



THE 1ST INFANTRY DIVISION POST



Troopers of the 1st Infantry Division Commanding General's Mounted Color Guard ride past a fog machine used to simulate steam on Fort Riley Jan. 11 as part of a training session before departing for the 58th Presidential Inaugural Parade in Washington Jan. 20. The training session consisted of using sirens, horns, fog and other objects the horses may encounter during the parade as a way to desensitize the team to anything that may startle the horses.

'Big Red One' mounted color guard to ride in Presidential Inaugural Parade

Story and photo by Chad L. Simon
1ST INF. DIV. PUBLIC AFFAIRS

The 1st Infantry Division, Fort Riley and the state of Kansas will be represented on horseback by the Commanding General's Mounted Color Guard during the 58th Presidential Inaugural Parade Jan. 20 in Washington, D.C. The CGMCG will ride 13 horses in the parade to include two draft horses that will lead the team's 1871-era escort wagon. The CGMCG was announced as one of the initial 40 groups participating in the parade Dec. 30 by The 58th Presidential Inaugural Committee, but the team has prepared for the parade by riding in the Chicago Memorial Day Parade and the Manhattan, Kansas, Veterans Day Parade in addition to its other community-related events conducted throughout the year. The horses departed Fort Riley via a private hauler while the 1st Inf. Div. Soldiers flew to

Washington and will continue to work with the horses upon their arrival in the nation's capital. "When we get there we are going to keep on maintaining our equipment and horses as we prep for the event," said Spc. Sam Ruzga, a trooper with the CGMCG. The trip won't be all work for the Soldiers. They will get the opportunity to tour the National Mall and museums. The Soldiers will also get to tour the Pentagon and the offices of Sens. Jerry Moran and Pat Roberts, both of whom represent Kansas. The team spent hours of specialized training on Fort Riley in addition to its usual community involvement before departing for the inauguration. "We have done a lot of the training leading up to this to get the horses accustomed to being in formation, being comfortable with flags and loud noises and unique objects they

will encounter on the parade route," said Capt. Riley Emter, CGMCG commander. "The desensitization training we have done is key for us getting them ready for a parade on such a large stage." The specialized training is used to desensitize the horses to the specific parade environment in Washington. The CGMCG also enlisted the help of the Fort Riley's 97th Military Police Battalion and fire department to simulate the parade. The police cars turned on their lights and sirens as the fire department sounded their horns during practice. "We will also practice with loud speakers to simulate loud crowds and music," said Staff Sgt. Kory Owen, CGMCG trooper. "We do demonstrations throughout the community so all of our horses are desensitized to loud gunfire. That helps us when it comes to loud noises and crowds, but there is never too much training."

The prestige of the event is not lost on the team members as they continue to prepare to represent the "Big Red One" and Kansas in Washington. "It's a once in a lifetime experience," Ruzga said. "I am very proud to get the opportunity to do it and get to ride with the Commanding General's Mounted Color Guard. It will be a really cool experience and something nobody on this team will forget." This is not the first inaugural parade for the CGMCG. Since the team's inception in 1992, it has participated in three prior inauguration parades including President Barack Obama's first Inaugural Parade in 2009. The CGMCG comprises active-duty U.S. Army Soldiers assigned to the 1st. Inf. Div at Fort Riley on a temporary basis, so none of the current members were on the team during Obama's first parade. However, five of the 13 horses have made the trip to Washington.



Col. John D. Lawrence, Fort Riley garrison commander, operates the backhoe during a demolition ceremony hosted by staff of Corvias Military Living Jan. 10 at 5957 Beauregard Place at Fort Riley. Lawrence helped demolish the first of 253 houses set for demolition in 2017.

Demolition begins on excess housing in Warner Peterson

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

The first of 253 houses at Fort Riley scheduled for demolition came down Jan. 10 with the help of officials from Fort Riley, Junction City and Corvias Military Living. The ceremony took place at 5957 Beauregard Place in the Warner Peterson neighborhood. The demolition is part of a five-year development plan to reduce excess housing units at Fort Riley. "They are outdated homes that have served the Army and its families well," said Fort Riley Corvias Business Director Jim Champagne. The scheduled completion of the demolition, which will include structures located in the

Warner Peterson neighborhood across the street from the former golf course, should be completed by the end of this year. Excess infrastructure requires routine maintenance, which costs money. By reducing the amount of unoccupied buildings on post, the expenses associated with maintaining them vanish. In a 2016 interview, Andy Napoli, assistant for Base Realignment and Closure with the Office of the Assistant Secretary of the Army for Installations, Energy and Environment, discussed the need to reduce excess infrastructure and free up dwindling resources — money that can be used in more

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FORT RILEY VOLUNTEER SPOTLIGHT



1st Lt. Megan Coley, 1st Infantry Division Sustainment Brigade, volunteered more than 500 hours as a designated driver with the Family Readiness Group Outreach Program, Ronald McDonald House Charities, Camp Buehring, Kuwait USO, and more. To learn more about volunteer opportunities, call Becky Willis, Army Volunteer Corps Program manager, at 785-239-4593.

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Vice chief of staff of the Army visits Iraq to discuss strength

Story and photo by Spc. Derrik Tribbey
CJFLCC-OIR PUBLIC AFFAIRS

BAGHDAD, Iraq — Gen. Daniel Allyn, vice chief of staff of the Army, visited service members at Combined Joint Forces Land Component Command – Operation Inherent Resolve Jan. 14.

While the 35th vice chief of staff highlighted a number of issues with Soldiers during an open-discussion luncheon, the increase in force numbers was the most popular topic of conversation.

The recent National Defense Authorization Act of 2017 puts the Army at an end strength of 476,000 Soldiers by the end of 2017.

Spc. Nathaniel Wilkinson, fire support specialist with the 1st Infantry Division, attended the lunch. He said it was exciting meeting the four-star general and learning about the upcoming change.

“I asked him specifically about increasing our numbers,” Wilkinson said. “He wants to fill the gaps within our ranks and try to build up our Army.”

Wilkinson said with the numbers that the Army is at now, he has to take on a larger burden than he normally would.



Gen. Daniel Allyn, left, vice chief of staff of the Army, awards Spc. Tiffani Duncan, awards clerk, Combined Joint Forces Land Component Command – Operation Inherent Resolve, with a coin Jan. 14 in Baghdad, Iraq.

He hopes the increase in numbers will help ease the burden many Soldiers face.

“We can take on more and new challenges,” Wilkinson said. “We will be better able to spread our resources around to more people.”

Not only are more Soldiers asked to take on additional responsibility, but also they are being asked to assume the duties traditionally associated with positions of more senior rank.

Sgt. Matthew Champ, administrative noncommissioned officer with the 1st Inf. Div., currently supports the CJFLCC mission by filling a sergeant first class position.

“In my job, it will allow for better rank structure,” Champ said. “We will be able to do our jobs better. I can train junior Soldiers to be good, quality leaders.”

The Army will benefit as a whole, Champ said.

“We will have a better trained Army,” Champ said. “We will have more people to train Soldiers, develop them, counsel them, mentor them and we can take our time with each Soldier to cultivate our ranks. We will have our more experienced people move up because there will be more positions to fill.”

Administrative law staff serve as legal advisors

By Maria Childs
1ST INF. DIV. POST

Editor’s Note: This is part two of a seven part series on the Office of the Staff Judge Advocate at Fort Riley.

The eight attorneys and two paralegals of the Administrative Law Division of the Office of the Staff Judge Advocate at Fort Riley do more than meets the eye. The staff of the division advise the 1st Infantry Division and Fort Riley command team, directors and staff of the installation.

“We’re the commander’s attorney for everything except the UCMJ (Uniformed Code of Military Justice),” said Harry Hardy Jr., supervisory attorney in the division at OSJA. “You can think of administrative law as city attorneys, we cover everything from advising commander’s on investigations to things like environmental and contract law, ethics, real estate law, just anything that has to do with running the installation.”

Along with advising the command teams, directors and staff of the installation, the office staff also review environmental laws for the Directorate of Public Works, ethics and contract law. An attorney reviews contracts and works with the Mission Installation Contracting Office to ensure everything happening on the installation is legal.

An example of a case Administrative Law would handle would be if someone on the installation wanted to give a gift to a community partner, Hardy and his staff would review it to make sure it is an ethical and legal gift to give.

Staff from the office also participate in administrative hearings. An administrative hearing is different than a court case because there is no official charges being brought and less evidence is required.

Capt. Matthew Nunes, Administrative Law attorney, said such hearings are not criminal in nature and are based on some kind of Army regulation whereas court trails will determine guilt or innocence.

“It’s a means for a commander to gather information, conduct an investigation and make legal findings,” Nunes said.

Nunes also runs the juvenile review board, which is an administrative hearing specifically about juvenile misconduct on post.

“Commanders and brigade judge advocates will contact the office regularly with random legal questions that pop up,” Nunes said. “We also advise the officers who run the summary courts-martial, we advise the officers who run separation boards. We’re pretty much available for questions that come in. In addition to legal documents that will be sent to us for review.”

Unlike the legal assistance office at Fort Riley, which was highlighted in part one of this series, the administrative law division does not represent individuals.

“We are the attorneys for the command and staff,” Hardy said. “We do not represent individuals. If individuals have personal questions, that is more of a legal assistance function. We work for the command, the directors, the staff, the CG — that’s whose attorney we are.”

Manhattan future leaders try simulation training at Fort Riley



Jamie Coones, a member of the Leadership Manhattan, Kansas, program through the Manhattan Area Chamber of Commerce, enters a room in the Battle Drill – Enter and Clear a Room simulator Jan. 13 at Seitz Regional Training Campus. Coones was part of the Leadership Manhattan tour group that visited Fort Riley to see and try out some of the virtual training equipment Soldiers use to prepare for deployments.

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

Eighteen members of the Leadership Manhattan, Kansas, program through the Manhattan Area Chamber of Commerce visited Seitz Regional Training Campus Jan. 13 to gain knowledge of the training Fort Riley Soldiers receive.

The Leadership Manhattan program teaches different leadership skills to students who have the potential of becoming future leaders of the Manhattan community, whether they become business owners, politicians, board members and more.

Janet Nichols, military community liaison and Leadership Manhattan staff coordinator for the Manhattan Area Chamber of Commerce, said the students need to develop relations and greater understanding of what goes on in the communities around their own. This includes understanding the training and equipment available at Fort Riley.

