

Assumption of Command, casing of colors for 1st Infantry Division



Staff Sgt. Jerry Griffis | 19TH PUBLIC AFFAIRS DETACHMENT.
Maj. Gen. Joseph M. Martin (left) accepts the 1st Infantry Division colors from Lt. Gen. Sean B. MacFarland, III Corps and Fort Hood commanding general, Oct. 18 during Martin's Assumption of Command Ceremony on Fort Riley's Cavalry Parade Field. The ceremony allowed the Fort Riley and Flint Hills communities to welcome Martin as commander of the "Big Red One" and Fort Riley and served as a casing ceremony for the division, which will soon assume the role of Combined Joint Forces Land Component Command-Iraq, replacing the 101st Airborne Division. In that role, the division headquarters will provide command and control of coalition troops training, advising and assisting Iraqi Security Forces. Check out next week's issue of The 1st Infantry Division Post for more from the ceremony.

THE 1ST INFANTRY DIVISION POST

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www.riley.army.mil

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FORT RILEY, KANSAS

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Ribbon cut on new Irwin Army Community Hospital Oct. 12



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

"We cannot honor you enough, but we can at least provide first-class medical facilities to you for your service," said Kansas Gov. Sam Brownback at the ribbon cutting ceremony of the new Irwin Army Community Hospital Oct. 12 at Fort Riley.

Along with Brownback, Col. John Melton, IACH commander; Brig. Gen. William Turner, deputy commanding general, 1st Infantry Division; Maj. Gen. Thomas Tempel, commander of Regional Health Command-Central; U.S. Sen. Pat Roberts; U.S. Sen. Jerry Moran; and Dr. John Fahey, Irwin family biographer, spoke at the ceremony about the advancements in the new facility and celebration of its opening.

"Our team is well aware of the great gift we are receiving today from the American people," Melton said. "This new hospital represents the unwavering commitment of our nation and military for those who serve and the families who share in that service."

The IACH staff serves about 50,000 beneficiaries, which includes active-duty Soldiers, family members and retirees, according to the fact sheet provided by IACH staff. On an average day, 1,594 clinical patients are seen, 11 surgical cases are handled and three babies are delivered.

Compared to the old hospital, the new one has about 47 percent more space. It is 550,669 square feet, while the old hospital is 380,000 square feet. The new facility also

has an increase in the beds available, such as 19 beds in the emergency room as compared to 12 in the old facility and 13 beds in the labor, delivery, recovery and postpartum unit compared to eight in the legacy hospital, the IACH fact sheet explains.

The labor, delivery, recovery and postpartum unit is a change from the previous facility. This unit allows for the labor, delivery and postpartum care of an infant in the room, as well as having two surgical rooms within the unit, so a patient needing emergency surgery during delivery would not need to be transported far.

"The safety and quality of care is driven by the healthcare team," Melton said. "What the new facility provides to us is it's an enabler for that. For example, we now have what is called labor, delivery, Recovery (and) postpartum rooms, so now when our beneficiaries, when they're going to deliver a baby, they don't have to leave the room. We can deliver the baby, take care of the mother and the family can stay in the same room."

The two-wing, five story building also features a new unit — inpatient behavioral health and psychiatric care. With this new unit, beneficiaries are able to receive care without traveling away from Fort Riley. The unit also has an outdoor patio available to patients surrounded by a garden of flowers and foliage.

"One of (our) new capabilities we have in the new hospital is the inpatient behavioral health

ABOVE: Leaders of the Fort Riley community and state of Kansas, along with partners and Karlie Parinas, center, an employee of Child, Youth and School Services and wife of Sgt. Jess Parinas, 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, with her husband and daughters cut the ribbon on the new Irwin Army Community Hospital at 650 Huebner Road. The two-wing, five story building also features a new unit – Inpatient Behavioral Health and Psychiatric Care.

BELOW: Governor of Kansas Sam Brownback speaks to a crowd at the ribbon cutting ceremony of the new Irwin Army Community Hospital Oct. 12. Compared to the old hospital, the new one has about 47 percent more space. It is 550,669 square feet, while the old hospital is 380,000 square feet.



See HOSPITAL, page 10



STAFF OF THE EXCEPTIONAL FAMILY MEMBER PROGRAM AND NEW PARENT SUPPORT PROGRAM HOSTED FALL FEST AND PUMPKIN PATCH, SEE PAGE 11.



FOURTH GRADERS ARE LEARNING HOW TO RESCUE VICTIMS DURING SWIM PROGRAM, SEE PAGE 15.



VISIT ATCHISON, KANSAS, THE BIRTHPLACE OF AMELIA EARHART AND THE MOST HAUNTED TOWN IN KANSAS, SEE PAGE 18.

'First Lightning' Soldiers certify on weapon system at leaders course

Story and photo by Spc. Elizabeth Payne
19TH PUBLIC AFFAIRS DETACHMENT

Soldiers of the 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, trained on the M109A6 Paladin during a week-long leaders course Oct. 3 through 6 at Fort Riley.

The leaders course, which mirrors the Paladin certification enlisted personnel undertake, includes classroom work, a dry-fire exercise and finally a live fire. "The purpose of training is to further the competency and proficiency of the leaders of the FA on the Paladin," said Sgt. 1st Class Benjamin Walsh, the "First Lightning" howitzer section chief. "Leaders perform artillery skills proficiency tests, crew drills, they learn how to put basic issue items on the vehicle and how to shoot as the gunner and the number-one man."

During the leaders' course, fire direction officers take the place of enlisted Soldiers. Non-commissioned officers facilitate the training while other officers execute the tasks conducted by field artillery Soldiers.

"It is a great opportunity to interact with our leaders of the 1-7th," said Staff Sgt. Nicholas Martinez, chief of section six, 1st Bn., 7th FA Regt. "It is beneficial that they get to see not just one side, but both sides."

Inside the Paladin, the section chief is responsible for operations in the artillery vehicle and is the most experienced, senior ranking Soldier in the crew. He or she ensures that all members of the team communicate fluidly and perform the tasks necessary to operate the Paladin.



Soldiers prepare their rain tarps for a combat rollout on Oct. 5 at the 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, motor pool. Under the rain tarp are the crews' assault packs, range gear and sleep systems. "First Lightning" Soldiers camped out at the range and conducted operations and, later, fired rounds from the Paladin M109A6.

"They (the leaders) can understand the physical labor and the techniques of the job, and it helps them in planning out a more realistic timeline to accomplish mission goals," Martinez said.

Having a chance to man the artillery system firsthand, 1st Lt. Wesley Trumbauer, fire direction officer for, 1st Bn., 7th FA Regt., said he could more effectively sustain fire direction officer duties after having experienced the inner operations of what takes place in the Paladin.

"We get a more transparent view of the battery and all of its moving parts, so we better understand how to do our jobs," Trumbauer said. "For example, if there is an issue with a rammer and the FDO is notified about the repair, we can comprehend that timeline. We can be more conscious of the expectations for repair and communicate about the situation and realistically know what we need to do to facilitate the success of the mission."

Eisenhower honored on his birthday

By Staff Sgt. Jerry Griffis
19TH PUBLIC AFFAIRS DETACHMENT

Leaders from 1st Infantry Division visited the Eisenhower Presidential Library, Museum and Boyhood Home in Abilene, Kansas, Oct. 15 to commemorate the 126th birthday of President Dwight D. Eisenhower.

Brig. Gen. Patrick D. Frank, 1st Inf. Div. and Fort Riley deputy commanding general, and Command Sgt. Maj. Joseph Cornelison, the division's senior noncommissioned officer, laid a wreath at Eisenhower's tomb inside the Place of Meditation.

"It is an honor for the division to be asked and come down to be a part of the laying of the wreath at the president's memorial here in Abilene," Frank said. "We partner with the museum here in Abilene,

and this has been a tradition for the division to come and to be a part of this ceremony."

Although an enduring partnership exists between Abilene and Fort Riley, a historical tie also binds the two communities together. Eisenhower was the supreme commander of the Allied Expeditionary Forces in World War II and gave the order to invade Europe from Omaha Beach. The "Big Red One" was the first on the beaches June 6, 1944.

"It was probably the hinge of the war in Europe and in Eisenhower's life," said Tim Rives, deputy director at the Eisenhower Presidential Library, Museum and Boyhood Home. "I think that's what really made Eisenhower the figure that he was to become ... success of the Normandy landing and then, of course, what that means to the

great history of the 1st ID in the last 100 years."

Rives said the museum and library are always grateful for the support they get from the 1st Inf. Div.

"You can come here to the museum and that is a part of our 100-year anniversary to look back at the history of the division," Frank said, "see the connections that come right here to the root of Gen. Eisenhower in Abilene, Kansas."

Frank said Soldiers at Fort Riley have a great opportunity while stationed with the 1st Inf. Div. to visit Abilene and the Eisenhower Presidential Library, Museum and Boyhood Home.

"He really did dedicate his life toward doing everything he could to make this country a better place to live and a safe place to live," Rives said of Eisenhower.



Capt. Ed Alverado | 19TH PUBLIC AFFAIRS DETACHMENT
Command Sgt. Maj. Joseph Cornelison, left, 1st Infantry Division's senior noncommissioned officer, and Brig. Gen. Patrick D. Frank, right, 1st Inf. Div. and Fort Riley deputy commanding general, lay a wreath at the tombs of President Dwight D. Eisenhower and his wife, Mamie, Oct. 15 at the Eisenhower Presidential Library, Museum and Boyhood Home in Abilene, Kansas. The ceremony was to commemorate Eisenhower's 126th birthday.

Gold Star family members connect through land navigation course

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

Parents, spouses, children and siblings who have been awarded the Gold Star pin by the Department of Defense of the loss of a loved one in the line of duty met for a land navigation course with volunteers from the 287th

Military Police Company, 97th Military Police Battalion, Oct. 15 at a training ground on Fort Riley.

The event was in honor of Gold Star Mother's and Family's Day, which occurred Sept. 25 but was recognized at Fort Riley Oct. 15. Gold Star Mother's and Family's Day is a day to recognize the commitments, sacrifices and

contributions by Gold Star mothers and their families. It also serves as a way to keep the connection strong between Gold Star families and the Army, according to Army.mil on the Gold Star Survivors webpage.

"We're having Gold Star families come up and do land navigation," said 2nd Lt. Joshua Love, 287th MP Co., 97th MP Bn. "The purpose of that is to show them we appreciate everything they have done as Gold Star family members. I mean, their sons, daughters, husbands, wives, family members made the ultimate sacrifice and what better way to show them that we appreciate them than by showing them they're still a part of our family and doing some cool Army stuff."

