Bohac, who serves as the state’s adjutant general. Bohac said Grigsby set the tone when their teams met last fall. The Total Army environment had issues in the past, but the renewed emphasis on partnership “are the difference makers in terms of enduring relationships and goodness for the nation,” he said.

“We are excited by this,” Bohac said. “The Army has been making significant inroads into making sure we are acting as one team. That’s good for the citizens of this nation and what we are supposed to be about, which is the defense of this nation.”

The visiting senior leaders, along with members of Grigsby’s staff and Fort Riley garrison officials, sat down at the end of the day to talk about upcoming training and ways to collaborate.



Amanda Kim Stairrett | 1ST INF. DIV.
Maj. Gen. Wayne W. Grigsby Jr., 1st Infantry Division and Fort Riley commanding general, talks Feb. 11 at Riley's Conference Center to participants of the Total Army Conference about the benefits of training at Fort Riley. The 1st Inf. Div. and Fort Riley hosted the TAC so National Guard and Reserve leaders throughout the Midwest could discuss upcoming training opportunities.

Grigsby stressed a favored theme spoken often by senior Army leaders: it’s all about building readiness.

“It’s the No. 1,” Grigsby said. “There is no No. 2. We are all about building readiness — all of us, working together as one.”

For Bohac’s Army forces in Nebraska, relationships established at Fort Riley mean access to training — both physical ranges and the virtual environment he and others got a firsthand look at Feb. 11.

“It just means better realistic training for them,” Bohac said. “One of my expectations leveled to all my commanders is, ‘You will deliver demanding, rigorous training every opportunity we can.’ So being a partner here at Fort Riley and with the 1st ID is going to help us do that.”

Grigsby had one message for his National Guard and Reserve partners: “Fort Riley is the best place to train, live, deploy from and come home to. And they want some of it, to be back here with us. It’s their post. It’s not mine. It’s the taxpayers’. It’s all about all this together, so, come on, we’ll make it happen.”

FIRE

Continued from page 1

he is responsible for executing prescribed burns for habitat management. Each year, he reviews the standards of wildland fires including using his emergency shelter, but he said it was great to be reminded in an atmosphere with firefighters who brought a new perspective for him.

“It is a great refresher in all the basic wildland fire techniques,” Grosboll said. “Most of it was a review for me.”

Being new to Fort Riley, Peterson said this training is very useful because the fire department executes many prescribed burns and knowing how to manage the fire is very important because of the grassland.

“The mission here is a lot different than some other bases,” Peterson said. “We have ranges so wildland fires are prevalent specifically at Fort Riley. This covers anything from prescribed burns to instances where it is not planned.”

Peterson has all of his certifications except wildland firefighting. He said it was nice to have the class at Fort Riley because he was familiar with the land.

“The people that have the knowledge of the wildland mission are here,” Peterson said. “Even though it was put on by someone outside of Fort Riley, all the people who are familiar with the mission at Fort Riley are here, so I get to learn on two fronts.”



Maria Childs | P033
Adam Peterson, a Fort Riley firefighter, deploys his emergency shelter during a wildland certification course at Fort Riley Feb. 10. During this exercise, firefighters had 25 seconds to deploy their and take shelter.



IN BRIEF

TRAFFIC UPDATES

For traffic updates, see the Traffic Report on page 4 or visit www.riley.army.mil and click on “Advisories.”

SOLDIER FOR LIFE TRANSITION ASSISTANCE PROGRAM EVENTS

Feb. 23 at 6:00 p.m. Bradley Morris live webinar. To register, contact Donna Zielke 678-819-4138 or Dzielke@Bradley-morris.com.

Feb. 24 from 1 to 6 p.m., Spring Into Your Career Fair, Holiday Inn “At the Campus” 1641 Anderson Ave, Manhattan, Kansas.

March 1 from 9 a.m. to noon, Youth Hiring & Education Fair, 5800 Thomas Drive, Fort Riley.

March 5 from 10 a.m. to 1 p.m., Soldier For Life Transition Forum, 1st Infantry Division headquarters, building 580, room 110, 1st Division Road, Fort Riley. Military and spouses invited.

March 5 from 10 a.m. to 1 p.m., Youth Hiring and Education Fair, 1st Infantry Division headquarters, building 580, room 110, 1st Division Road, Fort Riley. Military and spouses invited.

