



THE 1ST INFANTRY DIVISION POST



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FORT RILEY, KANSAS



Brig. Gen. William A. Turner, left, 1st Infantry Division and Fort Riley deputy commanding general, presents Lt. Gen. Perry L. Wiggins, former commander of United States Army North, the American flag that was flown over the division's headquarters Sept. 30 during a Victory with Honors and retirement ceremony at Fort Riley. Wiggins said he returned to Fort Riley to retire because Kansas is a great place to come home to and a great place to be.

Former commander returns to Fort Riley for Victory with Honors

Story and photo by Sgt. Takita Lawery
1ST INF. DIV. PUBLIC AFFAIRS

Fort Riley and the local community joined together to say goodbye to Lt. Gen. Perry L. Wiggins as he retired during a Victory with Honors ceremony Sept. 30 at the division's headquarters on Fort Riley.

Wiggins' career spanned 33 years of service from Europe to the Middle East, with various command positions in units including the 1st Infantry Division at Fort Riley, Kansas, First Army Division West at Fort Hood, Texas, and finally deputy commanding general of United States Army North where he then took command until August 2016.

To start the ceremony, retired Maj. Gen. Virgil L. Packett II, one of Wiggins' mentors, said that Wiggins was a kind, compassionate and patriotic leader.

"Even his dogs were patriotic," Packett said, telling the crowd about Wiggins' three Labrador retrievers whose coats appear to shine red, white and blue in the sun.

Wiggins previously served with the "Big Red One" as the assistant division commander for maneuver and then the commander of the 1st Infantry Division and Fort Riley in 2008.

Wiggins said he came back to Fort Riley to retire because of the 73 degree weather and perfect sunshine, but most of all because Kansas is a great place to come home to and a great place to be.

"I want to thank the Big Red One for letting me come home and retire at the greatest division in our Army," Wiggins said.

Packett, who retired in 2008, also described Wiggins as being a good example of what every Soldier should want to be.

"When I said you were a good example, I meant that you were the best example," Packett said, "the kind of example of a Soldier that we always wanted to be, the kind of example of a loving father that we

See RETIREMENT, page 6

A WEEK OF CELEBRATION



Katie Thomas | POST

Pfc. Andrew Maclaren, 97th Military Police Battalion, helps his son, Michael, shoot the M-4 rifle during the organizational day hosted by leadership of the battalion Sept. 27 to celebrate the 75th birthday of the Military Police Corps.



'Guardians' commemorate 75th birthday of Military Police Corps



By Maria Childs
1ST INF. DIV. POST

Soldiers of the 97th Military Police Battalion at Fort Riley celebrated 75 years of success from Sept. 26 through Sept. 30. Although the unit's birthday was officially Sept. 26, the battalion's leadership hosted multiple events throughout the week including an organizational day, golf tournament and a 75-mile relay run.

Lt. Col. Alexander Murray, commander of 97th MP Bn. and director of the Directorate of Emergency Services, said the event commemorated the beginning of the Military Police Regiment.

"This was a great way to celebrate the great history of the regiment and how we have lived up to our motto of assist, protect and defend," Murray said. "The leaders and future leaders of the battalion take great pride in the MP regiment and this includes the MPs in formation and our support

See GUARDIANS, page 4



COURTESY PHOTO

LEFT TO RIGHT: Command Sgt. Maj. Billy Counts II, 97th Military Police Battalion, Staff Sgt. Martin Fox, the oldest MP in the battalion; Pfc. Erica Hall, the youngest MP in the battalion, and Lt. Col. Alexander Murray, commander of the 97th MP Bn., cut the cake at the MP ball Sept. 30 at the Courtyard by Marriott in Junction City, Kansas. The ball was the final event of the week-long celebration of the 75th birthday of the Military Police Corps.

"It's a great feeling to be a part of the history and tradition of the Military Police Corps. It is an honor to serve in the Military Police Regiment during this milestone."

SGT. 1ST CLASS NICHOLAS BARNUM | 97TH MP BN.

New hospital services begin in October

IACH PUBLIC AFFAIRS OFFICE

The staff of Irwin Army Community Hospital will begin delivering outpatient care and services Oct. 17 at 650 Huebner Road.

The new Emergency Department and Labor and Delivery is scheduled to open Oct. 16 at 6 a.m. Patients seeking emergency or obstetrical services before 6 a.m. should report to the legacy hospital at 600 Caisson Hill Road.

The IACH staff began a 10-day transition moving clinics into the new hospital Oct. 6.

The Extended Care Clinic in Medical Home 2 of the legacy hospital will be closed Oct. 14 but reopen Oct. 15 and 16 prior to moving to the new location. The ECC will then open Oct. 17 in the new hospital next to the Emergency Department.

Patients with a non-emergent, acute condition Oct. 14 should call the Nurse Advice Line for help locating a local urgent care clinic. Patients can also come to the Emergency Department in the legacy hospital that day. The Nurse Advice Line is available 24/7 at 1-800-874-2273, option 1.

Pharmacy services will continue in the legacy hospital through Oct. 14. However, to facilitate the move, the pharmacy may reduce staffing which could result in increased wait times at the legacy hospital. Pharmacy services at the Post Exchange and Farrelly Health Clinic will continue without interruption. The main outpatient pharmacy in the new hospital will open for service Oct. 17.

Radiology services in the legacy hospital will be limited to emergency or inpatient care Oct. 14. Outpatient radiology services will continue at Farrelly or Custer Hill Health Clinics that day. Complete radiology services will be available in the new hospital Oct. 17.

Outpatient laboratory services are available in the legacy hospital through Oct. 14. Inpatient laboratory services are not affected. Patients required to drop off samples Oct. 16, must get them to the legacy hospital before 6 a.m. Comprehensive laboratory services will be open in the new hospital at 7 a.m. Oct. 17.

All family member and retiree Primary Care from Farrelly Health Clinic will

See HOSPITAL, page 6

High technology, expertise help Fort Riley garrison staff support Saber Focus

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

Laser and radar technology combined in early October to give Fort Riley's Directorate of Plans, Training, Mobilization and Security staff the means to provide 21st century support to the Saber Focus exercise Oct. 2 through 6.

Saber Focus was a force-on-force training event, which means there are two units "fighting" each other. In this case, the 1st Combat Aviation Brigade, 1st Infantry Division, and the 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Inf. Div., were the two forces.

The exercise helped prepare Soldiers with the 1st CAB for a future deployment, and provided the 5th Sqdn, 4th Cav. Regt., a valuable training opportunity.

"Force-on-force exercises are important because they make our Soldiers better warfighters," said Clay Nauman, DPTMS Plans and Operations Chief.

"They provide Soldiers with a live combatant to engage with and react to."

The team that operated Multiple Integrated Laser Engagement and Homestation Instrumentation Training Systems — otherwise known as MILES/HITS, supported 5th Sqdn, 4th Cav. Regt., Soldiers training on the ground.

The Air Traffic Control — Radar Facility teams supported the 1st CAB aviators in the air.

MILES/HITS HELPS ASSESS TRAINING EFFECTIVENESS

The team that uses MILES/HITS supports training Soldiers in three ways: they conduct regular training with all combat units from the 1st Inf. Div., and other visiting combat organizations on how to use the equipment, they help units — like 5th Sqdn, 4th Cav. — to prepare the systems for particular exercises like Saber Focus, and they take the field and are available for troubleshooting and repair if MILES/HITS has a problem.

The MILES/HITS systems use lasers to track hits and misses during mock battle, according to John Bess, Senior training instructor, Training Support Center, DPTMS.

The systems include belts that fasten to objects and people. The belts have objects called bubbles attached at intervals.

"Each bubble receives laser energy and that laser also has a code embedded in it," Bess said. "When the bubble receives the laser energy, the trainers will know the extent of the damage there would have been."

Some hits are from small-arms fire like rifles, Bess said, which would have no effect on a tank.

"But if it strikes a Soldier, it might register a 'kill,'" Bess said.

What is shooting, and what is hit is all part of the laser code, and that information can be assessed by trainers monitoring MILES/HITS.

"Usually only the shooter and the person being shot at knows what happened," said Jim Kebbel, who manned the HITS station at the Mock Airfield, Douthitt Gunnery Complex. "With this system, we all know."

In this way, the effectiveness of training can be assessed.

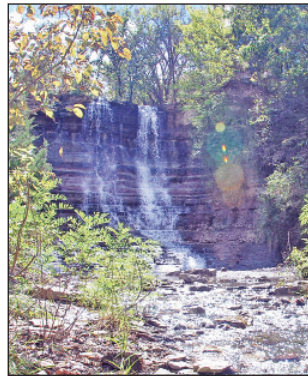
See SABER FOCUS, page 10



VOLUNTEERS FROM MINNESOTA CHAPTER OF QUILTS OF VALOR VISIT FORT RILEY AND GIVE QUILTS TO SOLDIERS OF THE WARRIOR TRANSITION BATTALION, SEE PAGE 11.



SOLDIERS COMPETE IN NATIONAL BEST WARRIOR COMPETITION, SEE PAGE 15.



TRAVEL TO THE GEARY STATE LAKE FALLS AFTER A HEAVY RAIN OR WHEN SNOW AND ICE BEGIN TO MELT AND SEE A 35-FOOT WATERFALL, SEE PAGE 18.



Explosive ordnance battalion goes out with boom after 9 years

Story and photos by Sgt. Dana Moen
1ST INF. DIV. PUBLIC AFFAIRS

The firing of “Old Thunder,” Fort Riley’s ceremonial canon, signaled the beginning of the inactivation

ceremony for 84th Ordnance Battalion (Explosive Ordnance Disposal), 71st Ordnance Group, Sept. 30 at Fort Riley. “When the colors and the guidon go back to the Army for storage after today’s events,” said Col. Heidi J. Hoyle,

commander of 71st Ordnance Group. “I want every one of you in this formation to know that you’re sending them back with an even greater history and lineage than when they were given ... just over nine years ago.”

The official inactivation was accomplished with the casing of the unit colors that are a symbol of combat readiness and esprit-de-corps of the unit, according to the master of ceremonies.

Sgt. 1st Class Eliot Bray carried the unit’s colors onto the field to be uncased during the 84th EOD Bn.’s activation ceremony at Fort Riley June 16, 2007. Bray was present with the 84th EOD Bn. and given the honor of carrying the units cased colors off the field during the inactivation ceremony.

“We have a new legacy to learn,” said Bray, operations sergeant with 630th EOD Company, 84th EOD Bn. “Our new battalions will have

their own history and honors that we get to partake in and add to.”

The six enduring 84th EOD Bn. companies will be split between the 71st Ordnance Group’s 242nd Ordnance Battalion, EOD and 3rd Ordnance Battalion, EOD. All of the companies will remain at their present duty stations at Fort Bliss, Texas, and Fort Leonard Wood, Missouri.

Fort Riley will lose two companies due to the inactivation; Headquarters and Headquarters Detachment and 162nd Ordnance Company, EOD. Remaining Soldiers will be assigned to other companies in the 71st Ordnance Group.

The two companies staying at Fort Riley are the 630th Ordnance Company, EOD and the 774th Ordnance Company, EOD. The units provide their expertise to military and civilian agencies in the region and no impact to their mission is expected from the inactivation.



Col. Heidi J. Hoyle, right, commander of 71st Ordnance Group (Explosive Ordnance Disposal), Lt. Col. Gregory J. Hirschey, center, commander of 84th Ordnance Battalion (EOD), and Command Sgt. Maj. Weston M. West, left, senior advisor with 84th EOD, review their troops for the last time during an inactivation ceremony Sept. 30 at Fort Riley. The 84th EOD provided their expertise to military and civilian agencies in the region.

Thomas Gonzales, the 84th EOD’s first command sergeant major at Fort Riley, was among the distinguished guests attending the ceremony. “From the day I was a young Soldier to the day I retired,” Gonzales said, “what I learned (with) the team was essential to my success.”

K-State professor awarded for military support

K-STATE NEWS AND COMMUNICATION SERVICE

MANHATTAN, Kan. — Kansas State University’s Briana S. Nelson Goff was one of four Americans to receive the Outstanding Civilian Service Medal from the chief of staff of the U.S. Army on Sept. 15. The ceremony took place at the Pentagon.

Goff is the first Kansas State University faculty member to receive the national award, which honors civilians for exceptional support of the military.

As a professor of family studies and human services, and director of the Institute for the Health and Security of Military Families in the College of Human Ecology, Goff said the recognition is an honor not only for herself but also for Kansas State University as a whole.

“Our work as a military-inclusive university is pivotal, across the board,” Goff said. “We have many faculty and graduate students who are doing incredible work on behalf of military service

members, veterans and their families.”

The institute, which Goff launched in 2009, offers many programs for military families. These include Seasons of Service, which unites university and community resources for local military and veterans’ families; research on national veteran and spouse wellness retreats that include acupuncture, yoga, art therapy and post-traumatic stress disorder education; and reports that provide the 1st Infantry Division’s health promotion council with an academic and civilian perspective on current social issues.

“I have known and worked with Dr. Goff for over a decade and I have seen her shed tears of joy and sorrow as she works tirelessly in service to our military families and Kansas State University,” said Art DeGroat, executive director of military and veterans affairs at the university. “She justly deserves this award just as an exceptionally valiant Soldier deserves a medal for valorous efforts. What she

does is above and beyond the call of duty.”

As a fourth-generation student at Kansas State University, Goff started working with military trauma in graduate school. As a professor, she has dedicated her career to working with those affected by many types of trauma. She has focused predominantly on military-specific trauma for the past 12 years.

“In the end, we don’t want to forget those who really deserve the recognition and the honor — our service members who continue going into battle, and their families who face the stresses of dealing with multiple deployments,” Goff said. “This recognition for the work we do is wonderful, but ultimately the appreciation belongs to our service members and their families.”

The other recipients of the award included Trace Adkins, country music singer and actor; John G. Bunch, founder of Operation Open Arms; and Spencer Kympton, president of The Mission Continues.

Personnel take actions for final event of National Preparedness Month

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

Personnel from Ready Army, American Red Cross, Fort Riley Fire Department and Air Force Weather Detachment held a safety fair for National Day of Action Sept. 28 at the Fort Riley Post Exchange.

National Day of Action, normally recognized Sept. 30, is the final event of National Preparedness Month. September was designated as National Preparedness Month as part of an awareness campaign by the Federal Emergency Management Agency to get individuals, families and organizations to prepare for and take action against an emergency at home, at work and on the go, according to Ready.gov.