About 20 Soldiers served as teachers and guides to help the family members locate their three assigned points for the land navigation course. Each family split up into one or more groups with two or three Soldiers and their kit consisting of a map, protractor and compass.

Together with the Soldiers, the family members trekked their way through tall, wet grass and wooded

areas to attempt to locate each of their points in about 40 minutes' time.

"(They're learning) what their family members did and how they were serving ... just to see a little bit of what their family members did in the Army," Love said.

While some groups were only able to locate one point and others got a bit lost, one group was able to find all three of their points and an additional one before returning to the starting area.

Marti Williams, widow of Sgt. 1st Class Justin Williams, was a part of the group who located four points along with her 6-year-old son, Adrian. For Williams, this event was a special one as her husband was a part of the 287th MP Co., 97th MP Bn., and she said he loved to teach and conduct land navigation courses.

As Williams watched her son work with the Soldiers to locate their next point, she said she hopes her son is as skilled at land navigation as her husband was and he finds the same passion for it.

"Hopefully he takes after his father and is just as good at it," she said.

After their course was complete, the family



Pfc. James Vanhorn, left, 287th Military Police Company, 97th Military Police Battalion, assists 6-year-old Adrian Williams, center, son of Sgt. 1st Class Justin Williams, with Pvt. Michael Leone, 287th MP Co., 97th MP Bn. during a land navigation course for Gold Star family members Oct. 15 at Fort Riley. Gold Star family members were invited to Fort Riley to attend a land navigation course in recognition of Gold Star Mother's and Family's Day, which was Sept. 25.

members observed a 97th MP military working dog demonstration and had lunch at Grimes Hall.

Becky Ewing, mother of Sgt. Zachary Ewing, attended the event with her son Trenton Pittman. This was Ewing's first event with the Gold Star organization after Zachary passed in August. She said Brig. Gen. Patrick D. Frank, 1st Infantry Division

deputy commanding general, encouraged her to be a part of the Gold Star organization and helped oversee the memorial arrangements for her son at Fort Riley.

"It's good to be able to keep in touch with other people that are going through the same things and just having things we can do to keep the Army in our lives."

HOOAH

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THEN
& NOW



By Phyllis Fitzgerald
SPECIAL TO THE POST

Randy Robinson enlisted in the Army in 1979 from his home town of Lincolnton, North Carolina. He went for basic training and Advanced Individual Training at Fort Knox, Kentucky, where he attained the military occupational specialty 19D, cavalry scout. He later earned a secondary MOS, 76Y, supply.

Prior to becoming a “Big Red One” Soldier, Robinson’s assignments included Fort Stewart, Georgia, to work as a scout on the M113 Armored Personnel Carrier; the Fulda Gap area of West Germany to conduct reconnaissance along the borders between West and East Germany; and reconnaissance along the Demilitarized Zone in Korea. He returned stateside to Fort Carson, Colorado, as a section sergeant in the 4th Infantry Division and then went back to Bidingen, West Germany, for three years.

He eventually became a Big Red One Soldier when he was assigned to the 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division. After being at Fort Riley for a few months, the unit deployed for Operation Desert Storm where he served as



a reconnaissance scout. When he returned from deployment, he worked in his secondary MOS of supply until retirement as a staff sergeant Feb. 10, 1994.

Robinson’s best memory as a Big Red One Soldier is during deployment for Operation Desert Storm.

“It was G+3—Feb 26, 1991, of the ground war,” Robinson said. “The Division had stopped at Objective Norfolk and we started moving to the Division’s northern flank. Our squadron commander, Lt. Col. Wilson, the S3 (operations), FSO (fire support officer) and ALO (artillery liaison officer) had moved to inspect the screen line in preparation of continued operations. We came under attack by enemy T-72s and T-55s (tanks) in which we engaged and destroyed. After this engagement, myself and Sgt. Marbach, under the

command of 2nd Lt. Lowndes, maneuvered and engaged and destroyed five more enemy tanks.”

He met and married Jacky Trick from Junction City, Kansas, so Robinson said they decided to stay because they enjoyed the area. He worked for more than 10 years with the Job Order Contractor on Camp Funston and he was also self-employed as a general contractor.

“Today I am fully retired and enjoying life, motorcycle riding, spending time with my wife and golfing,” Robinson said. “I am the senior trustee at the Fraternal Order of the Eagles Aeries 830. Additionally, for 40 years I have been a professional umpire for girls fast pitch softball.”

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

K-STATE STUDENTS VISIT COMBAT AVIATION

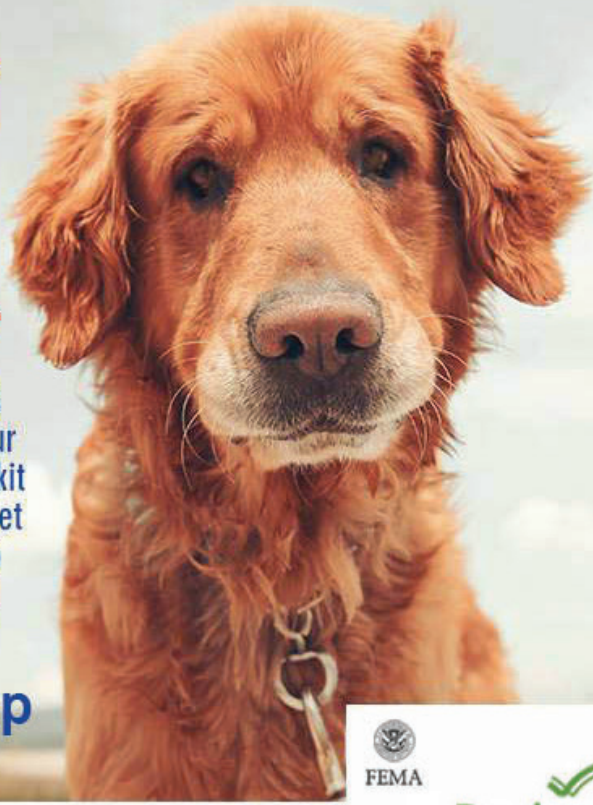


Sgt. Jarrett E. Allen | 1ST CAB PUBLIC AFFAIRS
Chief Warrant Officer 3 Eric S. Cooper, unmanned aerial systems operations officer, Headquarters and Headquarters Company, 1st Combat Aviation Brigade, 1st Infantry Division, takes questions from students after giving a capabilities brief on the MQ-1C Gray Eagle in a hangar on Marshall Army Airfield Oct. 4. The students are with Kansas State Salina Campus Unmanned Aircraft Systems program.

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CHOPPED



COURTESY PHOTO

Competitors put the finishing touches on food preparation during round two of the Chopped event held recently at the Soldier and Family Assistance Center. Six members of the “Big Red One” Culinary Arts Team, also known as “BROCAT”, teamed with Soldiers of the Warrior Transition Battalion for three rounds of competition. The three teams, who competed before three judges, had to collaborate and come up with menus in 30 minutes, using ingredients from mystery baskets. The event provided a safe, fun competitive environment for WTB Soldiers and BROCAT, reinforcing a sense of community, camaraderie and esprit de corps. Staff Sgt. Jesse Peterson, WTB, was crowned the Chopped Champion.

TRAFFIC REPORT

HOLBROOK AVENUE RECEIVING UPGRADE

Work on Holbrook Avenue began Sept. 14 and will continue for the 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

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

Department of Defense civilians, service members must remain non-partisan, apolitical

By Jim Garamone
DOD NEWS, DEFENSE MEDIA ACTIVITY

WASHINGTON — Surveys show Americans respect the U.S. military more than most institutions in the country, in part because it is viewed as non-partisan. Service members and Department of Defense civilians swear an oath to protect and defend the Constitution of the United States. It doesn't matter who is elected or what party that person represents. DOD personnel will follow the lawful orders of the commander in chief.

TRADITION

There is a long tradition of being apolitical in the American military. No one knew what party General of the Army Dwight D. Eisenhower belonged to while he served in the military. In 1948, President Harry S. Truman told Eisenhower he would step down if Ike decided to run as a Democrat. The general waved that offer off, and in 1952, ran and won as a Republican.

In a more recent example, Army Gen. Colin L. Powell waited until he was retired to declare himself a Republican and serve as the secretary of state.

According to DOD Directive 1344.10 and service regulations, active-duty personnel may not engage in partisan political activities, and all military personnel should avoid the inference that their political activities imply or appear to imply DOD sponsorship, approval or endorsement of a political candidate, campaign or cause.

Service members on active duty may not campaign for a partisan candidate, engage in partisan fundraising activities, serve as an officer of a partisan club or speak before a partisan gathering. Active-duty service members may, express their personal opinions on political candidates and issues, make monetary contributions to a political campaign or organization, and attend political events as a spectator when not in uniform.

HATCH ACT

Defense Department civilians are restricted by law in the types of partisan activities they can engage in. It varies by grade, position and agency.

The governing law is the Hatch Act of 1939. The purpose of the Hatch

Act is to ensure that federal programs are administered in a nonpartisan fashion, to protect federal employees from political coercion in the workplace, and to ensure federal employees are advanced based on merit and not on political affiliation, according to information on the U.S. Office of Special Counsel's website. The Hatch Act has been amended several times since first passed in the Roosevelt Administration to cover changing circumstances — the rise of the Internet, for example.

The act defines political activity as “an activity directed toward the success or failure of a political party, candidate for partisan political office or partisan political group.”

For civilians, there are two distinct groups. The more restrictive group includes those appointed by the president and confirmed by the Senate and individuals serving in non-career senior executive service positions; and career SES members, contract appeals board members, and all employees of the National Security Agency, the Defense Intelligence Agency and the National Geospatial-Intelligence Agency.

The more lenient group applies to all other employees, including Schedule C political appointees.

Those in the first group are expressly prohibited from participating in political activity. They cannot engage in any political activity in concert with a political party, partisan political group or for a candidate for partisan political party. Prohibited activities include soliciting or receiving political contributions.

PERSONAL OPINIONS

However, these employees can express their personal opinions, make monetary contributions to a campaign, and attend — but not participate in — campaign events or fundraising functions sponsored by candidates for partisan political office or political parties.

Employees in the second group have a bit more leeway. On their own time, they may volunteer with a political campaign or political organization. Permitted volunteer activities include organizing political rallies and meetings, making phone calls on behalf of a candidate, serving as a delegate to a party convention, and working for

a political party to get out the vote on Election Day.

Federal employees cannot solicit or receive political contributions.

No one can participate in any political activities on government time or using government equipment.