“It is a five session over four months class in which the class learns various forms of leadership like adaptive leadership, strength leadership, civic leadership and then we visit many places throughout the community ... and give them an experience they can learn from,” Nichols said.

The idea for the tour to Seitz came when Nichols and the students realized only one member of their program had experience with Fort Riley. Nichols said she worked with representatives at the installation to bring the students here and show them the virtual training Soldiers receive and ask questions about the installation.

“We had one former Soldier in our class ... and virtually no other person who had been on Fort Riley,” she said. “Fort Riley is a \$5 billion driver over multiple counties. It’s important for them to know about it, what’s here, what the Soldiers do here, what they’re training for.”

The class was taken through the Engagement Skills trainer, where they were able to fire weapons on a simulated range, the Convoy Gaming Simulator and the Battle Drill – Enter and Clear a Room simulator. Throughout their tour, leadership and representatives of Fort Riley provided as much information regarding the training and reasoning behind it, as well as answering any questions the students had.

“We wanted to show the leadership of Manhattan the Seitz Regional Training (Campus) and what we have to offer and give them an experience of what it’s like to be a Soldier for a day and the technical systems that we have that enable this multiple echelon training and repetition,” said Maj. John Foster, Headquarters and Headquarters Company, 1st Combat Aviation Brigade, 1st Infantry Division.

For Fort Riley, offering tours to members of the surrounding communities helps to educate them on what the Soldiers, families and personnel on the installation do every day. It also helps to bring the communities together by showing them the similarities and differences between one another while developing a greater understanding of how they can benefit each other.

“It is building a partnership and relationship with Manhattan leadership,” said Casey Houghton, training coordinator at Seitz Regional Training Campus, about the tour.

EXCEPTIONAL LEADERS AWARDED



ABOVE: More than ten Fort Riley candidates were inducted into the Sergeant Audie Murphy club Jan. 10. The Sergeant Audie Murphy award candidates were selected by their noncommissioned officer chain of command to endure a relentless board and examination process. Command Sgt. Major Jonathan D. Stephens, 1st Infantry Division rear detachment senior noncommissioned officer, presented 1st Sgt. Glen Hapney, 2nd Armored Brigade Combat Team, 1st Inf. Div, and all inductees with the Audie Murphy Medallion during a ceremony at Barlow Theater. BELOW: Sgt. 1st Class Timothy Thacker and Staff Sgt. Joshua Starkey, 1st Infantry Division Artillery, were named the winners of the Maj. Gen. Aubrey Red Newman award Jan. 10. Recipients were recognized and selected by the Unites States Army Forces Command chain of command as demonstrating exceptional leadership abilities and mentorship.





THE FIGHTING FIRST!

Rex Matney: A ‘Big Red One’ Soldier

THEN & NOW



By Phyllis Fitzgerald
SPECIAL TO THE POST

Rex Matney was born in Amarillo, Texas, where he joined the Army in August 1962. He attended basic training and Advanced Individual Training at Fort Leonard Wood, Missouri, in the Adjutant General Corps. Matney was assigned to multiple duty stations including Fort Leonard Wood and Heidelberg, West Germany.

In 1965, he returned to the United States and departed the Army. During the next seven years, Matney attended college and took a job in New York City before relocating back to Texas.

“Not long after returning home to Texas I learned that the Army was allowing prior service Soldiers to reenlist,” he said.

In July 1972, Matney reenlisted in the Army and entered active-duty service at Oakland, California and attended basic training again, this time at Fort Ord, California.

He then began AIT in January 1973 at Fort Benjamin Harrison, Indiana, as a finance specialist. Matney’s first assignment was Fort Hood, Texas.

“I was assigned to the 1st Cavalry Division Finance Company with duty in First Cavalry Division Finance,” he said. “My duties included all aspects of military pay including paying health and welfare payments to Soldiers that were detained in the stockade. Later on I also worked in the commercial accounting office that paid all commercial suppliers to the 1st Cavalry Division.”

Matney departed Fort Hood in August 1974 as a staff sergeant and went to Honolulu. He was there until 1977, when he was assigned to the 9th Infantry Division at Fort Lewis, Washington. Matney then went back to West Germany where he served as the chief of military pay. After three years in Germany, he was assigned to the Pentagon as the chief of military pay at the Pentagon Finance Office.

Matney returned to Fort Lewis where he was promoted to first sergeant.

In June 1988, he was selected to attend the sergeant major’s academy at Fort Bliss, Texas. Matney was promoted one year later after completing the academy.

It was shortly after this when he received a call about an opening for a sergeant major at the 1st Finance



Company, 1st Infantry Division at Fort Riley.

“I made a couple of calls to my branch in Washington, D.C., and in August 1989, with orders in hand for Fort Riley, I departed Fort Stewart in my truck with all my belongings and headed to Kansas,” he said.

Matney remained at Fort Riley until he retired in November 1991.

“After retirement I stayed in Junction City because I had married a hometown girl (Jolana Montgomery) and because of the way the people of Junction City always accepted Soldiers and made them feel at home,” he said.

He went to graduate school at Kansas State University to complete a master’s degree in gerontology. About a year later, he was offered a job at First National Bank, which he took instead of completing his degree. He worked

there for 15 years before he and four others founded the Millennium Bank of Junction City, Kansas. He retired as the executive vice president of Millennium Bank in October 2015.

Matney’s favorite memory during his time at the “Big Red One” is the way the 1st Inf. Div. came together before and during deployment to Desert Shield and Desert Storm and the development of the first family support group on Custer Hill.

“Today I am the Deacon for the Episcopal Church of the Covenant in Junction City, being ordained June 2, 2012,” he said. “I am also the Hospice Chaplain for Geary Community Hospital and one of the founders of Wheels of Hope, a mobile feeding ministry in Junction City.”

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

Online Exchange shopping ability extended to veterans

FROM DEFENSE.GOV

The Department of Defense announced a policy change that will extend limited online military exchange shopping privileges to all honorably discharged veterans of the military.

The veteran’s online shopping benefit will be effective this Veterans Day, Nov. 11.

While shopping privileges exclude the purchase of uniforms, alcohol and tobacco products, it includes the Exchange Services’ online retail environment known to service members and their families. This policy change follows analysis, coordination and strong public support.

“We are excited to provide these benefits to honorably discharged veterans to recognize their service and welcome them home to their military family,” said Peter Levine, performing the duties for the undersecretary of defense for personnel and readiness.

“In addition, this initiative represents a low-risk, low-cost opportunity to help fund Morale, Welfare and Recreation programs in support of service members’ and their families’ quality of life. And it’s just the right thing to do,” Levine added.

The online benefit will also strengthen the exchanges’ online businesses to better serve current patrons. Inclusion of honorably discharged veterans would conservatively double the exchanges’ online presence, thereby improving the experience for all patrons through improved vendor terms, more competitive merchandise assortments, and improved efficiencies, according to Department of Defense officials.

“As a nation, we are grateful for the contributions of our service members. Offering this lifetime online benefit is one small, tangible way the nation can say, ‘Thank you’ to those who served with honor,” Levine said.

A black and white photograph of a woman sitting on the floor, looking distressed with her head in her hands. She is wearing a white tank top and jeans.

Buying Sex Is **NOT** A Victimless Crime.

If you see something, **REPORT IT.**
National Human Trafficking Hotline
1-888-3737-888

A small logo for ag.ks.gov featuring a circular seal with a star and the text 'ag.ks.gov' below it.

The logo for the DoD Safe Helpline. It features the text 'DoD' in small letters above 'Safe Helpline' in large, bold, green letters. Below this is a row of small stars, followed by 'Sexual Assault Support for the DoD Community' in smaller green letters. At the bottom, the website 'safehelpline.org' and the phone number '877-995-5247' are displayed in green. There is also a small orange speech bubble icon to the right of the main text.

TRAFFIC REPORT

ACCESS CONTROL POINT HOURS

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.

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.

VISITOR CONTROL CENTER HOURS CHANGE

As of Jan. 1, new hours took effect at the Visitor Control Center.

Hours of operation changed to 5 a.m. to 11 p.m. Monday through Friday and 7:30 a.m. to 5 p.m. on weekends and federal holidays.

For more information, visit www.riley.army.mil/ and click on the yellow “Accessing Fort Riley” tab on the right-hand side of the page.

Storm spotters class available

By Chris Cannon
1ST INF. DIV. POST

Severe weather season is coming, so to help Fort Riley prepare, Meteorologist Chad Omitt from the National Weather Service in Topeka, Kansas, will be coming to give a two-hour seminar. The seminar is scheduled to take place from 1:30 to 3:30 p.m. Feb. 28 at 1801 Buffalo Soldier Drive in Camp Funston. The seminar, which is one of many given throughout Kansas between the months of February and April, is available to everyone in the Fort Riley and surrounding community.

“This briefing is part of our annual Severe Spring and Summer Weather Awareness Campaign,” said Chris Hallenbeck, from the Fort Riley Emergency Management Office. “We work jointly with the Fort Riley 2nd Weather Detachment and the National Weather Service Topeka office to provide our Soldiers, civilian workforce and family members with severe weather awareness and preparedness information in

order to increase the overall preparedness of the Fort Riley installation community.”

Hallenbeck said each year Kansans lose lives and suffer property damage as a result of severe weather, such as tornadoes. In response to the cost of these natural disasters and the cost of injuries and deaths due to other weather hazards accompanying tornadoes, the annual Severe Weather Awareness week addresses safety during storms. The seminar is a part of the annual Severe Spring and Summer Weather Awareness Campaign for Fort Riley.

Those who attend the seminar will receive materials like a Weather Spotter’s Field Guide and other general Ready Army materials to help them understand the effects of weather and what indicators they should be on the lookout for. Subjects covered include tornado safety, the effects of lightning, hail, wind and storm fronts.

Seats are still available. For more information, or to sign up, contact call 785-240-0400.

CELEBRATING ‘BIG RED ONE’ IN TOPEKA, KANSAS



Chad L. Simon | 1ST INFANTRY DIVISION PUBLIC AFFAIRS
Brig. Gen. Patrick D. Frank, 1st Infantry Division and Fort Riley acting senior commander, views the 1st Infantry Division traveling exhibit at the Topeka, Kansas, Capitol Rotunda Jan. 10. The exhibit was on display from Jan. 9 to 20 and displayed the history of the “Big Red One” on their 100th anniversary.