“National Day of Action is kind of a wrap up day for National Preparedness Month ... It’s a culminating event not just about preparedness, but action too,” said Chris Hallenbeck, Emergency Management Office.

Volunteers and staff from the Red Cross were on hand to present information on services, including emergency assistance, blood drives and more, all of which can help individuals and families be better prepared in the event of a disaster or emergency.

“Our number one goal is to prepare communication for any type of emergency,” said Becky



Visitors talk with Brandon Kehoe, right, fire inspector, about fire prevention and safety for National Day of Action Sept. 28 at the Fort Riley Post Exchange. Personnel from the Fort Riley Fire Department Headquarters offered information about fire safety, such as encouraging people to change the batteries in their smoke detectors twice a year, in preparation of Fire Prevention Week, which is the second week of October.

LaPolice, American Red Cross Services to the Armed Forces regional manager. “All of our lines of service are engaged in preparedness.”

Fire inspectors from the Fort Riley Fire Department Headquarters passed out oven mitts, night-lights, plastic fire hats and more to visitors of their booth. The fire department personnel provided information about the importance of smoke alarms and changing the batteries twice a year, fire prevention in the home, as well as other information. They said part of their attendance at the fair was also in preparation of Fire Prevention Week, which is the second week of October.

Two Airmen from the Air Force Weather Detachment at Fort Riley presented information about weather safety, emphasizing winter weather safety for the coming season. They also set up a static display of a mobile weather station they use during deployments and in the field.

“You want to be prepared with weather, especially winter weather ... Weather can play a big role in a natural disaster, especially in flood zones,” said Staff Sgt. Daniel Webb, Air Force Weather Detachment.

For more information about National Preparedness Month and how to prepare for a disaster or emergency, visit www.acsim.army.mil/readyarmy.



COURTESY PHOTO

LEFT TO RIGHT: Gen. Mark A. Milley, chief of staff of the U.S. Army, is joined by recipients of the Army’s Outstanding Civilian Service Medal – Briana S. Nelson Goff, professor of family studies and human services, and director of the Institute for the Health and Security of Military Families at Kansas State University; Trace Adkins, country music singer and actor; John G. Bunch, founder of Operation Open Arms; and Spencer Kympton, president of The Mission Continues – and Patrick J. Murphy, undersecretary of the U.S. Army.

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THE FIGHTING FIRST!



THEN & NOW



Robert Jackson: A ‘Big Red One’ Soldier

By Phyllis Fitzgerald
SPECIAL TO THE POST

Robert Jackson was born in Bishopville, South Carolina, and raised in Fort Myers, Florida. On Dec. 11, 1968, he was drafted. He completed basic training at Jackson, South Carolina, and went on to train in the military occupation specialty 94B, cook, at Fort Lee, Virginia.

Jackson's first assignment was for one year with the Army Security Agency at Fort Devens, Massachusetts. In September 1969, he was sent to Vietnam for one year with the Headquarters and Headquarters Battalion, 2nd Field Artillery.

In November 1970, Jackson left Vietnam and went to the 4th Medical Battalion, Fort Carson, Colorado. When he re-enlisted, he made a request to attend dental assistant school. In May 1972, he received the assignment to the Dental School at Fort Sam Houston, Texas, and earned a secondary MOS of 91E, dental assistant.

In 1973, Jackson went to Camp Darby, Italy, for three years as a dental assistant and noncommissioned officer in charge of the dental clinic. While in Italy, he was notified that he was being promoted in his primary MOS 94B, cook. Upon departure from Italy, he received an assignment to Fort Gordon, Georgia, to serve as a food service sergeant.

During his assignment at Fort Gordon, Jackson was selected to attend the advanced food service course at Fort Lee, Virginia. After completing that course, he was transferred for two years to T'Harde, Netherlands, as a food service manager and then a further assignment to Dulmen, West Germany.

Jackson's first assignment to Fort Riley was November 1980 where he remained for three years. During this time, he worked as a food service manager with the 2nd Battalion, 51st Air Defense Artillery where he was promoted to sergeant first class.

In September 1983, Jackson was assigned to Izmit, Turkey for two years. Upon completion of this tour, he attended the Food Service Advisor course at Fort Lee, Virginia before being assigned to Fort Riley for one year as the food service manager with the 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division.

Jackson said he has two memorable events in his career, one while serving with the 2nd Battalion, 51st Air Defense Artillery when the unit convoyed from Fort Riley to Fort Bliss, Texas, for live fire training. Another memory was when he was assigned to the 1st Engineer Battalion. He said it was fun to convoy to South Dakota to practice amphibious bridging over fast water.

Jackson went to Kitzingen, West Germany, for three years before returning to Fort Riley once again for a final assignment with Headquarters and Headquarters Company, 1st Inf. Div.

On Jan. 1, 1991, Jackson retired and he and his family chose to remain in the area because they like living here and his children were attending school in the community. He has five children: four boys and one girl. Two of Jackson's sons received college degrees at the University of Kansas and one received an undergraduate degree from Kansas State University and Masters from the University of Kansas. Two sons served in the Army and at one time, he and his sons were in the Army at the same time. Both of his sons served as "Big Red One" Soldiers and were deployed to Kuwait at the same time.

After retiring from the Army, Jackson worked as a substitute teacher with Unified School District 475, Geary Country School District and St. Xavier from 1996 to 2015. He now works for Footlocker and is a house-keeper.

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

Retired major speaks at prayer luncheon

Story and photo by Spc.
Elizabeth Payne
1ST INF. DIV. PUBLIC AFFAIRS

Retired Maj. Scotty Smiley visited Fort Riley Sept. 19, speaking at a prayer luncheon about how in times of great pain, spiritual resiliency carries a person through extraordinary challenges and facilitates the ability for people to achieve goals of the highest degree.

Smiley was the Army's first blind active-duty officer. In 2005, after being wounded by a suicide bomber while serving as convoy commander in Iraq, Smiley lost vision in both eyes. His faith was tested over the next decade as he healed and returned to active service.

"At the beginning of recovery, I was drowning in my despair," Smiley said. "Half my body was paralyzed, my eyesight was gone and the doctors gave me nothing but vague assurances that I would even get out of the situation alive, let alone that I would live a half-normal life again."

But Smiley pushed through the challenge. He said that it was his spiritual faith and support of family, friends and co-workers that kept him moving forward through recovery and back to active duty.

"After prayer with my wife and talking with family and friends and people in the military, I knew it was something I wanted to do," he said of returning to active duty. "I surrounded myself with men and women who believed in the mission."

Maj. Christian Goza, 1st Infantry Division chaplain, remarked that identifying a purpose in life and to uphold core beliefs, no

matter one's spiritual background, are key to upholding a person's spiritual fitness and maintaining mission readiness.

The Comprehensive Soldier and Family Fitness, Army Regulation further explains, "these elements (one's purpose, core values, beliefs, identity and life vision), which define the essence of a person, enable one to build inner strength, make meaning of experiences, behave ethically, preserve through challenges and be resilient when faced with adversity. An individual's spirituality draws upon personal, philosophical, psychological and/or religious teachings or beliefs, and forms the basis of their character."

"What I heard today was remarkable and encouraging," said Pfc. Alexander Nutter, an M1 Abrams armor crewman from Company C, 2nd Armored Brigade Combat Team, 1st Inf. Div.

As a part-time minister of Truth Baptist Church in West Virginia, Nutter understands the value of prayer, taking time to connect with friends and



Retired Maj. Scotty Smiley addresses an audience Sept. 19 as he tells the story of his platoon's convoy in Mosul when personnel encountered a roadside bomber.

listening during others' time in need.

"There are going to be times when you want to give up, and that's a part of life," Nutter said. "Things happen for a purpose, and if those things had not happened I would not be here today."

Smiley's remarks echo that sentiment.

"It doesn't matter what has happened to you. Once you set your mind to it, you can accomplish any goals," he said.

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Firefighters climb to new heights, combat aircraft fires at Fort Riley

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

Situated on Marshall Army Airfield is Fire Station 3 where the firefighters are prepared to combat aircraft fires, conduct rescues at dangerous heights and intervene when hazardous materials get loose.

The primary mission of the seven firefighters at station 3 is prevent, fight and put out aircraft fires, Brian Good, captain at Fire Station 3, said. Secondary missions for the firefighters include combating fires in high rise buildings, rescuing individuals trapped several stories up and, as of August this year, dealing with hazardous contamination.

“We’re a specialized station like anywhere else, but we have more specialties,” Good said.

Of the seven firefighters at the station, three comprise the aircraft fire fighting and

rescue crew and four make up the ladder crew. A battalion chief is also located there. When one crew is called out, the other remains at the station prepared to answer additional calls.

Combating an aircraft fire is no simple task, Good said, due to the time sensitive nature of the fire. There are many factors to consider, including rescuing the crew, getting the fire out before it reaches the fuel or handling it if it does reach the fuel. Additionally, the metal used in the aircrafts responds poorly to water because of the magnesium within the metal.

Firefighters douse the fire from their vehicle, pumping 1500 gallons of a water and foam solution onto it in three minutes.

“It’s a big, mass attack at one time,” Good said.

After the fire is out, firefighters coat everything in a wax. The wax controls carbon fibers that came loose during

the fire. The fibers pose an inhalation risk, so controlling them is vital.

To prepare for combating aircraft fires, the firefighters attended a two-week course, completing about 80 hours of training in the specialty, he said. They also conduct regular training simulations at Camp Funston.

At Fort Riley, aircraft fires are rare, Good said. He believes this is because of how well maintained the aircraft are because of the work the Soldiers put into them and the care and training of the Soldiers themselves.

“For us down here, it’s a lot like an insurance policy,” he said. “We’re here in case something happens, but something rarely happens.”

When fires climb their way up a tall structure or block the exits for individuals trapped inside, the ladder crew is dispatched with the Ladder 1 vehicle. The vehicle

has its own pump and carries water. It also has a ladder that is able to reach 150 feet.

“Our mission is, if we have something in a high rise building, we can set the stick (ladder) up and either hit the fire from the stick or rescue people,” Good said.

As of Aug. 1, the firefighters have also picked up the hazardous material specialty and started preparing the equipment and training to properly respond to calls, Cody Sims, lieutenant at Fire Station 3, said.

There are important differences in responding to calls for each of their specialties. Sims said the speed and equipment needed to prepare for each call can be wildly different as a hazmat call requires a lot of small, specialized equipment that is well controlled versus a fire call, which relies heavily on a rapid response.



Firefighter Charles Barnett, left, Capt. Brian Good, center, and Lt. Cody Sims, right, inspect the ladder on the vehicle Ladder 1 during maintenance Oct. 3 at Fire Station 3. The firefighters of Fire Station 3 – have three different specialties – aircraft fires, high rise building fires and rescues and hazardous material.

“With an aircraft fire, firefighters of station 3 enjoy what they do and put their best effort into every day, he said.

“Everyone wants to be here and everyone comes to work prepared because of it,” Sims said.

Fort Riley spouses receive scholarships

By Chris Cannon
1ST INF. DIV. POST

Four Fort Riley spouses received a portion of \$118,000 in scholarships awarded by the Corvias Foundation to college students for the 2016-17 school year.

The four Fort Riley students are Kelly Damor, wife of Sgt. Nerendra K. Damor, 1st Engineer Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division; Barbara Jovanov, wife of Sgt. Milorad Jovanov, Headquarters and Headquarters Bn., 1st Bn., 5th Field Artillery Regiment, 1st ABCT, 1st Inf. Div.; Martrisha Rodriguez, wife of Sgt. Cordero Rodriguez; and Gabrielle Tellis, wife of Spc. Zaid A. Adams, 2nd Bn., 34th Armor Regt., 1st ABCT, 1st Inf. Div.

Damor is a nursing major, completing her bachelor's degree at Kansas State University. She plans to open an orphanage, school and free medical clinic in India in the future. Damor applied for the Education Grant after seeing a post on Corvias' Facebook page. She was excited to receive the phone call informing her that she had received the grant.

“At first, I didn’t think I had received the grant, because I didn’t receive the phone call until late in the evening,” she said.

special needs have to have in order to learn,” she said.

Rodriguez is a social work major, completing her master's degree at the University of Maryland. After graduation, she wants to work with inner-city women's crisis centers and women's correctional facilities. As a Court Appointed Special Advocate for Children volunteer, she is passionate about advocacy. This passion for advocacy inspired her plan to work with children and adolescents on preventing abuse and violence through education.

Tellis is a health services major, completing her doctoral program online through Walden University. She is going to focus her career on advocating for better military veteran's healthcare initiatives. She is a volunteer with her Family Readiness Group and with minority leadership and mentoring programs.

“I learned about the Corvias Education Grant through an email my husband, Zaid, received,” she said. “The grant will be helpful because I am nearing the end of my student loan limit.”

Tellis chose to go to school online through Walden because of the doctoral courses offered, and because the school is known to work with active duty military and spouses. She is choosing to focus her career on veteran's advocacy initiatives because her family has been involved with the Veterans Administration her entire life. Tellis was born and raised in the Army, and during the time of her father's service, her mother worked for the VA as a nurse.

The application period for 2017 grants is open during the fall, starting Nov. 1 for spouses of active-duty military members.

The education grant is open to students in any phase of education, and it is a \$5,000 one-time award good for use at community and technical colleges as well as traditional four-year institutions.

The Corvias Foundation also provides scholarship programs for high school seniors with a weighted grade-point average of 3.5 or higher. The scholarship program can be used at a traditional four-year institution with an average disbursement of \$12,500 per year. The cumulative total of the scholarship is equal to \$50,000 over the span of four years.

According to the Corvias Foundation website the organization founded in 2006 strives to increase access to educational, internship, mentoring and volunteering opportunities by providing resources and networks.

Additional information about the education grant, financial aid and how to apply for it can be found at corviasfoundation.org.

Soldiers conduct suicide prevention training

Story and photo by Sgt. Takita Lawery
1ST INF. DIV. PUBLIC AFFAIRS

According to the Department of Defense Suicide Event Report, for active-duty military, at least one suicide is committed daily across all the services, causing it to be the second leading cause of death.

Members of the Headquarters and Headquarters Battery, 1st Infantry Division Artillery, conducted suicide prevention training Sept. 27 at Barlow Theatre on Fort Riley.

According to the DODSER, preventing suicide is one of the military's highest priorities.