Specifically, an employee may not send or forward political emails, post political messages to a Facebook account or engage in political tweeting on government time or government equipment, or while in a federal building (including when off duty), even if the employee is using a personal smartphone, tablet or computer. Employees should never use government equipment when engaging in political activities.

SOCIAL MEDIA

Social media is ubiquitous these days and the preferred method of communications for many Americans. Personnel may generally express their personal views on public issues or political candidates on social media just as they would be permitted to write a letter to the editor of a newspaper.

But just like a letter, employees and service members must clearly indicate they are not speaking in an official capacity. Any posting must state clearly and prominently that the views expressed are those of the individual only, and not of the Defense Department.

Active-duty military members and civilian employees in the more restricted group are prohibited from participating in partisan political activity. They can “follow” “friend” or “like” a political party or a candidate running for partisan office; they may not “share” or “re-tweet” comments or tweets from the Facebook page or Twitter account of a political party or candidate running for partisan office.

Political Activities and Members of the Armed Forces at www.dod.mil/dodgc/defense_ethics/resource_library/faqs_political_activities_armed_forces.pdf provides social media guidance for military members and Social Media and the Hatch Act at www.dod.mil/dodgc/defense_ethics/resource_library/hatch_act_and_social_media.pdf offers advice to civilian employees on how to avoid violating the rules.

General guidance on the Hatch Act may be found at the U.S. Office of Special Counsel's website at osc.gov/.

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FORT RILEY GUIDE AND DIRECTORY

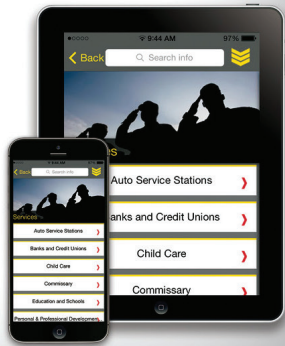
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Irwin Army Community Hospital



PROVIDER



NO-SHOW PATIENT

Missed appointments are missed opportunities for others.



WOULD BE PATIENT



WOULD BE PATIENT



WOULD BE PATIENT

RILEY ROUNDTABLE

What are you going to be for Halloween?



"Lucille Ball is who I am planning on being."

ALEXIS BRYANT
BARRELVILLE, MARYLAND

Wife of Pfc. Anthony Bryant, 101st Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division



"I'm not getting dressed up."

LINDA MCCOWEN
CHAMPAGNE, ILLINOIS

Wife of Chief Warrant Officer 3 Andrew McCowen, 1st Combat Aviation Brigade, 1st Infantry Division



"I'm going to be deployed."

SGT. 1ST CLASS GUS MADRANO
EL PASO, TEXAS

Headquarters and Headquarters Battalion, 1st Infantry Division



"A Soldier, I'll be overseas then."

1ST LT. MATTHEW TACHA
KEARNEY, NEBRASKA

1st Combat Aviation Brigade, 1st Infantry Division



"A witch."

DONNA WILLOWS-TULLBERG
DICKSON, IOWA

Wife of retired Sgt. 1st Class Timothy Tullberg

THE 1ST INFANTRY DIVISION POST

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

SAFETY HOLIDAY



As of Wednesday, Oct. 19, 104 days have passed since the last vehicular fatality at Fort Riley. Seven more and the post will celebrate with a safety holiday to take place at each unit's discretion.

September trial, courts-martial results

STAFF JUDGE ADVOCATE

United States District Court at Fort Riley is part of the United States Federal Court system for the District of Kansas. The court handles all traffic tickets issued to Soldiers and civilians that occur on Fort Riley and all criminal cases against civilians.

SEPTEMBER 8

Teresa A. Warren (Campbell), Fort Riley pleaded guilty to disorderly conduct. District Court sentence: \$50 fine and \$5 special assessment.

Angel L. Malavet-Garcia, Fort Riley pleaded guilty to two counts of assaulting, resisting, or impeding certain officers or employees (law enforcement officers). District Court sentence: 12 months of unsupervised probation, \$200 fine and \$50 special assessment.

Stephanie M. Cardenas, West Hills, California pleaded guilty to criminal damage to property. District Court sentence: \$100 fine and \$10 special assessment.

Diane Clifflins-Underwood, Fort Riley pleaded guilty to criminal damage to property. District Court sentence: \$50 fine and \$5 special assessment.

Jeramie P. Engelman, Fort Riley pleaded guilty to driving while license is suspended or revoked. District Court sentence: \$100 fine and \$10 special assessment.

Ashley E. Meiss, Ogden, Kansas pleaded guilty to theft of government property. District Court sentence: Six months of supervised probation, a \$100 fine and \$25 special assessment.

SEPTEMBER 29

Crystal C. Hollins, Fort Riley pleaded guilty to interference with law enforcement. District Court sentence: \$100 fine and \$25 special assessment.

Louis H. Velez, Manhattan, Kansas, pleaded guilty to theft of government property. District Court sentence: \$25 fine and \$25 special assessment.

Michael R. Henry, Junction City, Kansas, pleaded guilty to no driver's license in possession. District Court sentence: 20 Hours of community service.

Dominica C. Donaldson, Fort Riley, Kansas, pleaded guilty to disorderly conduct. District Court sentence: \$50 fine and \$5 special assessment.

Manilyn A. Smith, Fort Riley, Kansas, pleaded guilty to disorderly conduct. District Court sentence: \$50 fine and \$5 special assessment.

Lazaro J. Rodriguez, Fort Riley, Kansas, pleaded guilty to driving while license is suspended or revoked. District Court sentence: \$10 special assessment.

Devonta D. Bagley, Manhattan, Kansas, pleaded guilty to violating conditions of release. District Court sentence: Imprisonment for 3 consecutive weekends.

SEPTEMBER COURTS-MARTIAL RESULTS

September 20 at a summary court-martial convened at Fort Riley, Pvt. Brandon L. Baugh, Company B, 601st Aviation Support Battalion, Combat Aviation Brigade, 1st Infantry Division, pleaded guilty to five specifications of failing to go to his appointed place of duty and one specification of absent without leave, in violation of Article 86 of the Uniform Code of Military Justice. The summary court-martial officer sentenced the accused to be reduced to the grade of E1, forfeit \$1,044.00 pay, and be restricted for 60 days.

September 26 at a summary court-martial convened at Fort Riley, Pfc. Ticara Y. Mitchell, Headquarters and Headquarters Company, 101st Brigade Support Battalion, 1st Armored Brigade Combat Team, pleaded guilty to one specification of wrongfully using marijuana, in violation of Article 112a of the UCMJ. The summary court-martial officer sentenced the accused to be reduced to the grade of E1 and perform hard labor without confinement for 45 days.

September 20 at a special court-martial convened at Fort Riley, Pfc. Sean L. Tillman, 24th Composite Truck Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade,

was convicted by a military judge, pursuant to his plea, of one specification of drunken or reckless operation of a vehicle, in violation of UCMJ Article 111. The judge sentenced the accused to be confined for 180 days, forfeit \$1,044.00 pay per month for 1 month, and be reduced to the grade of E-1. As part of an offer to plead guilty, a pretrial agreement limited confinement to 60 days.

September 07, 2016, at a special court-martial convened at Fort Riley, Pvt Julio L. Vanderhorst, 116th Military Police Company, 97th Military Police Battalion, was convicted by a military judge of three specifications of absence without leave, in violation of UCMJ Article 86. The judge sentenced the accused to be confined for 142 days, reduced to the grade of E-1, and discharged from the service with a bad conduct discharge. As part of an offer to plead guilty, a pretrial agreement limited confinement to 90 days.

September 28, 2016, at a special court-martial convened at Fort Riley, Spc. Richard D. Dudding, 116th MP Co, 97th MP Bn, was convicted by a military judge, pursuant to his plea, of one specification of assault in violation of Article 128, UCMJ. The military judge sentenced the accused to be confined for 45 days and reduced to the grade of E-3. A pretrial agreement had no effect on the sentence.

Local employment services available

AMERICAN JOB CENTERS STAFF

American Job Centers is a collaboration of partners, including the Kansas Department of Commerce and Heartland Works, Inc. The Junction City, Kansas, and Manhattan, Kansas, Workforce Centers, provides employment services to transitioning service members, veterans and family members. Any individual seeking work, veterans, spouses, students and those looking for a first job or returning to the workforce or businesses seeking employees will find services to meet their needs at no cost. In addition to the regular center staff, we have veteran employment representatives providing tools,

resources and services needed for job search, career planning and training for our veterans.

Please contact staff at the American Job Centers in Junction City or Manhattan or on post at the Soldier for Life or Soldier Family Assistance Center to help you find a career:

- Joe Comfort, veterans employment representative, Soldier Family Assistance Center, 785-240-7167 on Tuesdays and Thursdays or Joseph.Comfort@ks.gov
- Joe is at the American Job Center Junction City on Monday, Wednesday and Friday at 785-762-8870
- Rodney Righter, veterans employment

representative, American Job Center Junction City, 785-762-8870 or Rodney. Righter@ks.gov

- Jason Brantley, veterans employment representative, American Job Center Manhattan, 785-539-5691 or Jason.Brantley@ks.gov
- Jason can be reached on Tuesday and Thursday at the Manhattan VET Center at 785-587-8257
- Yasmin Pena Bruno, workforce services professional, American Job Center Junction City and starting October 31 SEAC on Tuesdays and Thursdays and SFL Monday, Wednesday

and Friday. [Yasmin. PenaBruno@ks.gov](mailto:Yasmin.PenaBruno@ks.gov)

- Jason Yearwood, veterans employment representative, American Job Center Manhattan, 785-762-8870 or 785-539-5691 or Jason. Yearwood@ks.gov
- Jo Brunner, workforce services supervisor, Junction City or Manhattan Workforce Centers - Junction City 785-762-8870 or Manhattan 785-539-5691 or Jo.Brunner@ks.gov

The Junction City Workforce Center is at 1012 A. West 6th Street and the Manhattan Workforce Center is at 205 South 4th Street, Suite K.

Understanding jealousy, preserving trust

MILITARY ONESOURCE

It's completely normal to feel a little jealous from time to time, even in the healthiest relationships. You might feel twinges of it if your partner seems more devoted to work than to you, or when a former love interest comes up in conversation. But there might be a problem if that little green monster grows from pint-sized to super-sized.

THE IMPORTANCE OF TRUST

Trust is an important part of a fulfilling and safe relationship. Although trust often builds throughout the course of a relationship, trust between two people can suffer, especially if there are unresolved feelings of jealousy.

