THE 1ST INFANTRY DIVISION POST

1DivPost.com

FRIDAY, SEPTEMBER 2, 2016

FORT RILEY, KANSAS

Vol. 8, No. 32

Family forum discusses spouse employment resources

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

Traveling from post to post is something that comes with the military lifestyle, but spouses are often left uprooting their career to follow their service member to the next duty station. The Fort Riley Central Kansas Chapter of the Association of the United States Army hosted a military family forum Aug. 25 at Riley's Conference Center.

Eddy Mentzer, associate director in the Department of Defense's Office of Family Readiness Policy, was the guest speaker. He is primarily responsible for managing the DOD's Spouse Education and Career Opportunities program.

Mentzer, a military spouse himself, described the struggles of trying to maintain a career while moving around and his wife's deployments.

"We're going to talk about what we bring to the table when it comes to spouse employment and we bring a lot," Mentzer said. "If you do nothing else, share the information with one other spouse. Share the information because none of this is secret."

He asked the spouses in attendance to write down three goals for themselves and their career.

See EDUCATION, page 7



Eddy Mentzer, associate director in the Department of Defense's Office of Family Readiness Policy, was the guest speaker at the military family forum hosted by the Fort Riley Central Kansas Chapter of the Association of the United States Army Aug. 25 at Riley's Conference Center. He is primarily responsible for managing the DOD's Spouse **Education and Career Opportunities** program, and shared information about education and advancement for spouses.

PREPARING FOR BATTLE



Staff Sgt. Warren W. Wright Jr. | 1ST ABCT

Soldiers from the 1st Armored Brigade Combat Team, 1st Infantry Division, test fire the main weapon system on their M1 Abrams tank at Fort Irwin's National Training Center July 26. Following reception, staging, integration and onward movement, or RSOI, the brigade moved into its two-week training cycle where they honed their skills in unified land operations.

'Devil' brigade Soldiers battle world-class opponent during rotation at National Training Center

By Staff Sgt. Warren W. Wright Jr. 1ST ABCT PUBLIC AFFAIRS

Over the course of 14 blazing hot days in the California desert, the Soldiers of the 1st Armored Brigade Combat Team, 1st Infantry Division, battled exhaustion, pain and a world-class opposition force during their train up for future operations.

Held from the end of July into mid-August, the "Devil" brigade's training at Fort Irwin, California's National Training Center focused on a wide range of unified land operations in a new environment away from the comfort of their home station.

"A lot of time when you're building capacity in your unit, you're learning this piece or that piece, but going to the National Training Center allows you to tie everything back together," said Maj. Jared Nichols, executive officer of 1st

See TRAINING page 7



COURTESY PHOTO

Civil affairs Soldiers attached to the 1st Armored Brigade Combat Team, 1st Infantry Division, pass out oranges to roleplayers during a refugee movement exercise at Fort Irwin's National Training Center Aug. 1. The brigade used the enablers, who were specialists from cyber warfare, civil affairs, electronic warfare and psychological warfare, to conduct a multitude of operations that included defending the brigade's valuable computer network, conducting civilian populous influencing operations and including civilian considerations into battle planning.

Cadets prepare for future

Prospective officers visit Fort Riley for Cadet Troop **Leadership Training**

By Season Osterfeld 1ST INF. DIV. POST

Three Reserve Officers' Training Corps cadets experienced training alongside 1st Infantry Division Soldiers who are preparing to deploy in the usage of gas masks and equipment Aug. 24 using CS

The cadets came to Fort Riley for three weeks as part of the Cadet Troop Leadership Training program.

Officers and Soldiers in 1st Infantry Division Artillery, 1st Infantry Division, served as mentors and instructors to the cadets throughout the duration of the CTLT. Through CTLT, the cadets learn the basics of the everyday life as an active-duty lieutenant by shadowing officers. The cadets gain valuable insight and experience about the role officers perform.

First Brandon Division Thurman, Headquarters Headquarters Battalion, 1st Infantry Division, was the officer in charge at the CS gas chamber when the cadets went through it along with Soldiers from multiple units. He said the experience teaches cadets to be better leaders because they have gained a greater understand of the training and what their Soldiers will go through when doing it.

"It enables them to see what this type of training is and how it works, so when they become lieutenants and they have to run this type of training and run a range, they will better understand how we did it, what we did and better understand what their Soldiers are going through,"

Thurman said. Cadet Mark Salzwedel Central Michigan

See CADETS, page 10

Fort Riley Logistics Readiness Center earns national honor

By Andy Massanet 1ST INF. DIV. POST

A pair of awards earned by Fort Riley's Logistics Readiness Center staff have placed the LRC among the elite logistics organizations across the Army.

The LRC team was presented the Spearhead of Logistics, Chief of Transportation, Best of the Best Deployment Award and the Chief of Staff Army Deployment Excellence Award, both for 2015.

Maj. Gen. Edward M. Daly, commander of the Army Sustainment Command, presented the awards to LRC members at a ceremony in 1st Infantry Division headquarters Aug. 24.

The delegation joining Daly included Col. Eric Shirley, commander, 407th Army Field Support Battalion, Fort Hood, Texas, Command Sgt Maj. William Venus, senior noncommissioned officer for the 407th AFSB and Lt. Col. Brian Beiner, commander of 407th AFSBn-Riley.

Also in attendance was Maj. Gen. Wayne W. Grigsby Jr, 1st Infantry Division and Fort Riley commanding general, Command Sgt. Maj. Joseph Cornelison, 1st Inf. Div. senior noncommissioned officer.

The Fort Riley garrison command team of Garrison Commander Col. John Lawrence and Garrison Command Sgt. Maj. James Collins were also onhand.

The awards were presented to Scot Bird, installation transportation officer, Scott Arcuri, freight chief, and Matt Holloway, unit movement supervisor, on behalf of their LRC team. The LRC director is Larry Githerman.

The two awards together signify that Fort Riley's LRC is consistantly a top

This year marks the fifth time in the past eight years the Fort Riley LRC has won the Chief of Staff Army Deployment Excellence Award. The LRC earned it in 2008, 2011, 2012 and

The other award — the Spearhead of Logistics, Chief of Transportation, Best of the Best Deployment Award in the large installation category — has never been presented to an installation the size of Fort Riley. Past awardees have all been

"A smaller unit is far easier to move than a large one," Bird said. "We could move 20 or 25 people without any trouble at all. But when you're are talking about entire brigades or a whole division, the job becomes far more difficult."

In comments to Grigsby and Cornelison, Daly reaffirmed ASC's support for the 1st Inf. Div.

"I want to reiterate the Army Materiel Command's commanding general's intent that we are absolutely unequivocally and without doubt dedicated ... to supporting you," Daly said.

The Army Materiel Command is led by Gen. Dennis Via. The ASC is

See AWARD, page 10

HOUSING THE FORCE



Attendees of the Housing the Force training event listen to a panel of representatives from U.S. Army Installation Management $\,$ Command and Army Housing Management discuss the coming challenges and updates to military housing and lodging Aug. 29 at Riley's Conference Center. More than 250 Department of Defense and privatized housing officials from across the globe attended the Housing the Force training event to discuss coming challenges, update their skills and more to better serve Soldiers and their families. See the Sept. 9 edition of the 1st Infantry Division Post newspaper for full coverage.

FORT RILEY VOLUNTEER SPOTLIGHT



First Sgt. Tommy Davis, 116th Military Police Company, 97th MP Battalion, volunteered his time to help his neighbor recover from a recent storm. His neighbor's house was damaged, and he helped repair the damages sustained during the storm.

To learn more about volunteer opportunities, call Becky Willis, Army Volunteer Corps Program manager, at 785-239-4593.



FALL APPLE DAY FESTIVAL PIE QUEENS ORGANIZE MAKING MORE THAN 1,000 PIES, SEE PAGE 11.



WARRIOR ZONE STAFF AND FORT RILEY SOLDIERS CELEBRATE THE FACILITY'S 5TH BIRTHDAY WITH CAKE, CIDER AND A FULL DAY OF GAMING TOURNAMENTS, **SEE PAGE 15.**

2 | **SEPTEMBER 2, 2016** HOME OF THE BIG RED ONE

Unmanned aerial vehicle provides battlefield intelligence for Fort Riley brigade Soldiers

Story and photo by David Vergun ARMY NEWS SERVICE

FORT IRWIN, Calif. -Soldiers may have a new set of eyes on the battlefield — a small unmanned aerial vehicle so new, it doesn't yet have a name and it is still undergoing evaluations.

The battlefield where the UAV is being evaluated and employed in exercises is the National Training Center, Fort Irwin, California.

The UAV collects adversary information to be analyzed by cyber operators and military intelligence personnel. That information is ultimately provided to brigade commanders for their use, according to Maj. Deonand Singh, operations officer for the 781st Military Intelligence Battalion at Fort Meade, Maryland.

The most recent unit to benefit from information provided by the UAV was operational August.

actual combat During operations, commanders need information quickly, information Singh termed "tactical insights."

employment at NTC, the UAV useful insight to the commander operations, electronic warfare supported reconnaissance in an area of operations, once it and information operations," of the training scenario's is analyzed.

PARTNERSHIP RENEWED



Soldiers may someday have a new set of eyes on the battlefield - a small unmanned aerial vehicle so new, it doesn't yet have a name and it is still undergoing evaluations. It is being evaluated in an exercise at the National Training Center, Fort Irwin, California. The UAV is collecting adversary information that is being analyzed by cyber operators and military intelligence to inform the brigade commander, according to Maj. Deonand Singh, operations officer for the 781st Military Intelligence Battalion at Fort Meade, Maryland. In this particular case, the brigade is the 1st Infantry Division's 1st Armored Brigade Combat Team out of Fort Riley, Kansas, which spent a two-week rotation at the National Training Center during the first part of August.

information 1st Infantry Division's 1st environment as a way to better team implemented during this Armored Brigade Combat understand the adversary's most recent rotation at the Team, out of Fort Riley, activities, said Lt. Col. Jon National Training Center has Kansas. That unit was on a Burnett, chief of U.S. Army two-week training rotation at Cyber Command's Cyber said. NTC during the first part of Support to Corps and Below, at Fort Belvoir, Virginia.

Capt. Samuel Lough, an maneuver operations. brigade offensive cyber operations planner for the exercise, said cyber teams maneuver in the that information about the adversary gathered from UAVs by leveraging defense cyber During its most recent and other means can provide operations, offensive cyber

Retired Gen. Richard Myers, left, Kansas State University interim

president, and Brig. Gen. Patrick Frank, 1st Infantry Division deputy

commanding general, sign the renewal of the K-State-Fort Riley

Partnership Resolution Aug. 25 at Fort Riley. Since 2008, the annual agreement has provided a unique university-to-

military community partnership that provides for and expands on opportunities for both organizations to work closely together to enhance professional development, quality of life, transition and family and well-being resiliency programs to enrich the lives of the Kansas State University and Fort Riley students, leaders and families.

A pilot expeditionary cyber a mixture of expertise, Burnett

Burnett said the team is tied in directly with brigade

"These expeditionary information environment

Spc. Anna Pongo | 1ST INF. DIV.

DUTY FIRST, SERVICE ALWAYS



Sgt. Jarrett E. Allen | 1ST CAB PUBLIC AFFAIRS OFFICE Maj. Gen. Wayne W. Grigsby Jr., 1st Infantry Division and Fort Riley commanding general, speaks with Soldiers of the 1st Combat Aviation Brigade, 1st Inf. Div., at Camp Funston on Fort Riley Aug. 20 before they embark on a nine-month deployment to Afghanistan. Grigsby said their mission provides the opportunity to create leaders who are agile, adaptive and competent professionals, who are tactically proficient, strategically informed and ready to fight and win in a complex environment. "You are well trained," Grigsby said. "Your example of professionalism and competence will inspire our partners to improve their forces and ready them to meet the challenge of violent extremism in their region.'

Veterans Student Organization members provide platform of connections for veterans

Story and photo by Season Osterfeld 1ST INF. DIV. POST

Members of the Veterans Student Organization hosted the first Veterans Fall Reception Aug. 24 at Kansas State University.