“It’s very important that all Soldiers are educated on and get the proper training for suicide prevention,” said Sgt. Kimberly Latimer-Ellison, the battery’s chaplain assistant and the initiator of the training.

Instead of conducting the training on PowerPoint slides, like much Army training, skits were performed to give Soldiers a visualization on how to detect when someone is contemplating suicide. Different scenarios were performed on what to look for. Warning signs such as feeling depressed, happier or sadder than normal, giving away prized possessions or verbalizing suicide are some of the indicators to tell when someone needs help.

“This training was incredibly beneficial because it taught us how to identify and help someone who has suicide ideations,” said Spc. Jonathan Haden, a human resource specialist assigned to HHB, DIVARTY.

Latimer-Ellison said one of the best ways to help prevent suicide is to be engaged in the Soldier’s well-being, even when that might appear



Staff Sgt. Christopher J. Estrada (left), a fire support sergeant, and Staff Sgt. Thomas Drummer, an intelligence analyst, both assigned to Headquarters and Headquarters Battery, 1st Infantry Division Artillery, perform suicide prevention skits Sept. 27 at Barlow Theatre on Fort Riley. The skits were performed as part of National Suicide Prevention Awareness Month to educate Soldiers on what to detect when someone is contemplating suicide.

to be intrusive. She said instead of just walking by asking someone how they’re doing, take the time to stop and listen to what they really have to say because something might be wrong.

“As leaders, we should be more involved with our Soldiers,” Ellison said. “Soldiers think that noncommissioned officers are being nosy and want to be in their business, when in actuality we just want to make sure their well-beings are intact.”

Haden also agreed with Ellison’s comment, saying that being involved and knowing the Soldier also builds esprit de corps and trust within the unit.

GUARDIANS Continued from page 1

military occupational specialties.”

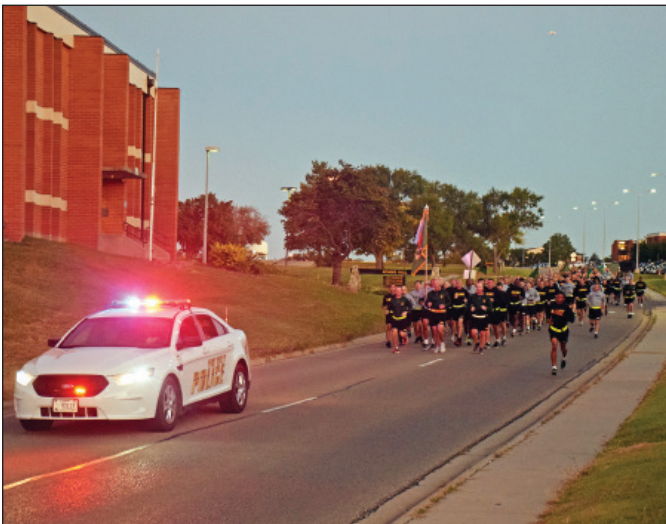
Organizational Day was held at Moon Lake Sept. 27 and canoeing, football, soccer, volleyball and a dunk tank was available for the Soldiers and families. Murray was presented with gifts of appreciation as his change of command ceremony was held Oct. 6 at Cavalry Parade Field.

The MP’s ran a 75-mile relay consecutively throughout the night of Sept. 29 that culminated with a 4-mile battalion run to finish at 6 a.m. the morning of Sept. 30. The regimental command sergeant major

of the Military Police Corps was in attendance for the event as he was also the guest speaker for the final event — the MP ball in Junction City, Kansas the night of Sept. 30.

Sgt. 1st Class Nicholas Barnum, 97th MP Bn., said participating in the week’s events was very meaningful to him because it meant being part of something bigger than himself.

“It’s a great feeling to be a part of the history and tradition of the Military Police Corps,” Barnum said. “It is an honor to serve in the military police regiment during this milestone.”



Soldiers of the 97th Military Police Battalion at Fort Riley ran a 75-mile relay consecutively throughout the night of Sept. 29 that culminated with a 4-mile battalion run to finish at 6 a.m. the morning of Sept. 30. This was one of many events to commemorate the 75th birthday of the Military Police Corps.

TRAFFIC REPORT

HOLBROOK AVENUE RECEIVING UPGRADE

Work on Holbrook Avenue began Sept. 14 and will continue for the next 43 days, barring poor weather or other unforeseen situations that could cause a delay.

According to David Hale of the Directorate of Public Works, the upgrades include changes on the edges of the road. The project area begins at Dickman and continues north on Holbrook to just before Godfrey.

A detour is in place to assist drivers through the area. Please exercise caution.

ACCESS CONTROL POINT HOURS OF OPERATION

The Estes Access Control Point is closed every Saturday and Sunday but will remain open Monday through Friday for privately owned vehicles.

Motorists wanting access to Fort Riley on Saturday or Sunday should use Ogden,

Henry or Trooper gates.

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

The access control point hours are now as follows:

Henry/Trooper/Ogden/Estes:

Open 24/7. Commercial traffic at Estes is required to have an access pass or badge prior to trying to access.

12th Street:

Open from 5 a.m. to 7 p.m., Monday to Friday; This gate will have inbound commercial

vehicle lanes only. Although personally owned vehicles will be allowed access, there will no longer be a designated POV lane. Outbound traffic at 12th Street Gate will not be authorized

Rifle Range:

Closed to all traffic.

Grant:

Open from 5 a.m. to 7 p.m., Monday to Friday; closed Saturdays, Sundays and federal holidays.

Four Corners:

Closed indefinitely to all vehicle traffic.

RILEY ROUNDTABLE

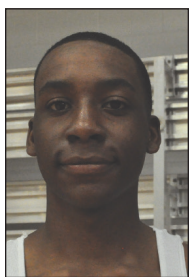
What is the best Halloween costume you have ever worn?



"Last year, I wore an Oakland Raiders jersey."

PVT. JERMANE ROPER
WINTER HAVEN, FLORIDA

300th Military Police Company, 97th MP Battalion



"I wore a Gumby suit a couple years ago."

SPC. RENY HINTON
BALTIMORE, MARYLAND

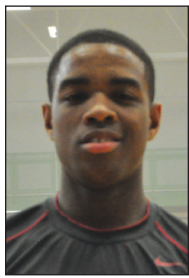
82nd Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division



"I was a 1970s hippie complete with the big afro."

SGT. JOSHUA JACKSON
HOBART, OKLAHOMA

Medical Department Activity



"A ninja."

SPC. DAVONTAE ROBINSON
SACRAMENTO, CALIFORNIA

82nd Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division



"I was a Whoopee Cushion."

MICHAEL CRIMES
ALBANY, GEORGIA

Husband of Spc. Nbushe Crimes, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division

THE 1ST INFANTRY DIVISION POST

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The Post welcomes letters to the editor. Letters should not contain any libelous statements or personal accusations. Letters accepted for publication must include the writer's full name and phone number. Letters may be edited for space, but never for content. Send an e-mail usarmy.riley.imcom.mbx.post-newspaper@mail.mil

SAFETY HOLIDAY



As of Wednesday, Oct. 5, 96 days have passed since the last vehicular fatality at Fort Riley. Fifteen more and the post will celebrate with a safety holiday to take place at each unit's discretion.

Firefighters prepare to share Fire Prevention Week

By Lars Vesper
ASSISTANT CHIEF, FORT RILEY FIRE AND EMERGENCY SERVICES

One of this country's worst urban fires was The Great Chicago Fire that started Oct. 8, 1871, and lasted 27 hours. The worst of the fire occurred on Oct. 9. The fire killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures, and burned more than 2,000 acres.

The origin of the fire has never been determined, but there have been many speculations on how it began. One popular theory was Mrs. Catherine O'Leary was milking her cow, Bessie, when she kicked over an oil filled lamp, igniting the O'Leary barn on fire. With the potential for catastrophic loss in mind, together with this year's National Fire Protection Association's theme, "Don't Wait - Check the Date! Replace Smoke Alarms Every 10 Years" its time to ask: "Does your home have a smoke alarm? Do you know where they are in



Lars Vesper

your home? Do you know how to change the battery and how often? Did you know smoke alarms have an expiration date?"

According to the NFPA, most homes have them. But, are they tested regularly, and do occupants know how old their smoke alarms are? Not truly a question to ponder when catastrophe strikes, as it did that fall October day in Chicago.

Soldiers, civilians and their family members need to do their

part as well, making Fort Riley a safer place to live and work. Everyone should inspect their areas at work and take measures necessary to prevent fires.

The majority of facilities on Fort Riley, to include family housing quarters, have smoke alarms. Housing residents can check their smoke alarms by pressing the test button, which should sound an audible alarm. If the alarm on the detector does not sound, immediately notify the Corvias family housing office.

The smoke alarms in the barracks and administrative areas work differently and are not designed to be tested. If you are unsure how to check your smoke alarm, call the Fort Riley Fire Prevention office at 785-240-2038 or 785-240-3713, or ask one of the professional firefighter's on post.

The NFPA standards require smoke alarms be replaced every 10 years, and although it's NFPA's 2016 campaign, it's Fort Riley Fire and Emergency Services

responsibility to educate and get the word out that smoke alarms save lives.

Fort Riley Fire Department firefighters will be promoting Fire Prevention Week, Oct. 9, with their Fire-Safety Trailer, providing educational briefings and demonstrating how to check your smoke alarms expiration date. We have also reached out to the USD 475 schools to include educating children and young adults about fire safety and smoke alarms within their homes.

Fort. Riley Fire and Emergency Services reminds everyone to test your smoke alarms every month, and replace the batteries twice a year when clocks are adjusted for daylight savings, in March and November, or when they intermittently chirp, signaling a low battery.

For more information on smoke alarms or the 2016 Fire Prevention Week's campaign, "Don't Wait: Check the Date! Replace Smoke Alarms Every 10 Years," call the Fire Department, or go to: www.firepreventionweek.org.

Express Scripts pharmacy network changing for TRICARE beneficiaries

TRICARE

Express Scripts, Inc. announced upcoming changes to the retail pharmacy network it manages on behalf of TRICARE. On Dec. 1 Walgreens pharmacy locations will join the network. CVS pharmacies, including those in Target stores, will leave the network on the same day. The new network will have more than 57,000 locations nationwide, and ensures TRICARE beneficiaries have timely access to retail pharmacies in their community.

Express Scripts, Inc., is the TRICARE pharmacy contractor, responsible for

developing the pharmacy network. Express Scripts, Inc., reached a new network agreement with Walgreens, which will replace CVS pharmacy in the TRICARE network. This change is intended to provide better value and maintain convenient access for beneficiaries. The addition of Walgreens into the network means that 98 percent of TRICARE beneficiaries will still have a network pharmacy within 5 miles of their home. Find a network pharmacy at www.express-scripts.com/TRICARE/pharmacy/findpharmacy.shtml.

If beneficiaries chose to fill a prescription at CVS after Dec. 1, it will be a non-

network pharmacy. This means they will have to pay the full cost of the medication up front and file for partial reimbursement.

Staff with ESI and TRICARE are working to notify all beneficiaries of this change and ensure that people currently using CVS have time to switch to another network pharmacy. Staff with ESI is providing additional outreach to patients filling specialty drugs at CVS pharmacies to ensure they can move their prescription with no gap in their prescription coverage.

Visit www.express-scripts.com/TRICARE/index.shtml for more information on this change.

Kansas National Guardsmen to provide identification card support

By Katie Horner

KANSAS ARMY NATIONAL GUARD
PUBLIC AFFAIRS

The 997th Brigade Support Battalion will provide identification card support and information updating in the Defense Enrollment Eligibility Reporting System for several outlying Kansas communities during October and November.

Dates and locations for the outreach at Kansas Army

National Guard armories are:
Oct. 18 to 19: 1200 N. State St. Norton, Kansas
Oct. 20 to 21: 207 Rochester St. Smith Center, Kansas

Oct. 25 to 26: 470 S. Range Ave., Colby, Kansas
Nov. 1 to 2: 101 Armory Rd., Pratt, Kansas

The outreach is aimed primarily at retirees and dependents who have ID cards expiring through February 2017 and anyone whose

identification has their Social Security number on it.

Two forms of identification are required; the following are acceptable forms:

Primary: Unexpired photo ID (military ID, state driver's license, state/federal ID, U.S. passport)

Secondary: Social Security card, birth certificate, expired military ID

Dependents will need to bring their sponsor to sign DD-1172.

To update information in DEERS the following items may be needed:

- Birth or death certificate
- Marriage license
- Divorce decree
- Adoption papers
- Court orders for foster care or ward of children

It is suggested that anyone needing a new ID card make an appointment to avoid waiting long periods. To make an appointment call 785-646-6427/6429/6438/6431.

Protect your house during winter months while home, not

By Dawn Douglas

GARRISON SAFETY OFFICE

As the weather gets colder, we may find ourselves home at lot more. Protecting our home and family from dangers both seen and unseen make for a healthy happy home.

Is it possible to "accident-proof" your home? Accidents will happen, but it is possible to lower the risk of accidents by taking a common sense approach to safety:

- Keep interiors and exteriors well lit. This is important at nighttime and in winter when daylight is not very effective. Critical areas that need to be illuminated are the stairs, outdoors and foyers.
- Keep appliances safely stored, as they could be dangerous especially around kids. Make electrical outlets safe by using safety plugs to child proof them. Keep sharp objects like scissors, knives, weapons and matchboxes out of reach.
- Trained professionals should perform repairs to appliances and yard or gardening machines. Many home accidents are the result of improper tampering with appliances, lawnmowers and trimmers.
- Maintain caution when driving vehicles in or out of your home. If you are backing the car up, watch for children and pets on the road.
- Make sure you don't leave stuff on stairs. This may cause people to trip and fall. Be watchful when clearing snow from pathways that you do not heap it up in areas where people might walk.

Accidents are not the only dangers in the home. Did you know that according to the 2010 Crime Clock Statistics reported by the FBI, every 14.6 seconds, one burglary takes place? Protecting your home from unwanted intruders, especially when you are vacationing during the winter months requires a comprehensive plan:

- Do not share information about working or school hours. Family members should avoid telling people about schedules and routines. Do not put personal information online and never respond to voicemails.
- Ensure locks and bolts on doors and windows are in order and tamper-

proof. Keep an eye out for suspicious characters and never invite strangers into your home. Teach your children not to entertain queries from strangers.