March 7 from 1 to 2:30 p.m., Employer Showcase, Transition Center, building 212, room 201, Fort Riley.

March 24 from 10 to 11:30 a.m., Salina Police Employer Day, Testing and Interviews, building 210, room 118D, Fort Riley. Information session to follow 1-4 p.m.

March 29 from 10 to 11:30 a.m., Annual KC Industry Day sponsored by Society for American Military Engineers, University of Missouri at Kansas City Student Union, Kansas City. Transportation and lunch provided. Interested persons should RSVP by March 18th to hans.j.Lokodi.mil@mail.mil.

March 31 from 10 a.m. to noon, Industry Workshop Trade and Vocational with Westar Energy personnel, at Education Center in building 217, room 202, Fort Riley.

THREAT AWARENESS AND REPORTING PROGRAM TRAINING

At Barlow Theater, March 2, April 13, May 11, June 1, from 10 a.m. to 11 p.m., training will be offered for Soldiers, Department of the Army civilians and contractors.

For information or to schedule training, contact 785-240-3097.

SLINGIN' INK TATTOO COMPETITION

Celebrate tattoos as an art form and an expression of individuality during the Warrior Zone's annual tattoo and art competition: It's time for Slingin' Ink. Slingin' Ink is set for 6 to 9 p.m. Monday, Feb. 29 at the Warrior Zone. There will be six tattoo competition categories; entry cost \$5 per tattoo, per category and is open to all contestants ages 18 and older. Entry is free for spectators. The Warrior Zone is open to guests 18 and older and is located at 7867 Normandy Drive.

For more information, visit riley.armymwr.com or call 785-240-6618.

RALLY POINT BINGO

Bingo at Rally Point has changed – and you're going to love it. We now offer up to \$15,000 in payouts three nights per week — Tuesday, Wednesday and Thursday. Each session will feature 10 regular games that pay out at least \$150 each, plus five specials and a 50/50 fundraiser. The big prize? A \$7,500 progressive coverall that starts at 48 numbers, with a \$200 consolation. We'll end the night with a big game, too: a coverall that pays out \$1,199 ... every night. Buy-ins start at just \$12, not including specials. Rally Point is located at 2600 Trooper Drive.

For more information, call 785-375-3260 or visit riley.armymwr.com.

STAYCATIONS AND DESTINATIONS

The Fort Riley Directorate of Morale, Family Welfare and Recreation staff is scheduled to host a tourism and travel expo Feb. 27. There will be vendors from tourism and visitors' bureaus from Kansas and other areas. Vendors and representatives from on-post will also be available. Admission is free and open to the public.

The event will be held at Riley's Conference Center. Times will be announced when it plans are finalized. Visit facebook.com/rileymwr for more details, or call 785-239-2807.

Romantic evening at Rally Point

'Artists in Love' event offers couples alternative to movie, dinner

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

The tables of Rally Point were covered with red roses and chocolate covered strawberries, set out by employees who were hosting the

Cocktails and Canvas event “Artists in Love” Feb. 12. The event was an option for couples to celebrate Valentine's Day in a different way.

“I think this is a fun event for everyone who is involved here in Fort Riley,” said Capt. Neil Huenefeld, 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, who was there with his wife, Clarissa. “You can kind of do something different from the dinner and a movie

or something. This is our first time doing this.”

Some of the women in attendance were regulars of the Cocktails and Canvas events at Rally Point, but according to manager Diana McGee, having this many men in the room was rare.

“We come here all the time without the husbands,” said Ashley Mead, wife of Staff Sgt. Michael

See ARTISTS, page 10



“The donors gathered here today are the epitomes of good people.”

MAJ. GEN. WAYNE GRIGSBY JR. | COMMANDING GENERAL, 1ST INF. DIV. AND FORT RILEY



The 1st Infantry Division Band plays during the reception of the Directorate of Family and Morale, Welfare and Recreation Sponsor Awards night. The event was held at the C.L. Hoover Opera House in Junction City, Kansas, Feb. 9.

Tossin' out praise

Fort Riley community sponsors honored

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

The golden chandeliers of the C.L. Hoover Opera House glowed, shining off the purple and green Mardi Gras decorations strung throughout the front lobby. Fort Riley command teams and community members of the area chatted at tables set up with Mardi Gras beads draped across them.