Representatives from organizations on campus and in the surrounding communities provided attendees with information, contacts and sign-ups for different services. Services being offered by the representatives included counseling, medical assistance, career assistance, networking opportunities and much more.

We're trying to get a bunch of the resources together that are both on campus and off campus that help veterans with their transition out of the military with the emotional aspect of it, the ups and downs, the sense of belonging again, so a lot of these people ... they're here to help with that," said Justin Manford, president of Veterans Student Organization.

of how long they served in the military. They also had multiple other goals in assisting active duty Soldiers, Reserve Officers' Training Corps cadets and those interested in joining the military with any needs or questions they may have about services or organizations with personnel who could assist them, such as with counseling or financial needs.

"Part of our mission here is seeing our veterans succeed," said ers, interim president of Kansas Richard Pearson, membership



Veterans, active-duty Soldiers, cadets and civilians talk with representatives of organizations who assist Soldiers and veterans from on and off campus at the first Kansas State University Veterans Fall Reception. Members of the Veteran Students Organization hosted the reception to unite veterans with members of services that could help them transition back into civilian life and provide them with needed information.

resource officer for the Kansas and the organizations represented State University Veterans Student Organization. "I want to see them have access to resources if they need them, if not, that's While the hosts and repre- fine. I want to see them gradusentatives primary goal was to ate. The end goal is seeing them assist veterans in their transition graduate, but in the meantime, back into civilian life, regardless I want to see them succeed and of receiving a college education. overcome any problems that are presented to them."

> The reception itself was designed so veterans and supporters could meet and form new connections. At multiple tables throughout the West Ballroom, people collected in pairs or groups after meeting for the first time and passed the time talking and building relationships.

Retired Gen. Richard B. My-State University, said the reception they are fulfilled by."

at it were open to all veterans, regardless of how long they had been out and encouraged them to make use of the services available. He added he would also like to see more Soldiers and veterans pursue and complete their dream "This partnership that we

have with Fort Riley, which is a pretty deep partnership between Kansas State University and Fort Riley," Myers said. "We can accommodate more (Soldiers and veterans). We'd like to have more and I think we have a pretty good plan to help veterans be successful and that's what we want to do and (be) successful all the way through school and into the workforce with careers that

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HOME OF THE BIG RED ONE SEPTEMBER 2, 2016 | 3





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Randy Lynn Brooks: A 'Big Red One' Soldier

By Phyllis Fitzgerald SPECIAL TO THE POST

Randy Lynn Brooks is a "Big Red One" Soldier.

Brooks joined the Army in 1972 from his hometown of Forest Grove, Oregon. He went to Basic Training and Advanced Individual Training at Fort Jackson, South Carolina, where he was trained as a military occupation specialty 76Y, supply clerk.

He spent his first two years in the Army Reserve and then went on active duty. Brooks retrained at Fort Sill, Oklahoma, as a MOS 13B, artilleryman. He was in Furth, West Germany, from 1974 to 1978, Fort Lewis, Washington, from 1978 to 1980, Baumholder, West Germany, from

1980, Baumholder, West Germany, from 1980 to mid-1982 and Bad Kruznach, West Germany, until 1984. When Brooks returned stateside, he was assigned to recruiting duty in Portland, Oregon, for 14 months.

In August 1986, Brooks became a Big Red One Soldier when he was assigned to 1st Battalion, 5th Field Artillery Regiment, 1st Division Artillery, 1st Infantry Division. He stayed at Fort Riley until the end of his career in 1996. During the 10 years at Fort Riley, he was sent to Korea for one year in 1988 as part of the last year of a Cohesion, Operational, Readiness and Training Unit three year assignment. The COHORT unit consisted of 68 new Soldiers that would be assigned to Fort Riley after the One Unit Station Training. They then remained in the Battery for the

three-year life of the unit with the last year a rotation to Korea. Just after Christmas in 1990, Brooks was deployed for Operation Desert Storm until May 1991.

During his time at Fort Riley, he filled various duties including gunnery sergeant, platoon sergeant, first sergeant, DIVARTY noncommissioned officer in charge and Hazardous Material sergeant.

"I enjoy seeing former Soldiers that I served with returning to Fort Riley and taking the leadership positions that I once held," Brooks said. "This makes me proud and happy to see."

Brooks retired from the Army in May 1996 as a sergeant first class. His total Army service was 24 years and 10 of those were served at Fort Riley.

The Brooks family decided to stay in the Junction City area because they liked it, their son was in school and his wife had a job with the school district.

Brooks now works for the Fort Riley Installation Transportation Office supporting the movement of Soldiers and equipment to training and deployments.

He is involved in church, serves on the board and is active in AWANA, the church's youth program. Brooks works with the Boy Scout units in Milford, Kansas, has been a member of the Milford Lion's Club for more than 20 years to support vision and diabetes awareness and other community activities. Brooks is a member of the VFW, American Legion and the Forty and Eight, which is an organization of veterans.

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

BEST PLACE TO LIVE BEST PLACE TO TRAIN BEST PLACE TO DEPLOY FROM BEST PLACE TO COME HOME TO

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ACCESS CONTROL POINT HOURS OF **OPERATION**

TRAFFIC REPORT

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.

Also until further notice, 12th Street ACP is closed to privately owned vehicles Saturdays. The commercial side remains open Saturdays. The 12th Street ACP is closed to all traffic Sundays, but it is open to all traffic Monday through Friday. Grant Street ACP is closed 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

The access control point hours are now as follows:

Henry /Four Corners/ **Trooper/Ogden:** Open 24/7

12th Street: Open from 5 a.m. to 7 p.m., Monday to Friday; closed to noncommercial traffic Saturdays; closed Sundays and federal

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.

FORT RILEY ACCESS CONTROL POINT **CHANGES**

Several changes are scheduled to occur at certain Fort Riley access control points soon, pending the approval of an environmental assessment.

On Sept. 26, 12th Street Gate will have only commercial vehicles lane. While personally owned vehicles will still be allowed access, there will no longer be a designated POV lane. Outbound traffic at 12th Street Gate will no longer be authorized.

Estes Gate will be open 24 hours a day beginning Sept. 30. Commercial traffic at Estes is required to have an access pass or badge prior to trying to access.

Four Corners Gate will be closed indefinitely to all vehicle traffic beginning Oct.

CONSTRUCTION ON RIFLE RANGE ROAD CONTINUES

Rifle Range Road construction will not be complete prior to the start of the USD 475 2016/2017 school year as previously planned.

The construction completion is estimated for mid-September.

New road closings and detours are required to complete the project. Rifle Range Road will be closed from 1st Street to Look Out Drive, and from West Drive to Seitz Elementary to Thunder Road/ Dakota Drive.

School officials can offer guidance. There are detour and guidance signs posted, including detour routes along tank trail purple and through the Colver Forsyth Housing area. Drivers are asked to follow all guidance posted on signs.

CHANGES TO FORT RILEY **ACCESS**

CONTROL POINTS Traffic patterns have changed at several Fort Riley access control points. Estes Gate will reopen the commercial portion of the gate allowing full access. 12th Street Gate may experience limited staging for commercial vehicles due to construction. Trooper and Ogden access control points may experience traffic pattern changes during non-peak hours.

The changes are necessary facilitate construction

projects. During these changes and beyond, drive attentively and

For more information about Fort Riley access procedures, visit www.riley.army.mil.

September is National Preparedness Month

STAFF REPORT

Emergencies can range from inconvenience to devastation, but you can resolve not to be a victim of an emergency or disaster and take the necessary on you and your family.

September is National Preparedness Month. This month serves to encourage Army Leaders, Soldiers, family members, and civilians to prepare for All-Hazards emergencies at home, work, and throughout their communities. The theme is "Be Informed, Make A Plan, Build A Kit, and Get Involved." Preparedness is a shared responsibility and it takes a whole community. By using the Ready Army program we want promote the four themes of the food, batteries, and radio. En- fice at 785-240-0400.

message.

BE INFORMED: Conyour geographic area annually. Examine reported hazards in ily member.

MAKE A PLAN: Plan for existing plans with lessons learned after every incident. into planning.

BUILD A KIT: Prepare household items necessary in an emergency such as water,

EMERGENCY MANAGEMENT OFFICE National Preparedness Month sure enough supplies to last 72-hours.

GET INVOLVED: Find sider emergencies that occur in out how you can promote preparedness in your community. Sign up to volunteer prior to the areas your family frequents. a disaster or emergency and Identify challenges, limitations, receive the necessary training steps to minimize the impact and specific needs of each fam- to support your installation or community.

Throughout the month emergencies early and update of September, the Fort Riley Emergency Management Office will be providing more in-Incorporate geographic hazards formation to inform Soldiers, and common local emergencies Family Members, and the Civilian Workforce on the importance of All-Hazards planning. for All-Hazards emergencies Information can also be found by assembling at least one on the Ready Army website at emergency kit for your home. www.lid.army.mil/UnitPage. Include at a minimum basic aspx?unit=ReadyArmy or by contacting the Installation Emergency Management Of-





Commentary

RILEY ROUNDTABLE

What are your plans for Labor Day weekend?



"Probably go work at the local Airsoft field."

SPC. ALEC DERR **GARDEN GROVE, CALIFORNIA**

Company A, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division



"Go back home for the weekend."

SGT. MICHAEL MICHAUD WICHITA, KANSAS

Company C, 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division



"Stay at home and go play pool."

JOSEPH KAY JUNCTION CITY, KANSAS

Visitor to Fort Riley



"I will be running the 'Halo 5,' free for all tournament at the Warrior Zone on Labor Day – it's a free event with prizes."

> **QUINTON WILLIAMS** JUNCTION CITY, KANSAS

Supervisory recreation assistant for Directorate of Family and Morale, Welfare and Recreation



"I will be home with my family."

PFC. DERRIKE BUIE VASS, NORTH CAROLINA

Company A, 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division

THE 1ST INFANTRY DIVISION POST

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Circulation 8,800 copies each week

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

The next USAG

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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 content. Send an e-mail usarmy. riley.imcom.mbx.post-newspaper@ mail.mil.

SAFETY HOLIDAY



As of Wednesday, Aug. 31, 54 days have passed since the last vehicular fatality at Fort Riley. Fifty-seven more and the post will celebrate with a safety holiday to take place at each unit's discretion.

COMMAND TEAM CORNER

Division senior leaders celebrate Labor Day

Thank you does not begin to express the appreciation Danger 7 and I have for each of you and your daily commitment to ensure Fort Riley continues to be the best place to live, train, deploy from and come home to in our Army.

Monday we celebrate Labor Day. Over the years, the first Monday in September has been referred to as the end of summer and the start of back to school, but the true meaning of this federal holiday — first observed in 1887 after being signed into law by President Grover Cleveland, is a day of appreciation and respect for the tireless efforts of our nation's workforce.

There is not a stronger team of professionals than the 17,000 service members and nearly 6,000 civilian employees



Maj. Gen. Wayne W. Grigsby Jr.

Division and Fort Riley. Over the last year, you have been asked to do so much, and was late nights and weekends you made it happen.



Division Command Sgt. Maj. Joseph Cornelison

who work for the 1st Infantry planning key events, the execution of this division's first Warfighter exercise, or the dayto-day continuity that ensures every time you have exceeded the highest levels of quality of our expectations. Whether it life for our military families,

Danger 7 and I want you to know how much each of you mean to the Fort Riley installation and the Big Red One mission. As you celebrate this observance with your family and friends, we encourage you to be safe and have fun.

Working with you is an honor and a privilege for us and we look forward to another year of success — with you — the best team in our Army!

Maj. Gen. Wayne W. Grigsby, Jr., Commanding General, 1st Infantry Division and Fort Riley

Command Sgt. Joseph Cornelison, Senior Noncommissioned Officer, 1st

Technology helps you, can help terrorists too

By Pat Burch

FORT RILEY ANTITERRORISM OFFICER. DIRECTORATE OF PLANS. TRAINING, MOBILIZATION AND SECURITY

it, this year's Anti-Terrorism Awareness Month. But the need for everyone to be vigilant will remain. It is a need that is more apparent as the nation approaches the fifteenth anniversary of the terrorist attacks of September 11, 2001.