- Bolt all external doors when you are planning to be away. Locked doors make it more difficult for burglars to enter your home and might discourage or prevent them from breaking in.
- Don't leave house keys hidden outside your home. A burglar might locate the keys and unlock an outside door to your home.
- Install a home alarm system. It's the easiest and best way to monitor and protect your home against possible break-ins.
- Make sure shrubbery and trees don't hide doors and windows. Shielded entrances can provide greater cover for burglars to enter your residence unnoticed by neighbors and passersby.
- Inform neighbors and the police if you are going to be away. Stop all postal mail and newspaper deliveries, as stacks of these materials will attract attention, making your house a target for break-in.
- When you are away, carry emergency telephone numbers of the local police, county sheriff's office and nearby neighbors. Having these numbers handy can decrease the time it takes you to call for help.
- Consider utilizing a house sitter while you are away from home. The presence of a person within your home could prevent a possible burglary.

According to the National Fire Protection Association, in 2015, there were 1,345,500 fires reported in the United States. These fires caused 3,280 civilian deaths, 15,700 civilian injuries, and \$14.3 billion in property damage. One home structure fire was reported every 86 seconds. Protecting your home from accidental fire can increase your peace of mind:

- Install smoke detectors, preferably on each level. Smoke detectors help save lives and property with early-warning mechanisms. Observe all instructions regarding smoke detectors.
- Maintain and test smoke detectors periodically. Replace smoke alarm batteries twice a year — a good reminder is when time changes to and from daylight

saving time. If the detector is giving out a signal, it may be a sign the battery is low. The alarms should be replaced every 10 years.

- Keep an eye out for potential fire hazards. Look for hazards such as frayed or torn cords on electrical or electronic devices. Watch out for heaters that are too close to flammable items such as clothing, fabric, books, magazines or old newspapers. Electrical problems should never be neglected.
- Avoid electrical fires by unplugging all electronic devices and appliances after use. Plugged-in appliances and electronic devices are fire hazards.
- Keep matchboxes and lighters out of reach of children. Children are fascinated with fire, and curiosity can get dangerous. Keep temptation at bay by keeping matches and lighters locked away.
- Many home fires begin in the kitchen, remain vigilant when cooking or baking. It's always best to be cautious and exercise care in attending to areas that are prone to fire accidents.
- Have an emergency fire-exit plan handy at all times. Family members should be aware of this plan, and safety drills should be routinely conducted. Escape plans have helped families be safe when in fires happen.
- Always exercise caution when using candles. Candles placed too close to other flammable items will cause them to catch fire. Have proper candleholders, protective covers and extinguishers for candles.
- Take care of fireplaces or wood-burning stoves that you use during the winter. Ensure proper safety and upkeep of such devices and keep children out of reach of fire.
- Teach children about the hazards of fire and ensure they are aware of fire safety rules. Remember, the wellbeing of your family is important and everyone is responsible in understanding the hazards of fire.

Protecting your home is a strong pillar of personal safety. Mitigating those risks that might cause irreparable damage, loss of life or loss of peace and security are worth the investment. If you would like more home safety tips, please contact the USAG, Safety Office, at 785-240-0647.

The next USAG Resilience Day Off is

OCT.
11

Fort Riley garrison employees recognized at monthly ceremony

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

Employees of the U.S. Army Garrison Fort Riley were recognized Sept. 26 in a ceremony at Ware Parade Field. Matt Olday from the Directorate of Plans, Training, Mobilization and Security, was named the Employee of the Month for August and received a \$500 check from the garrison. In addition to performing his regular duties

as an air traffic controller, Olday took on the lead role in training military controllers as well as three newly hired civilian controllers. According to Olday's nomination, he provided live and simulated training resulting in one Soldier earning a Federal Aviation Administration control tower operator rating directly influencing the unit's warfighting readiness with upcoming deployments.

Troy Mattingly, manager of the Marshall Army Air Field and Olday's supervisor, spoke about the work Olday completed during August to receive the award. He said controllers have two important roles: imparting situational awareness to pilots and training those who are coming behind them to operate a facility like the airfield at Fort Riley. "Matt and his guys go a long way in ensuring when Soldiers get down there they are able to impart the years of wisdom they have," Mattingly said. "I appreciate everything you do every day and I know the Soldiers at the Combat Aviation Brigade appreciate it too."

Christian Bishop from the Directorate of Family and Morale, Welfare and Recreation was also named the Employee of the Month for September and Employee of the Quarter for the fourth quarter during the Garrison Awards Ceremony Sept. 26 at Ware Parade Field.

Bishop's ability to be able to step up and take on a challenge. "When the need came, she said she would go to business operations and run a losing business – one that was struggling," Roudybush said. "If any of you have been there



Christian Bishop from the Directorate of Family and Morale, Welfare and Recreation was also named the Employee of the Month for September and Employee of the Quarter for the fourth quarter during the Garrison Awards Ceremony Sept. 26 at Ware Parade Field.



Matt Olday from the Directorate of Plans, Training, Mobilization and Security, was named the Employee of the Month for August and received a \$500 check from the garrison during the Garrison Awards Ceremony Sept. 26 at Ware Parade Field.

RETIREMENT Continued from page 1

wanted to be and the kind of example of a citizen that we wanted to be." During the ceremony, Wiggins reflected on how the Army has changed so much since 1983 when he joined. He reminisced about what popular music and movies were out during that time, the bell bottoms and long Jheri curled hair that was popular, how the Washington Redskins were Super Bowl champions and how the Army uniforms have changed several times. "Just as things have changed since 1983, the Army has also changed throughout the past 33 years and I've had the distinguished honor to serve," Wiggins said. "Throughout all the changes, there's one thing that remained constant, the

things that I'm thankful for — family and friends." During the ceremony, Wiggins and his wife, Annette, were presented various awards. Annette was awarded the Civilian Meritorious Volunteer Service Medal, Department of Defense Certificate of Appreciation and the Lady Victory pendent. Wiggins was awarded the Defense Service Medal, the Mexican Military Merit Medal-First Class and a certificate of appreciation. Wiggins will go on to serve as the executive director of the Kansas Governor's Military Council. "As this chapter draws to an end, I will miss putting on a uniform and standing next to some of the finest people this nation has to offer," Wiggins stated.



Sgt. Takita Lawery | 1ST INF. DIV. PUBLIC AFFAIRS Staff Sgt. Miguel Ramirez with Headquarters and Headquarters Battery, 1st Infantry Division Artillery, presents Lt. Gen. Perry L. Wiggins, former commander of United States Army North, a canister shot from the last round fired Sept. 30 during his Victory with Honors and retirement ceremony at the division's headquarters on Fort Riley. The canister of the last round fired signified the last day as a lieutenant general in the United States Army.

HOSPITAL Continued from page 1

also move to the new hospital. Operations at Flint Hills Medical Home in Junction City will not be affected by this transition. Soldiers seen through Soldier Centered Medical Homes at Farrelly or Custer Hill Health Clinics will not be affected either. Primary care beneficiaries affected by the move will receive an official letter indicating their medical home at the new Hospital. Patients are encouraged to use the two-story parking structure adjacent to the new hospital's main entrance. As of Oct. 16, parking spaces in front of the Emergency Department are for patients only. For the latest updates about the transition to the new hospital, visit the IACH Facebook page at www.facebook.com/irwinarmycommunityhospital.

Students delve deeper into health care at new Irwin Army Community Hospital

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

Seventeen students from Junction City High School toured the new Irwin Army Community Hospital Sept. 30. The students are a part of Health Science II class, which is a fourth year course for students participating in the health care career track program at the high school. Junction City High School has 12 different career path programs that help students jumpstart their education for their degree.

“We have a STEM pathway — science, technology, engineering and math,” said Nancy Dettmer, health science teacher at Junction City High School. “We have law and public safety, we have agriculture, which is starting now (with) an ag (agriculture) and natural resources pathway, which I think is the second year for it. We have architecture. I mean, you name it, we’ve got it and we try to give these experiences for kids outside of school so they can see what will happen in their career and determine their pathway.”

The students touring the facility ranged in interests from becoming surgeons to midwives and nurses, Dettmer

said. The tour was intended to help each student develop a greater understanding of the health care field and which area they wanted to enter by seeing a new facility, the equipment used within it and having the opportunity to speak with Lt. Col. Jarett Skinner, an obstetrics surgeon at the hospital. Skinner also gave the students the tour of the surgical areas.

“They have an interest in the career of health care once they graduate, so I feel like it’s important for them to tour a facility like this to see how it functions, all the different opportunities for them in the health care field because the sky is the limit as far as jobs go,” Dettmer said.

Joceylin McDonald, 16, daughter of Warrant Officer 3 Timothy McDonald, Division Headquarters and Headquarters Battalion, 1st Infantry Division, said the tour really helped her to solidify her decision to continue her education in the health care field.

“It was inspiring to see how this hospital will interact with the patients and allow them to feel like they’re at home,” McDonald said. “I think this just expands my reasoning for why I want to go into the health care system.”



Students from Junction City High School listen to Lt. Col. Jarett Skinner, obstetrics surgeon, explain the procedures of a medical operation Sept. 30 during a tour of the new Irwin Army Community Hospital. The students are part of a Health Science II course, which is a fourth year course for students interested in entering the health care field.

McDonald also spent the summer volunteering in the Labor and Delivery wing of the old Irwin Army Community Hospital, so this tour was her first look at the new facility.

Dettmer said she believes her students learned a lot from the tour, especially when they were able to talk with Skinner about surgical procedures and the importance of sterilization. She said she hopes her students see just how many opportunities and chances they have in both the civilian and military sectors

Public Works conserves energy, uses available resources

By Andy Massanet
1ST INF. DIV. POST

Efforts by Fort Riley Directorate of Public Works staff to conserve energy and use available resources more efficiently will get a boost in the final weeks of 2016.

The garrison’s DPW is anticipating an award for the Energy Savings Performance Contract sometime between Dec. 15, 2016 and Jan. 1, 2017 through the Huntsville Corps of Engineers Center of Excellence.

The ESPC is a third party financing tool that guarantees energy savings dollars for the installation, said Dan McCallister of the Operations and Maintenance Division, Utilities and Energy Branch, Directorate of Public Works.

“With the decrease in operating budgets are the mission requirements that continue to go up,” McCallister said. “That means we have to find ways to reduce costs. We can do that through a combination of better technology and greater efficiency.”

According to the U.S. Army Corps of Engineers website, the USAESC in Huntsville “is considered the Army’s expert in Energy Savings Performance Contracting.”

Coordination with Army garrisons Energy Service Contractors results in the availability of “capital and expertise to make comprehensive energy and water efficiency improvements on facilities or implements new renewable energy capabilities,” the website said.

The most recent ESPC assessment concerned the Custer Hill area, said Mike Witmer, Utilities and Energy Branch Chief of the Directorate of Public Works.

“The Custer Hill area represents the first phase of ESPC improvements,” Witmer said. “Other areas will be addressed in subsequent phases.”

The other areas will include Main Post and Camp Funston. Witmer added that the phases following the Custer Hill phase represent separate contracts and will require separate awards.

According to Witmer, past assessments recommend the following steps be taken to reducing energy consumption,

- both at Custer Hill and elsewhere:
- Turn off lights that are not needed during the day, which reduces the amount of cooling required as well as reducing electricity usage
 - Turn off all lights at the end of the day.
 - Turn thermostats lower in the winter, higher in the summer before going home or on leave
 - Using fans in office spaces to reduce cooling load
 - Reporting doors and windows that do not close/seal properly
- The Custer Hill work, which will be performed by Southland Energy, will cost \$41 million, Witmer said, and will help Fort Riley save \$2.5 million each year in energy costs.

The largest improvement at Custer Hill will be the interior and exterior installation of light-emitting diode, or LED, lighting technology.

The LED type of lighting can use up to 75 percent less energy, and last up to 25 times longer, than incandescent lighting, according to the U.S. Department of Energy website.

The second major improvement will be low-flow water fixtures, Witmer said. Other improvements include newer, more efficient equipment for the central cooling plant. Finally, remotely programmed thermostats will be installed throughout the barracks and administrative buildings.

Also part of the phase one improvements is more efficient airfield lighting for Marshall Army Airfield.

The remainder of Fort Riley will undergo an assessment in the second and third quarters of fiscal 2017 for improvements similar to those at Custer Hill. The construction for those areas is planned for the beginning of the second quarter fiscal 2018.

The end state for Fort Riley, Witmer said, is all exterior lights, and most interior lights, being LED type.

“Also, all of our lavatory and toilet flush valves will be low-flow fixtures,” Witmer said, adding that, with all these improvements accomplished, “Fort Riley will meet our presidential mandate for energy reduction eight years ahead of schedule.”

418th Contracting Support Brigade
Mission and Installation Contracting Command

Nov 15

- 1000-1050 Operational Contract Support for BN/BDE/DIV OCS Staff
- 1100-1150 Acquisition Planning
- 1300-1350 GPC Overview for GPC Supervisors
- 1400-1450 COR Overview for COR Supervisors

NOV 16

- 1000-1050 Independent Government Cost Estimate
- 1100-1150 Market Research
- 1300-1350 Field Ordering Officer (FOO's)
- 1400-1450 Contracting Ethics for COR's, FOO's and GPC cardholders

Nov 17

- 1000-1050 PWS/SOW/PRS
- 1100-1150 Quality Assurance
- 1300-1350 Contracting Officer's Representatives Tracking Tool
- 1400-1450 CPARS

MICC Training Objective

MICC Riley staff will host quarterly training to educate contracting support customers in acquisition planning, requirements definition, requirements package development, contract surveillance, and ethics in government contracting.

The end state is for FT. Riley organizations and 1st ID to utilize the MICC as a force enabler, providing responsible contracting solutions and oversight.

Register for the entire even or individual classes as needed.

Register for training by Nov. 7 at matthew.j.klempay.mil@mail.mil

All Training will be held at MICC Riley
1792 12th Street

THE USO AND ROADTRIP NATION PRESENT:

THE NEXT MISSION

A documentary about the trials—and triumphs—of military to civilian transition

TRANSITIONING SERVICE MEMBERS:
YOU'RE INVITED TO A FILM SCREENING

ABOUT FINDING WHAT'S NEXT

Still tied to their military identities but eager to redefine themselves in the civilian world three transitioning service members take a life-changing journey to find new purpose.