Staff of the Directorate of Family and Morale, Welfare and Recreation held a night of recognition in Junction City, Kansas, Feb. 9 to show appreciation to the business people who sponsor the Fort Riley community.

“We wouldn't be able to provide our Soldiers and families with the quality service that we do without your support,” said

See SPONSORS, page 10



Staff of the Directorate of Family and Morale, Welfare and Recreation recognized 25 sponsors at C.L. Opera House in Junction City, Kansas, Feb. 9. The various sponsors helped fund more than \$350,000 this past year for programs and events for the Fort Riley community

DID YOU KNOW?

• In 2015, the staff of the Directorate of Family and Morale, Welfare and Recreation hosted more than 150 events including the Kellie Pickler concert, Soldier Show and Fort Riley Apple Day, due to the sponsors they were recognizing.



Sgt. 1st Class Sue Messersmith and husband Mike Messersmith begin their painting session at the Cocktails and Canvas event “Artists in Love.” The event took place at Rally Point Feb. 12.

“I haven't talked about my past relationships before. Being able to acknowledge it is letting go as well.”

PFC. ALEX BAUMGARDNER
1ST INFANTRY DIVISION

Party gives heartbroken opportunity to 'let go'

Warrior Zone's annual Love Sucks Valentine's Day event a hit with singles

By Maria Childs
1ST INF. DIV. POST

Pfc. Alex Baumgardner, 101st Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division, watched as the voodoo doll he made burned in the flames of the fire set by the staff of the Warrior Zone. After the fire was extinguished, he joined the continuing Love Sucks Valentine's Day party inside the building with the judging of the poetry competitions as well as sharing break-up stories.

“It was satisfying,” Baumgardner said about seeing the fire burn. “It's being able to finally let go. I haven't talked about my past relationships before. Being able to acknowledge it is letting go as well.”

The annual event at the Warrior Zone was designed for single Soldiers who are stationed at Fort Riley to have somewhere to go on Valentine's Day and not feel left out on the romantic holiday.

Christina Boyles, supervisory recreation assistant, planned the event this year.

“I enjoy the Soldiers participating, the activities we came up with for them and the joy they had,” Boyles said.

The activities included a chocolate heart poem contest, where participants had to put as many chocolate hearts in their mouth as they could and read a poem, the “Burn your Past” bonfire and several other poetry competitions.

Boyles said her favorite part was the chocolate heart poem because the Soldiers were animated and seemed

See SUCKS, page 10

Couples celebrate Valentine's Day

Duos cut the rug, enjoy four-course meal during holiday event held at RCC

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

Love was in the air at Riley's Conference Center Feb. 13 as 1st Lt. Sherman Pruitt, 977th Military Police Company, 97th MP Battalion, and his wife, Paula, shared a romantic dance while waiting for their dinner. The event was a couple's date night complete with a four-course meal and disc jockey.

“I love dancing,” Sherman said. “I figured I would take my wife ... we don't really go out much anymore. It's better than I expected — it's very romantic.”

Paula admitted she was unsure of the event at first, but decided to join her husband for a night out of the house.

“I was very reluctant at first because I didn't know what to expect,” Paula said. “It's a win-win. There's a lot going on for the price.”

The couple said they enjoyed being able to spend time together while also enjoying Valentine's Day, food and dancing.

Chris Downs, manager of Riley's Conference Center, said about 60 tickets were sold for the event.

“It's an opportunity for the Fort Riley community to experience a nice dinner in a relaxed atmosphere without heading out to a restaurant,” Downs said. “It's something we don't get to do very often. It's nice for us as management and staff to put on an event like this.”

Downs said this event is different than most because the audience is

different. This event allows staff at Riley's to explore different menu options.

“We don't usually host more intimate evenings like this and we get to make some food we don't normally get to serve,” Downs said.

Sgt. Michael Varnadore, Headquarters and Headquarters Company, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, and his wife, Laura, were given tickets by some friends who could not attend. They have been married for six years. They said they usually celebrate Valentine's Day by going to dinner or something simple, but since the opportunity was presented, they decided to splurge.

“Dancing was fun, and I got (my husband) up there, which doesn't happen very much,” Laura said. “It's decorated so nice and it's very romantic.”



First Lt. Sherman Pruitt, 977th Military Police Company, 97th MP Battalion, and his wife, Paula, shared a romantic dance while waiting for their dinner at the Valentine's Day Dinner and Dance at Riley's Conference Center Feb. 13. The event was a couple's date night complete with a four-course meal and disc jockey.