DEMOLITION Continued from page 1

critical areas like Soldier readiness. He said excess infrastructure costs the Army about \$3 per square foot.

Since 2006, the partnership between Corvias and Fort Riley has transformed on-post housing. A total of 816 houses have been demolished with renovations made to more than 1,500 existing homes.

“This partnership is important for numerous reasons the first being that this partnership means on post housing is no longer dependent on annual government budgets,” said Col. John D. Lawrence, Fort Riley garrison commander. “Through private funding, Corvias is able to make a greater impact to our community and quality of life. With this the military does not have to worry about service members’ on post housing

and living conditions declining as a result of sequestration or other budget-related variables.”

Ten of the homes have been selected to be donated to the Kickapoo Nation as part of Operation Walking Shield.

According to Operation Walking Shield’s website, the program assists with the integration of civil-military activities through the Department of Defense’s Innovative Readiness Training program. As part of the IRT program, Walking Shield brings military reserve units to reservations to assist with health care and infrastructure support.

For more information about on-post housing and Corvias Military Living, visit riley.corviasmilitaryliving.com or call 785-717-2200.

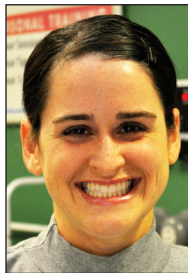


Maria Childs | POST

Junction City, Kansas, Mayor Phyllis Fitzgerald talks with a worker while operating the backhoe during a demolition ceremony hosted by staff of Corvias Military Living Jan. 10 at 5957 Beauregard Place at Fort Riley.

RILEY ROUNDTABLE

What is your favorite football team and why?



"San Francisco 49ers because my brother and I would watch them play when were growing up. I liked Jerry Rice and Steve Young."

SPC. LAURIE DOWELL
WOODLAKE, CALIFORNIA

2nd General Support Aviation Battalion,
1st Aviation Regiment, 1st Combat Aviation
Brigade, 1st Infantry Division



"Pittsburgh Steelers because I've been watching them since I was old enough to watch TV."

SPC. JUSTIN EADS
HOPEWELL, VIRGINIA

526 Quartermaster Company, 541st Combat
Sustainment Support Battalion 1st Infantry
Division Sustainment Brigade



"Alabama because I like their team spirit and motivation even when the team loses."

TESS JOHNSON
CARTERVILLE, ILLINOIS

Wife of Spc. Trenton Johnson, 300th Military
Police Company, 97th Military Police
Battalion



"Kansas City Chiefs because we're the comeback kids."

AIRMAN 1ST CLASS JADE MARSH
MANHATTAN, KANSAS

Logistics Readiness Squadron, 190th Air
Refueling Wing, Kansas Air National Guard



"Louisville Cardinals because my wife loves the team."

STAFF SGT. JOSH THIBODEAUX
LAFAYETTE, LOUISIANA

3rd Battalion, 86th Armor Regiment, 1st
Armored Brigade Combat Team, 1st Infantry
Division

THE 1ST INFANTRY DIVISION POST

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Circulation 8,800 copies each week.

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

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FATALITY-FREE DAYS

193

As of Wednesday, Jan. 18, 193 days have passed since the last vehicular fatality at Fort Riley. Safe driving doesn't happen by accident. For more information about safety, call the Garrison Safety Office at 785-239-0514.

Building blocks shaping public affairs team

By Kirk Hutchinson
FORT RILEY PUBLIC AFFAIRS

"Put the green triangle on top of the square with the hypotenuse facing to the right."

Huh?
It was a Friday afternoon and nine of us from the Fort Riley Garrison Public Affairs Office were engaged in team building activities facilitated by members of the Comprehensive Soldier and Family Fitness staff in the Victory Center here on post.

Let me say this up front. I've always had mixed feelings when it comes to team building exercises. They often seem forced and artificial. Never once in my three-plus decades in the work force or in the Army have I needed to describe to someone how to stack some building blocks without seeing what they're doing or guide a blindfolded person through a room to find a hidden bobble-head doll.

My experience has generally been that you build effective teams by working together to accomplish the daily task, the real job. We can talk about what makes a good team and work through team building exercises, but the proof that you're

a team comes on the job. Football teams win national championships or Super Bowls by training as a team to win football games. Armies win wars by training as a team to win wars.

However, here's what I've also learned over the years. Most of us don't have jobs where training to do the task as a team is what we do all day every day. We sit at our desks or go out to some duty post and do a specific task. I'm a public affairs specialist. I do public affairs stuff. During my career, I've been a broadcast journalist and eventually a First Sergeant in the Army, a news photographer/videographer for a television station, an on air announcer, the play-by-play voice for high school sports on a local radio station, a spokesman for the Kansas Department of Transportation and now a member of the garrison public affairs team here at Fort Riley.

Most of those jobs called for me to do an individual task that might contribute to a team or might just be something I did on my own. So when the manager of the television station where I worked 20 years ago gathered us together for team building exercises, I rolled my eyes. I didn't want to be buddies with the guy who was trying

to take my job. Trip him, maybe, but not help him fit in better or succeed as part of our great team.

So our public affairs office team building at CSF2 surprised me, because I found it to be a worthwhile experience. Kudos to Joe and Campbell for not only being good at their jobs, but for modeling real teamwork to us as they guided us through activities and discussion. It was also a reminder that working for a large organization with a lot of moving parts requires outstanding communication, trust in one another and a willingness to help where needed. That's probably true in your unit or work place, too.

No, I still don't need to guide a blindfolded person on a search for a bobble-head or explain to a coworker on the other side of the partition how to stack blocks to match a structure only I can see, but I do need to make sure my coworker knows what I've told a reporter or who I've contacted about a particular request. What do your teammates need to know or how can you help to make all of you successful?

By the way, the green triangle goes on top of the square with the hypotenuse facing to the left.

Protecting children from identity theft

BY KANSAS ATTORNEY GENERAL DEREK SCHMIDT

The New Year brings a new law in Kansas that will help protect your child from identity theft. Beginning Jan. 1 credit reporting bureaus are now required to place a security freeze on the credit report of a child younger than age 16 if requested by a parent or guardian. Taking advantage of this new law could help keep your child's credit from being damaged by identity thieves.

Children may not seem likely targets for identity theft, but it's far more common than you might think. Since children typically do not borrow money until they're applying for student loans or buying a first car, this type of identity theft can go undetected for many years. The identity thief may have opened multiple accounts using your child's social security number, and of course identity thieves usually aren't very good at keeping up on their credit card payments.

Here are some tips to keep your child's identity safe:

- Keep all of your child's personal documents, such as birth certificates and social security cards, in a secure location, like a safe deposit box or a locked file cabinet. Be sure to shred any other documents containing your

child's personal information when they are no longer needed.

- Don't share your child's social security number with anyone unless it is necessary and you trust the person getting the information. If it is necessary to share the social security number, ask how that information will be stored and protected.
- Check your child's credit reports. This is especially important when they are entering the teen years and might be starting to apply for jobs, car loans or student loans. If your child is 14 or older, you can request a copy of his or her credit report from the three major credit reporting bureaus through AnnualCreditReport.com. If the reports come back showing that there is no credit history, that's a good sign. If there are accounts listed on the credit report, that's a red flag that your child may be the victim of identity theft. For children younger than 14, if you suspect your child may be the victim of identity theft you can contact the credit bureaus directly. They will require you to send some documentation to prove that you are the child's legal guardian before giving you any information they have.

- Place a security freeze on your child's social security number under the new Kansas law. A security freeze is essentially a padlock on your child's credit report that does not allow it to be accessed until you unlock it. That means anyone who tries to open an account using that social security number would be blocked from doing so. The security freeze will remain in place until you or your child lifts it. There may be a one-time fee of not more than \$10 for each of the three credit bureaus to place a freeze and again to remove it — but that is far less than the cost of cleaning up after becoming the victim of identity theft. Find more information on how to contact the credit bureaus to place a security freeze at www.InYourCornerKansas.org/ChildID.

If you or your child does become a victim of identity theft, our consumer protection division can help. Begin by calling our consumer protection hotline at 800-432-2310 or file a complaint on our website at www.InYourCornerKansas.org. Our website also contains useful information on how to prevent identity theft, how to contact the credit bureaus, how to request a security freeze and many other important topics.

Understanding dangers of carbon gases

Thomas "Tom" Anderson
GARRISON SAFETY OFFICE

Team Riley, did you know carbon combines with oxygen to form two different gases that are hazardous to humans? One gas is carbon monoxide and the other is carbon dioxide. Large or abnormal concentrations of both gases are hazardous to life.

Carbon monoxide presents the most danger during winter months. CO normally occurs during the combustion — burning — of fuels and carbon dioxide normally occurs naturally. Combustion of fuel like gas, diesel, stove fuel, kerosene, wood, charcoal and coal produce CO gas, a lighter than air gas which dissipates rapidly in an open environment. Our homes contain multiple sources of CO. These sources include furnaces, gas appliances, wood-burning stoves or fireplaces, gas powdered tools and automobiles. During periods of inclement weather when cars, houses, garages, shops and storage building are tightly closed or sealed, burning most types of fuel will create CO.

Levels of CO build rapidly in areas with poor or no ventilation. It is important

to understand the dangers of CO and not underestimate its effects! According to the Centers for Disease Control, in the United States between 1999 and 2010, there were 5,149 deaths due to unintentional non-fire related CO poisoning. Although, Team Riley has not had a life lost to CO poisoning in several years, we have had Soldiers, and family members adversely affected by CO.

CO is called the silent assassin for good reason. Recognition of the effects of the colorless, odorless gas is often late in the poisoning process. Warning signs of CO poisoning are feeling dizzy, light-headed, or nauseous. By the time we recognize the warning signs, CO has already affected our system by displacing the oxygen and causing us to become ill. Acute CO poisoning can lead to death. The best defense against CO poisoning is early warning provided by alarms and preventive maintenance.

The other hazardous gas, carbon dioxide is a colorless odorless gas that occurs naturally. Some sources include the breathing of humans and other animals, brewing beverages, using dry ice and

volcanic rock formations. Carbon dioxide poisoning is not as common as carbon monoxide poisoning.