LOCATION: BARLOW THEATER

DATE & TIME: WEDNESDAY, OCTOBER 12 6:00 PM

Can't make the screening? It's coming to your TV soon!
Learn more about the film at: rtn.is/thenextmission

Want to explore the career advice of fellow veterans or share your own? Go to: veterans.shareyourroad.com

USO

ROADTRIP NATION

Fort Riley Army Family Action Plan
Conference

October 20, 2016 9:00am - 3:00 pm
Riley's Conference Center • 446 Seitz Drive
Advance registration required

Speak Out!
Your Voice Makes A Difference

Issues can be submitted in drop boxes around post,
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'Open Arms' program offers free vacations for redeployed Soldiers

By David Vergun
ARMY NEWS SERVICE

WASHINGTON — Operation Open Arms provides a free one-week vacation in southwest Florida or Maryland for active-duty service members returning from an overseas deployment or assignment.

Since its founding more than 11 years ago, 3,396 troops have taken advantage of that offer, said Merchant Marine Capt. John “GiddyUp” Bunch, who started Operation Open Arms in 2005 to provide service members home on leave with free or discounted services and activities before they return to their overseas duty stations.

For his many acts of kindness and charity, Bunch was presented with the Outstanding Civilian Service Award at the Chief of Staff of the Army Salute during a Twilight Tattoo ceremony at Joint Base Myer-Henderson Hall, Virginia, Sept. 15.

The charity, of which he is the founder and director, has no paid employees, he said. Everyone is a volunteer. He credits a vast network of sponsors for helping defray expenses and donations are accepted, he said.

Operation Open Arms’ website provides more details of eligibility requirements for the free services

offered. For more information visit operationopenarms.org.

THE GENESIS OF OPEN ARMS

After being commissioned a second lieutenant in the Marine Corps in Quantico, Virginia, Bunch traveled to nearby Washington National Airport to catch a flight home. He was wearing his dress uniform, and it was 1969, the year the Vietnam War began.

At the airport, he encountered a group of war protesters who spit on his uniform, he said.

“I took great offense to that, as all good Marines would, and we proceeded to have our issues right there,” he said. “I promised myself that one day I would treat U.S. troops better than what I was treated.”

After separating from the Marine Corps in 1976, Bunch became a well-known fishing guide in south Florida, appearing on numerous television fishing shows.

One day, he was doing a TV fishing show and came ashore for a lunch break at a nearby restaurant. A Soldier at the restaurant, Spc. Travis Downes, recognized him from TV and asked him where he could find the best nearby fishing spot to catch at least one fish before he deployed back to Iraq.

Bunch told him to meet him the following Saturday and he would personally take him fishing. The Soldier

demurred, saying he couldn’t afford Bunch’s services.

“And I said, ‘I don’t recall asking you for money,’” Bunch remembered. “This is something I’m going to do, not just for you, but for me. It will make me feel better about an event that happened in my life a long time ago.”

Downes asked if his father could accompany them since he too was a fan of Bunch’s fishing shows. The three men ended up spending the next day together fishing.

“We couldn’t have asked for a finer day of fishing,” Bunch said. “The fish were everywhere. And, two dolphins were playing near the boat too. It was almost like a magical fishing trip.”

On the way home, Bunch felt so good about the experience that he conceived the idea for Open Arms. It started out small, he said, but then in April 2005, TV’s Today Show featured Bunch and his work with troops. So many emails flooded in that the traffic temporarily shut down his website.

Bunch admitted he never intended to be a founder of a charity, but events in his life steered him to that calling.

Over the years, Bunch has become a famous and respected professional saltwater fishing guide in Florida. He has appeared on countless TV fishing shows, including shows on ESPN, and he has been featured in numerous



COURTESY PHOTO

Merchant Marine Capt. John “GiddyUp” Bunch, a former Marine and current southwestern Florida fishing guide, shows off a snook he and Operation Open Arms participants caught during a day of fishing. Bunch started Operation Open Arms in 2005 to provide service members home on leave with free or discounted services and activities before they return to their overseas duty stations.

newspapers and magazines, including the Florida Sportsman Magazine.

Bunch even met his wife during a TV fishing show, when he was 62. He’s 69 now. The reason service members can choose to vacation in either Maryland or Florida, he said,

is because his wife is from Maryland, and they maintain a residence there as well.

Besides running Open Arms, Bunch still serves as a merchant marine captain, skippering 500-ton and larger vessels around U.S. ports.

SABER FOCUS Continued from page 1

For the Fort Riley air traffic controllers, its all about separation.

With Army aircraft in the air during Saber Focus, it is the responsibility of the team at the radar facility, located at Marshall Army Airfield, to make sure Army aircraft, whether manned or unmanned, operate safely within the Fort Riley airspace.

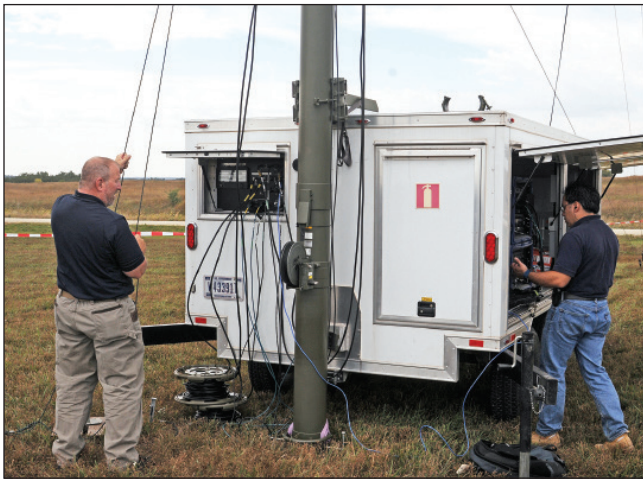
To do that, separation is the name of the game.

“The number-one job of our controllers is to provide a safe and orderly flow of air traffic in support of the 1st Infantry Division and Fort Riley,” said Ralph Millard, chief air traffic controller. “The Army is our main customer.”

To achieve that safe and orderly flow, Millard said, aircraft must have enough room, or separation, to fly. Separation criteria has been established and it is the responsibility of the air traffic controllers to prevent personnel from breaking what Millard calls “the separation boundary.”

John Garafola, air traffic controller, said “we have buffers that help us facilitate arrivals and departures from Manhattan (Regional Airport) and MAAF, as well as from Clay Center and Herington.”

The team at the radar facility is concerned with virtually anything that is launched into the air: helicopters and fixed-wing aircraft from all the services, unmanned aircraft such as Ravens, Shadows and Gray Eagles, and artillery and mortar fire.



ABOVE: Jim Kebbel, left, and Victor Acevedo, technicians who operate the Homestation Instrumentation Training System for the Training Support Center, Directorate of Plans, Training, Mobilization and Security, set up equipment at the mock airfield at the Douthitt Gunnery Complex Oct. 3, in support of the Saber Focus exercise Oct. 2 to 6. BELOW: Air Traffic Controller Keith Land works at the radar console at the Radar Facility at Marshall Army Airfield Oct. 3 in support of the Saber Focus exercise Oct. 2 to 6. Land's work helps maintain safe separation between aircraft over the Fort Riley air space.



Olday said. “We have to look at it both vertically and horizontally.”

Every aircraft emits a transponder code. In addition, the pilots have usually filed a flight plan that helps air traffic controllers track aircraft. The code and the aircraft usually tell controllers the aircraft’s altitude, direction and airspeed.

During an exercise like Saber Focus, air traffic controllers might need to communicate with the ground troops. They do this through personnel who work at the Douthitt Gunnery Complex.

“We don’t talk to ground troops directly,” Garafola said. “We talk to range control and they relay information to them.”

The information may include weather information — important during Saber Focus, for separation criteria and safety.

“Our controllers are constantly prepared for situations involving non-participating aircraft operating outside the restricted area and Army aircraft training inside the airspace that would impact training in a negative way,” said Terry Hogan, radar chief, DPTMS. “This allows the controllers to be mentally prepared to provide the required separation with very little to no effect on military or civilian aircraft operating in and around R3602.”

'Pacesetters' make a difference locally by volunteering

Story and photo by 1st Lt. Megan Coley
541ST CSSB PUBLIC AFFAIRS

Soldiers assigned to the 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade, have volunteered their time to a variety of organizations in the local community throughout the third quarter of 2016.

During Fort Riley’s Fall Apple Day Festival Sept. 10, “Pacesetter” Soldiers and family members banded together to raise funds for the battalion.

More than 30 volunteers helped out in the planning, prepping, set up, cooking, selling and clean-up of the event for a total of more than 250 hours volunteered. Pacesetters sold chili, fried Oreos, apple chips, chips and soft drinks. In total, the volunteers for the 541st CSSB sold more than \$1,500 of food at the festival.

In addition to volunteering at the battalion food booth, Pacesetter Soldiers from 1st Support Maintenance Company, 24th Composite Truck Company and 526th Composite Supply Company volunteered their time with static vehicle displays. 1st Lt. Deen Coleman, a platoon leader in 1st Support Maintenance Company, coordinated efforts across the 541st CSSB for their five static displays at Fall Apple Day. Soldiers showcased their knowledge and expertise of their equipment to families as they walked by or explored the vehicles, ranging from a recovery truck to a Humvee.

In addition to volunteering at Fort Riley’s



Lt. Col Jack Kredo, the 541st Combat Support Sustainment Battalion commander, and Capt. Armejy Koontz, the 1st Support Maintenance Company, 541st CSSB, commander, volunteer at Fort Riley's Fall Apple Day Festival Sept. 10. In the battalion's booth, the volunteers prepared a variety of items for the public that included chili, fried Oreos, apple chips, chips and drinks.

Fall Apple Day Festival, Pacesetter Soldiers and family members also volunteered at the Topeka Huff n’ Puff Hot Air Balloon Rally the evening of Sept. 10 in support of the Topeka Ronald McDonald House Charity.

In 2015, Pacesetters volunteered their time and helped raise more than \$7,500 for the Ronald McDonald House at the Huff n’ Puff Hot Air Balloon Rally. This year, Pacesetters volunteered for a combined 40 hours at the event and hope to beat the amount raised in 2015, which they will find out in October. Pacesetter Soldiers and family members helped take registration, complete paperwork, direct movement and assist with more than 270 hot air balloon tether rides.

“We are so thankful for the continued engagement and support of the Pacesetter volunteers,” Mindee Reece,

chief executive officer and executive director of the Ronald McDonald House Charities of Northeast Kansas, said. “They clearly have a passion for helping us keep families close to their hospitalized children, and their volunteer efforts are critical to the success of our fundraisers and other special events.”

Earlier this year, Pacesetters also supported the Ronald McDonald House’s Denim to Diamonds Event in August and their Pull a Plane Challenge in April.

“Volunteering is a great way to be involved with our local community and I am very proud of how involved our Pacesetter Soldiers and families are each and every day,” said Lt. Col Jack Kredo, the 541st CSSB commander, who also volunteered at the battalion booth during Fall Apple Day Festival, helping fry Oreos and pass out chili.



Vonnice Gunderson presents Master Sgt. Lisa Kirk, Warrior Transition Battalion, with her quilt at the Soldier and Family Assistance Center clamshell Sept. 29.

piecemakers

Quilts of Valor organization distributes quilts, comfort to Soldiers of Warrior Transition Battalion

STORY AND PHOTOS BY CHRIS CANNON • 1ST INF. DIV. POST

The clamshell at the Warrior Transition Battalion echoed with sounds of women's voices, laughter and tears as 45 volunteers from the Minnesota chapter of the Quilts of Valor Foundation arrived at Fort Riley's Soldier and Family Assistance Center Sept. 29 to distribute more than 600 quilts to the Soldiers of the Warrior Transition Battalion. The group arrived in the Flint Hills Sept. 28 and met with local quilters in Manhattan and Junction City as a part of their trip.

The volunteers, led by Jenny Caughey, founder of the Minnesota chapter, and escorted by L'Tanya Pugh, Fort Riley Directorate of Family and Morale, Welfare and Recreation, enjoyed a motor tour of the sights on post. The group visited the Demon Diner to eat lunch with Soldiers and take time to talk with them.



Julie Meyer presents a quilt to Army Reserve Command Sgt. Maj. Leisa Mims, 11th Battalion, 95th Regiment, in Kansas City, Missouri, who also works with the Warrior Transition Battalion. Her husband is Lt. Col. George Mims, the G-3 Air Chief with Division Headquarters and Headquarters Battalion, 1st Infantry Division.

Upon arrival at the SFAC, Lt. Col Douglas Andresen, commander of the WTB, presented Caughey with a plaque expressing the gratitude of the WTB for the group's donation of time and quilts. They were also treated to a tour of the WTB facilities and SFAC before settling into the day's business of distributing quilts.

As the Soldiers of the WTB chose their quilt, it was signed by one of the volunteers in Caughey's group. Some of the volunteers present at the distribution were able to wrap the quilts they made around the Soldier who received it in addition to signing the quilt for the Soldier. Wrapping each Soldier signified the quilt is

"For many of the Soldiers it was the first time they had ever gotten to thank someone for their act of love."

JENNY CAUGHEY
QUILTS OF VALOR,
MINNESOTA CHAPTER

meant to give comfort to the Soldier, and to help the Soldier heal from emotional wounds.

Among those in attendance at the distribution was Maj. David Raines, executive officer of the WTB, a reserve infantry officer who has worked with transition battalions on other installations.

See QUILTS, page 13

Resources available to help families get through deployment

Installation events, programs and services fill time, relay news

By Season Osterfeld
1ST INF. DIV. POST

As Soldiers deploy, their families are left with a void in their daily lives. At Fort Riley, a number of staff and volunteers from multiple organizations across the installation are here to help them through the deployment with events, programs and services. Additionally, Rear Detachment and Family Readiness Groups are present in each unit for family members to get together and get information about their Soldier.

Rear Detachment commanders at battalion and brigade levels can assist dependents with questions or problems, said Maj. Andrew Kulas, Rear Detachment commander for 1st Armored Brigade Combat Team, 1st Infantry Division. However, Kulas encourages family members to contact the Family Readiness Liaisons and FRG leadership first with questions and concerns.

Each Soldier's unit has their own FRG and FRLs. Family Readiness Group leaders receive information through the FRLs and FRG advisers from the unit, battalion or brigade leadership to provide information to Soldiers and

INSIDE

- Contact information for Fort Riley resources available to military families dealing with a deployment
- Reasons for spouses to stay on post during deployments

their families. Keeping contact information accurate and up-to-date with FRG leaders keeps family members informed during deployments, even if that family member has left the area.