How you and your partner deal with jealousy is crucial to maintaining trust and avoiding more serious problems. Healthy ways to deal with jealousy are to:

- Talk about your relationship
- Speak honestly about how you feel, no matter how painful and scary

WHEN JEALOUSY IS UNHEALTHY

Jealousy is unhealthy when it starts to define a relationship. You might become preoccupied with jealous thoughts and constantly worry about losing the relationship. This kind of intense jealousy can lead to controlling or violent behavior as you try to get control of these feelings and become confident in the relationship.

Some negative things you might do include:

- Trying to keep your partner from spending time with others
- Spying on your partner
- Looking through your partner's belongings
- Insisting on knowing every detail of your partner's activities
- Constantly asking questions about past relationships
- Threatening or intimidating your partner
- Becoming physically violent

GETTING HELP


If you feel overcome by jealousy or are in a relationship with a jealous partner, you don't have to manage the situation on your own. Help is available for you and your partner. A professional

counselor can provide individual counseling to help you sort through your feelings, or work with you as a couple to rebuild trust. Find confidential, non-medical counseling through:

- Fort Riley Family Advocacy Program at building 7264, Normandy, Drive or call 785-239-0435
- Calling Military OneSource at 800-342-9647.
- Call the National Domestic Violence Hotline at 800-799-SAFE (7233) for help with safety planning, and finding resources and services in your community.

If you're fearful for your safety or if your relationship has become abusive, there are people who can help you get safe and stay safe.

Reach out for the support you need to keep your relationship healthy and safe.



October is
Domestic Violence Awareness Month


No one deserves to be abused, and anyone can be a victim.

Speak up:
Be part of the solution

Even simple actions can make a difference.

- Know the warning signs.
- Learn safe and appropriate ways to raise the issue with friends and co-workers.
- Take a stand to stop domestic violence.

For more information, call Military OneSource at 800-342-9647.



The next USAG Resilience Day Off is

OCT.
28





Senior enlisted advisor recruits female Soldiers to lead combat arms Soldiers

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

Sgt. Maj. Tamara J. Gregory, senior enlisted advisor for the Office of the Assistant Secretary of the Army, Manpower and Reserve Affairs, visited Fort Riley Oct. 4 at Barlow Theater to provide an information brief to female Soldiers, noncommissioned

officers and officers on women transferring to Combat Arms military occupational specialties. Gregory said there are about 166 women who have joined the service across the United States to serve in Combat Arms jobs, but those young women need leadership. There has been an insufficient number of female Soldiers and

NCOs transferring into these leadership roles. “These young females that are coming into the Army, could someday be the Sergeant Major of the Army,” she said. “That’s why we need young women like you to motivate them, to mentor them, to provide the motivation (to) keep them in, to show them what is right and wrong about what they are learning about the Army.”

Gregory said there are four companies they are trying to fill with one officer and two NCOs. They have had officers come forward, but are still looking to the NCOs to fill the spots. “The intent of the Army is to have one captain and two NCOs per company,” she said. Gregory said women have an option to declare a secondary MOS before switching their primary MOS to a Combat Arms role. This allows women to be sure of their decision to switch over to a Combat Arms MOS. Female Soldiers with a secondary MOS would be in the role for 24 to 36 months. Gregory said women stepping up to change

their MOS’s would be among the first in their field. Spc. Bernadette Lezar, 82nd Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, was one of the hundreds of Soldiers who attended the brief. “I had no intentions of ever doing anything like this, but Sgt. Maj. Gregory made it sound really enticing,” she said. Lezar said the presentation made her reconsider what she initially thought about changing her MOS to a Combat Arms role. The real eye-opener for her was the occupational physical assessment test, which helps determine physical qualifications for Soldiers to be allowed to serve in a Combat Arms MOS. “I’m looking at these stats and I know I could do all of those easily,” Lezar said. “In the past I’ve thought the combat MOS is not for me, and then I look at that and think I can do it easily.”

In December 2015, Defense Secretary Ash Carter announced all military



Sgt. Maj. Tamara J. Gregory, senior enlisted advisor for the Office of the Assistant Secretary of the Army, Manpower and Reserve Affairs, visits with three female Fort Riley Soldiers following her presentation about women transferring to Combat Arms military occupational specialties.

occupations would be open to women in January 2016, according to an article published on Army.mil on Dec. 3. As long as they meet specific standards, women could serve their country with no barriers for the first time in U.S. history. “They’ll be allowed to drive tanks, fire mortars and lead infantry Soldiers into combat,” Carter said in the article. “They’ll be able to

serve as Army Rangers and Green Berets, Navy SEALs, Marine Corps infantry, airborne parajumpers, and everything else that was previously open only to men.” For female Soldiers who are interested in switching their MOS, contact your unit Retention NCO for more information. “To do this, is you — stepping forward and making history,” Gregory said.



Sgt. Maj. Tamara J. Gregory, senior enlisted advisor for the Office of the Assistant Secretary of the Army, Manpower and Reserve Affairs visited Fort Riley Oct. 4 at Barlow Theater to provide an information brief to female Soldiers, noncommissioned officers and officers to transfer to Combat Arms military occupational specialties.

WWW.FACEBOOK.COM/FORTRILEY

Soldiers from ordnance company place second in national competition

Story and photo by Sgt. Takita Lawery
19TH PUBLIC AFFAIRS
DETACHMENT

Three Soldiers assigned to the 630th Ordnance Company, 84th Ordnance Battalion — Explosive Ordnance Disposal, 71st Ordnance Group, competed in the third annual Department of the Army Ordnance Corps EOD Team of the Year Competition hosted by Fort A.P. Hill, Virginia, Sept. 12 to 16. The team placed second overall.

Sgt. Zachary McDaniel, Staff Sgt. Christian Mason and Spc. Ryan Stratis also competed in and took first place during the 71st Ordnance Group Team of the Year competition June 20 to 24 at Fort Sill, Oklahoma. More than 300 EOD teams across the military competed, but only the top six went on to represent their units.

“We weren’t the best, but I’m pretty happy with the results,” McDaniel said. “Coming in second out of the top six teams,

and 300 teams across the military isn’t bad at all.”

Each team consisted of three people who worked together to accomplish their mission through various simulated situations. The purpose of the event was to train, evaluate and assess the most effective tactics, techniques and procedures employed by the operational field against a spectrum of EOD operations.

“Having the ability to have firsthand experience with this training and competing against other EOD teams gave me teaching tools to take back to my future Soldiers,” McDaniel, an Anadarko, Oklahoma, native, said.

The three teammates explained even though this was their first time competing in the DA competition, they did far better than they thought they would, especially while their focus was on their battalion inactivating.

The 84th EOD inactivated Sept. 30 at Fort Riley. Out of the three EOD companies within the battalion assigned to Fort Riley,

two will remain — the 630th and 774th Ordnance Companies.

“We did better than I thought we would do,” Stratis, of Richmond, Virginia, said. “I think we were kind of the underdogs going into the competition because we were coming from a battalion that was in the process of shutting down. So it was more of a focus on that being a priority than us training and preparing for the competition.”

The Soldiers credited their cohesiveness as a team for their success. Mason said that even though he is losing one of the Soldiers, due to McDaniel moving, he is excited that Stratis, who he worked well with, will remain.

“I’m proud of my team,” Mason, a Pittsburgh, Pennsylvania, native said. “We worked really hard and well together.”

All three team members are recipients of the prestigious Ordnance Order of Samuel Sharpe Award for their demonstrated integrity, moral character and professional competence.



LEFT TO RIGHT: Spc. Ryan Stratis, Sgt. Zachary McDaniel and Staff Sgt. Christian Mason, all assigned to the 630th Ordnance Company, 84th Ordnance Battalion – Explosive Ordnance Disposal, 71st Ordnance Group, pose in front of their vehicle Oct. 13 in the unit’s motorpool at Fort Riley. The three Soldiers competed and placed second overall in the third annual Department of the Army Ordnance Corps EOD Team of the Year Competition hosted by Fort A.P. Hill, Virginia, Sept. 12 through 16.

Airmen conduct low approach training with C-17s at Douthitt Gunnery Complex

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

Two C-17 Globemaster III aircraft piloted by Airmen of the 97th Air Mobility Wing from Altus Air Force Base, Oklahoma, conducted low approach training at Savage Air Strip Oct. 13 at Douthitt Gunnery Complex.

Originally the training was scheduled to have two C-17s conduct landing and take-off training on the air strip and a third conduct low approach training; however, due to soil conditions and timing, the training had to be modified to two aircraft conducting low approach training.

Chief Warrant Officer 2 Patrick Verango, 82nd Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, and his team conducted a compaction test on the air strip to determine how soft the soil was due to recent rains. He said the

surface appears solid; however, the soil below was too wet for a C-17 to land and take off safely.

“The conditions of the runway are too saturated and soft, which will not allow for the birds to land otherwise it will be a safety hazard and more of a liability if something goes wrong,” Verango said.

After conducting the compaction test, Verango and his team determined the ground was too saturated down to about 20 inches below the surface. With damp soil and the weight of a C-17, the aircraft could get stuck.

“The C-17s require a test to be done,” said Col. Doug Snead, 621st Mobility Support Operations Squadron. “It’s called a DCP (Dynamic Cone Penetrometer). It’s a 3-foot rod and you hammer it into the ground and the number of blows or hammers that it takes to drive it into the ground, that tells you how soft the soil is. After you run the numbers, you can determine

whether it’s safe to land or not safe to land and if it’s not safe to land, the aircraft could actually sink and get stuck.”

Despite the setback for landing and take-off training, the pilots still made use of the air strip because of the convenient location, Snead said. Fort Riley is one of the only dirt runways in the Midwest while the majority of other dirt runways are in the Southwest, making Fort Riley a convenient location for many pilots to train.

“There’s not a whole lot of these dirt strips around, so it’s a good draw to get mutual benefit and mutual training,” he said.

The saturated air strip was not the only challenge the Soldiers and Airmen faced to conduct joint training at the air strip. At a nearby gunnery range, another unit was conducting training using AH-64 Apache helicopters, Snead said. This caused concern for a possible collision or encounter, however,

a potential disaster was averted with alternate timing.

“They’re having Apaches doing gunnery at the ranges today, so at first we thought there would be a conflict because they’re just a few miles down, but they’re actually deconflicted by timing,” he said. “Once we started putting the stuff into our scheduling software, that’s when we determined there was no scheduling conflict, so that’s a good safety tool.”

Continued joint training operations like this are important to the success of both the Army and Air Force, Verango said, as it can assist Soldiers and Airmen in understanding what each side is thinking and going through during joint operations.

“I think this is a great joint training opportunity for the Army and Air Force to be able to train together to be able to see the different ways on how the Air Force does things and how the Army does things, as well,” he said.