Such vigilance requires us not only to remain watchful, but to understand that the technology that helps us can also assist our terrorist enemies.

Technology has changed the way terrorists operate and conduct attacks. When the 9/11 attacks occurred many people were aghast that airplanes were used as weapons, yet terrorists were able and willing to do so. Technology allows a modern society to thrive and protect itself from its many adversaries, but the reverse is also true: technology can help terrorists attack and attempt to undermine that same society.

The use of technology by attack unpredictable attacks that are used by terrorist to construct than it is today, and Soldiers, Ave., or talk to a supervisor.

number. The use of technology by terrorists is the reason. This trend will likely continue to grow for the foreseeable future.

Readily available technology

The internet allows terrorists

- Recruit and spread propaganda
- Conduct fund raising
- Network with attackers through secure apps and servers
- Assist in training by allowing terrorists to share tactics and techniques
- Conduct limited cyberattacks
- Gather intelligence and issue general guidance on what targets to attack

Other available hightechnology devices help terrorists include smart phones, which allow them to share photos and videos Unmanned aerial systems provide terrorist with limited any standoff surveillance and information. capabilities. The

they can conduct research or grow toxins such as Ricin. The result is that even lone

wolf terrorists or autonomous can use available August has ended and, with is enabling today's terrorism technologies to create the using smart phones are looking means to injure or kill.

The nation's intelligence, agencies are actively involved in countering and defeating terrorists and their use of technology to harm us. Yet, it is important for the individual to recognize their role in helping to counter the threat. Fort Riley community

practice operation security while using social media or the internet in general. Having a person-to-person relationship with individuals allows anyone to before establishing a cyber relationship with them is the best line of defense in cyber space.

pre-operational surveillance. profiles should be ambiguous as possible and never reveal personal identifying

instantaneous and growing in homemade laboratories where family members, and civilian employees make tempting

> The smallest indicator may be a significant one for a wouldbe terrorist. While most people down, you may see someone with their phone pointed up defense and law enforcement and out. Are they looking for a signal or videotaping the

If the activity does not look right or feel right, chances are it is not right and should be reported to authorities.

Terrorist are in the business of selling fear but community members are encouraged to members who are vigilant and informed about the threat and how terrorists operate can counter that fear.

The iWATCH program activities suspicious behaviors via phone, email or in person. To report a suspicious behavior or Don't place trust in people activity: call the Fort Riley in real time as they conduct you do not know. Social media Police at 785-239-6767 or the Antiterrorism office 785-239-6303 or send emails to usarmy.riley.imcomcentral.list. iwatch@mail.mil. To report Intelligence collection has in person, go to the Fort Riley terrorist has contributed to availability of supplies can be never been more sophisticated Police Station, 219 Custer

SAFETY CORNER

Get prepared for disasters during September

emergency

By Alex Bender GARRISON SAFETY OFFICE

September is National Preparedness Month. It serves as a reminder that we all must take action to prepare for the types of emergencies that could affect us where we live, work and visit. Due to the success of last year's theme, "Don't Wait, Communicate. Make Your Emergency Plan Today," this September will continue to emphasize on preparedness for youth, older adults, and people with disabilities and others with access and functional needs.

Many of our Soldiers, Department of the Army civilians and family members are not Kansas natives and may be experiencing severe weather events such as tornados, ice storms, and extreme cold for the first time. A useful online resource is www.ready.gov, which offers many tools, as well as guidance to keep families safe. For those who have family and friends where English is a second language, this critical information is available in severe weather warnings and stressed.

The

communication plan designed for family members to organize emergency contact numbers and identify known emergency meeting place before an emergency happens. This will help families communicate with each other at any time. Remember, to update the plan frequently to account for deployments, redeployments, and relocations. Using text messaging is one of the best ways to communicate when emergencies occur, but remember that cell towers may be affected by severe weather events. Resources available for information on Fort Riley are the Fort Riley Operations Center by calling 785-239-2222 and the AtHoc messaging. In addition, you can use Social media apps such as Twitter, Facebook, Instagram and MyBaseGuide. You can use these to get quick, updated

thirteen different languages. conditions in local areas. These during a severe weather event or get information if quick evacuations are necessary.

The most common threats related to weather in our area are flooding, thunder, lightning, hailstorms, tornados, high winds, and extreme heat/cold. For those who live near railroad tracks, there is a possibility of derailment of railcars carrying hazardous chemicals. Preparation prior to any of these events is critical and may make a difference between surviving and perishing because of a failure to plan.

Not all plans need to be written. Something as simple as a discussion with the family during dinner to identify locations to meet if an event takes place as well as who is responsible for specific tasks, for example, the location of important documents like policies, insurance birth certificates, etc. Every family member needs to practice the plan. People often become confused and disoriented when

Persons with long-term or communication may be helpful to avoid hazards temporary disabilities must take a proactive approach to ensure their safety needs are included in all emergency planning. Those with visual or mental disabilities may have difficulty leaving familiar surroundings. Others with medical conditions may be dependent on devices or medications that need to travel with them. An additional concern is for those persons who have elderly people in their care, consider how your evacuation plans might affect them. We need to think about these because disabilities are varied and wide-ranging. Being aware of the emergency preparedness resources that are available to those with Special Needs can help you "Build a Kit and Make a Plan" that is customized to meet the needs of your family.

For more information related to Emergency Preparedness and Safety, contact the Fort Riley Garrison installation Safety Office at 785-240-0647 or the Emergency Management Office at 785-240-0400.



Staff Judge Advocate court reporter reaches 50-year milestone

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

Fifty years is a long time to be on

Fifty years is a long time to serve

Fifty years is, for most folks, a long time for anything.

Staff Judge Advocate's office at Fort Riley has been working in her profession for 50 years as of this year. She began working at Fort Riley in 1966

and has been at the post ever since. She was a young mother in 1966, living with her husband in Wakefield, Kansas, and filling in at the Geary County's attorney's office, when a family friend who worked at the Fort Riley Civilian Personnel Office and she wanted to work at the post's Staff Judge Advocate's Office.

"She said, 'Your parents told me you just graduated from court reporter's school. They are wanting to hire a court reporter at Fort Riley. Would you be interested, and I said yes. She asked me when I could start and I said

The lady asked if Patty could start yes. There wasn't even an interview.

"I just reported for work," Walls said.

It was a different time. According to thepeoplehistory.com website, the cost of a new home in 1966, for example, was \$14,200. The average

Gasoline sold for 32 cents per gallon and the average cost of a new car cost was \$2,650.

Court reporting was not something Walls had hoped to do or always wanted for her life's work.

But "I took shorthand in high school," Walls said. "And they had a Patty Walls, court reporter for the career day and my shorthand teacher said I should ask about court reporting school and so I did. I went to Clark's Business School in Topeka for two

> The school Walls attended no longer exists. "Now you can take it at Washburn (University in Topeka) and I think there are one or two schools for court reporting in Oklahoma," Walls

The most important skill needed lived in Wakefield called to ask her if for being a court reporter when Walls began in 1966 was the speedy use of a keyboard, Walls said.

"There were no computers when I started," Walls said. "And at that time, during the Vietnam War, we did so many wills.'

Every Soldier who went to Vietnam was required to have a will on file and, Walls said, there were a lot of them.

"We all used a Selectric typewritthe following Monday, and Patty said er," she said. "And we were required to make an original with four copies, with no errors. That's how I learned to type fast and accurately. If you made a mistake, you had to correct not only the original but the four copies."

> With carbon sheets between each copy to correct, "I'd go home some

income per household was \$6,900. days with black smudges all over my hands," she said.

> These days Walls is tasked with overseeing the performances of several Soldier court reporters. There are three slots in her shop for her Army counterparts, but only one slot is filled. He is Staff Sgt. Adam Santoleri.

She also manages the dockets of two judges: Col. John Cook at Fort Leavenworth, and Lt. Col. Jack Pritchard, who hears cases at Fort Riley.

Those dockets include cases from Fort Leonard Wood, Missouri, Fort Leavenworth, Kansas, Fort Sill, Oklahoma, Fort Hood, Texas, and Fort

In all, those courts make up the Third Military Court District. The Chief Judge of the 3rd district is Col. Douglas Watkins at Fort Hood. Watkins reviews the dockets Walls man-

"Our trial and post-trial processing times are consistently among the best in the Army," she said. "So we are very proud of that."

Walls looks after her health so, at this point in her life, she said, she is looking toward retirement. There are thoughts of her and her husband perhaps moving to be closer to their who are all successful in their own years from now. It's about time." right, she said.

"I've met some awesome people here all through these years," Walls said. "And many of them I stay in contact with. I guess that's where Facebook comes in."



Patty Walls, court reporter for the Staff Judge Advocate's office at Fort Riley, will celebrate 50 years in her profession, all at Fort Riley, as of this year.

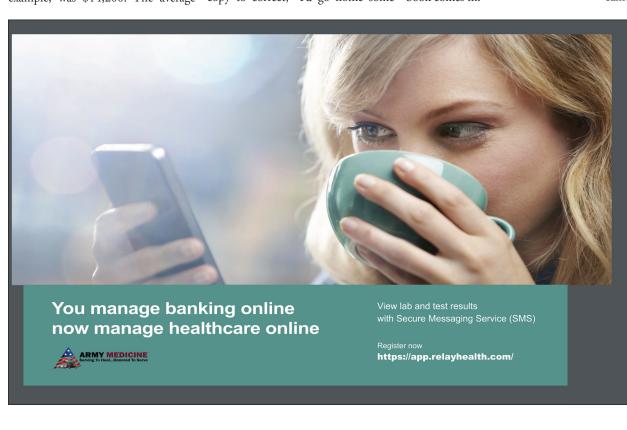
the ceremony at which she was awarded her 40-year pin. Others were there to receive pins for the 10-, 15-, 20-, or 30-year milestone, she said. "Then when they came to me everyone stood and clapped. That was very special."

But, for now, "I know (retirement) grown children and grandchildren, is coming soon. Maybe four or five

"Patty Walls is the consummate public servant," said Harry Hardy, Chief of the Administrative and Civil Law Division Office of the Staff Judge Advocate. "I have known her since I came to work at the Fort Riley OSJA

Among her favorite memories is as a young Judge Advocate General captain back in 1981. Already a seasoned court reporter, Patty was always ready, willing and able to teach, train and mentor young counsel in the courtroom, something I have seen her continue to do with the same dedication and commitment for the 35 plus years that I have served here at Fort

A ceremony recognizing Patty Walls and her career at Fort Riley is scheduled for 3 p.m., Tuesday, Sept. 6, in the large courtroom inside the Staff Judge Advocate building, 216 Custer Ave., Fort Riley. The public is



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TRAINING Continued from page 1

Battalion, 16th Infantry Regiment, 1st ABCT, 1st Inf. Div. "Plus, because you're so focused and away from Fort Riley, you get everybody to really focus on their job and how to tie that in with everyone else, building an effective team that can fight and win."

The main body of more than 4,000 Soldiers, not including enablers and those who arrived with the advanced party, began arriving at NTC's rotational unit bivouac area, or RUBA, over the course of a few days and almost immediately started to prepare their equipment and vehicles for the fight to come.

The Soldiers battled daily temperatures reaching the high 100s at the RUBA during the reception, staging, onward movement and integration, or RSOI, stage of the rotation prior to moving out to the training area. Once in "the box," the Soldiers confronted the opposition force, or OpFor, from the 11th Armored Cavalry Regiment by way of a sophisticated laser tag system called multiple integrated laser engagement system, or MILES.

Their first encounter against the OpFor would come during the movement to contact portion of the training. Over the next two weeks, the brigade would be tested on a multitude of full-spectrum operations.

"The first time you fight against the OpFor is a daunting experience," Nichols said. "You're fighting an enemy that knows the terrain and knows how American forces fight, so they know how to fight against

us and they do it very well."

The OpFor from the 11th
ACR are seasoned Soldiers at
NTC. They have the experi-

ence of fighting multiple armored and heavy brigades repeatedly, giving them a serious advantage over the rotational units.