Carbon dioxide is heavier than oxygen and displaces oxygen in a low area. Because of its ability to displace oxygen, it is widely used in fire extinguishers, several manufacturing processes and at parties; dry ice may be used to create fog. Exposure to CO2 is an inhalation toxicant, simple asphyxiate and may cause frostbite. Changes in the quantity of CO2 in the atmosphere will limit the amount of oxygen available for breathing and increase the amount of CO2 in the blood. Warning signs of CO2 poisoning include headache, dizziness, restlessness or difficulty breathing. Frostbite can be caused by short term exposure during discharge of a fire extinguisher or dry ice. Excess CO2 in the blood affects multiple systems in the human body.

Team Riley, knowing the hazardous of CO and CO2 can save lives. For more information, please contact the Fort Riley Army garrison, safety office, 785-240-0647.

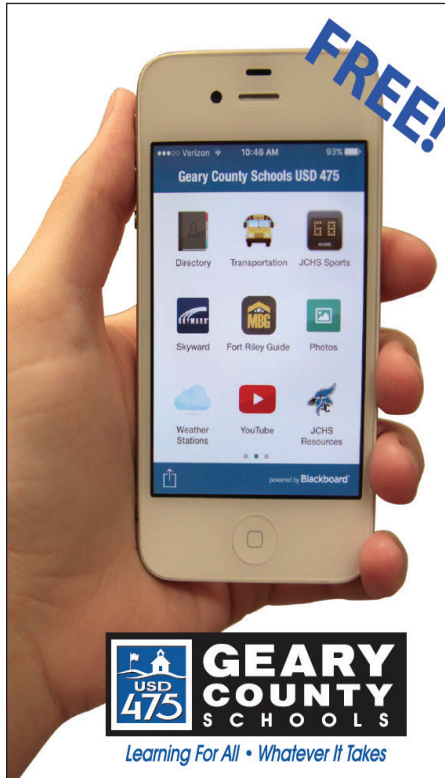
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3

Pilots, aviation hobbyists visit Marshall Army Airfield facility

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

Personnel of the Marshall Army Airfield Radar Approach Control Facility and Marshall Tower opened their doors to 10 members of the Experimental Aircraft Association Chapter 1364 for a tour of the facilities Jan. 10.

The members of EAA are pilots and aviation enthusiasts who regularly communicate with Marshall Army Airfield personnel when they fly through the area, most often when they are flying out of Freeman Field in Junction City, Kansas.

“The visit is part of an ongoing collaborative effort to provide awareness to local residents who also fly airplanes in and around the airspace controlled by Fort Riley,” said Terry Hogan, Marshall Army Airfield air traffic control radar chief. “Due to the proximity of both Manhattan Regional Airport (in Manhattan, Kansas,) and Freeman Field, the local pilots communicate directly with Fort Riley’s Air Traffic Control facilities regularly. This visit is part of our ongoing dialogue to maintain open and consistent good relations with our regional partners.”

Ken Mortensen, treasurer of EAA Chapter 1364 and a pilot, said he came up with the idea for the tour at Fort Riley, but it was Marvin Hornbostel, president of EAA Chapter 1364, who arranged everything.

Mortensen said he appreciated putting a face to the voices he often hears when he is flying. He added the skill it takes to manage the radar facility and tower was interesting and far more difficult than he expected.

“We’re normally talking on the other end so it’s nice to see who you’re talking to and what their issues might be,” he said. “It’s fascinating how they do all that. It’s got to be harder than flying.”

For Hornbostel, this tour was something he had been curious about for a long time. Hornbostel said he worked at Marshall Army Airfield as a

maintenance supervisor for 32 years. As he was preparing to retire, the construction on the tower began and he had always wanted to go inside.

“When I worked out here, they were building the tower about the time I left,” he said “(I) never went up there and I always wanted to see what was up there.”

Hornbostel said the tour showed him and the other club members a different side to aviation they have always been curious about. The tour also answered a lot of questions they had about how communications and radar worked.

“Something like this ... when you get the chance to go in here and see what actually happens in the aviation field in this particular area you want to see it, especially when you’re talking to the people you talk to when you’re flying,” he said.

This was the first tour of the ATC facilities from an outside organization, Hogan said. Having the group come through is important to further the relationships between Fort Riley and the surrounding communities because of both the close proximity to one another and the communities’ direct impacts on each other.

“This tour is important to Fort Riley because the airspace associated with our ATC facilities overlies our regional partners in the surrounding area,” he said. “The services we provide are not constrained to geographic boundaries or city limits. The air traffic control mission encompasses an area approximately 30 nautical miles around Fort Riley. Our mission is a critical asset to the region with expanded commercial aviation flights in and out of Manhattan, as well as the services we provide for Freeman Field, such as the Annual National Bi-Wing Airplane Fly-In ... Our goal is to allow the senior mission commander to do everything required to prepare his units to go overseas fully trained to execute their mission, while allowing our regional partners, and neighbors, to fly aircraft freely and without hindrance.”



A member of the Experimental Aircraft Association Chapter 1364 talks with personnel of the Marshall Army Airfield Radar Approach Control Facility about their systems Jan. 10 at Marshall Army Airfield. Ten members of EAA toured the radar facility and Marshall Tower for their regular club meeting to help them understand a different portion of the aviation field.

First armored multi-purpose vehicle rolls off production line

By David Vergun
ARMY NEWS SERVICE

WASHINGTON — The first armored multi-purpose vehicle rolled off the production line in York, Pennsylvania, Dec. 15, 2016.

The AMPV will replace the Army’s aging M113 family of vehicles that today make up 32 percent of the armored brigade combat team vehicle fleet, said Col. Mike Milner, project manager, AMPV, during the rollout ceremony. The M113 was first produced in 1960.

Milner said AMPV will provide significantly more size, power, cooling and mobility than the M113 to the ABCT.

“(The AMPV) will enable mission command on the move, restore indirect fires for the combined arms battalions, provide protection and survivability to the company’s logistical forces and provide significantly greater care to

wounded Soldiers than was previously available,” Milner said.

“All of this while providing protection and survivability levels well above the capabilities in the field today.”

Erwin Beiber, president, Platforms and Services, BAE Systems, Inc. — the company that was awarded the contract — said the AMPV will include five variants.

AMPV variants currently in various phases of build include:

- Mission command
- General purpose
- Medical treatment
- Medical evacuation
- Mortar carrier

The AMPV will create a tremendous amount of commonality in the fleet, Beiber added. “When this gets out there with Bradleys, that high degree of commonality will hold down costs in production

and full-life-cycle costs, supply, training and troop support to these vehicles and that will be absolutely fantastic,” he said.

That the first prototype of AMPV was rolled out just shy of 24 months after the contract was awarded is significant, Milner said, a short time in Army acquisition programs. The AMPV was rolled out, he noted, on cost and on schedule, fewer than six months after its critical design review.

“There are so few programs today that have delivered prototypes this quickly,” he said. “(Now) we can get it into test and eventually into production.”

Maj. Gen. David G. Bassett, program executive officer for Ground Combat Systems, credited Chief of Staff of the Army Gen. Mark A. Milley with keeping the program moving forward.

“His personal involvement has prevented this program from falling into the trap that’s caught other programs and caused them not to succeed,” he

said. “(Milley has) ensured we’ve stayed aligned with his priorities, to deliver the appropriate combination of protection, mobility, reliability ... on budget and on schedule.”

Bassett added, “This is not the finish line. The last thing we want to do is celebrate too soon, like Navy did” near the end of the Army-Navy game in Baltimore last week, in which Army was triumphant.

“We’re not going to rest,” he said. “We’re going to be relentless until we deliver AMPVs across every ABCT in the Army. Our Soldiers deserve nothing less.”

He concluded: “The (ABCT) is not the kind of formation you send out when you want to put up a school, hand out bags of rice or build a road. It’s for dominating our nation’s adversaries. It is our most lethal formation. There are no more lethal formations on the ground today in the world than a U.S. Army ABCT. This vehicle ... will make this ABCT even stronger.”

January proclaimed as From the Land of Kansas Month

KANSAS DEPARTMENT OF AGRICULTURE

MANHATTAN, Kan. — In recognition of From the Land of Kansas, the agricultural trademark program which is a visible and important link between producers and consumers of Kansas agricultural products, Gov. Sam Brownback proclaimed January as From the Land of Kansas Month.

The Kansas Department of Agriculture strives to serve Kansas farmers, ranchers, agribusinesses and consumers by providing support and assistance to help Kansas businesses grow, which keeps money in Kansas communities, building stronger businesses and local economies. The From the Land of Kansas program at KDA provides agribusiness marketing opportunities to participating local businesses, and allows consumers to identify and choose to support products that contain Kansas ingredients or items processed in Kansas.

“Agriculture businesses are a vibrant part of communities and contribute to the economic well-being and quality of life for Kansans,” said Janelle Dobbins, program marketing manager. “From the Land of Kansas supports more than 400 farmers, ranchers and agribusinesses from more than 80 percent of our counties. We encourage all Kansans to learn more about Kansas products and support their friends and neighbors as we celebrate those who grow, produce, process or manufacture agriculture products in our state.”

Opportunities to purchase From the Land of Kansas products can be found at shop.fromthelandofkansas.com and in many stores around the state.

To become a member or to find out more information on the From the Land of Kansas program, please visit FromtheLandofKansas.com or contact Dobbins at Janelle.Dobbins@ks.gov or 785-564-6759.



OPERATION:
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RECOGNIZING FORT RILEY LEADERS



Chad L. Simon | 1ST INFANTRY DIVISION PUBLIC AFFAIRS
ABOVE AND BELOW: Brig. Gen. Patrick Frank, 1st Infantry Division and Fort Riley acting senior commander, and Command Sgt. Maj. Jonathan Stephens, rear division command sergeant major, were recognized by Kansas Gov. Sam Brownback during the 2017 State of the State address in Topeka, Kansas, Jan. 10.



Immunization research supports warrior care, force readiness

MILITARY HEALTH SYSTEM COMMUNICATIONS OFFICE

FALLS CHURCH, Va. — Vaccinations have played a prominent role in U.S. military history. George Washington ordered smallpox vaccines for his Soldiers during the Revolutionary War. Nearly 90 percent of the deaths of Soldiers during that time were caused by disease, with smallpox being one of the most prominent. It was said that more American Soldiers died of smallpox than from battlefield injuries, and Washington’s plan to defeat smallpox played an important role in the ultimate victory of his army.

Vaccination remains a vital tool for U.S. forces. The Defense Health Agency’s Immunization Healthcare Branch is a premier, responsive, patient-centered organization that promotes excellence in immunization health care for service members and beneficiaries. The branch also supports Force Health Protection and Readiness by developing and promoting programs, services and research that enhance immunization effectiveness, safety and acceptability. With the ever-present threat of disease to service members abroad and within the U.S., providing evidence-based solutions that improve immunization health care is imperative.