Airmen of the 97th Air Mobility Wing from Altus Air Force Base, Oklahoma, conduct low approach training with two C-17 Globemaster III aircraft at Savage Air Strip Oct. 13 at Douthitt Gunnery Complex. Due to its close proximity in the Midwest, the dirt strip at Fort Riley is an appealing place for Airmen and Soldiers to conduct joint training with large aircraft like the C-17, said Col. Doug Snead, 621st Mobility Support Operations Squadron.

Leaders say NCO responsibilities will continue to grow

Story and photo by David Vergun
ARMY NEWS SERVICE

WASHINGTON — Noncommissioned officers will play an increasingly significant role in the Army, said Command Sgt. Maj. Scott C. Schroeder, command sergeant major of U.S. Army Forces Command.

Schroeder was on a Soldier readiness panel at the Association of the United States Army Annual Meeting and Exhibition, Oct. 4. Sgt. Maj. of the Army Daniel Dailey introduced the panel.

“The chief (of staff of the Army) talks about teams; and every member of the team needs to play their position and be experts at it (and that includes NCOs),” Schroeder said.

For example, every sergeant should be leading by personal example. That’s the “first tenant of leader development,” Schroeder said. Sergeants should also know how to:

- Inspect
- Train Soldiers on individual tasks
- Prepare
- Ensure Soldiers’ equipment is working and not missing
- Ensure Soldiers are not having problems such as financial or health
- Ensure Soldiers are up to date with their professional military education

The bottom line, he said, is sergeants are key to Army

readiness. Every one of their Soldiers should be deployable.

Schroeder then enumerated all of the responsibilities of NCOs from staff sergeant through sergeant major, all of which had their beginning foundation at the sergeant level.

The problem with NCOs today, he said, is not at the platoon and company levels. They do well at readiness at this level.

However, when they get to the battalion and brigade levels at the combat training centers, they’re “outside their comfort zone,” he said.

By that, Schroeder said he meant engineers know engineer tasks and infantrymen are comfortable with infantry tasks, “but they forget enablers.” Enablers are critical to mission success because infantry needs to know how to talk to engineers and other enablers to be successful on the battlefield.

LOGISTICAL READINESS

Over the last 15 years, the role of NCOs has diminished as contractors have taken over much of the work NCOs have done in the past, such as logistics and maintenance, said Kevin J. Bostick, U.S. Army Materiel Command’s deputy chief of staff, G-4 for logistics integration.

“We relied too much on contractors,” he said. “Now, NCOs must be responsible.



Staff Sgt. Joseph Polcsa, representing U.S. Army Pacific, leads his Soldiers by example, competing up to the level of 2016 Best Warrior at Fort A.P. Hill, Sept. 28.

They need to understand the supply system and distribution system and what aspects available to them. It’s about core competency and getting back to basics.”

MEDICAL READINESS

Command Sgt. Maj. Gerald C. Ecker of U.S. Army Medical Command said he wants the new medical Commander’s Portal to be accessible to NCOs, not just officers.

Ecker said he thinks NCOs, particularly sergeants, should be the ones ensuring their Soldiers under them are getting their medical and dental appointments, as well as adequate sleep, activity and nutrition.

If the sergeants do all of that, readiness will greatly increase, he said.

“Let’s not just leave it up to the commanders,” he said. The NCO should be in the mission command process.



Runners raise money for USO Fort Riley in K-State homecoming event

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

MANHATTAN, Kan. — Students of Kansas State University, Soldiers of Fort Riley and residents of the Flint Hills region ran and walked to raise money for the USO Fort Riley Oct. 16 in the Kansas State University Philanthropy Homecoming 5K Run-Walk on the K-State campus in Manhattan, Kansas.

Nearly 1,100 individuals registered to participate in the homecoming run, with more signing up at the event. The money raised by participants of the run goes to the USO Fort Riley, said Marcus Kidd, assistant director of student programs at Kansas State University.

The USO Fort Riley was selected as the organization to benefit from the run through a vote with the planning committee from student programs at K-State. Courtney Claxton, a volunteer with USO Fort Riley for two years, student at K-State and intern with the director of student programs at Kansas State University, said she made the push to see USO Fort Riley chosen.

“This connection she has built (between USO Fort Riley and Kansas State University) has been a big part of that,” Kidd said.

Claxton said she wanted the money to go to the volunteers and staff at USO Fort Riley because of how they treated her these last two years and she wants the same for everyone

else who visits or gets involved with them.

“I chose the USO because I wanted to give back to them the way they have given to me,” she said. “They embraced me as a college student who had no military background whatsoever and they made me feel like family. The USO taught me so much about life and about myself and I really have had such a wonderful experience with the USO and I wanted, before I graduated, to give them something in return.”

Kidd said this was his first experience partnering with staff and volunteers at the USO Fort Riley, but he hopes this experience will turn into a last partnership between staff and students at Kansas State University and staff and volunteers at USO Fort Riley.

“It’s a new partnership that could lead to future partnerships around the community,” he said. “I’m excited that we get to work with the USO this year.”

For Claxton, she said this partnership reaches her on a personal level because of the friendships she has formed and the people she met through her at the USO Fort Riley, a time in her life she hopes to continue for many more years.

“It means so much to me personally,” Claxton said. “With all my friends that I have, they’re like family to me ... I always feel so connected. I feel like their little sister. It means a lot to me because I know my friends will benefit from this and people who come to the center will benefit from this. People in years to come will benefit from this.”



Participants run in the Kansas State University 2016 Homecoming Philanthropy 5K Run/Walk Oct. 16 around the K-State campus in Manhattan, Kansas. The USO Fort Riley was selected to receive the funds raised by the philanthropy run/walk thanks to the efforts of Courtney Claxton, a volunteer of two years at USO Fort Riley and intern for the director of Student Programs at Kansas State University.

TESTING OUT THE NEW LANDING PAD



An air transport helicopter tested out the landing pad Oct. 14 at the new Irwin Army Community Hospital at Fort Riley.

Patti Geistfeld | POST

HOSPITAL Continued from page 1

and psychiatric unit,” Melton said. “We now have ten beds.”

Facing the outpatient clinics is the atrium. The atrium is a glass wall that lets in natural light, provides a view of the gardens outside and provides passive solar heat in cooler months according to the IACH fact sheet.

The atrium, gardens and the rooms having a view of the outdoors are a part of the healing process, said Jorge Gomez, IACH public affairs officer. The scenic views of the rooms are one part of the evidence-based design of the hospital.

“When you have an opportunity to visit the facility, it’s evidence based design,” Melton said. “It’s beautiful, it changes the experience of care ... Evidence based design is, basically, over

time we have looked at how we (use) functional areas, functional processes and based on that information, what works best. It’s process improvement. It’s not a gut check, it’s based on evidence, deliberate analysis and then coming up to a feasible solution.”

Karlie Parinas, an employee of Child, Youth and School Services and wife of Sgt. Jess Parinas, 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, was selected to cut the ribbon along with her husband and three daughters.

“It’s beautiful ... the structure, the lighting, it’s very open and welcoming,” Karlie said of the new hospital. “The staff seem very friendly and knowledgeable.”

Jesse agreed with his wife about the new facility, adding this was a long time coming for the Fort Riley community.

“This means a lot to Fort Riley,” Jesse said. “I know they’ve (the Fort Riley community) been waiting for it to open since we got here in 2014.”

Melton said none of this would have been possible without the assistance of Fort Riley and IACH community partners, Kansas and the American people, but through them, readiness has been increased at Fort Riley.

“With this new hospital, together with our partners, we will continue to create opportunities that enhance the operational readiness of our units and enabled the resiliency of our community,” he said.

Department of Defense flu vaccine program in process without FluMist

By Chris Orose
DEFENSE HEALTH AGENCY
IMMUNIZATION HEALTHCARE
BRANCH

The intranasal flu vaccine known as FluMist will not be available at Department of Defense facilities or covered by TRICARE during the 2016-17 influenza season. The Centers for Disease Control and Prevention recommended against using FluMist this year, due to several studies showing it is not effective in preventing influenza among certain age groups.

This season, the DOD’s entire supply of flu vaccine will be injectable. It is recommended for everyone, ages six months and older. The DOD expects to have enough supply of injectable vaccine at military treatment facilities for all age groups.

“We do not expect a flu vaccine shortage for the 2016-17 season,” said Army Col. Margaret Yacovone, chief, Department of Health Immunization Healthcare Branch. “The DOD has contracted for 3.6 million doses of injectable flu vaccine, which is expected to fulfill our immunization needs.”

The DOD follows the recommendations of the CDC Advisory Committee on Immunization Practices, which recommended in July not to use the live, intranasal vaccine. This was based on studies that showed FluMist’s wasn’t very effective against H1N1, a common strain of the flu that caused the 2009 pandemic. The live, intranasal vaccine was found to be ineffective against

H1N1 during the 2013-14 and 2015-16 seasons in children ages 2 to 17.

“Because the CDC didn’t recommend it this year, FluMist will not be available in MTFs and will not count toward our military member’s readiness requirements, and won’t be covered by TRICARE,” Yacovone said. “If CDC changes its recommendation in the future, it may again be available in the DOD.”

In the past, FluMist was either comparable to, or better than, injectable vaccines in certain younger populations. However, in recent years, that advantage was not evident. The CDC says the reason for the recent poor performance is not yet known.

“The CDC recommendation focused solely on how effective the vaccine’s was at preventing the flu,” Yacovone said. “The vaccine’s safety has not been called into question.”

Vaccine effectiveness refers to the ability of a vaccine to prevent actual cases of disease in real-world settings. How effective the flu vaccine is can vary widely from year-to-year, depending on the “match” between the circulating flu viruses and the viruses used to produce the vaccine. The vaccine can also vary in effectiveness based on the age and overall health of the person being immunized.

Another recent report suggested that older people, or those with other serious medical conditions, should wait until later in the fall to get the flu vaccine, so the protection doesn’t wear off before flu season ends.

However, the CDC recommends people get the flu vaccine as soon as it becomes available. While delaying immunization could have some benefit, waiting could result in missed opportunities to immunize. In other words, it’s better to be immunized early than not at all.

In DOD, “we expect to achieve our goal of 90 percent of the total force immunized by 15 December,” Yacovone said.