"It's pretty much like being on the highest difficulty level you can think of," Nichols added. "We took our bruises and our lumps here and there, but we were able to learn from it."

Nichols explained that the training at NTC is designed to be as hard as possible so that when Soldiers engage in real combat it should be, in theory, a little easier than fighting the OpFor at NTC.

While in the box, the Soldiers honed their skills in forceon-force battle, surviving chemical attacks, evacuating civilians from danger areas, working with local key leaders and continuously moving and re-establishing command posts as the battalions moved farther and farther into the battlefield, to name a few.

"The overall performance of the Soldiers at NTC was nothing short of incredible," said Col. Timothy Hayden, the brigade's commander. "I think the attitude of all Soldiers was really the most impressive thing to watch as they got better every day, as they mastered their craft and then how to improve their ability to contribute to the greater team to be successful on the modern battlefield."

During the intense training, the brigade incorporated the skills and experience of special enablers in order to help ensure victory over the OpFor.

The enablers, which included specialists from cyber warfare, civil affairs, electronic warfare and psychological operations, were able to conduct a



Capt. Jonathan Camire | 1ST ABCT

Soldiers from the 1st Armored Brigade Combat Team, 1st Infantry Division, move their M2 Bradley Infantry Fighting Vehicle along the battlefield during a training mission at Fort Irwin's National Training Center Aug. 8. The "Devil" brigade's training at NTC held from the end of July into mid-August focused on a wide range of unified land operations in a new environment away from the comfort of their home station.

multitude of operations that included defending the brigade's valuable computer network, conducting civilian populous influencing operations and including civilian considerations into battle planning.

"The big part of the enablers is to enable the brigade to fight its best fight on all realms of the battlefield," said Capt. Kelly Buckner, the brigade's civil affairs officer. "When you bring all of these capabilities to the table, you can really enable the maneuver forces the ability to fight, free of all the things on the battlefield that can inhibit the brigade from fighting its best fight."

Following each training phase, observer controller teams met with leaders from across the brigade to provide critique and feedback on their performance, allowing the or-

ganization to learn and grow from their experience.

The training culminated with a three-day combined live fire exercise where the entire brigade conducted a thoroughly planned, simultaneous combat operation using live rounds.

Each of the brigade's seven battalions brought the full force of their arsenal to bare on the more than 642,000-acre training area, bringing together everything they learned during the final phase.

Once they completed the live-fire exercise, the Soldiers made their way back to the RUBA where they prepared their equipment and vehicles to be shipped back to Fort Riley before boarding busses and returning home better prepared to meet any future challenges they may face.

EDUCATION Continued from page 1

"When we set a goal for ourselves, we get there no matter what it takes," he said. "We find a way to do; we make sure we do it."

He then challenged them to picture their goals and think about how the resources he gave could help them achieve those goals.

"We've got to own the military lifestyle, we have to own the lifestyle we have as military spouses," Mentzer said.

Mentzer said there are a

number of organizations sup-

porting military spouses every day. The largest resource available to military spouses is Military OneSource. Through the website, spouses can use MySECO, which helps spouses build a resume off volunteer work, and open endless possibilities to begin

The Military Spouse Transition Program, or MySTeP, provides tools, resources and services to help spouses prepare for a successful transition to life during and after the military.

their journey to a career.

The Military Spouse Employment Partnership is a program available through the DOD with more than 300 companies partnered to hire military spouses, both on a local and national level.

Mentzer said MSEP is available to spouses at Fort Riley, but most of the time, spouses have to search for this instead of just be told about it.

"Fort Riley can be a challenging place when it comes to employment, but there's so many resources out there," Mentzer said. "There are a

couple companies that have offices within a commutable distance to Fort Riley. Those opportunities exist, you just have to go out and find them."

Additionally, My Career Advancement Account is another resource available on a limited basis. Spouses of Soldiers in pay grades E-1 through E-5, O-1 and O-2, and W-1 and W-2 are eligible for a \$4,000 scholarship toward certificates through this program.

Lauren Moehnke, nonappropriated funds human resources assistant and wife of Sgt. 1st Class Shawn Moehnke, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, operated a booth at the forum and discovered there was an abundance of information for her

"I haven't heard of a lot of the resources he was talking about," she said. "I'm definitely going to be taking advantage of looking into what he mentioned."

Moehnke said her husband just received orders to move to Fort Polk, Louisiana, and the resources she learned at this forum would help her successfully transition her career.

"I think the biggest thing for me is I love my position and I love what I do, and it scares me going to a place that I have no guarantee in that type of position," she said.

For more information about resources available to military spouses, call Military OneSource at 800-342-9647.

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HOME OF THE BIG RED ONE





CADETS Continued from page 1

University, Michigan, and a Soldier in the Michigan National Guard, echoed Thurman's reasoning for cadets experiencing the training.

"It definitely gets you down to, as future officers here, what your Soldiers are going through for their certifications and requirements, so you know what they're going through and they know that you did it, so you're both on the same page," Salzwedel said.

In addition to the CS gas chamber, the cadets participated in the Black Hawk simulator, observed a Howitzer demonstration and performed motor pool duties, briefings and more to provide them with a well-rounded experience.

"(It is) something I needed to experience, (to) see how active duty works because going National Guard, it's a little bit different than

"You hear what officers do, but actually getting to see it and see them go about their day, it is totally different than getting a rough idea of what lieutenants and captains actually do."

VICTORIA TOBITT ROTC CADET AT TEXAS A&M UNIVERSITY

that because you're working your civilian career and you have a little bit different communication with your Soldiers outside as opposed to that active duty mind set," Salzwedel said. "Even though I'm guaranteed reserve forces, it's good to know what the active component does on a day-to-day basis as opposed to what the national guard and reserve does on a monthto-month basis, (it) let's me

see both sides of the coin."

Cadet Victoria Tobitt from Texas A&M University, Texas, said the program has helped her develop a greater understanding of the relationships between officers noncommissioned officers. She also added she enjoyed doing activities like the CS gas chamber over other activities, such as administrative paperwork, but understood they were both important to functions of the Army.

"You hear about what officers do, but actually getting to see it and see them go about their day, it is totally different than getting a rough idea of what lieutenants and captains actually do," Tobitt said.

For Cadet Travis Boyd, Kent State University, Ohio, the program was one more step for him to become the first Army officer in his family after several generations of enlisted Soldiers. He said the program helped expand his understanding and showed him more than anything he could be taught in a class.

"It's been kind of eye opening for me, for someone who wants to go active duty to see what active duty life is really like," Boyd said. "CTLT, as a whole thing, is a great experience because it gives cadets exposure to the real Army that they may not have had exposure to



Season Osterfeld | POST

Cadet Victoria Tobitt, center, from Texas A&M University, Texas, sizes her mask alongside Fort Riley Soldiers for training Aug. 24 at the CS chamber. Tobitt said she has enjoyed being a part of the Cadet Troop Leadership Training program at Fort Riley and wishes all ROTC cadets could participate.

before and it lets them see ... different aspects of what the you a broader understanding different units do between than what you learn in a field artillery, aviation and classroom."

the signal officers. It gives

AWARD Continued from page 1

one of 10 subordinate commands of AMC, the motto of which is "If a Soldier drives it, flies it, wears it, shoots it, communicates with it or eats it, AMC provides it."

"To Larry Githerman and Scot Bird, I want to say that I appreciate your leadership at the LRC," Daly said. "These awards don't come by chance. They come from great leadership. I also want to thank the LRC team members who are here today. I want you to stand and be applauded for the work you did to earn this award."

Daly said the LRC staff was to be commended for their unwavering support of the 1st Inf. Div. both now and in the future.

"You all are absolute superstars," Daly said. "I compare you all to linemen in a football game. You rarely hear their names, but just try to execute a fight without them. You are worth your weight in gold."

The staff of the LRC also coordinates with all manner of civilian transportation outlets to ensure thousands of pieces of

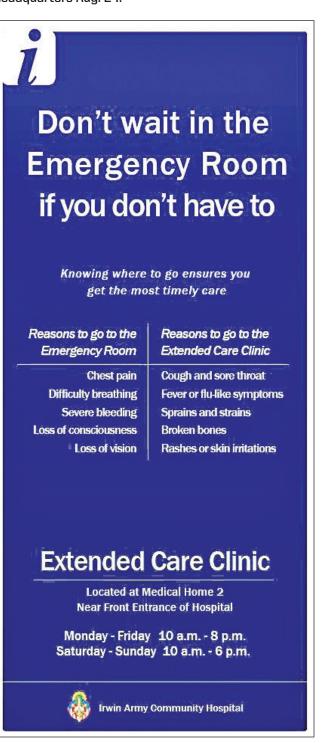
equipment and tens of thousands of Soldiers get to the theaters of engagement and protect American interests.

'We can't do what we do without them," Grigsby said, of the LRC staff and the rest of the Department of the Army civilians on Fort Riley. "This all ties to readiness. And I'm always trying to get the message out there. Readiness. People. Training. Equipment onhand and equipment readiness. It all ties together. And every day we place an awful lot of responsibility on them to fulfill the needs that we often take for granted. But we can't do what we do without them. Like their creed says, they provide stability and continuity for the Army during war and peace. They work behind the scenes to allow American Soldiers to fulfill our purpose: closing with, and destroying our enemies wherever they may be. They do this graciously because they embody the 1st Infantry Division spirit of being humble professionals.



Andy Massanet | POS

The Fort Riley Logistics Readiness Center staff received the Spearhead of Logistics Chief of Transportation Best of the Best Deployment Award and the Chief of Staff Army Deployment Excellence Award, both for 2015, during a ceremony at the 1st Infantry Division headquarters Aug. 24.



Community Life

★ SEPTEMBER 2, 2016

HOME OF THE BIG RED ONE

PAGE 11

ACTIVE PARTNERS

• Lt. Col. Alex Murray, director of the Directorate of Emergency Services and commander of the 97th Military Police Battalion said that last year, Soldiers volunteered more than 10,000 hours supporting the Flint Hills region.

Breakfast brings partners together

Military Police leader shares unit's history with meal attendees

By Maria Childs 1ST INF. DIV. POST

JUNCTION CITY, Kan. — Lt. Col. Alex Murray, director of the Directorate of Emergency Services and commander of the 97th Military Police Battalion, spoke about his unit's history and involvement in the community during the Junction City Chamber of Commerce Military Affairs Council breakfast Aug. 25 at the Geary County Convention

"We pride ourselves as being the Guardians of the Big Red One and Fort Riley," Murray said.

The unit is partnered with the Junction City High School through the Army's Adopta-School program. Each unit stationed at Fort Riley is partnered with a different community school including Kansas State University.

"The unit provides support, such as referees and judges for the JC High School track meet," Murray said. "They also assist the school with set up and the execution of the event."

Murray said last year, Soldiers volunteered more than 10,000 hours supporting the Flint Hills region.

"We are very proud to represent Fort Riley and the local community, and be a good community member for all of the communities in the Flint Hills region," he said.

Sgt. 1st Class Nathaniel York, of the 97th MP Bn., was awarded Volunteer of the Year last year.

"I know the MPs are busy because every time I go to the volunteer ceremonies they have a bunch of MPs being recognized," said John Seitz, director of the Junction City Chamber of Commerce MAC.

Soldiers served as ushers during the JCHS graduation in May. In the community, they have also assisted Friends of Fancy Creek Range to provide services for local youth. Soldiers taught firearms safety instruction and certification to

See BREAKFAST, page 12

"Everyone takes a small slice of what needs to happen, and by the time everyone does their piece, it all comes together."

LAUREN BOLEN

2016 PIE QUEEN AND SPOUSE OF COL. THOMAS BOLEN, COMMANDER OF 1ST INFANTRY DIVISION ARTILLERY



Capt. Keith E. Thayer | 1ST CAB

Sgt. Bobby J. Kirby, squad leader, Company B, 1st Battalion, 63rd Armored Regiment, 2nd Armored Brigade Combat Team, prepares to take a photo of his daughter Brileigh, while Chief Warrant Officer 3 Kyle M. Finley, pilot, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, talks to Sgt. Kirby's son Hunter sitting in the rear seat of the AH-64 Apache helicopter Sept. 26, 2015, during the Fort Riley Fall Apple Day Festival at Artillery Parade Field, Fort Riley, Kansas.