“Given that the (Department of Defense) mandates many vaccines as part of our Force Health Protection and Readiness requirements, we have a duty to ensure the vaccines we develop are not only safe, but also effective for our

troops,” said Dr. Bruce McClenathan, regional medical director for IHB in Fort Bragg, North Carolina. “In addition, we seek to eliminate any unnecessary immunizations, as well as reducing the costs.”

“Within the history of the DOD, research and vaccines have been critical to our military members, said Dr. Limone Collins, an allergy and immunology physician and chief of the Vaccine Safety and Evaluation Section at the IHB Headquarters in Falls Church, Virginia. “Other than clean water and sewage, vaccines have done more to improve public health —not just within the DOD — but nationally. Vaccines have played a critical role in providing protection for us.”

Although U.S. military physicians and researchers have collaborated in the development of vaccines for influenza, rubella and typhoid fever, Collins emphasized our armed forces have had a long history of involvement with vaccines against infectious diseases.

“For more than 200 years, our military has been actively engaged in vaccine research, and made many contributions to the development of products for use in disease prevention and control,” he said.

During World War I, Army Surgeon General William Gorgas convened a series of commissions to gather the best civilian and military input for ongoing and recurring infectious disease problems. In 1918, a pneumonia commission was formed, and in 1941 the Army established the Board for the Investigation and Control of Influenza and Other Epidemic Diseases in the



Jacob Sippel | NAVY

Navy Petty Officer 3rd Class Brett Friebe prepares a flu shot for a patient at Naval Branch Health Clinic Mayport’s immunizations clinic.

Army, which was renamed the Armed Forces Epidemiological Board in 1949.

The IHB will continue to conduct research and provide valuable input regarding immunization effectiveness and safety to enhance force health protection and readiness. Researchers will ensure that vaccines are safe, effective and properly utilized to protect service members.

“With the advancement of research techniques, we are now able to conduct clinical studies dedicated to understanding diversity in immune responses to certain vaccines when they are delivered to large populations,” said McClenathan. “These studies hold enormous potential for improving the quality of care, and reducing the possibility of adverse events following immunization.”

Scientists use fluorescent gels to study blast pressure on brain

Story and photo by David McNally
HEALTH.MIL

ABERDEEN PROVING GROUND, Md. — Army researchers are studying the physiological effects of blast pressure on the brain to discover technology solutions to protect Soldiers.

Scientists at the Army Research Laboratory have developed a gel substance with fluorescent properties that mimics the texture and mass of the human brain. Their goal is to show the scale of damage to the brain under the pressure conditions that Soldiers encounter in combat or training.

“We develop materials solutions that enable us to understand the mechanisms of damage at the cellular level,” said Dr. Shashi P. Karna, ARL nanofunctional materials senior research scientist. “What are the mechanisms by which the blast pressure waves travel to the brain?”

The laboratory is also creating materials that will enable the researchers to see details that have never been recorded. Using nanotechnology, scientists will see what happens to the brain during an explosion — at the cellular level.

“We have nanomaterials that are highly robust so that in real time, when the blast occurs, it will be possible to image the effects like an MRI, but with fluorescence,” Karna said. “Colors will show the motion of the cells.”

Researcher Nile Bunce said she and fellow researcher Rebecca Jimenez found that infusing the gel samples with fluorescent properties presented a complex technical challenge.

“It was more a trial and error,” Bunce said. “We got a nice dispersion of sample into our gels, and that’s what we’ve been going with so far.”

“Since our nanoclusters are pressure sensitive, when we apply pressure the fluorescence intensity will either increase or decrease depending on an increase or decrease in pressure,” Jimenez said.

Jimenez said they use ultraviolet light to illuminate the fluorescent materials.

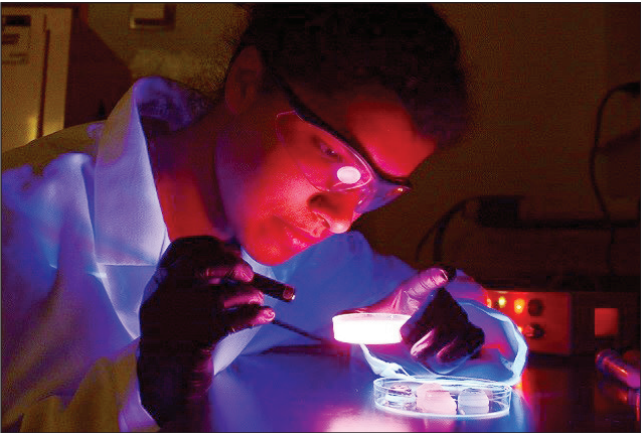
“Depending on the type of metal that we use and the concentration, it can fluoresce anywhere on the visible wavelength spectrum,” she said. “It can be from blue all the way to red.”

To derive useful information about the effects of blast pressure on the brain from these colors, the team plans to develop a pressure scale, Bunce said.

“We put the nanoclusters under different pressures,” she said. “Based on how it fluoresces, under each certain pressure, we’ll make a graph and, from that, we can correlate it to how it will fluoresce in a brain situation.”

Over the past two years, the laboratory has built a partnership with the Japanese Ministry of Defense, which is working on the same problem. Japanese medical researchers visited Maryland for an update on Dec. 19.

“The Japanese are addressing this through a medical technique ... to look at the oxygen level, for example, in the tissue,” Karna said. “They also look at the cortical depressant. When the blast waves hit the brain, there is fluctuation in the blood circulation level. So they look at these physiological systems to assess what is affected by the blast.”



Army Research Laboratory researcher Nile Bunce uses ultraviolet light to illuminate fluorescent materials that may shed light on the effects of blast pressure on the human brain.

Karna said the Japanese team plans to test the Army’s samples with a laser-induced shockwave and share the results of the experiment.

“This is extremely important for us,” Karna said of the ongoing research. “The Army Research Laboratory provides the technology that enables the Soldier to function on the battlefield. It provides the best lethality and the best protection.”



FROM LEFT: Chaplain (Capt.) Andrew Nielsen, Special Troops Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, Sierra Herring, Applied Suicide Intervention Skills Training instructor, and Carolyn Tolliver-Lee, Family Advocacy Program specialist, lead a group discussion during the Resilient Spouse Academy Jan. 11 at Army Community Service.

Adding to one's SKILLSET

Army Community Service offers Applied Suicide Intervention Skills Training certification

Story and photos by Gabrielle Burman
1ST INF. DIV. POST

The Resilient Spouse Academy held their quarterly training Jan. 9 through 12 from 9 a.m. to 3 p.m. at Army Community Service. The event was open to all military personnel and military dependents older than 18. The free event centered on the participants' completion of Applied Suicide Intervention Skills Training certification and Master Resiliency Training.

The four-day event covered topics ranging from sexual assault prevention and awareness to financial readiness. Simulations of potential suicide scenarios were used as exercises for the participants. The simulations allowed the students to apply the training they learned through the ASIST program to effectively prevent or intervene in suicide.

"This wasn't my first class at ACS and I felt that this Resilient Spouse Academy (event) was extremely interesting as it provided us with the information and tools for situations that are very relevant that we all may face," said Kristel Bryan, spouse of Command Sgt. Maj. Joshua Bryan, 1st Squadron, 6th Cavalry Regiment, 1st Combat Aviation Brigade, 1st Infantry Division.

See CERTIFICATION, page 11



FROM LEFT: Spc. Tyler Blundstone, 24th Composite Truck Company, 541st Combat Sustainment Support Battalion, 1st Infantry Division Sustainment Brigade, and Capt. Joseph LaPlante, 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, participate in an Applied Suicide Intervention Skills Training certification role-playing simulation during the Resilient Spouse Academy Jan. 11 at Army Community Service.

"We want everybody peppered throughout the community who could be a person that people turn to, and we want them to be armed with all the information to be able to help people."

JANE BROOKSHIRE | EVENT COORDINATOR



Constance Bradshaw, 5, daughter of Staff Spc. Ronnie Martin, 1st Replacement Company, assists ventriloquist Todd Oliver with his performance Jan. 12 at Ware Elementary School.

Military speaks to school's performer

Ventriloquist voices a good show, laughs for students on Fort Riley

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

Students of Ware Elementary School and Fort Riley Elementary gathered to see a show from ventriloquist Todd Oliver Jan. 12 at Ware Elementary.

Oliver performed at the elementary school ahead of his Jan. 14 performance at C.L. Hoover Opera House in Junction City, Kansas. Ware Elementary was among several schools in the surrounding communities of Junction City where he performed, however, this was his first performance ever on a military installation for students.

"I started out doing school assemblies as a volunteer when I was in junior high and high school and I toured with schools," Oliver said. "When I was a bachelor and whenever we (his crew) toured theaters, I'd offer to go to nearby schools and I still enjoy it."

In the days before many of his shows around the country, Oliver said he performs at the local schools because he loves being able to reach out to children to share his family-friendly comedy and to encourage them to pursue their dreams, especially for students interested in the arts.

"He just loves reaching out to kids and we thought it would be a perfect fit," said Yolanda Phelps, marketing director for C.L. Hoover Opera House, who helped arrange the performances.

The audience of students and teachers alike giggled and cheered with each joke Oliver told and three students were invited on stage to assist him during his performance. Two of the students acted as dummies for Oliver to channel his talent through, eliciting roaring laughter from the audience.

"This is so fun for the students," said Kim Hodge, family support coordinator for Ware Elementary School. "They get to see something that most of them don't get to see on a regular basis and they get to be exposed to the arts."

Performing at Fort Riley was a special experience for him, Oliver said, because of his own ties to the military. His father was a World War II veteran and his brother is a retired Marine. He said he is able to relate to the students of service members after he lost his own father as a child.

"I know that their parents are deployed and gone and I lost my dad when I was 10 years old," he said. "My father died and I know that void. I can understand that loneliness and sometimes there's an insecurity there, so I'm just trying to encourage kids to use their times wisely and chase a rainbow. Turn a talent into a skill that will help you when you grow up."