FluMist is currently the only non-injection-based flu vaccine. Concern and anxiety about injections are common. The CDC recommends the following steps to ease the pain associated with the injection process:

- Breastfeeding, swaddling or use of sweet-tasting solutions for infants up to 12 months old
- Changes to injection technique (aspiration or slower injection)
- Injecting the most painful vaccine last (if administering multiple vaccines simultaneously)
- Stimulating the skin near the injection site prior to and during the vaccination
- Distraction
- Topical anesthetic
- Simultaneous administration of vaccines at separate injection sites

For more information about DOD coverage of the flu vaccine, visit the IHB flu resource page at www.health.mil/Military-Health-Topics/Health-Readiness/Immunization-Healthcare/Vaccine-Preventable-Diseases/Influenza-Seasonal/Influenza-Resource-Center.

NEW CHAPEL DEDICATED



Season Osterfeld | POST

Chaplain [Capt.] Christopher Mohr, 2nd Armored Brigade Combat Team, 1st Infantry Division, performs a Buddhist blessing at the Chapel Commissioning of the chapel at Irwin Army Community Hospital Oct. 12. Chaplains from multiple religions and denominations offered their prayer and blessing in the commissioning of the chapel at the new Irwin Army Community Hospital. Every seat was filled and many more attendees stood to be a part of the commissioning ceremony. In addition to words of praise and celebration from the speakers and prayer from the chaplains, the ceremony included singing and purifying the chapel with holy water. “It’s so important commissioning a chapel and putting it into active service is important to not only our beneficiaries, patients and their families, but for our staff,” said Col. John Melton, IACH commander. “In terms of spiritual fitness and resiliency.”



U.S. Navy photo by Mass Communication Specialist Seaman Cole C. Pielop
Navy Hospital Corpsman 2nd Class Carly Marcum, administers an influenza vaccination to a Sailor aboard USS John C. Stennis. This flu season, the DOD’s entire supply of flu vaccine will be injectable.



Jacob Garnett, 2, son of Sgt. Michael Garnett, 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, searches for the perfect pumpkin in the patch at the annual fall fest and pumpkin patch hosted by staff and volunteers of the New Parent Support Program and Exceptional Family Member Program Oct. 15 at Army Community Service.

P-A-T-C-H-w-o-r-k

Families celebrate changing of season at fall fest, pumpkin patch

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

Staff and volunteers of the Exceptional Family Member Program and New Parent Support Program hosted a fall festival and pumpkin patch Oct. 15 at Army Community

“My kids love to interact with the other kids and the crafts. We like being able to meet the other parents who have special needs kids.”

DANIELLE HOPP | MILITARY SPOUSE

Service. The event included dozens of activities for all ages, fingerprinting kits from the Military Police and a pumpkin patch where each child could hand pick a pumpkin.

Rebekah Simmons, registered nurse home visitor from NPSP, said the event is a way for families who are involved in the programs to get out and have a good time. “It’s a way to help get families with small children out of the house, give them a safe place to do activities and events and it’s also a place to see everybody all at one time,” she said. “It’s important so they have a place where they can come and they know it is a safe environment for their kids, especially for those with special needs. All of our activities are directed toward younger kids or kids with special needs.”

See PATCH, page 14



Garrett Hayworth, son of Staff Sgt. Jeffrey Hayworth, 1st Infantry Division Artillery, reaches for his pumpkin in the pumpkin patch at the annual fall fest and pumpkin patch Oct. 15.



COURTESY PHOTO
Getting regular exercise correlates to better cognitive and physical function in older adults.

Healthy aging possible for all

Regular exercise, regular health screenings a must

MILITARY HEALTH SYSTEM
COMMUNICATIONS OFFICE

Wine and cheese are known to get better as they get older. The same may be said for adults, if good lifestyle choices are made.

“How we age is determined by one part nature, and three parts nurture,” said Dr. Virginia Kalish, director of the family medicine geriatric clinic at Fort Belvoir Community Hospital, Virginia. “By this, I mean some things are genetically determined. However, a person’s lifestyle choices have much more influence on their future health. Eating a well-balanced diet, avoiding alcohol and tobacco consumption, and getting adequate sleep are essential healthy lifestyle choices.”

Kalish says getting regular exercise correlates to better cognitive and physical function in older adults. It is also known to improve one’s mental well-being. However, when designing an exercise regimen, Kalish feels you should include four components: aerobic exercise, muscle strengthening, flexibility and balance.

“Aerobic activities should be made of moderate to vigorous intensity, producing an increase in breathing and heart rate while still being able to carry on a conversation,” she said.

In addition, Kalish urges people to get regular health screenings and immunizations as they get older.

“Mammograms and colonoscopies are very important, along with checking blood sugar and cholesterol,” she said. “Women over the age of 65 — and men who may be at risk of having frequent falls — should get a bone density test. Also, for persons over the age of 60 to 65 years, immunizations for shingles, pneumonia, and tetanus are essential. Getting an annual physical exam should be a part of your lifestyle regimen as well.”

See AGING, page 14

Fire Prevention Week hot topic at schools

Fort Riley students on receiving end of fire-safety demos

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

Fire Prevention Week is nationally recognized every year from Oct. 9 through 15. Firefighters from the Fort Riley Fire Department celebrated by sharing their knowledge about fire safety with students of the elementary schools on post. Sparky the Dog also visited the Ogden, Henry and Trooper gates during the week.

Kathy Deutsch, fire inspector from the FRFD, said the intention was to teach the children what to do if there is a fire in their home.

“We get a lot of stories,” she said. “Kids are afraid of fire but they are also curious about it.”

FIRE SAFETY TIPS FROM FORT RILEY FIRE DEPARTMENT

- Don’t play with lighters, matches or candles
- If your clothes are on fire, stop, drop and roll. Cover your face with your hands.
- Have a fire safety plan. What should be in your plan: two ways out of every room, checking smoke detectors, a meeting place, calling 911 and knowing your address.
- Practice your fire safety plan, have a home fire drill in the daytime and nighttime.
- Test the smoke detector while children are sleeping to see if it wakes them up.
- Check your smoke detectors every month, replace them after 10 years and change the batteries at least once a year.
- Once you are out of the house, never go back inside for anything.
- Don’t hide.

She said the fire inspectors show an age-appropriate video to each grade level and give a fire safety handout for them to take home. This year, they focused on fire escape plans, encouraging kids to go home

and practice how to get out of their house during a fire.

“For the fourth- and fifth-graders, we show a fire fury video that shows a girl accidentally starting her room on fire by lighting a candle and then

“I learned about how to stop, drop and roll.”

SAMUEL LASKOWSKI
MILITARY CHILD
AT WARE ELEMENTARY

knocking it over and not knowing if everyone got out because they didn’t have a plan,” she said. “It hits their heads pretty hard, and it shows how fast a fire can start.”

Samuel Laskowski, son of Chief Warrant Officer 2 Andrew Laskowski, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, was one of the kindergarteners who attended the fire safety meeting at Ware Elementary.

See FIRE, page 14



Scott Melcher, fire inspector from the Fort Riley Fire Department, speaks with the kindergarten classes from Ware Elementary Oct. 12 about fire safety as part of Fire Prevention Week. Fire Prevention Week is recognized nationally from Oct. 9 through 15.

FORT RILEY POST-ITS

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.

HALLOWEEN GLOW PARTY

A Halloween Glow Party is scheduled to take place at Custer Hill Bowling Center from 5 p.m. to 9 p.m. Oct. 29. The cost for unlimited bowling is \$6 for children ages 12 and under and \$8 for adults. Shoes are included in this price. For more information, call 785-239-4366.

TRICK OR TREATING

Trick or Treating in Fort Riley neighborhoods will be held Oct. 31, from 6 to 8 p.m. There will be a trunk-or-treat event hosted by Soldiers and volunteer of Better Opportunities for Single Soldiers from 5 p.m. to 7 p.m. Oct. 31 in the Commissary parking lot.



EXCEPTIONAL FAMILY MEMBER PROGRAM

Exceptional Family Member Program meets the fourth Tuesday of every month 10 to 11 a.m. at Army Community Services, 7264 Normancy Drive. Come and connect with other parents while sharing challenges and successes. Children are welcome to attend.

FORT RILEY RIPTIDES – RECREATIONAL SWIM CLUB

Staff with the School of Knowledge, Inspiration, Exploration and Skills sponsors a recreational swim club for youth. For more information or to schedule a swim assessment, call 785-239-4854 or stop by Eyster Pool at 6940 Warren Road. For registration information, call 785-240-2818 or visit Child and Youth School Services Parent Central at 6620 Normandy Drive.

LIBRARY MOVIE NIGHT

Staff at the library show “Hotel Transylvania 2” for the movie night Oct. 22 at 6:30. Enjoy family fun and a free movie including popcorn.

DEMOLITION OF HOMES IN WARNER PETERSON NEIGHBORHOOD

Corvias staff has received approval to move forward with demolition for some homes in the Warner Peterson neighborhood. The demolition is expected to begin in January for 160 of the 253 homes.

USO HIRE HEROES USA WORKSHOP

On Nov. 1 and Nov. 2, the USO Fort Riley will host a Hire Heroes USA 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.



SOLDIER FOR LIFE TRANSITION ASSISTANCE PROGRAM EVENTS

The Salina Police Department will sponsor an employer day Oct. 27. Information session is 10 to 11:30 a.m., testing and interviews are 1 to 4 p.m. On Nov. 3 from 1 to 2:30 p.m. an employer networking event is scheduled at room 201, 212 Custer Ave., Fort Riley, Kansas.

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.

HEALTHY DINING OPTIONS AT THE WARRIOR ZONE

Salads, sandwiches, smoothies and pitas are available with more than 10 menu options under 600 calories. Other menu items are also available. If you are short on time, call ahead and they will have it ready for pickup. To place orders call 785-240-6616. Hours of operation are 8 a.m. to 11 p.m. Monday through Friday and 11 a.m. to 9 p.m. Saturday and Sunday.

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 States, 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.

NOW SHOWING AT BARLOW MOVIE THEATER

Friday, Oct. 21
Storks (PG) 7 p.m.
Saturday, Oct. 22
Storks (PG) 2 p.m.
Bridget Jones’s Baby (R) 7 p.m.
Sunday, Oct. 22
The Wild Life (PG) 5 p.m.



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.

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.

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. NFL specials are available through Feb 5. Visit the Warrior Zone at 7867 Normandy Drive or you can find more information at riley.armymwr.com/us/riley/programs/warriorzone.

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.

VOLUNTEER OF THE QUARTER CEREMONY

The ceremony will be held at Riley’s Conference Center Oct. 25 at 6 p.m. Come out and support our volunteers.

TOYLAND JOY AT POST EXCHANGE



Children were able to meet and take pictures with Pokemon trainer Serena and Lugia as a part of the annual Toyland opening Oct. 15 at the Post Exchange. Also available for them were plastic bricks and colored pictures as a part of the activities and games. The annual opening of Toyland marks the start of the Christmas season for the PX, and the start of the layaway program.