"The senior advisers are really the glue for the FRGs because that's who they get a lot of their information from," said Staff Sgt. Christopher Greene, rear detachment family readiness liaison for 1st ABCT, 1st Inf. Div. I forward it out to them, so they get it first ... That's really the chain," "As I get it, they'll get it and then they'll pass it down to the FRGs."

As FRGs vary by unit, there may be different needs communicated by leadership and family members. Many FRG leaders hold events to introduce the families to one another and spend time together, such as with potluck dinners, sports days and movie nights.

"There's a lot of great events planned. I know they (FRG leaders and members) have

See DEPLOYMENT, page 14



Sgt. Dasha Long, Headquarters and Headquarters Company, 2nd Armored Brigade Combat Team, 1st Infantry Division, bends to make it under the bar during Beer Stein Limbo Sept. 30 for Oktoberfest at the Warrior Zone. Long took first place in the limbo contest, even after having to do 10 spins before each try and not spilling the water in the beer steins.

Oktoberfest a huge draw on Fort Riley

Warrior Zone site for festive food, festive games and activities

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

Soldiers of the Better Opportunities for Single Soldiers program teamed up with staff of the directorate of Family, Morale, Welfare and Recreation to host Oktoberfest Sept. 30 at the Warrior Zone.

A special menu of food was available at the Warrior Zone to match the event, including schnitzel and bratwurst. Upon purchasing the festive food, guests received a bib with a lederhosen pattern printed upon it.

Spc. Zachary Smith, BOSS vice president, said the event was a great way for Soldiers to socialize and relax after duty hours without having to leave Fort Riley. He added the event also benefitted the Warrior Zone and BOSS by bringing attention to the facility and program.

"It's a good event for single Soldiers," Smith said. "This is a good way to bring money to the Warrior Zone and BOSS and help both of us."

In addition to food, the event included a number of activities with prizes for first, second and third place at each event. Some of the activities included a keg toss, beer stein limbo and a bucket race.

Mary Redcrow, wife of Spc. Chauncey Redcrow, 1st Combat Aviation Brigade, 1st Infantry Division, recently arrived to Fort Riley and was exploring the area in search of WiFi when she and her husband came across Oktoberfest. She said the event was a lot of fun and she appreciated having the evening away from their kids to have fun together. The couple had so much fun that Chauncey participated and took third place in the keg toss.

As a special treat for the event, the BOSS Soldiers brought in imported beer from Germany for a beer tasting guests over 21 could enjoy.

The beer tasting was one of the highlights for those in attendance. Pfc. Dustin Baker, Headquarters and Headquarters Company, 2nd Armored Brigade Combat Team, 1st Inf. Div., said it was a nice change to have an event directed at adults.

"I usually don't go to BOSS events, but I thought I'd give this one a try," Baker said. "A lot of BOSS events are really Army-themed, but this one is more adult and I appreciate that."

Post-wide yard sale attracts deal-seekers

Event gives people in community chance to get involved

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

Cars lined the streets of Fort Riley neighborhoods as visitors and residents were looking for bargains at the post-wide yard sale Oct. 1. Fort Riley officials offer this semi-annual event during the spring and fall.

Billie Jean Rodriguez, wife of Sgt. 1st Class Armando Rodriguez, 1st Combat Aviation Brigade, 1st Infantry Division, was one of the many hosts of a yard sale in the Colyer Forsyth neighborhood off Trooper Drive. She said the reason she decided to participate was to cleanse her household of outgrown clothes and things she no longer needs.

"It's been great every year that we have done it," she said. "There is usually a good turnout ... I feel like this



Teresa Reaves, visitor from Riley, Kansas, and her daughter, Emma, shop at the annual post-wide yard sale Oct. 1 in the Colyer Forsyth neighborhood at Fort Riley.

"It brings the community onto Fort Riley, and they get to see the military and they get to be part of the community. I like that it helps us get involved in the community."

BILLIE JEAN RODRIGUEZ | MILITARY SPOUSE

neighborhood is really busy, to the point where it is hard to drive through sometimes."

On top of the time spent selling her items, she and a

friend were up late the night before to tag everything with a price and set up the tables in the garage. Overall, she said the yard sale on post brings

about a community awareness from those off post visiting the military families.

"It brings the community onto Fort Riley and they get to see the military and they get to be part of the community," she said. "I like that it helps us get involved in the community."

Rachel Ledoux, wife of Sgt. Andrew Ledoux, 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Inf. Div., and Amanda Pickett, wife of Staff Sgt. Michael Pickett, 1st Sqdn., 4th Cav. Regt., 1st ABCT, 1st Inf. Div., were shopping together at the event. They both said they were looking for toys and children's items.

Ledoux said among their finds was a toy kitchen. She said it is nice that the sales are centrally located on post.

"It's nice to do it all in one weekend," Ledoux said.

Pickett said she has attended the event in every season.

"I love it," Pickett said. "You get really good deals."

FORT RILEY POST-ITS



SOLDIER FOR LIFE TRANSITION ASSISTANCE PROGRAM EVENTS

On Oct. 12 to 14 from 9 a.m. to 5 p.m., a class on Occupational Safety and Health Administration Fall Protection will be held through Barton Community College. The event will be held at building 8388.

On Oct. 27 officers with the Salina Police Department will host an employer day from 10 a.m. to 11:30 p.m. at 210 Custer Ave., Room 118-D on Fort Riley. To sign up for the event contact Sharone Washington, Fort Riley SFL-TA Office, 785-239-9621.

On Nov. 1 and Nov. 2, the USO Fort Riley will host a Hire Heroes Workshop. The time for the Nov. 1 event is 8:30 a.m. to 5 p.m. The time of the Nov. 2 event is 8:30 a.m. to 3 p.m. The location is the Army Community Service main great room, 7264 Normandy Drive, Fort Riley.

On Nov. 3 from 1-2:30 p.m. an employer networking event is scheduled at room 201, 212 Custer Ave., Fort Riley, Kansas

USO AND ROADTRIP NATION FILM SCREENING

There will be a free screening of “The Next Mission” at Barlow Theater, Oct. 12, 6 p.m.

This is a documentary film about navigating military to civilian transition and discovering opportunities that post-military life has to offer.

If you can't make the screening, it's coming to your TV soon. Learn more at roadtripnation.com/roadtrip/operation-roadtrip.

FAMILY ADVOCACY PROGRAM

Parenting after a breakup, cross roads of divorce — will be held at Army Community Service, building 7264 Normandy Drive, Oct. 13 or 20 from 11:30 a.m. to 12:30 p.m. A certificate will be given on completion.

For more information or to register for classes call 785-239-9435.



EYSTER POOL FAMILY GLOW SWIM

The swim will be held at Eyster Pool Oct. 15 from 7 to 9 p.m. There will be a floating pumpkin patch, underwater glow garden, inflatable obstacle course, pumpkin painting and an Xbox 360 giveaway.

The cost is \$12 per family and \$6 single. Pool passes will not be accepted for this event. For more information contact 785-239-9441.

ARTS AND CRAFT CENTER WOOD SHOP NEEDS VOLUNTEERS

The hours of operation for the Arts and Craft Center are Monday and Tuesday 1 p.m. to 8:30 p.m., Wednesday, Saturday and Sunday 9 a.m. to 4:30 p.m., Thursday and Friday closed.

Volunteers are needed in the Wood Shop area. For more information go to 6918 Trooper Drive or call 785-239-9205

FORT RILEY ARMY FAMILY ACTION PLAN CONFERENCE SLATED FOR OCT. 20

A Fort Riley Family Action Plan conference is scheduled for 9 a.m. to 3 p.m., Oct. 20 at Riley's Conference Center, 446 Seitz Drive, Fort Riley.

This is an opportunity for military families to speak out and address important issues. Those issues can be submitted for discussion in drop boxes around Fort Riley, or in person at the Army Community Service office at 7264 Normandy Drive, Fort Riley. Free child care is available for those who volunteer to support of the event.

You can make a difference, participants are needed. Advance registration is required. For more information, call 785-239-9974.

HISTORICAL AND ARCHAEOLOGICAL SOCIETY OF FORT RILEY 2016 GHOST TOURS

The HASFR annual ghost tours will take place Oct. 23 from 4 p.m. to 7:20 p.m. Tours leave every 20 minutes.

The tour will include classics such as the lady in chains and the Custer House teddy bear ghost. The starting point is the corner of Schofield Circle and Godfrey.

The tour is free, but a fast pass to move to the front of the line can be purchased for \$5.

Volunteers are needed. For tour information or to volunteer email hasfrghostess@gmail.com.

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: Nov. 9 and Dec. 7.

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

HIRING AND EDUCATION FAIR

Education Services and the Army Community Service Employment Readiness Program staff will host a hiring and education fair Nov. 17 from 10 a.m. to 3 p.m. at Riley's Conference Center, 446 Seitz Drive, Fort Riley.

The fair will feature schools from around the United State, regional and national employers, Child and Youth Services, Veterans Affairs, KansasWorks, education counselors, financial aid advisors, transition for life counselors and more.

The even is open to all Soldiers, family members, DOD cardholders, veterans, retirees and community members.

For more information contact Education Services at 785-239-6481 or ACS Employment Readiness Program at 785-239-9435.

CUSTER HILL GOLF COURSE

The snack bar is open for business with hours of operation from 11 a.m. to 1:30 p.m. Monday through Friday and closed on Saturday, Sunday, holidays, and training holidays. The menu includes sandwiches and a chef salad.

The driving range is open 24 hours.

NOW SHOWING AT BARLOW MOVIE THEATER

Friday, Oct. 7

Sully (PG-13) 7 p.m.

Saturday, Oct. 8

Pete's Dragon (PG) 2 p.m.

When the Bough Breaks (PG-13) 7 p.m.

Sunday, Oct. 9

Sully (PG-13) 5 p.m.

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.

SPECIAL ADVANCED SCREENING OF JACK REACHER: NEVER GO BACK

You are invited to a free screening of “Jack Reacher: Never Go Back” at Barlow Theater Oct. 15 at 2 p.m.

Tickets are available in advance at both Fort Riley Exchange Food Courts.

The screening is in advance of the release to the public on Oct. 21. Be sure to come out and support these advance screenings so the Exchange can be able to continue these events.

GET A HANDLE ON YOUR FINANCES WITH THIS CLASS

Is dealing with money creating stress for you or your family? Money Management 101 is a course offered free of charge to Soldiers and their families. Pre-registration is not required. Come with your end-of-month leave and earnings statement.

The class takes place at the Army Community Service office at 7264 Normandy Drive, Fort Riley, every Wednesday, 9 to 11:30 a.m.

For more information call 785-239-9435.



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 Soldiers during the month of their birthday. See the USO Fort Riley Facebook page to sign up.

There are also No Dough Dinner Nights and Family Game Nights held monthly. The date varies for these events.

For more details on USO events call 785-240-5326.

WARRIOR ZONE HOURS HAVE CHANGED

Hours of operation are 11 a.m. to 8 p.m. Monday through Friday and 11 a.m. to 9 p.m. Saturday and Sunday.

The Warrior Zone features Wi-Fi, CAC-enabled computers, gaming systems, pool and poker tables, a full-service snack bar, a comfortable setting for relaxation and more.

The snack bar menu features classic favorites as well as healthy choices.

Visit us at 7867 Normandy Drive or you can find more information at riley.armymwr.com/us/riley/programs/warriorzone.

FORT RILEY INFORMATION RESOURCES

- **1st Inf. Div. Post/Fort Riley Facebook**
U.S. Army Garrison Facebook: www.facebook.com/FortRiley
1st Infantry Division Facebook: www.facebook.com/1stInfantryDivision
- **Directorate of Family, Morale, Welfare and Recreation**
DFMWR Website: www.riley.armymwr.com/us/riley
DFMWR Facebook: www.facebook.com/rileymwr/
Warrior Zone Facebook: www.facebook.com/pages/Warrior-Zone/161934627149957
Better Opportunities for Single Soldiers Facebook: www.facebook.com/boss.ftriley
Fitness Facebook: www.facebook.com/rileyfitness/
- **USO**
Website: www.fortriley.uso.org/
Facebook: www.facebook.com/USOFtRiley/
- **Chapels**
Main Post Chapel Facebook: www.facebook.com/MainPostChapelFortRiley
Morris Hill Chapel Gospel Service Facebook: www.facebook.com/MHGSFRKS/
- **Army Community Services**
Website: www.riley.army.mil/Services/Family-Services/Army-Community-Service/
- **Fort Riley Education Services**
Facebook: www.facebook.com/pages/Ft-Riley-Education-Services/305201537460
- **Irwin Army Community Hospital**
Website: iach.amedd.army.mil/
Facebook: www.facebook.com/IrwinArmyCommunityHospital
- **Public Affairs non-computer resources**
1st Infantry Division Post Newspaper located in red boxes in multiple locations on and off post
Website: www.dvidshub.net/publication/678/the-1st-infantry-division-post
(to submit items to the paper message us on the garrison facebook page listed above)
Channel 2 and Electronic signs

COMMUNITY CORNER

Get informed, get involved at home

By Col. John D. Lawrence
FORT RILEY GARRISON COMMANDER

Fort Riley is home to us all, whether we've just arrived as a new Soldier or family member or have been here for years as a civilian employee. In our community, we must work together to maintain or improve our quality of life. In short, people and teamwork are the strength behind making this a great place to work, live and play.

In my first few months here, I've heard some people say, "I wish I'd known about that (event or activity) ... I would have gone to it or volunteered to help out." Whether you're single, married, have children or not, there's always something happening at Fort Riley or in the surrounding Flint Hills area. I'm continually amazed at the number of excellent

leisure programs available and just as impressed with the dedicated volunteers who donate time to help out.

Whether you like sports, crafts and hobbies, learning new skills and information, traveling or just hanging out and playing games, Fort Riley has it all. Events, activities, classes and facilities are available through several sources, such as the Directorate of Family and Morale, Welfare and Recreation, Army Community Service, the Education Center, Warrior Zone and USO Fort Riley.

It takes little effort to track down what's going on any given week — read this newspaper,

follow Fort Riley social media sites, stop by any of our facilities and keep your eyes open for posters around the installation. In this edition of the paper, there's a story about resources for families of deployed Soldiers and a separate box with links to our electronic resources.