CUTIE PIES

Fall Apple Day Festival right around corner

By Maria Childs 1ST INF. DIV. POST

Are you ready for history, family fun and, of course, apple pie? The Fall Apple Day Festival is scheduled to take place from 9 a.m. to 4 p.m. Sept. 10 at Artillery Parade Field.

"It's an open house event," said Ron Stewart, event coordinator. "It is designed to foster the relationship between Fort Riley, the 1st Infantry Division and the surrounding communities."

Stewart said there are several new booths for visitors to enjoy. A historical display will be in the reenactment area where Bob Smith, museum curator, will have a "Big Red One" traveling show celebrating the 100 years of service of the 1st Inf. Div. to the nation. The bungee jump and face painting will also return after an overwhelming amount of comments in the survey from last year.

See APPLE DAY, page 14



Maria Childs | POST

Lauren Bolen, left, wife of Col. Thomas Bolen, commander of 1st Infantry Division Artillery, and Jane MacDougall, wife of Col. Mark MacDougall, right, chief of nursing officer at Irwin Army Community Hospital, were selected as Pie Queens by board members of the Historical and Archeological Society of Fort Riley, a private organization that was formed by volunteers who preserve and maintain the history of Fort Riley.

APPLE PIE PICKUP DATES, TIMES

• Apple pie pickup will be from 11 a.m. to 1 p.m. and from 4 to 6 p.m. Sept. 9 at the Culinary Lab, 251 Cameron St. Pickup also will be available from 9 a.m. to 2 p.m. Sept. 10 at the festival. Pies not picked up Sept. 10 by 2 p.m. will be resold.

Pie Queens prepare to distribute more than 1,000 pies

By Maria Childs 1ST INF. DIV. POST

Every year, two Fort Riley volunteers are chosen to coordinate making about 1,500 apple pies for the annual Fall Apple Day Festival.

This year, Lauren Bolen, wife of Col. Thomas Bolen, commander of 1st Infantry Division Artillery, and Jane MacDougall, wife of Col. Mark MacDougall, chief of nursing officer at Irwin Army Community Hospital, have the responsibility of delivering those pies to festival attendees.

The duo was selected by board members of the Historical and Archeological Society of Fort Riley, a private organization that was formed by volunteers who preserve and maintain the history of Fort Riley.

"It's a huge team effort," Bolen said. "It's not just me and Jane. We have about 150

See PIE QUEENS, page 14

USO Fort Riley volunteers earn recognition

Agency's quarterly lunch event offers chance to say thanks

Story and photo by Season Osterfeld 1ST INF. DIV. POST

The USO Fort Riley civilian and military volunteers celebrated Aug. 21 with the USO Quarterly Volunteer Appreciation lunch at Wyman Park.

Three military and three civilian volunteers were honored as volunteers of the quarter for the hours and work they've dedicated to the USO. An additional three volunteers were honored with an award for going

"I love giving back to the military.

They've done a lot for me, so it's my way of showing appreciation."

STAFF SGT. MARCUS MOFFITT

STAFF SGT. MARCUS MOFFITT

2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division

above and beyond during the

The volunteer appreciation event avoided formalities and focused on lunch with a USO trivia game and prizes.

The volunteers and staff of the USO are like a family, said Jill Iwen, USO Fort Riley director, so the lunch was a way

for them to spend the afternoon together and praise one another's dedication to giving back.

"This gives us a more intimate, family-like setting to give them recognition," Iwen said.

Other volunteers were also recognized for reaching milestones in hours spent volunteering with

the USO, such as 100, 250, 500 hours and more. Each awardee was presented with a lanyard and pins to correspond with the hours they have dedicated to giving back at the USO.

Staff Sgt. Marcus Moffitt, 2nd Battalion, 70th Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, has been volunteering at the USO for two years, putting in a little over 100 hours of volunteer time. Marcus recently returned from a deployment to Kuwait and said he was unable to volunteer as much while he was deployed, but still did his best to put in the time.

See VOLUNTEERS, page 14



Christina Riffe, left, USO volunteer coordinator, and Crystal Tinkey, USO Fort Riley programs manager, second from the left, present Victoria Fuqua, second from the right, and Sgt. 1st Class Matthew Fuqua, Fort Riley garrison operations noncommissioned officer, right, with engraved plates and certificates recognizing them are the Civilian and Military Volunteers of the Month at the USO Volunteer Appreciation Lunch Aug. 21 at Wyman Park. The Fuquas were the first husband-and-wife couple to receive the awards together from the USO Fort Riley.





FORT RILEY POST-ITS

FALL INTO THE LIBRARY AT FORT RILEY LIBRARY

>>

Say goodbye to summer and hello to fall at the Fort Riley Library with the Fall into the Library party Sept. 3 from 1 to 3 p.m.

The free party will have barbecue, face painting, a bounce house and much more.

For more information, call 785-239-5305.

THREAT AWARENESS AND REPORTING PROGRAM TRAINING

All Department of the Army personnel must receive TARP training annually and within 30 days of assignment or employment at Fort Riley. Personnel must attend a live training session rather than the online training, unless deployed to locations where live training is not possible.

Training will be held at Barlow Theater at 10 a.m. on the following dates: Sept. 7, Oct. 5, Nov. 9 and Dec. 7.

For more information contact Shawn Formanek, counterintellingence agent, Fort Riley Field Office.

SOCIETY OF AMERICAN MILITARY ENGINEERS TRANSITION FORUM

Members of SAME will host a transition forum on Sept. 7 at building 580, room 110, 1st Division Road. from 1 p.m. to 4 p.m. Military and former military will share their transition experience and advice to assist veterans during transition. Military and spouses are invited.

PRE-RELEASE SHOWING OF MOVIE 'STORKS'

There will be a free showing of the animated family comedy "Storks" at Barlow Theater, Sept. 10, 2 p.m. Tickets can be picked up starting Sept. 1 at both PX food courts.



Participation is encouraged to ensure the PX continues to get free pre-release movies at Fort Riley.

VOCAL AUDITION – 1ST INFANTRY DIVISION BAND

Are you the next "Big Red One" vocalist? Auditions will be held Sept. 23 and 24.

This is a temporary assignment. It will not consist of a permanent transfer to the 1st Inf. Div. Band or the Army band. The auditions are open to enlisted personnel and they are looking for one male and one female with an emphasis on country and pop singing.

For more information or to schedule an audition Soldiers can call 785-239-4660 or email lawrence.w.evens6.mil@mail.mil.

APPRECIATION FOOD SHOW – BRING YOUR APPETITE

Soldiers, families, civilians and retirees are invited to an Appreciation Food Show, Sept. 13 at building 813, Marshall Army Airfield 11 a.m. to 2 p.m.

Several vendors will be in attendance for sampling food. The vendors participating supply food to the troops in Fort Riley dining facilities, daycare centers, the food court and other facilities on and off post which service Fort Riley community members.

There will be door prizes including Royals tickets, Walmart gift cards, Hormel cooler and cutting board, Spangles gift cards and \$50 Visa gift cards.

SOLDIER FOR LIFE TRANSITION ASSISTANCE PROGRAM EVENTS

Sept. 19 to 30, 8 a.m. to 5 p.m. each day, 80-Hour Hazardous Waste Worker Training Program, 100 Continental Ave. Grandview Plaza, Kansas.

Sept. 21, 10 a.m.; to 3:30 p.m. Veteran Career & Resource Fair, Kansas City Convention Center, 301 W 13th Street. Kansas City, Missouri

CATHOLIC AND PROTESTANT CONGREGATION SERVICE TIME CHANGES

Due to positive growth in congregation services, classroom space for religious education programs has become limited. To accommodate for this increase, service times have moved for Sunday Catholic mass and Protestant worship. The Sunday Catholic mass will be at 8:45 a.m. and Sunday Protestant worship will begin at 11 a.m.

FORT RILEY CATHOLIC WOMEN OF THE CHAPEL

The CWOC begin meeting Sept. 7 from 9 to 11:30 a.m. at St. Mary's Chapel. The morning begins with introductions and fellowship followed by breakfast and plans for the coming months.. Childcare will be available for those with little ones accompanying them.



ARMY COMMUNITY SERVICE PREDEPLOYMENT EXPO

Staff from ACS will host an EXPO Sept. 8 at Riley's Conference Center. Three sessions are available, 1 to 2 p.m., 3:30 to 4:30 p.m. and 6 to 7 p.m.

If you are going to be separated from your military spouse for 30 days or more due to deployment or temporary change of station, you can get your questions answered and receive information about youth and school services, legal assistance, American Red Cross, WIC and more.

NOW SHOWING AT BARLOW MOVIE THEATER

Friday, Sept. 2

Ice Age Collision Course (PG) 7 p.m. **Saturday, Sept. 3**

Closed

Sunday, Sept. 4

Closed.

Tickets are \$6 for adults and \$3.50 for children. Children under 5 are free. Tickets for 3-D and first run movies cost extra.

For info, call 785-239-9574 or visit www.shopmyexchange.com/reel-time-theatres/Ft-Riley-Barlow-1076313.

MURDER MYSTERY DINNER – "THE GREAT AMERICAN GAME SHOW"

The upcoming Murder Mystery Theater will be held on Sept. 23 and 24 at 6:30, Riley's Conference Center. Cost is \$25 per person and will include dinner and entertainment.

Here's your chance to be a star. Community volunteers are needed to participate as actors and actresses in the show. For more information contact Kimberly Wargo at

For more information contact Kimberly Wargo at 785-238-8990 or Kimberly.a.wargo.naf@mail.mil.



USO NEWS

A Sip and Chat event for spouses is held every Wednesday at USO Fort Riley from 9 to 10:30 a.m.

Operation Happy Birthday: USO Fort Riley volunteers will deliver a cupcake to

Riley volunteers will deliver a cupcake to Soldiers during the month of their birthday. See the USO Fort Riley Facebook page to sign up.

WARRIORCON AND MINI-CON

Staff at Warrior Zone will host the events Sept. 10. Mini-Con will be from 11 a.m. to 1 p.m. and is a family friendly event so bring your mini-me. There will be a kids' costume contest, photo ops with cosplay heroes and kid-friendly food and drink.

WarriorCon will be from 2 p.m. to 11 p.m. and is for those age 18 or older. This event will feature cosplay contest, all-day anime, gaming and tournaments, giveaways, photo opportunities and more.

Admission is \$1. For more information call 785-240-6618.

ARMED FORCES TRIVIA QUEST

America's first live military game show will be held at Barlow Theater, Sept. 12. Doors open at 6 p.m. and the show starts at 7 p.m. Test your trivia skills for a chance to win \$10,000 in prizes.

For more information about becoming a contestant or to get free tickets visit www.triviaquest.org.

COMMUNITY CORNER

As you celebrate Labor Day, think about the country's unsung heroes

By Col. John D. Lawrence FORT RILEY GARRISON COMMANDER

abor Day is fast upon us. To many of us it means the end of summer, Labor Day barbecues, the beginning of school and,

of course, football season. In reality, Labor Day is a national tribute to the contributions workers make to the strength, prosperity and well-being of



our country.
This is a holiday for every working person and family member who supports this great country of ours.

According to the
Department of Labor's history
website, when Labor Day was
first proposed by Labor Union
leaders, it was recommended
as a parade to exhibit to the
public "the strength and
esprit de corps of the trade
and labor organizations" in
the community, followed by a

festival for the recreation and amusement of the workers and their families. This quote immediately made me think of our military profession and the strength and esprit de corps within our Army and how we exhibit this within our local communities. I believe we do this in numerous ways from participation in various parades to events such as Fall Apple Day, where we highlight to the local communities "their" Army.

While the holiday was designated as a tribute to workers across the nation, many of us focus on the second portion or the recreation and amusement part. Traditionally, we look forward to a long weekend and spending time with family and friends. This Labor Day I ask that you stop for a moment and reflect on the meaning of the holiday and recognize the contributions of Soldiers and civilians alike. How we today are making our communities stronger and demonstrating the professionalism of our trade to our communities.