COMMUNITY CORNER

Reducing cabin fever through exercises building and fostering resiliency

By Col. Andrew Cole Jr.
FORT RILEY GARRISON COMMANDER

Cabin fever is starting to set in for many families — mine included. The days get warm — then cold — then the pattern repeats. It's like we are being teased and tested before the real onset of spring. We normally have to wait for spring to bring warmer weather and outdoor activities — times to play and expend some pent-up winter energy. But we are getting a little preview of spring weather lately. Take a look at the opportunities to get out and play with your family during this unseasonably warm period. Play

makes happy memories for them and helps us mentally reset and remember why and for who we serve. Those memories and that activity have resiliency written all over them. And, it is a resiliency you have total control over. Not all your play has to be outdoors. Hit a parent child arts and crafts class, take your friends to the Warrior Zone for some gaming time or hold a picnic in your living room with the kids



Col. Cole

or friends. DO things you normally wouldn't get the chance to do until later in the year. The point is to set yourself up with shared time so that you and your family are resilient when those moments are scarce in the future. Soldiers, civilians, family members and — well, all of us — are busy at Fort Riley. That is our reality. It is also our reality to spend a lot of time separated from those we love because of our business. Not only are we busy now, but we will only get busier as the Army mission evolves with the threats and shrinking resources.

It makes sense to take care of ourselves and our families by building some time for play; thereby, increasing the resiliency — through shared positive experiences — for ourselves and our family members. Since we are having some great weather moments – take advantage of them. Try new things. Moon Lake is full of rainbow trout — go fish. Google a new healthy eating recipe and cook your catch together. There are hiking trails and great walks to be had along the river at the park just outside the Grant gate and several recreation areas on post. We have playgrounds and parks all

over the installation that are perfect for playing and building memories with younger children. If looking for more wide-open area or some hills — check out the Flint Hills and the Konza Prairie. Go on foot or by bicycle and enjoy a picnic along the way. If your family structure doesn't include kids — then build memories with your spouse, significant other, a group of good friends or for yourself. Try a cocktails and canvas event put on by the staff at the Directorate of Family and Morale, Welfare and Recreation. Find a 5K in the area and run for a cause. Do

something that will cause you to smile whenever you remember it. At some point, we are going to need to look back at that moment and remember it — and we are going to need that smile. At the same time as you get outside and build those memories — you alleviate that cabin fever. I'll claim that as a win also. — To comment on this article or to suggest a topic for Community Corner, email usarmy.riley.imcom.mbx.post-newspaper@mail.mil or visit my Facebook page at www.facebook.com/fortrileycg.

ARTISTS Continued from page 9

Mead, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div., of her and her friends. “But this is so cute. I want to keep doing it. I want it every week.” 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, led the class. She went through the steps and then went around giving the painters pointers on blending or painting the different tree branches that were part of the picture. Some couples took their own spin on the painting. Helen Kim and Chaplain (Capt.) Timothy Kim, 2nd Battalion, 34th Armor Regiment, 1st ABCT, 1st Inf. Div., decided to make their double canvas painting their own by adding a moon aspect to the painting. “We wanted to see each other's personality this way in the pictures,” Timothy said. “My wife likes drawing and we wanted to do something special.”

MORE ONLINE
• Go to rileymwr.com to find more dates for Cocktails and Canvas events as well as other things happening at Rally Point.

The couple version is really good since we get to spend some time together doing the same activity,” said David Roudybush, the director of Directorate of Family and Morale, Welfare and Recreation. “It's also one of my activities so I wanted to see what it was.” While the couples painted, McGee stayed on her toes offering everyone champagne, cider and coffee as the night went on. She then raffled off the balloon bouquets that were decorating the room as a surprise to the couples. “We want to show them that we care,” McGee said. “We're thinking about doing this for couples once a month.” Go to rileymwr.com to find more dates for Cocktails and Canvas events as well as other things happening at Rally Point.