Chris Cannon | POST

COMMUNITY CORNER

New Irwin Army Community Hospital benefits all on post

By Col. John D. Lawrence
FORT RILEY GARRISON COMMANDER

Once again, the Fort Riley community has a reason to celebrate! Following an impressive ribbon-cutting ceremony Oct. 12, the new Irwin Army Community Hospital is now open. This state-of-the-art facility will enhance the ability of our medical staff to continue providing top quality care for the 50,000 Soldier, family and retiree beneficiaries of the Flint Hills region.



Colonel Lawrence

Some of the benefits of the new hospital include a modern design and high-tech equipment that improve efficiency for the staff, while aesthetic features provide a pleasant atmosphere for patients and visitors. These include the pleasing interior design and waiting areas, scenic views from rooms and common areas, parking for 1,600 vehicles, and an outdoor healing garden and meditation area. The building design incorporated sustainable components such as recycled materials, energy-efficient

technologies and regionally sourced materials. These, along with many behind-the-scenes features, provide Fort Riley with one of the best medical care facilities in the Department of Defense. The legacy Irwin Army Community Hospital opened in 1955 and was named in honor of Brig. Gen. Bernard John Dowling Irwin, “The Fighting Doctor,” who was awarded the Medal of Honor for distinguished gallantry in action during the Apache Wars in 1861. Interestingly, Irwin’s is the earliest military action to receive a Medal of Honor; however, the award wasn’t created until 1862 and Irwin didn’t receive his until 1894. Irwin served multiple tours here at Fort Riley throughout his career. Now that the new Irwin Army Community Hospital is open and serving our families, let’s not forget to thank our medical professionals for taking such good care of us and those we love while we do the job our country asks us to do.

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

WWW.RILEY.ARMY.MIL



Luz Lopez, wife of Sgt. 1st Class Alexander Lopez, 1st Combat Aviation Brigade, 1st Infantry Division, helps her 10-month-old daughter Emma Luna get comfortable in the water during Bubble Guppies Oct. 11 at Eyster Swimming Pool. Bubble Guppies is a class to help infants and children 6 months to 5 years become comfortable in water with the assistance of their parents.

Little guppies get first swim

Class at Eyster pool introduces young kids to swimming

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

With giggles and coos, toddlers and infants had their first experiences splashing about in a pool alongside mom and dad during Bubble Guppies class Oct. 11 at Eyster Swimming Pool.

Bubble Guppies is a class to help infants and young children become comfortable with water and teach their parents about water safety through games, toys, activities and songs.

For parents, this class is “educational water safety (and) instruction showing different positions to hold the child in the water,” said Hedy Noveroske, Aquatic Program manager and instructor of Bubble Guppies.

This class is led by an instructor and parent participation is a requirement. The parents enter the pool with their child and perform all the activities and games with them, Noveroske said. With the parents being active in the class, it lets them spend time with child and helps the parents become more comfortable in and around the water.

Noveroske said it’s also important for the parents to participate in the class so they can learn about how dangerous an unattended child near any source of water can be.

“Drowning is the second leading cause of death for children 5 months to 6 years,”



Sgt. Vernon Heindsman, 1st Battalion, 5th Field Artillery Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, and his 9-month-old daughter share a laugh with Luz Lopez, wife of Sgt. 1st Class Alexander Lopez, 1st Combat Aviation Brigade, 1st Infantry Division, and her 10-month-old daughter Emma Luna during Bubble Guppies held at Eyster Pool Oct. 11 to help children develop trust in the water.

she said. “(It’s important that) parents are aware of how quickly drowning could happen in the bathtub or a pool.”

Rachel Conrardy, wife of Capt. Peter Conrardy, 3rd Battalion, 66th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, attended the class with her one-year-old daughter Charlotte and husband. Conrardy said she was a swimmer in high school and college and also taught swimming lessons to adults. She was surprised by the number of adults she taught who weren’t comfortable with the water, so she wanted to get her daughter comfortable with the water while she was still young.

“I want her to be used to the water and not scared of it and I wanted her to learn early,” she said.

Conrardy said she knew her daughter was ready for the classes after she saw her splashing and playing a lot in the bathtub.

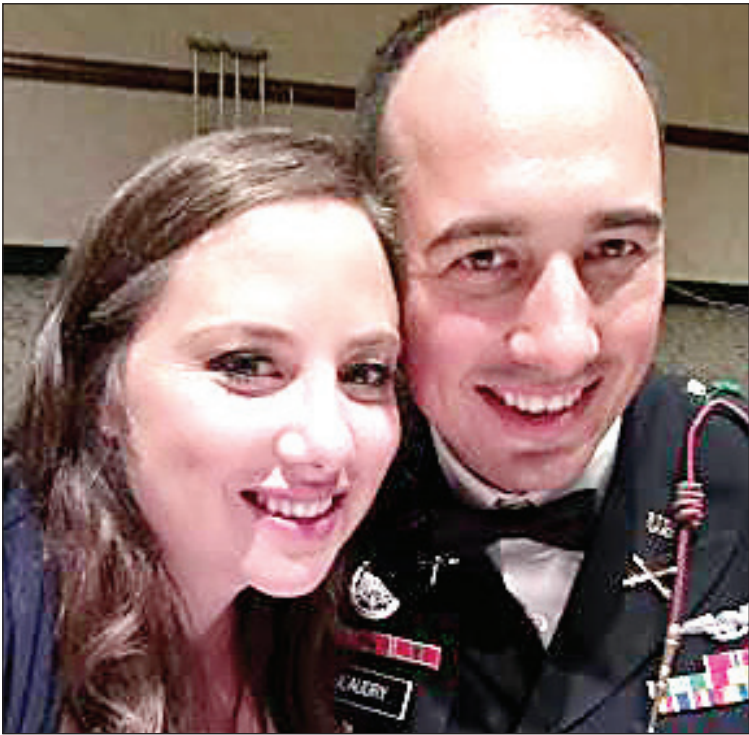
To help children in the class feel more comfortable, Hedy said she encourages parents to bring a water safe toy the child loves. However, there are multiple toys, like pool noodles and rubber ducks, provided at the class.

“If a child has a favorite bath toy or pool toy they are comfortable with, bring it to the class,” she said.

Bubble Guppies is an ongoing class every Tuesday and Thursday from 9 to 10 a.m. at Eyster Swimming Pool. The class is for children ages 6 months to 5 years. Registration is not required. The cost is \$5 per class.

For more information about Bubble Guppies, please visit www.facebook.com/rileymwr.

TUESDAY TRIVIA CONTEST



The question for the week of Oct. 17 was: Where do I find the biography of Maj. Gen. Joseph Martin, commanding general, 1st Infantry Division and Fort Riley?

Answer: go to www.riley.army.mil/About-Us/Leaders/Display/Article/977744/major-general-joseph-m-martin/

This week’s winner is Sara Welker Beaudry. Her spouse is Cpt. Patrick Beaudry, 101st Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Infantry Division.

Pictured are Sara and Cpt. Patrick Beaudry.

CONGRATULATIONS, SARA!

SEVEN FROM 977TH MILITARY POLICE COMPANY HONORED



COURTESY PHOTO

Soldiers from 2nd Platoon, 977th Military Police Company, 97th Military Police Battalion, were recognized Oct. 12 at Fort Riley Middle School for volunteering to place and operate down markers during Troopers football games throughout the entire season. Spc. Zachary Mitchell, Spc. William Darling, Spc. Xavier Roman, Pfc. Michael Wade, Pfc. John Miles, Pfc. Kailon Southall, and Pfc. Mason Gasaway contributed a total of 40 volunteer hours and were awarded a certificate from the FRMS football program, along with varsity letters. The Troopers competed in and won the North Central Kansas League, concluding the season with a 6-1 record. These Soldiers were instrumental to the team’s success during the season and were highly appreciated by the players and staff of the FRMS football program.

Soldiers, spouses collect eggs for a future fright event

Warrior Zone staff create event for military couples

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

Staff of the Warrior Zone blended an Easter holiday tradition with a Halloween theme to create the Zombie Egg Hunt Oct. 16 at the Warrior Zone.

Nine Soldiers and their spouses sprinted across the front lawn of the Warrior Zone trying to collect as many of the colorful eggs as they could. Amongst them were four eggs containing tickets to Zombie Toxin, a haunted house in Junction City, Kansas.

“I think it’s pretty cool,” said Pvt. Victor Roberts, 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division. “It gives the Soldiers something to do. I’m actually in reception and I know we’re (other Soldiers also in reception) going to get pretty bored during reception, so this gives us something to do.”

Several participants of the egg hunt said they thought it was a strange idea to blend Easter with Halloween, but they were eager to give it a try anyway.

“It’s kind of weird, but it’s actually a pretty neat concept, I think,” Roberts said.



Pvt. Jordan Robinson, left, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, and Spc. James Partridge, right, 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, collect eggs during the Zombie Easter Egg Hunt Oct. 16 at the Warrior Zone. The free event blended an Easter tradition with Halloween fun to give Soldiers and their spouses a chance to get a free ticket to Zombie Toxin, a haunted house in Junction City, Kansas.

Spc. Yeng Ziyi, 172nd Chemical Company attached to 84th Explosive Ordnance Disposal, 1st Infantry Division Sustainment Brigade, 1st Inf. Div., agreed the egg hunt was weird, but she thought it was still a lot of fun.

“People were thinking ‘what?’ I’m thinking ‘huh, zombies have eggs now,’” Ziyi said.

In addition to the four tickets within the eggs, there was also candy for later snacking.

After the egg hunt was complete, participants sat down and opened up their eggs to see who won one or more of the tickets. Two winners who

each claimed one ticket were Saisha Robinson, wife of Pvt. Jordan Robinson, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Inf. Div., and Pfc. Elisa Ramirez, 172nd Chemical Company attached to 84th Explosive Ordnance Disposal, 1st Infantry Division Sustainment Brigade, 1st Inf. Div. The winners of the remaining tickets left the event before they could be identified.

For more information on events at the Warrior Zone or with Better Opportunities for Single Soldiers, visit www.facebook.com/rileyboss wz.

CREATIVE OUTLET AT RILEY’S CONFERENCE CENTER



Season Osterfeld | POST

Tarmari Drayton, left, paints alongside his mother Sgt. 1st Class Ebony Grant, center, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, and brother Tamir Drayton, back, during Cookies and Canvases Oct. 15 at Riley’s Conference Center. Children can explore their creative side with a family-friendly activity through Cookies and Canvases. Each event includes snacks, drinks and all materials needed to create one of several different designs available that month.