As you reflect, also take a moment to think about those who, while we are enjoying a few days off, do not have the opportunity to do so because of their mission or job. They do not ask for recognition, but these workers have earned our gratitude and our respect. They are the unsung heroes who are this country's backbone. From Soldiers deployed across the globe to the civilians who support us every day; policemen, firemen, nurses, maintenance workers and all the countless other professionals – they are the strength of America.

In closing, if you are afforded a couple of extra days off this weekend, enjoy your much deserved time off but please do so responsibly. We need every one of you to come back refreshed and ready to take on the next task.

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

BREAKFAST Continued from page 11

about 20 participants as well as range safety during live-fire shooting.

Although the unit is one of the youngest in the Army, it was officially recognized as a unit September 1941.

"Since its inception, the Military Police Corps has served in every conflict, aid mission and operation other than war," Murray said. "Their ability to provide combat support and law enforcement in any environment and training to operate within the full spectrum of force make them a valuable asset to any commander."

Soldiers provide professional law enforcement support to protect residents and man the police station as well as the visitor control center. They provide law enforcement patrols, conduct investigations and maintain specialty forces such as military working dogs and special reaction teams.

Soldiers also provide support to the 1st Infantry Division through providing MP units to support training rotations and deployments.

This year, Soldiers will celebrate 75 years of service with events in late September including a 75-mile relay run the day before the annual MP Ball.



Maria Childs | POST

Lt. Col. Alex Murray, director of the Directorate of Emergency Services and commander of the 97th Military Police Battalion, spoke about his unit's history and involvement in the community during the Junction City Chamber of Commerce Military Affairs Council breakfast Aug. 25 at the Geary County Convention Center.

SEPTEMBER 2, 2016 | 13 HOME OF THE BIG RED ONE



Soldiers and school administrators from across the Flint Hills region and surrounding communities exchange introductions and contact information at the Adopt-A-School meeting Aug. 25 in the Ogden Community Center in Ogden, Kansas. Soldiers from different units on Fort Riley partner work with students from schools in the surrounding communities to mentor them, coach them and teach them as a community outreach program through Adopt-A-School.

Soldiers, school leaders meet for partnership refreshing

Adopt-A-School program topic for reps from each group

Story and photos by Season Osterfeld 1ST INF. DIV. POST

Fort Riley Soldiers and school administrators from across the Flint Hills region and surrounding areas filled the Ogden Community Center in Ogden, Kansas, Aug. 25 for an introductory meeting of the Adopt-A-School program.

Soldiers representing their respective units were introduced to the administrators of different schools whom their units are partnered with for the Adopt-A-School program at the meeting, giving them a location to exchange contact information, learn about one another and understand the basic information and requirements of the program.

"It's a program that connects schools and Fort Riley Soldiers with a common goal to support children," said Sandy Johnson, school liaison officer at Fort Riley. "Not just military children, but community children, so they have an idea of what a Soldier does and also give students someone to connect to for when their Soldier is deployed, they see that uniform and it gives them comfort."

Soldiers participating in the program visit their unit's assigned school to work and interact with students in a number of ways, including with helping sporting events, tutoring children in their studies, working on fundraisers together and more.

In addition, students and teachers can support the Soldiers of their assigned unit during deployments by sending care packages, cards and other goodies.

"They mentor, they eat lunch with them," Johnson "With the younger grades they may be their reading buddy: for the older grades, they may go to a track meet and be their timer ...



Participants engage each other at the Adopt-A-School meeting Aug. 25 in the Ogden Community Center. Soldiers participating in the program visit their unit's assigned school to work and interact with students in a number of ways, including helping with sporting events, tutoring children in their studies, working on fundraisers together and more.

"With the younger grades they may be their reading buddy; for the older grades, they may go to a track meet and be their timer ... they do whatever the schools think would be beneficial and connect with the Soldiers."

> SANDY JOHNSON SCHOOL LIAISON OFFICER AT FORT RILEY

they do whatever the schools think would be beneficial and connect with the Soldiers."

Staff Sgt. James Ragaen, 299th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, who is partnered with students and teachers of Enterprise Elementary School Enterprise, Kansas, said he volunteered to be the representative for his unit because he thinks it's a great way to provide kids with a hero to look up to.

"The program is designed for community outreach, so the military can be a part of the community and help out the schools wherever they can," Ragaen said.

Administrators from schools of all sizes and grade levels were present to meet with the Soldier representing the partnered unit.

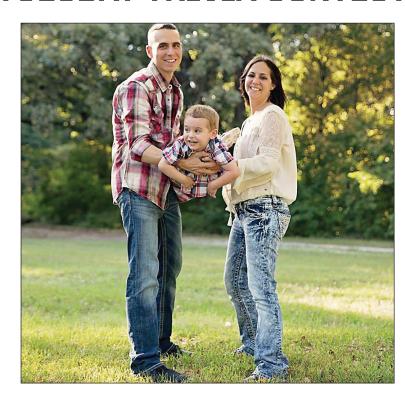
Donalyn Biehlei, principal of Herrington Elementary School in Herrington, Kansas, said she enjoys working with the Soldiers of the 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Inf. Div., and seeing them interact with the students of the elementary school.

"We are not near a base, but we have lots of families with members who live in our community and come to the base for work, so students get to see Soldiers in a positive light and get to have great interactions with them," Biehlei said.

For the Soldiers and administrators in attendance, there was agreement that the program was beneficial for everyone involved, Johnson said.

think it's a great connection for us and we've always had great experiences," Biehlei said.

TUESDAY TRIVIA CONTEST



The question for the week of Sept. 2 was: On www.rilev.armv.mil, where can New Arrivals and others view 2016 BAH rates?

Answer: go to http://www.rilev.armv.mil/Portals/O/Docs/Units/Garrison/DPW/ HSO/2016BAHRates.pdf

This week's winner is Stephanie Fitchett. Her spouse is Pfc. Randal Fitchett, 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division.

Pictured above are Stephanie and Randal with their son Roman.

CONGRATULATIONS, STEPHANIE!



SIGNS OF HEAT OVEREXPOSURE

- Heavy sweating though if heat stroke sets in, the body
- no longer can compensate and stops sweating
- Pale skin
- Muscle cramps
- Feeling tired and weak
- Altered mental status (confusion or disorientation)
- · Becoming semi-conscious or passing out
- Nausea or vomiting

For more informatoin, contact the Garrison Safety Office at 785 239.2514. To learn about safety across the installation, visit www.riley.army.mil/Units/GarrisonCommand/Safety/



VOLUNTEERS Continued from page 11

"I love giving back to the military. They've done a lot for me, so it's my way of showing my appreciation," Moffitt said.

Courtney Claxton, Department of Defense civilian employee, shared Moffitt's view of showing her appreciation to the military and agreed with Iwen that the USO feels like a family to her. She has put in more than 500 hours volunteering with the USO Fort Riley.

"I started volunteering about two years ago and I had friends who are service members and I just wanted to find a way to give back and the USO just seemed like a good bet," Claxton said.

She said her time at the USO has been a lot more than she expected. It helped her to learn and grow as an individual.

"It's impacted me by meeting a lot of great people, our volunteers are awesome, it's like a family, and then just really gaining so much respect for people in the military," Claxton said. "As coming from somebody from a non-military background, it really means a lot."

Being recognized at the lunch was the first husband and wife team to receive awards

for Civilian of the Month and Military of the Month. Victoria Fuqua put in 96 hours of volunteer time in June with the USO and her husband Sgt. 1st Class Matthew Fuqua, Fort Riley garrison operations noncommissioned officer, put in 75 hours in June of his own time as well.

Iwen said the lunch was the perfect way to recognize the volunteers for their work without making anyone uncomfortable. She added some do not like large ceremonies or gatherings, while others have been perfectly comfortable with being nominated for the Fort Riley Volunteer of the Quarter ceremony.

"We really try to identify what it is that helps them know the appreciation and gratitude we have for them," Iwen said. The USO Fort Riley has volunteers who go far beyond expectation to give back to Soldiers and their families at Fort Riley, she said. This is possible because they are not hired, but rather willingly give their time for something they believe in.

"You couldn't hire people who would do the job the way that they do," Iwen said.

Church group holds first service of fall

Protestant Women of the Chapel offer two meeting days a week

Story and photos by Season Osterfeld 1ST INF. DIV. POST

More than 150 women gathered for praise, worship and support with the fall start of Protestant Women of the Chapel Aug. 23 at Victory

Chapel.

The board members of PWOC selected Romans 12:2, a verse focused on transformation, for this year's theme. Each service begins with praise and worship, followed by devotionals and later a bible study to enrich the member's experience.

"It's an organization set up for all Christian women to get together and support one another and to give community outreach to other women who are within the military community to give them strength, support within our military environment," said Chaplain (Maj.) David Stoner, garrison headquarters.

This year, there are eight books available for the Bible study. All books are available during the morning session, but



Megan Belanger, PWOC president, speaks to the congregation about the theme and plans for this year's Protestant Women of the Chapel services Aug. 23 at Victory Chapel. The theme for this year is transformation and members explore and transform themselves and their faith through worship, devotionals and bible study.

the evening session rotates three books at a time.

There are two meeting days available each week for PWOC. Tuesday's service meets from 9 to 11:30 a.m. and Wednesday meets from 6:30 to 8 p.m. Both sessions have childcare available for those who need it.

April Griffin, first vice president of spiritual life, said surveys from the conclusion of last year's PWOC and discussions with PWOC President Megan Belanger, led to the decision of which books would be used for the Bible study.

Griffin is the spouse of Warrant Officer 1 Jerimiah Griffin, 78th Military Police Detachment 97th Military Police Battalion. Belanger is the spouse of Staff Sgt. Damon Belanger, who works with acquisitions for 633rd Contracting Team, Mission and Installation Contracting Command-Fort Riley.

"Megan, the president and I, we met and we decided our theme was transformation, so we wanted it to be with our actions, our hearts and mind, so I used that as a guide into select-

ing Bible studies, so we have a well-rounded selection for the ladies," Griffin said.

Beyond building a closer relationship with Christ, members of PWOC build a community of support and find others whom they can lean on in their time of need, Stoner said. The other women within the organization are also military spouses and share many similar life experiences and challenges as a result.

"It's about a fellowship, it's about communing with one another," Stoner said. "It's about sharing, if they've got problems, they got someone they can turn to who will listen and pray for them and most of the times they just roll up their sleeves, jump right in and help out."

Griffin agreed with Stoner, citing the most important thing members of PWOC will find is other people who walk a similar path and understand what one another is going through.

"It's just a community of women," Griffin said. "The bible studies are important. The food, the childcare are nice, but there is nothing like having a battle buddy, a sister in Christ to encourage you, to build you up ... this is the perfect opportunity for Army wives to come and have a community."

PIE QUEENS Continued from page 11

volunteers a day on average come in and help. The other HASFR board members are involved. We have Lady Troopers, JROTC cadets from Junction City and different offices on post help make pies. It's a total community effort."

Bolen and MacDougall will coordinate with a team of volunteers to prepare the pies to be sold. They have five days, starting Labor Day, to make the pies at the Culinary Lab. They work until the last day before the festival.

"Everyone takes a small slice of what needs to happen and by the time everyone does their piece it all comes together," Bolen said, no pun intended Along with the coordination, Bolen and MacDougall become the holders of the Libby Custer pie recipe.

"It's not exactly under lock and key, but we do try to keep it quiet," Bolen said.

The pie is only part of the fun at Apple Day. MacDougall recalled bringing her grandkids to the festival. Reenactors were shooting guns during the show, and it took her a second to realize she had never seen that before.

"I've never been to a military festival where they did that," MacDougall said.

Bolen lives across from Artillery Parade Field. She said she always enjoys when they land the helicopters and the other military vehicles are on display the week before in preparation for the static displays section of the festival.

"I love it when it is all set up," she said. "I don't get to see what my husband does every day. So to go and be able to crawl around in a Paladin for the artillery — it was so cool. I think the helicopters are cool, but he is not an aviator so I don't often get to see them."