SPONSORS Continued from page 9

Meredith Storm, marketing and advertising director for DFMWR. In 2015, the staff of DFMWR hosted more than 150 events including the Kellie Pickler concert, Soldier Show and Fort Riley Apple Day, due to the sponsors they were recognizing. “The donors gathered here today are the epitomes of good people,” said Maj. Gen. Wayne W. Grigsby Jr., commanding general of the 1st Infantry Division and Fort Riley. “I always say that in order to be a great leader in the United States Army you must be a good person first. Well, I can tell you that all the donors out there who helped us, you are good people. And we want to thank you from the bottom of our hearts for our Soldiers and our family members.” During the ceremony, the staff recognized 25 sponsors who helped fund more than \$350,000 this past year toward the programs and events for the Fort Riley community. Being a sponsor has significant meaning for some of the attendees as they represent their company, but are also retired military. “It's important on two levels,” said Command Sgt. Maj. (ret.) Joe Romans, United Services Automobile Association. “First of all, I'm a retired Soldier of 30 years in the Army. So having

spent most of my adult life in uniform, it means a lot to me to be around the community. I have three kids serving, and every time I come out here it reminds me of them. I feel like I'm giving something back. Secondly, representing USAA, it's the kind of organization that is absolutely dedicated to supporting and serving our military community. To be able to be the tip of that spear and be out here and do something tangible for Soldiers and families, it means a great deal to USAA as well.” Sponsors smiled as they went up and accepted their award from Grigsby and Col. Andrew Cole Jr., garrison commander of Fort Riley. “I felt like when we were up there, they were thanking us, but we should be thanking them,” said Pam Rodriguez, creative manager of Grantham University. After the ceremony, sponsors and members of the Fort Riley community gathered back in the lobby and continued their conversation and jovial spirits to end the evening's recognition.



Maria Childs | POST

Participants of the Love Sucks Valentine's Day party at the Warrior Zone burned their past in a bonfire Feb. 14. The event included a chocolate heart poem contest, where participants had to put as many chocolate hearts in their mouth as they could and read a poem, and other themed competitions.

SUCKS Continued from page 9

to enjoy doing it. This event shows another side of Valentine's Day that may often be overlooked. “It shows that Valentine's Day is not just for couples,” Boyles said. “It is for singles also.” Baumgardner said he was appreciative of the event. “There's a bright side and there's a dark side — you can't have one without the other,” Baumgardner said. “It's great to have somebody acknowledge the dark side of Valentine's Day or love for that matter. With love, there are relationships where it is not perfect and it ends and it's horrible — to remember that is a wonderful thing.” He regularly visits the Warrior Zone at Fort Riley.

“It shows that Valentine's Day is not just for the couples.”
CHRISTINA BOYLES
SUPERVISORY
RECREATION ASSISTANT

He said this event provided an outlet for people who would otherwise be alone on Valentine's Day and allowed them to be social with people who shared the same beliefs. “That's why this is great,” Baumgardner said. “A lot of us that are here — we would be the guys who would be alone. Instead, we can be here where we see other people like us.”

WWW.1DIVPOST.COM

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, FEBRUARY 19
• Ride Along 2 (PG-13) 7 P.M.

SATURDAY, FEBRUARY 20
• Norm Of The North (PG) 2 P.M.
• 13 Hours: The Secret Soldiers Of Benghazi (R) 7 P.M.

SUNDAY, FEBRUARY 21
• Ride Along 2 (PG-13) 5 P.M.

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

Sports & Recreation

IN BRIEF

CUSTER HILL BOWLING SPECIALS

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

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

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

Friday: From 6 to 9 p.m., \$15 for unlimited bowling for up to six people, shoes not included.

Saturday: Extreme bowling from 6 p.m. to midnight, \$9 for shoes and up to three hours of bowling.

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

OFFERINGS FOR FITNESS-MINDED INDIVIDUALS

The Directorate of Family and Morale, Welfare and Recreation has a comprehensive offering of options for health- and fitness-minded individuals on post.

Contact one of the following MWR fitness department professionals to get started:

Vincent Spencer, fitness coordinator, vincent.j.spencer2.naf@mail.mil, 785-239-3146.

Jocelyn Heminitz, fitness specialist, jocelyn.n.heminitz.naf@mail.mil, 785-239-2616.

Choose between the following rates:

- One person, one-hour training session — \$25.
- Two people, one-hour training session — \$40.
- Three people, one-hour training session — \$48.

Personal training sessions can be purchased at Whitside Fitness Center Monday through Friday, 9 a.m. to 6:30 p.m., and Saturday, 9 to 11 a.m.