There are many benefits to getting out and participating — you can get healthier, learn new skills, do something productive with your leisure time and make new friends outside of work. This is true whether you're a participant or a volunteer. So seek out the information, get up, get moving and enjoy your time at Fort Riley!

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



Colonel Lawrence

WWW.RILEY.ARMY.MIL

SPINNING WHEELS



ABOVE: Sarah Pasquantonio, wife of Maj. Greg Pasquantonio, 3rd Assault Helicopter Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, and their son, Dominic, look at a military police Humvee at the annual Touch a Truck event Oct. 1 in Junction City, Kansas, sponsored by the Dorothy Bramlage Public Library. **RIGHT:** Brayden Czerniak, son of Staff Sgt. Derek Czerniak, 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division, smiles as he pretends to drive a military police Humvee at the annual Touch a Truck event Oct. 1.



Photos by Maria Childs | POST

QUILTS Continued from page 11

"The point of the Warrior Transition Battalion is to help wounded and injured Soldiers transition back to the fight or out into the civilian world," he said. "Many of the Soldiers who come to the Warrior Transition Battalion know where they want to go, and we do our best to make sure that they get there."

The Quilts of Valor Foundation was originally started in 2003 by Catherine Roberts of Delaware. The first quilt was given to a wounded Marine at Walter Reed National Military Medical Center. The foundation grew and, by 2005, had made its way to a town 100 miles away from the Minnesota chapter founder, Jenny Caughey.

The mission of Quilts of Valor is to bring comfort and healing to those who have been touched by war. This extends beyond the Soldiers to the civilians who help and treat them and to the veterans of previous wars.

After attending a parade and receiving a bumper sticker that said "I support my troops" in 2004, Caughey contemplated the meaning of what that support meant. She thought about her son, and what she would have done had he been in the service during the war. The next year, when she heard about the group 100 miles away, she felt the need to go see what it was about. When she got there,



Chris Cannon | POST

Jan Hedberg signs the quilt Sept. 29 at Fort Riley for Spc. Faith Vargas, Headquarters and Headquarters Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade, before the quilt is put in a matching pillow case and given with a handwritten card that is signed by the quilters to Vargas.

Caughey discovered that the quilting circle was the answer to the question of what it meant to support her troops.

The trip to Fort Riley is Caughey's fifth Quilts of Valor trip, but her first time on this post, and coincidentally, her first time in Kansas. Proceeds for the trip were donated by the Underwood American Legion Post 489 through a fundraiser held to pay for the motor coach motel and food costs for the trip.

Her first trip was in 2009, when she and her group of volunteers were invited down to Fort Knox, Kentucky, to distribute the quilts they were sending. For her the trip was an

emotional one. Before then she had not seen what it meant to the Soldiers who received the quilts.

"For many of the Soldiers it was the first time they had ever gotten to thank someone for their act of love," she said.

First Lt. Bryce Thornton, a chemical officer with the Warrior Transition Battalion, and executive officer of Headquarters and Headquarters Company and Community Care Unit agrees.

"It's nice to get an act of love," he said.

And that is what these quilts are to the ladies who made them. They are an act of love given to Soldiers they do not know to help that Soldier heal.

TUESDAY TRIVIA CONTEST



The question for the week of Oct. 1 was: Where do I find information about Family Advocacy Program (FAP), which provides abuse and neglect resources to include crisis intervention, emergency shelter and counseling?

Answer: go to www.riley.army.mil/New-Arrivals/Display/Article/477743/family-advocacy-program-fap-abuse-and-neglect/

This week's winner is Roxanne Ramirez. Her spouse is Spc. Levon Ramirez, 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division.

Pictured, from left, are Regan Ramirez, Spc. Levon Ramirez, Rylan Ramirez and Roxanne Ramirez.

CONGRATULATIONS, ROXANNE!





DEPLOYMENT

Continued from page 11

movie on the lawn, they're going to try to get that off the ground with Morale, Welfare and Recreation," Greene said. "It's more just for the spouses to have the kids and let them out there ... Just let the kids run around out there and the spouses relax."

In addition to FRG leadership, FRLs and Rear Detachment leadership, family members can meet with Commander's Financial Liaisons for assistance on financial needs or referrals for more complex financial situations.

"They get a couple weeks of training or a week of training and then they at least help with a budget for somebody that has never done a budget or a young couple, they can help them do a budget and refer them back to financial advisors," Kulas said.

ARMY COMMUNITY SERVICES

Kulas and Greene both emphasized how closely they work with staff at Army Community Services and said everyone should take full advantage of everything ACS personnel offer.

"That ACS building is like a one-stop shop," Greene said, adding that practically any question Soldiers and families have can be answered there.

Army Community Services staff can assist with needs from counseling to careers, family needs and everything in between. For resources not available through ACS, staff can help connect individuals with the right person to get what they need.

Programs offered by ACS personnel include Resiliency Training and Support, the Family Advocacy Program, New Parent Support Program and more.

Hearts Apart for Waiting Families is a program through ACS to connect families and provide educational workshops, social activities and crafts among others to families of service members away for 30 days or more.

The Hearts Apart Program is one that is stressed to spouses, Greene said. "Every month, basically, they're going to come out with a new project for that program for them (spouses)... It's about getting them out and getting the spouse involved with the local community."

For more information about resources, programs and services available through ACS, visit www.riley.army.mil/Services/Family-Services/Army-Community-Service/, call 785-239-9435 or visit them at 7264 Normandy Drive.

USO

Staff and volunteers at USO Fort Riley offer multiple events and a facility to help families deal with deployments. Events like Family Game Night and Spouses' Sip and Chat are opportunities for spending time together, with friends or making new friends. Additional events like No Dough Dinner can offer a night of peace from cooking or assist with financial stresses as the volunteers and staff host a free meal.

Most importantly; however, is the USO Fort Riley facility itself. Visitors can play video games, watch television, read books, use and computer and more for free.

"The USO has great programs in general, like their game nights, No Dough Dinners and things like that," said Tara Habbab, wife of Lt. Col. Travis Habbab, commander of 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Inf. Div. "Just the USO itself is incredible ... It's an awesome place to have families come to you, the kids can come and play and do so much stuff and you can sit and talk."

For more information about programs, events and more at USO Fort Riley, visit www.facebook.com/USOFtRiley.

CHILD, YOUTH AND SCHOOL SERVICES

Keeping children busy during deployments while giving a parent some time to themselves can be difficult. Staff at Child, Youth and School Services are able to help parents in a

FORT RILEY OUTREACH ORGANIZATIONS

• **Army Community Services**
Phone: 785-239-9435
Website: www.riley.army.mil/Services/Family-Services/Army-Community-Service/

• **USO**
Phone: 785-240-5326
Website: www.fortriley.uso.org/
Facebook: www.facebook.com/USOFtRiley/

• **Directorate of Family, Morale, Welfare and Recreation**
Phone: 785-239-2179
Website: www.riley.armymwr.com/us/riley
Facebook: www.facebook.com/rileymwr/

• **Child, Youth and School Services**
Phone: 785-239-9885
Website: www.riley.armymwr.com/us/riley/categories/cys-services
Facebook: www.facebook.com/RileyCYSS/

• **Red Cross**
Phone: 785-239-1887
Website: www.redcross.org/local/kansas
Facebook: www.facebook.com/Fort-Riley-American-Red-Cross-115213635232800/

• **1st Inf. Div. Post/Fort Riley Facebook**
Website: www.dvidshub.net/publication/678/the-1st-infantry-division-post
Facebook: www.facebook.com/FortRiley

"Just the USO itself is incredible ... It's an awesome place to have families come to you, the kids can come and play and do so much stuff and you can sit and talk."

TARA HABBAB | MILITARY SPOUSE

number of ways. Each month, parents can receive 16 hours of free childcare from CYSS. Hourly, full-day and part-day care is available at the different Child Development Centers across Fort Riley.

"The free childcare, 16 hours through the SKIES (Schools of Knowledge, Inspiration, Exploration and Skills) program, that's huge," said Lisa Cyrulik, wife of Col. John Cyrulik, commander of the 1st CAB.

Once a month, staff of CYSS hold a Parents' Night Out event, providing an evening for parents to go out with friends, have a date or spend some quiet time at home.

Parents can keep kids busy after school and on weekends with youth recreational sports through CYSS. Some sports coached by CYSS volunteers include soccer, flag football, cheerleading and volleyball.

Cyrulik said the CYSS sports programs are excellent financially because they are very low in cost compared to recreational sports with other programs and communities, so when kids lose interest or decide they don't like the activity, is it not as bad of a financial burden.

"Kids are fickle," she said. "You're not out the money when you can't drag your child to practice."

For more information about services through CYSS, visit www.riley.armymwr.com/us/riley/categories/cys-services or call Parent Central at 785-239-9885.

FAMILY, MORALE, WELFARE & RECREATION

For family-friendly and solo activities, personnel of the directorate of Family, Morale, Welfare and Recreation operate multiple facilities and host events throughout the month.

Staff of DFMWR operate the Arts and Crafts Center, which offers classes, Custer Hill Bowling Center, the fitness centers, Outdoor Recreation where Soldiers and families can rent equipment for sports, camping, boating and more, as well as go paintballing or climb a rock wall and many other facilities.

Regular monthly events, like bingo and Cocktails and Canvases at Riley's Conference Center as also hosted by DFMWR personnel. The staff of the Fort Riley Main Post Library also hosts a variety of events throughout the year.

Staff at DFMWR and the facilities work hard to provide fun and meet the needs of Soldiers and their families, said Capt. Katherine LaPonte, Rear Detachment commander for 1st Engineer Battalion, 1st Infantry Division. She also commented on several occasions when DFMWR staff work with other organizations, like FRG leaders, to make events happen for families.

"MWR is fun stuff," LaPonte said.

For more information about programs, facilities, events and services from DFMWR, visit www.riley.armymwr.com/us/riley.

AMERICAN RED CROSS

When emergencies strike, the staff and volunteers of the American Red Cross are able to help. With the emergency messaging system available through phone, online and a mobile application, spouses and family members can get messages to their Soldier regarding medical emergencies, financial crisis, natural disaster, birth notifications, deaths and more. The Soldier's leadership will use the emergency message from the Red Cross to determine if emergency leave needs to be granted for the Soldier.

Additionally, Red Cross staff and volunteers follow up with the family members after an emergency message has been sent out to make sure they have everything they need and if any further assistance is required.

"Our volunteer case workers, once an emergency communication has been initiated, would try to pick up the case within 72 hours of when it's dispatched to us and we like to close the case within a 10-day period, so we just like to check in with the family to see how they're doing, check to make sure if the communication was delivered and to see if the service member was granted leave or not because that depends on their situation at the time and check in to see if there's anything else we can do," said Becky LaPolice, Red Cross Services to the Armed Forces regional manager. "Do they need a leave extension? Do they need financial assistance? Do they need referrals that we can refer them to outside agencies that can help them with whatever they are going through? And to check with them about how we did on the whole message system."

For more information on Red Cross services, call 785-239-1887 or visit www.facebook.com/Fort-Riley-American-Red-Cross-115213635232800/.

1ST INFANTRY DIVISION POST NEWSPAPER AND FORT RILEY FACEBOOK

The 1st Infantry Division Post newspaper and Fort Riley Facebook page have the latest information on events, facilities and programs at Fort Riley. Copies of the newspaper can be found for free inside the red boxes across post at facilities, such as the Commissary and Post Exchange, or online at www.dvidshub.net/publication/678/the-1st-infantry-division-post. Residents of on post housing receive the paper in their mail every Friday.

Find Fort Riley's Facebook page at www.facebook.com/FortRiley/.

During deployment, staying on post can empower spouses

Military families can draw support from post services

By Chris Cannon
1ST INF. DIV. POST

For many young spouses, deployment is a new experience. Some may have experienced the separation from their spouse because of the time allotted for Army Basic Training and Advanced Individual Training, but for others, it may be the first separation.

For young moms like Selenne Cazarez-Mayers, wife of Chief Warrant Officer 2 Enrico Mayers, 1st Squadron, 6th Cavalry Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, who flies Apache helicopters, the first impulse is to go back home to a stable support system with their parents.

The coming deployment cycle will be the first one for Cazarez-Mayers.

She said she made the decision to return home because I want my daughter to be near family, and it will be more cost effective."

Others like Heather Willis, wife of Spc. Colin Willis, 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Inf. Div., discovered that going back home is not the same as when she left.

"There was a lot of drama," Willis said about her home environment. "My family and friends had trouble understanding (the issues that come up with being a military spouse)."

Loneliness is an important factor for spouses staying at Fort Riley when their Soldier leaves for duty.

"One of the biggest problems that young spouses face is the feeling of isolation," said Cheryl Erickson, director of Army Community Service. "Many feel like they have to put their lives on hold for the Soldier while he or she is on deployment."

Friends move on, Erickson said, and the spouse grows in ways those from a pre-military life would not understand. This disillusionment may lead the spouse to have feelings that going home completely defeated the original purpose, which is to be around their support system during an emotionally vulnerable and lonely time.

Erickson is an Army Reserve veteran, as well as a former military spouse. She said in her experience, spouses had a better time during deployments when they were constructive, such as using the time to begin working on an associate's degree or by attending a number of the classes offered through ACS.

At ACS, many of the support staff will say the key to dispelling this loneliness and vulnerability is to build a support system. It may be that the spouse looks to the unit Family Readiness Group for advice or they may decide to reach out and learn about the community resources offered through programs like the United Services Organization or Child, Youth and School Services.

Kristina Springer, career and employment service coordinator at ACS, said some spouses may feel caught because the Soldier has a small paycheck and they are unable to afford daycare, but the spouse cannot obtain a job unless the family can afford to pay for daycare. Springer said spouses in

this situation would benefit from the use of programs offered through Career and Employment Services.

Ashanti Ellis-Corbin, wife of Staff Sgt. Arsenio Corbin, Division Headquarters and Headquarters Battalion, 1st Inf. Div., is the instructor for the Mommy and Me Boot Camp at Long Fitness Center. She said she started up the fitness classes so she could have something to do while her spouse was on deployment. Ellis Corbin said when her husband deployed the first time, she already had a community of people after her father retired from the service. She also said when she really looked at it, she hated the idea of moving because she would spend more than half of the deployment moving back and forth. Since she was also starting her boot camp program at her husband's first duty station in Texas, for her, the cost of moving interfered with her goal of stability and building a community.