Outdoor Recreation finds new space at golf course

Adventure courses in the works, snack bar currently in place

Story and photo by Chris Cannon
1ST INF. DIV. POST

Previously located on Camp Funston, Fort Riley's Outdoor Recreation has plans to put in place several paintball courses, a challenge course and other adventure elements in the area that was previously known as Custer Hill Golf Course at 5202 Normandy Drive. In addition to these new courses, there is now more space to host parties with inflatable obstacle courses and display the various

MORE INFORMATION

- **Outdoor Recreation** hours are Monday through Friday from 9 a.m. to 5 p.m., and **Leisure Travel** hours are from 10 a.m. to 5 p.m. Monday through Friday. More information can be found at www.riley.armymwr.com/us/riley/programs/leisure-travel-center.

recreation vehicles available for Soldiers, families and retirees to rent for camping trips.

"At our new location we will offer all the same great services available at our old location including rentals, park reservations, fuelwood permits, outdoor programs and much more," said Angelia Lentz, Outdoor Recreation manager.

The outdoor courses will be completed at a later date.

While renting a recreational vehicle, customers can also walk over to the Leisure Travel side of the old pro shop and take advantage of military discounts such as tickets for sporting and concert events and destinations like Disney resorts.

See OUTDOOR, page 11



Have a little time to take in some lunch? The snack bar at Outdoor Recreation and Leisure Travel has favorites for everyone from 11 a.m. to 1:30 p.m. Monday through Friday at 5202 Normandy Drive, the area that previously was known as Custer Hill Golf Course.

FORT RILEY POST-ITS

CHILD SEAT RECALL
There is a recall on Baby Trend, Inc. child booster seats. To see the details of the recall, visit www.jcpost.com/2017/01/11/child-seat-recall/.

FREE INCOME TAX PREPARATION AT FORT RILEY TAX CENTER
The Fort Riley Tax Center is open to prepare federal and state taxes for Soldiers, military retirees and eligible family members. The center is located in building 7034 and is open Monday through Friday from 9 a.m. to 6 p.m. Appointments are available and encouraged throughout the week, but walk-ins are accepted. The center is open 9 a.m. to 1 p.m. on Saturdays for walk-ins only. Call 785-239-1040 for more information..

IACH OUTPATIENT PHARMACY NEW WEEKEND HOURS
The outpatient pharmacy at Irwin Army Community Hospital is open Saturdays from 10 a.m. to 2 p.m. Patients can receive new prescriptions, called-in refills, self-care over-the-counter therapy and flu vaccinations during the extended weekend hours
For more information contact the pharmacy at 785-239-7619.

LIBRARY MOVIE NIGHT
Families are invited to the library, 5306 Hood Drive, Jan. 21 for a free movie and popcorn. The movie will be “BFG.” For more information, call 785-239-5305

EXCHANGE HOURS OF OPERATION AND CLOSINGS FOR INVENTORY
Jan. 22
Furniture Store, 6914 Warren St., closed
BRO 24hr Express, 6914 Warren St., will close at 8 p.m. and will re-open at approximately 3 a.m., Pay at pump gas will be available.
Forsyth Express, 2597 Trooper Drive and **Main Post Express**, 640 Huebner Road, open as normal.
Jan. 25
Main Post Express, 640 Huebner Road, will close at 6 p.m.
BRO 24hr Express, 6914 Warren St., and **Forsyth Express**, 2597 Trooper Drive will be open as normal
All other stores will be taking inventory after hours or on normal closed days.
All stores hours of operation will be back to normal hours following inventory.

THREAT AWARENESS AND REPORTING PROGRAM TRAINING
Threat Awareness and Reporting Program training is scheduled for Jan. 26 and Feb. 7 and 23. The time for each day is 10 a.m. The training will be held at Barlow Theater at Fort Riley.

SEVERE STORM SPOTTER AND SEVERE WEATHER AWARENESS TRAINING
Staff with the National Weather Service Office and the Fort Riley Emergency Management Office will host a two-hour seminar Feb. 28 from 1:30 to 3:30 p.m. at 1801 Buffalo Soldier Drive in Camp Funston. Seats for the training are still available. The seminar is free and available to everyone in the Fort Riley and surrounding community. For more information contact the Fort Riley Emergency Management Office at 785-240-0400.

MWR COCKTAILS AND CANVASES
Enjoy an evening of social painting Jan. 27, 7 p.m. at Riley’s Conference Center, 446 Seitz Drive. Space is limited and advance ticket purchase is recommended. The cost is \$25 and includes instruction supplies and a beverage ticket. For more information call 785-784-1000 or buy online at riley.armymwr.com.

EYSTER POOL BUBBLE GUPPIES
Eyster Pool staff will hold classes for children ages 6 months to 5 years of age and their parents. The classes are \$5 per family, per session. It will include 20 minutes of water safety and skills training by a certified water safety instructor and 40 minutes of water play. Parents must accompany children in the water.
The classes will be held Jan. 28, Feb. 11, 25 and March 18, 25. The schedule is subject to change.
No registration is required. For details call 785-239-4854 or go to riley.armymwr.com.

KING FIELD HOUSE EVENTS
Singles Racquetball Tournament
Staff at King Field House will host a singles racquetball tournament Jan. 28, starting at 9 a.m. The cost of the tournament is \$20 per person and is open to Department of Defense identification card holders 18 years and older.
It will be double elimination and open division. Active-duty players will qualify for Commander’s Cup points. The registration deadline is Jan. 26.
Dodgeball Tournament
A dodgeball tournament will be held Feb. 4 starting at 10 a.m. The cost of the tournament is \$50 per team and is open to Department of Defense identification card holders 18 years and older.
It will be double elimination with 12 players per team. Active-duty players will qualify for Commander’s Cup points. The registration deadline is Feb. 2.
For more information on either of these tournaments call 785-239-2813.

FORT RILEY REEL TIME THEATER MOVIE SCHEDULE
Friday, Jan. 20
Collateral Beauty (PG-13) 7 p.m.
Saturday, Jan. 21
Rogue One: A Star Wars Story (PG-13) 2 p.m.
Man Down (R) 7 p.m.
Sunday, Jan. 22
Rogue One: A Star Wars Story (PG-13) 5 p.m.
Theater opens 30 minutes before first showing
Regular Showing: \$6
3D Showing: \$8
First Run: \$8.25
3D First Run: \$10.25
For more information call 785-239-9574.

FORT RILEY LEISURE TRAVEL
Discount tickets are available for events in the surrounding area as well as major theme park destinations.
Upcoming events with discount tickets include:
Salina Bicentennial Center: Toughest Monster Trucks Feb. 17 and 18 at 7:30 p.m.
Kansas City Sprint Center:
Monster Jam Feb. 3, 4 and 5 various times — deadline to purchase is Jan. 27.
Sesame Street Live — Elmo Makes Music Feb. 24, 25 and 26 various time - deadline to purchase is Jan. 25.
Topeka ExpoCenter
Harlem Globetrotters Jan. 27, 7 p.m.
Salina Rolling Hills Zoo & Museum
Great Wolf Lodge - Kansas City Hotel: Blackout dates apply. Waterpark tickets included for all guests.
Coco Keys Waterpark Resort Hotel - Kansas City

WARRIOR ZONE MADDEN BOWL GAMING TOURNAMENT
Better Opportunities for Single Soldiers volunteers and staff at Warrior Zone will host a Madden Bowl gaming tournament Feb. 4 starting at 11 a.m. Entry is free and open to Department of Defense identification holders age 18 and older. The grand prize is a Warrior Zone Super Bowl Party VIP package for winner and friends. The prize will include food and drinks for up to 10 guests. For more information call 785-239-2677.

SPOUSE RESILIENCY TRAINING
Staff at Army Community Service will hold a free Spouse Resiliency Training class from 9 a.m. to 3 p.m. Feb 6 to 9. This is a seminar that enhances your ability to grow and thrive in the face of military life’s challenges by applying everyday skills.
Limited free childcare is available with pre-registration — child must be registered with Child Youth Services and reservation cutoff is Jan. 23. To register contact ACS at 785-239-9435.

COMMUNITY CORNER

Fort Riley offers help you need to increase your fitness level

Soldiers, families would do wise to apply lessons to the future

By Col. John D. Lawrence
FORT RILEY GARRISON COMMANDER

The Army embraces a culture of health, sports and fitness. Think about it, our military men and women need to be world-class athletes to respond to crises around the world, at a moment’s notice. That agility requires a laser-

sharp focus on nutrition, mental, emotional and physical health — qualities that are useful for our entire workforce, retirees and family members.
I’m proud of the capabilities and facilities that exist here at Fort Riley to accomplish our goals, and many of them are free to use. It’s this time of year when people are focusing



on or abandoning their New Year’s resolutions. If you’ve resolved to be healthier or increase your fitness level in 2017, remember we have the help you need.
The Army Wellness Center is free for all Department of Defense identification cardholders. The staff can provide assessment and coaching to help build and sustain good health. They address lifestyle changes that affect both short- and long-term health changes and assist with setting health goals and achieving them. They’re located at 7285

Normandy Drive and you can contact them at 785-239-9355 or iach.amedd.army.mil/sections/AWCMain.asp.
To work together with these resources, the Directorate of Family and Morale, Welfare and Recreation has fitness centers designed to provide a variety of workout options. Some of the more popular ones are King Field House, which offers a family-friendly fitness room where you can bring your children with you while you work out. It also contains racquetball courts and a sauna.

Whitside Fitness Center features an indoor running track, a climbing wall, and has a variety of group fitness classes. Personal trainers for individual or groups are also available. Long Fitness Center features an outdoor track, sports fields and racquetball courts. All facilities offer cardio and weight equipment and DOD ID cardholders can use those at no cost. There is a fee for group fitness classes and personal trainers. For information on DFMWR fitness centers, classes and programs, visit riley.armymwr.com.

com.us/riley/programs/physical-fitness-centers.
No matter where you currently are with your health and fitness goals, it’s never too late to start. I encourage everyone in our Fort Riley family to take advantage of the resources available to make a difference in your lifestyle this year.

— To comment on this article or to suggest a topic for Community Corner, visit my Facebook page at www.facebook.com/fortrileycg.

Fort Riley Middle School kids recognized

Three students win tablets for work in Drug Free Art Contest

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



Three students from Fort Riley Middle School were selected to receive Kindle Fire tablets Jan. 12 as a result of their artwork in support of the 2016 Drug Free Art Contest in December.
Eighth-grader Elissa Brandt, Sierra Stage of the seventh-grade class and sixth-grader Kaitlyn Yates each won the contest for their respective grades. The contestants, which included most of the Fort Riley Middle School student body, were asked to consider the theme “What it means to be drug-free.” The task was to render artwork that reflected that theme.
Brandt is the daughter of Sgt. 1st Class Clint Mitchell, 3rd Battalion, 66th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division. Yates’ father is Sgt. 1st Class Jeremiah Yates, 101st Brigade Support Battalion, 1st ABCT, 1st Inf. Div. Stage’s father is Sgt. 1st Class James Stage, Company C, 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Inf. Div.