You can also purchase a session of massage therapy:

- 30-minute session — \$30.
- 60-minute session — \$60.
- 90-minute session — \$90.

For more information call 785-239-2573.

EYSTER POOL WILL REMAIN CLOSED UNTIL FURTHER NOTICE

Eyster Pool is closed. No re-opening date has been determined.

During this time, all programs — including physical therapy supported by both Irwin Army Community Hospital and Warrior Transition Battalion, pregnancy Physical Therapy, lap swim and recreational swim — will be held at Long Pool, inside Long Fitness Center. Because this pool is not equipped with a computer point-of-sale system, all daily entry fees and pool passes will need to be paid using cash or check.

Unit Physical Training requests for Thursdays only will be accepted during this time; this is to decrease maximum occupancy with the early-morning lap swim program.

The Aquatics Office at Eyster Pool will be open from 8 a.m. to 4 p.m. Monday-Friday. For more information, call the aquatics program manager at 785-239-9441.

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 is 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 and check-out system called iSportsman. Individuals can register at www.fortriley.isportsman.net.

To access Fort Riley training area, use the iSportsman website. Check-in and check-out may be done with any personal device with Internet access, 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.

A battle for the ages



‘Bushmaster’ takes the trophy at Garrison Bowling Day

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

The titanic struggle that was the celebrity bowling portion of the Garrison Bowling Day pitted Maj. Gen. Wayne W. “Bushmaster” Grigsby Jr., commanding general of the 1st Infantry Division and Fort Riley, against Fort Riley Garrison Commander Col. Andrew Cole Jr., otherwise known as “Old Man Cole.”

It was division versus garrison ... mano a mano ... well, it wasn't quite that dramatic, but it was all in jest and good fun.

Let the record show that Grigsby edged Cole, 121-117.

It was not a bad contest either, considering each contestant had to bowl according to certain handicaps on selected frames. Grigsby and Cole drew paper from a bowl held by Ashaleen Noriega of the Custer Hill Bowling Center Staff. On each piece of paper was written a handicap, for example “bowl while sitting;” “bowl backwards;” “bowl from a prone position;” bowl with a balloon between your knees (and don't break the balloon);” and so forth.

Bushmaster, fairing a little better than Cole on things like bowling while sitting and bowling backwards, opened up a lead in the early frames he never relinquished. However,

during the frames in which regular bowling ensued, Old Man Cole made it interesting, rolling strikes in frames six and seven and picking up a spare in frame nine.

But a seven-ten split on the eighth frame, combined with consecutive strikes by Grigsby on the tenth and final frame, while he held a balloon with his knees — conspired to put Cole in an insurmountable deficit.

After the match, Grigsby thanked the garrison for the invitation and for all the work the garrison employees do for 1st Inf. Div. Soldiers.

And the crowd applauded his participation as well.



The scoreboard tells the tale. Maj. Gen. Wayne W. Grigsby Jr.'s double strike in the tenth frame was just enough to overcome Col. Andrew Cole Jr.'s consecutive strikes in the sixth and seventh frames. On the scoreboard, the “B” stands for “Bushmaster,” Maj. Gen. Grigsby's appellation for the evening. “OMC” stands for “Old Man Cole,” Col. Cole's nom de bowling.

Blue Jays best Troopers in middle school basketball action



ABOVE: Eumari Massey, son of Anthony Massey and Staff Sgt. Lakrista Marquez, 1st Infantry Division Sustainment Brigade drives the ball down the court during the game against Junction City Middle School Feb. 11. The game took place at Fort Riley Middle School. **RIGHT:** Massey, sets for a jump shot during the last quarter of the game. **BELOW:** Players of the Fort Riley Middle School 7th Grade A-Team play hard defense attempting to rebound the ball.



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

Fort Riley Middle School Troopers seventh and eighth boys' basketball teams tipped off against Junction City Middle School Feb. 11 at the FRMS north and south gymnasiums.

And, while the Fort Riley boys seventh graders played hard, they came up short. They fell, 32-26, while the eighth-grade A and B teams lost by scores of 52-37 and 32-13, respectively.

The seventh-grade A-team basketball game was a roller coaster as the Troopers got off to a rocky start.

The Blue Jays got the tip and headed toward their basket, scoring the first two points of the game.

After that, the Troopers stayed behind in scoring for most of the first quarter. The first quarter ended with JCMS in the lead with a score of 7-3.