Jane Brookshire with the Directorate of Morale, Welfare and Recreation, said staying on or near post was the best choice to make because on post, everything is available. There are services, such as those available through the Exceptional Family Member Program, which takes care of family members with special needs. She also said she benefited from the company of other spouses who are going through the same experience.

"It empowers the young spouse if they can stay on post and make it on their own, because it is a means of proving one's independence and strength," Brookshire said.

For more information about services available to spouses during deployment, call ACS at 785-239-9435.

WWW.RILEY.ARMY.MIL

Sports & Recreation

Striving to be the best

Soldiers compete in national Best Warrior Competition

Story and photo by David Vergun
ARMY NEWS SERVICE

FORT A.P. HILL, Va. — The Best Warrior competition is about much more than trophies and bragging rights, said Sgt. Maj. of the Army Daniel A. Dailey.

The competition serves at least two basic purposes, he said, speaking during the competition at Fort A.P Hill, Sept. 28.

First, the competition builds esprit de corps within the Army. Dailey believes that, when the names of the noncommissioned officer and the Soldier of the Year were announced at the Association of the United States Army Oct. 3, it was sure to resonate with other Soldiers.

Not everyone can be Soldier or NCO of the Year, but others will see their examples and strive to emulate them, he noted. And, that’s won’t be easy.

“These Soldiers and NCOs have been working hard at this for months and months and months,” he said.

Second, even those who don’t win trophies will return to their Soldiers and units with the realization that they can train in a different way.

“(They) can teach the ability to think on the move, and creatively find solutions, because you never know what kind of situation you’re going to be in,” Dailey said.

To make it to the Best Warrior competition, Soldiers must be astute professionals who are prepared to lead Soldiers in a combat environment, according to Sgt. 1st Class Jerod Burghardt, leadership development troop NCO of the Asymmetric Warfare Group.

Burghardt said he and his cadre devised some out-of-the-box training methods for the competition to challenge the Soldiers both physically and mentally.

“We put them in an ambiguous environment that causes difficulties,” he said. “Because they don’t know what they’re doing today. They don’t know what they’re doing in an hour. They don’t know what they’re doing tomorrow.”

The competition involves a multitude of tasks, from skill levels one through three, he explained. “We add to those tasks and we expect just a little bit more than what we’d ask of an average Soldier. We want them to go above and beyond the normal standards.”

Evaluating a Soldier’s performance in the competition means looking at more than just the Soldier’s abilities to shoot and land navigate.

“It goes to their critical-thinking skills: putting a problem in front of them that they might not have



A Best Warrior competitor fires at a target Sept. 28 at Fort A.P. Hill, Virginia. To make it to the Best Warrior competition, Soldiers must be astute professionals who are prepared to lead others in a combat environment, according to Sgt. 1st Class Jerod Burghardt, leadership development troop noncommissioned officer of the Asymmetric Warfare Group.

seen before, and they’ve got to solve it,” Burghardt said. “It’s also based on a time criteria and an execution criteria so if they don’t complete the mission, they don’t succeed.”

Those in the AWG use a methodology called the Adaptive Soldier Leader Training and Education, or ASLTE. It’s designed to go beyond traditional training approaches. Burghardt thinks it could be the future training methodology in the Army.

“In the past eight years since ASLTE was adopted, Soldiers have been saying, ‘I wish I could have been doing this sooner,’” he said.

SOLDIER PERSPECTIVES

Spc. Daniel Guenther, 1st Battalion, 4th Infantry Regiment, from Hoenfels, Germany, said he was inspired to win by the examples of others who entered the competition. He credited his squad leader for mentoring him and giving him the time and resources to prepare.

Sgt. Victor Galvez of the Medical Research Institute of Medical Defense at Aberdeen Proving Ground, Maryland, said he will pass along everything he learned to Soldiers in his command who don’t often get to do this type of training.

Spc. Michael Orozco, a reservist with the 387th Engineer Company in Scottsdale, Arizona, said his first sergeant told him about Best Warrior and he

thought it “sounded like fun.” He said it’s tough mentally and physically, but still, he’s having a good time.

Orozco noted that at the start of the competition, their cell phones were confiscated to prevent cheating.

Asked if it was hard to be without a cell phone to call his wife and friends, he replied that he came into the Army late in life. By his estimation, his age, 31, puts him somewhere on the borderline between the Millennial generation and Generation X. His wife is the same age, so both can easily recall a time before cell phones and social media.

Spc. Robert Miller, 24, of the 74th Ordnance Company, Schofield Barracks, Hawaii, said he was enjoying his time without his phone.

“I love ... to get away from that stuff, branch off, and be with myself or a close group of friends out in the wilderness,” he said. “All of us guys get to connect with each other rather than staring at our phones all day and night.”

Miller has a 3-year-old daughter, who remained behind in Hawaii. “She’s been an incredible motivator for me,” he said.

The specialist said that, after the competition, he plans to encourage some of his friends to compete.

“Someday when I become a leader, I’ll encourage my Soldiers to push themselves and to see what they’re capable of,” he said.

Defense Secretary honors military Olympians, Paralympians

By Lisa Ferdinando
DOD NEWS, DEFENSE MEDIA ACTIVITY

WASHINGTON — Defense Secretary Ash Carter saluted the 2016 active duty Olympians and Paralympians on Oct. 3, praising their contributions to the nation in both athletics and military service.

CARTER HONORS

“I’m immensely proud of everything that all of you have accomplished, and everything you will accomplish in the Olympic and Paralympic Games, in our military and long into the future,” Carter said at the event in the Pentagon courtyard, with many of the athletes in attendance.

He thanked Army Secretary Eric Fanning; Air Force Lt. Gen. Stayce Harris, Air Force vice chief of staff and Air Staff chief; and John Register of the United States Olympic Committee for their participation in the recognition ceremony as well.

‘COULDN’T BE PROUDER’

Sixteen Olympians, four Paralympians and three coaches represented the Defense Department at the 2016 Olympic Games in Rio de Janeiro, Carter pointed out, adding the athletes brought home four medals.

The athletes gave the same dedication, hard work and skill to their athletic endeavors that they bring to the armed forces, Carter said. “And for that, I couldn’t be prouder, or cheer louder,” he added.

They are defending the country, the noblest thing a person can do, he said. Some are new to the military, while some have served around the globe, including in Iraq and Afghanistan, he said. Each athlete, he added, makes the nation stronger and safer every day.

In addition, the athletes are helping the Defense Department “build bridges” with communities in America that are not as connected to the military as they had been, as fewer Americans are serving, the defense chief said. Carter made special mention of Army



Sgt. Amber I. Smith | U.S. Army

Defense Secretary Ash Carter and Pentagon senior leaders honor service members who competed in the 2016 Paralympics and Olympics during a ceremony at the Pentagon courtyard, Oct. 3.

Sgt. 1st Class Glenn Eller, who made his fifth Olympic appearance; Air Force 1st Lt. Cale Simmons, a pole vaulter; Marine Corps 2nd Lt. David Higgins, who shot in the prone rifle event and will start the Marine Corps Basic School this fall; and Navy Midshipman 4th Class Regine Tugade, who was the first Naval Academy plebe to compete.

He noted that Army Sgt. Elizabeth Marks broke a world record in the 100-meter backstroke, winning gold in her Paralympic debut. She also took home a bronze.

In addition, he said, 2nd Lt. Sam Kendricks of the Army Reserve, a pole vaulter, stopped suddenly as he was sprinting toward the crossbar in the preliminary round so he could stand at attention as the national anthem played elsewhere in the stadium.

“With that simple act, he made us proud, and when he later won the bronze medal, he made us all cheer as well,” Carter said. “But in doing so, Sam also reminded everyone watching that these Olympians, Paralympians and coaches to never stop being members of Team DOD.”

SOLDIER FIRST

Kendricks, who is currently assigned to training at Fort Lee, Virginia, told DOD News he was intently focused on his run and didn’t realize Team USA shot putter Michelle Carter was about to be awarded her gold medal. Then he heard the first notes of the anthem, he recalled.

“Immediately, my training kicks in. I stop. I try to find the nearest rising flag and didn’t realize I was on camera at all,” he said.

See OLYMPIANS, page 16

OLYMPIANS

Continued from page 15

He is a Soldier first, he said. “I think it was a moment that any serviceman or woman would have done the same,” he added. “I was just the guy on the track at that moment.”

‘TREMENDOUS HONOR’

For Army Sgt. 1st Class Joe Guzman, the boxing team coach, Rio marked his second Olympics. He was on the coaching staff in the 2012 Olympics in London.

“To be in Rio in back-to-back Olympics, it’s just a tremendous honor, and I was able to represent the Army World Class Athlete Program,” he told DOD News after the event.

It is the “best of both worlds,” the cargo specialist from Fort Carson, Colorado, explained.

“I get to represent all my brothers and sisters in arms, and then not only that, but I get to represent the United States, my family, friends and everything from back home, so it’s just a tremendous honor to represent both sides,” he said.

HOME

send your
vote home

Be Army strong
on election day.

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





By staff from the Military Health System Communications Office

With fall sports in full swing, some parents may be wondering what the risks and benefits are of involving children, whether in elementary or high school, in sports. Military Health System experts weigh in; assuring parents the health benefits of physical activity far outweigh the risks.

“The health benefits of sports are great, and by taking precautions, you can minimize the risks,” said Navy Lt. Cmdr. Jonathan Roth, a sports medicine physician at Fort Belvoir Community Hospital in northern Virginia. Sports have positive effects mentally, physically and socially on children — especially for those in military families, he said.

“While all three categories are important for children, the social aspect is especially beneficial to children in military families,” Roth said. “With regular moves, children often times have to meet new friends at each location (and) sports teams or camps allow children to do activities they enjoy and meet other children with similar interests.”

Children can be involved in sports from a young age. Participating in sports gives children a way to release energy in a more controlled, positive manner, said Roth. From toddler gymnastics to T-ball and soccer, organized sports help teach young children important social lessons like teamwork, sharing and perseverance.

Dr. Jesse Deluca, a sports medicine clinic chief and associate program director of the sports medicine fellowship at Fort Belvoir Community Hospital, said regular physical activity also helps children build cardiovascular fitness and strength.

“You want to build those good, healthy lifestyles for the future because it’s such a benefit to their health if they keep a regular fitness routine,” Deluca said. Exposure to different sports allows children to learn new things, he said.

Before beginning any sport, children and teenagers should be taken to a physician for a health screening or physical.



Sgt. Travis Gershaneck | U.S. MARINE CORPS
Youth participate in a flag football game on Marine Corps Air Station in Yuma, Arizona.

Although the risk of injury is not high in the United States, scheduling a visit with a primary care physician is encouraged, said Deluca. This allows both the parent and the child to address any concerns or questions.

Participation in sports does involve risk, usually of physical injuries. Those that cause the most concern include overuse injury, concussion and fractures or tears, said Roth.

Overuse injuries, regardless of age, tend to be common as muscles, tendons, ligaments and bones get small injuries during activity.

“Your body heals them over time and reinforces them to make them stronger and prevent injury,” Roth said. “Without adequate rest, your body does not have time to heal these small injuries and they can accumulate over time, leading to an overuse injury.”

Another common worry, particularly in contact sports, is a concussion. If a child

has a head injury, no matter how minor, it should be taken seriously and treated appropriately. Fractures can be problematic if they occur around the growth plate (the area of growing tissue near the ends of long bones in children and adolescents). This kind of injury can cause the bone to not heal correctly or not continue growing correctly.

Regardless of the type of injury, Roth encourages parents to talk to their children about speaking up to their coach, trainer or family about any pain they may be experiencing to prevent further damage. Parents and students should also be mindful of competitiveness and how it is being fostered in sports. It should be encouraged in a healthy and positive manner without.

“There should be a level of competitiveness but not something that’s so far out there that this is the competition that ends all things,” Deluca said. “We’re trying to build health through a sport program and not sacrifice health in order to compete.”



Travel & Fun in Kansas



The size of the Geary Lake Falls varies based on how much rain or melted snow and ice has filled Geary State Fishing Lake and caused it to overflow. It's possible to visit and see a waterfall that covers the entire rock face and fills the basin below or see no waterfall at all.



ABOVE: When there has been a heavy rainfall or snow and ice has melted, Geary State Fishing Lake may overflow, creating the Geary Lake Falls. The lake is very quiet most of the day with few visitors. **BELOW:** There is a trail over the Geary State Fishing Lake dam that leads to the waterfall. During mornings and evenings, people out fishing can be seen resting along the rocks at the edge of the lake.



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

Adventure isn't hard to find near Fort Riley. A short trip to Geary State Fishing Lake can lead to an afternoon of wonder at the Geary Lake Falls south of Junction City, Kansas.

After a heavy rain or when snow and ice begin to melt, the lake overflows and creates a 35-foot waterfall.

The roar of the waterfall and babbling of the brook it feeds can be heard from some distance away, indicating the water is flowing even before approaching it.

To get to Geary Lake Falls, take Interstate 70 from Junction City to Highway 77 South, which is exit 295 from I-70. Travel six miles south on Highway 77 and turn right on State Lake Road. State Lake Road is a single lane gravel road. Go about 2,000 feet down the road and turn left on the first turn available. This will lead through a small gate into Geary State Fishing Lake.

Parking is available anywhere a few yards past the gate. There are multiple gravel roads on the right that feed down into a large open

lot commonly used for parking, but these roads are steep and may be difficult for smaller vehicles.

After parking, follow the trail across the dam at the lake's edge. From this trail, many individuals may be seen perched upon rocks fishing at the water's edge. After crossing the dam, the trail curves right into a wooded area. From here, the trail becomes steep and strollers are not recommended.

The trail will fork early on. Turning left leads to the top of the waterfall only a short distance away. Use caution when visiting this area as nature does not come with fences and guardrails.

Turning right at the fork will lead down to the bottom of the waterfall and along the brook where small schools of fish can be seen swimming about.

Sturdy shoes and insect repellent are recommended when traveling to the waterfall. And please remember to take any trash you create with you so others may enjoy the pristine state of the waterfall as well.

For more information about Geary Lake Falls, visit www.kansastravel.org/gearylakefalls.htm.



After following the trail into a wooded area, it will fork. Going left leads to the top of the waterfall. The right leads down the hill to the base of the waterfall.



A brook filled with small schools of fish flows from the waterfall. Depending upon the amount of water overflowing from the lake, the brook can be quite large.