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Sports & Recreation

‘Durable’ Soldier races in Army Ten-Miler

By Staff Sgt. Aaron P. Duncan
1ST INFANTRY DIVISION SUSTAINMENT BRIGADE

A “Durable” Soldier, Capt. Blaine O’Reilly, competed at the annual Army Ten-Miler race in Washington, D.C., Oct. 9 as part of the 1st Infantry Division racing team.

The 14 members from Fort Riley had four runners finish in the top 100 with two runners placing in individual categories this year. O’Reilly finished with a time of 56 minutes, 53 seconds.

“He was a great addition to the team,” said Lt. Col. Alex Murray, the team’s coordinator. “His run time was great and it takes a lot of hard work and dedication. He did a very good job. He helped the others on the team become faster while they were also helping him.”

The first race was Oct. 13, 1985, with just 1,379 finishers and 105 teams, according to the Army Ten-Miler website. By 2014, that number had grown to more than 26,000 finishers and 649 teams. It is now the second-largest ten-mile race in the United States.

“We had a men’s team and a mixed team,” said O’Reilly, a native of Gloucester, Virginia, assigned to Headquarters and Headquarters Company, Special Troops Battalion, 1st Infantry Division Sustainment Brigade, and to Class III operations in the support operations section. “Every Army post has a team there. The four fastest times from each time are added together and whoever has the lowest time wins.”

The 1st Inf. Div. holds two annual tryouts in the form of the base’s own races. The top performers in these races are offered the coveted positions on the official team.

“I usually ran eight or nine miles a day,” O’Reilly said of his preparation for the race. “On the weekends I would go a little longer.”

O’Reilly said he was motivated in part by his desire to be like his older brother.

“I had an older brother who ran cross country and track in high school,” O’Reilly said. “I just followed his lead. My parents also rand around the neighbored in the evening and I would join them.”

The other motivating factor for O’Reilly came from his fellow teammates and competitors. The captain is a former high school and college track and field athlete, and many of his teammates similarly had an athletic background.

“There is a large amount of talent on the team,” O’Reilly said. “We had a large portion of the team that is former Division 1 cross country/track and field athletes. We even had one runner that was on the Ugandan world cross country team.”

With this year’s race complete, O’Reilly has not ruled out the possibility of competing again next year.

“I will always aim to run the ten-mile if I am available,” O’Reilly said. “It is a great event to catch up with other runners and friends from across the Army.”



J. Parker Roberts | 1ST INF. DIV. PUBLIC AFFAIRS
Capt. Blaine O’Reilly, left, Headquarters and Headquarters Company, Special Troops Battalion, 1st Infantry Division Sustainment Brigade, assigned to the Class III operations in the support operations section, starts walking after crossing the finish line Oct. 9 at the Army Ten-Miler in Washington, D.C. The team had four runners finish in the top 100 with two runners placing in individual categories.

Learning to make a safe splash



LEFT: Fourth graders from Seitz Elementary await instruction from Hedy Noveroske, Fort Riley aquatics program manager, during the water safety class Oct. 5 at Eyster Pool. The water safety program is an educational program with a partnership between the Directorate of Family and Morale, Welfare and Recreation and Unified School District 475. RIGHT: Aaliyah Husein, daughter of Sgt. Frank Andrade-Medina, 1st Armored Brigade Combat Team, 1st Infantry Division, climbs the rock wall during free time of a water safety class Oct. 5 at Eyster Pool.



Fourth graders learn about water safety as part of school curriculum

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

Sixteen classes of fourth graders from across Fort Riley will begin their Water Safety program this month. The water safety program is accomplished through a partnership between the Directorate of Family and Morale, Welfare and Recreation and Unified School District 475.

“This community partnership program gives every fourth grader on Fort Riley an opportunity to participate

in lessons in swimming skills, lifejacket and boat safety, as well as swimming pool and open water safety,” said Hedy Noveroske, aquatics program manager.

Each class gets four one-hour classes of instruction during their assigned week. It will take eight weeks for every fourth grade class to go through the course. The theme of the course is “Reach or Throw, Don’t Go.”

“We introduce a variety of equipment to assist someone who is in trouble in the water, without the student going into the water

and possibly becoming a victim themselves,” she said. “They learn how to correctly use a rescue tube, rescue ring and shepherd’s hook, all pieces of equipment that they would find around a hotel or community pool.”

Noveroske said staff spend one day teaching children when to wear a lifejacket and how to properly fit it. The curriculum also provides survival techniques to use in case the children ever find themselves as victims.

See SWIM, page 16

It's official



Results from the Army Ten-Miler have been updated to include race information for all members of the 1st Infantry Division Running Team. The group's Active Duty Mixed team placed second in that category with a total time of 3 hours, 51 minutes and 16 seconds. Spc. Susan Tanui, above center, a dental assistant with Dental Activity and member of the Active Duty Mixed team, earned second place in the female military overall competition with a time of 59:43 and placed 199th among all competitors. Both the Active Duty Men and Active Duty Masters Mixed teams placed fourth in their categories with a total time of 3:39:35 and 4:49:02, respectively.

WET HALLOWEEN FUN



Season Osterfeld | POST Kids and teens paint and decorate mini pumpkins during the Glow Party Oct. 15 at Eyster Swimming Pool. Staff of Eyster Swimming Pool and the Directorate of Family, Morale, Welfare and Recreation hosted the Halloween themed Glow Swim. Most of the pool was dark with only the faint light of glow sticks and blue or purple string lights to guide attendees through the water. Glowing balls and noodles filled the pool as people swam and played. A corner of the pool was sectioned off for a floating pumpkin patch filled with mini pumpkins. Children could collect the pumpkins and take them into a side room to decorate. The side room also had cookies, cupcakes and drinks available for guests. Eerie music echoed from behind some tombstones alongside the pool, making the Glow Party a hauntingly good time.

SWIM

Continued from page 15

“The huddle and H.E.L.P. position is discussed and demonstrated as well on this day,” she said. “The huddle position is huddling with other people in the water to lessen the loss of body heat and is good for morale. Also, rescuers can spot a group more easily than individuals. The H.E.L.P (Heat Escape Lessoning Position) is when you are alone; the position helps protect the body of heat loss.” According to the Centers for Disease Control, about one in five people who die from drowning are children 14 and younger. For every child who dies from drowning, another five receive emergency care for nonfatal injuries. Taking part in swimming lessons reduces the risk of drowning among children ages 1 through 4. The World Health Organization reports drowning as the second leading cause of unintentional injury and death in children from birth to age 14. Noveroske said these statistics are why it is important for children to know how to swim and how to rescue someone who is a victim. “This year’s program we will be instructing and demonstrating these lifesaving skills to over 300 students,” Noveroske said. “Our students are traveling and moving all over the country and world. They are exposed to all types of bodies of water, giving them the skills to be safe in and around the water is very important.” For more information about water safety classes for children, call 785-239-9441.

HOUSE FILL AD



Travel & Fun in Kansas



The City of Atchison, Kansas, held Witches Night Out Oct. 20 as part of their Spooktacular Weekend Oct. 21 and 22. The event is one of many that occur as part of the town's haunted scene. There are haunted trolley rides, cemetery tours and claims of the town being the most haunted in Kansas.

Sallie's House in Atchison is claimed to be the most haunted location in the city. It was originally the house of a physician who performed a surgery resulting in a death. It is said Sallie, the girl who died, haunts the house now. Atchison visitors can tour the home. Self-guided and guided tours are available. Tours are by registration only. To make reservations, call Angie at 913-367-2427.



By Maria Childs
1ST INF. DIV. POST

For more than a decade paranormal enthusiasts and brave souls have traveled to Atchison, Kansas, to document its rich, haunted history. In 1997, Atchison was dubbed the most haunted town in Kansas by the book "Haunted Kansas: Ghost Stories and Other Eerie Tales."

Visitors can find Atchison in the northeast corner of the state along the Missouri River, just a two-hour drive from Fort Riley.

Atchison's most haunted location is the Sallie House. This house has been the subject of many paranormal investigations. The house belonged to a physician who used the front as office space and examination rooms and his family lived upstairs. One day, a mother brought in her daughter, Sallie, who collapsed from abdominal pain. The doctor diagnosed appendicitis and immediately began surgery, but Sallie did not make it.

Now visitors of Atchison can tour the home. Self-guided and guided tours are available. Tours are by registration only. To make reservations, call Angie at 913-367-2427.

FOR MORE INFORMATION

For more information about events and attractions in Atchison, Kansas, call 913-367-2427 or visit www.visitatchison.com.

Cemetery tours are available every weekend in October. A professional researcher and genealogist conducts the tours. Tickets are \$16, and lantern tours cost \$17.

The Atchison Trolley provides narrated tours during summer months. Tours are \$6 for adults and \$2 for children ages 4 through 10. A haunted version of this tour is also available throughout the year. The haunted version costs \$13. For more information and a schedule, visit <http://visitatchison.com/explore-experience/haunted-atchison/haunted-activities/haunted-trolley/>.

While the haunted side of Atchison may not be for everyone, there is a wide variety of tourist locations. There are more than 20 sites on the National Register of Historic Places including five museums to showcase its history.

Atchison is also the birthplace of Amelia Earhart, the first female aviator to

fly solo across the Atlantic Ocean. Tourists can visit the birthplace of Earhart, which was built by her grandfather in the early 1860s. Its address is 223 N. Terrace.

The museum sees thousands of visitors a year to tour the National Historic Site. It is owned and operated by The Ninety-Nines Inc., an international organization of women pilots. Earhart founded the organization in 1929 and served as its first president. Hours of operation are February through November 9 a.m. to 4 p.m. Monday through Friday, 10 a.m. to 4 p.m. Saturday and 1 p.m. to 4 p.m. Sunday. During December and January, the museum is closed Mondays and Tuesdays, open 9 a.m. to 4 p.m. Wednesday through Friday, 10 a.m. to 4 p.m. Saturdays and 1 p.m. to 4 p.m. Sundays. The museum costs \$6 for adults and \$1 for children 12 and under.

Other museums in Atchison include the Atchison County Historical Society Museum, Atchison Rail Museum, Evah C. Cray Historical Home Museum and Muchnic Art Gallery.

For more information call the Chamber of Commerce at 913-367-2427 or visit www.visitatchison.com.

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FORTRILEY



The Atchison Trolley provides narrated tours during summer months. Tours are \$6 for adults and \$2 for children ages 4 through 10. A haunted version of this tour is also available throughout the year. The haunted version costs \$13. For more information and a schedule, visit <http://visitatchison.com/explore-experience/haunted-atchison/haunted-activities/haunted-trolley/>.