Brigade Combat Team, 1st Inf. Div.
The contest was sponsored by the Army Substance Abuse Program. For Chris Bowman, prevention coordinator for ASAP, involving young people in prevention efforts is critical.
“The younger a person is when they are made aware of the dangers of drugs and

alcohol, the better chance the message will stick and resonate with them,” Bowman said.
The statistics reflect the ongoing need to help young people remain aware of the dangers of drug and alcohol use and abuse.
“One person is killed every 53 minutes in the United States from drunk driving, according to the National Highway and Traffic

Safety Association,” Bowman said. “This number shows the importance of having a consistent message of the dangers of drunk or drugged driving in the USA.”
Kaitlyn Yates said her parents were proud of her accomplishment. She is an aspiring artist and “they said they hope I would grow up to be an artist,” Yates said.
The Kindle Fire tablet is already paying dividends for Yates. “It helps me with my math,” she said. “I can use the calculator for that. And it helps me when I write stories.”
Yates has also embraced the message Bowman hopes all students receive. She said she hopes others will understand that drug and alcohol abuse can lead to health problems and injuries.
“And I hope when people see my artwork that they know drugs can make your life black, but without drugs your life can be colorful.”
Fort Riley residents can look for more campaigns from ASAP in 2017, Bowman said. The organization will host numerous prevention campaigns, and events to draw awareness to substance abuse and its dangers.
“April is Alcohol Awareness month, and ASAP will be hosting events and conducting marketing to help bring awareness to substance abuse dangers,” Bowman said.

CONFIDENTIAL ALCOHOL AND TREATMENT EDUCATION PROGRAM

785-239-5047/785-240-5127 | catep@conus.army.mil

2017

ALTERNATIVE CARE OPTIONS

FRG CHILD CARE			
January	10	July	11
February	14	August	08
March	14	September	12
April	11	October	17
May	09	November	14
June	13	December	12

6:30-8:30pm • \$4 per child per hour*

ADVANCED REGISTRATION REQUIRED

Deadline: Friday prior to date

To register, call 785.239.9929 or 785.239.9935

PARENTS' NIGHT OUT			
January	07	July	08
February	04	August	05
March	04	September	09
April	01	October	14
May	06	November	14
June	03	December	02

6-11pm • \$20 per child per date*

ADVANCED REGISTRATION REQUIRED

Deadline: Wednesday prior to date

To register, call 785.239.9885 or 785.240.2818

*Patrons may utilize their free 16 hours of care instead of paying fee. Child's traveling file must be turned in prior to care. Patrons must be registered with CYSS.

Firefighters respond to home birth

Fort Riley responders provide initial care for mom, newborn

By Maria Childs
1ST INF. DIV. POST

Fort Riley firefighters were dispatched to a residence Jan. 4 for a woman in labor. The birth of her child was considered imminent upon their arrival. Firefighters arrived and proceeded up the stairs of the residence to attend to the expectant mother when they heard a baby crying. “We were very happy when we were walking up the stairs and heard the baby crying,” said Adam Rothgeb, Fort Riley firefighter. “It was a relief because there is a lot of things that could go wrong in this situation.”

“It is gratifying and humbling. It’s (home birth) not something you see every day. We train for everything from burning buildings to any kind of medical call. This only happens in the United States three-quarters of one percent.”

ADAM ROTHGEB | FORT RILEY FIREFIGHTER

Rothgeb was one of seven firefighters including a battalion chief, three police officers, four medics and one off-duty Riley County medic responded to the call. The off-duty Riley County medic was a friend of the woman. Every firefighter on Fort Riley is certified as an emergency medical technician. They are trained to deliver a baby and provide initial care for mom and baby if the need arises.

“We provided patient care for the baby and the mom until Fort Riley EMS (emergency medical services) got there,” said Capt. Jason Demars from the fire department. Firefighters assisted with assessment of the baby’s vitals, suction of the airway and cutting the umbilical cord. Then assisted Fort Riley EMS with getting the mom and baby ready for transport to Irwin Army Community Hospital.

Rothgeb said being part of something like this is a rare experience. “It is gratifying and humbling,” Rothgeb said. “It’s not something you see every day. We train for everything from burning buildings to any kind of medical call. This only happens in the United States three-quarters of one percent ... There has been a rise on home births, but this was an unexpected home birth, which makes your adrenaline go.” This was Demars’ third time responding to an unexpected home birth. Demars said it is always a gratifying to be part of something good in someone’s life instead of something bad. “We train for the bad stuff in life,” Demars said. “For us to be there and see a joyful moment is very cool.”



Gabrielle Burman | POST

LEFT TO RIGHT: Chaplain (Capt.) Andrew Nielsen, Special Troops Battalion, 2nd Armored Brigade Combat Team, 1st Infantry Division, 1st Lt. Bryce Thornton, Warrior Transition Battalion, and Kristel Bryan, spouse of Command Sgt. Maj. Joshua M. Bryan, 1st Squadron, 6th Cavalry Regiment, 1st Combat Aviation Brigade, 1st Inf. Div., discuss Applied Suicide Intervention Skills Training certification role playing during the Resilient Spouse Academy Jan. 11 at Army Community Service.

CERTIFICATION Continued from page 9

Throughout the event ASIST instructors encouraged lively group discussion and an open forum for questions to help provide a solid foundation for the ASIST training. Both the ASIST training and sexual assault prevention focused on the resources available to military personnel in case of a crisis situation. The group was made up of Soldiers and military spouses involved with the Family Readiness Group. The training targeted both ways to provide spousal support and community involvement and awareness regarding crisis scenarios. “Who is going to be the first person who will know

MORE INFORMATION

- For more information regarding the **Resilient Spouse Academy**, contact Jane Brookshire at laura.j.brookshire.civ@mail.mil or 785-239-9974.

those depression indications may be there or suicidal ideations may be there, your spouse is the first one to know it. If our spouses aren’t educated to know what those warning signs are, they may not see it,” said Sierra Herring, ASIST trainer and two-year volunteer with Army Community Service. Event coordinator Jane Brookshire urges anyone with

interest in the program to attend. “We want everybody peppered throughout the community who could be a person that people turn to and we want them to be armed with all the information to be able to help people,” Brookshire said. Personnel interested in future sessions are encouraged to pre-register at Army Community Service Childcare will be provided

“If our spouses aren’t educated to know what those warning signs are, they may not see it.”

SIERRA HERRING | trainer, Applied Suicide Intervention Skills Training

if the participant registers at least two weeks in advance. For more information regarding the Resilient Spouse Academy, contact Jane Brookshire at laura.j.brookshire.civ@mail.mil or 785-239-9974.

TUESDAY TRIVIA CONTEST



The question for the week of Jan. 17 was: The Fort Riley Tax Center opens this week. Where do I find the hours, location and phone number?

Answer: www.riley.army.mil/Units/Staff/Staff-Judge-Advocate/Tax-Center/

This week’s winner is Liane Boutin. Liane is the wife of Pfc. Clarence Boutin, 116th Military Police Company, 97th Military Battalion.

Pictured above are Liane and Clarence Boutin.

CONGRATULATIONS LIANE!

OUTDOOR Continued from page 9

For more than 40 years, Leisure Travel occupied the same building as the arts and crafts center and USO Fort Riley. As of Jan. 9, Leisure Travel is able to provide more services to customers as a full service travel agency. “We have a personal touch that goes a long way,” said Annabelle Anderson, Leisure Travel manager. Leisure Travel provides more than destination packages, they also provide tickets to events such as the Kansas City Chiefs playoffs, the Kansas State University Men’s basketball games and murder-mystery dinners. “Our customers bring us pictures to show how much fun they had during their vacations,” said Sabrina Frey, Directorate of Family and Morale, Welfare and Recreation travel clerk. After planning their vacations, whether they are indoors or out, visitors to Outdoor Recreation and Leisure Travel can stop at the snack bar between 11 a.m. and 1:30 p.m. to take advantage of the treats and mainstay menu items. Outdoor Recreation hours are Monday through Friday from 9 a.m. to 5 p.m.,



Chris Cannon | POST

Sabrina Frey, Morale Welfare and Recreation travel clerk helps Nicole Holman, wife of Sgt. Donald Holman, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division and her daughter, Zoe, look at Disney vacations.

and Leisure Travel hours are from 10 a.m. to 5 p.m. Monday through Friday. More information can be found at www.riley.armymwr.com/us/riley/programs/leisure-travel-center.

WWW.RILEY.ARMY.MIL



WWW.FACEBOOK.COM/FORT RILEY



HOUSE AD



Spc. Robert Brown, dog handler with the Combined Joint Forces Land Component Command - Operation Inherent Resolve, squats during a weightlifting challenge Jan. 12 in Baghdad, Iraq. Brown lifted the high of the day of 1,470 pounds total.

Heavy Lifting

Soldiers from 1st Infantry Division participate in weightlifting challenge



Staff Sgt. Brittany Dufour, medical platoon enlisted leader, Combined Joint Forces Land Component Command - Operation Inherent Resolve, deadlifts during a weightlifting challenge Jan. 12 in Baghdad, Iraq, while Staff Sgt. Alberto Rivera, battalion operations enlisted team leader, Combined Joint Forces Land Component Command - Operation Inherent Resolve coaches her. Dufour lifted 715 pounds total.

Story and photo by Spc. Derrik Tribbey
CJFLCC - OIR PUBLIC AFFAIRS

BAGHDAD, Iraq — Service members with the Combined Joint Forces Land Component Command – Operation Inherent Resolve, participated in a weightlifting challenge Jan. 12.

The Coalition held a “1,000 Pound Challenge” as a motivational incentive to promote esprit de corps among the competitors and for the right to have their names placed on the walls of the Union III main gym.

Participants had three attempts to lift their maximum weight in the deadlift, squat and bench press. The goal was to lift a combined total of 1,000 pounds for males and 700 pounds for females. Judges based their overall totals on the best repetition from each station.

Twenty men and two women met that goal.