The stands started to fill up more just before the second quarter of the game started, with more parents and stu-

dents coming in to cheer on the boys. The Troopers got a little more intense in the second quarter and came in tying up the score after scoring two field goals. The teams then went back and forth getting ahead by a shot. As the intensity of the players became stronger, the cheers from the stands did as well. Parents cheered on their sons, shouting whenever they made a good play.

At halftime, the Troopers led the Blue Jays 14-12.

The boys came back into the third quarter ready to keep their lead. Unfortunately, the boys were having more trouble getting their shots, losing their momentum with the score. The third quarter ended with the Troopers behind 17-26.

The Troopers figured out a new rhythm in last quarter and were down by two points in the final minute of the game, but in the last 36 second of the game, they boys fouled the JCMS players four times, with the intent to grab control of the ball on the rebounds.

However, the free throws gave the Blue Jays the chance to get further ahead, ending the game with a Blue Jay win 32-26.

In the end, Coach John Keating was proud of the way the 7th grade boys played throughout the game.

"Their intensity was much better than before," Keating said. "I told the boys after the game that I'm not faulting their efforts. We just couldn't get shots when we needed them."

The eighth grade boys did not fair well against JCMS either, with A-team losing 52-37, and B-team losing 32-13.

Even though the teams had losses, athletic secretary Stephanie Lind believes that it is still good experience for the boys.

"I believe that being part of this is good for them because it helps them build teamwork," Lind said. "Even if they don't win they're getting to do something they love. Regardless whether they win or lose, the confidence it gives them to be on a team is good practice for them and it will help them in the future."

Marathon prep on elite level like training for war, says Olympian

By David Vergun
ARNEWS

LOS ANGELES — "A marathon is like a war," said Maj. Dan Browne, a 2004 U.S. Olympic runner and member of the Oregon Army National Guard.

There is a lot of planning, preparation and training, as well as qualifying races to compete in before the marathon. The amount of training is comparable to readying Soldiers for combat, Browne said.

Browne is head coach of the Army's World Class Athlete Program and spoke just minutes before the Olympic Marathon Trials Feb. 13, on the streets of downtown Los Angeles.

The obvious comparison of a Soldier to an elite athlete, he said, is the high level of physical fitness required to win. But that alone is not enough.

Adequate sleep and good nutrition are also important to an athlete, as well as a Soldier. The Army's Performance Triad demonstrates the importance and interconnectedness of all three: sleep, activity and nutrition, he said.

"Performance Triad is truly right on the mark," Browne said.

This mental or psychological aspect is key to success, he said. There will be disappointments such as losing a race or getting injured. It comes with the territory. The important thing is "understanding that disappointments are just an opportunity to readjust and refocus your efforts. If you look at it in that sense, it takes away the negative stigma from it."

Army resiliency training is very similar to methods coaches use to get the best out of their athletes and help them "bounce back from setbacks," he said.

As a former Olympic athlete, "I know myself very

well," Browne said. "But, to really help develop that peak performance mindset in each individual Soldier, I've got to know them and work with them and understand what makes them tick."

When coaching his distance runners, Browne said "I'm very attuned each and every day to how they're feeling. This is kind of the art of coaching, so to speak."

Regarding the physical component, Browne said his runners have had high-altitude training as part of their regimen to better increase lung capacity for endurance. After high-altitude training, athletes have more red blood cells so there's more oxygen-carrying capacity and also the perceived effort is much less. That's why athletes

often undergo high-altitude training before big events.

Browne's Soldiers have good training venues. They train among Jerry Schumacher's Bowerman Track Club in Portland, Oregon, and Alberto Salazar's Nike Oregon Project in Beaverton, Oregon. "These are powerhouse programs," Browne said.

Great coaches are said to beget great coaches. Browne said his coaches and mentors were Salazar, who won the 1982 Boston Marathon, and Bob Larsen, a Hall of Fame track and field coach.

Under Salazar's tutelage, Browne made the Olympic team in 2004 and competed in Athens, placing 12th in the 10,000-meter race as the top American finisher and 65th in the marathon.



Oregon Army National Guard Capt. Dan Browne – Team USA No. 3235 – dashes to the front of the pack in the 10,000 meter final on Aug. 20 of the 2004 Summer Olympic Games at Athens, Greece. Browne finished 12th with a time of 28 minutes, 14.53 seconds.