The queens shopped for the best deals on the ingredients for the pies including 42 cases of apples. Their sponsor, HyVee, donated most of the supplies necessary, and they are ready to begin.

"Everywhere I live, when I get involved, it feels like home instead of somewhere my husband is assigned," Bolen said. "It's a true community event. It helps spread the excitement if everyone gets involved."

Apple pie pickup will be from 11 a.m. to 1 p.m. and from 4 to 6 p.m. Sept. 9 at the Culinary Lab, 251 Cameron St. Pickup will also be available from 9 a.m. to 2 p.m. Sept. 10 at the festival. Pies not picked up Sept. 10 by 2 p.m. will be resold.

Proceeds from selling the pies benefit projects HASFR completes to preserve history of Fort Riley. To learn more about volunteer opportunities with HASFR, email hasfrvolunteering@gmail.com.

APPLE DAY Continued from page 11

Each food booth will have an apple-themed food item.

"(Guests) get to see the installation, interact with Soldiers and civilians and find friendly people at the fair," he said. "The kids get to ride the rides; retirees get to see the old toys they used to play with and the new toys since then."

The event is a collaboration of U.S. Army Garrison Fort Riley, the 1st Infantry Division and community partners.

"All resources are coming to bear for this event," Stewart said. "Even if you don't see them, everybody is involved."

Parking will be available at Riley's Conference Center, and handicapped parking south of the parade field. Shuttle service will only be available for the elderly.

The event has free admission and is open to the public.

Pets and alcoholic beverages are not permitted.

Visitors without a Department of Defense identification card must stop by the Visitor Control Center at Henry Gate, exit 301 from U.S. Interstate Highway 70, for an access pass.

For more information on getting a pass, visit www.riley. army.mil/Units/Garrison-Command/Emergency-Services/Access-Information/.



Sports & Recreation

SEPTEMBER 2, 201

Body strengthening through Core classes

Story and photo by Season Osterfeld 1ST INF. DIV. POST

By putting forth effort in the Core classes at Whitside Fitness Center, participants can tone, strengthen and define each muscle in their body's core.

According to the livestrong.com website, a person's core includes most of the torso and the back.

The Core class featured at Whitside lasts 30 minutes and is focused solely on the torso muscles incorporating Pilates with traditional core exercises.

"We do crunches, we do planks, we do reverse crunches, anything to activate the core," said Nicole

Harden, fitness instructor at Whitside Fitness Center. "Whether it's to tone or to build up muscles ... everything we do here is focused on the core."

A common complaint about the class includes soreness the next day, Harden said, but that is one thing people look forward to the most.

they feel each individual muscle that we worked and they don't realize that they have them there, they feel it (after) and they're very aware of their core," Harden said.

"When

Kandice Steinlicht, wife of Master Sgt. Joshua Steinlicht, 1st Combined Arms Battalion, 63rd

Armor Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, said she wanted to gain strength and work on weight loss but was concerned the class would not work for her due to back and neck problems. She discovered the class does work well for her without putting unneeded stress on her

"I've lost about 22 pounds and I've seen toning and am starting to get muscle definition, that's exciting," Steinlicht said.

She said she also learned a number of exercises from the class that she can do at home.

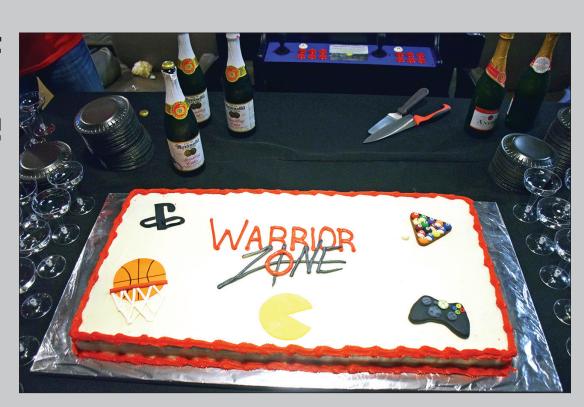
See CORE, page 16



Participants plank, modifying the move to best suit their abilities, in a Core class Aug. 3 at Whitside Fitness Center. Due to the intensity of the class, core classes are only 30 minutes long and incorporate Pilates moves with traditional core exercises.

Five years of **Warrior Zone** celebrated

Staff has helped 1st Infantry Division Soldiers relax and recharge since 2011





Staff of the Warrior Zone and Soldiers of Fort Riley gathered around a cake and sang "Happy Birthday" as they celebrated the fifth anniversary the facility's grand opening Aug. 27. The total attendance throughout the event was more than 500. "It is a unique recreation facility that can meet the needs of almost any young Soldier," said Caite Kendrick, business manager of the Warrior Zone. Staff provides a place for Soldiers to gather and enjoy themselves without spending a lot of money. The food that is offered is designed to appeal to health-conscious Soldiers who are required to remain fit for duty.

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

Staff of the Warrior Zone and Soldiers of Fort Riley gathered around a cake and sang "Happy Birthday" as the facility celebrated the anniversary of its grand opening Aug. 27.

"Every year we celebrate the anniversary of our grand opening at the Warrior Zone," said Caite Kendrick, business manager of the

Warrior Zone. The facility opened Aug. 25, 2011, and is designed to get Soldiers out and about meeting new people. Throughout the anniversary party,

there were several gaming tournaments, pool tournament and a 3-on-3 basketball tournament.

Kendrick said total attendance was more than 500.

"It is a unique recreation facility that can meet the needs of almost any young Soldier," Kendrick said. "We have several free recreation opportunities for people who want somewhere to hang out but don't have a lot of extra money to spend. It's a place where you can meet new people, find people who might be interested in the same thing as you."

Spc. Stefan Hastings, Company E, 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, was one of the visitors of the party.

"I like that the Warrior Zone allows Soldiers and family members to really find a place for recreation and enjoy themselves while they are not at work,"

Since he lives on post, Hastings said he makes an appearance at the Warrior Zone a couple times a week for the

evening events. "I try to involve myself in the things that are going on because it gives you something to do on Fort Riley," he said. "I've made friends at Warrior

Zone because it is a common place

where people can go to share common interests. The Warrior Zone is good for Soldiers."

Spc. Dontavius Headquarters and Headquarters Company, 1st Inf. Div. Sustainment Brigade, has been stationed at Fort Riley since the opening of the facility.

"I enjoy everything," he said. "It's like family here."

During the event, staff was debuting their healthy foods menu with more than 10 items that are less than 600 calories.

For more information about the Warrior Zone or their menu, visit riley. armymwr.com/us/riley.







Kansas State punter helps boy's battle with cancer

By Corbin McGuire K-STATE UNIVERSITY

MANHATTAN, Kan. — He's a last line of defense, shown by his two touchdown-saving tackles last season, which shouldn't come as too much of a surprise given his athletic background all-state honors in four sports at Lvndon, Kansas.

He's a former walk-on who turned down Division II opportunities to play more highprofile positions for a chance to punt in front of 50,000 K-State fans.

He's a competitor who's always looking for an edge, most recently taking up yoga to improve his flexibility and mental focus.

He's a preseason candidate for the Ray Guy Award for the second year in a row, a feat he takes pride in but doesn't spend time thinking about.

He's a faithful friend to a 9-year-old boy who's always on his mind and who's taught him more about life than football ever could.

PERFECT MATCH

About a year ago, Tate Reid was like most eight-year-old boys. He loved sports and had energy that seemed endless at times.

But life for Tate and his family took a turn when he was diagnosed with Acute Lymphoblastic Lymphoma, a cancer of the blood and bone

Hours previously spent in school or playing sports were siphoned to treatment-filled time in the hospital or simply being cooped up in the house while his immunity was low.

Less than a week after being diagnosed, Tate received a phone call while in Children's Mercy Hospital in Kansas City, Missouri. On the other end was Walsh, who was connected with Tate through the Leukemia and Lymphoma Society.

The phone call wasn't lengthy, but it set the tone for Walsh's desire to help in any way possible.

"Look, buddy, I can't say I know what you're going through, but I want to be there every step of the way with you and I just want to have an impact on your life," Walsh recalls telling Tate over the phone.

Tate's parents, Amy and Eric Reid — both K-State graduates — were ecstatic about the match. Their son was a diehard K-State fan and they welcomed any chance to boost his spirits with open arms.

The relationship Walsh and Tate developed,; however, exceeded everyone's expectations.

"It's been a great thing, a better thing than I could ever hope for him as far as having something to look forward to and something to bring him up," Eric said. "At the beginning of all this, I would have never thought those things mattered too much. I thought we'd be OK. He just looks forward to that stuff so much."

incredibly "He's been faithful," Amy added of Walsh, who was motivated to make the connection by seeing his former teammate Ryan Mueller do so with Kaiden Schroeder. "If he had come and visited a couple times, we would've been appreciative of that, but he's just become part of the family."

BECOMING BROTHERS

Walsh has visited Tate about once a week since the

Throughout all of the uncertainties, one thing is clear: Walsh was fully invested from the

called Walsh during treatments. He visited Tate in the hospital — even after a 55-0 loss to Oklahoma. He texted apologies when his loaded schedule of football and upperlevel finance courses kept him

from visiting as often as he'd like. Walsh, as Eric put it, has been "a faithful friend."

When asked what he likes about Walsh, Tate rattled off two things: "He's friendly and he's good at video games."

Walsh is quick to point out who's better.

"He always beats me," the junior punter said.

The two have bonded over just about anything competitive they can find.

They've golfed and dueled in putt-putt. They play Ping-Pong, once facing off on the table in the Vanier Family Football Complex, "and I still beat him," said Tate, who got a complete tour of the football facility and met K-State head coach Bill Snyder. "He just told Nick not to play too much mini golf," Tate said, laughing.

Through everything, each provides the other a positive experience.

"He's brought a lot of smiles and something to look forward to for all of us, not just Tate," Amy said of Walsh, who once shaved his head to match Tate. "I completely trust him and know that he's somebody Tate can look up to. He works hard, he's kind and he's got a selfless heart. I couldn't have asked for a better match."

TEAM TATE

During the majority of the 2015-16 school year, Tate was unable to attend class in person. Thanks to technology, he was able to control an in-class robot, which used an iPad with video chat software, to participate from home.

One day, students were asked to think of one positive and one negative thing that happened to them during that week. When it was Tate's turn, he had nothing negative to

"To hear that come from an eight-year-old, no one told him to say that, that's just his outlook on life," Walsh said. "That just taught me that no matter how bad you think things are, they could always be worse. When an eight-year-old is saying stuff like that, what does that say about me complaining about it being 105 degrees out when I'm doing workouts?"

This is the same Tate who's endured numerous rounds of chemotherapy and steroid treatments, lumbar punctures - the collection of spinal fluid by a needle — and bone marrow aspirations — his least favorite part of trips to the hospital that consist of the removal of bone marrow via a needle.

When talking about it, Tate counters with, "One happy part was that I got to play on the pinball machine in the

Tate's positive outlook has rubbed off on Walsh, who recalls looking over periodically during the West Virginia game, seeing Tate in his No. 14 jersey on the sideline and feeling a sense of inspiration. Walsh punted a career-high 11 times that game, highlighted by a 62yard boot.

"I'm very grateful ... to be able to use that to make an impact in Tate's life. I just consider him a little brother now and I can consider myself a part of his family. He's one of



When K-State University Wildcat punter Nick Walsh, left, found out about Tate Reid and his battle with Acute Lymphoblastic Lymphoma, he contacted the 8-year old to lend his friendship and support. Reid's disease, also called ALL, is a cancer of the blood and bone marrow. Walsh is "a faithful friend," Reid said.

the strongest kids I've ever met in my life," Walsh said. "He's taught me a lot and changed me into a man that hopefully he sees one day that he can be.

"It's really changed my outlook on life. He's a very courageous kid and I just could not say enough good things about him."

The Reid family feels the same way about Walsh.

K-State's Appreciation Day, Tate and his family joined the hundreds of Wildcats fans seeking a closer look at the team. The closer they got, the more they saw players sporting a bracelet, which Walsh made last year for the team with the words "Team Tate" etched into them.