Staff Sgt. Brittany Dufour, medical platoon enlisted leader, 1st Infantry Division, lifted 705 pounds. Even though Dufour has been lifting weights for three years, she said the competition was still a big challenge.

“This is all mental because now you have people watching,” Dufour said. “But I did it, and it feels great.”

Dufour said she had to approach each exercise in a different way.

“It’s good to see quantifiable results with all of the hard work.”

SPC. ROBERT BROWN

DOG HANDLER WITH 1ST

INFANTRY DIVISION

“Squats were not a problem, but bench press is not my favorite lift so there were negative thoughts,” Dufour said. “For the deadlift, I had to just push myself.”

Spc. Robert Brown, dog handler with the 1st Inf. Div., had the high score of the day with 1,470 pounds. He said preparation was key to his success.

“I put in a lot of work at the gym,” Brown said. “It’s good to see quantifiable results with all of the hard work.”

Brown said throughout the competition he struggled with each lift but was able to be resilient because of his physical readiness training.

“Lifting like this makes your body physically stronger,” Brown said. “It helps make regular tasks on the job so much easier and it helps build mental fortitude because you have to continually push yourself to keep going.”

Personal trainer focuses on motivating, strengthening individuals

By Season Osterfeld
1ST INF. DIV. POST

Editor’s Note: This story is the third part in a four-part series on personal trainers available at Fort Riley.

“I love seeing people get excited about exercise,” said Jimi Parker, personal trainer with the Directorate of Family and Morale, Welfare and Recreation.

Parker began her career as a personal trainer five years ago after discovering she enjoyed the fitness programs she was a part of through a structured diet program and receiving guidance from Ben Walker, personal trainer with DFMWR, who she was a client of. Today, she is certified in personal fitness and group fitness through the American Council of Exercise. She is also 200-hour yoga certified.

While she is open to working with anyone, Parker said she specializes in working with seniors and individuals with injuries, among other certain groups. She works with these groups because she enjoys helping them to strengthen their bodies and finding confidence in themselves.

“I enjoy seeing people get stronger,” she said. “I work with a lot of special populations ... such as seniors and those with injuries ... Seeing them get stronger and grow more confident is really rewarding.”



Patti Geistfeld | POST

Jimi Parker, personal trainer with the Directorate of Family and Morale, Welfare and Recreation, instructs a yoga class Jan. 10 at Whitside Fitness Center. Parker is certified in personal fitness and group fitness through the American Council of Exercise. She is also 200-hour yoga certified.

For Parker, finding out what her client’s fitness goals are is just one part of personal training with her. She also strives to find out what motivates them most to help them succeed. She said some people need her to be a friend in fitness, while others need her to lead them through a session and some may need them appointment with her to motivate them to go to the gym.

“Personal training is more about working with an individual and figuring out what makes them tick,” Parker said.

The first session with Parker begins with a discussion about

the client’s fitness experience and medical restrictions. Additionally, she discusses their likes and dislikes, as well as their wants and needs to achieve their fitness goals. The first session with Parker is free because of the brief

interview and evaluation needed during it.

The initial session is also an opportunity for both the client and Parker to get a feel for one another’s fitness styles. Through this, Parker said she is able to determine if she is the right trainer for her client or if she should recommend someone else who better suits their needs or style.

“I have the opportunity to say you should see someone else ... we all have our specialties,” she said.

To maximize the hour-long training session, Parker said she uses super sets with her clients. This enables the client to get a full body workout in a limited amount of time.

“I try to do super sets, which means I do one area and then one on the opposite side, so one muscle group is resting while the other works,” she said. “We jump back and forth to get the entire body in one hour.”

For those interested in seeing what Parker is like before a personal training session, she also

“I enjoy seeing people get stronger.”

JIMI PARKER | PERSONAL TRAINER

teaches a yoga class at Whitside Fitness Center. She said her group fitness classes are designed to work for everyone, but her personal training sessions allow her to tailor the training to an individual.

“I try to make the classes doable for everyone, but you can’t get that one-on-one with them,” she said.

Personal training sessions cost \$25 for a one-hour individual session, \$40 for a one-hour

group session with two people and \$48 for a one-hour group session for three people. Sessions may be purchased at Whitside Fitness Center Monday to Friday 9 a.m. to 6:30 p.m. and Saturday 9 to 11 a.m.

For more information about Walker or any of the other personal trainers at Fort Riley, call 785-239-2573 or visit riley.armymwr.com/us/riley/programs/group-fitness-and-personal-trainers.



Travel & Fun in Kansas



By Chris Cannon
1ST INF. DIV. POST

During the winter, it can be difficult to travel long distances, so why not find a little time to enjoy a show?

If the problem is how far to travel to find a good show, the Junction City Little Theater troupe and the folks at the C.L. Hoover Opera House in Junction City, Kansas, have that problem solved. The building has been a mainstay of Junction City since 1881 when it was constructed. The original structure was used for the fire and police departments, jail and city council on the second floor while the basement housed horses used to pull fire wagons. In 2008, it was renamed the C.L. Hoover Opera House and is now home to the Junction City Little Theater offices, the Junction City Arts Council and the Junction City Community Band.

For more information, please visit www.jcoperahouse.org.

Like many towns in Kansas, Manhattan is one that has multiple performance venues and theater companies. Among those is the Manhattan Arts Center. Comprising of the

Manhattan Civic Theater and the Manhattan Arts Council, the Manhattan Arts Center staff and volunteers offers the community a variety of activities ranging from second-stage plays and musicals to art classes. In addition to stage productions, the facility is also used as an art gallery for local and visiting art displays.

For more information, please visit www.manhattanarts.org.

If visitors are looking for a dinner menu with its performances, the Topeka Civic Theater and Academy offers audiences a full meal with the shows. Before 1999, the theater held performances in multiple venues until it found a permanent residence in Gage Elementary School. According to the Topeka Civic Theater and Academy website, 57 percent of their performances are family-friendly, and 100 percent of their production casts are volunteers from the community.

For more information, visit www.topekacivictheatre.com.

The Stiefel Theatre for the Performing Arts in Salina, Kansas, was

originally built in the 1930s as a movie theater. Ownership of the venue has changed hands over the years and with those changes, there was a change in the types of performances that were offered. It was turned over to the city of Salina in the 1990s and transformed by a non-profit organization into a concert venue. After 2003, performers such as Steve Martin, Jim Belushi, Merle Haggard and many more singers, songwriters and opera companies have entertained audiences.

For more information, visit www.stiefeltheatre.org.

Theatre Lawrence is another community troupe with gypsy roots. Originally called Lawrence Community Theatre, the group performed in barns, churches, libraries and schools before finding a permanent home in an old church in Lawrence, Kansas. They also hosted programs that engaged the Lawrence community in the theater, and brought the fine arts to everyone. In 2010, Lawrence Community Theatre became Theatre Lawrence, and three years later, they moved in to a new facility at 4660 Bauer Farm Drive.

For more information, please visit www.theatrelawrence.com.



COURTESY PHOTO

The Manhattan Arts Center is a fully functioning facility that hosts any number of events from touring art exhibits to stage productions like “Rent.”

THE MORE YOU KNOW

LIED CENTER

Found on the University of Kansas campus in Lawrence, the Lied Center hosts live productions such as Rodgers and Hammerstein’s Cinderella, as well as performances by artists like Idina Menzel and Kristen Chenoweth. The center is at 1600 Stewart Drive in Lawrence, Kansas.

For more information visit lied.ku.edu or call 785-864-2787.

TOPEKA PERFORMING ARTS CENTER

The Topeka Performing Arts Center is found in the heart of Topeka. The building serves multiple purposes, one being the home of the annual Nutcracker Ballet, performed by the local ballet schools. The Topeka Performing Arts Center is at 214 SE 8th Ave.

For more information visit topekaperformingarts.org or call 785-234-2787.

THE HELEN HOCKER THEATER

This community theater is supported by the Topeka Civic Theater, and can be found in Gage Park next to the Topeka Zoo at 700 SW Zoo Parkway. The theater supports not only the Topeka Civic Theater and Topeka Performing Arts Center, but also the local school theater communities by loaning costumes for productions such as “Beauty and the Beast.”

For more information visit topekacivictheatre.com/onstage/helen-hocker or call 785-251-5990.

THE COLUMBIAN

This theater is found in Wamego, Kansas at 521 Lincoln Avenue, and was home to vaudeville performances and concerts as well as cinema productions. It houses paintings purchased by J.C. Rogers of the 1893 Chicago World’s Fair, and regular performances by travelling shows such as “Carrie Nations and the Speakeasy” as well as “Gypsy.”

For more information visit columbiantheatre.com or call 785-456-2029.

THE KANSAS STATE UNIVERSITY PURPLE MASQUE THEATER

This theater is found inside the lower level of Old Memorial Stadium at Kansas State University at 780 Denison Avenue in Manhattan, Kansas. As a part of the university theater department, the theater is the site of plays by students and those who love to act as well as programs for community school-age children.

For more information visit ksu.universitytickets.com or call 785-236-8638.

MCCAIN AUDITORIUM

Found on the Kansas State University campus in Manhattan, Kansas,

McCain Auditorium is the site of traveling Broadway productions and community concerts. The McCain Performance Series runs from September to May each year and entertains audiences with local, national and international talent. McCain Auditorium is found next to All Faiths Chapel at 1501 Goldstein Circle.

For more information visit k-state.edu/mccain or call 785-532-6428.

THE GREAT PLAINS THEATRE

Found at 401 Cottage Ave. in Abilene, Kansas, the theater shares space with Thunderstruck featuring productions such as “Ragtime,” “Gypsy” and more. It features a stage-right series featuring local concerts, art classes on the stage, and vaudeville.

For more information visit greatplains theatre.com or call 785-263-4574.

FINE ARTS CENTRE CINEMA

The Art Center Cinema, found at 150 South Santa Fe Ave. in Salina, Kansas, features documentaries and independent films such as Nocturnal Animals. The cinema is an educational facility and cultural center within the Salina Arts Center.

For more information visit salinaartcenter.org or call 785-452-9868.



COURTESY PHOTO

The C.L. Hoover Opera House in Junction City, Kansas, is the site of many productions, ranging from children’s shows like “Anansi the Spider” to Charles Dickens’ “A Christmas Carol” during their theater season which spans from October to May. In addition to the regular theater season, the Junction City Little Theater hosts summer theater classes for the community where they put on shows like Lewis Carroll’s “Alice in Wonderland.”