Tate, who's been surrounded by support in the Manhattan community and beyond, has also got a handwritten letter and autographed poster from Coach

Snyder. This, along with the sideline passes for the Wildcats' bowl-clinching win over West Virginia last season, prompted Eric to write back to Snyder, only to receive a thank-you letter for his thank-you letter.

"It's hard to one-up Coach," Eric said, smiling. "He's just an amazing man."

"We're very appreciative of everything he's done at K-State, and just the man that he is and the character he has," Amy said, "and it's obvious in his players."

Walsh is the latest example of what Snyder looks for his players to become, someone who seeks excellence off the field as diligently as he does on it.

"Nick has always been an extremely mature young man. To me, it fits him, it fits his personality," said K-State associate head coach/special teams coordinator Sean Snyder. "He has a really, really big heart."

BACK TO NORMAL

Tate is back in school, is no longer forced to wear a mask in crowded areas and sports a full head of hair. His scheduled visits to the hospital have decreased to once a month.

"I'm feeling like my normal self," Tate said, "all crazy and stuff."

Walsh is back on the field, working to keep punts out of the end zone and force more fair catches in preparation for the 2016 season. His trips to hang out with Tate have remained at about once a week.

"He's taught me a lot," Walsh said. "Patience is a big thing he's taught me."

brotherly competitiveness is still there, as is the excitement for game days this fall. Walsh hopes to get Tate to a few games. Tate and his family hope Walsh, undoubtedly their favorite player, doesn't play much meaning the offense is likely putting up a lot of points.

When Walsh does punt, Tate knows his favorite player — whose career punting average (41.48 yards) ranks sixth in school history — is more than capable of making a tackle too. "He did have a penalty on a late hit against the Beakers," Tate brings up with a smile, referring to Walsh's personal foul against University of Kansas in 2014.

When Walsh glances at Tate on the sideline or looks to the 'Team Tate" bracelet on his arm, he'll also do so with a smile.

"I really feel like that's why God brought me to K-State, (so I) was to be able to help that kid and be invested in his life and his family's life," Walsh said. "They might think I'm a blessing to their family, but in all reality he's helped me more than I've helped him."

two were matched. Tate has also officially been in remission since December and, if he has zero relapses, his exit date from treatment will be December 27,

CORE Continued from page 15

anyone as long as they perform the moves correctly, Harden said. She stressed many people attempt to do the exercises using their backs rather than their core, which can cause lower back pain, especially in those who already have back problems.

Steinlicht praised the class members and encouraged others to join it, emphasizing how well it has benefitted her.

"It never hurts to try it," Steinlicht said. "(You) don't know if you like it until you

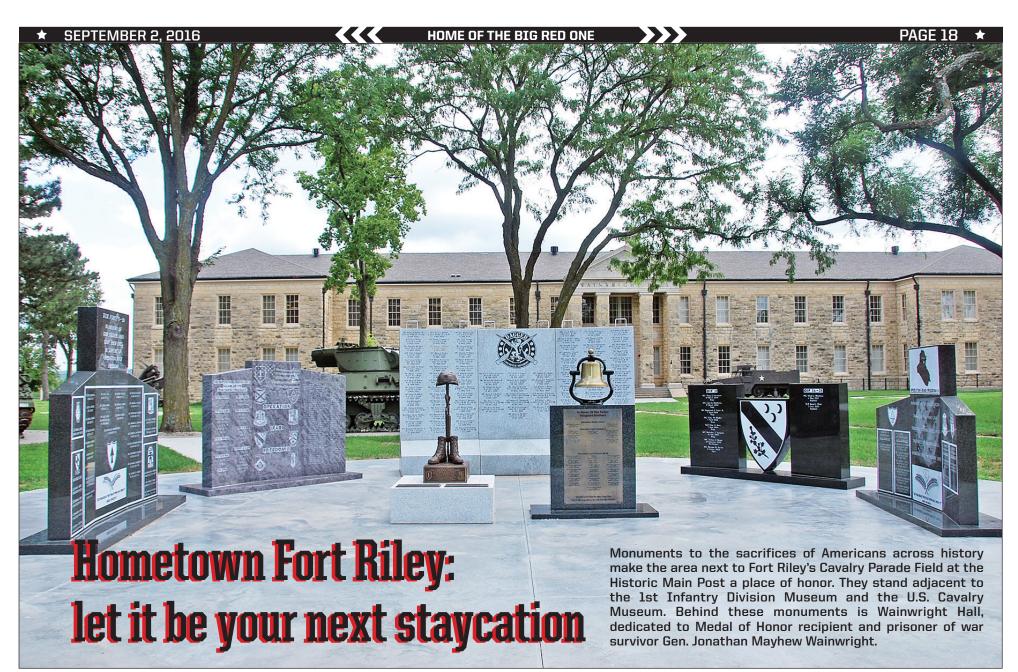
The class is suitable for try it. I wasn't sure if I was going to because I have back problems, but I like it."

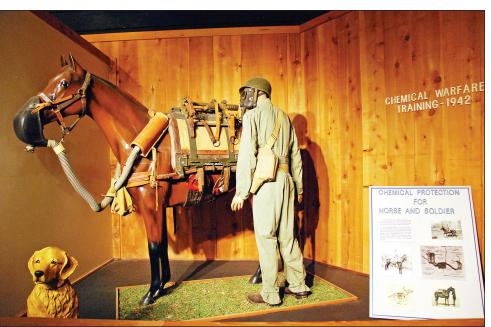
For more information about Core at Whitside Fitness Center, call 785-239-2573. All Department of Defense

identification card holders can use Whitside Fitness Center. Passes for the classes may be purchased at one pass for \$3, ten passes for \$25 and 30-day unlimited pass sets for \$40 at Whiteside Fitness Center or online through Webtrac at riley.armymwr. com/us/riley.



Travel & Fun in Kansas







LEFT: The 1st Infantry Division Museum features a variety of exhibits sharing the history of the "Big Red One" from 1917 to present. Some of the exhibits are interactive, enhancing the experience for visitors. **RIGHT:** Kaw River Nature Trail is nestled behind the First Territorial Capitol of Kansas. The self-guided trail is open from dawn to dusk for all those adventurous enough to explore it.

Story and photos by Season Osterfeld 1ST INF. DIV. POST

Experience history or play all day without straying too far from home by exploring Fort Riley.

Historic Main Post offers a number of historic and picturesque monuments, museums and sights to visit. Perfect for those hungering for more information about the history of Fort Riley or looking for a pleasant location to spend the day.

Custer House at 24-A Sheridan Avenue provides an example of an officer's home in the 1880s to 1890s. The building was originally constructed in 1855 and many original fixtures remain intact, such as all

of the fireplaces and the staircase. During a visit, a docent provides a guided tour of the house, complete with historical facts and information about Fort Riley. Tours take about 20 minutes and are free, but donations are encouraged. Custer House is open Memorial Day to Labor Day, Monday to Saturday 10 a.m. to 4 p.m. and 1 p.m. to 4 p.m. Sundays.

Across from Custer House are the Old Trooper Monument and Chief's Grave. The Old Trooper Monument was dedicated in 1961. At its base sits the final resting place of Chief, the last cavalry mount registered to the U.S. military. Chief arrived at Fort Riley in 1941 and retired from service in 1953. On May 24, 1968, he passed away.

Neighboring one another on Henry Avenue are the U.S. Cavalry Museum and the 1st Infantry Division Museum, buildings 205 and 207. The U.S. Cavalry Museum shares the history of cavalry units across the military from the Revolutionary War to the 1950s. The 1st Infantry Division Museum boasts exhibits about the 1st Inf. Div. from 1917 to present with several interactive areas to experience. The cavalry museum is open Monday to Saturday 9 a.m. to 4:30 p.m. and Sunday noon to 4:30 p.m. The 1st Infantry Division museum is open Monday to Saturday 10 a.m. to 4 p.m. and Sunday 1 p.m. to 4 p.m. Both museums are free, but donations are encouraged.

Surrounding the museums are several monuments dedicated to Soldiers and cavalry mounts from the Revolutionary War to present day. Additionally, a variety of World War I, World War II and Vietnam era military vehicles may be viewed with plaques providing details of their roles and uses in U.S. military history.

Also available on Historical Main Post are the Wounded Knee Monument at the intersection of Sheridan Avenue and Huebner Road and the Trolley Depot at the intersection of Sheridan Avenue and Pleasanton Avenue. The Wounded Knee Monument was built by Soldiers in 1893 in memory of those killed at the battle of Wounded Knee. In 1925, the monument was moved to its current location from its original location near Arnold Hall. The Trolley Depot was built in 1901 and provided Soldiers, their families and visitors a mode of travel between Fort Riley and Junction City.

Along Huebner Road in Camp Whitside, visit the First Territorial Capitol of Kansas and Locomotive #6072. Union Pacific Railroad donated the locomotive to Fort Riley in 1958. It symbolizes the importance of railroads for traveling to the west. It ran for nearly half a century before coming to Fort Riley.

From July 2 to 6, 1855, the first Territorial Kansas Legislature met in building 18. Originally, those involved hoped it would be the permanent capitol of Kansas, but legislatures were divided on the matter, so the matter adjourned and never returned. The First Territorial Capitol of Kansas is open Saturday 10 a.m. to 5 p.m. and Sunday noon to 5 p.m.

Nestled directly behind the First Territorial Capitol of Kansas is Kaw River Nature Trail. The trail is self-guided and open from dawn to dusk.

trail is self-guided and open from dawn to dusk. Visit the Great War Memorial and the remains of Maj. Gen. Leonard Wood Headquarters in Camp Funston off of Huebner Road. The memorial honors fallen Soldiers of World War I. Maj. Gen. Leonard Wood ordered the memorial to be built to honor the Soldiers who trained at Camp Funston.

Overlooking the Great War Memorial is the remaining stairs, fireplace and foundation of Maj. Gen. Leonard Wood Headquarters where Wood overlooked Camp Funston from 1917-1918.

For those looking for a day of play instead, Fort Riley has numerous options available for all ages.

Custer Hill Bowling has 40 lanes, a snack bar and party room. The bowling center is at 7485 Normandy Drive and is open Wednesday and Thursday 11 a.m. to 9 p.m., Friday and Saturday 11 a.m. to 12 a.m. and Sunday 12 p.m. to 6 p.m.

Catch up on your reading and self-learning at the Fort Riley Library at 5306 Hood Drive The library carries books, CDs, movies, games and more. It's open Tuesday to Saturday 11 a.m. to 6 p.m. and Sunday noon to 5 p.m.

The Outdoor Recreation Center at 1806 Buffalo Soldier Drive features a variety of activities and rentals. From an outdoor climbing wall to all-terrain vehicle rentals, there's plenty of fun to be had.

The outdoor climbing wall is available for ages 10 and up and costs \$5 per person. Belay class which is the securing of a person or a safety rope to an anchor point during climbing are available for \$5 per person. The climbing wall is open by appointment only.

The paintball center is available to parties of eight or more by reservation only. House paint must be used and rentals of masks, markers and rounds are available. A non-refundable deposit of \$104 is required.

The skeet-and-trap range offers a place to practice shooting. Bring your own firearm or use a range gun. Personal firearms must be registered on post. Skeet or trap is \$5.50 a round, which includes 25 clays. Children ages 12 to 18 must be accompanied by a parent or guardian.

Outdoor Recreation is open Monday thru Sunday 9 a.m. to 5 p.m. For more information on the Outdoor Recreation Center and activities available there, visit riley.armymwr.com/us/riley/programs/outdoor-recreation.

An adventure awaits just outside the front door on hometown Fort Riley.

LEFT: The rich tradition of the Army's horse cavalry units is reflected in a monument dedicated to the noble and brave cavalry horse, pictured in the foreground. Behind it stands the U.S. Cavalry Museum. The building houses a collection of Army historical artifacts. Adjacent to the U.S. Cavalry Museum is the 1st Infantry Division Museum, home for another historical collection that traces the gallant history of America's First Division, "The Big Red One."